

## Sedbergh & District

# LOOKAROUND

February 2013

Issue 307

Donation £1

Well here we are after a well earned break and back into things.

This month sees 100 pages of an enormous amount of information which has come from many quarters of our community. A continued thank you to all the many contributors

whether it be an Article, a Diary Date, an Advert or just a coin in the yellow box, every little helps to make it a good read for our community AND for the rest of the world, where it goes every month.

*Dennis & Jacky Whicker*

SEDBERGH & DISTRICT

## HISTORY SOCIETY

Wednesday 6th February  
**SCHOOLS,  
CHILDREN & WORK**  
*Dr Elizabeth Roberts*

Wednesday 20th February  
**KILLINGTON THROUGH  
THE AGES**  
*Maureen Lamb*

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

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

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

**Settlebeck School Presents:**

**An Irresistible Slice  
of American Pie**

**Wednesday 27<sup>th</sup> February  
Thursday 28<sup>th</sup> February  
7pm**

**An evening of  
Drama, Music and Dance  
from some of the most popular  
and classic American musicals**



**Tickets available from:  
Settlebeck School, Long Lane, Sedbergh  
Tel: 015396 20383**

**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](mailto:editor@sedberghlookaround.org.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

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# FEBRUARY BIRTHDAYS

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

The recipient this month is:-  
Zak Baines who is 10 years old on 9th February.

Please collect your vouchers from  
*Sedbergh Office Services*  
13 Kings Yard, Main Street,  
Sedbergh  
which can be used in any shop in  
**Sedbergh & Dent.**



Day	Name	Age
1	Harry BAINES	11
2	Amy JOHNSON	7
7	Lois LONGLANDS	2
7	Bethany COUSINS	10
9	Nurgul SEN	10
9	Zak BAINES	10
11	Hannah KITCHEN	9
12	Daniel HALL	7
14	Evie DEAN	5
19	Chloe COWIN	9
20	Kristian PRATT	4
20	Isabella HUBBARD	6
22	Grace Louise HODGSON	4
28	George SMITH	3
	<b>Nonagenarian &amp; Over</b>	

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

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

**PERSONAL & SMALL ADS £1**

**JOYCE DEVINE**

Thank you to the Out of Hours Doctor and paramedics who took my Mum back to hospital on Saturday 3rd November and all the staff on Ward 37 at Lancaster for their care. Thanks to the staff at Total Care and Heron Hill Care Home and to Dr. Hunt and staff at the Health Centre. Thank you to everyone who supported me and my sister Laura and family following my mother's death, especially in helping to clear her flat. To Brian Goad, Lindsay Moorhouse and the wardens at Gladstone House for the funeral arrangements. Thank you all. Georgina.

=====

**LEN MITCHELL**

**In Loving Memory of Len  
19-2-1927 - 12-2-2012**

My life goes on without you  
But nothing seems the same,  
I have to hide the heartache  
When someone speaks your name.  
Sad is the heart that loved you  
Silent the tears that fall,  
Living my life without you  
Is the hardest part of all.  
You did so many things for me  
Your heart was kind and true,  
And when I needed someone  
I could always turn to you.  
The special years will not return  
When we were all together,  
But with the love within my heart  
You will walk with me forever.

**HENRY DAVID DODD**

Gary, Chris, Stephen and Mark would like to thank everyone for all their messages of condolence, cards, gifts and flowers received following the death of their father, David. Many thanks to all those who attended the service in Dent and gave donations to GNNAS and the Cardiac Unit WGH, also the family would like to thank Sedbergh Medical Practice and the Ambulance Service, in particular Stephen Moore. A special thank you to Brian Goad for his care and understanding, to Rev Christine Brown and Rev Vic Hopkins for a lovely service

=====

**GILLIAN ELVEY**

Dereen and Joe and their son Michael would like to thank everyone for their kindness condolences and sympathy for the sad loss of Michael's wife Gillian, mother of Richard and Jane, who died on 13th November 2012. Much loved and sadly missed. Our thanks also to Brian Goad and Mark l'Anson for their care and invaluable assistance, and to all who made donations to Cancer Research.

=====

**EDITH WILLIAMS**

Audrey Woof and family would like to thank all friends, wardens, carers, doctors and nurses for their kindness and friendliness to her mother Edith of 2, Vicarage Lane during her few years here in Sedbergh. We would also like to thank everyone for their kind words of support, and offers of help, during our recent loss.

## PERSONAL & SMALL ADS £1

### LONGLANDS/BATTY

Rose and Carl would like to thank everyone for their kind messages, cards and presents on the arrival of their son Cameron Jack, born at 17.05 on Sunday 30th December 2012.

=====

### LONGLANDS/BATTY

Congratulations Rose and Carl on the birth of Cameron Jack on 30th December. Love and Best Wishes for the future from Mum and Dad XX

=====

### LONGLANDS/BATTY

Congratulations Carl and Rose on the birth of Cameron Jack born 30th December 2012. We are thrilled to be Cameron's grandparents. Love and kisses Mum and Dad and the 'Batty Clan' and Grandma and Grandad XXXX

=====

### LONGLANDS/BATTY

Congratulations Carl and Rose on the birth of Cameron Jack. Love and Best Wishes from Bill, Rachel, Lois and Billie XXXX

=====

### LONGLANDS/BATTY

Many Congratulations Rose and Carl on the birth of your Son. Lots of love Grandad Gordon X

=====

### LONGLANDS/BATTY

Congratulations Carl and Rose. Love and Best Wishes from Grandma L X

### LONGLANDS/BATTY

Congratulations and all the best for the future. Love and Best Wishes. Helen and Antony XX

=====

### LONGLANDS/BATTY

Congratulations on the birth of your Son. With Love Judith, Bernie, Daniel and Zoe XXXX

=====

### LONGLANDS/BATTY

Congratulations to Rose and Carl on the safe arrival of Cameron. Lots of love Clive, Olive and Simon XXX

=====

### LONGLANDS/BATTY

Congratulations to Carl and Rose on the birth of Cameron Jack. With love from Jamie, Claire, Lexxi and Mia XXXX

=====

### LONGLANDS/BATTY

Congratulations to Rose and Carl on the birth of Cameron. Love from Uncle Roy and Auntie Kath XX

=====

### LONGLANDS

To Mummy. Happy **21st Birthday**. Love from your son Cameron XXX

=====

### LONGLANDS

Rose. Congratulations on your **21st Birthday** on 22nd February 2013. Have a super 21st. Love and Best Wishes always. Mum and Dad XX

=====

### LONGLANDS

To Rose aka Chubby Cheeks. Happy **21st Birthday**. Hope you have a good day. Lots of love Carl XXX

## PERSONAL & SMALL ADS £1

### LONGLANDS

Congratulations Rose. Have a good **21st Birthday**. Love Bill, Rachel, Lois and Billie XXXX

=====

### LONGLANDS

Congratulations Roe on your **21st Birthday**. Wishing you Health and Happiness always. Love and Best Wishes from Michael and Sara XXX

=====

### LONGLANDS

Congratulations Rose on your **21st Birthday**. Love and Best Wishes Grandma L XX

=====

### LONGLANDS

Happy **21st Birthday** Rose. Lots of Love Grandad Gordon X

=====

### LONGLANDS

To Rose. With warm special wishes now your **21st Birthday** is here, for happiness today, tomorrow and always for you. With Love and Congratulations Fred and Dorothy XX

=====

### LONGLANDS

Happy **21st Birthday** Rose. Love and Best Wishes Helen and Antony XX

=====

### LONGLANDS

Congratulations and hope you have lovely day. With love Judith, Bernie, Daniel and Zoe XXXX

=====

### LONGLANDS

Happy **21st Birthday** Rose. Love and Best Wishes Clive, Olive and Simon XXX

### LONGLANDS

Best Wishes for your **21st**. With love Jamie, Claire, Lexxi and Mia XXXX

=====

### LONGLANDS

Happy **21st** to Rose. Love Uncle Roy and Auntie Kath XX

=====

### FOR SALE

Contessa 1000 Coffee Machine. In good working order. Hardly used. Suitable for café, B & B etc. Comes with filter papers. £65 ono. Phone 07583-534009.

=====

### FOR SALE

2002 Rover 45, 60,000 in good condition. Current MOT & Tax. £1,000 ono. Tel: 20465

=====

### FOR SALE

Pine Dresser £60 200cm x 110cm x 28cm. King Size Bed including Mattress. Nearly new (Ikea) £60. Call 015396-25088.

=====

### FOR SALE

Panasonic Slide Projector and Screen £50 ono. Tel: 21994.

=====

### FOR SALE

Spokey Joe Tag-a-long trailer bike. £75 (£160 new). Suitable for 3-7 year old. 015396-21013.

=====

### FOR SALE

HP Photosmart 6510e Ink-Jet Printer. Surplus to requirements + 3 inks. vgc £130 new, accept £60. Tel: 20980.

PERSONAL & SMALL ADS £1

**FOR SALE**

Hoover cylinder bagless vacuum cleaner. Hardly used, surplus to requirements £20. Acer Ferrari Computer Monitor/TV £25. Canon IP4300 colour printer, excellent for photo's £25. Phone Sedbergh 21042.

=====

**WANTED**

Temporary Dog Walker. Half an hour, 3 or 4 days weekly. March/April in Sedbergh area. Must be able to control large dog. Rate to be arranged. Car essential. Tel 20465.

**GRAHAM GLYNN  
CERAMICS**

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## THE SEDBERGH STORY

*Your Community needs you!*

The Heritage Lottery Fund has awarded a grant to 'The Sedbergh Story', a series of community projects to celebrate the history of Sedbergh between 1879 and 1937 as well as our more recent history. This period covers the First World War, the rule of five British monarchs as well as many local and national changes.

The first project will be an oral history and reminiscence project with Age UK comparing events during the 1879 – 1937 time period with events remembered during the life time of Sedbergh residents. The second project will see the creation of a Sedbergh time line in unused shop



windows on Main Street. The final project is creating education packs for key stage two primary school pupils which will be lent to any primary school who would like to borrow them.

If you are interested in volunteering to take part in the project or in offering your shop window, primary school class or memories for the project I would be delighted to hear from you. It really is the more the merrier!

*Katy Iliffe*

*ki@sedberghschool.org*  
*015396 22275*



## Sedbergh Community Development Centre New courses from February

Subject	Tutor	Wks	Day	Start	Times	Town
Market Your Business Using Social Media	Justin Grammer	5	Wed	20 Feb	Eve	Sedbergh
Learn to use your Computer	Chris Wood	6	Thu	14 Feb	PM	Kendal
How to Buy and Sell on eBay	Chris Wood	2	Thu	14 Mar	Eve	K'Lonsdale
Taking Photos of People	Frank Balaam	1	Sat	13 Apr	Day	Sedbergh
Photography Day at Glasson Dock	Frank Balaam	1	Sat	20 Apr	Day	Glasson
Animal Photography Day at Dalton Zoo	Frank Balaam	1	Sat	18 May	Day	Dalton
Upland Navigation	Tim Deighton	1	Sat	13 Apr	Day	Dent
Lakeland Fell Navigation	Tim Deighton	1	Sat	11 May	Day	Langdale
The Geology of Cumbria	John Rodgers	6	Mon	15 Apr	Eve	Kendal
Gouache and Oil Pastel	Frances Winder	1	Sat	16 Mar	Day	Sedbergh
Experimenting with Inks	Frances Winder	1	Sat	11 May	Day	Sedbergh

Other courses in languages, yoga, pilates, art etc are ongoing.

Please enquire or look at our website for more details.

**Computer drop-in session, Wednesday afternoons, 1 - 4pm**

**Expert 1-1 help, Beginner to Advanced**

**Only £2 per session**

Full info on all courses at [www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)

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

Tel: 015396 21031

### **SEDBERGH PARISH COUNCIL**

The last meeting of the Parish Council was on 17<sup>th</sup> January.

The meeting was addressed by PCSO Karen Dakin on behalf of the Police.

Having outlined current police priorities in the area and recent criminal activity she advised the meeting the police drop in sessions are being moved to the Spar in Station Road starting on 19<sup>th</sup> Jan and every third Saturday in each month 12:00 – 13:00.

#### **Planning Matters**

A detailed response to the YDNPA Local Plan had been prepared by the planning Committee and was endorsed by the meeting.

Responses to planning applications were agreed. These can be seen on our website.

#### **Grant Applications**

A grant of £1,500 was agreed for the Sedbergh & District Community & Heritage Trust to assist with the installation of central heating during the planned refurbishment.

A grant of £25,000 was agreed for the initial phase of the redevelopment of the People's Hall. These funds had been put into reserve by the Parish Council for this purpose over the last few years

#### **Finance**

The meeting agreed a precept of £33,228.50 for the financial year 2013-14.

## **Auctioneers, Estate Agents & Property Managers**

70, Main Street, Sedbergh, Cumbria.  
LA10 5AD

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Email [property@chriswhelan.co.uk](mailto:property@chriswhelan.co.uk)  
[www.chriswhelan.co.uk](http://www.chriswhelan.co.uk)



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### **Negotiations**

#### **Advice on:**

- Preparing your property for sale or letting
- Free assessment of value for sale and asking price





### DENT PARISH COUNCIL

The December council meeting received the resignation of Peter Knapton from the Parish Council. Peter has been a member of the council for many years, and his expertise and thoughtful contributions will be greatly missed. On behalf of the council I would like to thank him for all he has done for the community during this time. His departure from the council will not end his commitment to Dentdale, however, as he is now increasing his involvement with the First Responders.

The meeting also agreed a budget for 2013-14, allocated money for grants to local organisations, and heard about the current difficulties faced by Dent Stores. Full minutes are published on the parish council pages of [www.dentdale.com](http://www.dentdale.com) as well as being available as a hard copy from the Parish Clerk.

### Budget

The council agreed to base the budget for 2013-14 on the following principles:

- Any profits from the car park should be used to finance community projects and not to subsidise the council's running costs.
- The precept should be increased each year in line with inflation.
- Car park charges should be set with reference to charges in comparable local car parks and usually keep pace with inflation, but should remain at a reasonable level in order to encourage visitors.

- The car park should aim to produce a surplus of at least £3,000 per year.
- The overall amount available for grants to local organisations should remain at around £3,000.
- The budget should not result in a deficit to be met from reserves.
- Expenditure should be budgeted to increase by the rate of inflation.

The budget was agreed on this basis. This will mean the precept will go up by 2.2% in line with inflation, from £14,007 to £14,315, an increase of £308 on last year's amount. Under the new formula the government introduced in January, this will result in an increase to the Band D charge of £39.18 for the year, or 75p per

## STOBARS HALL Care Home



The aim of Stobars Hall is to offer our guests maximum independence in order that they can lead full and varied lives, cared for by trained staff who provide physical, emotional and social support every hour of the day.

### STOBARS HALL RESIDENTIAL HOME

If you would like further details, or simply a chat about life at Stobars Hall, please telephone Euan or Beryl on

**017683 71291**

Stobars Hall, Kirkby Stephen, Cumbria, CA17 4HD  
[www.thefranklyngroup.com](http://www.thefranklyngroup.com)

week. There will be no increases in Dent car park charges or in the cost of car park permits.

### **Grants**

Five local organisations had applied for grants, and were awarded the following amounts:

Dent Pre-School	£150
Dent C of E Primary School	£500
Dent Reading Room	£300
Dent Over 60's	£500
Dent Football Club	£200

A further round of applications will be considered at the February meeting.

### **Playing Field Upkeep and Charges**

Work continues on the upkeep of the playing field, and a recent grant of £1,740 from Cumbria County Council

will cover repairs to walls, additional stiles, extra drainage and the purchase of a new gate. Kevin Lancaster was formally thanked for facilitating the grant. In addition, the walling competition held on the field last summer had greatly improved one section of the boundary wall, and so the council agreed to give a grant of £200 to the Dentdale Show Walling Competition in 2013, so that another section can be rebuilt.

The council accepted the Playing Field Committee's recommendation that hire charges for the field and pavilion should remain unchanged for 2013-14, but the charges to the football clubs will be increased to £6 per game from the beginning of next



*Bath House*  
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### **Outworkers Required**

We're looking for reliable people to work from home, helping us finish some of our packaging, (box gluing, tying ribbon on tags and greetings card packing).

A clean, non-smoking working environment is essential.

Flexible working arrangements to suit both parties.

If you are interested, please email Pauline:  
[pauline.pp@btconnect.com](mailto:pauline.pp@btconnect.com)

The Grain Store, Busk Lane, Sedbergh,  
Cumbria LA10 5HF tel: 015396 21992  
[www.thebathhouseshop.com](http://www.thebathhouseshop.com)



### **MEDICAL CENTRE**

Sedbergh's brand new purpose built medical practice opened in March 2012 and has been providing medical care for Sedbergh and the surrounding area.

However, not many people realise that we also have three meeting/conference rooms upstairs which incorporate state of the art technology and equipment including an iPad control system, Blu-ray player and an interactive 'Smart Board'. We also provide a free guest wireless facility throughout the whole building. These rooms are available to hire by local community groups and offer brand new furnishings and comfortable surroundings along with plentiful free parking, disabled access and extensive opening hours. The largest room available is the large training room which seats up to 40 people in various meeting styles and has a 'write wall', a projector, and iPad

control system with Blu-ray player. Then we have the IT training room which seats up to 20 people and also has a projector.

And finally we have the meeting room which seats up to 8 people and is suitable for smaller 'board room' type meetings. This room has an interactive 'Smart Board' and can be opened up and used in conjunction with the IT Training room.

Room hire ranges from £20-£50 per half day and £40-£90 per full day but we are also happy to discuss hourly rates if required. Current users of our facilities include a local IT business course and a pilates class.

For more information and to see photographs of our rooms please go to our website [www.sedberghmc.co.uk](http://www.sedberghmc.co.uk).

If you wish to contact us please email [sedbergh.conference@cumbria.nhs.uk](mailto:sedbergh.conference@cumbria.nhs.uk) or telephone 01539 718166. ☺



## **Painting & Decorating**

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### COUNCILLOR CORNER

As I write this it is closing in with snow and heavy frost. As to whether it will amount to much, only time will tell. It certainly makes a change from the incessant rain we had over November and December. No doubt there will be yet more damage to roads just as we were getting on top of the major problems on the A Roads. Already, I have been concerned to see pits developing in the relatively new surface at the bottom of Scotch Jeans even without the intervention of frost. It just confirms the importance of "surface dressing", tar and chippings, in order to seal the tarmacadam below.

Recently, I had the pleasure of contributing to Kirkby Lonsdale Civic Society's series of talks on the history of the area and leading a walk around Sedbergh in less than perfect conditions weather wise. At much the same time the Cumbria Victoria County History Project, where I am your representative, hosted a very enjoyable lecture by Dr David Starkie at Rheged, subject Lady Margaret Beaufort, mother of Henry VII, who had some, fairly tenuous, connections with Westmorland, the Richmond Fee and hence, Kirkby Lonsdale. His talk was genuinely educational and the food afterwards excellent although 9.30 pm was rather late to be sitting down to a full knife and fork meal.

Wearing my Local Historian hat I recently chaired a review of the Archive Service in Cumbria, from the added perspective of a service user. Our recommendations survived the

process and were duly adopted no doubt because they were relatively modest in scope. Greater changes should be made in the future to make better use of our fantastic countywide written archival resource.

My experience on a different review, that into animal health matters, was less happy in so much as the controversial recommendations did not apparently enjoy the support of the relevant officers. It is striking that on a council of 84 members in a supposedly rural county no more than half a dozen members have any active knowledge of the farming industry. The points we were making about animal movement records were universally known within the industry and should be acted upon in the future.

In the first week in December the Development Control and Regulation Committee of the county council held a site visit to look at the Killington

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Windfarm proposal. I attended as one of the local representatives and was able to express very strongly our concerns about the application. There was little doubt that many present shared them. Cumbria CC does not determine this application but because of its potential impact it is a consultee. Since then three of the masts from the Armistead windfarm have appeared on the horizon as you head over the motorway from Kendal to Sedbergh. I must admit I had not expected them to be quite so visible from the A684.

I am now a member of the Yorkshire Dales Local Access Forum again. Meanwhile, the vexed issue of the boundaries of the two parks is at the

moment bound up with the perceived poor performance nationally of Natural England. The press intimates that the chairman does not enjoy the support of either the Prime Minister or the new Secretary of State for Defra. Added to this, officers from both parks have almost sought national opprobrium with somewhat perverse recommendations. It is a comfort that members of YDNP had the wisdom to overturn them and a matter of concern that those at the LDNP chose not to.

*Councillor Kevin Lancaster – 015396  
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**COUNCILLORS CORNER**

*From Cllr Evelyn*

Recycling is high on many residents' list of priorities and South Lakeland District Council has set a target in its new five year plan to increase the percentage of waste collected sent for reuse, recycling and compositing to 50% by March 2015. In South Lakeland we recycle 44 per cent of our household waste compared with 41.2 per cent nationally. Over the country as a whole recycling rates are actually going down in weight and tonnage terms but this is because of factors like lighter glass bottles and less packaging.

In other areas councils have kerbside collections of cardboard and plastic and I am often asked why our kerbside collections are limited to glass, paper and cans. In South Lakeland we have been restricted in our household collections until now because of the lack of a collection sorting plant in the area and the costs related to transporting these materials to the nearest site. We still don't have a site in the area but there is currently a six month trial in Kendal and

Burneside to collect cardboard and plastic with the recyclables being collected directly from the council.

The opening of the County Council Mechanical Biological Treatment plant in Barrow will take all our residual (grey bin) waste and turn it into fuel removing all waste from landfill. SLDC is also looking into the future possibility of food waste collections to generate energy more locally.

*From Cllr Nick*

As a Councillor I spend a lot of time wondering how to bridge the gap between the apparent apathy for the democratic process shown by declining turnout levels in elections (and there are lots of elections around here) and everyone's desire to live in a society where things work properly, services are delivered efficiently and problems resolved swiftly. It seems as though we are moving towards a more issue-specific form of politics where people become very focused on a single topic and organise themselves to bring maximum publicity to their chosen issue. You have to admire people's

enthusiasm and drive for these causes but it does not address the wider issue of true democracy where everyone's view counts equally, where vital grassroots information moves upwards to decision-makers in local authorities who have the money and power to analyse and process this information and deliver solutions fairly, efficiently and transparently.

It would appear that there is a latent enthusiasm among residents in an area such as Sedbergh to help as and when possible without necessarily wanting to make a full time commitment to joining groups, societies, clubs or dare I say it, take part in local politics with all its associations of endless meetings with

agendas, apologies, minutes of previous meetings and declarations of interest.

So how can these occasional bursts of local energy be harnessed to allow people to do their bit for the community without needing to make a major commitment that they feel they cannot honestly give, week in, week out? One idea that struck me recently was that a collection of parishes could between them share a digital camera equipped with GPS (Global Positioning System) that could be used to take photographs, with a location accurate to within a square metre, of all those things that can best be recorded at parish level by people who know about all the

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problems: the potholes, the blocked drains, the places where the roads flood, with pictures taken at the times of flooding (or surface water turned to ice in a cold snap), road signs made illegible by mould, grime, overhanging vegetation, vandalism or graffiti, white and yellow lines on roads that need refreshing or perhaps vehicles that are regularly parked on pavements, illegally. For walkers, horseriders and mountain bikers there would be photographs of footpaths and bridleways turned to quagmire, broken gates and stiles or illegally blocked access.

Managed correctly and directed to the right people in the right department, this information could save local authority staff time (and therefore costs) in Kendal, Penrith or Carlisle as they would not need to make an initial site visit, and would enable them to assess by studying the photos the severity of the problems and compile a digital database on interactive mapping where a click on a red dot would bring up pictures of the reported problem. This style of mapping would reveal

clusters of problems that could all be dealt with on one site visit rather than several costly repeat trips. You can see accurate, up to date, pinpointed information flowing in in one direction and appropriate local authority responses flowing back in the other direction. It is surely worth a try.

*From Cllr Ian*

I'm delighted to report that Sedbergh is now an official transport hub in the Dales Integrated Transport Alliance (DITA) network. I chair the local steering group and Evelyn is an active member. The network covers the whole of the YDNPA area as well as the Nidderdale AONB. Its purpose is to provide up to date and integrated transport information for residents and visitors who wish to make journeys involving all kinds of local transport including trains, buses, car share, bicycles and on foot! The hub has received grants and computer equipment from DITA enabling it to prepare and disseminate advertising literature, undertake local transport surveys and employ a part-time transport co-ordinator in the person of Andi Chapple who is already

## **SEDBERGH**

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Wednesday 20th February

Thursday 14th March



experienced in this field and who has lots of ideas of how we can take the project forward. The hub itself is based in the new Information and Resource Centre in Sedbergh, which also employs an Office Manager on a part-time basis. Evelyn in particular has been pro-active in the development of this new Centre alongside the Parish Council and a newly formed Community Interest Company not to mention all the volunteers involved on a day-to-day basis. Running alongside these projects is the setting up by a group based in Dent (facilitated by the Chair of Dent Parish Council Jock Cairns) of the Western Dales Community Bus Company which will be operating services from this year to supplement and complement existing commercial routes. Thus Sedbergh, Dent and District is well on the way to becoming a thriving communications and operating network for the Cumbrian part of the Western Yorkshire Dales.

The route for the first stage of the Tour de France (in England!) was announced yesterday. It will take place on 6th July 2014 beginning in Leeds and finishing in Harrogate and passing through en route Bainbridge, Hawes, Thwaite and Muker. A pity it is not coming to Sedbergh (now that would be a first!) but still very exciting and not far to travel to see the riders and all the razzamataz that goes with the Tour. Hopefully many enthusiasts from our area will be riding there on their own cycles (or electric cycles) and maybe there will be even spin-off

tourism opportunities for our district as well.

As ever Evelyn, Nick and I may be contacted at any time on:

*Evelyn Westwood:*

*email [evelyn@markwestwood.co.uk](mailto:evelyn@markwestwood.co.uk)*

*Tel. 015396 20148*

*Ian McPherson:*

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

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### **SEDBERGH TOWN BAND**

#### **Christmas Concert**

This year the Band broke with tradition of holding the Christmas Concert in the People's Hall and moved to the parish church. As the Band discovered at their concert as part of the Sedbergh Music Festival the recent renovations have provided an excellent, spacious performance area. To a certain extent the Band has fallen a victim of its own success - a forty strong senior band and some twenty five Youth Band players encroach severely on the space available for audience. In the past all wanting to attend have barely squeezed in for this most popular of concerts, and not wishing to turn anyone away, larger accommodation became obligatory. In the event this proved a wise move - the church was packed and proved itself an excellent venue for the concert.

All other traditions of this and most other community Christmas Concerts were maintained. The interval was signalled by the arrival of Father Christmas - as always tottering under the weight of a sack full of presents

which he duly distributed to all the children there, both members of the Bands and the audience. Enthusiastic munching throughout the interval suggested that Father Christmas had catered well for youthful sweet teeth.

Thanks again go to J. M. Pratt's for so generously donating a large number of mince pies that supplemented those provided by members of the Band.

Whilst the interval for refreshments took place the draw for the raffle was made. The winning numbers were called out over a most efficient microphone system installed by Steve Longlands. Stuart Manger was the caller and he also again took the role of compere.

It is difficult to give Stuart sufficient credit for his contribution to the evening. He engendered a delightful community party spirit from the start in his humorous and warm welcome

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to the audience. He introduced each item on the programme showing an impressive depth of research that had clearly gone into finding material of an instructive and enlightening nature. For instance he told us that the worthily highly rated 'Let is Snow' by Styne and Cahn was not the product of some New York White-out. In fact the reverse was the case: a heatwave was so severe that the only way the composers could achieve some relief was by imagining in words and music a cooler environment - hence the song.

The Christmas Concert has become the occasion on which Band awards are made to individuals. This year there were three - a senior and a youth award to the players who have improved most over the year, and a third, 'The Good Egg Award'. President Douglas Thomson has donated this award (along with his Presidents Cup to the Youth winner) to the youth member who has proved himself/herself the leading 'good egg' of the year. Douglas recognised that the term 'good egg' may be outmoded and unfamiliar to many but

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that in no way detracted - he felt no apologies were needed for detailing what it means in terms of the award. He listed all the positive, discreet, natural acts of thoughtfulness and generosity that contribute positively to any community. As regards the youth Band the one who helps clear up after an event without being asked: who readily shares and lends music: who runs errands unbidden etc., - in other words someone who is a 'good egg'. The award of an egg in an egg cup, accompanied by a clef shaped spoon was most appropriate, Much appreciated and deservedly won by Abbi Woof, though Douglas pointed out that there were many worthy candidates.

Chris Dyer (cornet) became the tenth holder of the President's Cup (donated by the first president John Metcalfe) awarded to the most improved player in the Senior Band. Another cornetist, Louis Diazel, is to be congratulated on becoming the second holder of the President's Silver Plate - taking the trophy into his care from last year's winner Jenny Storer who has moved from tuba to

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tenor horn in the Senior Band.

The Youth Band, numbering twenty five players, came to the fore just before the interval when they performed the ever popular and appropriate 'Frosty the Snowman'. Introducing them to the audience Stuart Manger gestured towards the youngsters arranged in the choir stalls declaring 'there lies the future'. The enthusiasm and expertise with which they tackled this number completely justified his comment and the future of the Band clearly appears to be in good hands.

The two halves of the concert saw the Senior Band show their ever expanding musicianship in playing a wider range of familiar carols and popular Christmas themed music. One innovation of note was the playing of introductory fanfares composed by Alan Lewis on six fanfare trumpets recently donated to

the Band. These fine instruments, bedecked with spectacular banners, gave stirring preludes to a number of the carols adding to the impressive dignity of the occasion.

### **Pre-Christmas Music**

Following the Christmas Concert the Band were fully occupied with a number of engagements that have become traditional over the years. The concert itself was followed the next day by the playing of a programme in the Bull as the Band's contribution to the Late Night Shopping.

Carols were played by members of the Band in the Birdcage (Kendal), and at Asda and Morrisons. The final event of the Christmas period was carols in the Main Street where members of the Senior Band were joined by players from the Youth Band in a final, festive flourish.

### **Thanks from the Band**

The Band would like to extend their thanks to all who have so positively contributed to the progress of the Band this year. A place to rehearse is naturally a must and we are most fortunate to be able to use the fantastic facilities of the Sedbergh

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School Band Room. Our thanks go to the Governors and Headmaster of Sedbergh School for use of this facility, the envy of many other bands.

A steady flow of cash is a necessity and besides the income from player's subscriptions and concert ticket sales we are most grateful for the donations and grants received from individuals and institutions (such as the Freda Trott fund that has been invaluable in its assistance given to junior members). We are equally most appreciative of all who have contributed to our fund raising activities, such as the coffee mornings and the October 'blow-in'.

Publicity is another very important aspect of the success of an organisation such as the Band and in this respect we are most fortunate. The 'Lookaround' faithfully publishes reports of events and notification of future activities. Many shops, businesses and offices in the town willingly display posters advertising forthcoming events, whilst TIC, Green Door and Premier provide invaluable assistance in acting as ticket sales points.

Support and help by many individuals has again been exceptional: Steve Longlands always produces excellent lighting: the ladies are invaluable in taking tickets, selling raffle tickets, providing refreshments: the Reed-Screens' preparation of the church and the many others whose efforts on our behalf have been superb. Last, but by no means least, has been the support of our audiences. To you all a great 'Thank You'.

*Gerry Blackwell*

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I want to mark this special week by writing about the features of acupuncture which most endear me to it. Firstly, in common with other complementary treatments, such as massage and reflexology, acupuncture is very benign. These treatments, while they have the potential to bring substantial benefits, are extremely unlikely to cause any long-term damage. Acupuncture is proven to be very safe – in fact it is one of the safest medical procedures available in the UK. Occasionally a patient will feel a little light-headed after treatment and sometimes even a needle as fine as those used for

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acupuncture (typically about one fifth of a millimetre in diameter) may cause a small bruise. The needles are sterile and used once only, so there is no risk of cross-infection. Any side effects are minor and resolve themselves without further treatment.

For my own health, when considering treatment options, I have a policy of trying the treatments likely to do the least harm first. For example, for carpal tunnel syndrome or knee pain, I would try acupuncture and osteopathy before I would consider having an operation.

My interest in complementary health began about ten years before I began my acupuncture training in 1997. My father, who was an industrial chemist developed first diabetes and then heart disease. As a chemist, he liked testing his blood and urine for the sugar content and moderating this with the use of insulin. He also took several types of medication for his heart and was interested in the chemical effects. His passion in his retirement was archaeology and I watched as, in the space of a few years, he went from striding across

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the moors to look at iron-age remains to being unable to walk along the road immediately after eating a meal. I began to feel that the chemical way may not be best and began to look for alternatives, for myself and my family. My mother is now 85 and takes no long-term medication.

For me, acupuncture represents a potentially effective method of treatment, which leaves no chemical trace in the body. With this, I am not suggesting that acupuncture can treat fully developed diabetes or heart disease. I am suggesting it is something which can be used much earlier in the disease process to help the prevention of chronic disease.

In my other practice in Lancaster I have treated a number of women between the ages of 25 and 45 whose symptoms could be traced back to the treatment, over decades, of painful periods with either contraceptive pills or painkillers. Their symptoms included migraines, chronic fatigue, cystitis and other painful conditions of the lower abdomen. All of these women were helped by a course of acupuncture

treatment, which enabled them to either reduce painkillers or stop taking oral contraceptives. Acupuncture is very useful for treating menstrual problems and is almost certainly more benign than taking long-term medication for symptoms. I would like to suggest that women might consider acupuncture when problems begin, rather than allowing a chronic situation to develop.

Conventionally in China, acupuncture is used for health maintenance and people visit their acupuncturists four times a year, at the change of the seasons. This is the best use of acupuncture, to treat small changes in the body (in particular using pulse and tongue diagnosis) before they manifest as recognisable diseases.

For further information, please contact me (015396 20972) or visit [www.acupuncture.org.uk](http://www.acupuncture.org.uk).

*June Parker*

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## Sedbergh Bowling Club

### **A G M**

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### **THANDI**

For the last 10 years we have worked in South Africa with the historically disadvantaged community known as Thandi.

Our priorities have always been to create employment and give the young members of the community educational opportunities never before available to them.

Our greatest achievement has probably been that of establishing the Thandi Community Creche and Early Learning Centre and library because this ticked all our boxes.

We took three unskilled ladies from the community.

Elizabeth had done her matriculation as a schoolgirl and spoke excellent English. We sent her on a three year teaching course. She has now qualified as a pre-school head teacher and is continuing at college on day release and come July she will be a fully fledged junior school teacher.

Francienna came to us from the Thandi farm with no qualifications but a love of children. She now has her basic crèche assistant qualifications

and is a natural teacher with our 3 & 4 year olds. She had also shown great ability with the computer and recently completed a computer course at the local college. So Francienna now carries out all our office work and keeps us up to date with emails.

The last of our permanent staff is Eveline who speaks virtually no English but we get by with her smattering of English and our smattering of Afrikaans and cope quite well. Again Eveline now has her basic crèche assistant qualifications and has taken on the roll of Auntie to all our babies. Currently we have 12 babies and we soon found out just how labour intensive they can be. We took on two more part time assistants to help Eveline and they have also attended college and qualified as crèche assistants.

Of all the children we work with only three have a mother and father to return home to. The majority have either a mother or a father ( not both) and a small number have just a big brother or sister as head of the family. We feed and clothe the children and

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once every month the mobile clinic visits when they measure and weigh the children and check on their general wellbeing.

We have always had a problem trying to get our 18 year olds to matric (O & A level) as their argument was that they would only ever work on the farm picking fruit so why bother. This goes back to the days of apartheid when they were told they were second class citizens. So we are full of the great news that Elizabeth's eldest daughter Robyn has "matriculated" with flying colours and a distinction in English. But the best of the news is that she has won a place at the University of the Western Cape – the first person from the

Thandi community to go to University.

Elizabeth rang the other day to ask for the day off and perhaps we could lend her 300 Rand (£30) to take Robyn to Cape Town for her induction and to view her accommodation at University. (Elizabeth has a second daughter ( Janee) whose school fees are also due at this time).

We are very excited at the prospect of Robyn going to University so we must now try and get sponsorship for her.

As you read this we will again be in South Africa enjoying helping Elizabeth and Robyn prepare for their great adventure.

*Alan & Chris Clowes*

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## KIDZONE

November 2012

The girls came tripping down the steps to greet me, all wanting to carry my bag. They looked happy as they always do. The Kidzone Home for twenty girls has now been up and running for five years. This year I saw a dramatic improvement in activities for them. I say twenty girls, but there is a new addition to the family, Justine, the kitten. She is named after a popular singer, Justin Beaver, and it is hoped she will catch the mice that were shredding the girls' school jumpers earlier in the year. She has certainly settled in well and seems to like all the attention.

The girls now have music lessons



which have been arranged by Helen Beare, and swimming lessons funded by a supporter in Potters Bar. They are learning recorders, keyboard and singing from two Brothers who teach music at a local school. They only charge a minimal fee as they consider it part of their charity work,

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Many of the girls can now swim. Mary Kanini, the Manager and the other staff take them for a lesson at the weekend whenever the weather is warm enough. Pools are all outdoors and none are heated. Kenya, like us, is suffering some climate change.

There is also the Gloria Dawkins Library. This was set up in Gloria's memory with a donation from her family. She would be delighted with it. Three of the older girls run it themselves and hold the key. This is attached to a soft toy to minimise the risk of losing it! They open the library at every opportunity and there are always several girls sitting there quietly reading.

Last year we taught the girls to knit and they are very keen on this. The staff are all knitters and help them when they have time. Many of them have knitted scarves. Cho Cho,



(Grannie), the Housemother, is asking each girl to knit one square to make their very own Kidzone blanket. She somehow manages to sew them together even though many of them are by no means 'square'!

The girls can use more wool. If you have any spare please leave it at the Community Office which is now downstairs at the back of the Information Centre, or contact me on 21750.

All the girls need now is better accommodation and more space. They eat, play and do homework in the dormitory. Apart from that there is a larger TV room with a leaking roof they can use occasionally, and a very small playground. However, an acre of land has now been bought for a new building. It is in the country, about 30km from Nairobi. This will be ideal for them, with plenty of space but there is still much fundraising to do for this building. They will attend school in Ruai, the small town nearby. In the meantime, with typical Kenyan practicality, they plan to grow vegetables on the site, some to eat, some to sell!

Outings are still very important for the girls. Other visitors and I took them to the Animal Orphanage. Their favourites this time were a giraffe and a 'zedonk,' a cross between a zebra and a donkey. We then went on to have lunch of sausage and chips at Bomas of Kenya, a tribal cultural centre, where we saw some fantastic tribal dancing and compounds with huts built by the different tribes - Luo, Luya, Kamba, Kikuyu, Masai and

others. The girls, and the staff were very keen to show us the compounds of their own tribes. I was unimpressed by a 'Grandma's House' that had a wooden ladder without a handrail up to the door about three feet off the ground!

Peter, a Greek Cypriot visitor wanted to do a BBQ for the girls. He managed to arrange to do this at the Masai Village about 30 miles away. This is no tourist place. The Masai, also called Peter, prepared a goat and together they cooked it over a



charcoal fire, whilst Peter's wife and mother made traditional bead jewellery. Greek Peter prepared salad and a tasty potato dish with garlic, lemon and mustard. The girls loved the place. They could wander over the scrubland outside the compound and were thrilled to see giraffes in the wild.

Jemma, another visitor, brought nail varnish in many colours and painted all the girls' nails. Some of them had each nail a different colour. She did mine too in a deep green. I insisted on having them all the same!

One day we visited a poor family whose children are sponsored in the

Schools Programme. We took them rice, flour, tea, sugar, oil to help feed the children during the holiday. Grandma presented me with the gift of a live chicken – in a carrier bag! I was lost for words. I wish she had kept it to feed her family, but she needed to have something to give. The chicken settled down in the car like a seasoned traveller. My hosts were not at all surprised. They cannot use freezers because the electricity supply is so unreliable. I understand the chicken was given rice and pecked away in the yard - at least until we had chicken stew a few days later. I didn't ask where it came from!

Helen is visiting again in March - if anyone would like to make a 'peg doll' (dress a traditional peg as a doll) as a gift for one of the girls, please leave it at the Community Office by March 5<sup>th</sup> – see details above as for wool.

*Christine Wood*

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## SETTLEBECK SCHOOL

### *Christmas Fair*

On Friday 30<sup>th</sup> November we held our annual Christmas Fair which was another very enjoyable and successful night. There were a number of Christmas craft workshops where children could make their own tree decorations, Christmas cards and jewellery as well as stalls selling a wide range of items. Father Christmas was there to hand out the presents and there were lots of fun activities to get involved with.

The main raffle prize was won by Mrs Coates, Mr Proctor won the fruit hamper and Mrs Tyson the food hamper. Congratulations to Alex Proctor who sold the most raffle tickets and a big thank you to all the students who sold tickets on our behalf.

Thank you to all the staff, students and parents who made it such a lovely evening. *Andrea Sephten*

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## GHYLLAS PICNIC SITE

An additional hedge has been planted by pupils of Settlebeck School at Ghyllas picnic site. The hedge was planted under the Woodland Trust's Jubilee Scheme.



Plenty of energy was expended on one dry (yes, dry) afternoon in late November by the pupils and the result will give extra wildlife benefit to the site and in time will provide a useful safety barrier from the road.

*Douglas Thomson*

### FAMILY MUSINGS.

Do you think it seems a long time since the "combination" Lookaround came out, some of you will know what I mean when I ask if you are wearing your "combinations" while others will scratch your head and wonder what on earth I am on about? If you are wondering, don't worry, hubby and my family often do and manage to survive! If you do not know what I mean, get the dictionary out and there in the list of possibles it will enlighten you.

There we were on Christmas day, 11 of us around the table, age range nr 4 months- 94 years and one of us was not happy, the cause was thought to be teeth, and no, Granny had not

forgotten her dentures, it was new teeth coming through which were causing the pain. Me being ever careful of what I say (Mmm) said to our daughter-in-law that when a baby starts teething early it can mean there will be another baby soon. She took it very well (it was christmas, the season of goodwill etc) and then worked out that when our youngest child was born our eldest was not quite 3,(18 days away) so she asked me how on earth I coped. Thinking that perhaps I needed to redeem the situation I suggested that next time I do or say something a bit of beam she just puts it down to the effect of three children under 4 ..oops 3 yrs at one time and forgives me. Then one

## **Quilt Festival** showing from 19 January to 17 April

We're getting under the covers for the first three months of 2013 with five beautiful quilt exhibitions, workshops, demonstrations and related gallery events. See website for details of the quilting workshops in March.

### **WORKSHOP Sat 16 Feb : £35 'Unusual Folded Books'** with Elizabeth Shorrocks

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certain young man decided it was time he got his mummy's full attention and yelled.

Hubby would have been "fair flumoxed" had he seen what I was doing at 5.15am one morning .. ironing. I gave up ironing when our youngest tried to pull a hot iron onto herself when she started to toddle, she was not hurt but the other two insisted we go straight to Granny & Grandpa and tell them all about it. Then they told Granny she should tell me off, which she did, but her eyes twinkled and her mouth twitched so all was well. Anything the kinders needed ironing was done by Granny or Grandpa and they showed them how to do it for themselves which has set them in good stead. So, why the change of heart? A friend needed the ironing done so I brought it home and then wasn't there to do it except early in the morning when sleep evaded me.

Heading for Hull on the Saturday before Christmas hubby and I stopped at the Wetherby services and it did really seem everyone else did the same, the place was heaving, tired children, cross adults, overworked staff, yet service was with a smile and everything was clean. We learnt something new, salted caramel as in chocolate is very popular, not really to our taste but it was advertised everywhere, as was a certain brand of cosmetics with some young ladies wearing suits and a lot of "slap" trying to intercept us ladies to tempt us to spend money on this particular range of make up. Finding

myself "caught" I smiled, after all she was just trying to earn a few pennies, allowed my hand to be brushed with a glittery product which, if she was to be believed would "enhance" my life beyond my wildest dreams! She explained how much it usually cost but today it was at a much reduced price, somewhere in region of £30, and a "free" bag of make-up was included. Withdrawing my hand I smiled, wished her a Happy Christmas and walked away, a little rub on my hand removed the "amazing" glow, so much for enhancement.

Some years ago a film company came to our village and the surrounding area to create the film "B Monkey", some local people were part of it and all the vans and equipment took over for a while, there are glimpses of familiar places on the film, cows through the street, the old school and the cricket pitch. Some time ago we got a copy on video, it is not for those of delicate disposition to watch but I have seen worse.

Thinking I would get a copy on DVD I went onto a popular on-line "shop" and found the correct one, ordered it and awaited delivery. The problem is, somehow I must not have read the small print, it is here, but in French... however we have watched it, with the sound turned off, if any French speaking people over 18 would like to watch it, let us know. I will try again as I am not a quitter!

Keep enhancing your lives folks, even when doing so gets you in a pickle.

*Sarah*

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**DENT CHURCH NEWS**

*News from St Andrew's Dent and St John's Cowgill*

As we look forward to spring, the two churches are catching their breath from a hectic, but happy December with all sorts of celebrations and special occasions. The Dentdale Choir helped the churches celebrate Advent with Carol Services at both churches. At Dent we were delighted to have our new Diocesan Bishop, James Newcome join us and take part in the service. It was a great start to our new situation as part of the Diocese of Carlisle. Thank you to everyone who contributed to the making of such beautiful music in our churches.

The Christmas Market in St Andrew's Dent was blessed with a bright winter's day to help us raise funds for the Heating Fund for Dent Church. Thanks to all who worked so hard to raise a fantastic £1408.

The children of Dent School and members of the community from Cowgill went around the Dale carol singing for children's charities before Christmas. So well done and thank

you to everyone for raising £90.15 in Cowgill and £107.35 in Dent.

The Vicar, the Rev'd Peter Boyles is organising Confirmation Preparation. Three sessions will look at:

- February 24th 2013: What will Confirmation mean to me?
- March 3rd 2013: Confirmation and Holy Communion
- March 10th 2013: Confirmation, my Church and my Community

Confirmation Preparation is open to all ages and perhaps those interested in confirmation might like to bring along a supporter/ friend to join in these informal discussions, which are open to anyone interested in finding out about confirmation. Call Peter for further information on 25226 if interested in joining the course.

St Andrew's Dent holds communion services every Sunday at 10.30am (and a family service on the last Sunday of the month at 10.30am) and St John's Cowgill holds services on February 3rd at 9am (Holy Communion) and February 17th at 2.30pm (Evening Prayer). All are welcome to share in worship. ☺

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**PEOPLE'S HALL**

Things have moved on since the Redevelopment Report in the December Lookaround. We have appointed local structural engineers to design some of the construction details and a Lancaster firm to carry out plan checks and inspections to comply with Building Regulations. Discussions with our prospective local builder have resulted in some decreases in price, but inevitably also

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Signed \_\_\_\_\_ Date \_\_\_\_\_

*Please return to People's Hall Redevelopment Fund, PO Box 7, Sedbergh, LA10 5GE  
or take to Sedbergh Office Services, Kings Yard.*

some increases as well, as the details have been resolved.

On the fundraising front we have had acknowledgements from five major funding bodies we have applied to. One has written to decline our application.

However, local support has been exceptional. We have received £946 from the Sedbergh Chamber of Trade and Business, £1,000 from the Sedbergh Community Fund and £1,500 from the Sedbergh United Charities. New Giftaid donations of £440 and business donations of £1,520 have also been received. Since we started fundraising in mid November we have raised over

£11,000, which with Giftaid adds up to over £12,500. Most importantly the Parish Council voted to release the £25,000 they had earmarked for our project at its January meeting. This is moving our funding along to almost be enough to start Phase 1.

***BUT WE ARE NOT THERE YET.***

The Committee has been approached by various people, who have indicated support by promising to send a donation. So if you are one of these and the New Year shocks are behind you, please donate generously. A form (with the latest HMRC words) is provided elsewhere in Lookaround.

*Dr Gina Barney  
Hon Secretary/ 20790*

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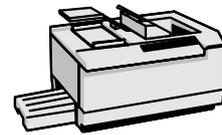
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## **SEDBERGH & DISTRICT HISTORY SOCIETY**

### **KOSOVO**

On 16th January the History Society held its first meeting of the new year. The speaker was Judith Robinson, vice-chairman of the Society, and her unique talk was entitled 'To Kosovo: Journeys in Time'.

This very personal and meticulously researched account was based on two journeys to Kosovo: first, in 1956, by her late husband Neil when acting as photographer to a student expedition from Cambridge University, to the Balkan state of Kosovo (then part of Yugoslavia) to study the botany and ecology of its

mountain region; and secondly, in 2011, following Neil's death, by Judith and her three daughters to the same area to open an exhibition of Neil's photographs in a museum in Prishtina, Capitol of Kosovo.

The 1956 expedition was vividly documented by means of many of Neil's original photographs, including the long overland journey by vehicle, and Judith's thoughtfully annotated images and maps. Initially aiming for the mountains of Greece for their study, this had twice had to be changed during transit for political reasons, and the limestone Prokletije Mountains above the Kosovan plain close to the Albanian border proved

to be an ideal alternative due to its variety of flora and landscapes as well as being virtually unknown beyond the Balkans. Here Neil and his team became as fascinated by the simple pastoral way of life of the local Muslim Kosovan Albanian peasants as by the collecting of samples and study of flowers, plants, soils and mosses. These peoples comprised 93% of the Kosovan population (just 6% were Serbs, yet they were the political masters), and the photographs revealed an uncomplicated pastoral existence with the men looking after the cattle, the boys the sheep, and the women making and mending clothing from the wool, footwear from the leather, and tending to crops such as maize and wheat. A naturally friendly race, these Shiptar people had large families (one farmer was shown with his 8 sons and 3 daughters, all healthy looking), and apart from occasionally wood-cutting or lime-burning, they led largely routine and satisfying lives. Only in the towns did you see a greater variety of tradesmen, craftsmen and shopkeepers.

Following Neil's death Judith by chance heard on Radio 4 about a book by one Elizabeth Gowing entitled 'Travels in Blood and Honey' about the history of this region. Judith managed to contact the author, who worked at an ethnological museum in Kosovo, and the outcome of their discussions was the suggestion that Judith should travel there to open an

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exhibition of her late husband's photographs. Thus it transpired that, along with her three daughters who were also invited, she flew to Kosovo in October 2011. Her own images revealed a landscape and way of life little changed over the previous 55 years as they were guided around the same countryside that Neil had visited. However, the town of Peja (formerly Pec) had been razed to the ground during the so-called 'ethnic cleansing' by the Serbs in the 1990s, since when it has been largely rebuilt – and, even more harrowing to learn, was about the 1.8 million Kosovan Albanians who, during that decade, had either been deported from Kosovo and rendered stateless and destitute, or else wiped out.

Judith duly opened the exhibition in the presence of the British Ambassador, Elizabeth Gowing and local dignitaries as well as TV, radio and newspaper reporters. In return for Neil's photos she received a gift of an oral history of the region compiled by a local historian and inscribed "... to Mrs Judith, with respect".

*Michael Beecroft*

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### SEDBERGH WANDERERS FOOTBALL CLUB

What a brilliant end to 2012 for the football club. We held our only disco of the year on Boxing Day and boy was it worth it! The mistake has been made in the past of holding too many discos throughout the year causing people to become bored with them and ensuring low attendance. Not this time. We welcomed nearly 180 people through the door on Boxing Day evening and the atmosphere and party spirit was fantastic. Graham Gardner, Graham Sowerby and me were flat out on the door taking the money and ensuring everyone had their wristbands on, even having to

stop people from entering at one or two points to allow us to catch up / change some notes with the bar staff or to allow the bar staff to serve the rows of people queuing patiently for something to wet their whistle! Elliot Oxley, Shaun Gardner and Fiona Currie were coping admirably but were selling drink almost as fast as they were re-stocking the shelves. It really was a great evening, enjoying en masse by one and all and we thank everyone who attended and helped make it so successful.

The funds we raise are vital in the running of the Club, especially at the moment when we are looking to contribute to the People's Hall

redevelopment fund in readiness for phase one of the build which will bring us brand new changing rooms.

We will be holding many more events for your enjoyment throughout the year, more details of which will appear, with adverts, in future editions.

One thing I can confirm though is that Ladies Night will NOT take place this year. We are giving this particular event a rest for a year to ensure it does not stagnate or lose popularity. It will return in 2014 and we still have Queens Hall booked this year on Saturday 6<sup>th</sup> April for a replacement event. Again, details of this will appear around town in the coming weeks and will be in the March edition of the Lookaround.

On the field, it has been a turbulent few months. We have unfortunately had to fold our reserve team as we lost a number of players over the summer and therefore did not have the numbers required for 2 teams. Highly frustrating for us as reserve teams are vital for the development of young talent to ready them for the first team and to also give as many people as possible the opportunity of playing week in, week out. Hopefully we will be able to revive the reserves next season. Fingers crossed. The first team have had a stuttering start to the league campaign with only 1 win from 10. The other 9 all defeats. However, this does not tell the story as 6 of those defeats were only by a single goal and the team has been performing well. We are also into the Quarter-Final of the Craven Cup and

the Quarter-Final of the High Sheriffs Cup so it is not all doom and gloom! For the technologists out there, you can follow us on Twitter -

@Sedberghwfc. You can also 'like' us on Facebook – Sedbergh Wanderers Football Club. This will keep you up to date with all the latest news / results / fixtures etc. from the club.

Keep your eyes peeled for news of our future events!

Finally, thank you all, again, for your support for the club, be it through your attendance at our fundraisers or your attendance at games. It is greatly appreciated by everyone.

*Ben Close*

*For and on behalf of Sedbergh Wanderers Football Club*



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### **BOWLING IN DENT**

In December we held a special Christmas event with a bring and share supper, for once it was free to bowl and there was a well stocked Raffle for Memorial Hall funds. A good number of people took part, some trying their hand at bowling for the first time and two mats were in play. It was a very enjoyable end to the year.

January 16th was the first session of this year and 6 people took turn about to have a game before retiring for refreshments and a catch up on the news. The sessions continue (usually) 3 Wednesdays a month and one Saturday morning which includes a Coffee Morning open to all. Spectators or new people are always welcome, do pop in.

If travelling a distance do telephone to check we are playing, (015396) 25212 is the best number to use, or see the list of dates in the Memorial Hall kitchen window. *SE Woof*

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### **SEDBERGH CRICKET CLUB**

Sedbergh Cricket Club enjoyed a most successful season in 2012. The Senior team finished third in the Westmorland Cricket League 3<sup>rd</sup> Division, narrowly missing out on promotion to the 2<sup>nd</sup> on the last day of the season. The Club Captain, Jon Brown had another big season with the bat, scoring more runs than anybody else in the 3<sup>rd</sup> Division. Telling performances over the season were recorded by Julian Cann, Paul Metcalfe, Steve Cayley, Steve Troughton and Tom Robinson.

The Club ran two Junior sides last

season. Whilst the Under 16's struggled at times to get a full side out, all who played enjoyed the season.

However, pride of place must go to the Under 12's side. They won the North Division of the Westmorland Cricket League by defeating Kendal in the last match of the regular season in a winner takes all situation, and then defeated the South Division winners Morecambe, to win the overall Under 12 League. In the Under 12 Knock Out Cup, Sedbergh got to the final where they defeated Warton to complete a grand slam of trophies. Congratulations to all the players, parents who supported with transport, and to Dick Gorst the team manager for masterminding such a great set of performances, and to Tom Gorst who scored throughout the season.

The Club believes that it has a bright future with the youngsters coming through. Indeed a number of Under 16's, like David Cope, Tom Robinson and Fergus Connolly have been regular performers in the Senior side for a couple of seasons or so.

As the Club looks forward to the summer of 2013, it would welcome interest from both senior and junior new players to come and join us this season. The Juniors will be running teams at Under 12 and 14 levels this year. Outdoor Nets will begin around Easter, and will continue during the season on a Friday evening, courtesy of our friends at Sedbergh School. Home matches are played at Settlebeck Sports Field.

The Club is also very interested in recruiting a regular umpire for the coming season to officiate in Senior matches, especially for home games, for which a fee of £20 per match would be paid. A regular umpire would really benefit and support the team in their endeavours.

The Club would further welcome ball sponsors for home games in 2013. This could be any local organisation or individual who would be prepared to make a donation of £15 for a particular match. The sponsor would be the guest of the club for the duration of that match and would be able to join us for tea at the interval between innings.

These are potentially exciting times for Sedbergh Cricket Club. Please support your local cricket club in any way that you can. For more information please contact the club secretary, Les Hoggarth, on 015395 83793, or Junior Organiser, Dick Gorst on 015396 20939.

*Martin Cope, Chairman*

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#### **DENTDALE JUNIOR FOOTBALL**

The Club still continues to do well with the assistance of support and sponsorship from many areas.

Thank you to Dave Wilson of Wilson's at Cautley Garage for sponsoring the junior training in December. Many

J. Robinson Digger Hire (07836 702873) for sponsoring the Under 8s Christmas Party at the Haddock Paddock Chippy, Craig and Jess Moffat for hosting the evening and Father Christmas for making a

surprise visit.

Metcalfe Bros. Ltd, of Cautley (Haulage & Plant Hire) for sponsoring their January 2013 training costs.

This is very much appreciated by everyone involved with the Juniors as is all the other sponsorship we have received this season to date

*Karen Troughton*

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#### **HARRIER NEWS**

Although the more conventional athletics calendars regard winter as a training period, there were still plenty of races and events for Howgill Harriers to tackle. During the festive period these are often themed accordingly, with fancy dress encouraged and runners being greeted at the finish line with Christmas puddings or chocolatey treats... Winter is very much the 'last week of term' of the running world.

Back in late November, our own Ravenstonedale Red 10K saw two records fall. First, the number of competitors (174), and secondly, the course record which was broken by Ricky Lightfoot of Ellenborough AC. Perhaps most importantly though this event continues to attract people of all abilities: from the 'elite' to the 'fun runner', and everything else in between! Watch this space for details of our Kirkby Stephen 10K in spring.

The Ulverston 10K beckoned to Chris and Jim, who finished 65<sup>th</sup> and 71<sup>st</sup> in a field of over 300.

Simon and Paul took on another 10K in Langdale, finishing 75<sup>th</sup> and 133<sup>rd</sup> in a field of over 400. Carl and Jen took on the same challenge the

following day, managing first and fifth in the male and female open categories.

With conditions below zero and snow waist high in places, the aptly named 'Really Wild Boar' fell race went ahead in early December. Seven Harriers completed the course with Sean, Phil and Fraser leading the club home. Elsewhere, Ollie was our only representative at the Clitheroe 'Turkey Trot', but finished high in 8<sup>th</sup> place ahead of some 130 others.

Howgill members returned to Ravenstonedale after Christmas for the club's fancy dress handicap race, a system which means the quicker you usually run, the later you start! Special recognition should go to those who opted for somewhat absorbent costumes (such as Sean's sheep and Fraser's nativity shepherd, complete with fluffy dressing gown and tea towel on the head), as the undulating course was blasted with both piercing rain and strong winds. First prize for fancy dress went to Eddie's Christmas tree, which also provided an extra challenge for those running behind to catch as many flying baubles as possible...

Over one thousand runners took to the roads of the Ribble valley just 4 days after Christmas Day, with Dan finishing just outside the top 150 overall and 11<sup>th</sup> in his category.

On New Year's Day, the 25<sup>th</sup> running of the Nine Standards race attracted a record turnout including 22 Harriers. Carl broke the long-standing course

record despite losing his shoe on the descent, and other notable performances include Adele as first Local lady, and Howgill as second team overall.

Happy running

*John Hosker*

---

### **DENTDALE CRICKET**

It is with great sadness that I have to write this final appeal to save cricket on what must be one of the most beautiful places to play cricket in the country.

The current club started in the early 1990s, playing friendly games on Sunday afternoons against Grayrigg, Askrigg, etc. they played serious, but fun cricket. Sadly over recent years it has become more and more difficult to raise a team.

The ground is at dent playing field next to the pitch used by dent football club, we have a pavilion, a full set of kit ,bats, balls etc and healthy bank account.

The only thing missing is enough people to play and someone to organise a team and arrange fixtures (I can help with contacts for opponents). The usual format has been 40 overs per side but any form of cricket can be played eg, twenty/20. It would also be possible to play mid-week evening games. Any form of cricket is better than NONE.

If there is anyone in the Dent/ Sedbergh area who knows how to hold a bat or bowl a ball that may be interested and would like more information please phone John Hyde 015396 25503.

### **EDITOR ON A MISSION**

After the feasts of Christmas were concluded, I jumped onto the bathroom scales. It's a good job they are not talking ones otherwise it would have shouted "ONE AT A TIME PLEASE!!!"

I was surprised to see that the readings went so high, but Jacky wasn't. Some friends of mine pulled my leg about things and suggested I go on a Sponsored Swim. I thought that's what they had said and felt that it was a good idea and agreed but it turned out they said a 'Sponsored Slim'. I felt I was committed and agreed so from the 4th January, I started my campaign to reduce from (shhh!) 24 stone and hope to (slowly) lose 4 to get down to a weight that will allow me to get on an ordinary set of scales. I hope to achieve this by the beginning of May so I am doing it very slowly.

As I am quite involved in our Community and Freemasonry, I have decided that all monies raised will go between local Sedbergh Charities and the Royal Masonic Benevolent Institute (RMBI) which supports many National Charities. At the moment, the Cumbria Freemasons are raising £1.75m and have currently raised over £500,000 for the RMBI 2016 Festival.

If you would like to support me, please contact me by any medium or call into the Office where there is a Sponsor Form. All donations will be gratefully received and faithfully applied.

*Dennis J Whicker*

### **WEAVERS CAFE**

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If you're lucky enough to have been born before 1953- and you live in Sedbergh – Farfield Mill invites you to take advantage of our special offer and enjoy Sue Brooks' two course lunch on Mondays or Tuesdays in February for only £5.95 and, if you need it, free transport!! We go the extra mile for our customers, so that you don't need to.

Simply phone the café on 21159 between 10.30am and 4.00pm the day BEFORE you want to come (you could try on the day itself but we can't guarantee a place), book a table and give your name and phone number. Gentleman Jim, driver of the *Flying Shuttle*, will then ring you to arrange collection and the time you would like to return. Why not make it a foursome and he'll pick your friends up on the way?

PLUS half price admission if you'd like to look round our wonderful new Quilt Festival exhibition afterwards, only £1.50 (normal price £3.00). Otherwise, stay as long as you like, bring your knitting on Tuesday and join our *Knit and Natter* group, or make it a celebration by bringing a bottle of wine - or anything else alcoholic. We provide the glasses and there's no corkage. Only 9 Mondays and Tuesdays in Feb though; so if you're really keen - get your friends organised now.

What better way to beat the February blues!! ☺

### GOLD CHAMPION

Congratulations to **SarahM** on her success in the first Taste Cumbria Gold Awards, as part of the 2013 Cumbria Life Food & Drink Awards.

40 local products each received a gold accolade. 10 Producers were named Gold Champion at a champagne reception at The Samling Hotel on the 10<sup>th</sup> January. A list of all producers and products are featured in the February edition of Cumbria Life.

**SarahM** won Gold Champion for her Damson Jam. Comments from the judges-Authentically Cumbrian. Good visual appeal, a nice texture and a very fresh taste.

Sarah will attend the 2013 Food & Drink Awards evening at Kendal College with all the Cumbria Life Food and Drink winners at the end of January.

You will find Sarah on Sedbergh Market on the first Wednesday of every month.

### LADIES NFU

At the November meeting, our President, Kath Mason, introduced Anne Wright, who is one of a group of ladies, known as the Sedbergh Stitchers.

The group was formed several years ago to tackle an ambitious project - a tapestry showing interesting and Historic buildings and landmarks in Sedbergh. Each member had their own particular landmark to stitch. With the help of slides, Anne told us of the ups and downs the group encountered along the way, until finally the tapestry was completed. Not to be put off by the mammoth task they had just completed, the group decided to tackle a second tapestry, which included landmarks not previously shown. After 15 years, both superb tapestries were completed and can now be seen hanging in St Andrews Church and are well worth a visit to view.

K Swift

**SarahM**

from garden to jar

Chutneys and preserves made with homegrown and local produce in my own kitchen

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### **DOWN MEMORY LANE**

On the evening of Saturday November 24th over 50 people who were born in Dentdale or married to someone who was and a few invited guests attended an evening of nostalgia via cine film and slides and photo albums showing the dale in years gone by.

Events covered included Dent Fair, Floods in the dale, Dent Gala Sedbergh Gala and Middleton family holidays in Cornwall. It was wonderful to view cine film taken by the late Billy Middleton on a big screen along with slides of the late Rowland Sanderson. During the interval refreshments were available and photo albums and other pictures on display to be looked at and talked about with some people recognizing themselves.

The slides included Vicarage Garden Parties, Dent Gala, Over 60's Outings, views of the dale and buildings which have now been altered.

There was a raffle and no admission charge, people were invited to make a donation, the proceeds were divided between Marie Curie Cancer Care & the Refurbishment Fund for the Sedgwick Room at the Memorial Hall, £80.41 to each cause was raised.

Sarah & John Woof thank everyone who came and who gave so generously. They hope to hold a similar event later this year and thank Jill, Linda and Mary for sterling work in the kitchen and Andrew Allan for all his help.

*SEW*

### **SEDBERGH AROUND ME**

An old, misty place, with lots of grace,  
Where lambs and streams and  
thoughts

Can run free – in harmony,  
Which cannot be sold or bought  
Here, for all, it's free.

A place for growing, learning,  
Inspired painting and singing...  
A place for running and walking...  
Sometimes, perhaps, too much  
talking!...

A place where rough fell sheep  
Graze on the hillsides steep.  
They seem to know what they are  
doing,  
When it's raining or harsh winds are  
blowing-

They're quite brilliant at surviving.

So many clean water springs around  
Just waiting to be found,  
Like little joyous miracles shooting  
from the ground.

Making gentle, soothing sound  
As if uttering a wisdom profound.

In stillness, through the mist, one can  
feel primeval breath

Bringing forth images, which have  
been put to rest.

Is something real here, true to the  
core

Whatever it is

It hearts me with hope and I keep  
wanting more.

*Parsla Hindson*



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### NEWS FROM THE PEWS



By now it will be widely known that our new Vicar has been announced. He is the Rev Andrew McMullon. At present Andy is serving in the RAF as a Chaplain based in Lincolnshire.

Andy and his wife, Lorraine, who is a nurse, have four grown-up children and two grandchildren. They have a family pet, Bailey, who is a very lively Springer Spaniel.

Andy is familiar with Sedbergh and the Howgills as in 1976 following in the footsteps of Adam Sedgwick he came to Sedbergh doing Geology Mapping as part of his degree course.

The new vicarage on Whinfield Road has been ready for occupation for quite a time now. It is a lovely modern family home finished to a high degree and will be warm and welcoming to our new incumbent. We understand the Bradford Diocese

has sold the previous vicarage. They in turn paid for the building of the new vicarage.

On 9<sup>th</sup> December the Bishop of Carlisle presided over the Service of Welcome to the parishes of Sedbergh, Cautley, Garsdale, Howgill and Killington, Dent and Cowgill into the Diocese of Carlisle. Members of Bradford Diocese, including the Archdeacon Paul Slater who has been a regular visitor to Sedbergh, bid us farewell from our old Diocese and wished us luck in our new one. The church looked beautiful filled with the flowers that had been a feature of Late Night Opening a few days before. We were joined by our friends from other churches whose voices raised the rafters in the singing before they tucked into sandwiches, scones and cups of tea.

Bishop James will return on Wednesday 22<sup>nd</sup> May at 7.30pm to license Andy as our new Vicar.

Looking back briefly over the Christmas period Chameleons and BOF were brilliant acting out the Nativity on Christmas Eve. Their

supporters came in droves supporting not only the production but also the Lancaster and District Homeless Action Service with a very generous collection.

What a happy bunch our Sunday School children are. There is always room for more children to join them on the second Sunday of the month in the church room at 10am.

We have much to look forward to this year. I have given you one diary date for May please add Saturday 13<sup>th</sup> July too...that is the date of St Andrew's Summer Fair which will be held in the church and churchyard.

*Susan Sharrocks  
Tony Reed Screen  
Churchwardens*

---

#### **WORSHIP@PEOPLES HALL**

*Sedbergh Methodist Church*

Capacity crowd - well almost - was packed in to hear Beltram Orego's return to take part in the December Peoples Hall Service! His year at Sedbergh is now complete and he once again spoke movingly of the reasons why he felt God guided him to leave his home in Santiago, Chile to undertake a gap year in Sedbergh.

He has so enjoyed his time here and is grateful for the friends he met whilst working at the school and hopes to return in the future. We all wish him well as he completes his studies for his chosen career back in Chile. We will miss him.

The children were engrossed in making Christmas crackers ready for the big day, after a talk by Dick Gorst

who reminded us not to let all our preparations get in the way of seeing Jesus.

We began the New Year well with a lively service led by Holly and Stephen Wood. Woody used to come to our Church but since his marriage has lived in Kirkby Lonsdale, so it was good to welcome them back. Stephen shared how God had worked in his life, on both sides of the Atlantic, his wife being from Canada, and the lessons he had learned. Holly used her beautiful gift of dance.

Do come along and join us, the next ones are 3rd February and 3rd March.

*Rachel Pedley*

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#### **DENTDALE**

##### **CHRISTIAN FELLOWSHIP**

In December we did not meet in our usual place or usual date but joined in with the Cafe Church event at the Duo Cafe/Bistro in Sedbergh.

Through last year we have listened to various people of all ages and walks of life sharing their testimony and enjoyed each others company, we have prayed with and for people and supported those who sought our help. As we start this new year we continue to meet at "Rhumes" on 4th Sunday monthly except a couple of months when it changes and look forward to celebrating 2 years of DDCF in the summer. Quiet Garden days will link in with the fellowship and as always you will be very welcome.

*Jn & Sarah Woof. (25212)*

### DENTDALE WI

The first meeting of 2013 was a really good turnout of members. Naturally, the item top of the Agenda was the forthcoming Dentdale WI 70th anniversary celebrations on 13<sup>th</sup> March. After much discussion, it was decided to have a two course meal in the hall, with the committee agreeing to make a selection of hot first courses and members asked if some would like to offer to make the puddings. Looking at the list that was put out during the evening, I can tell you that members have come up with some mouth watering offers.

Plans are in hand to have a display of any photos and documents recording the life of Dentdale WI over

the last seventy years. If anyone has any relevant items of W.I. interest, please do get in touch. The Dining Club have set a date for their next outing on 20<sup>th</sup> February with a lunch for those interested.

By tradition, we usually ask someone, living locally, to speak at the January meeting just in case we get really bad weather. However, on the date of the meeting the weather was reasonably mild and well before the snow arrived. It was our pleasure to welcome Jackie Foott to talk to us about Red Squirrel Conservation. The subject was met with plenty of interest as some members in Cowgill see red squirrels regularly. Jackie's involvement with the Red Squirrel

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goes back to the 1990's when Ingram Cleasby set in motion a local Red Squirrel awareness group covering the Sedbergh area including Mallerstang, Garsdale, Cautley and Dentdale. Grey squirrel control is the cornerstone of red squirrel conservation strategy and in some instances also providing supplementary feeding for Reds. At first, it was a case of monitoring and controlling the Greys by trapping them. Over the years, community groups have flourished and now working together with outside agencies including the Forestry Commission, Wildlife Trust, Natural England and the National Trust.

Prince Charles has just launched The Red Squirrel Survival Trust. There is now a Northern red Squirrel website [www.northernredsquirrels.org.uk](http://www.northernredsquirrels.org.uk) packed with all sorts of information. Still the best advice is to monitor and to let our local group know of sightings, Red or Grey! Email [jfoott@btinternet.com](mailto:jfoott@btinternet.com) telephone 01539625453. It was a fascinating talk!

Belle Burrow won the competition for her photograph of a red squirrel. Next month on February 13<sup>th</sup> Mike Beecroft will talk about his voyage to St. Helana. Visitors and new members always welcome.

*Pat Allen.*

### HOWGILL W. I.

We have been out and about and active over recent months. The Annual General Meeting in October was well attended. Margaret Hodgins W.I. Advisor and friend was in attendance to guide us through the meeting. Mary Silva has decided to stand down as president after 10 years of hard work and dedication. She was thanked for all she has done during her term in office. The vote for President resulted in Bridget Postlethwaite being elected. Bridget is happy to take on the role for the coming year. Lynn Marsden is to take over as Treasurer. Two Founder Members Peggy Postlethwaite and Mary Stainton were presented with

Certificates commemorating 60 years of W. I. Membership.

We would like to thank everyone who supported our Domino Drive. We had some good domino and raffle prizes on offer.

Recent press reports of E.E.C. Rules banning the re-use of jam jars prompted Sarah Scarr to ask Trading Standards and Environmental Health for their views. Their reply was they have no problem with us reusing jars as long as they are sterilised, but new lids should be used.

Eddie Harrison and Peter Clarkson from Kendal Mountain Rescue Service explained how they are part of the 999 service working with the Police in all weathers and on all

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terrains. In addition to rescuing people from the fells they help where needed in bad weather and in recent times have rescued flood victims. Nationwide there are 53 teams, 12 of which are in Cumbria. Sixteen to twenty three members are needed for each call out. The Kendal team need £50,000 per year and money is also needed for major investments in equipment so money is vital. Mr Harrison was thanked by Lynn Marsden. The competition for a Childhood toy was won by Peggy Postlethwaite with Mary Silva second.

Christmas celebrations were held at the Barbon Inn on December 6th. We were expecting snow showers

and frost as forecast so we were not prepared for a torrential downpour and flooding. Two members of our party were turned back at Black Horse as Police had closed the road until the rain eased.

We enjoyed a lovely festive meal followed by several games of dominoes where we all won a mystery prize. The competition judged by the staff for a home made Christmas card was won by Audrey Hoggarth with Bridget Postlethwaite second. An enjoyable and memorable evening.

Our singing group led by Helen Beare took part in the carol service at Howgill Church on December 23rd.

The first meeting of the New Year was held at Howgill. President Bredget postlethwaite gave a warm welcome to thirteen members and one visitor. High on the agenda was the '2013 Chairmans Challenge'. Interesting ideas are needed of ways to make ourselves more appealing aiming to recruit new members.

Helen Beare moved away from the area in December. Helen was Programme Secretary, walking enthusiast, and our musical talent. We wish Helen best wishes on her move to Lancaster.

Speaker for the evening was our own member Jackie Hooley, Secretary of the Lunesdale Archaeology Society formed two years

ago with thirty members. Backed by slides, Jackie focused her talk on the Lune Valley. Clues from aerial photographs pin pointed the outline of a roman fort on land at Low Borrowbridge near Tebay. With permission from the landowner, an archaeological dig found evidence of a roman dwelling, dressed stone walls built to a high standard and still standing, in 2011 a a garden and 2012 a pig sty. Small finds included pottery, lead, jewellery, nails and oyster shells. The Romans loved oysters. A rather splendid headstone found is to be displayed in Kendal Museum. An exciting find from 2000 years ago. Bridget thanked Jackie for a fascinating talk. The competition to

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name the Romans greatest legacy for Britain was won by Sarah Scarr with Mary Stainton second. A Jacobs Join and get together brought the evening to a close.

On 7th February David Alison will be seeking on 'Transport Delights of the Isle of Man' at Firbank Church Hall at 7.30 pm. New members will be most welcome. ☺

---

### **KILLINGTON W I**

*The afternoon WI for the entire district*  
"Time flies when you're having fun", as the saying goes, so we in Killington WI must have had the most fun-filled festive season ever! It seems to have gone in a flash and now we are looking out hopefully for

the harbingers of Spring, the first snowdrops. Our various joint celebrations kept us busy – not one but two lovely Christmas lunches, the first at the Barbon Inn and the other over the Pennine watershed at Wensleydale Creamery; an uproarious WI pantomime at Burneside, judged to be better than many a professional panto; a splendid cookery and flower demonstration at Kendal Town Hall (how about trying curried sprouts with your Christmas dinner!); carol singing; and lots else.

Our first meeting of 2013 started with some sadness as we thought about the death of another valued member. Mary Cargill was 96 and

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had been cheery and active right to the end of her life.

Her determination to keep on the move was legendary and unless the weather was poor she walked to our meetings. You will surely remember seeing her pushing her trolley along Main Street. We were so pleased that Mary had been our Castaway last year as we learnt lots about her love of music, performing, her family, and her life story. She was blessed with a wonderful family and will be sorely missed by them and by us.

This year we have lost three "Marys", - Mary Tallon and Mary Cargill, and Mary Fisher who has gone to live in Suffolk. We still have one left, Mary Turton, but we do not

see her often enough as she lives in Hertfordshire.

It was good to be back together again – time to extort subscriptions and welcome our recent joiners Lorraine Millington, Imogen Blatchly and Dilys Evans, though it is hard to think of them as "new" as they have fitted in so well. We also enjoyed the company of another prospective new member. This year we are challenged by "The National Federation of Women's Institutes" to devise some events to attract new members, but I don't think we will bother! We shall just keep on telling you that you would always be welcome. The more the merrier, even if we do end up having to sit on each other's knees.

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There were a number of absentees, some holidaying in places near and far, and some were poorly and to them we send our sympathy and a large box of tissues. We trust that you will be firing on all cylinders by next month!

Our speaker this month, Mike Beecroft, took us island hopping once again. Islands are such satisfactory areas, limited in area and self-contained. We went to St. Kilda, 41 miles west of the Benbecula in the Outer Hebrides. Until 1930 this truly was a self-sufficient economy, making its living almost entirely from the products of the massive bird colonies of the precipitous cliffs of its coast. Sadly, its way of life had become unsustainable and the remaining 36 people were evacuated and resettled elsewhere. Today its colonies of gannets, fulmars, shearwaters, puffins and many others flourish and a few lucky enthusiasts travel to see its stark beauty. Our thanks to Mike for this peep into a distant lifestyle and especially for stepping in at short notice.

Our traditional January competition for a Christmas card was won by Wendy McLean, and the raffle for some classy "smellies" by Anne Jones (though, mind you, she went home without them so I don't know what that says).

Make sure that you don't miss next month's exciting prize! We meet again in the committee room of the People's Hall, at 2-00pm on Tuesday 12<sup>th</sup> February. Sarah Scarr will be demonstrating her skills at

"Sugarcraft", and hoping that a little rubs off on us.

*Wendy Fraser-Urquhart*

### **SEDBERGH WI**

The first meeting of the year 2013 opened with birthday wishes to Anne Petyt and Sue Kernahan. Two guests had come along for the evening, Carole Thomson and Pam Dent, by the end of the evening, Carole had joined! The numbers keep on going up which is so pleasing. There were 24 members and guests present to hear Helen Beare tell of her experiences in Nairobi when on visits to Kidzone school and orphanage. Helen told us how the girls had nowhere to go and mainly lived on the street and how the teachers in a local school had turned two disused class rooms in to an orphanage for these girls. The girls having found some where to live began to make great progress in education.

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Helen had visited Kidzone a number of times and is going back very soon. She explained how she had developed the idea of bringing music to girls. I'm sure some of us will remember the call for recorders to be left at the Community Office. This call was so successful that Helen took dozens of recorders out for the girls of Kidzone. While staying at the school she was able to teach a number of them to play some of whom showed promise musically. Helen explained that the humble recorder is a much maligned instrument. Most people think of the recorder as a Child's instrument but in fact there are many deferent types,

treble, tenor and bass which Helen demonstrated for us playing the evocative Londonderry Air.

Photo's of the girls were passed round and Christine Wood, whose son Simon is a British Airways Pilot, filled in the back ground as to how Simon first became involved. On his frequent flights to Nairobi Simon takes with him donations and goods of all types to the school orphanage and other projects now running in and around Nairobi.

Our WI has been asked for a donation to secure 72 Main Street for the long term benefit of the community. Members decided to have a 'Bring and Buy' stall at the

Open Meeting being held in April, and the proceeds from the stall will be donated to the cause. As part of the Open Meeting our very talented member, Christine Sheppey, will be organising a dance session (suitable for anyone reasonably fit!). For those preferring to sit it out, there will be a Domino drive. As always, delicious refreshments will be served during the evening and all ladies are welcome.

The members were reminded to get entries into to the Spring Show early. To help everyone along Linda provided us all with the Spring Show brochure; so no pressure then girls.

The walking group are off on the move again with their first walk of the

New Year set for January 17<sup>th</sup> and a walking holiday booked for April.

The book club have been reading *The Olive Farm*, by Carol Drinkwater, an autobiography about the author's experience of renovating an olive farm in Provence, it was an easy read and the idea of blue skies and warm weather was very appealing to the members, who gave the book an 8 out of 10.

The next meeting will be on Wednesday February 13<sup>th</sup> at 7.30 pm in the People's Hall committee room. It's a film night and members will be enjoying a showing of the *Exotic Marigold Hotel*. If you would like to join us, you would be very welcome.

*Sandra Gold-Wood*

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### **CUMBRIA WILDLIFE TRUST**

Well what a funny old year has just finished. We missed the drought of the early part of the year that the rest of the country suffered. We had extra rain instead and probably felt pretty smug about it, seeing the early hosepipe bans and parched reservoirs in the south. The spring was mild initially and the plants had an early start, but a May frost destroyed most of the damson blossom and stopped the pollinators getting to many of the orchard trees. The rest of the country then joined us in the most dramatic turnaround from drought to wet on record. The summer, autumn and winter were almost unrelentingly wet and for months the fields have had standing water and mud. In the rain the bees have stayed in their hives and eaten their own honey store while butterflies and even bog-loving dragon flies

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have done badly.

Weather is what falls on our head, while climate is the average of the weather recordings across the globe. Although it is difficult to attribute individual weather events to climate change, the more energy you put into a system, the more you are going to get thrown back at you. Scientists agree that their climate models predict more extreme weather events and they also agree that the climate is changing far faster than most of their conservative models suggested. More heat in the atmosphere leads to more extreme events and greater unpredictability. Paradoxically it can even lead to more cold and wet as the turbulent jet stream veers off its normal course, disrupted by a rapidly warming Arctic.

This all makes things very difficult for farming and for tourism, which are both so important for our region. It also makes it difficult for wildlife. For many years vets and ecologists have been monitoring with considerable alarm the gradually spread north into Britain of diseases and pests, as the

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average temperatures creep up. Warmer winters fail to kill off the pests and wet summers create breeding grounds. Farmers will be only too aware of the new livestock diseases heading our way, while the rest of us read alarming stories about fungal infections that are killing our trees and changing the look of the countryside forever. Global movement of animals, plants and plant products are vastly accelerating the natural movement of pests and diseases.

The most recent casualty is ash although many other tree species have been threatened for some time by different diseases, including the rare junipers of the high fells. How many of us realised that ash saplings were imported in such vast numbers, or indeed at all. Our experience is that if you don't weed thoroughly you get ash trees for free in any bare bit of earth. The loss of our ash trees is likely to be far more devastating than the loss of the elms a generation ago. When you look at our Dales landscape almost every other hedgerow and field tree is an ash,

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while they dominate in many local woodlands. Though there is still some debate about the right approach, for once the politicians have listened to the scientists. Ash woodlands across the UK will not be felled in a vain attempt to halt the spread of the fungus. It is far too late for that as infected trees were planted so widely and the fungal spores spread far too easily on the wind, on feet and clothing and on animals' coats. However, careful monitoring and selective felling of infected trees may still be part of the solution to slow (though never halt) the spread. In other countries that have already been badly affected around a tenth of the trees have appeared to be resistant to the disease and if we fell all the trees we will never discover the British trees with genetic resistance. From them we can hope to regenerate the woodlands in time.

So here's hoping for better weather for 2013 for our farmers, visitors and importantly the plants and animals that help to make this such a beautiful place to live.

*Jackie Hooley*

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### **CRAFTWORKSHOP**

11 08 03! That was my mum's Co-Op 'Divi' number. Baffled? Then you are probably younger than I am. The number was used each time we shopped at the local Co-Op. We asked for the goods (no self-service in those days) and as we paid the money had to recite the number so that it could be tallied up and used to get vouchers at the end of the year. It was an early version of the loyalty cards that many of us now have. It is surprising how many people can remember this number over fifty years later.

The Co-Op (then the CWS - Co-Operative Wholesale Society) operated for the benefit of everyone, with profits given back to the customer.

Like them, the Craftworkshop is a co-operative. Members of the co-operative work (for free) in the shop or support it in other significant ways. As a co-operative we are a not-for-profit organisation. Individual craftworkers may, if they are lucky, make a small profit. They may even be set up as a small business or be at

the early stage of doing so. Many of them simply want to cover their outlay on materials so that they can afford to buy more.

There are now around twenty people with crafts in the shop at 61 Main Street. We have held meetings to involve all those who wish in the decision making process. It has become clear that some people want to simply place goods for sale in the shop, whilst others want to be more actively involved – using the shop to make or 'finish off' craft items, calling in for a chat, undertaking the many roles associated with running a small enterprise, such as dealing with the money or the rota.

Having established ourselves on Main Street at the end of last year, and moved to restricted opening during January and the beginning of February, we intend to re-open on Saturday 9<sup>th</sup> February. You may have noticed that we now have two windows in which to display our goods. We are setting up a new stock control system and intending to 'showcase' some of our craftspeople, so that you can learn a little about the

process of making the item or the person who made it. We hope to be more active in presenting craft demonstrations and workshops. We shall probably open on Mondays, Wednesdays, Fridays and Saturdays, with the occasional Sunday.

We'd like to become a hub for local craftspeople. Already people have started to call in for advice, to have stitches cast on, for items to be mended or altered etc. We were grateful for your support when we set up last year and hope to see you again – or for the first time if you haven't been in. Browsers are always welcome. Don't forget that, given enough time, we can often arrange for an item to be made especially for you, or personalised to your requirements.

For me personally the past year has been a delight as I have seen my initial idea, proposed in the Lookaround last February, develop – with a lot of help – into a thriving enterprise.

*Helen Wilberforce*  
015396 21562  
[ehwilberforce@btinternet.com](mailto:ehwilberforce@btinternet.com)

#### **DENTDALE RUN**

One of Dent C of E School's largest fundraising events, the annual Dentdale Run will take place on Saturday the 9<sup>th</sup> of March. The race is now in its 29<sup>th</sup> year and is supported by its main sponsor, Dentdale Brewery and receives the huge support of other local businesses as well as a number of local people and organisations who provide catering

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and marshalling.

Commencing at 1pm, the run is just over fourteen miles and takes place around the lanes of Dentdale. Entries are invited from affiliated and non-affiliated runners. For affiliated runners the cost of entry is £10 in advance or £12 on the day with non-affiliated runners paying £2 more. Free car parking, showers and plenty of refreshments will be available to runners. Trophies and prizes will be presented, immediately after the race in the memorial hall, to the top runners in several categories including, ladies, teams and veterans categories.

On this day the village itself and the surrounding roads will be very busy especially between 12pm and 3.30pm with around 500 runners setting off from the village at 1pm.

I would like to ask that if anyone is moving livestock or expecting large deliveries on this day could they please try to avoid these times. Spectators are very welcome on the day or if you wish to enter then you can obtain an entry form from [www.dentdale.com](http://www.dentdale.com).  
*Scott Thornley*  
Chair, Dentdale Run Committee

### FEET PROBLEMS

*When your feet hurt - you hurt all over*

Did you know that the knee, hip or back pain you have could be coming from your feet? Dysfunction in the foot can cause pain not only in the foot itself, the problem can travel up the leg and be felt throughout the whole body. Foot problems can also make you more vulnerable to injuries such as plantar fasciitis, Achilles tendonitis, repeated strains and sprains, and sciatica. A thorough assessment of the feet and analysis of the gait can reveal dysfunction, some of which can be corrected simply with orthotics combined with physical therapy and rehab advice/exercises. So why suffer any longer??? Call 015396 24871. ☺

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### SEDBERGH INFORMATION AND RESOURCE CENTRE

*72 Main Street*

The first three months of the revamped Information and Resource Centre have gone really well. A lot of hard work has been done by lots of volunteers to re-organise the Centre, bring it all together and reopen.

The successful bid to the Big Lottery means that work can be undertaken to refurbish the Centre with new doors and windows and to install central heating. However, this means that there will be some disruption from the 18<sup>th</sup> February for a couple of weeks. The intention is to remain open as much as possible, but it maybe that the Centre will be closed for a few days.

There is still a need to recruit more volunteers so if you think you can give a little time then please do contact Janey on 07966 134554. You do not need to be able to help on a regular basis as we need volunteers who can help just occasionally.

*Hilary Hodge*

### NEIGHBOURHOOD FORUM

*Supporting Local Communities –  
Community Grant Opportunities*

Are you looking to raise funds for a local project? Does your project benefit the wider community? Are you based within the Sedbergh & Kirkby Lonsdale area? If so, you may be eligible to apply for a grant from the Neighbourhood Forum.

Grants are available for voluntary, non-profit making community groups and organisations who can demonstrate that their project will benefit the local area. Applications will need to be received by Friday 15 February in order to be considered for funding in this financial year. If you would like any further information on how to apply, please contact Sarah Williams on 01539 713405 or [sarah.williams@cumbria.gov.uk](mailto:sarah.williams@cumbria.gov.uk) ☺

**SIGHT ADVICE  
SOUTH LAKELAND**

*Sedbergh Branch*

Betty H. welcomed a smaller number than usual of members and guests to our first meeting of 2013. After the customary 'roll-call' we joined in singing 'Happy Birthday' to Rosemary H. Betty then introduced our first two guests for the afternoon. These were Carl Hodge, Director of SASL and Bruce Worsley, one of SASL's elected Trustees.

Carl outlined the current situation and the challenges facing SASL in the future. The group expressed their general satisfaction with and support for the strategies the Staff and Trustees are pursuing to ensure SASL is able to maintain the services most valued and appreciated by its members. The group are grateful to Carl and Bruce for coming to see us and expressed the sincere hope that it will not be another five years before they visit us again.

There are many opportunities for 'involvement' with SASL and the work it does not only in Sedbergh but also throughout the South Lakes area. Any-one interested in becoming

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involved with SASL can get more information from SASL, Stricklandgate House, Kendal (01539 742633) or phoning Jennifer on 015396 25162 or George on 01539 721109.

Having completed the 'business of the day', Betty then introduced our other two guests for the afternoon - Judith and Roger Bush. Judith and Roger brought with them a variety of reproduction musical instruments whose origins can be traced back to the twelfth century. After briefly describing each instrument, its history and uses, Judith and Roger then delighted us with a selection of virtuosi performances played on the Krummhorn, the Shawn, the Racket, the Hurdy-Gurdy and the Accordion. We also 'sang' the Christmas Carol 'While shepherds watched their flocks by night' to a 'traditional air.' The group's pleasure, appreciation and thanks were expressed to Judith and Roger in two small 'tokens of our gratitude'.

Betty then drew proceedings to a close by reminding every-one that our next meeting is on Tuesday, 19<sup>th</sup> February in the People's Hall Committee Room at 2.00.p.m.. New and old members and volunteers are most welcome to join us and transport can be arranged if required.

*George Watson*

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## FEBRUARY GARDENING

I was walking around the garden of a friend the other day, enjoying having a look at a few winter flowers, and thinking forward to the spring when all the early perennials will begin to bloom. That garden has a vast variety of different things, and being on a damp clay site, grows plants such as Geums, Pulmonarias, Geraniums, and Primulas very well indeed. (I remember a plant expert saying, many years ago that we in the North West are so lucky, because our cool wet climate enables us to grow many things which just will not survive in the hotter dryer south!)

There are plants from all continents most of which have been in cultivation for many years. There are Trilliums and Dogwoods from North America, Fuchsias from South America, *Crocasmia* (Montbretia) from South Africa, Rhododendrons from China, Magnolias from Japan, *Pittosporum* from New Zealand and, of course, a whole raft of species from various parts of Europe. Many of our summer bedding plants come from the Tropics where they grow as perennials rather than short lived annuals.

Plant collecting still goes on, although these days it is usually undertaken in a very scientific way and is not purely a means of gathering things for garden ornament. Botanists calculate that perhaps only 50% of world species have been identified and documented. Completely new species are still introduced – such as the Wollemi

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Pine which was discovered in the Blue Mountains, only 150km from Sydney, Australia, in 1994 - but plant collectors these days have many advantages over their previous counterparts and are much more likely to survive their plant hunting trips.

I do enjoy reading about those brave (and often somewhat reckless) explorers who went to great lengths to search for new things. Many of them risked life and limb to seek out and send home interesting plants. David Douglas, who introduced Flowering Currant, Lupins and Douglas Fir, fell into an animal trap and was gored to death by a wild bull, George Forrest (various Primulas, Rhododendrons and Magnolias) died in the Himalayas from a heart attack, and Frank Kingdom Ward (Lilies, Rhododendrons and Cotoneaster) almost perished when he slipped and slid over a cliff. He was saved by a piece of sharp bamboo which impaled him through the armpit. Being the hardy soul that he was it didn't put him off. He was still plant collecting twenty years later. *Elaine Horne*

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### DENTDALE OVER 60'S

By the time this is published the Christmas festivities will seem very far away, but on behalf of all those attending the Christmas Lunch on Saturday 8<sup>th</sup> December 2012, the most appreciative of thanks must be forwarded to everyone involved in organising and delivering such an occasion. It was truly an entertaining village event!

For 2013, the monthly programme for the 'Dentdale Club', held on the first Friday of every month in the Sedgwick Room from 2.00pm has already begun and details of future presenters have already been published in the Lookaround and are available on posters around the village.

Finally, the AGM was scheduled for Monday 28<sup>th</sup> January 2013 and so more details of visits or events will be available following that meeting. Everyone from the area is most welcome to attend any part of the programme (age does not need to be a barrier!) and refreshments are always served!

*Dorothy M Vernon*

### JUSTIN DOYLE

*Old Boy of Sedbergh School, steps into the breach with Haffner Orchestra*

This time last year, Justin Doyle conducted Lancaster's Haffner Orchestra. Quite a lot of Sedbergh people went to the concert to see him and were duly impressed. He went from Sedbergh School to be a music scholar at King's College, Cambridge, and has won prestigious conducting prizes. He now works with Opera North, the Halle Orchestra, and Northern Sinfonia, and his enthusiastic conducting style meets with much praise.



He is stepping in at a Concert in Lancaster University on February 9th, as Natalia Luis-Bassa, the Haffner Orchestra's usual conductor, is unwell. The pianists also have a Sedbergh connection, as they are Anne Applin and Geoffrey Pratley, who performed in Sedbergh to great acclaim last year. ☺

## WEATHER

### *November & December Weather:*

November continued the wet theme for the year having only 5 days on which it did not rain! We registered 6.02 inches in total for the month. Temperatures varied from a maximum of 57.4F, the lowest daily maximum was 32.5F on the last day, to a minimum of 22.3F. The highest minimum was 51.1F which I suspect was rather high for the season. On only 8 nights did the wind chill not drop below freezing point. It was quite a breezy month with only 4 days when the maximum gust did not reach double figures. The maximum gust was 22.4mph from the south west.

December continued the wet theme with a total of 8.76 inches for the month making a total for the year of 82.11 inches!!! There were only 4 dry days in the month! One 24 hour period produced 1.62 inches of rain onto frozen ground! Temperatures were more seasonal but on 4 days the maximum did reach 50+F with a high of 57.8F. On the low side we had several nights when temperatures

dropped into the 20sF with a low of 20.5F. Pressure was variable with 2 periods of low pressure which was reflected in the wind speed with a maximum gust of 24.4mph. On only 1 night did the wind chill not get below freezing point.

The year produced the wettest, or second wettest, year depending on the source. Not only was it wet but it rained on more days than I remember. We only had a couple of dry spells which last for any length of time and we didn't have an official drought i.e. 14 continuous dry days. Unfortunate these spells didn't coincide with cropping so it was a rush to get any hay at all. Needless to say I didn't get any again!! The heavy downpour in December onto frozen ground nearly produced a disaster for us. As the water could not get away the septic tank backed up to the house so it was a case of bailing out until it stopped raining which fortunately it did fairly quickly after we had found the problem. Bees have been flying on the milder days taking the chance for a cleansing flight. Some people have lost colonies



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already this winter. It looks as though I have lost one in spite of there being plenty of fondant available for them. I am sure the wet season has affected them also. Activity at the feeders has been down again with fewer birds around it seems. I have a robin and a cock blackbird follow me when I feed the poultry. They both raid the dog's bowl if I put it on the wall stealing pieces of meat! The wet weather has produced a near epidemic of liver fluke in sheep and cattle due to the increase in the snails which are the other host for the parasite which causes the disease. There have already been losses.

---

**FRIENDS OF  
SEDBERGH MEDICAL CENTRE**

Our first major fund raising event took place on 23 November with a Ceilidh in the People's Hall. There was a certain amount of apprehension when we realised the date clashed with several other high profile events, and as always in Sedbergh ticket sales were initially slow, but on the night the event was well attended. The pie and peas supper, provided single-handedly by Avril Hobson, was a huge success, and everyone enjoyed the dancing to Common Ground; thanks to Dr Hunt who plays with the band and suggested the Ceilidh in the first place. The committee were pleased that after expenses the event raised just over £500

It was agreed that the first purchase for the Medical Centre will be a water cooler, and quotations are being

sought for the purchase and installation of a machine. If anyone has any suggestions for items which would benefit patients visiting the centre and which will not be supplied by the NHS we would be pleased to hear them.

The association of Friends is open to anyone who is interested and we would welcome new members. The next meeting will be held on 25 April at 6.30pm at the Medical Centre.

*Janice Rusling*

---

**FREDA TROTT  
MUSICAL FOUNDATION**

The Trust has been operating for four years helping with the costs of young people with music education.

Freda Trott, who died in 2007, established it under the terms of her Will. Now approximately 60 children are regularly benefiting from her generosity. A musician and teacher herself, she was keen that as many young people as possible should be able to enjoy music, which had given her such pleasure.

Some of the children who have been assisted to learn instruments, will be showing what they have achieved in an afternoon concert on Sunday 3<sup>rd</sup> March, starting at 2:30 p.m.

Sedbergh School has very kindly loaned the Thornely Music Studio in Station Road for the venue.

Admission is free and all are welcome, particularly old friends of Freda, who will be able to see and hear how her plans are bearing fruit.

*Graham Dalton*

### **KILLINGTON WIND FARM**

Over the Christmas break, the first of the six turbines at Armistead was erected. So you can now go and see what a 100 metre high turbine on top of a hill looks like - and it is very, very big. The turbines proposed at Killington are 32 metres higher even than those at Armistead - higher than any installed onshore in the UK.

The Inspector who allowed the Armistead proposal said in his decision letter, '*... I have found that the wind farm would give rise to significant adverse landscape and visual effects within a relatively small area (up to 2km from the site)*'. He was certainly right in the first part but the adverse effects extend well

beyond the 2km he suggested. He went on to say, '*...I believe that the site itself has a robustness and scale which would enable it to assimilate the turbines, despite their prominence.*' Here he was quite wrong. The structures entirely dominate the lovely countryside from Old Town to Killington and are utterly out of keeping with the local landscape.

If you have any doubts, I suggest you drive down the Old Scotch Road which turns left from the A684 just before J37 of the M6 and runs down past Killington Lake. You can see the site and single turbine from here but it vanishes as the road undulates for a couple of miles past the Old Park



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plantation. But just past Three-mile House, at Hills Quarry, it bursts into view (to be joined shortly by five more) looming large over Burns Beck Moss nature reserve. You simply can't miss it.

Many of us do not want this vandalism to be repeated at Killington Lake. It is still not too late to object. All you need do is go to our web site ([www.killingtonwindfarm.co.uk](http://www.killingtonwindfarm.co.uk)) and click on the tab that says 'How to Object'. This will give you a direct link to the South Lakeland District Council web site where you can enter your objection. Just a few lines is enough but remember to say you are objecting. Currently there are about

900 objections. For the sake of our landscape, please help us get to the 1,000 mark.

*Dr Mike Hall, Mansergh, LA6 2ET  
(FELLS President and  
STAK member)*

Dear Sir,

As a member of New Hutton Parish, I wish to comment on Barry Grimes' update on Killington Windfarm, which appeared in the December edition of Lookaround.

A number of New Hutton residents felt strongly that the letter sent to the SLDC by the Parish Council did not accurately reflect the feelings of the parishioners. A further meeting of the

Parish Council resulted in replacement of the original letter, by a letter of OBJECTION based on the detrimental impact the windfarm would have on the local landscape and on local businesses.

Firbank, Sedbergh, Dent, Casterton, Grayrigg and now New Hutton have all sent letters of objection to the Killington Windfarm to the SLDC. This is hardly what Mr Grimes describes as a "show of public support", rather the opposite.

Yours sincerely,

*Louise Clapham*

---

#### **KILLINGTON WIND FARM**

A new group has been launched to provide a focal point for local support for the proposed Killington Wind Farm.

The Killington Wind Energy Support Project (KWESP) has been set up by Chris Rowley and Nick Chetwood to gather support for and share information about the proposed Killington wind farm between the A684 Sedbergh Road and Junction 37 of the M6.

Chris and Nick are both members of the long-standing local environmental group South Lakeland Action on Climate Change *towards transition* (SLACCtt). Chris and others from slacc tt spoke in favour of the Armistead wind farm (which is currently being built near the village of Old Hutton) at the planning appeal hearing in 2009.

KWESP, which is not a formal membership organisation, has been established to encourage local people

who are in favour of the new wind farm to write and express their opinion to the Development Control Officer at South Lakeland District Council.

Chris Rowley says: "We firmly believe that the visual impact which a few appropriately-placed wind turbines would have on Cumbria is far less of a danger than the energy and climate-related challenges that are already upon us. We therefore wanted to provide a forum through which positive opinions about the proposed Killington wind farm could be clearly expressed. We do not believe that letters to the planning officer from those living way out of the area, as used by those opposing the proposals, should carry as much weight as those from local people. "

"The Cumbrian landscape is already impacted in many different ways by human activity, not the least of which is the M6 running through the area. South Lakeland District Council's planning guidance on wind energy clearly includes locations such as the Killington site which are entirely suitable for well-planned onshore wind farms."

Nick Chetwood adds: "As someone who lives very close to the proposed wind farm and who runs the nearest holiday cottage, I think that fears that have been expressed about its impact on tourism are misplaced. Indeed it might well have a positive impact on perceptions of the area, in terms of the progressive approach to managing climate change that it would show we embody.

“Our main aim is to encourage the silent majority that we know support renewable energy to express their opinions about the Killington wind farm to the Council’s Development Control Officer, so that an accurate view of community opinion can be formed as part of the planning application review process.

“We know that there is a lot of support in our area for onshore wind power, and hope that those that will eventually pass judgement on the Killington wind farm planning application will recognise the true strength of local feeling about it.

“On a personal level, I believe the next generation will never forgive us if we do not take every single

reasonable measure to minimise global warming. It is clearly they who will really suffer if we don’t”

South Lakeland District Council’s Development Control Officer can be contacted by writing to South Lakeland District Council, South Lakeland House, Lowther Street, Kendal LA9 4DL. (development.management@southlakeland.gov.uk. Application reference SL/2012/0845)

*Editors Note:- I feel that the subject of the Windfarm has been covered over the past few months from both for and against the project. No further reports will be accepted apart from the final decision of the Planners.*

DJW

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## BROADBAND

Fast, affordable fibre broadband is set to become available to around 93 per cent of Cumbria homes and businesses by the end of 2015 under the Government's Broadband Delivery UK (BDUK) programme - as a result of a multi-million pound project between Cumbria County Council and BT.

The contract for the Connecting Cumbria project was signed on 29th November last year on the edge of Ullswater. It will build on BT's and other providers existing commercial investment to provide England's second largest, and second least densely populated county with some of the fastest available broadband speeds anywhere in the UK.

The project's ambition is to bring superfast broadband to around 93 per cent of Cumbrian homes and businesses via a new network of fibre infrastructure around the county. This includes working with some of Cumbria's remotest communities to extend the fibre network through innovative community projects in the hardest to reach areas.

Cumbria is expected to be one of the first to benefit from the EU decision to grant state aid approval for the government's national broadband rollout. Once government approval for state aid and confirmation of EU Major Project status is given, it means the government and European funding for the project can be released, allowing the project to begin quickly.

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division, will now begin the work on the ground with telecoms engineers surveying locations around the county and analysing the best way to roll out the network. This initial survey work will take around three months, so Connecting Cumbria should be in a position to announce which communities will be in the first stage of the roll-out in Spring 2013. The county council and BT will work together to prioritise a strategic roll-out so that the whole county's best interests are served.

The installation of the network will enable a range of Internet Service Providers (ISPs) to offer speeds of up to 80Mbps to a majority of the

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county's homes and businesses by the end of 2015. Fibre- to- the- Premise technology – delivering speeds of up to 330Mbps – will also be deployed in certain areas and will be available on demand throughout the whole of the fibre footprint should local businesses want the ultra-fast speed it offers.

Those premises in the remaining seven per cent who currently have very poor internet speeds will also see an uplift, as the project aims to deliver a minimum of 2Mbps or more to almost all homes and businesses. Cumbria is one of the most rural counties in England and so the project will transform broadband speeds across the county. According to Ofcom, the county's average downstream speed is currently 7.1Mbps whilst 18.8 per cent of the population receive less than 2Mbps. BT was chosen by the Council

following an extensive and thorough selection process.

The value of the contract between Cumbria County Council and BT signed today at Ullswater is £51m. BT will contribute £15m to the project with £17.1m coming from Broadband Development UK (BDUK), £13.7m from the European Regional Development Fund (ERDF) and £5m through the Performance Reward Grant (PRG) from all councils in Cumbria. On top of this, additional ERDF and PRG funding will contribute to the roll-out and marketing of fibre broadband in Cumbria.

BT's network will be open to all communications providers on an equal wholesale basis and so Cumbria consumers and businesses will benefit from a highly competitive market, in turn bringing greater choice and affordable prices.

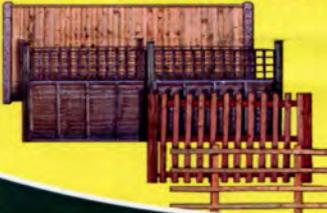
For local businesses, the superfast broadband network will underpin the introduction of many new services and applications. Users will be able to run multiple bandwidth-hungry applications at the same time and receive large amounts of data much more quickly and efficiently. Computer processing and storage of files will also become more sophisticated and secure using "cloud computing" technology. There will be faster back up of computer systems and wider use of high quality video conferencing within firms and between them and their customers.

For further information contact Gareth Cosslett on 01228 226337. ☺

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This Team Leaves It Clean

### BROADBAND UPDATE

The UK government says that it wants Britain to have the best broadband provision of any country in Europe by the end of 2015. What will that mean for us here in Sedbergh?

The government has pledged £530-million towards its aim and the EU a further £530-million, part of its drive to help make European countries competitive worldwide. The EU says it wants to see a 'step change' for this money, something that would not have been going to happen anyway; this implies improvements in rural areas of the country.

The Department for Culture, Media

and Sport (DCMS) has set a target of 90% of homes and businesses nationwide having access to 'affordable' high-speed broadband by 2015, high-speed being defined as greater than 24 megabits per second (mbps) download speed – there are reasons for this number that I can explain to anyone who asks – with the remaining 10% getting at least 2mbps. The word 'affordable' in there is significant. I can explain more to those who wish to know.

County Councils have been given responsibility for implementing the improvements, they request money from the funding pot and are

expected to find some additional money from other sources and to negotiate discounts with suppliers, predominantly this will be with BT.

Cumbria County Council has formed a team called Connecting Cumbria, who are promising that in Cumbria 93% of homes and businesses will be given access to high-speed broadband by the 2015 target date.

In December 2012 Connecting Cumbria signed a contract with BT. The first stage of this contract – underway now – is for BT to investigate and say what they can provide where by way of upgrades within the contract. The planned date for specifying what can be done is March.

You may wonder how Connecting Cumbria can promise 93% coverage by 2015, when they do not yet know what, where and when anything is to be provided. That would be a fair fundamental question. Fundamental questions can often get lost in the excitement of important-looking documents, charts, and procedures.

Those who currently get no broadband at all will be wanting to know when they are going to get any. And those who are finding the existing provision too restricting will be looking forward to reliable high-speed broadband.

When? The best answer at the moment must be: one day, possibly. Currently there is a great deal of good intention, coupled with much waving of a licked finger in the air. Money has been obtained, but is it enough? No one knows yet. The sums have yet to

be done.

As you might imagine, there are quite a few complexities in all of this. If anyone would like to know more detail about the technical, financial or organisational issues involved then do please ask me. My email is dc @ sedbergh.org.uk.

Part of my official role in all of this is to feed upwards the thoughts, concerns and suggestions of people locally, which I do via the official channel of the hub-coordinators who are part of Local Area Partnerships.

In summary, then, things might be happening though no one should be holding their breath. I keep a close eye on it all.

*Dave Collier*

### **SEDBERGH ORCHESTRA**

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*leader Sue Armstrong*

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### **SEDBERGH & DISTRICT HISTORY SOCIETY**

The last speaker before the break for the festive season was Katy Iliffe the Sedbergh School Archivist. The topic of her talk was "The History of your House".

She said a good source was to talk to neighbours and previous inhabitants of the house. Also local estate agents who have sold the house in the past could know things about its history and may even still have its deeds in their possession. The history of the town may also reveal information about the house and the area around it. If it is a listed building then the details of the listing can be obtained from the internet or from the National Park. The latter may have extra details not shown on the listing. There may be information in the house itself, such as dates shown on particular items, but these can be misleading. For instance a date on a fireplace probably refers to when it was installed rather than the date the house was built. Documents may also be found in the house where they have been stored by previous occupants. An actual example of an unusual place being under insulation in the attic.

Places where information can be obtained include the local library, the local history society, the local record office and the National Archive. The internet can also prove useful but care must be taken when using it, the information on it is only as reliable as the person who posted it.

There is a range of documents that

can provide useful details. The best are deeds, if they exist, although their availability is diminishing with the growth of the Land Registry founded in 1862. Maps and surveys may show the house on its site. If they are of a large enough scale they can show its shape and hence the change of shape over time.

Information on farms can be obtained from the 1940 Agricultural Survey. If the house is part of an estate then its records may include details. If the house was involved in a boundary dispute that went to court the record will be in the National Archive. Other records held there include details of death duty paid since 1796. Wills can also prove invaluable but their

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location is varied depending on their date.

Nationwide records give details about the house, its occupants and its owners. Governments have always tried to extract money from house ownership. In 1662 a Hearth Tax was introduced which depended on the number of fireplaces in the house. Assessors had the power to demand access into the house to check the number. This was considered too draconian and in 1696 it was replaced by a Window Tax which could be checked externally. This resulted in many windows being bricked up as owners tried to save paying as much tax.



Andover Market Cross

Records of these two taxes, if they exist, will be in the local record office. The best known national records are the censuses taken every ten years since 1841. These can show whether the house existed at a particular date and who its occupants were. Censuses can be found in local libraries, local record offices and on the internet.

A lively discussion followed in which attention was drawn to the use locally of Tithe Maps, Land Taxes and a survey of some houses made in 1913. Finally the speaker was thanked by the chairman for her interesting and useful talk.

*Richard Cann*

**Oliver Higginbotham**

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### **LATE NIGHT OPENING**

*Sedbergh and District Chamber of Trade and Business*

We were so very lucky with the weather – it may have been cold but it was dry! Everyone seemed to have a fun time and the shops and cafes I have heard from did well. But I would really appreciate any feedback (email [barbara@garsdaledesign.co.uk](mailto:barbara@garsdaledesign.co.uk)) so that next year we can make it even better. We have already had suggestions for next year - so keep the feedback coming – the event is about successful trading as well as having a good time.

The Flowers at St Andrew's was a new event this year and we were overwhelmed by the support for this. The Indoor Market attracted a great number of people with lots of compliments on the decor but reports of trading success were mixed with some stalls doing well and others not so good. So ideas to improve the trading success will be welcomed.

Father Christmas was brought to Sedbergh by a very experienced Town Crier and was very popular again with long queues – so maybe next year we ask Mama Christmas to come too. The climbing wall brought free of charge by the Fire Brigade, was also a big success despite a few very cold fingers!!

The Chamber would like to thank everyone who helped to make the night enjoyable - all those who helped on the night or before, the sponsors, the traders who opened their shops, and those who cleared up. So a big

thank you to all of you who helped - there are far too many to mention individually – but without your enthusiasm and support the evening could not have happened or been so enjoyable.

*Barbara Hartley*

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

*9 November 2012*

Colin Jack gave a lively presentation of 'seascape in oils' depicting a beach scene. Some of the paints he had made himself from unconventional pigments, such as those used for colouring cement. He brought a selection of paintings that illustrated the breadth of his work.

*14 December 2012*

Anthony Barrow gave a demonstration in water colours using as a reference a photograph of Sedbergh Main Street that had been taken on a previous visit. He explained his preferred choice of colours, often using as few as four in a painting. After sketching the scene in pencil he loosely blocked in the main elements. He developed this, finishing with a smaller brush to give some detail.

*11 January 2013*

Moira Metcalf, of the Artbar Gallery, Appersett, demonstrated 'The use of colour in abstract landscapes'. She shared with us her various techniques for achieving a dramatic picture in oils that captured the atmosphere of a Dales scene whilst still retaining the abstract quality.

*M.C.*

**NORTH WEST  
CANCER RESEARCH**

The Committee sincerely thank Carole and Jonathan of the Red Lion for their hard work in organizing a Christmas Raffle for NWCR.

Grateful thanks to local businesses for so generously giving prizes.

The magnificent total of £396 was raised.

Many people in our area have been affected by cancer in one way or and it is so good when the community supports fund raising events.

Many thanks to all who helped in any way.

*Marjorie Fishwick  
Local NWCR Secretary*

---

**THANKS FROM FARFIELD MILL!**

Repairs to a leaking roof, rotting window frames, a collapsing wall and damp are the kind of unglamorous items for which it's so difficult to find funding. Hard enough to deal with in your own home, let alone a Victorian mill! The total cost was £49,000 and the Trustees thought if we could somehow raise just half of this amount, it might be easier to find matching grants. But in a recession? And just before Christmas? We didn't think so.

We should have known better. In under seven weeks, our Friends and other supporters had donated a total of £25,000, including Gift Aid. This is an extraordinary response, and says more than anything about how Farfield and the efforts of its staff and volunteers are valued. (And no implied criticism of those who couldn't

help – most of us decide how much we can afford to give to our chosen charities; to find something extra is often impossible).

However – we can shed a little light on how you can still contribute if you wish – particularly as so many people in the area have connection with the Mill. Light was all important in the early days of the Industrial Revolution – hence our regularly spaced large windows of 20 panes. The best form of artificial light, apart from oil lamps, were tallow candles, placed on every window-sill as the dusk fell. From Sedbergh they appeared to be in the direction of Cautley, and became known as the Cautley 'twinks'. The Mill must have looked amazing on a winter's evening.

We need to replace 10 windows urgently and our aim is to find 200 sponsors. For just £25, a pane inscribed with your name, someone dear to you or your family - or even your business - will be yours. Collect a leaflet from the Mill or the IRC to discover how you can be represented in one of the People's Windows.

Finally, we're really keen to see a wider cross-section of the community involved with the Friends who might represent the views and interests of young people, families and the elderly, in particular. For further information contact Farfield on 015396 21958 leaving your name and phone number.

And a belated Happy New Year!

*Anne Pierson,  
Chair of Trustees*

### BOOKWORM

*What I have been reading this month*

1. 'Now all roads lead to France' by Matthew Hollis (biography)

As much about writing and publishing poetry and the tangled web of the Poetry bookshop in London this book is about the last years of Edward Thomas and his friendship with Robert Frost. It is not until page 152 about half way through the book that World War 1 breaks out and a different tack develops.

Thomas had a troubled marriage, was prone to depression but his poetry is amongst the best of the time. He died on Easter Monday 1917 at Arras.

2. 'Samurai William' by Giles Milton (non fiction)

This largely unknown remarkable adventurer William Adams is seen as the mariner who unlocked Japan in the 17th century. His story is told in a pacey, captivating narrative. Adams was shipwrecked in Japan on an experimental sea faring trip to explore trade opportunities. He remained there for many years learning

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Japanese, adopting the local customs and becoming very influential with the area Shogun. He had 2 parallel families - one in England and one in Japan. Trade, the role of the Jesuits and the violence of the time are key features of Adams' life there. Shortly after he died the English abandoned Japan for about 200 years and it became a closed community 'sakoku'.  
3. 'The Friendship :Wordsworth and Coleridge' by Adam Sisman (non fiction)

The book devotes many pages to scene setting eg the politics of the French revolution and its influence on Wordsworth and Coleridge. They had much in common (eg both fathers died when they were boys, both attended Cambridge University) and they nurtured each others' talents. There were 2 periods when they lived in close proximity - the Quantocks and the Lakes and they spent lots of time in each others' company apart from an estrangement towards the end of their lives so by the time they were both famous poets they were

distant. Much of the book explores in detail their poetic development and publishing problems. ( NB In December 1799 Dorothy and William Wordsworth walked through Sedbergh en route from Sockburn to Grasmere).

4. 'The Thirteenth Apostle ' by Michel Benoit ( fiction/thriller)

Was there a 13th Apostle ? A French monk is indirectly researching this topic and is then killed in mysterious circumstances near Rome. His colleague decides to look into what happened and why. Meticulously researched this is a 'religious thriller ' that wraps ecclesiastical history, theology, the Vatican, St John's gospel and links between world religions into an interesting and thought provoking plot.

**Sequels**

I also read the latest in the excellent series of Andrea Camilleri's Inspector Montelbano Sicilian detective novels : The Potter's Field and Stella Rimington's MI5 Liz Carlyle spy/ thrillers : The Geneva Trap

*RM Bookworm*

**HENRY DAVID DODD**

Stop all the sirens, no more need for alarms  
Leave the kit wagon in rust.  
Cease the big rig so it's still in its track and  
Halt the face shovel's deep scoop.

Quit all the diggers, retract their arms  
Station the old J. C. B.  
This quarry now emptied, is lacking the stone,  
To fill up this bottomless hole.

Park up the dumper, let it idle a while  
Under the darkening skies,  
Hobble all engines, make the world quiet

The driver? He's gone for a rest.  
*Dave A Forknall*

**DENT PRE-SCHOOL**

Dent Pre-School would like to say a big thank you to everyone who has supported them over the past year.

Especially to those who have attended, helped and made generous donations towards fundraising events. And also a special thank you to individuals and other organisations that have kindly given donations.

The Christmas Fair was a fun packed evening and had an overwhelming attendance once again raising the fantastic sum of £1,700.

Finally thank you everyone for your much appreciated support without which Dent Pre-School would be unable to provide such a valuable facility for the young children in our community. ☺

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### SETTLEBECK SCHOOL

#### *Children in Need*

Year 11 wanted to do something a little different to raise money this year and decided on a pyjama and teddy day! Students were encouraged to come in their pyjamas – even some staff got involved as well. Ms Ingham's slippers were a particular highlight! A group of Year 11 students also baked cakes and sold them to very appreciative students. We also sold wristbands and Pudsey Bear key rings. All in all, we raised over £300 – fantastic!

*Andrea Sephten*

### SEDBERGH SPRING SHOW

Sedbergh's 17th Spring Show takes place on Saturday 23rd March, and we are hoping for a bumper entry this year.

If you did not have a chance to browse through the schedule printed in the last edition, don't despair, lookout for full schedules and application forms, which will be readily available from Sedbergh shops from the beginning of February.

There are classes to appeal to all, from beading to bread making, floral art to flapjacks and painting to photographs. All ages are catered for so what are you waiting for? – Get creative!

Please remember to get your entry forms in early, any received after the closing date will not be included.

Further information from: Margaret Milburn – Chairman Tel. 20610 or Linda Hopkins – Secretary Tel. 21455.

### AGLOW INTERNATIONAL

This Group for Christian Women is held at 7pm once a month in the Kirkby Lonsdale Institute when ladies are invited to join in for a talk and some supper.

There will be a Speaker at most meetings and further information can be obtained by contacting Margaret on 015242 71062.

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### GARSDALE CHAMPION

Local track runner Dave Allen who lives in Garsdale and competes in events in the Lake District and surrounding area, won the 800 metres and 1500 metres races at the Northern Veterans 2012 Championships which were held at Leigh Sports Stadium.

Dave is now ranked No. 1 in his age category in the United Kingdom at 800 metres and ranked No 6 in the 1500 metres according to the official UK ranking website (Power of 10).

Dave is also now ranked No 4 in the World at 800 metres in the same category, according to the official World athletics ranking website (Masters Athletics). ☺

### LADIES NFU

The December meeting was held on the 11<sup>th</sup> and had a definite Christmas feel to it. The evening started with us all making a Christmas card each and some very attractive cards were made by all. A Quiz with a Christmas theme was then held and won by C. Sandys Clark and K. Swift. After tea with delicious Christmas cake and Chocolate log, the minutes of the last meeting was held. The evening finished with us all singing Carols, accompanied by B. Gorst, expertly playing her portable keyboard. The Annual meal out was to be held on the 15<sup>th</sup> January, at The Red Lion in Sedbergh.

*K Swift*

### SETTLEBECK SCHOOL

#### STEM FAIR

When we first arrived at the STEM Fair, we went to see Oscar the Interactive Robot. He could speak and listen but sometimes he misheard what you were saying. He asked us loads of questions such as where we came from and what our school was called. After our chat with Oscar we got to look round the building at all the things on show – there was lots of great equipment that different companies and schools had brought in. We got freebies such as shampoo, sweets and stationery and we learnt lots about technology. At the end of the day we filled in an evaluation form and Joe Ball won the prize for doing the most detailed form, winning an Android tablet.

*Year 7*

### DENT CHRISTMAS MARKET

A good day was had at the Market on Saturday 1st December when the Market was held in St Andrew's Church, Dent.

Many people, both locals and visitors, enjoyed the Market which featured music, carols, mulled wine and much more as well as the Nativity played by the local children.

Around £1,400 was raised towards funding the new heating system.

*Pat Allen*

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### ZUMBA

Keeping fit is not just for younger generations!

Every Thursday at The Peoples Hall, Sedbergh, Zumba Gold takes place. It is a Latin based dance fitness class. It is the lower impact version of Zumba and is great for those who are new to exercise and the more mature exerciser. Don't panic, you don't have to know how to dance. Just move your body and follow my lead, the moves are easy and fun. You will need to wear loose clothing, trainers, bring a bottle of water and your widest smile!

*Janet Hurst*

### **GARSDALE CAROL SINGING**

*in aid of Action for Children*

After days of wet weather, (or was it weeks!), we had three lovely, dry, frosty nights for singing. The only down-side being we had to abandon the back road due to ice, and we do apologise for this.

We had a good crowd, as many as twenty one night, and it was wonderful to have so many young ones joining us. What a lot of talent there is in Garsdale - Well Done!

You all helped to raise £280 which is an excellent total. Heartfelt thanks to all who gave so generously, and to all the singers, who we couldn't do without! Once again our thanks goes to Auntie Agnes and David for the welcome refreshments.

Thanks again to everyone and may we wish you all a very happy, healthy and peaceful 2013.

*William and Mary Airey*

### **DENTDALE MEMORIAL HALL**

A very busy year came to an end at Christmas with a little lull to let us all draw breath, we have an unique situation with the main hall belonging to the School yet being leased to the DMH Trustees for use by the community out of school hours, weekends & holidays. It is vital that we work together for the good of everyone, school and community, and sometimes loyalty gets stretched to its limits and a little break is good.

The Sedgwick Room, the Haygarth Room and the Kitchen, lobby & toilets belong to the DMH Trustees and not the school, it is complicated and a lot of people get confused. Both the

Trustees and the School Governors work hard for "their" cause and by means of the Liaison Group for both causes together. As is often the case, a small group of people work hard to keep everything running smoothly and I wish to thank my fellow DMH Trustees for the part they play in the life of the Memorial Hall, and Anne McClurg for all her work with taking the bookings and dealing with the payments and our ever willing cleaner & caretaker John for all his work, often in unsocial hours.

A Happy New Year to you all.

*Chairman*

---

### **PEPPERPOT CLUB**

*More Classic FM than Radio 4*

This is my first time as a concert critic and maybe the last, but an honour nevertheless to be asked by the Pepperpot Club.

The Sedbergh Orchestra (conductor: Peter Crompton), now 35 strong, performed their *Winter Café Concert* in the People's Hall on Thursday 13 December 2012. The Hall was set up in café style with candles and posies on the tables and a bar! As usual in Sedbergh only 26 tickets had been sold in advance, so all waited in anticipation for the doors to open at 7.45pm and see if too many or too few tables and chairs had been set out. We need not have feared as Sedbergh turned out with another 49 adults plus 10 children – making the Hall pleasantly filled.

A splendid programme of pieces was set out covering a wide musical spectrum, some familiar and some not so well known, for tastes ranging

from classical to amusing interludes.

After the *Bagpipe Polka* (Weinberger) and two movements of Bizet's *Symphony #1 in C*, a short break was called for the topping up of drinks.

Then the lights were dimmed, without warning and the Orchestra struck up with Ronald Binge's *Sailing By*. Almost before the audience had regained their seats the music stopped and a disembodied voice gave the Sedbergh and District shipping forecast immediately followed by the *Thunder and Lightning Polka* by Johann Strauss II.

This light hearted interlude had been ably introduced by Robin Hildrew (Sedbergh's answer to Ken Bruce on *Friday Night is Music Night*). Persons retiring late to bed or insomniacs will be familiar with the BBC Radio 4 sign off just before 1am (GMT), which the Orchestra had emulated to much applause, replacing the National Anthem by the Strauss *Polka*.

The second part of the concert continued with *Clog Dance* by Herold, *In a Persian market* by Ketelbey, Ronald Binge's *Elizabethan serenade*, Jay Ungar's *Ashokan Farewell* and finally the Paul Temple theme *Coronation Scott* by Vivian Ellis.

Of note was a brilliant solo performance on the violin to the *Ashokan Farewell* by Helen Aveyard.

What a splendid effort by our very own. Look out Halle! Overall a well balanced programme, more *Classic FM than Radio 3*, which raised some £300, after expenses, which was

shared between the People's Hall Redevelopment Fund and Alison Armstrong Pepperpot Fund

The Orchestra's next performance on a Shakespearian theme is in St Andrews Church on 21 March 2013.

*Dr Gina Barney*

## SAM KONCZYNSKI



Carpets & Floor Coverings  
Supplied & fitted  
**Telephone**  
**07771 97 00 96**

### **CARERS DROP-IN**

For some months now, on the first Tuesday of each month the South Lakeland Carers have held a Drop-In at the URC Rooms in Sedbergh. This is a very informal information place for those who look after a relative or friend full or part time to receive support and friendship. The "Drop-In" is from 2pm to 4pm in the URC Hall opposite Joss Lane Car Park, on first Tuesday of every month and along with the information there is tea/ coffee and home baked cakes. There is no charge and if you need to bring someone with you that is fine. Over the next few months there will be a short talk/demonstration/slide show/ Quiz around 3pm. Looking forward to seeing you there.

*S E Woof*  
*Volunteer with SLC)*  
*c/o 01539 815970*

### **SETTLEBECK SCHOOL**

#### *Shoebox Appeal*

Settlebeck students are always very generous with their time and money and we raise a great deal for charity over the year. This year we worked with a charity based in Cumbria called Team 4U to send shoeboxes full of presents for children who would normally not receive anything for Christmas. Our students filled 23 shoeboxes which will go to children in Romania. *Andrea Sephten*

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### **SEDBERGH & DISTRICT COMMUNITY FUND**

The next meeting of the Community Fund grants committee will be at the end of February, and the deadline for receipt of applications at Sedbergh and District Community Office, 72 Main Street, Sedbergh LA10 5AD (now in its new home in the back office at the information centre downstairs) is Monday 19 February. 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 Information Resource Centre, write in, email [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk) or phone 20504.

Best wishes,

*Andi Chapple (Secretary to the Fund)*

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### **UDALES**

#### **37 MAIN STREET, SEDBERGH**

This site has been unoccupied for decades, although it's re-development has regularly been

discussed at meetings of the Chamber. Recently, EU funding to Cumbria County Council has been allocated to South Lakes District Council in order to establish rural growth networks, by developing hubs for business support. Sedbergh and Ulverston have been identified as suitable locations for the hubs and Udales has been proposed for this purpose in Sedbergh. £40K has now been allocated to renovate the ground floor for business and possible retail use before April 2013, and the hub will be allocated £10K per year for three years in running costs. A local builder (Ed Duckett) will develop the premises with Udales. Councillors Evelyn and Ian have been in communication with the Yorkshire Dales National Park regarding this development.

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### **COWGILL CAROL SINGING**

Many thanks ...

to everyone who braved the elements the Saturday before Christmas to sing carols around Cowgill;

to everyone who kindly listened to our carols (and apologies to those of you we didn't get to this year) and generously provided donations for the Children's Society - a grand total of £90;

finally, to those who provided sustenance along the way, with special thanks;

to Tony and Margaret for 'half-time' refreshments;

to Ron and Sandra at the Sportsman's Inn for feeding the bedraggled warblers.

*Heather Fraser*

**TIM FARRON MP**

I know that we are well into 2013 but this is my first opportunity to wish you a Happy New Year. After a short Christmas break I am back into my routine of shuttling weekly between London and Milnthorpe.

I have tried to hit the ground running in 2013 and by now you should have received one of over 40,000 petitions I have sent out to homes in this area calling for the return of acute medical services to Westmorland General Hospital. It simply makes no sense and cannot be safe for people to have to travel past a great hospital like Kendal to get treatment for heart problems or whatever other misfortune they suffer from.

We need as many supporters as we can if we are to make an impact on the hospital trust's decisions in the coming months over which services they are going to provide at each of the major hospitals that they run around here. So please, as soon as you receive a petition sign it, get all your friends and family to sign it and return it to me. If you cannot find the petition then you can do it on line by going to my website ([www.timfarron.co.uk](http://www.timfarron.co.uk)), entering "petition" into the search box and signing up there. You can even download a signature sheet to take around your neighbours and ask them to sign, before returning it to my office as quickly as you can. When we were urging the Trust not to close down our Accident and Emergency facilities we managed to get the support of 27,000 people, it

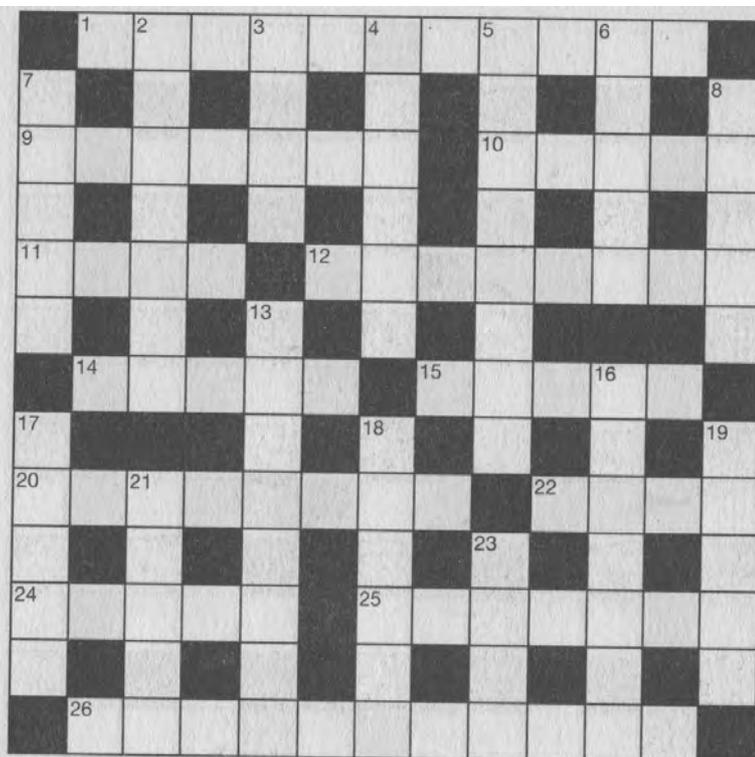
would be great if we could beat that total this time. There are about 120,000 people within the catchment of Westmorland General Hospital (rising to nearly 160,000 when the Lakes are full of visitors, possibly even more if we have a really good summer – please do remember to ask any friends who visit the area to sign, they too can benefit) and so 27,000, although an impressive number, is still less than a quarter of those who would benefit.

In addition to winning the return of A&E to Kendal my other focus for 2013 will be bringing as many new well-paid jobs into this area as I can. We have always been fortunate in having a low level of unemployment around here but far too many of the jobs are low paid. Since the coalition Government launched its regional growth fund I have worked successfully with businesses like Gilkes, Croppers and the Lakeland Arts Trust to win grants of over £6million to create jobs around here. The latest round of funding has just opened and I would like to continue with this winning streak so if you know of any business around Sedbergh that would benefit from applying for the funding please get in touch.

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

Thanks

*Tim Farron MP*

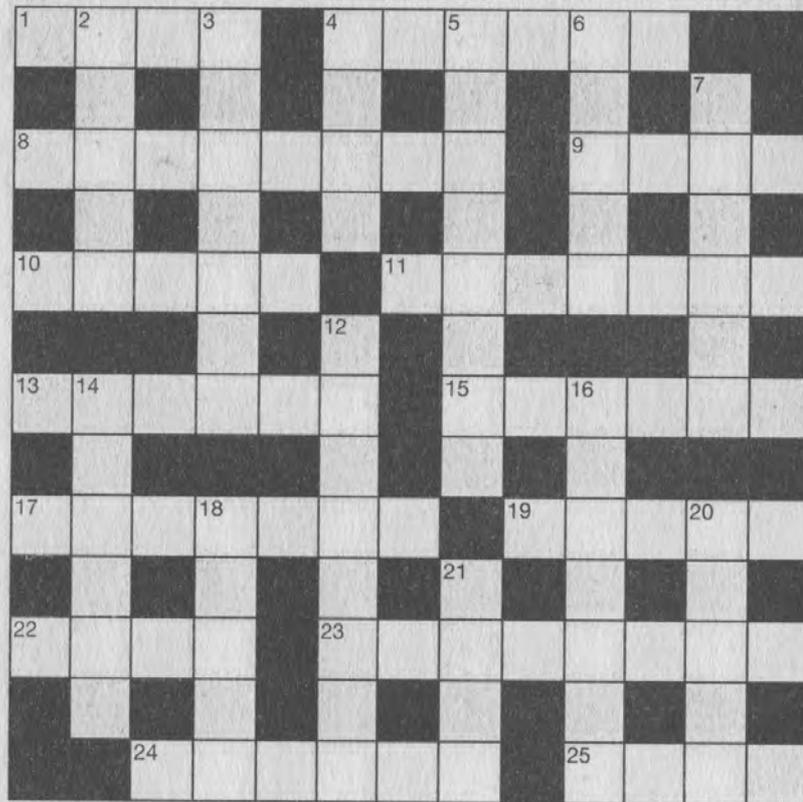


### ACROSS

- 1 Building tool (6, 5)
- 9 Sentry (4, 3)
- 10 Wine ingredient (5)
- 11 Masculine (4)
- 12 Considered (8)
- 14 Chimney fumes (5)
- 15 Cry of a horse (5)
- 20 Journalist (8)
- 22 Send (a ball) to the batsman (4)
- 24 Military shop (inits) (5)
- 25 Bristly growth on the chin (7)
- 26 Exact (2, 3, 6)

### DOWN

- 2 Difficulty (7)
- 3 Plant base (4)
- 4 Tie up with rope (6)
- 5 Carved on a surface (8)
- 6 African antelope (5)
- 7 Sign of fire (5)
- 8 Italian composer (5)
- 13 Minor battle (8)
- 16 Cheerio (7)
- 17 Edge, border (5)
- 18 Container (6)
- 19 Well-groomed (5)
- 21 Ancient Greek philosopher (5)
- 23 Search (4)



## ACROSS

- 1 Jerky style of dance (4)
- 4 Technical language (6)
- 8 Spanish factory (8)
- 9 Comedy sketch (4)
- 10 Ship's mooring (5)
- 11 Record of past events (7)
- 13 Distress signal (6)
- 15 One or the other (6)
- 17 Forbidden (7)
- 19 Combed, tidy (5)
- 22 Prison (4)
- 23 Kent town (8)
- 24 Strongly built (6)
- 25 Practical joke (4)

## DOWN

- 2 Reflection (5)
- 3 Thrown out of a property (7)
- 4 Rubbish (4)
- 5 Carried out (8)
- 6 Attack (5)
- 7 Menacingly wild (6)
- 12 Round tube (8)
- 14 Buoyant (6)
- 16 Glorious - - -,  
start of grouse shooting (7)
- 18 Bay (5)
- 20 Hooded jacket (5)
- 21 Colour (4)

<b>Organisation</b>	<b>Update</b>	<b>Contact</b>	<b>Tel:</b>	<b>015396</b>
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association	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 *	12/12	Mrs Sayner	Sed:	20935
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	12/10	Ms Last	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
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	12/11	Mrs Sandys-Clarke	Sed:	21246
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	12/10	Mrs Levitt	Dent:	25162
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	08/12	Ms Gardner	Sed:	20570

\* = 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	GPS	0825	0858	M - F	564	GPS
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1002 (C, H)	1044	M - S	564	GPS	1055 (C)	1128	M - S	564	GPS
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	GPS
1310 (C)	1347	M - S	564	GPS	1425 (H)	1500 (L)	Sat	564A	KLC
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1128	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1443	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1658	1732	M - S	564	GPS	1510	1545	M - S	564	GPS
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0825	0840	Sat	564A	KLC	0950 CG	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	KLC
1500	1515	Sat	564A	KLC	1020	1035	Sat	564A	KLC
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	KLC	1000	1015	Wed	548B	W
0950	1005	Sat	564A	KLC	1035	1050 (L)	Sat	564A	KLC
1345	1355 CG	Wed	564B	W	1635	1650	Sat	564A	KLC
1515	1530	Sat	564A	KLC	Last Update: November 2012				
1605	1620	Sat	564A	KLC					

L = Sedbergh Library

C = Via Kendal College

W = Woof's of Sedbergh

GPS = Grand Prix

H = Via Westmorland General Hospital (Request Only)

CG = Cowgill

KLC = Kirkby Lonsdale Coach Hire

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

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)

**PLACES OF INTEREST TO VISIT IN THE AREA**

- Bruce Loch, Busk Lane
- Cautley Spout, A683 towards Kirkby Stephen
- Community Office, 72 Main Street
- Cumbria Wildlife Trust, Community Office
- Dent Heritage Centre, Laning, Dent \*
- Farfield Mill, A684 Garsdale Road \*  
*Free to LA10 Residents on Sundays*
- Friends Quaker Meeting House, Brigflatts.
- George Fox's Quaker Pulpit, Firbank
- Golf Club, Catholes, Sedbergh \*
- History Society, Community Office
- Holme Working Farm, Middleton \*
- Holy Trinity Church, Howgill
- 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, Firbank
- St. John's Church, Garsdale
- St. Mark's Church, Cautley
- Sedbergh Embroidery, StAS
- United Reformed Church, Main Street
- Information Centre, 72 Main Street
- Winder Fell, above Sedbergh

\* = Entry Fee Applicable

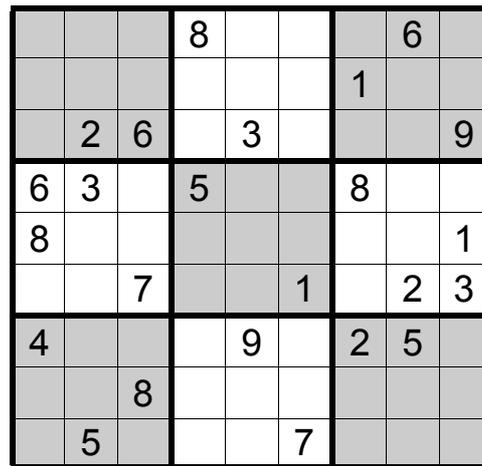
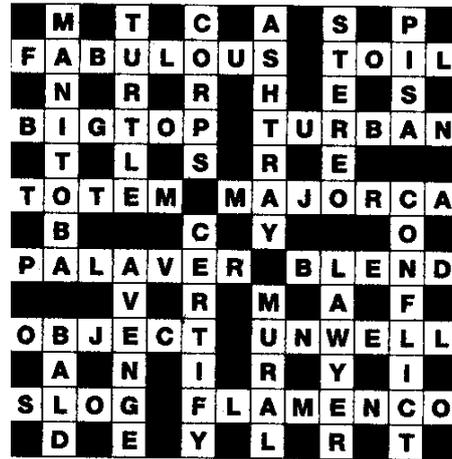


**I wondered what had happened about The South Lakeland Dog Control Order**

**SETTLEBECK SCHOOL**

*STEM Event*

In the Summer Term, the STEM club were given the challenge of designing and making a hydro electric turbine. Two other local schools, QKS and KSGS, were also invited along. The students worked in groups to design the turbine that would generate the most power using the same basic materials. The day was very enjoyable for all the students and a big thank you to Miss Gardner for organising it. *Andrea Sephten*





### BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) ..... <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 (2013/09) ..... <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) ..... <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 (2013/11) ..... <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 (2012/12) ..... <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309

### CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09) .....	01969 667356 <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>
Mrs A Bramall .....	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) ..... 20360 <i>Self-Catering Sleeps 6-8</i>
J Garner .....	2 Millthrop, Sedbergh LA10 5SP (2013/07).. 01942 216058 or 07792 445257 <i>Sleeps 4; CH; CW; DW; TVL</i>
Mrs Tallentire .....	Ingmire Hall, Sedbergh (2013/02)..... 07944 859456 <i>D &amp; PB Flat; £395 pcm; References &amp; Deposit required</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; 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  
**Rev. V Hopkins Tel: 21455**  
*Church Wardens:*  
 Tony Reed Screen 21081  
 & Susan Sharrocks 20754

~~~~~

**ROMAN CATHOLIC**  
 St. Andrew's Parish Church  
 Sunday 12.00  
 Holy Days 19.30  
**Rev. Dr. P. Campbell Tel: 20918**

~~~~~

**METHODIST CHURCH**  
 New Street  
 Sunday 10.30  
**Rev. J. Millard**

~~~~~

**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**  
 Cautley & Garsdale  
**Rev. V Hopkins Tel: 21455**  
*Church Wardens:*  
 Cautley: Judith Bush 20058 & Linda Hopkins 21455  
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723  
 Firbank; Howgill & Killington

Dent & Cowgill  
**Rev. P. Boyles Tel: 25226**

**METHODIST CHURCH**  
 Dent; Dent Foot;  
 Cautley; Fell End;  
 Garsdale Street; Garsdale Low Smithy;  
 Hawes Junction & Frostraw  
**Rev. J. Millard 20329**

**SEDBERGH CHRISTIAN CENTRE**  
 5.30 pm People's Hall every Sunday  
**Tel: 20588 or 20503**  
[www.sedberghchristiancentre.co.uk](http://www.sedberghchristiancentre.co.uk)

**worship@peopleshall**  
 10:30 am Sunday  
**Beth & Sandy Roy Tel: 20785**

**CAFÉ CHURCH**  
 7:00pm every first Sunday  
 Duo Café & Bistro, Main Street, Sedbergh  
**Tina Woof 01524 730259**

**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      | = | £4.00  |

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*

| <b>FEBRUARY</b> |                                         |          |
|-----------------|-----------------------------------------|----------|
| 1 1000          | Quiltfest till 17th April (34)          | FM       |
| 1 1400          | Age UK - Coast to Coast                 | DMH      |
| 1 1930          | Killington Sports Domino Drive          | KVH      |
| 1 1930          | NSPCC Quiz Night & Supper               | SSQH     |
| 2 1930          | Flicks in the Fells                     | PH       |
| 5 1900          | Aglow Christian Women's Group           | KLI      |
| 6 1930          | HS Schools, Children & Work (1)         | SSAT     |
| 7 1930          | WIH - Isle of Man                       | FCH      |
| 12 1400         | WIK - Sugarcraft Demo                   | PH       |
| 12 1930         | Domino Drive                            | FCH      |
| 13 1915         | WID - Voyage to St Helena               | DMH      |
| 13 1930         | WIS - Film Evening                      | PH       |
| 14 1200         | Lunch Club                              | Red Lion |
| 14 1900         | RBL Meeting                             | WHC      |
| 15 1930         | Domino Drive                            | KVH      |
| 19 1400         | SASL Meeting                            | PH       |
| 20 1230         | Medical Centre Closed for Training (20) |          |
| 20 1930         | HS Killington through the ages (1)      | SSAT     |
| 25 1930         | FCH AGM                                 | FCH      |
| 27 1000         | Coffee Morning - Rose Theatre (27)      | URCR     |
| 27 1930         | CWT Go Reds! (Squirrels)                | SSAT     |
| 27 1900         | American Pie (1)                        | SSAT     |
| 28 1900         | American Pie (1)                        | SSAT     |
| 28 1930         | Bowling Club AGM (28)                   | WHC      |
| 28 1930         | Sedbergh Parish Council                 | PH       |
| <b>MARCH</b>    |                                         |          |
| 1 1000          | Quiltfest till 17th April (34)          | FM       |
| 1 1400          | Women's World Day of Prayer (39)        | StAS     |
| 1 1400          | Age UK - Parish Council Matters         | DMH      |
| 1 1930          | Domino Drive & Tattie Pot               | HVH      |
| 3 1430          | Trott Foundation Concert                | SSTS     |
| 5 1900          | Aglow Christian Women's Group           | KLI      |
| 6 1000          | Coffee Morning - N W Cancer             | URCR     |
| 6 1930          | HS Diary of Thomas Fenwick Esq          | SSAT     |
| 7 1930          | Spar Wars Azda Empire Strikes Back (57) | PH       |
| 7 1930          | WIH - Greensleeves Dance                | HVH      |
| 8 1930          | Spar Wars Azda Empire Strikes Back (57) | PH       |
| 9 1300          | Dentdale Run                            | Dent     |
| 9 1430          | Spar Wars Azda Empire Strikes Back (57) | PH       |
| 9 1930          | Spar Wars Azda Empire Strikes Back (57) | PH       |
| 12 1400         | WIK - Aid at 2012 Olympics              | PH       |
| 12 1930         | Domino Drive                            | FCH      |
| 13 1000         | Coffee Morning - Christian Aid          | URCR     |
| 13 1915         | WID - Anniversary Celebration           | DMH      |
| 13 1930         | CWT The Juniper Report                  | SSAT     |
| 13 1930         | WIS - Career in Ruins                   | PH       |
| 14 1200         | Lunch Club                              | Red Lion |
| 14 1230         | Medical Centre Closed for Training (20) |          |
| 14 1900         | RBL Meeting                             | WHC      |
| 16 1930         | Flicks in the Fells                     | PH       |
| 19 1400         | SASL Meeting                            | PH       |
| 20 1000         | Coffee Morning - URC                    | URCR     |
| 20 1930         | HS Cattedroving Birtwhistles            | SSAT     |
| 21 2000         | Shakespeare in Music (77)               | StAS     |
| 23 1000         | URC Jumble Sale                         | URCR     |
| 23 1200         | Spring Show                             | PH       |
| 23 1900         | HS AGM                                  | SSAT     |
| 27 1000         | Coffee Morning - Kidzone                | URCR     |
| <b>APRIL</b>    |                                         |          |
| 1 1000          | Quiltfest till 17th April (34)          | FM       |
| 2 1900          | Aglow Christian Women's Group           | KLI      |
| 3 1000          | Coffee Morning - St Andrew's Mission    | URCR     |
| 4 1930          | WIH - Oriental Cookery                  | FCH      |
| 5 1400          | Age UK - Flower Button Holes            | DMH      |
| 6 1930          | Flicks in the Fells                     | PH       |
| 6               | Football Event                          | SSQH     |
| 8 1930          | PH AGM                                  | PH       |
| 9 1400          | WIK - Duddon Panoramas                  | PH       |
| 10 1000         | Coffee Morning - ladies NFU             | URCR     |
| 10 1915         | WID - Latter Carving in Stone           | DMH      |
| 10 1930         | WIS - Let's Dance                       | PH       |
| 11 1200         | Lunch Club                              | Red Lion |
| 11 1900         | RBL Meeting                             | WHC      |
| 16 1400         | SASL Meeting                            | PH       |
| 17 1000         | Coffee Morning - Scouts                 | URCR     |
| 24 1000         | Coffee Morning - Garsdale Village Hall  | URCR     |
| 24 2000         | Dancing to Kenny Bell                   | PH       |
| <b>MAY</b>      |                                         |          |
| 1 1000          | Coffee Morning - D&S Oral Society       | URCR     |
| 2 1930          | WIH - Kendal Treasures                  | HVH      |
| 3 1400          | Age UK - Dent Brewery                   | DMH      |
| 4 1930          | Flicks in the Fells                     | PH       |
| 7 1900          | Aglow Christian Women's Group           | KLI      |
| 8 1000          | Coffee Morning - Firbank Church         | URCR     |
| 8 1915          | WID - Clinical Massage +                | DMH      |
| 8 1930          | WIS - The WI Resolution                 | PH       |
| 9 1200          | Lunch Club                              | Red Lion |
| 9 1900          | RBL Meeting                             | WHC      |
| 11-16           | Christian Aid Week                      | URCR     |

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Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

**COVER PICTURE**  
Winder Fell  
*By Shirley Lawrie*

|    |      |                                   |          |
|----|------|-----------------------------------|----------|
| 14 | 1400 | WIK - Resolutions                 | PH       |
| 18 | 1200 | Sedbergh Gala                     | Sedbergh |
| 21 | 1400 | SASL Meeting                      | PH       |
| 22 | 1000 | Coffee Morning - Scouts           | URCR     |
| 26 |      | UltraTrials26 Marathon            | Sedbergh |
| 29 | 1000 | Coffee Morning - Middleton Church | URCR     |

**JUNE**

|    |      |                                  |          |
|----|------|----------------------------------|----------|
| 1  | 1930 | Flicks in the Fells              | PH       |
| 5  | 1000 | Coffee Morning - Howgill WI      | URCR     |
| 6  | 1930 | WIH - Music by Vivaldi & Others  | HVH      |
| 7  | 1400 | Age UK - Medical Centre          | DMH      |
| 11 | 1400 | WIK - Summer Surprises           | PH       |
| 12 | 1000 | Coffee Morning - Garsdale Church | URCR     |
| 12 | 1915 | WID - Meaning of Surnames        | DMH      |
| 12 | 1930 | WIS - Mystery Outing             |          |
| 13 | 1200 | Lunch Club                       | Red Lion |
| 13 | 1900 | RBL Meeting                      | WHC      |

|    |      |                                |      |
|----|------|--------------------------------|------|
| 18 | 1400 | SASL Meeting                   | PH   |
| 19 | 1000 | Coffee Morning - Killington WI | URCR |
| 22 | 2000 | Dancing to Denis Westmorland   | PH   |
| 26 | 1000 | Coffee Morning - Sedbergh WI   | URCR |

**JULY**

|    |      |                                        |          |
|----|------|----------------------------------------|----------|
| 3  | 1000 | Coffee Morning - URC                   | URCR     |
| 4  | 1930 | WIH - Members Evening                  | FCH      |
| 5  | 1400 | Age UK - Fire, Water & Ice             | DMH      |
| 6  | 1930 | Flicks in the Fells                    | PH       |
| 10 | 1000 | Coffee Morning - British Legion        | URCR     |
| 10 | 1915 | WID - Summer Outing                    | DMH      |
| 10 | 1930 | WIS - Batik Techniques                 | PH       |
| 11 | 1200 | Lunch Club                             | Red Lion |
| 11 | 1900 | RBL Meeting                            | WHC      |
| 13 | 1000 | StAS Summer Fair                       | StAS     |
| 16 | 1400 | SASL Meeting                           | PH       |
| 17 | 1000 | Coffee Morning - Town Band             | URCR     |
| 24 | 1000 | Coffee Morning - TBA                   | URCR     |
| 31 | 1000 | Coffee Morning - Garsdale Village Hall | URCR     |

**AUGUST**

|   |      |                                |     |
|---|------|--------------------------------|-----|
| 1 | 1930 | WIH - Humorous Garsdale Tales  | FCH |
| 2 | 1400 | Age UK - Past Seasonal Cooking | DMH |

**Regular Events/Meetings**

|      |                              |                                  |         |
|------|------------------------------|----------------------------------|---------|
| 1000 | Every Sunday                 | 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            | URCR    |
| 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      |
| 1500 | 1st Thursday                 | Afternoon Teas                   | Cafe    |
| 1930 | 1st Thursday                 | Howgill WI                       | FCH     |
| 1200 | 2nd Thursday                 | Lunch Club                       | Red     |
| 1915 | 2nd Thursday                 | Royal British Legion             | WHC     |
| 1930 | Last Thursday                | Sed. Parish Council              | PH      |
| 1330 | Every Friday                 | Dent Over 60's                   | DMH     |
| 1400 | 1st Friday                   | Age UK Dentdale Club             | DMH     |

**DIARY KEY**

|        |                                        |
|--------|----------------------------------------|
| 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                |
| MC     | = Medical Centre                       |
| HS     | = History Society                      |
| HVH    | = Howgill Village Hall                 |
| IRC    | = Information Resource Centre          |
| 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                        |
| SASL   | = Sight Advice South Lakeland          |
| SMC(R) | = Sed. Methodist Church (Room)         |
| StAS/D | = St Andrew's Church, Sedbergh/Dent    |
| SSAT   | = Settlebeck School Academy Trust      |
| SSQH   | = Sedbergh School Queen's Hall         |
| STO    | = Sedbergh Tourist Office, Main Street |
| URC(R) | = United Reformed Church (Rooms)       |
| 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](http://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 \*

### **SEDBERGH LIBRARY** Main Street 20186

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

### **DENT LIBRARY** Main Street 01539 713520

Tuesday 0900 - 1900  
Saturday 0900 - 1400

### **SEDBERGH TOURIST OFFICE**

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

### **COMMUNITY OFFICE** 20504

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

### **RURAL CITIZENS ADVICE BUREAU**

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

### **PENSION SERVICE SURGERY**

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

### **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](http://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