

Sedbergh & District

LOOKAROUND

June 2013

Issue 311

Donation £1

What atrocious weather we had in May but everyone pulled out all the stops to make all the events both well organised and well attended. Congratulations to everyone.

This month is no exception for

events and there is plenty to do, see and take part in.

A continued thank you to all contributors for your support and comments, they are very much appreciated. *Dennis & Jacky Whicker*

'Food & Wine Tasting'



Friday 21st June @ 7pm

Dent Memorial Hall

Tickets £6

Available from Dent Stores, Stone Close Café
Meadowside Café or on the door.

Food supplied by Booths of Kirkby Lonsdale will include:
cheese, bread & other nibbles
with no less than 3 selected wines!

Fruit Juice also available



Raffle

Additional prizes welcome on the night!

Proceeds towards the 2013 Over 60's Christmas Lunch

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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JUNE BIRTHDAYS

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

The recipients this month are:-
 Lauren Charnley who is 11 years old on 18th June and
 Ben Garnett who is 11 years old on 24th June.

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



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

Day	Name	Age
7	Rowan ASHWORTH	3
7	Harrison BROOKS	9
9	Jack McDOWALL	6
10	Natalie WALLER	9
15	Lavinia CAPSTICK	9
18	Lauren CHARNLEY	11
23	Lewis DALZELL	7
23	Jay KIRBY	10
24	Ben GARNETT	11
Nonagenarian & Over		
8	Edward Morphet	92

PERSONAL & SMALL ADS £1

AIREY

The Airey family wishes to thank everyone who gave donations to the St. John's Hospice, Slyne. £343 was raised in memory of Doreen.

=====

COWPERTHWAITTE

Mary would like to thank family and friends for all their cards, letters, good wishes and prayers during her recent stay in Royal Lancaster Infirmary.

=====

DEVINE

Happy 50th Birthday Georgina on 19th June 2013. We hope you have a really special day and a lovely party. With lots of love from all of your friends in Sedbergh.

=====

GARNETT

Happy **11th Birthday** Ben on 24th June. Love from Mum and Dad, Anne-Marie, Auntie Georgina. Grandma Jenny and Auntie Dawn.

=====

KEEGAN

Happy **7th Birthday** to Mamie on 3rd May. Lots of love from Mummy, Daddy, Walter and Martha xxx

=====

KELLY

Liam and Vicky would like to thank everybody for their cards, presents and good wishes on the birth of twins Leo and Aaron.

Apologies for the error in a spelling in last month's Personals

TODD

Congratulations Marl and Dave on your **Silver Wedding Anniversary** on 4th June. Love and Best Wishes from Mum, Colin and Ann, Ang and Harry.

=====

FOR SALE

Trek Navigator 200 hybrid bike - 47cm / 18.5cm frame - 21 gears - Shimano C201 - £30. Thule roof bars for Peugeot 306 - £30. Please call Steve on Sedbergh 20760.

=====

FOR SALE

3 in 1 Mamas & Papas travel system in good condition including raincover, foot muff, isofix base for car seat, 2 sunvisors. £50 ono Contact 25103 or 07814 712923

=====

FOR SALE

Nearly New John Lewis Elgar Small Sofa Bed, Excellent condition <http://www.johnlewis.com/john-lewis-elgar-small-sofa-beds/p308170/colour=granite>. Nearest Offer. Condenser Montpellier Tumble Drier in very good condition, only 9 months old. Up to 8 kilos, easy to use & sturdy. Condenser Sensor, LED Display. Bought for £268, nearest offer to £195. Mini Hatch-Back late Sept 2011 Reg No. PX61UFJ. Red Chilli Pack, 3 door Hatch Back. 9,120 miles. Under Mini TLC Warranty, leather interior, immaculate condition, for immediate sale. Lady Driver only, heartbroken to sell. Please call 20658 or 0788 0707354.



Station Road, Sedbergh
Tel: 01539 718191

**Come and join us.
Light refreshments will be
available**

**OPEN AFTERNOON
& OFFICIAL
OPENING CEREMONY
WEDNESDAY 5th JUNE**

12:45 - 3pm

All welcome

Please come and look around our
clinical rooms and meeting rooms.

*Tim Farron MP will perform the
Official Opening Ceremony at 1pm*

****Please note change to previously advertised time****

FINKLE STREET FUN DAY

In conjunction with St. Andrews Church Fete, following on from the successful 2012 Jubilee event I am organising a Fun Day to be held on Saturday 13th July, alongside St Andrews Church Fete.

An application has been made to close Finkle Street so that the street can be set up like last year. The Town Band will play at 2pm and then during the afternoon and evening, various acts and entertainments will follow. These will include a number of bands and groups, a Pram Race, the Stocks, a Hog Roast and Baby and Toddler Games.

However, to make this as enjoyable as last year and to draw people into the Town for all our benefit help is needed both to raise money and to help with the organization.

I would be very grateful for any help that you might be able to give.

Jonathan @ The Red Lion

SEDBERGH TENNIS CLUB

Club Nights are under way on Thursdays. Get those rackets out. A member will be at the Guldrey Courts from 6.15pm. All welcome. For further information please ring Sedbergh 21153.

FREEMASONRY

FREE PARKING

FREE TEA

FREE COFFEE

FREE ENTRY

OPEN DAY

10am to 1pm

Saturday 1st June

Masonic Hall

Station Road, Kendal

Everybody Welcome

APPLEBY FAIR

Community Drop-in events in South Lakeland

A series of daily drop-in meetings for residents are being held throughout the run up to this year's Appleby Fair.

The drop-in events will be an opportunity for any members of the public who have concerns or queries they would like to raise to make their issues known to the agencies involved. Representatives of South Lakeland District Council and Cumbria police will be available at



- **New Builds**
- **Extensions**
- **Roofing**
- **New Fitted Kitchens**
- **Ground Works**
- **Plant Hire**
- **Hiab Haulage** 
- **Drains** Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

each drop in, Cumbria County Council officers and local elected members will be in attendance on selected dates.

Each meeting will run from 10am to 11am, with the dates and locations of the events as follows:

Sedbergh Community Office (72 Main Street, Sedbergh)

Saturday 1 June

Tuesday 4 June

Thursday 6 June

Saturday 8 June

Tuesday 11 June

Thursday 13 June

Kirkby Lonsdale Community Shop (24 Main Street, Kirkby Lonsdale)

Tuesday 21 May

Thursday 23 May

Saturday 25 May

Wednesday 29 May

Friday 31 May

Monday 3 June

Wednesday 5 June

Friday 7 June

Monday 10 June

Wednesday 12 June

Friday 14 June

Post-Fair debrief - Public Drop-in

Tuesday 9 July, from 5pm until 7pm - Sedbergh People's Hall

Useful numbers:

For non-emergency policing issues, call 101.

For urgent Highways issues, call the Highways Hotline on 0845 609 6609

For South Lakeland District Council, call on 0845 050 4434

For further information about the drop-ins, contact Sarah Williams, Area Engagement Officer, Cumbria County Council on 01539 713405 or email sarah.williams@cumbria.gov.uk

COUNCILLORS CORNER

Cllr Evelyn

I have been doing a lot of foot slogging lately to help Nick Cotton with his election campaign. It is striking that both Sedbergh and Kirkby Lonsdale are towns where most facilities are within walking distance – if you are reasonably mobile you don't need to get the car out to visit the shops or the doctors' surgery. May has also been National Walking Month while the Living Streets campaign www.livingstreets.org.uk promoted May 13-17 as Walk to Work Week.

Sadly many streets in the town are not particularly pedestrian friendly and there are places that need a

convenient footpath for a short cut. We are working on proposals for a path from Booths' car park to Biggins Lane to make a safe route to the schools. In other places we want to see the pavement widened to help walkers. Any suggestions from AKL readers would be welcome.

We are also investigating the desirability and feasibility of a 20 mile an hour speed limit in the centre of town. It would mean safer streets, quality living, and help to increase physical activity. Traders would also benefit from higher footfall. The "Twenty's Plenty" campaign is gathering momentum all over the country. Over a third of local authorities have agreed to or are

Excellence through endeavour"



Sedbergh Town Band
Director of Music: Alan Lewis

Present their



**ANNUAL
CONCERT**

7.30 pm Saturday 8th June
St Andrew's Church
Sedbergh
Admission: £5.00
Under 16: £3.00



Sedbergh Town Band is a registered charity. Number 1086817

Garsdale Design

We provide architecture, planning,
urban design and heritage services
for the Dales and Lakes

*Our skills and experience are unrivalled
whatever the size of the project*

*Our service is personal and tailored
to individual needs*

We are an RIBA Chartered Practice



Contact details:

phone: 015396 20875 (office hours)

email: info@garsdaledesign.co.uk

web: www.garsdaledesign.co.uk

farfieldmill



Exhibitions in June

Local Dent Artist John Cooke 'Paintings & Drawings' An exciting chance to see a collection of paintings, drawings, computer based images and cardboard prints created simply for themselves.

Textile Hub 'Trio: A Textile Hub Exhibition' Come & see the work of three textile artists from the North East. Expect texture, colour, unusual materials and references to domestic crafts of the past presented in a modern approach to textiles

Workshops - for more info see website:

Sat 8 Jun £40 'Green Man Sculpture' with Wyn Abbot (book 01539621958)

Sat 20 Jul £40 'Explore the Surface' Nuno Felling with Chrissie Day

Weds 25 Sept £40 'Weaving - Playing with Texture' with Weaving Friends of Farfield Mill



Weavers Café open daily 10-5, for homemade soups, specials, bakes, lovely teas and coffees. Weavers fabulous 'All Day Breakfast' & Sunday Lunches (book ahead 01539621159). Don't forget to bring your own alcohol. No corkage. Free admission to cafe **only**.

Farfield Mill is open daily 10 - 5, £3.50/£3, under 16's free. Weavers Café 10 - 5 (No entry charge)
Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958 reg. charity (no.1026293)

FREE ENTRY for LA10 residents on Sundays

considering 20mph limits. At least 11 million people live where 20mph is, or will be, normal – in York, Liverpool, Oxford, Bristol, Cambridge, Newcastle, Camden, Islington, Brighton and Lancashire – and perhaps Kirkby Lonsdale too if the residents want it.

Cllr Nick

I would like to use this opportunity to thank everyone who helped me get elected to Cumbria County Council on May 2nd. It is a tribute to the whole electorate of the Sedbergh & Kirkby Lonsdale division that not only was the turnout (49.5%) the highest in all of Cumbria, it was also one of the highest in the whole of the

country. The population of Sedbergh & Kirkby Lonsdale is clearly well-informed and committed to seeing democracy work.

It was a hard fought battle with many days spent knocking on doors, delivering leaflets and attending meetings over the whole area. On the day of the election itself I was no more than the spearhead of a highly efficient team which worked together from 6.00 in the morning right through to 10.00 in the evening and the close of the polling stations. The ballot boxes were taken across to Kendal Leisure Centre that night but not counted until the following day. It was nip and tuck all the way as the piles

for the two candidates rose up side by side. Finally it was announced that I had won by 38 votes but a recount was needed. A majority of 38 turned to a majority of 74 and a second recount confirmed this.

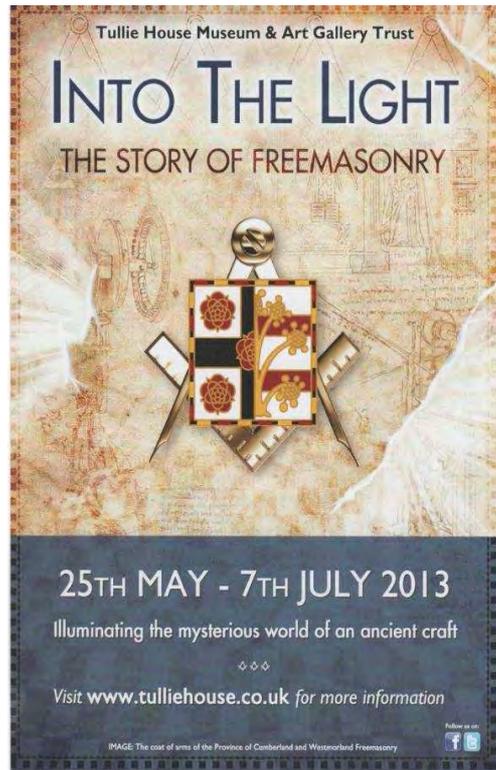
Thank you to all of you who voted for me and all of you who helped along the way. My message to everyone in the electoral division is that I hope to represent you to the best of my ability over the next four years on the wide variety of issues that will no doubt present themselves.

Cllr Ian

As far as the election is concerned Nick has probably said all there is to say. However I should like to add a word in tribute to Cllr Kevin Lancaster who lost his County Council seat to Nick after a hard fought campaign. During his years on the County Council Kevin devoted himself wholeheartedly to a number of issues on behalf of the local community – not least the state of the roads and the need to improve them and it is always a matter of regret after an election that only one person can win and the other has to lose. We all wish Kevin the best in whatever area in the future he decides to exercise his talents.

I have had a fairly busy month myself and a large part of that was taken up with my duties as Chair of SLDC Planning Committee. The last Committee meeting (we meet once a month) went on for the whole of the day and most of the Agenda was taken up with two major applications

to develop supermarkets in Ulverston. One application was made by Sainsbury's for an out of town site and the other on behalf of an operator (yet unknown) for a site on the edge of the Town centre. Many people spoke either for or against the applications and at the end of the day the Committee refused the former and granted the latter. The applications created a great deal of controversy in Ulverston and as ever one hopes that the right decisions have been made. This is what makes the Planning Committee so interesting and challenging in that the decisions made by it can affect the lives of people for generations to come. If you are interested in the



planning process I would invite you to come along and see how the Committee operates. Meetings are open to the public and usually take place on the final Thursday of the month but a quick call to SLDC (015397 33333) to confirm the date and time would be prudent.

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

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

Ian McPherson:
email ianmcperson24@hotmail.com
Tel. 015396 20648

Nick Cotton:
email red.pedal@virgin.net
Tel. 015242 71477

INTO THE LIGHT

THE STORY OF FREEMASONRY

This groundbreaking exhibition will explore and examine the hidden world of Freemasonry. The display will tell the story of Freemasonry in Carlisle and the rise of the organisation throughout the province of Cumberland and Westmorland.



Tullie House Museum and Art Gallery Trust's Masonic collection will be complemented by iconic objects from the National Library and Museum of Freemasonry never seen outside London before, as well as material from Carlisle's fourteen Masonic lodges. The exhibition will also examine Masonic symbolism and ritual. Carlisle's complex web of other fraternal organisations will be uncovered in a display which will seek to illuminate a practise shrouded in mystery.



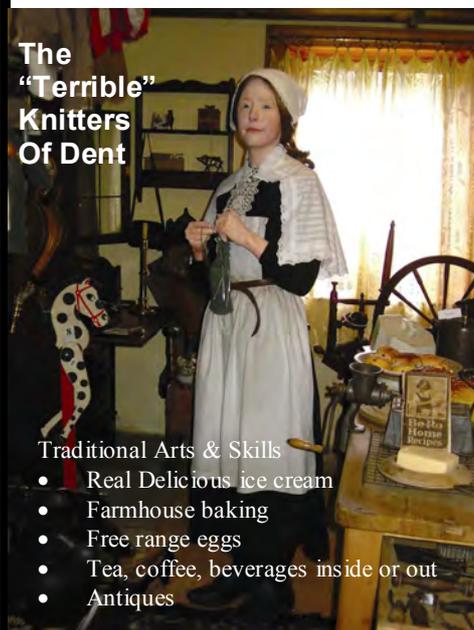
FREE ADMISSION

Tullie House Museum & Art Gallery Trust
 Tel: 01228 618718
 www.tulliehouse.co.uk
 Castle Street, Carlisle CA3 8TP

DENT VILLAGE

HERITAGE CENTRE
 & Flintergill Outrake Nature Trail
on the Scenic Yorkshire Dales Route

The "Terrible" Knitters Of Dent



Traditional Arts & Skills

- Real Delicious ice cream
- Farmhouse baking
- Free range eggs
- Tea, coffee, beverages inside or out
- Antiques

Featuring

- Adam Sedgwick
- Dent Marble
- Life on the Land
- Miles Mason
- Settle-Carlisle Railway

Opening Times

11am to 4pm Every Day
 Tickets valid all day
 Dogs Welcome

www.dentvillageheritagecentre.com

Also visit

www.discoverdentdale.co.uk



One Adult Free Entry on production of this advert.

KEVIN LANCASTER

Thank you to every one who voted for me on 2 May and every one who has supported me over the last sixteen years as district and county councillor. The result was disappointing but not unexpected. As the only remaining Lib Dem target it was always obvious that the whole weight of the Tim Farron machine was going to be directed at me. It is a great credit to my helpers that the majority was 74, it could easily have been 274 without their support.

I wish Nick Cotton well and will not undermine him, the role is much too important for that. I am proud of what I have achieved and what I have supported. Nick might not have

SEDBERGH

MEDICAL CENTRE

will be closed for Training Purposes at 1pm on the following afternoons:-

Wednesday 12th June

Wednesday 17th July

Thursday 19th September

Wednesday 16th Oct

Tuesday 19th November



noticed but the roads are much better than they were four years ago. We still have two libraries in the division and a new Library Link in Dent. I have supported many public projects, not least the Fibre GarDen Broadband. It has proved to be an enduring success for Sedbergh and Dent to run their own car parks and public toilets.

My greatest pride is not in any of these but in the small businesses I have supported through the planning system – you know who you are. I am pleased there are people who have roofs over their heads because of my actions and people who have jobs to go to.

I am still a Sedbergh parish councillor and might well stand for elected office in the future so, I am still going to be around. I'm not intending to go anywhere, at least not in the short term and I will always be willing to give advice. Thank you and good bye.

Kevin Lancaster – 015396 20800,
07980 844 695 (preferred),
kjlanc@kjlanc.demon.co.uk, Fellgate,
Dowbiggin, SEDBERGH, LA10 5LS

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 12th June

HOGHTON TOWER

close to junction 3 of the M65

A visit to the ancestral home of the de Hoghton family. It is virtually unchanged since it was built in 1565 and stands at 650 feet above sea level with stunning views of Lancashire, Cumbria and Wales. Tea will be available after the tour.

Meet at the main entrance at 1-30pm or Loftus Hill Car Park at 12pm. Entrance £8.

Wednesday 26th June

KILLINGTON

Maureen Lamb will show members some of Killington's historic buildings and has kindly invited us to her house for a cup of tea.

Meet in Loftus Hill Car Park at 2pm, or Killington Car Park at 2-30pm.

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

Please note that dogs are no longer allowed on Outings.

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

NEIGHBOURHOODALERT

As summer approaches, Cumbria Fire & Rescue Service would like to make sure that residents and visitors have a safe and enjoyable time when taking advantage of our beautiful county.

Did you know?:

- That a fire can destroy a tent in less than 60 seconds?
- That in the UK 79,000 fires are started on grass and heath land every year, which destroys thousands of acres of countryside and wildlife habitats?
- That on average, 1400 fires per year occur in caravans?

To keep you and our countryside safe follow these simple rules:

- If you see anyone deliberately lighting a fire please dial 999 and request the Police and Fire Service to attend;
 - If you are out enjoying the countryside extinguish cigarettes properly, do not throw them out of car windows;
 - Don't leave bottles or glass in woodlands;
 - If barbequing make sure you are in a clear safe place and ensure the barbecue coals are fully extinguished and cold before you dispose of them;
 - If using a gas barbeque store the cylinder out of direct sunlight, make sure that the gas is turned off when changing and finished barbequing and only change the gas bottle outside in a well ventilated area;
 - Do not take disposable barbeques or gas stoves etc inside tents /
- caravans, as this may cause carbon monoxide poisoning;
 - If caravanning do not dry clothes on the stove, take a working smoke detector and carbon monoxide alerter with you
 - When buying a carbon monoxide alerter for a caravan you should look for one which is compliant with BS EN 50291-2 : 2010, which has a different testing requirement to those used for dwellings;
 - When camping or caravanning always keep a torch handy and never use candles inside, only change portable gas appliances outside and park caravans well clear of tents (6 metres away).
 - Take all your refuse with you or dispose of it in suitable bins and if a fire does happen dial 999 and give a good address, if possible include a map reference and a visible landmark;

**Paul
Hoggarth**



Building Contractor

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

**015396 21413
07968 977429**

Holme Open Farm & Café



Come hold, touch and feed the animals on our guided tours, which run continuously during opening time.



INDOOR PLAY AREA



NATURE TRAIL
PICNIC PLAY AREA
CAMPING AVAILABLE ON SITE

Holme Open Farm, Sedbergh, Cumbria LA10 5ET
Tel: 015396 20654 www.holmeopenfarm.co.uk

TIM FARRON MP

I know it is a little while since the County Council elections but this is my first chance to put in writing my thanks for your support of Nick Cotton last month. Actually we had a rather good result across the entire area, in addition to Nick's win in Sedbergh and Kirkby Lonsdale we picked up another councillor in the Hawkshead area and all of our existing councillors were re-elected. So people must feel we are doing some things right.

As a result of this and other results across the county we are now running the County Council in coalition with the Labour party.

Replacing the Conservative/Labour coalition that has been in charge for the past four years.

As you would expect I am rather pleased with this result, not just because it is great to receive a vote of confidence but also, importantly, because it will make it much easier for me to achieve things by working in partnership with the council rather than the previous more confrontational relationship.

A great example of this is my campaign to get our potholes filled in properly. The new administration has already announced that repairing roads and finding more money to

ensure that a really good job can be done is one of their highest priorities. But please do not stop sending in your photos of all the potholes you find, I need to keep reminding them of the problems we face with our roads, it is just that now I will be bringing the issue to a more receptive audience.

I really hope that roads are only the first of many areas where together we can make a change for the better in this part of Cumbria. The County Council is also responsible for education where I hope we will be able to bring significant improvements to our schools and ensure that whatever their size they have a viable and successful future in this county.

Then there are the issues of jobs and health, both of which, as you know, are very close to my heart and both of which are areas where the County Council has very significant responsibilities. I hope to be sitting down with them very soon to discuss how services at Westmorland General Hospital can be developed in the future and what can be done to bring more well-paid jobs to the area.

I was pleased to learn, the other day, that unemployment in South Lakeland fell by over 100 people over the past month but, as most of you will know, the problem in this area has never been the levels of unemployment. Even before the recent fall we had very low levels.

Our problem is the types of jobs that we have here. A very upsetting report came out the other day talking about the levels of poverty across the South of the County. One of the major

issues, particularly in smaller rural communities, is that people feel embarrassed to discuss their money issues and get the support that they need with the result that they cannot heat their homes properly and their children are not eating the food they need. You just need to look at the take-up of food banks in places like Kendal to realise how big an issue this is.

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

Thanks for your support

Tim Farron MP



Pottery specialist

Winner of Sedbergh shield 2012!

We are going on a buying trip in Japan and so we will be closing until 5th March.

Upon our return we will have lots of beautiful new pieces.

Perfect Mother's Day presents!

*Take away Tea & Coffee
Cupcakes*

*16 Back lane, Sedbergh
015396 21472/07811 40685*

HOWGILL WI

We have been out and about and active over the last two months with our country walks and Federation events. Members enjoyed the Fashion Show by Country Casuals, now known as CC held at Carus Green. Also the Council Meeting at Kendal Town Hall when Cllr. John Willshaw, Mayor of Kendal gave us a run down of his year of duties as Mayor, and Tony Berry lead singer of the Houghton Weavers entertained us with his own style of music and humour.

The April meeting held at Firbank Church was well attended. President Bridget Postlethwaite welcomed our speaker Justin Woods, Head Chef at

Castle Green Hotel. He inspired us with some oriental cookery. His recipes were speedy and original giving us some ideas to try something different at home using herbs and spices to bring out the flavours of home cooking. The competition for an oriental recipe was won by Sheelagh Denniss with Sarah Scarr second. Jackie Hooley went home with the raffle prize.

At the May meeting we were reminded of the Group Meeting hosted by Casterton WI on 20th May. Anna Jobbins was thanked for designing our competition entry 'Cradle to Grave', which is a masterpiece. Final arrangements were made for our Coffee Morning on

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June 5th at URC rooms in Sedbergh. Holker Festival tickets were distributed.

The one resolution was discussed and resulted in favour to 'Support our local high streets'. Our delegate is to be informed to vote on our behalf at the AGM in Cardiff on 1st June. It was also yes to the new WI Constitution which allows the WI to move on into the future.

Bridget introduced our speaker, local historian Trevor Hughes with the help of slides we were given a glimpse into the past and into the Mayors Parlour located in Kendal's Town Hall where you will find Kendal's Treasures dating back to 1189 when the first Market Charter was granted. Many of

the collectables are rare and very valuable, some priceless.

Memorabilia includes a Prayer Book bound in Silver which belonged to Henry VIII's sixth wife, Catherine Parr, who was born in Kendal Castle. Viewing is by appointment. Lesley Hennedy expressed thanks for a fascinating talk. The competition judged by Trevor to name the three most attractive features of Kendal was won by Vera Hodgson with Peggy Postlethwaite second. Raffle winners were Carole Mills and Vera Hodgson. Our usual Jacobs Join and get together brought the meeting to a close.

We now look forward to June 6th when the theme is musical with



PEOPLE'S HALL

Redevelopment Fundraising Event

MIDSUMMER LITERARY FESTIVAL

In association with Sedbergh Book Town Literary Trust



Monday 17 June, 7.30pm

Sedbergh in One Hour by Kevin J. Lancaster, local historian – all you wanted to know and couldn't ask about Sedbergh.

Admission £5 (doors open 7pm) Refreshments

Wednesday 19 June, 7.30pm

A Photographic History of the People's Hall

presented by Diane Elphick and Michael Beecroft in association with the Sedbergh & District History Society followed by ***Remembrances and Stories of the Hall*** - interviews by Sedbergh's Talk Show Host: Sandra Gold-Wood

Admission £5 (doors open 7pm) Drinks bar

Friday 21 June, 7.30pm

An evening of Unexplained Phenomena by Roy Bainton, author and journalist assisted by the Rose Community Theatre performing "*How to be a medium*" and a live scripted séance.

Admission £5 (doors open 7pm) Bar

SEDBERGH PRIMARY SCHOOL

Post of Clerk to the Governors

Vacant from 1st September Salary: £7.73-£8.72 per hr

Sedbergh Primary School Governing Body invites applications for the post of Clerk to the Governing Body (*or for the above position*). The Clerk will be accountable to the Governing Body working effectively with its members, the Chair of Governors and the Headteacher.

This important post is central to the smooth running of the Governing body and involves preparing and distributing agendas and relevant documents for meetings, taking minutes, keeping records and giving procedural and legislative advice.

The Governing Body currently meets five times a year generally, but not always, on a Tuesday from 7.00 – 9.00pm. Additional time is allocated for preparation and distribution of minutes and other aspects of the work.

The applicant should have excellent organisational, communication and IT skills and be able to maintain confidentiality.

Sedbergh Primary is committed to safeguarding and promoting the welfare of children and young people. We expect all staff and volunteers to share this commitment.

Appointment to this post will be subject to a satisfactory enhanced check from the Disclosure and Barring Service (DBS).

Further information may be obtained from

Miss D Jones (Headteacher) or Mrs L Close (Chair of Governors)

Letters of application should be addressed to Sedbergh Primary School

The closing date for applications is Friday 21st June

Rachel Malloch and friends. Visitors will be most welcome at Firbank Church Hall at 7.30pm. *A.H.*

KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

I always think that the title of this meeting, which happens once a year, is the one which puts dread into my heart. **“RESOLUTIONS”** ! Since the month is May, it can't possibly be New Year resolutions. No, it's worse. We have to discuss and vote on the resolution(s) which have been chosen by all the members in England and Wales for consideration by all our chosen delegates at the *Annual*

General Meeting of the National Federation of Women's Institutes. (quite a mouthfull!)

This year the meeting is being held in Cardiff and our local group will be represented by Catherine Sugden, President of Dentdale WI. The resolution this year is as follows: - 2013 RESOLUTION. DECLINE OF OUR HIGH STREETS AND TOWN CENTRES. The NFWI notes with concern the continuing decline of our high streets and the damaging effect this has on local communities. We call on every member of the WI to support their local shops and make the high street their destination of choice for goods and services. We

call on decision-makers to work collectively, at all levels, to help bring an end to the decline of our high streets and to ensure that high streets flourish and provide a focal point for local communities. (NFWI Board)

As you may imagine this produced considerable and heated discussion, not because we disagreed with its sentiments but more because we could not quite fathom what it was hoped to achieve.

We have all been saddened of late by the tearing the heart out of our own Main Street by the closure of our lovely friendly Spar and its replacement by something more distant in many senses.

However the majority voted in

support but with several abstentions.

Then we were asked to vote approving changes to the constitution. On this we abstained en masse as we didn't know what on earth it all meant. One of the major points which emerged from our deliberations was that we feel that the tail (i.e. the big-wigs in the London headquarters) is trying to wag the dog (i.e. the ordinary members – us – in our meetings around the country)

We were happy to move on to the rest of our meeting which is what we really enjoy – lovely tea, chatting to friends and plans for things to do and enjoy. Today we were delighted to have our most distant member, Mary Turton from Hertfordshire, with us and

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be able to celebrate her 90th Birthday (last year to be exact) with candles and song. Better late than never!

Our 'entertainment' for the meeting followed. From time to time we make the opportunity to learn a little more about each other. Several members tell us a little of their life story. This time we heard from Mary Turton sharing recollections of hard times in WWII and happy times as well. Anne Macer also told us of her life in coastal places and moving around the country from East Anglia to Wales, from Hertfordshire to Hawkshead. Mary and Anne have been lifelong friends and have shared many times both sad and happy. Our final up-date was from Wendy McLean learning about her childhood on the south coast and first meeting her husband, Jack, on the school train at the age of 15! (Her not him! I'm sure he's heaps older!) It was almost enlightening and our thanks to

them all.

Sadly, all three of these friends might be departing for pastures new. We will lose them with great regret but they will take all our good wishes

Final plans were made by Dawn and her team for our bric-a-brac stall at the Gala, raising money for our feeding programme for the children in the Thandi project. As I write this has already happened with the weather doing its best to disrupt the occasion. Our most enormous thanks to Dawn and her team who raised £259.87p. Dawn spent the evening drying out the ten pound notes in front of the fire! If anyone feels like offering a donation of 13p to round up the figures just give Dawn a ring.

On Monday we shall be joining other WIs for our group meeting, this year hosted by Casterton WI, so that should be good fun. Perhaps we will win their raffle. Ours was won by Dilys Evans but as it was red wine

	SEDBERGH ORCHESTRA <i>conductors Peter Crompton & Karen Giudici</i> <i>leader Sue Armstrong</i>	
	'PARIS CONNECTIONS'	
St Andrew's Church, Sedbergh Thursday 20th June 8.00pm doors open 7.45pm		
Offenbach Overture to 'La Belle Hélène' & Fauré 'Masques et Bergamasques' Bizet 'Carillon' from 'L'Arlésienne' & Mozart 'Paris' Symphony		
<i>Light refreshments will be available in the interval</i>		
Any proceeds will be added to the Alison Armstrong Pepperpot Fund which supports the work of Sedbergh Pepperpot Club with Sedbergh Orchestra and young musicians locally		
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which she doesn't drink it was redrawn and won by someone else. (Don't expect too much of my poor old memory!). The 'P' competition was won by Lorraine Millington with a piano. Fortunately it was a miniature and a musical box which she has had since she was 16. They do say that if you keep a thing for long enough it will come in handy.

Our next meeting will bring us "Summer Surprises", a demonstration of floral art by our friend Joan Bentley from Cartmel. We meet on Tuesday June 11th at 2-00pm in the People's Hall. Do come and enjoy the fun and bring along an item beginning with 'J' for our cut-throat competition.

Wendy Fraser-Urquhart

SEDBERGH WI

After the general business of the day our 'pressy', Linda Hopkins introduced Anne Timmins, WI Advisor for the Westmorland Federation. Anne had come along to talk us through this year's WI resolution, 'Keeping the High Streets Alive'. It was agreed that this is a worthwhile cause but no one was sure how this could be achieved. A lively discussion ensued followed by members offering a variety of ideas as to how to proceed. It was thought that internet shopping may not be helping but members realised that in the past we had many goods delivered to our doors. Most of us could remember the baker, the grocer, the coalman

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and of course the milkman calling round with goods. Now it's the supermarkets that deliver goods so perhaps things are not so very different.

Anne also guided us through the proposed changes in the WI constitution. The new features were explained clearly and we voted to accept these small but important changes.

It was soon time to share all the lovely food and enjoy a convivial chat over a cuppa. The usual fight broke out over Jean Jones's sesame biscuits but luckily there was enough to go round. Jean is currently under interrogation in the hope that she will

give up her recipe.

The book club continue with its reading and have currently been reviewing 'One Good Turn' by Kate Atkinson. The book has prompted debate within the group with some for and some against the authors style. Overall it was given seven out of ten for readability.

The walking group have been enjoying themselves for three days at Rockcliffe on the Solway Firth. They benefited from good walking, comfortable accommodation, great food and plenty of laughs and all agreed it had made a perfect break.

Now that everyone was sitting comfortably it was time for a story

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which was provided by me. It was a dark and dastardly tale of murder. I hope no one had nightmares and I thank members for their kind indulgence.

The June meeting will take the form of the mystery outing and so the next WI meeting in the Peoples Hall committee room will be on July 10, 7.30pm start. If you have ever wondered what goes on at WI, why not come along and see, you'll be pleasantly surprised.

Sandra Gold-Wood

FAMILY MUSINGS

A visit to Hull for a few days grew into a longer one when our dear elderly relative had a fall and cut her leg. But there are worse places to stay especially the lovely area in which she lives. One day we had a trip to Swanlands nursery and had our elevensis in their lovely coffee shop, and another day went off over

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the Humber Bridge and all the way to Lincoln. When I watched the Dambusters 70th celebrations on the T.V and the service in the Lincoln cathedral I could say "I've been there!". Although all I actually had was a walk around the outside.

We have had some celebrations recently; T's 30th, A friends wedding in the high school at CFM morning service, and then M's 95th Birthday at Hull with friends and family joining the party and M nursing Ballantyne.

Due to the change in my plans this musing came via the phone, elder daughter and e-mail. So a bit shorter, which the editor will like.

Its not the same talking to our grandsons on the phone, I really miss the cuddles. I always pack too many clothes and bits and pieces when I go away, but this time its a good thing I have. Helping M and doing bits of gardening and a walk out every day is keeping me busy. One evening I looked out and saw a vixen and 4 or 5 fox cubs playing on the lawn. I've never seen that in Dent.

We all need to keep our eyes open, that's all for now. *Sarah*

UMAMI – THE EXTRA FLAVOUR

Umami is a Japanese word, which has been translated as “savoury deliciousness”. To give you an idea of what it is, it is present in meat, cheese, fish, particularly shellfish, ripe tomatoes, Marmite and soy sauce. It is the flavour we are all looking for when we taste a savoury dish and make the final adjustments to the seasoning.

Medical science traditionally recognises four flavours sweet, sour, bitter and salty each of which is detected by a different type of receptor on the tongue. It was the Japanese who recognised that there is a fifth type of receptor which detects L-glutamate, which gives rise

to the umami flavour. Manufactured products such as stock cubes and gravy granules are designed to impart umami through the use of monosodium glutamate and other flavour enhancers (look out for E621 and E635).

We become accustomed to this flavour from birth, as breast milk contains glutamate at a concentration of about ten times that of cow’s milk.

My interest in this stems from the experience of asking patients what they eat and making suggestions for dietary changes to improve their health. Many health problems arise from a combination of poor function of the digestive system and excess heat (see last month’s article on chronic

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disease). In such cases it is sensible to cut down both on dairy produce and on heating herbs and spices such as garlic, ginger and chilli. I have observed that this tends to be more difficult for vegetarians than for meat eaters. In some cases there is over-reliance on cheese as a source of protein and in other cases a tendency to flavour with some combination of garlic, ginger and chilli at every meal. My current working hypothesis is that one reason for the reluctance of vegetarians to give up cheese, garlic, ginger and chilli is that it is not easy to produce the savoury deliciousness of umami from vegetable sources alone.

This hypothesis was not contradicted by a Google search for umami, where I particularly looked for vegetarian recipes. The only ones I found which did not contain cheese were Japanese recipes using seaweed as a source of umami. The Italians are big on umami research because the tomato-parmesan combination provides umami. I'm sure if they looked into it, even barbarian cheeses such as Cheddar would be found to combine deliciously with tomato sauce.

The umami-rich vegetable ingredients I came across were: mushrooms, particularly shiitake (available in Booths), truffles, soy beans (and soy products such as soy sauce and miso) potatoes, sweet potatoes, carrots, celery, leeks, Chinese cabbage, spinach, ripe tomatoes, asparagus, artichokes, seaweed and green tea. From my

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own experience I would also include lentils, lovage, rocket, chard, fennel, mustard greens and sorrel.

As part of my investigations, I bought a tube of umami paste from Booths. On a teaspoon, it does not taste of much at all. I did have a go at squirting it into vegetarian sauces to see if they became more delicious. Umami was definitely enhanced, but the taste also became more standardised. The ingredients of the paste are: tomato puree, garlic, anchovy paste, black olives, balsamic vinegar, porcini mushrooms, parmesan cheese, olive oil, vinegar, salt. So not much use to garlic and cheese avoiding vegetarians, but interesting to see the ingredients.

If you have any umami hints, in particular vegan recipes, please let me know. My telephone number is 015396 20972.

June Parker

SEDBERGH GALA

Firstly, on behalf of the Gala Committee, a HUGE thank you to everybody who came down and supported the Gala in any capacity! The weather on Saturday morning was absolutely appalling, but volunteers appeared on the field, in their wellies and waterproofs, for the final preparations, and got on with the job without complaint. Unfortunately the ground was too wet for many attractions to set up their stalls: some came and went, whilst some didn't turn up at all. Naturally this was a disappointment and there were many anxious glances skywards as the morning wore on but the weather forecast gave us a glimmer of hope.

Sure enough, just before the Parade began, the torrential rain turned to drizzle, then faded away and the sky brightened.

It was a proud moment as Tony Playfoot strode on to Lupton Field, piping in the procession. The children looked wonderful in their costumes, the Gala Queens and their Retinues were graceful, the Town Band played and people turned up to enjoy themselves despite the deepening mud....in fact the mud proved a bonus for increasingly grubby children. (Apologies to parents!) The new attractions of Laser Clay Shooting and Archery were very popular, the Alpacas charmed everybody, there was plenty of food to enjoy and a very

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entertaining Dog Show. Hardy Fell Runners disappeared into the clouds on Winder and the Cumbrian Wrestlers resembled mud wrestlers, but they all carried on regardless. No-one was going to be deterred by a bit of rain and a load of mud – the Dunkirk spirit lives on!

The results are in for some of the competitions and congratulations go to the following winners:-

- Best Decorated vehicle - Playgroup
- Best Pedestrian walking group - Sedbergh Primary School
- Best Decorated pushchair - Pippa Middleton and Family
- Fancy Dress Girls age 4-7 Phoebe Hall

- Fancy Dress Boys age 4-7 Jack Garnett

Shop window Competition

1st Charity Shop

2nd Boots the Chemist

3rd Leighton's Barber Shop and Hair Salon

Dog Show, Best in Show - Rachel Cowperthwaite with her terrier, Henry

The Gala is a traditional, community event and once again we have proved that one thing Sedbergh has in abundance is community spirit..... and possibly rain! Thank you all for turning up, smiling and making the day a success. Next year is the Gala's Golden Jubilee: surely the weather will smile on the town....?

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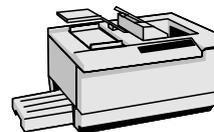
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SEDBERGH PLAYGROUP

The Sedbergh Playgroup Duck Race was very exciting with a surprise and most deserved 'Last Duck Home' prize topping off the whole event!

About 30 folks gathered at Holme Farm who had kindly agreed we could use their stream. After the rain of Gala Day we were lucky it wasn't a raging torrent! The ducks had a twisty turny route down the river, helped along by eager folks with sticks and fishing nets. The Winner was Jan's mum Beata Ksiazak, second home Simon Parkin and third home was Otis



McGough. John Beck looked set to be the winner of the last duck home but a good 5 minutes later Sienna's mum, Joanne Barratt's, duck was

found stuck further up and after a nudge or two came in to a cheer from everyone! Their prize is some duck toys ... very apt!

Thanks very much to everyone who sold and bought ducks, to the playgroup staff and to the Metcalfe family for the use of their stream. Playgroup is a charity and events like this help keep Playgroup stocked with much needed resources.

Carole Marsden

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Cancer and faith in me was unbelievable.

I am so proud to say I completed the marathon (all 26.2 miles!), in 4 hours and 2 minutes. The sun was shining and the atmosphere in London was amazing with the huge crowds and 36,000 other runners - truly an emotional experience at times.

Thank you to everyone who sponsored me in aid of the very worthwhile "Macmillan Cancer Support" charity, with the impressive sum of £422.44. This and monies raised from a charity "Stars in your Eyes" night recently means the grand total we are sending to Macmillan Cancer Support is £812.00. Thank you.
Joanne Orr

LONDON MARATHON 2013

I would like to say a massive "Thank you" to everyone who supported me when I ran the London Marathon on 21st April 2013.

All the Good Luck messages, sponsorship in aid of Macmillan

Sedbergh **Saturday Markets**



2013

29th June *mainly Art*

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were Ria Nelis with her Pointer Martha, Anita Udale, with her Pointer Lacy. Roma Singleton, with Jack Russell cross Ollie, Val Snelling, with Boxer Poppy, Sue Thurlsby, with Miniature Dachshund Lulu, Melanie Missenden, with Crossbred Labrador Deefa, Isabell Colton, with Finnish Laphund Toby, Paul Chaplin, with Weimeraner Blue, Grace Cowperthwaite, with Border Terrier cross Ruby, Katie Bousfield, with Basil crossbred terrier rescued from a dog pound in Northern Ireland,

Melanie Bousfield ,with Freyer, crossbred another rescue ,Maureen Horrocks ,with Patterdale terrier Dino, Colin Middlemiss ,with French

Bulldog ,Susan ,Stephen Fiddler with Meg, Border Collie , Anna Coltan, with Blubelle, Springer Spaniel, and Ellie Missenden, the youngest handler with Springer Spaniel Phoebe.

The training classes are held on Thursday evenings in The Peoples Hall.

All proceeds after expenses are paid go to various dog related charities, which include The Wainwright Animal Rescue and Support Dogs based in Sheffield which provides and trains dogs to assist people and children with disabilities . So far over £5,000 has been generated.

Cicely A Robertshaw



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JUNE GARDENING

Although it seems to have been raining almost continuously for the last two years, I still appreciate having a couple of areas of ground where the soil stays permanently damp during our odd spells of fine weather and where I am able to grow plants which require a moist soil.

Some of the easiest to grow are the “Candelabra” primulas. These have rosettes of lush green leaves and stiff spikes of brightly coloured flowers ranging in colour from white, through apricot and soft pink, to burnt orange to bright cerise and firey red. They will grow quite easily from seed, and the “Harlow Car Hybrids” are a trusty and reliable selection of colours.

Primula florindae, the giant Himalayan Cowslip is also good natured. The flowers grow to at least 2 ft tall and are clear yellow and have a beautiful light scent. *Primula vialii*, another moisture lover, is perhaps the most unusual in flower shape and colour. It bears flower spikes which resemble miniature red hot poker. The buds are bright cherry red, but they open to reveal bright mauve/pink petals. An irresistible combination.

In recent years plants in the *Geum* family have become more widely available. Many of these are closely related to our native “Water Avens”, a plant which grows beside our local rivers and in wet places on roadside verges. I grow ‘Leonard’s Variety’ which has nodding flowers with

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peachy petals, ‘Bell Bank’ a smaller form with larger, more open flowers, ‘Lemon Drops’ with clear yellow petals and ‘Marmalade’ with apricot/orange blooms. The white form of the wild species – *G. rivale* album seems to be a little lower growing than the type and I grow this at the front of the border, mixed with blue flowered “Bugle” (*Ajuga reptans*). All are easily grown and will thrive in sun or partial shade. Some have been in cultivation for many years, but recent breeding has produced several new cultivars and the national collection now lists around 40 different ones for sale from its nursery.

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PULSE COMMUNITY GYM

The PCG held its AGM on April 28 and it was good to see so many people attending. The general business was dealt with quite easily as the Gym has been out of operation for a year now. Various avenues have been explored to try and find premises but turned out to be unsuitable or unworkable.

It's sad to see Baliol School standing empty and unused but no amount of pleading or cajoling could get the Education authority to allow the PCG to continue. The equipment has been removed from Baliol and is now in storage.

I remain as chair, with Rosemary

Lewes as treasurer and membership secretary. Lee Gilder is Vice Chair and Kelli Horner is now Secretary replacing Dot Dunn who served us for the four years the gym was open and also many years that when we were working towards opening. We are very glad to say that Dot is still a committee member.

Now for the very good news; Dr Gina Barney has put forward a grant application which if it comes off could lead to the PCG having a permanent home at the People's Hall under its refurbishment plans. We will find out at the end of July whether the application has been successful. However if the bid should fail it can be represented in October so there are two chances. So it is very likely that this time next year we will have a gym with a permanent home.

To help the PCG move forward with this and to access other grants, it needs to show that it has an active membership. As we have no premises at the present time, the committee felt that £10 per member would be an appropriate continuing annual subscription. Rosemary will be sending out emails to all of those who were members when we lost the facilities at Baliol. If you do not have email but would like to contribute, or if you are not a current member but would like to add to our funds and show your support for the gym in the future, please ring me on 015396 21808.

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SEDBERGH MEDICAL PRACTICE

We plan to continue the open surgery in Sedbergh. It is well received by our patients and staff and is thought to be one of our strengths. In recent years we have offered patients the opportunity to ring in for an approximate appointment time in this surgery. This is especially useful for patients with poorly babies who do not want to have to wait for long periods and patients who feel very unwell with symptoms that make sitting around distressing. It does mean though, that those patients who just walk in may have longer waits – but compare the waits in our surgery to the waits in A/E. The wait is rarely

more than 30 to 40 minutes, compared to up to four hours in A/E.

One of the problems the Doctors encounter is managing the work load after 10 o'clock. If several patients all arrive at the surgery at 10.25am as is often the case, this impacts on the work the doctor has to do during the rest of the morning – visits, routine surgeries, checking results and mail and telephone surgeries. There is always a second doctor available to help with the open surgery if it gets busy between 10am and 10.30am – but if patients arrive late this opportunity is lost as the second Doctor starts their surgery at 10.30am.

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In order to make the work load more manageable for the Doctors, we are going to close the open surgery at 10.00am. Patients already in the building will be seen – but patients arriving after 10.00 will be asked to book into another surgery.

Exceptions can be made of course – for example Dent patients who rely on the bus and unwell patients who rely on lifts to bring them in.

The open surgery is there for acute problems such as throat, ear or chest infections. It is also suitable for acute injuries or new worrying symptoms where waiting for a routine booked appointment would cause undue alarm. If your condition is chronic in nature and you have had symptoms for some weeks or months – a booked appointment with a Doctor is far more appropriate. Booked appointments are longer and allow the Doctor to investigate your

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symptoms more fully.

We have discussed this plan with our Patient Group. They support our decision to make these minor changes to our service. Initially we will not be prohibitive about the timings – but in due course we hope that most patients will try and attend open surgery by 10.00am.

Dr Chrissie Hunt

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CRICKET CLUB

The 60s, 70s & 80s night on the 17th May went very well with a good attendance.

On behalf of Sedbergh Cricket Club, I would like to thank everyone who came along and supported the evening. Thanks to everyone who helped sell tickets, donated and arranged raffle prizes, Angela and Mags at the papershop for letting us use the shop as a collection/drop off point and everyone who came along and made the evening a huge success.

Although not yet confirmed we think we made in the region of £500. Thanks Again to you all.

Karen Troughton

CUMBRIA WILDLIFE TRUST

A Visit to Thacka Beck

On a wet, wild and windy afternoon in May, members visited Thacka Beck Nature Reserve in Penrith. Up until 2011 the beck was no more than a drainage ditch with little wildlife value but much historical significance. As the only water supply to the town it was diverted by a local landowner, Bishop Strickland, from the river Petteril around 1400. Over the winter of 2010/11 a flood storage area, the equivalent of 30 Olympic sized swimming pools, was excavated helping to protect the many homes and businesses of Penrith. The area now managed as a reserve by the

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Trust, supports a wide diversity of wildlife all year round.

The Trust have created walkways along the perimeter banks and fenced areas where under normal conditions a series of ponds and a meandering stream are home to small fish, newts, dragon and damsel flies, frogs and toads. Despite its small size a remarkable number of bird species has been recorded here as well including kingfisher, greenfinches, white throat, chiffchaff, flycatchers and redstarts.

Areas have also been designated as hay meadows which are grazed seasonally along with the wet flood banks by short horn cattle. Many butterflies enjoy the diversity of wildflowers in summer. This management had encouraged snipe and lapwing to nest. Hedgerows have been allowed to spread into the grassy area between the bank path and the railway line which should eventually develop into scrub and then woodland providing an even greater choice of habitat. Local schoolchildren have been helping

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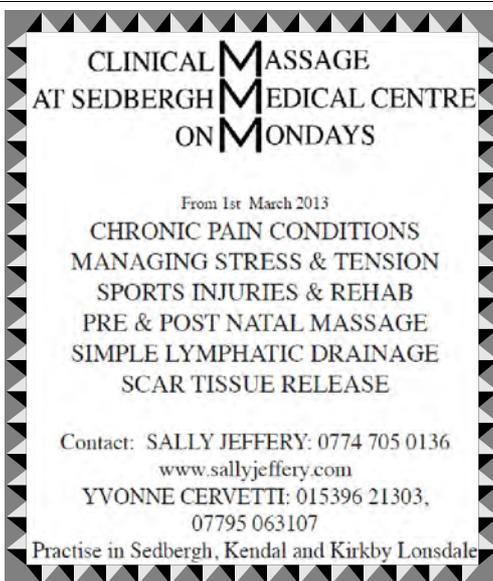
On the day of our visit, most sensible flying creatures were keeping well under cover but many swallows were dipping and soaring above the ponds which had their own populations of mallard families, ducks, drakes and ducklings. Varieties of gull were also in attendance. We were fortunate to have an amphibian enthusiast in our midst who reported the presence of the alien Alpine newt which unfortunately carries a virus damaging our native species.

With the busy West Coast railway line bordering one edge and industrial and housing estates on the others it seemed a miraculous oasis of wildlife virtually in an urban setting. The reserve is well worth a visit whatever the weather. It is an excellent example which shows how flood storage, nature and wildlife can combine to create a special place for all to enjoy. Find more detail on www.cumbriawildlifetrust.org or telephone 01539 816300.

Susan Garnett



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PARIS CONNECTIONS

Another programme of attractive music, performed by Sedbergh Orchestra, is in the offing. The concert has the title 'Paris Connections' and all the items in the programme have a link with that city. On Thursday, June 20th at St Andrew's Church, Sedbergh, at 8.00pm (doors open at 7.45pm to allow time to rehearse beforehand) the orchestra will strike up with Offenbach's rousing overture to his operetta 'La Belle Hélène'. This is based on the story of Helen's elopement with Paris(!), the Trojan prince, which sparked off the Trojan War. (Offenbach's best known work is the Can-Can from 'Orpheus in the Underworld'.) Although he was born in Germany, Offenbach went to study at the Paris Conservatoire when he was only 14. He soon became bored with academic study and left after a

year, but he went on to become an internationally renowned cellist as well as a conductor and a popular composer of French operettas. He and (Gilbert &) Sullivan admired each other's works and their influence on each other is clear in their music.

Fauré studied at the Paris Conservatoire, eventually becoming its Director. He composed a lot of beautiful music, including his well-loved 'Requiem' and 'Masques et Bergamasques'. This was commissioned by Albert 1, Prince of Monaco, for a song-and-dance entertainment in Monte Carlo. It was a twentieth-century musical homage to the world of the *fêtes galantes* of the eighteenth century and it was about how members of the *commedia dell'arte* troupe would spy on the amorous encounters of aristocrats in its audience. We can assure those at the concert that they will not be subject to such scrutiny by members of Sedbergh Orchestra!

Bizet won many prizes when he was a student at the Paris Conservatoire. Even so, his music was not always well received in his lifetime. After its premiere in 1875, Bizet was convinced that his opera 'Carmen' was a failure. He died of a heart attack three months later, unaware that it would prove a spectacular and enduring success. However an orchestral suite, derived from his incidental music to Alphonse Daudet's play 'L'Arlésienne', was instantly popular. The well-known final movement 'Carillon' will begin

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the second half of the concert, in celebration of the nine new pitch-perfect bells recently installed for the 850th anniversary of Notre Dame Cathedral in Paris. The largest original bell 'Emmanuel' survives, but is used only on special occasions. The other eight were melted down to make cannon balls during the French Revolution.

Mozart's joyful 'Paris' Symphony, concludes the programme.

Karen Giudici (pronounced Judy-chi) will be conducting as well as Peter Crompton - he has been examining in Hong Kong for five weeks.

We are looking forward to seeing you at the concert!

Tickets (£6/18 & under free) from Orchestra Members, Westwood Books or reserved by phone (015396 21196) or email (yantethera@gmail.com).
Shirley Smith

BOOKWORM

What I have been reading this month

1. 'Lives like loaded guns ' by Lyndall Gordon (biography)

This book is centred around Emily Dickinson's family feuds. ED is seen as one of the greatest poets and produced thousands of poems few of which were published in her lifetime. Some of the feuds described in great detail were about ownership rights for the publication of the poems. This is a complex family saga and drama. ED herself lived a rather mysterious reclusive life. A specialist interest book that nevertheless stimulates the reader to look up and enjoy the

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wonderful poetry of Emily Dickinson.

2. 'Mistress of the House' by Rosemary Baird (history)

Great ladies and grand houses 1670 - 1830 is the theme and the author is an accomplished curator and architectural historian. Several duchesses and countesses have their houses described in detail from a decorative and architectural perspective with attention drawn to the obligations of city and country life for aristocratic and aspirational women of the 17th and 18th century. The houses were visible expressions of power and wealth and aided the owners' political careers.

3. 'Capital' by John Lanchester (fiction)

Excellent ! December 2007 and several residents in a road in south London receive anonymous threatening postcards. They include a shop owner, footballer, investment banker and elderly widow. Who ? Why ? What?. Detective Inspector Mill is put in charge of finding out. Superbly written contemporary novel - intelligent and entertaining.

RM Bookworm

RAF CATERER OF THE YEAR

William Dixon left Sedbergh in 1982 after schooling through Sedbergh Primary and Settlebeck Schools and going on to complete a Kendal College catering course. Whilst on study at Kendal, he apprenticed at Beamsmoor Home for the Elderly in 1982 -83 (now closed) and then joined up to the RAF.

Partner in Beamsmoor - Nigel Close - remembers writing a supporting letter saying that the young headstrong lad would do very well for them given the right support and direction. He has certainly done that throughout his 30 years in the RAF and has succeeded in becoming one of the youngest appointed

Warrant Officers ever (the highest rank a non-commissioned Officer can make) after a great many overseas postings.

During those overseas postings he became expert in establishing high quality 'field kitchens' and coping with arduous conditions in making and preparing essential good levels of food quality and service. To this end, when the call came to mount a huge operation to support the Service personnel called in to man the security operations at last years Olympics in London, the person the Armed Forces looked to was Warrant Officer Dixon.

As can be seen by the citation written by his Squadron Leader (and

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added to by his Wing Commander) William has been utterly successful in leading the whole operation.

Citation

WO Dixon successful led the outstanding and ground-breaking RAF field catering commitment to OP OLYMPICS during 2012. From the outset of planning, Dixon thrived on the ultimate challenge of catering for up to 4000 personnel from a bare base site at Hainault Park. Utilising his wealth of experience and specialist knowledge, he developed a detailed master plan encompassing every element of the complex task. Exposed to numerous challenges; without exception, he resolved issues such as: site design; menu

development; and force generation in a resourceful and innovative manner. His attention to detail was such that prior to deployment, he arranged construction of a full size mock-up of the field kitchen to ensure that the capability was deliverable. Furthermore, he spent weeks developing menus to fully meet the needs of customers, deployed forward to the Olympic Park for prolonged shifts.

In June, Dixon deployed to Hainault Park to project manage the site build. Faced with significant time pressures, strict financial controls, working with numerous civilian agencies, a raft of regulations and some horrendous weather conditions, he inspired his

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team to build and re-build (after flooding) a unique field catering site, consisting of 2 mammoth kitchens, 6 dining rooms, a butchery and extensive food storage. Military and local Environmental Health officials praised the facilities.

In July, military personnel, deployed to commence Venue Security Force duties. Always at the forefront of the catering operation, Dixon masterfully led his eclectic team of 150 personnel from the RAF, TA and locally employed civilians, to produce high quality food at all hours in some challenging climatic conditions. Dixon's charisma and ability to get the best from people, coupled with uncompromising standards, were pivotal to the quality of food produced throughout OP OLYMPICS. Furthermore, the immense contribution to morale cannot be understated and was witnessed first hand and recognised by senior



military leaders, including CDS and CAS, and Lord Coe, chair of LOCOG. Personnel from all Services were unrelenting in their praise with "best food in 28 years anywhere on Ops" articulating this accolade. At its peak, serving 600 people in 25 minutes, without complaint, is unimaginable but achieved through the extraordinary efforts of Dixon and his team.

For his selfless commitment, professionalism, exceptional contribution to the delivery of catering services and the morale component during the single largest military

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catering venture in recent memory, Dixon is nominated as the Armed Services Caterer of the Year.

As such, following last years success for him in winning the RAF Caterer of the Year 2012, the RAF were right behind his nomination for the Armed Forces Caterer of the year 2013 with the citation attached.

He recently returned to meet up with his family in Sedbergh to show them the results of his success shortly after he was duly crowned the Armed Forces Caterer of the Year 2013 in March.

His mother Jean Dixon and sister Liz Close were pictured with him proudly showing the two trophies. He had many tales to tell of the whole

Olympics experience not least being introduced to Lord Coe and also being invited to watch the prestigious Saturday when so many memorable events occurred including Bolts 100 meter run.

Warrant Officer Dixon has indeed done well for a lad who put his mind to it and achieved such success.

There will now be Companies around the world looking to take advantage of his experience when he thinks of retiring from his first career in the Forces. Rest assured that he wont be letting his outstanding success go to his head but you could say that those Sedbergh folk who know him are thoroughly enjoying his success.
Nigel Close

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DENT CHURCH NEWS

*Diocesan Vision Evening On
Monday 10th June 2013 7.30pm At St
Thomas' Kendal*

Our new Diocese is offering the churches in Dentdale and all the other churches in the Diocese a new way of organising our life, work and mission. Our Bishops have worked out a long term strategy which will help our churches grow and continue to be a living part of the community. They are planning for the long term. The evening sets out a process which will carry on until 2020. It is important to highlight that the evening is for everyone to hear what the Diocese is planning and to be part of this

exciting vision for the future of our churches. I can give lifts if people would like to go.

This is a chance to get an update on the Diocesan Vision for 'Growing Disciples' and hear an explanation of our developing strategies for Outreach, Ministry and Buildings. It is a follow-up to the initial presentation of our Vision two years ago, and will be led by our two Bishops.

Gratitude for Friends who have left us

The community is grieved to have lost a number of very dear friends in recent months - Alastair Ferguson, Elizabeth Dalton and Margaret Fothergill. Whilst we continue to pray



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happened recently. Some of the newly flowering tulips of a very unusual kind were beheaded, how and why we do not know. Some flower heads were lying on the pathway and some on the soil whilst the flower stalks looked very stark minus their flowers.

How nice it is to see locals and visitors using the seats in the churchyard. Perhaps cyclists and walkers stopping off to enjoy their packed lunches, or ice creams. Pupils from Sedbergh School with their arms full of books or bags of sweets pass through regularly.

Thank you Eleanor for all your work in the borders and thank you also to the men who keep the grass looking good, timing their operations with the lawn mower to the weather conditions.

Inside the church we have been doing some Spring-cleaning. How easy it is to pop things out of sight and keep them "just incase" and years later they are still there full of dust and falling apart and you really would not want to use them anyway. A couple of trips to the tip means



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more storage space...for the time being at least!

Following on from our Mission Action Planning Day held in February a small, informal Prayer Group has been meeting on alternate Friday mornings in the choir vestry at 10am. The meetings for June will be on the 7th and the 14th and is open to anyone who would like to come along; there need be no commitment to attending regularly.

Our next "News etc" will have a mention of the Induction Service for Rev Andy McMullon, which is only a few days away now, but too late for inclusion in the June Lookaround.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

It is always a testing time for any parish when there is vacancy for a priest. In our case the eleven months between Alan Fell retiring and Andy McMullon taking over proved to be quite a challenge for us all. Services and pastoral support to be provided for three churches and a change of diocese, which led to a strategic review of ministry and buildings, were among the many matters to be dealt with by the church wardens and members of our congregations.

As the non-stipendary curate I wish to put on record my sincere thanks to everyone who has contributed to the continuation of the work of our churches and the considerable support I have had from the people of the communities of Sedbergh, Cautley and Garsdale during this interregnum. *Rev. Vic Hopkins*

WEATHER

The few dry days at the start of the month gave us an official drought carrying on from the end of last month. We ended the month with 2.96 inches of rain which was enough to bring back the mud. It was a very windy month with severe gales on the 17th. The last day was the only one which did not reach a maximum wind speed in double figures. I recorded a maximum of 28mph but I suspect far stronger gusts were about during the night of 17th. Temperatures were more normal for the time of year with a high of 63F on the last day. There were several cold nights early on with a minimum of 28F. On only 5 nights did the wind chill not drop below freezing.

There has been a good display of daffodils this year but many have been damaged by the strong winds. The cock swallow was back on the 12th followed by his mate on the 15th,

a few days later than last year. As soon as each one arrived they went straight to the kennel to roost at night. On one of the warmer days I actually saw a solitary peacock butterfly! The feeders are well used still and house sparrows and wood pigeons are obviously nesting. We have a visiting long tailed tit with a curly tail as it is obviously roosting in a small nest. Lambing has gone reasonably well, though many have needed some assistance, so my somewhat crude midwifery skills have come in useful. I am told I have got them too fat this year. Getting the balance right going from a hill sheep to a downland breed may take a while. The lambs have created quite an interest, especially with their "pacamac" during the wet and windy weather. The gales on the 17th blew over one of the calf huts unfortunately killing a lamb that was sheltering inside. The rest seem to be doing OK but time will tell.



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ZRECE CHOIR VISIT 2013

There is a form of Japanese poetry called a Haiku - very short poems which manage to contain vast expanse of experience. The twin town visit and concert tour of the Zrece choir to Sedbergh at the end of April was a bit like that.

The choir, Zbor Jurij Vodovnik - 27 singers including the Pevke iz Brinjeve Gore family singers - visited Sedbergh for 3 days but still managed to pack in several weeks worth of activity. After being welcomed at the Lych Gate by our Town Crier Dennis Whicker, they performed in the Sedbergh "Songs of Friendship" concert to a packed Parish Church (alongside the

fabulous award winning Amabile girls choir led by Rachel Little, the equally fabulous Sedbergh Church Choir led by Mary Hamilton, and Pevke iz Brinjeve Gore.)

After the concert they joined a party with an evening meal for 80 prepared by Lucia Marquart, folk dancing, and more music from Roger Bush and the Cautley Carollers (including a combined Sedbergh and Zrece ensemble singing the Slovenian folk song Vecernica.) The Methodist church hall where we met for our party turned out to have a policy of no alcohol, which proved not to be the dampening (or rather "drying") of party spirit we had feared - but instead an interesting introduction to

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the charming idiosyncrasies of Sedbergh's varied church life. It also meant that we didn't need to police underage drinking among the many teenage singers with Amabile, and that the Zrece singers, who had been travelling since 2am, didn't fall asleep into their goulash.

On the Tuesday of their visit the Zrece visitors joined a nature trail along the banks of the River Rawthey including explanations about why our hills have no trees on them, how the hedges are laid and what the wild flowers are, followed by a visit to the Sedbergh Primary School where they sang and enjoyed the singing of the children (some of whom sang the Slovenian National Anthem to the Ambassador when he visited a few months ago.) They also toured Farfield Mill Arts and Heritage Centre hosted by the kindly Sara Last, followed by lunch in my garden.

In between all this many of them made an early morning ascent of Winder, went shopping for books and souvenirs in the town, visited the pubs - and met many people on the streets of Sedbergh all of whom



seemed to have either been to Zrece or had children who had gone with Settlebeck School's exchanges - including Keith, Emma, Steve and Sally. Garth Steadman, George Handley and Susan Garnett from the Sedbergh Town Twinning Association welcomed the choir when they arrived on their bus from Leeds Airport - and then said goodbye when they left for East Midlands Airport on the last day. Nigel Close provided the accommodation on Bainbridge Road and joined a cheese and wine party



Malcolm Sedgwick

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provided by the Town Twinning Association. The choir were also welcomed to the church by Tony Reed-Screen (who very kindly provided the venue for our concert) where they met many people from Sedbergh and from the other choirs over afternoon tea and interval refreshments in the church provided by Anne and her church catering team.

On an outing to Edinburgh they sang in a mass alongside St Mary's Cathedral choir, and did a concert attended by Ana Wersun, the Slovenian Consul for Scotland, and Renata Cvelbar Bek, the Slovenian Trade Representative who traveled

from the Embassy in London to greet the singers. The Cathedral's musical director Michael Ferguson (who has himself visited Zrece and has many friends from that part of Slovenia) and the Cathedral choir treated the choir to lunch and they left having made new friends in the Scottish Capitol.

While in the city we visited Holyrood Palace and the Scottish Parliament. I also led the singers on a guided tour of Princes Street Gardens with its Floral Clock and Scott Memorial, the National Art Gallery, Edinburgh Castle, Royal Mile, Greyfriars Bobby and Grassmarket - ending up in the Captain's Bar famous for its traditional Scottish music (where local



folk musicians had made a sign in Slovenian to welcome the singers: "Dobrodosli" - Welcome.)

The choir also toured the Lake District where they sang at the grave of William Wordsworth and heard a Slovenian translation of The Daffadils, had lunch at Brathay church hall, visited the Old Dungeon Ghyll Hotel to meet climbers, and then walked to Stickle Tarn alongside waterfalls magnificent after all the rain. The choir were guests of the Ambleside Community Choir which I lead, who treated them to lunch and an evening meal and then - after a fabulous sunset concert in the Ambleside Parish Centre - took them for an evening of English and Slovenian folk singing in the Unicorn Inn.

On behalf of the Zrece choir, many

thanks to everyone who helped and who made the singers so welcome in our town - totally heart-warming, generous and inspiring.

Many of the singers we will see again very soon - at the time of writing our singers are preparing for our visit to Zrece at the end of May, with another Slovenian tour at the end of October with twin room en suite half board accommodation and transport for under £200 for the week (or single rooms for a small supplement.) Architects have also now drawn up plans for our new house in Zrece which when built will provide free accommodation for those who are financially challenged and families with young children who might not otherwise be able to afford a visit.

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HOWGILL HARRIERS

Allow me to start this month's summary with an apology. The warmer months bring so many more races and general 'goings on' among our club members that the writer is forced to decide what to include and what to leave out. I apologise for not being able to include everything, but also rather like the fact that there is so much more going on than I am able to report here. Here goes...

As reported last month, we had a number of entrants in both the London Marathon and the Three Peaks race this year. Adele, Pauline T, Joanne O, Menna, Kev M and Katie enjoyed good conditions in London, and with the support of family, friends and fellow club members they completed the course in times ranging from 3hrs 36min to 4hrs 53min: all within the top 11% in a field of around 36,000. Adele and Menna's results stand out in particular as they finished 43rd and 84th in their respective categories.

Apart from a brief sleet/hail storm coming off Pen-y-Ghent, our Three Peaks runners also enjoyed great conditions during the race, with John, Jon, Ollie and Jim completing the 23-and-then-some-mile course in times ranging from 3hrs 49min to 4hrs 50min. Again, there was excellent support around the course and at the various checkpoints, and a promise (among some!) to return next year.

Our club championship is now well underway too, with good showings at Keswick AC's *Round the Houses* race and the Long Marton 10k. Indeed,

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due to the strong Howgill turnout for these events there is not enough space here to give all results, but stand-out performances include Pat's ninth place at Keswick, and Jack O and James' as first and second junior males at Long Marton. Full results and the list of our club championship races are available via our website.

This year we also have junior championships, starting with Long Marton races. In the 1.6k race Theo and Isaac finished as fourth and fifth boys in their respective age categories, whilst in the 3k event Annie and Leah finished as third and fourth girls. We are always keen to welcome new junior members and coming along to one of these events would be a great introduction to what the younger folk do too.

Nearly 250 runners competed at the annual Coniston fell race, where the travelling trio of Rob, Sean and Al

represented Howgill to finish 32nd, 60th and 101st respectively. Two days later John and Jenna flew the Howgill colours at the Scarecrow Festival and Wray Caton Moor fell race, running home in 10th and 141st (20th lady) in a field of 216.

It has been great to see some familiar Howgill names constantly cropping up as the fell running season reaches its peak, no pun intended, and whose enthusiasm for these events is quite infectious. At the Dockray-Hartside race Rob, Sean and Graham finished 24th, 30th and 36th in a strong field of 81, whilst at Latrigg Al ran home first for Howgill and 18th overall, with Sean 29th. The Fairfield Horseshoe was a

national championship counter this year and we had eight representatives join over 400 others in challenging conditions. Pat, Sam, Rob, Al, Ollie, Sean Jenna and Kate all completed the testing Lakeland course with Pat first Harrier and 68th overall, and Jenna 29th senior lady. Full results and times are available on the FRA website.

More locally, Sedbergh Gala played host to the first race of the BOFRA series, a steep climb and descent of Winder which was tackled by Harriers David C and Jim. In the mist both managed to navigate a good line from the summit, finishing 24th and 51st (and ninth MV50) overall.

The following day saw our own



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Kirkby Stephen 10k, where an increased turnout was rewarded with 'warm-but-thank-goodness-not-as-warm-as-last-year' conditions. Howgill juniors performed so well across the board that sadly there is no room to list all here, so please check the website to see how well our younger runners are doing! The seniors enjoyed similar success including second male (John), first male U21 (Pat – also third male), first Male V50 (Steve M), third female (Georgia) and first females V40 and V50 (Pauline and Adele), helping Howgill to secure first place for the male and female team prizes.

Staying on the road but for a considerably longer distance, Kev K

was in action on the same day at the Brathay Marathon. A finishing time of 4hrs 8min and impressively consistent splits show why he has his sights on the big ultras later this year... Watch this space.

And finally, our Monday night club runs continue to tour the area, with different start points each week to make the most of off-road options in the locality. These have already attracted many who have not put on a pair of running shoes for a while, and we look forward to welcoming anyone who wants to give it a try. For more details check the website, see our Facebook page, or even talk to anyone in a Howgill top.

John Hosker

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PEOPLE'S HALL NEWS

There is an **Old Tyme Dance** on **22 June** at 8pm with Denis Westmorland in aid of general funds.

Redevelopment Construction

At the time of writing (19 May) the construction has reached first floor level. Various internal walls are built. By the time you read this the roof may well be on. For photographic progress please visit sedberghpeopleshall.blogspot.com.

Fundraising

We are now pushing to gather the funds to complete the project. We have funds to build the "box" and fit out the new lobby and the sports changing rooms, but we are about £25,000 short to fit out the new toilets. To bridge this shortfall the Bernard Sunley Charitable Foundation has pledged £2,500 towards the fit out of the toilets. To access this award we need to raise the balance of the funding for the toilets. We are holding a number of fund raising events and initiatives.

In June we have our **Midsummer Literary Festival** with three events (please see advertisement on Page 17). We are pleased to announce that the staff at the Sedbergh branch of **Barclays Bank** are supporting all three events as part of the bank's community action programme. This means that the Bank will double the income from the ticket sales at each event up to £750 per event. So please come (tickets £5) and **DOUBLE OUR MONEY.**

As part of the Literary Festival we are publishing a small book "**The Story of the People's Hall 1945 –**

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2012". This will sell for £6.25 in the shops and on line, but if you come to the launch on 19 July (the middle event of the three) then we have a special offer.

Our Swifts a fund raising event, which will interest bird lovers (and in particular to our swifts) will be held on **28 June 2013** (please see advertisement on Page 28).

Another funding initiative is our "**Adopt a Brick**" campaign (please see the enclosed leaflet in the June Lookaround or collect a leaflet from Sedbergh Office Services). By donating (hopefully by GiftAid) we will recognise the donation by arranging to engrave a brick with your name (or other message) and place the brick paver in our Supporters Wall in the new side lobby. This is your chance to be remembered! The price depends on whether you want 30 characters (£35/£45) or 60 characters (£55/£65). [A challenge for the Twitteratti (*sic*)?]

After the Gala on 18 May, we have a sponsor for the header board worth £2,100 to start the Supporter's Wall.

*Dr Gina Barney
Hon Sec/20790*

YORKSHIRE DALES NATIONAL PARK

Schools get cash help from National Park Authority

Two schools in the Yorkshire Dales are celebrating after being given more than £21,000 of cash help for important green projects.

Sedbergh School and Embsay Primary School near Skipton asked the Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF) for help after devising eco-friendly projects that would benefit the pupils and their local communities.

And the SDF, which is managed on behalf of the Authority by the Clapham-based charity Yorkshire

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Dales Millennium Trust (YDMT), obliged.

Embsay School received more than £3,000 towards composting equipment while the Sedbergh School Foundation, which provides independent financial support for Sedbergh School, received more than £18,000 towards the cost of installing solar panels.

Paul Wilkinson, the National Park Authority's Area Ranger (Education), said: "These two projects are very important to the schools in terms of cutting costs and reducing their carbon footprint. They directly tackle the issue of reducing waste and provide a much needed local community recreational facility."

Gillian Muir, SDF Project Officer at the Yorkshire Dales Millennium Trust, said: "All sorts of people can apply for SDF funding – charities, community groups, individuals and businesses.

"These two excellent school-based projects really illustrate the different types of ventures that can be eligible for SDF support and they also highlight the range of applicants that can benefit – both large and small. I

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hope the children at both schools enjoy learning about the benefits of their new eco-friendly projects.”

The Sedbergh School Foundation received its SDF grant towards the £45,198 cost of installing 16 solar photovoltaic panels to generate 3,060 kWh of electricity to heat the swimming pool. The project follows a refurbishment of the pool, which will result in it being used by other schools and the local community

The panels will mean that the building's carbon footprint will be reduced annually by 1,605 kg of equivalent carbon dioxide and there will be an annual saving of £306 on costs.

Headmaster Andrew Fleck said:

“The refurbishment of our pool changing rooms and generation of green energy to heat the pool will allow the school to offer a much more attractive facility to the local community and visitors. The SDF grant will help achieve our goal of reducing fuel usage to save costs and reduce our carbon emissions by 60% in line with Government targets.”

It is hoped that the new pool will allow the development of the summer school activity programme, generating an estimated extra £300,000 direct spend in Sedbergh, a forecast £35,000 of indirect spend and the creation of a number of temporary jobs over the summer period.

Nick Oldham

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SPEEDWAY STAR

Derek Close was a top Speedway star of the late 40's and early 50's when he first rode for Middlesbrough Bears and when they moved to Newcastle at Brough Park in 1949 he quickly established himself as a top gun there for a couple of years. In 1951 he transferred to Motherwell Eagles near Glasgow and was regularly top scoring for Scotland against England test matches and in 1952, he was one of only a few second division riders ever to compete in a World Final when it was at Wembley.

His enthusiasm to succeed meant he had his engine specially tuned for the World Final day which turned out

to be totally different to how he normally prepared his motors and didn't feel that he was able to give of his best on the day. Returning to a White City meeting in London some weeks after the Final when he had reverted to preparing his own motors again, he 'cleaned up' against almost the same field of riders in a Commonwealth Trophy meeting with fastest laps and vowed always to 'do the job himself thereafter'.

This picture of Derek 'wheely-ing' out of a corner and used by the



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This Team Leaves It Clean



Speedway Gazette to depict their 'message to Her Majesty' at the time is one of many that Derek's wife Hazel kept of his 8 years of professional racing and was taken just before he suffered a serious crash and head injury in the Coronation year of 1953 which kept him out of challenging for any more top honours. Although he returned to racing in 1954, he realised that his reaction times weren't as good as he'd like and completed his last professional racing at Leicester Speedway by the end of 1955.

His subsequent tuning skills and meticulous work ethic have served him well ever since and generations of Sedbergh & District folk have

benefited from his mechanical flair and knowledge passed down through his son Lester and now Grandson Simon still running the Garage business that he took over when he brought the family to Sedbergh in 1961. Latterly he specialised in seeking out the very best second hand motors for sale and never wavered in his selections choosing to return from a trip without a motor if there was ever any doubt of its authenticity. Such meticulous searching and thoroughness passed on now to third generation Close will ensure that Derek's efforts will still be evidenced for many more years to come at the Sedbergh garage.

Even though he and Hazel celebrated their Diamond Wedding anniversary 2 years ago and he recently celebrating his 86th birthday on May 13th, Derek is usually still to be seen first thing in a morning at the D. T. Close garage forecourt in Station Road, Sedbergh, where he will be recording petrol sales ready for 'the lads' to order some more petrol to sell.

Nigel Close

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SIGHT ADVICE SOUTH LAKES

Sedbergh Support Group

Usually I manage to make a few notes throughout the Meeting which I can refer to when I come to write the report. For some reason all I have in my note-book this month is an address in Sedbergh and the name Simon Armitage, so unfortunately I will have to resort to my usual tactic of making most of this up as I go along.

It was good to have Betty H. back in the chair and also to have Betty D., Doris and Winifred joining us again. Jennifer and Keith had a hospital appointment in Liverpool, Rosemary is in Italy and Dennis reported that he had seen George T and it is hoped he

might be able to join us next month. Apologies if I have 'missed anybody out'.

Betty welcomed Scott from SASL 'head office', and we were all delighted to hear that SASL has been successful in obtaining some further Lottery Funding for the next five years. Whilst this is extremely 'good news', and the group expressed our sincere thanks to all who had prepared and submitted the successful lottery bid, we still have to raise approximately another £120,000 per year to ensure that SASL can continue to provide the full range of services for local people with sight problems it does at present. This is no 'small ask' and the 'rattle' of

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collecting buckets and boxes and other fund-raising activities will continue well into the future with all contributions, no matter how big or small, being most gratefully received.

Betty then introduced our guest speaker for the afternoon, Pip Hall, who gave us a most fascinating talk and insight into the many skill-full elements which go into the design and creation of her 'stone lettering' and other decorative work. Pip kindly brought both some of the mallets and chisels she uses and some examples of her 'work' which we were able to pass round and admire. Pip concluded her talk with a practical demonstration of the technique she uses when 'lettering a stone'. Jenny D thanked Pip for her most interesting, informative and delightful talk and demonstration, and I have now remembered why the name Simon Armitage appears in my note-book.

And finally, I am sorry I can't give



any details about the June Meeting as the venue for the gathering could not be decided. I think I must have inherited the Hothersall gene which manifests itself in a pathological irritation, frustration and impatience with the collective decision making process - Dad was much more amenable to and laid-back with it than either Mother or myself, and unfortunately Mother's inherited characteristics were volubly to the fore at the meeting. Hopefully somebody will be able to decide on a venue and inform we lesser mortals of that decision in due course. In the meantime I'm sure a period of silence on my part would be warmly welcomed and greatly appreciated by all the group members. Now, all I have to do is try and remember who lives at the Sedbergh address I've got written in my notebook.

Further details about SASL, the services it provides for people with sight problems and the Sedbergh Support Group can be obtained by phoning SASL on 01539 742633 or Jennifer on 015396 21562.

George Watson

NEIGHBOURHOODALERT

On the 6th of May we had a report of a Shetland Pony being stolen from a residence in Dent.

The Shetland Pony is described as being 32" tall, strawberry roan, white in colour with very shaggy hair. The pony was in a field with 7 others.

Any one with any information can you please contact us on 101.


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SATURDAY ART MARKET

The first of the Sedbergh Themed Markets will be on Saturday 29 June between 10 in the morning and 4 in the afternoon. Come and see what talented artists we have in our area.

Local artists are taking stalls to be set along Main Street between St Andrews and the Information Office to sell their paintings, photographs, ceramics, stone carvings and prints of local scenes.

There will also be a free exhibition in St Andrews Church by two talented artists -Linda Allan who will be displaying her paintings and Susannah Harpham an art photographer with an eye for local people in the landscape.

If the weather is fine we will be letting the young of Sedbergh loose on the pavements with chalk – come and support the PTFA with their children’s pavement Art

Artists who have already booked their stalls are

- Brian Alderman from Burterset



Come and do your shopping in Sedbergh on Saturday 29 June and have some fun browsing the Art.

We still have a few more stalls for hire so if you are an established artist or a budding one why not take or share a stall and sell your Art. Each stall costs £15.00 which covers the hire of the covered stall and table as well as your public liability

insurance and the putting up and taking down of the stall. We can be contacted at or by phoning 015396 20875.

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ROYAL BRITISH LEGION

Sedbergh Branch

Sedbergh Branch of the Royal British Legion apologises to all of you who helped with last November's record poppy collection who have not yet received a thank you letter. We normally write to each individual collector expressing our thanks and saying how much was in their individual collecting tin, it is a mammoth task and to date this part of our task has not gone according to plan.

Your local committee are very grateful to everyone who donated and or helped with a record collection resulting in £9,235.00 donated from this branch to go towards providing assistance to those who have served in the Army, Navy or Royal Air force.

On the other side of the coin if you or your spouse has ever served, and you or your spouse would like a totally confidential meeting to assess eligibility for anything from a lift to see close relative in hospital to provision



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of a modified bathroom, a motorised wheelchair or even a short holiday break. Requests and assistance is so confidential that even as chairman I do not know who we are helping. Please call Royal British Legion Regional HQ in Kendal on 01539 737831 and they will arrange for one of our local honorary welfare officers to have a confidential meeting to see if there is any way the Royal British Legion can help you. Let us ensure that some

of the money collected locally goes towards helping locals who need it or it will go to help others.

If you do not ask, we cannot help as we do not have a register of ex service personnel and we do not know your circumstances or needs.

Your local branch also has needs; we need to keep up our membership, if you are not currently, a member and or you can help us with our poppy collection and other events please contact me on 015396 20536 or any committee member.

*John A. Douglass
Branch chairman*

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YORKSHIRE DALES NATIONAL PARK

Fell race win went according to plan

A member of the Yorkshire Dales National Park Authority's planning team was celebrating today (April 29) after beating 401 other runners to win a gruelling 61-mile fell marathon at the weekend.

Adam Perry, who is a senior planning officer with the Authority, took just 10 hours and 34 minutes to complete the 51st Fellsman Race from Ingleton to Threshfield.

The route has a total ascent of more than 11,000ft and covers Ingleborough, Whernside, Great Coum, Blea Moor, Snaizeholme Fell, Dodd Fell, Fleet Moss, Buckden Pike, and Great Whernside to Threshfield. Adam, 25, from Sedbergh, said: "It was a bit of a surprise to come in first – but I was very pleased. I do a lot of hill and mountain running and I've run this one a few times in the past so I was familiar with the route and the conditions. But it's a hard, very demanding race."

Adam was part of a six-man team



that also included Ian Phillips, who came in a very close second.

Joe Symonds, 29, who won the race for the second time in succession, said of the new route: "It was a joy to run. It is a really fast track. I know it is probably a little bit longer, but I am sure it is quicker and it is a lot easier underfoot."

Photo of Adam Perry by
www.grough.co.uk

Nick Oldham

YORKSHIRE DALES NATIONAL PARK

A new website has just been launched that will be a must for lovers of the Yorkshire Dales National Park.

Called 'Nature in the Dales', it has been created for anyone interested in wildlife and wildlife conservation in the National Park from residents and visitors to students, local naturalists and professionals.

And it has already won the praise of TV presenter and environmental campaigner Prof David Bellamy.

Nature in the Dales is the website of the Yorkshire Dales Biodiversity Forum. It is hosted by the Yorkshire Dales National Park Authority

GRAHAM J MOFFAT



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(YDNPA), which also funded the design work, and its content has been written and illustrated by a wide range of organisations and individuals – the very people who love this landscape.

The website – at www.natureinthedaes.org.uk – showcases local information about 150 of the species and 14 of the habitats found in the special landscape of the National Park accompanied by 300 stunning images, many of them generously donated by local naturalists, landowners, visitors, academics and conservation professionals.

After exploring some of the hundreds of pages on the website, Prof Bellamy said: "What a fantastic window onto one of the most beautiful corners of Britain. The Yorkshire Dales is one of my favourite places – so I hope www.natureinthedaes.org.uk will help many more people discover its treasures and understand its value."

The website also contains: details of conservation projects pioneered in the National Park; 18 of the best places to see wildlife; the Biodiversity

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Forum's Species and Habitat Action Plans; and a wide range of opportunities for people to get involved in looking after their natural environment. *Nick Oldham*

CHARITY BUS PULL

On Sunday 16th June 16 Sedbergh lads, including Sedbergh school lads, will be among a large team of 72 lads attempting to pull the 8.5 ton Cumbria classic double decker coach over the tops 15.5 miles from Shap to Kendal, leaving Shap at 08.00am and hopefully reaching Kendal rugby club by lunchtime this will be followed by the Barclays Premiership Trophy on display at the Rugby Club from 2 till 5pm for football fans photographs.

We have secured a deal with Barclays and Manchester United to have the trophy for the afternoon because of the two charities that will benefit from this years pull. Motor Neurone Disease and help4heroes.

We are hoping to beat last years £5000 raised from the Sedbergh to Kendal tractor pull. please give us your support.

Caspa

EDITORS NOTES

First and foremost, a Big Thank you to everyone that Sponsored me on my Sponsored Slim. In total, I lost 2 stone 2 pounds but I intend to lose a little more.

I was Sponsored to over £500 which will be distributed to Masonic and Local Charities.



By the time that you read this, Jacky and I will have returned from attending a Buckingham Palace Garden Party with Her Majesty the Queen. We feel very honoured and humbled to receive the Invitation and will give a full report next month.

Dennis J Whicker

SEDBERGH PRIMARY SCHOOL

Year 6 trip to Liverpool

In May, the Year 6 pupils from Sedbergh Primary visited Liverpool on a residential school trip. This report will tell you all about it.

We set off at 8.30 on Wednesday morning, and we were all very excited (yet tired from getting up early!) and were desperate to get on the bus.

After a long bus ride we arrived at Speke Hall, a big Tudor mansion, on the outskirts of Liverpool near the airport. We split up into groups, and

FOR SALE

Good Quality Hay & Straw (Small Bales)
Haylage (Large Bales)
Tel: 015396 20668
Mob: 07960 210336

were taken round with two tour guides. The first group went round the house first, whereas the second group went into the courtyard. We had a lovely time, and we learnt lots of information.

Secondly, we went to Knowsley Safari Park and watched the "Birds of Prey" show. They had a variety of eagles and lots of other birds. One particular vulture kept coming right up to us! After that, we watched the sea lion show. Biffo (the older sea lion) did some front-flipper-stands, and also performed a really good impression of a seal, but neither Biffo, nor Reggie (the younger seal) could reach the buoy, suspended from the ceiling. We also rehearsed a play about the Savannah grasslands, which is our current topic at school, and learnt about the circle of life. We did the drive-through, whilst completing a work sheet about the animals, and then we got back on the bus.

Next we went to China Town, then we headed back to the Youth Hostel. Our rooms at the YHA were very convenient and had all the facilities we could want. After having our tea, which was pasta, we walked to the local "Awesome Wall" (climbing wall) and we had a lovely time climbing but we were very tired when we came back [having walked all the way

through the city!!!]

In the morning, we had breakfast, got dressed then we set off to the Maritime Museum, near the River Mersey.

In the Maritime Museum we went to the "Slave Trade" exhibition. After this, we went to the Titanic exhibition, and learnt all about the model, and the passengers on the Titanic. Then we headed to the museum of Liverpool. We had a talk there about trading, and how Liverpool is famous for its role in trading. After having a look round, we set off for the ferry across the Mersey.

After we got off the Ferry we went to Spaceport, where we watched a film about space on the dome, learnt about space then went on a simulator ride. After this, we got back to the ferry, where we just happened to meet Steven Hall, a Britain's Got Talent finalist, and got his autograph. A little while later we went shopping at Albert Dock, where we visited the sweet shop, and a souvenir shop. Then we asked some people questions, for our surveys, about leisure, housing, transport and shopping. After this, we went to play in some fountains. We got soaked .. well there was a heatwave!

Then we went back to the Youth Hostel. After our tea, which was burger and veg, we went to a Crazy Golf Centre.

In the morning we packed our bags, as it was our last day, before setting off to the "Planetarium" which is in the Museum of Liverpool. There we watched another film on the dome,

and then we walked round to look at some interesting displays. After this, we went to the theatre where a man gave us a very interesting talk about insects. A little while after this, we walked round lots of other exhibitions, such as Pirates in an Adventure with Scientists and Foreign countries.

Then we got on the bus and set off back home.

FREEMASONRY IN THE COMMUNITY

Recently, the United Grand Lodge of England Charity has awarded the Scout Movement some money to help local Groups develop. They in turn have granted the 1st Sedbergh Scout Group £100 who have put it towards obtaining a Colony Flag for the Beavers. Leader Trish Woof and the Beavers are very grateful for the award.

An Open Day is being held in Kendal Masonic Hall on 1st June to allow members of the public to call in and ask those questions that have been asked for many years. This will be opened by the new High Sheriff of Cumbria, Mrs Diane Matthews. Full report next month.

There is also an Free Exhibition in Tullie House in Carlisle (see pages 10 & 11) which again is aimed at answering all the questions you may have. The organisation is growing rapidly with the new theme of 'Openness' and as a result, Winder Lodge, previously of Howgill Lane, has recently had 3 new Members and many Joining members. If you would like to know more, please contact me.

Denis J Whicker

72 MAIN STREET

Open Day 12th June – Official opening by Carl Lis

Last month we appealed for help in raising the final £10,000 to purchase the community building at 72 Main Street from the Sedbergh White Knights who have been holding it in trust for the community for just over a year now. We still have a way to go in raising the final amount, but thought it was time to show people what their donations are buying.

We can all see the building in Main Street, and some venture in to get information from the welcoming volunteers who help there. But do you know the full range of services now

being run within the building? The Community Office and the Tourist Information Centre are now combined on the ground floor as an Information Centre for residents and visitors. The Information Centre sells parking permits, manages the weekly market on Joss Lane Car Park, houses the shop selling books, maps and souvenirs and deals with enquiries about services and facilities that are available in the area. Upstairs is the History Society Archive, an invaluable resource for locals and visitors interested in researching the history of their family, their house, or the area more generally. At the other end of the corridor is the Parish Council's



SEDBERGH SCHOOL



We have a variety of opportunities for employment, including career development and we may have a job to suit you.

Current full time, all year positions available.

We are seeking to recruit a Chef,
we also have vacancies for Domestic & Catering Assistants
and occasional Mini Bus Drivers,
perhaps you would like just a few hours during the week,
week-ends or some evenings
to fit around your current life commitments.

To find out more, please contact Angela on 015396 20303 or email at: ab@sedberghschool.org

room. In between there are meeting rooms and offices that can be booked by individuals or clubs and societies.

The building is also the base for the Sedbergh and District Community and Heritage Trust which has responsibility for managing the charity shop, Clutterbooks and Clobber, as well as disbursing the Community Fund that makes grants to local groups to support projects of value to the community. In July the Trust will morph into a new Charitable Incorporated Organisation which has a constitution far more suited to modern life. This is the democratic organisation, run by trustees elected by the members, that will own and manage your community building. You will be able at the open day to indicate your interest in becoming a member and thus to help guide the new charity in its work.

To find out more about what goes on



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in the building come along to the open day on 12th June between 10:00am to 2:00pm. You will be able to see for yourself the range of organisations supported with grants by the Community Fund, learn about the Western Dales Bus, suggest a name for the building and be able to check out all the facilities in the building.

From 10:00am a group from the Town Band will be playing in the garden opposite the building and at 11.00am Carl Lis (Chairman of the YDNPA) will make the official opening of the refurbished building by cutting a ribbon woven by Farfield Mill.

Also with us on the day will be the local Press and Garry O'Connor of the Big Lottery who awarded us the grant to refurbish the building.

Graham Hooley



Are you or were you last employed in agriculture or forestry, a dependant of such a person or their widow or widower?

Could a property with such an agricultural occupancy restriction in Dentdale be of interest to you or anyone you know that qualifies?

To confirm your interest call 015396 20293 or e-mail property@chriswhelan.co.uk

FIREWOOD FOR SALE

FARM WORKER AVAILABLE

GRASS CUTTING

015396 25035

07976 214829



WESTERN DALES BUS

The new community-run minibus operated by Western Dales Bus had its first outing on May 18th, when it successfully ran the Saturday 564A service between Dent Station, Dent, Sedbergh and Kendal.

The level of demand for the service was high, and the 14-seater bus was full on the journeys to and from Kendal. If this level continues over the next few weeks, we will be exploring how we can help all passengers who want to travel to do so.

A number of people made favourable comments about the new community organisation's efforts, and

one of them said that he was very impressed not only by the new bus but also by the quality of the drivers.

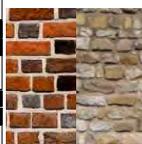
Western Dales Bus is also organising the new summer Sunday bus which links Sedbergh and Dent to Hawes. This started on May 19th and is operated for us by Kirkby Lonsdale Coach Hire, going out to Hawes through Garsdale. The timetable will give you four hours in Hawes, after which the bus will bring you back to Sedbergh via Dentdale.

Jock Cairns Chair, Western Dales Community Bus Service Ltd

ROSE COMMUNITY THEATRE

Many thanks to everyone who came along and enjoyed the 'Hildas' at the People's Hall on April 20. It was a great turnout with everyone in their posh frocks and bling. It was good to be able to give out some well deserved thank you's and to see so many old friends as well as our regular members and supporters. I know I speak for all the RCT members when I say a big thank you to you and here's to next year's Panto.

Sandra Gold-Wood



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Mob: 07778 874855
g_h_bradley@yahoo.co.uk



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website www.strampress.co.uk

SEDBERGH ROYAL BRITISH LEGION



ANNUAL GENERAL MEETING

White Hart Club

Thursday 11th July

7:15pm

All Welcome

COMMUNITY OFFICER REPORT

Over the past month in the Sedbergh area there has been an attempted break in to a business, the ATM at Barclays bank had been tampered with between the 17th and 19th April. There has been a theft of diesel from a vehicle in Dent and a theft of a scrambler bike in the area.

There has been a report of fish sellers in Sedbergh who were thought to be suspicious their licence has been checked and all was in order. There are stickers available which show that you do not deal with cold callers.

To suggest future community priorities please feel free to attend our monthly drop ins or please feel free to contact us on 101 or email us on karen.dakin@cumbria.police.uk Or Amanda.coleman@cumbria.police.uk or alternatively you can speak to us during our regular drop in surgery at Sedbergh Spar, Station Road on the 3rd Saturday of each month between 12:00 and 13:00 and Dent stores on the first Tuesday of each month from 12:00-13:00. *CSO 5206 Karen Dakin*
CSO 5244 Mandy Coleman.

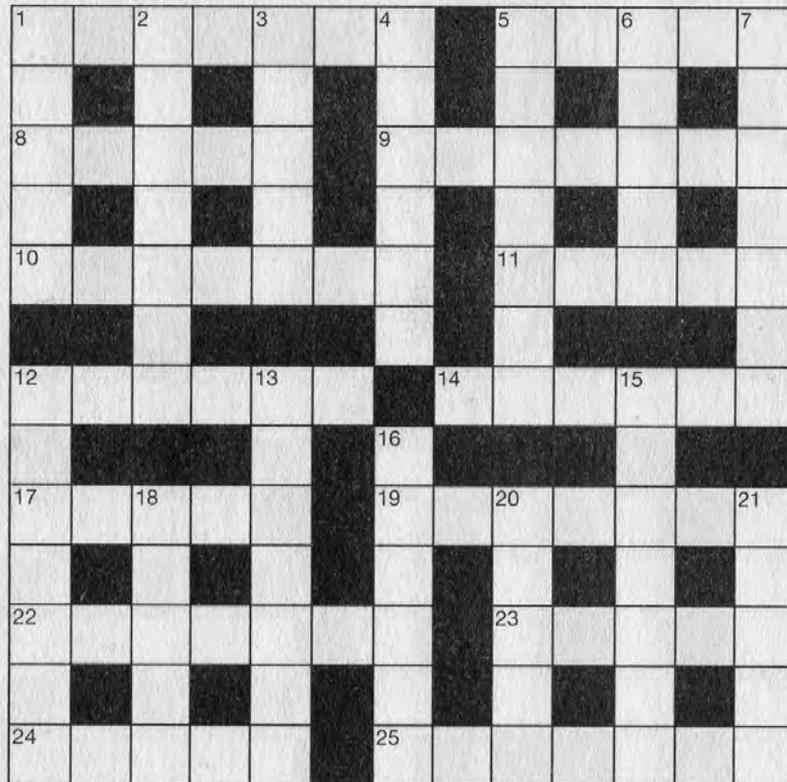
A B C D E F G H I J K L M

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13		18	11	18	1	20	7		17	7	16	17	25	13
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N O P Q R S T U V W X Y Z

REFERENCE GRID

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			H									
14	15	16	17	18	19	20	21	22	23	24	25	26
				A						S		



ACROSS

- 1 Enormous (7)
- 5 Web-footed, long-necked birds (5)
- 8 Likewise (5)
- 9 Unorganised (7)
- 10 Layman (7)
- 11 Spring flower (5)
- 12 Constant (6)
- 14 Turn in a circle (6)
- 17 Large crowd (5)
- 19 Aviation company (7)
- 22 Comfortable seat (7)
- 23 Roused (5)
- 24 Equestrian (5)
- 25 Brief account (7)

DOWN

- 1 Asian republic (5)
- 2 Odourless gas (7)
- 3 Hangman's rope (5)
- 4 Accompany (6)
- 5 Very bad (7)
- 6 Laud (5)
- 7 Prisoner on the run (7)
- 12 Learned person (7)
- 13 Mud-clearing boat (7)
- 15 America's 'Copper State' (7)
- 16 Tusked sea animal (6)
- 18 Game of golf (5)
- 20 Domain (5)
- 21 Lyrical poem (5)

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	WDB	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	WDB
1545	1620	M - S	564	GPS	1625 (C)	1658	M - S	564	GPS
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0855 (L)	0932	M - F	564	GPS	0705	0740	M - F	564	GPS
1125 (L)	1202	M - S	564	GPS	0935	1002	M - S	564	GPS
1440 (L)	1505	M - S	564	GPS	1235	1310	M - S	564	GPS
1655 (L)	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	WDB	0950 (CG)	1000	Wed	548B	W
1330	1345	Wed	564B	W	0910	0925	Sat	564A	WDB
1500	1515	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1650	1705	Sat	564A	WDB	1615	1630	Sat	564A	WDB
1840 #	1855	Sat	564A	WDB	1740	1755	Sat	564A	WDB
					1930 #	1945	Sat	564A	WDB
Dent to Dent Station					Dent to Sedbergh				
0840	0855	Sat	564A	WDB	1000	1015	Wed	548B	W
0950	1005	Sat	564A	WDB	1035	1050 (L)	Sat	564A	WDB
1345	1355 CG	Wed	564B	W	1630	1645	Sat	564A	WDB
1515	1530	Sat	564A	WDB	1755	1810			WDB
1705	1720	Sat	564A	WDB	1945 #	2000			WDB
1855 #	1910	Sat	564A	WDB	Last Update: June 2013				
L = Sedbergh Library					H = Via Westmorland General Hospital (Request Only)				
C = Via Kendal College					CG = Cowgill				
W = Woof's of Sedbergh					WDB = Western Dales Bus				
GPS = Grand Prix					# = British Summer Time Only				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
All times from Sedbergh are from and to Thorns Bank unless stated (L)					For Comprehensive up-to-date information ring :- Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)				

Dent Station Western Dales Bus Saturday Service 564A					
Train connection From Leeds		1016	1611		1923
Train connection From Carlisle	0905			1732	1920
Buses leaving Dent Station	0910	1020	1615	1740	1930
Buses Arriving Dent Station	0855	1005	1530	1720	1910
Train connection To Carlisle		1016	1611		1923
Train connection To Leeds	0905	1040	1540	1732	1920
Dent Station Western Dales Bus Sunday Service 564A between 19th May and 8th September 2013					
Sedbergh, Dalesman	1000		1430	1735	
Dent Village	1015	1100	1445	1750	1835
Dent Station	1030	1115	1500	1805	1850
Train connection to Carlisle	1037	1102	1523		1903
Train connection to Leeds	1040			1816	
Train connection to Blackpool					1857
Train connection from Leeds	1037		1523		1903
Train connection from Carlisle	1040			1816	1857
Train connection from Blackpool		1102			
Dent Station	1045	1120	1530	1820	1910
Dent Village	1100	1135	1545	1835	1925
Sedbergh, Dalesman arr.		1150	1600		1940
Sedbergh, Dalesman dep.		1200	1600		
Farfield Mill entrance		1204	1604		
Garsdale Station		1220	1620		
Hawes, National Park Centre		1240	1640		
Snaizeholme Lane End		1248	1648		
Newby Head		1252	1652		
Cowgill		1304	1704		
Dent Village		1317	1717		
Sedbergh, Dalesman		1332	1732		

Organisation	Update	Contact	Tel:	015396
Allotments Association - Dent	08/09	Mr Smith	Dent:	25688
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/08	Mrs Leigh	Sed:	20794
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	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 - Sedbergh	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	03/13	School	Dent:	25259
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 - Sedbergh *	06/13	Mr Kernahan	Sed:	20733
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 Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665

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 - Sedbergh	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	04/13	Mrs Hoggarth	01539	824663
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

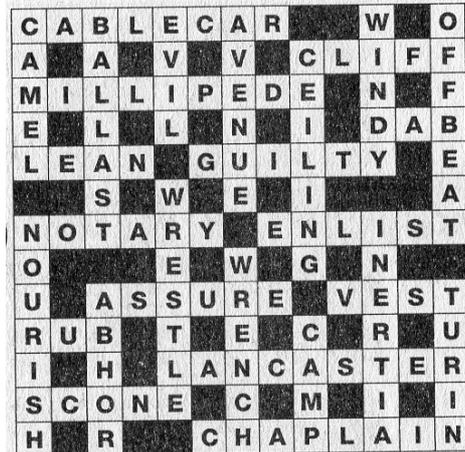
If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office

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

Can you suggest an entry?



Lucky heather £3 a bunch lady, or the Gypsy Curse - absolutely free. What's it to be ?



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
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

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 & PB Flat; £395 pcm; References & 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

CHURCH SERVICES					
Wednesdays 11.15	5th June	12th June	19th June	26th June Peter & Paul	3rd July
St. Andrew's	2nd June	9th June	16th June	23rd June	30th June
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	HC BCP	HC NSV SS	HC CW	Family Service	Mattins
6.30 pm	EP	EP	EP	EP	EP
St. Mark's	2nd June	9th June	16th June	23rd June	30th June
9.30 am	HC	MP	HC		HC
2.30 pm				M & P	
St. John's	2nd June	9th June	16th June	23rd June	30th June
10.00 am	MP	HC	MP	HC	2:30pm Ecumenical
LUNE PARISH SERVICES					
	2nd June	9th June	16th June	23rd June	30th June
St John Firbank	10.30 am HC	2.00 pm EP	10.30 am Joint HC @ Killington	10.30 am MP	
Holy Trinity Howgill	10.30 am HC			2.00 pm EP	
All Saints Killington	9.00 am HC	10.30 am MP			
HC = Holy Communion				SS = Sedbergh School	
BCP = Book of Common Prayer				MP = Morning Prayer	
CW = Common Worship				EP = Evening Prayer	

See Page 66



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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
www.sedbergh.org.uk/churches/anglican

~~~~~  
**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  
 United Reformed Church, Sedbergh  
**Andy & 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 15th June 2014

JUNE		
1	AF Enforcement Patrols till 14th June	
1	1000 AF Daily Drop In Meetings (7)	Sed/KL
1	1000 Freemasonry Open Day (6)	KMH
1	1000 Coppice Crafts till 2/6 (*)	FM
1	1000 Into the Light (10 & 11) till 7/7	Tullie House
1	1930 Flicks in the Fells - <i>Lad: A Yorkshire Story</i>	PH
1	1930 Killington Sports Ceilidh (*)	BFK
5	1000 Coffee Morning - Howgill WI	URCR
5	1030 Rag Rugs Demonstration	CWS
5	1300 Medical Centre Open Day (6)	MC
6-12	Appleby Fair	AF
6	1930 WIH - Music by Vivaldi & Others	HVH
7	1400 Age UK - Medical Centre	DMH
8	1000 Green Man Sculpture (9)	FM
8	1330 CWT Burns Beck Nature Reserve	LHCP
8	1930 Town Band Concert (8)	StAS
11	1400 WIK - Summer Surprises	PH
12	1000 Coffee Morning - Garsdale Church	URCR
12	1000 Grand Open Day	72 Main St
12	1030 Crochet Demonstration	CWS
12	1200 HS Hoghton Tower (12)	LHCP
12	1915 WID - Meaning of Surnames	DMH
12	1930 WIS - Mystery Outing	
13	1200 Lunch Club	Red Lion
13	1900 RBL Branch Meeting	WHC
14	1000 AF Daily Drop In Meetings ends (7)	Sed/KL
16	Father's Day	
17	1930 Sedbergh in One Hour (17)	PH
18	1400 SASL Meeting	PH
19	1000 Coffee Morning - Killington WI	URCR
19	1030 Simple Knit Scarfs Demonstration	CWS
19	1930 History of the People's Hall (17)	PH
20	2000 Paris Connections (20)	StAS
21	1900 Dent Over 60's Food & Wine Tasting (1)	DMH
21	1930 Unexplained Phenomena (17)	PH
22	2000 Dancing to Denis Westmorland (22)	PH
23	1030 Connect (Churches Together)	SMC
23	1900 Dentdale Christian Fellowship (*)	RD
24	1930 Extreme Sports (24)	SSAT
26	1000 Coffee Morning - Sedbergh WI	URCR
26	1030 Batik Demonstration	CWS
26	1400 HS Killington (12)	LHCP
28	1930 Our Swifts (28)	PH
29	1000 DMC Coffee Morning	DMC
29	1000 Art Market (29)	StAS
29	1930 Junski Thandi Benefit Concert (29)	WHC
29	Music & Beer Festival	Dent
30	Music & Beer Festival	Dent
JULY		
1	1000 Into the Light (10 & 11) till 7/7	Tullie House
3	1000 Coffee Morning - URCR	URCR
4	1930 WIH - Members Evening	FCH
5	1400 Age UK - Fire, Water & Ice	DMH
6	1930 Flicks in the Fells	PH
9	1700 Appleby Fair Drop In Debrief	PH
10	1000 Coffee Morning - British Legion	URCR
10	1330 HS Ingleton	LHCP
10	1915 WID - Summer Outing	DMH
10	1930 WIS - Batik Techniques	PH
11	1200 Lunch Club	Red Lion
11	1900 RBL AGM Meeting (71)	WHC
13	1000 StAS Summer Fair & Fun Day	StAS
14	1100 CWT Fell End, Ravenstonedale	
16	1400 SASL Meeting	PH
17	1000 Coffee Morning - Town Band	URCR
20	1000 DMC Coffee Morning	DMC
20	1000 Explore the Surface (9)	FM
21	1900 Dentdale Christian Fellowship (*)	RD
24	1000 Coffee Morning - TBA	URCR
27	1000 Art Market (29)	StAS
31	1000 Coffee Morning - Garsdale Village Hall	URCR
AUGUST		
1	1930 WIH - Humorous Garsdale Tales	FCH
2	1400 Age UK - Past Seasonal Cooking	DMH
3	1930 Flicks in the Fells	PH
7	1000 Coffee Morning - Howgill Church	URCR
8	1200 Lunch Club	Red Lion
8	1900 RBL Branch Meeting	WHC
13	1930 FCH Domino Drive	FCH
14	1000 Coffee Morning - St Andrew's Mission	URCR
14	1915 WID - Flying for Life	DMH
14	1930 WIS - Hypnotherapy	PH
17	1000 DMC Coffee Morning	DMC
20	1400 SASL Meeting	PH
21	1000 Coffee Morning - N W Cancer	URCR
25	1330 CWT Barking up the Right Dent Tree	LHCP
25	1900 Dentdale Christian Fellowship (*)	RD
26	August Bank Holiday	
26	1100 Dent Gala	Dent

*The S & D Lookaround is edited, published & distributed monthly by
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Whilst every effort is made to ensure that information is correct, the Editors cannot
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Copies are available from Sedbergh Office Services,
Green Door, Premier, Howgills Bakery, Post Office and Dent Stores.*

COVER PICTURE
Sedbergh Main Street
By Dennis Whicker

28	1000	Coffee Morning - Beekeepers	URCR
31	1000	Art Market (29)	StAS
SEPTEMBER			
4	1000	Coffee Morning - Garsdale Church	URCR
5	1930	WIH - Great Wall of China	HVH
6	1400	Age UK - Birding	DMH
7	1930	Flicks in the Fells	PH
10	1400	WIK - The Brontes	PH
10	1930	FCH Domino Drive	FCH
11	1915	WID - The Female Brain	DMH
12	0800	Westmorland County Show	Crooklands
12	1200	Lunch Club	Red Lion
12	1900	RBL Branch Meeting	WHC
17	1400	SASL Meeting	PH
11	1000	Coffee Morning - A&LP Lookaround	URCR
11	1930	WIS - The Seasons	PH
16	1930	FC Harvest Sale	FCH
18	1000	Coffee Morning - Beavers	URCR
21	1900	Flicks in the Dentdale Fells (*)	DMH
21		Sedbergh's got talent	PH

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
1315	Every Wednesday	Art Society	URCR
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

22	1900	Dentdale Christian Fellowship (*)	RD
25	1000	Coffee Morning - TBA	URCR
25	1030	Weaving - Playing with Texture (9)	FM
25	1930	CWT AGM	SSAT
28	1000	Art Market (29)	StAS
28		CWT Pennine Journey in a Day	tba

OCTOBER

2	1000	Coffee Morning - Firbank Church	URCR
3	1930	WIH - AGM & WI Advisor	FCH
4	1400	Age UK - Life with Dogs	DMH
5	1930	Flicks in the Fells	PH
8	1400	WIK - Travels in India	PH
8	1930	FCH Bingo & Tattie Pie Supper	FCH
9	1000	Coffee Morning - Christian Aid	URCR
9	1915	WID - Cookery Demo	DMH
9	1930	WIS - Fire, Water & Ice	PH
10	1200	Lunch Club	Red Lion

DIARY KEY

AF	= Appleby Fair
BF	= Brigflatts
BFK	= Becksdale Farm, Killington
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWS	= Craftworkshop 61 Main Street
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC/S	= Dent Methodist Chapel/Schoolroom
FCH	= Firbank Church Hall
FM	= Fairfield Mill
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
KMH	= Kendal Masonic Hall
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
RD	= Rhumes, Dent
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
SSAT	= Settlebeck School Academy Trust
SSTH	= Sedbergh School Thornely 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
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

COMMUNITY OFFICE 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail: office@sedbergh.org.uk

www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office

01539 738772

www.cabsouthlakeland.org.uk/kendal.html

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600

01539 795000 or 0845 6060265

Age UK SL @ Community Office

1st Wednesday every month

10 am to 12 noon

01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY