

Sedbergh & District LOOKAROUND

July 2013

Issue 312

Donation £1

This month sees an explosion of articles and events for the youth of our community - our future. Your support, encouragement and respect of them will help to make this an even better community.

The explosion of articles has also

made this issue one of the biggest ever so a continued big thank you to all the contributors and supporters of our wonderful unique newsletter which caters for everyone in the community.

Dennis & Jacky Whicker

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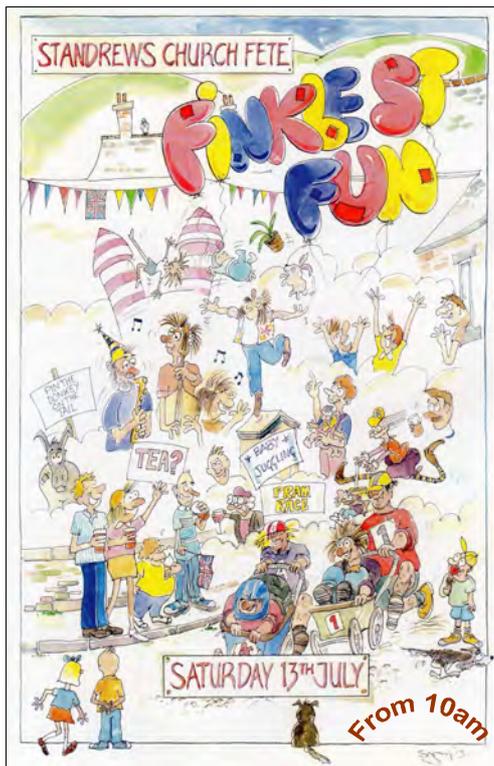
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CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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JULY BIRTHDAYS

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

The recipients this month are:-
Hannah Lennon who is 10 years old on 9th July and
Jerome McKenna who is 10 years old on 15th July.

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



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Day	Name	Age
1	Jenny FALLOWS	7
2	Alfie PATON	6
2	Niamh METCALFE	9
3	Theo OVERSBY	5
3	Martha HUBBARD	2
4	Ben GREENSMITH	9
4	CJ MIDDLETON	10
5	Holly ROSS	11
9	Hannah LENNON	10
10	Milly BROOKSBANK	10
11	Samuel HARPER	11
13	Arthur HAYHURST	5
14	Chloe DALZELL	11
15	Jerome McKENNA	10
17	Louis GARDNER	3
24	Ruben PARK	8
25	Antony COWIN	8
27	Akira CRESSEY	8
28	Grace ALLAN	8
29	Jody MIDDLETON	6
30	Sampson KEIGHLEY	1
	Nonagenarian & Over	

PERSONAL & SMALL ADS £1

BAIN

Les would like to thank family and friends for cards and presents which he received on his **65th Birthday** on 5th June.

=====

GARNETT

Happy 15th Birthday Anne Marie on 14th July. Mum & Dad, Ben, Auntie Georgina, Grandma Jenny and Aunt Dawn.

=====

HALL

Allan and Judy would like to thank Mum, Tracy, Jason, Jackie & Dave, Josh, Finn and Taylor for the lovely surprise **40th Wedding Anniversary**. They would also like to thank everybody for their lovely cards, presents and donations which totalled £153.70 which will go to Cancer care and Heart Care. Judy would also like to thank Allan for his surprise on the Sunday at Simonstone Hall with family and friends. They hope that everyone enjoyed the weekend as they themselves did.

=====

FOR SALE

Electrolux Fridge Freezer - model ER7626/1B. Upright 50%50% (both compartments the same size). Very good condition. £110 ono. Tel 015396 25592.

=====

FOR SALE

George Foreman Grill (3 portions) £15. Wardrobe £20. Dining table 2ft 4ins Wide, 3ft 10ins long with four

chairs. Garden Furniture - round table (wood), parasol, 6 folding chairs and cushions £70. Tel 015396 21092.

=====

FOR SALE

Jotul No 6 Stove. Wood burning or general purpose stove. This is a large stove with an output of 16KW, however add two fire bricks to reduce the fuel consumption if required. It comes with a grate for coke burning and a fireguard for use when the doors are open, giving an open fire effect £350. Ring Bob at Sedbergh 21400.

=====

WANTED

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MAY WEATHER

Not your typical May from a weather point of view. It was cool, with a couple of warm days, windy but fairly dry. The warm days touched 70F and the minimum dropped to 31.8F. The wind-chill took the temperature below freezing on 13 nights. The wind was quite fresh being from the North West on all but 5 maximum gusts. The strongest gust was 22.5mph. Rainfall was a moderate 3.04 inches but we had some rain on all but 11 days.

May is generally a magical month with so much new growth. Due to the low temperatures this month was a slow starter. Eventually we saw the blackthorn flower and apples were heavy with blossom. If there were any

insects flying we should have a bumper crop to make up for the loss of plums, damsons and pears that did not flower very profusely this year and certainly there were not many insects about. I heard more of the dawn chorus this year; it is always at its best in May, getting up at first light to bottle a lamb. Many folk have lost bees latterly even though they have apparently plenty of stores. We suspect that the prolonged wet of last year and this spring has weakened the colony. Being unable to fly meant pollen was in short supply.

Furthermore it is also possible that if the colony had a new queen late last summer or autumn that she may not have been able to get out on a mating flight.



SECRETARY VACANCY

Killington United Charities invite applications for the post of Secretary to the Charity. The successful applicant will be accountable to the trustees working effectively with them to achieve their charitable objectives.

This important post is central to the smooth running of the charity and involves preparing and distributing agendas, taking minutes, associated correspondence, keeping records and there will also be a requirement to manage the financial reports. The applicant should have excellent organisational, communication and ICT skills, be able to maintain confidentiality and ability to liaise with the trustees and their associates.

The charity currently meets between 3 and 6 times a year, usually in Killington Village Hall, and usually in the evening for approximately 2-3 hours.

Payment will be £100 per meeting.

Letters of application should be addressed to:-

Mr. Brian Woof, Chairman of Killington United Charities, Ghyll House Style, Killington, Sedbergh, Cumbria LA10 5EH Phone 015396 21343

Closing date for the application is **12th August, 2013** and it is hoped that the successful applicant will start with effect from **1st September, 2013**.

CHAMBER OF TRADE & BUSINESS

By the time you read this the first of our Saturday markets will have been held and the second which will be “mainly crafts” will be in the process of being organised. If there are any crafters out there who still want a stall or to share a stall you will be welcomed – so get in touch with Andi Chapple on 20504 or Barbara Hartley on 20875.

We hope that these events will provide an additional outlet for small businesses as well as bringing extra trade into Main Street and of course be a fun event for both residents and visitors alike.

The Sedbergh shopping leaflet is now ready for distribution following a very supportive response from the local traders. It will be uploaded onto the Sedbergh web site as well as being distributed to the b and b owners to showcase the wealth of shops in Sedbergh to their guests.

A useful suggestion by Lyn McClellan to allow residents to bring items relevant to the Chambers business to meetings was discussed at the June meeting. It was thought that this was a good idea and will be adopted at future meetings. So if anyone has something relevant to the area’s economic wellbeing and they would like to bring it to the Chambers attention, please come along to one of our meetings. There will be an agenda item to allow you to speak.

And finally we are always looking for new members! We want to make Sedbergh and District a thriving and

prosperous area so the more involvement we have from you the better it will be. And you don’t have to run a business to belong – you just have to have an interest in your areas prosperity.

You don’t always have to be an active member either - but the more members we have the more funds we have to do things. Which brings us to the final point we do have some limited funds at the moment which can be used for the benefit of local organisations who contribute to the economic wellbeing of the area and we are asking for potential beneficiaries to come forward and apply for help by contacting our secretary Victoria Sayner on 20935.

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**SEDBERGH & DISTRICT
 HISTORY SOCIETY**

Visit to Hoghton Tower

The Society visited Hoghton Tower near Preston on Wednesday 12th June 2013. Hoghton Tower is perhaps best known as the place where James VI & I knighted a side of beef ("Arise Sir Loin") on his way south from a visit to Scotland in 1617. A picture hangs in the Great Hall showing what appears to be an extremely drunken Court disporting itself in the Great Hall and commemorating this event.

The House was built in 1565 high on a hill dominating the surrounding landscape probably because there

had been a peel tower there previously. In the Civil War the house was occupied unopposed by the Parliamentarians and the peel tower itself was used to store ammunition. Someone carelessly used a naked flame and the peel tower was demolished (together presumably with the parliamentarians inside). The approach to the house is up a long straight drive, and the house looks larger than it actually is as you drive up. It is an early Elizabethan house, built perhaps before the fashion developed for E shaped houses, and is cast iron gate and a flight of steps. Three sides of the court are formed by the two storey house, and the

fourth by a wall and an impressive gatehouse facing down the drive. As well as the large gatehouse tower at each end of the wall there are small towers, one of which can be hired as a holiday cottage. Although there are three towers, the House has always been known as Hoghton Tower, not Towers, perhaps going back to the original peel tower.

The family of de Hoghton have lived continuously there since the Conquest, and through the female line are descended from Lady Godiva. Around about the time when the present house was build the “de” was dropped, but was later reinstated. The present family live in London, and use the house more as a holiday home. It has been open to the public since about 1988, after 10 years of restoration as it had fallen into a bad state of repair. Among its distinguished guests (quieter and more dignified perhaps than James) were William II, George V and Queen Mary, and the present Duke of Edinburgh. Other distinguished persons include Edmund Campion (the Catholic martyr), Charles



**Sedbergh
Swimming Club
AGM**

**Tuesday 9th July
7:30 pm
Bull Hotel**

All Welcome

The poster features a decorative border of small floral motifs. In the background, there is a faint illustration of a swimmer. In the foreground, there is a cartoon illustration of a swimmer's head and arms above water, with a splash.

Dickens, William Shakespeare (believed to have been a tutor in the house aged about 15) and JMW Turner.

Many of the rooms are panelled, and there are magnificent fireplaces. Many of the doors have interesting fittings, and two large doors connected to the Great Hall have smaller doors set into them for use in the winter. There are two magnificent four poster beds, in one of which the Duke of Edinburgh recently slept. There are many family portraits, both modern and going back to Tudor times. One recent one of the previous Lady de Hoghton, unfortunately away damaged by a water leak, normally hangs in the house with the dress she wears in the portrait beside it. The family has always been Catholic, and there are two priestholes in the house. There are ancient oak tables and many other interesting items of furniture. A room full of doll's houses is of particular interest. Under the house long corridors run with vaulted cellars which include “dungeons”, one complete with skeleton.

Karen Bruce Lockart



The People's Hall
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www.peopleshall.org

The advertisement features a background image of a large, vaulted stone archway.

SEDBERGH ROYAL BRITISH LEGION



**COFFEE
MORNING**

URC Rooms, Joss Lane
Wednesday 10th July
10 am to 12 noon
Teas ~ Coffees
Homemade Cakes ~ Biscuits
Jams ~ Raffle



ROYAL BRITISH LEGION
Sedbergh & District Branch

We would like to take this opportunity to thank all who donated and all who supported in whatever way, last year's Poppy Appeal, especially our Poppy Collectors who always give so generously of their time & effort. It is they who are responsible for the impressive sum of £9,235, the largest total collected in our area to date, and an increase of £1,000 over the previous year. We are extremely proud of the support given to our Branch at this time and also at our various functions throughout the year.

Our Poppy Appeal Organizer, Dr. Philip Hoskin, has reluctantly stepped down from this role as he is moving with Sedbergh School to continue as Housemaster of the Junior School in Casterton. It has been a demanding task to organize the Appeal on our behalf as well as being responsible for the Juniors in Cressbrook, and teaching full-time. We wish him well in his new venture.

Bearing this in mind, it has been decided that preparation for the

Poppy Appeal from now on is to be shared within the committee, with Keith Wood taking the lead, along with John Douglass. We hope to make the process more efficient and we plan to re-instate the writing of annual 'thank you' letters to our Poppy Collectors informing them of their takings. With his busy job and long hours, Philip found it very difficult to complete this function and we apologise for the lack of communication about this during the last couple of years.

We are very proud to announce that Sedbergh School CCF (Combined Cadet Force), has become affiliated to our Branch, due to collaboration between our Chairman, John

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 10th July
INGLETON
John Bentley
will introduce us to
the history of Ingleton,
focusing on the
industrial heritage of the village.
Meet in Ingleton Community
Centre Car Park at 2-30pm
or in
Loftus Hill Car Park at 1-30pm.

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

Douglass and Dr. Myles Ripley of Sedbergh School, who commands the CCF. All future cadets joining Sedbergh School will automatically become Junior Members until they reach the age of 18. It is hoped that at that time they will want to continue their memberships into adulthood, having become familiar with the Armed Forces and the work of The Royal British Legion.

Thank you to all who supported our Annual Dinner, held at Weaver's Café in April. It is the second time we have held the Dinner there and it was thought to have been extremely successful. The food was excellent and we hope to hold it there again next year.

Sedbergh Literary Society, funded by International Book Town, plans to commemorate the 100th anniversary of the First World War in 2014 with an anthology of life in Sedbergh/Dent/Garsdale area during wartime 1914 – 18. If anyone has a story they are willing to share, please contact Sandra Gold-Wood or Carol Nelson at the Sleepy Elephant.

There are a few events coming up which we hope may be of interest to you:

Thursday 11th July – Annual AGM, 7.15pm, upstairs in The White Hart Club

All members are very welcome to attend this meeting.

We would also be delighted for members to attend any of the monthly meetings, held at the same time in the same place.

Wednesday 10th July: Coffee Morning



This is our main fund-raising event of the year and would be most grateful for any donation of cakes, bric-a-brac, plants or raffle prizes. As usual we will be serving our delicious home baked biscuits with coffee or tea.

Please contact Rose Pease (Tel. 21575) or John Douglass (Tel. 20356) for transport of goods.

Saturday 17th August – Coach trip to the National Arboretum

This is being organised by Bibby's of Ingleton. Cost £16.50 per person

The nearest pick-up point is Kirkby Lonsdale but if there are 8 or more interested in going from Sedbergh, they will come up to Sedbergh.

Book direct with Bibby's – 01524 41330. *Rose Pease*

WILLIAM DIXON MBE

In last month's Lookaround, it was reported on Page 40 that William had received the Award of 'RAF Caterer of the Year'.

In the recent Queen's Birthday Honours List, William has been Awarded the MBE. Full report and picture in due course. *Nigel Close*

PRIMARY SCHOOL PTFA

The Sedbergh Gala was the focus for the PTFA stand back in May. The marquee kindly supplied by Killington Marquees which was invaluable on such a changeable day. Gala saw the introduction of two new fundraising schemes to raise money for the PTFA. The first was 'Build a Bench' which encouraged participants to spend £1 to buy a square to build together a picture of a bench which once complete would allow the school to purchase a new bench for the playground. The second fundraiser was the launch of our balloon race where we started to sell tickets in preparation for the balloon release day on Sedbergh Sports Evening on the Friday 12th July. 'Fell and Dale' sponsored a colouring competition where children were encouraged to colour in a picture of the primary school with view to win some fabulous art and craft prizes. Many

thanks to those parents, grandparents and friends who helped set up and man the stall throughout the day and a special thank you to all those who found the time to pop in and support us. Fingers crossed for better weather next year.

Killington Sports kindly invited the PTFA to provide the tuck shop for their annual sports at the end of May which proved a great night of entertainment for all and gave us a chance to further boost our funds. Many thanks to all who helped on the stall. The next event on the Sedbergh Primary PTFA Calendar is Sedbergh Sports Evening on Friday 12th July. Still a fledgling idea but if enthusiasm is a mark of success then the sports is already off to a flying start. The PTFA will be manning the tuck shop and serving teas and coffees so please pop along and say hello!

Linda Allan (Chair)

Howgill Harriers and Sedbergh Primary School present

Sedbergh Sports



Friday 12th July 2013
Buckbank Farm

5.00pm Gates open - 5.30pm Events start

'An evening of fun races and events for all the family!'



CUBS IN SEDBERGH?

Wow! When I offered to become an Assistant Scout Leader seven years ago, I had no idea what was round the corner.

Since then the Griffin Explorer Scout Unit have been started and are thriving. Sedbergh 1st Beavers have blossomed and are now bulging at the seams and starting in September there will also be 1st Sedbergh Cubs.

My initial wow was actually more of a wow at the Sedbergh grapevine as Cubs is already passed my anticipated starting number and is fast approaching capacity.

If however you have a child aged between 8 and 10½ who might like to come and join us on a Tuesday evening please get in touch.

hubbardtoby@yahoo.co.uk

Toby Hubbard - Cub Leader

bill@garsdale100.freeserve.co.uk

Bill Mawdsley - Group Scout Leader

1st SEDBERGH SCOUT GROUP

On Sunday 9th June 5 Scouts and 2 Beavers turned up at 10am to start helping Mike Hinson (the gardener) tidy Queen's Garden's.

They started by clearing a patch of soil of stones, sticks and leaves ready to be seeded for a lawn.

By 10.30am they were joined by 4 more scouts, 2 Explorer Scouts and 10 more Beavers. The little ones were given a plant pot and told to fill them with stones then tip them under the hedge, while the older ones raked the soil. The Explorers got rid of 3 tree stumps.

The Beavers were then sent to explore the gardens and find the geo-cache that is in the gardens as part of their explorer badge.

When the younger ones went home, more scouts had come so they took over clearing the soil which also included digging up a metal rod.

After bacon sandwiches which the explorers cooked, the scouts and Explorers started the hard work, cutting low hanging branches and having a bonfire. 2 Scouts painted one of the gates.

All together there were 12 Beavers, 9 Scouts, 10 Explorers and some parents and Leaders.

It was great to see how much better the gardens looked after we had all finished at 4pm.

The local bowling group commented on how nice it was to hear the garden full of children's voices having fun.

Trish Woof
Beaver Scout Leader

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AT SEDBERGH MEDICAL CENTRE
ON MONDAYS

From 1st March 2013

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DENT PRIMARY SCHOOL

Nick Williams, an eminent wild life photographer, inspired the children in May with a superb presentation about wild life from around the world.



Description of a Wolf

The majestic wolf stands proudly below a twisty, swirling tree.

His silvery paws look as powerful as a sledgehammer.

His platinum, sleek, dense, glossy pelt is ruffled by the harsh, piercing wind.

His mysterious, gleaming, pondering, serene eyes are full of depth: unreadable.

His wiry, muscled body is rippling with his thoughts and ideas.

His sharp, aware, alert ears are flicking cautiously, picking up the slightest sound.

Sean Milton Tebbett Aged 11, Year 6
The Wolf

I watched as a soft wind gently ruffled the wolves dense violet, blue-grey fur, standing it up in silky ridges. His eyes were calm, thoughtful, majestic and

An advertisement for 'mh energy solutions' featuring plumbing, electrical, and solar energy services. The background shows a technical drawing with various pipes and fittings. The text is overlaid on the drawing.

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doleful. His nose was an inky colour and it glistened with moisture. The wolves woolly tail tipped with pitch black fur.

Suddenly, there was a rustle in the under growth. The wolf tensed, then crouched, he crept forward inch by inch, centimetre by centimetre....then he pounced! A high pitched squeal cut through the crisp air like an icy cold dagger leaving a pained silence behind it.

*Zelie May Wynne-Jones
Aged 11, Year 6*

The Wolf

The strong, powerful wolf stood right in front of me. As the intelligent, mysterious animal stood calmly

watching me, its glossy, silky fur gleamed like sand on a hot summer's day. Its eyes sparkled like fireworks. It stood so still as if it was about to stalk its prey. The fascinating creature stood proudly as if it had just killed a bear to feed its hungry family.

Lauren Charnley Aged 11, Year 6

The Wolf

The majestic, mystifying wolf patrolled the woods for its prey. The wolf came to a huge, rounded rock, it used its powerful back legs to leap gracefully upwards onto its vantage point. Meanwhile the wolf was pondering, it's dense, intelligent eyes were looking in each direction. The wolfs soft, silky, velvety fur kept the

wolf warm and camouflaged in the snow.

Harry Brownbill Aged 11, Year 6

A fabulous whole school outing to Blackpool Zoo on the 11th June was enjoyed by children and staff alike and inspired some super writing too!

Blackpool Zoo

First we got on the bus and it took one hour to get to Blackpool, but it was fun because I was sitting next to Mrs Edwards, and she played lots of games. Next we got off the bus because we were there. After that we got into groups and walked to the dinosaur safari. Soon we ran to see the tigers and one tiger prouled to the little pond in the cage. Eventually we had lunch and I was very hungry.

After a while we got on a little train which was 1p and I was feeling very excited. Then we set off on the train we saw a wolf and it was lying down and it was going to sleep. The wolf was brown and it had sparckling brown fur. When we got there wemet a snake and a cockroach. Finally we got back to school at 6 o'clock and I skipped home for tea.

Lia Lewis Aged 6, Year 1

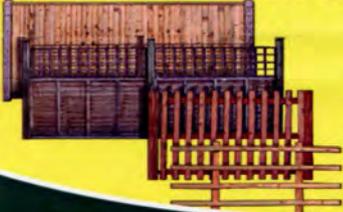
On Tuesday June the 11th we got on the bus heading to the zoo. All the school went even Emma. Gwin did not come. I sat next to Isla. Although it took a long time. We got there at last. First we had to go to the counter. I was in Mrs P's group. There was a dinosaur safari. There

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Thursday 19th September
Wednesday 16th October
Tuesday 19th November
Thursday 5th December



was a noise. I thought the volcano was about to erupt! As we walked along the path there was a cave in the volcano....I felt very excited because I had never been there before. My favourite was the tigers. Then I had my scrunch lunch. A seagull took Camrands sandwich. After we went on the mini train. It was FANTASTIK. Soon we got off we went into a classroom. We went in because it was about the rainforests and we have been learning about them. I got to hold a cockroach after I stroked a snake. Soon it was time to go to the shop. I bought a cute, snugly, fluffy goose. Then we got back on the bus. I sat next to Amber. We soon got back. I was tired.

Annie Rainford Aged 6, Year 2

Using the outdoors to extend and enrich learning is always a priority and the weather has not disappointed this year!

Outdoor Day

First we put on our wellies and set off and it was a very long walk. On the way we walked through a field with cows and calves in but luckily there wasn't a bull. On the way we walked

through a field and climbed over 3 stiles. At last we got there and had dinner. Everyone ate their dinner quite fast and after that we learnt how to cook dough over a fire and ate beans. Then we ran to play. Me and Mikey played together in the jungle and the grass was higher than my knees and the hill was very steep and tall. At last we got to the tent and on the way back down Mikey nearly got stuck in an old and broken tree.

Finally he got out and so we set off back down again. Then we got our rucksacks and walked back to school and at every gate we had a rest.

Eva Hoggarth Aged 6, Year 2

One day at school class 1 were going to the yurt. We walked to the yurt and it took a very long time. We stopped to look and listen. Eventually we arrived at the yurt. First we had lunch. My lunch was very yummy. I had cheese sandwich and some pepper and carrots. I also had a hippo and some orange. We cooked dough and baked beans. We chose a stick then put the dough on it. Mrs Middleton lit the fire and we baked the dough. I accidentally swallowed

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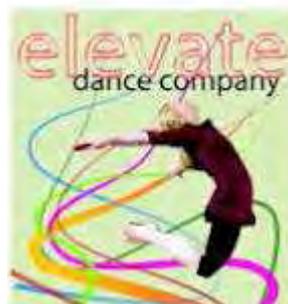
some smoke and it made me have a
sor freot then my freot got beter. We
ate the bred and it was yummy. I
loved my bred. We had to clect thing
and put them in an egg box with
words on it. Mrs P said we could play
tig and manhunt then we came home.

Isla Gordon Aged 6, Year 1

A Christian Dance Company came to
Dent CE School to lead worship and
develop the children's creative ideas
in workshops.

Elevate

At Dent C.E Primary School the
children watched a professional
dance group (Elevate) that were
fascinating, exhilarating and really
knew how to dance! The second
dance I thought was the best but



never the less they were both
spellbinding. In the second dance the
Devil crossed his legs in a cunning
way, while tempting Eve into taking a
bite of the apple. Eve did not take a
bite of the apple and beat temptation.
The moral was don't give into
temptation.

Ted Hodgson Aged 9, Year 4

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PRIMARY SCHOOL

School Community Governors

Are you looking for a challenge that allows you to put something back into our wonderful community?

More specifically are you interested in investing some of your time and energy in supporting the education of our next generation of youngsters?

If so can you be persuaded to consider becoming a school community governor?

For the past seven years I have been a community governor at Sedbergh Primary School. Now after a fifty year involvement in the education of our young people I think the 'sell by date' has arrived! So the search is on for a replacement, actually there are two vacancies.

You don't have to be an expert. Enthusiasm, commitment, an interest in education and a good understanding of our community, (and what better source than the 'Lookaround'?) are the most important qualities.

You would be joining a dedicated and supportive team of governors, bringing your own particular skills. To

help familiarise yourself with what is involved in-house induction and mentoring is provided and you would have access to the wide range of courses offered by the Cumbria Governors Support Team.

As governors we are at the heart of how school operates to ensure that it meets the needs of all its pupils. Together with the Head Teacher, who is responsible for the day to day running of the school, we agree the school's aims and policies. These include setting and monitoring the budget in line with the school development plan; staff appointments, pay and performance; health and safety; curriculum, pupil assessment and safeguarding; buildings maintenance and development. Committees mostly handle all of these.

This somewhat challenging list underlines how important it is that we are able to recruit a full complement of governors. Meetings are held once or twice per term, usually in the evenings and there is plenty of reading material to ensure you are properly briefed.

So if you care enough about the children in your community how about investing some of your time in their future by getting involved as a community governor?

Liz Close, tel. 21011, Chair of Governors, will be very pleased to hear from anyone who is interested. Alternatively call in at school and have a word with Deborah Jones, Head Teacher.

*Tony Hannam, Vice Chair and
Community Governor*

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TOWN TWINNING STUDENT EXCHANGE

*Invitation to the young people of
Sedbergh to visit Zreče in Slovenia*

The Town Twinning Committee in Sedbergh would like to invite the young people of our town and district, aged 13 - 15 in February 2014, to apply for the opportunity to visit our twin town, Zreče, in Slovenia.

The trip will be a continuation of the link we have forged between the young people of our two towns in the last 7 years through Settlebeck High School. Our last trip was in August of 2011 under the auspices of the Sedbergh Town Twinning Committee and the group of young people

unanimously agreed that it was a great success.

The purpose of the trip will be to continue to promote the relationship and close links we've developed between our two communities; to enable the young people of both towns to meet in a spirit of friendship and mutual respect; to explore our common interests; to learn from each other and to have a lot of fun! During the visit we will be hosted by teachers and students from the Zreče Primary School (equivalent to our Secondary school). There will be organized opportunities both before and during the trip to learn about the culture, history, geography and language of

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Exhibitions in July



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

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

Thurs - Sat 3 - 5 Oct £150 'Learn to Weave' 3 day course 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 café only.

Farfield Mill is open daily 10 - 5, £3.50/£3, under 16's free. Weavers Café 10 - 5 (No entry charge)
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the country and in Zreče there will be outdoor activities including skiing, sport, trips to beautiful and interesting Slovenian sites and of course the chance to enjoy being a member of the group.

We are intending to run the trip for seven days, including two travel days, during the Spring Half Term but the exact departure and return dates will depend on the best airline prices we can find.

The cost will be subsidised by the town twinning committee and a number of local charities, from which we intend to raise £300 per person to offset against the total cost. We would also encourage the young people to

raise money towards the cost of their own trip and many past participants were very successful in doing this. A *Sedbergh's Got Talent* fund-raising event is being held on the 21st September (please see posters and have a go!) At this stage it is difficult to be sure of exact costs since we're not able to book flights and make other transport arrangements until we know exactly who is going but we estimate that the total cost could be in the region of about £550 - £600 each from which any subsidy and fundraising can then be subtracted. The cost then of about £250 - £300 will include full bed, board and all transport and activities but families

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will need to factor in the extra cost of spending money.

The adults leading the trip will be Dave Smith (formerly headteacher of Settlebeck High School) and Susan Garnett (formerly head of geography at Sedbergh School).

The group size will be limited to 20 young people and the decision as to who is successful will be made on the following criteria:

1. age - must be between 13 and 15 in February 2014
2. gender – we would like to get a balance of girls and boys in the group
3. previous experience – those people who have never been to Slovenia before will be given

priority

4. willingness to get involved, learn and embrace the aims of the trip.
5. preferably living within the Sedbergh and District boundaries

The highest standards of behaviour and respect for others will, of course, be expected of all participants and a willingness to join in, be a positive member of the group and be prepared to approach and actively encourage their Slovenian counterparts, recognizing that for the Slovenian young people English is their second language.

All applications to the committee should be made by parents/carers on behalf of their sons or daughters on an application form available from

Dave Smith on either dsfatherhaw@hotmail.com or by phone on 015396 20937 or mobile 07717585519 or Susan Garnett msg@wardses.org.uk and 21138

The successful applicants will then be invited to attend a meeting with their families and at least one parent must be prepared to attend. The meeting will take place early in September. At this meeting a non-returnable deposit of £100 must be paid in order for us to book the flights quickly. The remaining money must then be paid, either in full or in two instalments in October and November.

We look forward to viewing the applications and to accompanying the group on this, our 7th Sedbergh young people's trip to Zreče.

Dave Smith & Susan Garnett

Churches Together in Sedbergh & District
invite you to our annual Holiday Club:

For Children aged 5 - 11 years old

FREE - Bible based Stories, Crafts, Games

Monday 22nd-Friday 26th July
10am-12noon
@ Sedbergh People's Hall

Please book early to avoid disappointment.
Registration forms are available from local primary
schools and Sedbergh Office Services. Please phone
Carole on 015396 22030 for more information.

HOLIDAY CLUB 2013

Once again the Peoples Hall will be transformed in to a hive of activity with the children of Sedbergh and the surrounding area every morning for the first week of the school holiday, 22nd-26th July, as Churches Together host the annual holiday club. Set in outer space with astronauts and space travel, there will be songs, games, crafts and drama as children learn about Daniel, probably most famous for surviving the lion's den. There's much more to the story than this though and the children will be learning how God worked through Daniel to do amazing miracles so that the kings of Babylon had to admit that Daniel's God is the greatest. Children will have the opportunity to ask questions as well as share their jokes. Family members will be invited to come along to find out what the children have been up to during the week on the Friday afternoon. Please book your place early to avoid disappointment; registration forms are available from local primary schools and Sedbergh Office Services.

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MEDICAL CENTRE



The Official Opening of the Medical Centre was a success. Tim Farron MP and Dr William Lumb both made speeches and the ribbon was cut. The public were then invited in to look around the centre and enjoy tea, coffee and delicious small cakes made by our health visitor Fiona. 

ZRECE STUDENTS

visit to Sedbergh

Slovenian students visiting Sedbergh for the summer are becoming as common as migrating swallows and swifts, but are still extremely welcome. And so it is that we have another student from Zrece - Dejan Smogavec - who is visiting Sedbergh at the end of July for a few weeks. If you can offer accommodation and/or work for this period could you please let us know. Our experience in the past has been that everyone who has been involved has found it a very worthwhile experience.

Dejan is the son of Alojz Smogavec who came with the Zrece choir in

April - and also several years ago with 3 other men in the Zrece singing group Odmev. They joined us for the Dent Folk Carols festival in December and sang at several venues around Sedbergh.

Hot on the heels of the Zrece choir visit to Sedbergh, our own singers visited Zrece in May and sang with the choir at a concert with 10 different choirs including several children's choirs - and also at a picnic on the edge of the Brinjeva Gora where the singing sisters live. Our English singers made patchwork squares representing the wild flowers of Sedbergh which were displayed at the Bohinj wild flower festival alongside patchwork squares from



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around Europe - we also sang and joined a wild flower walk along the shores of Lake Bohinj.

At the time of writing we are also just about to welcome another choir to England. This Slovenian Waldorf choir visited Sedbergh and Dent a few years ago before going on to Scotland, so this time they are visiting the south of England with concerts in Oxford where they are meeting some of our sister choirs, at the House of Commons and in the Slovenian Embassy, as well as several schools near London.

The friendship between our two countries continues to bear fruit - as do the two apple trees growing in Sedbergh and Zrece from each

other's towns. As you can see in the photo, the Sedbergh apple tree which now grows in Zrece is quite splendid with a wrought iron surround, careful pruning and a brass plaque celebrating our twinning and hoping that our friendship will always bear fruit. The Zrece apple tree in Sedbergh is also growing well, and Nigel Close has been careful to make sure it is protected from the sheep.

We are back in Slovenia in August when we are going with a group to the summit of Triglav, Slovenia's highest mountain, and also in October with a group of singers for our annual tour. Do please get in touch if you'd like to join us.

David Burbidge, Sedbergh 21166

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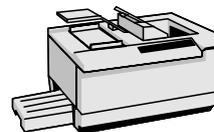
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Capstick Insurance Consultants is
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The company plans to celebrate the
move with a Grand Opening at the
new premises; 36 Main Street on 28th
June from 4.30pm – 7pm.

The move heralds a new era in the
company's long history since being
founded in 1968 by John Norman

Capstick who started the business
from his home in Newbiggin-on-Lune.
The business grew into a real family
concern when wife Elsie became a
working partner in 1973, followed by
son David in 1989. David continued
in dad's general broking footsteps
catering for all types of insurance
needs, but specialising in farm
insurance.

In 2007 Capsticks purchased Les
Maddock Insurance Services in
Sedbergh following Mr Maddocks
retirement and now employ 16
members of staff.

Partner David Capstick commented
that "the new premises will allow us to
have a more functional environment

having undergone internal renovations since December 2012, but the company ethos remains the same. We pride ourselves in looking after customers and taking a 'hands on' approach to service. Visiting clients on the farm is essential to ensure the correct insurance cover is provided at the most competitive premium, but on this occasion we are looking forward to people calling in to see us for a celebratory drink, and of course the chance to win one of the prizes".

The new office will be open Monday to Friday with late opening until 7pm on a Wednesday for those whose working hours prevent them visiting during normal office times. *A Dinsdale*

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NEIGHBOURHOODALERT
 Kendal Police are investigating the theft of a white Mitsubishi Pick Up from a farm yard in the Garsdale area of Sedbergh. The vehicle was taken between 8pm on Saturday 15th and 12.30pm Sunday 16th June. 

Sedbergh Saturday Markets



2013
 29th June *mainly Art*
 27th July *mainly Crafts*
 31st August *mainly Books*
 28th September *mainly Produce*

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 St Andrew's Church and the Information Centre**

CUMBRIA WILDLIFE TRUST

Burns Beck Moss Nature Reserve.

On a beautiful June afternoon a good turnout of Wildlife Trust members joined Dr Mike Hall, volunteer CWT warden, for a guided walk around Burns Beck Moss. Apart from our own Jubilee Woods, Burns Beck Moss is the nearest Cumbria Wildlife Trust reserve to Sedbergh. Burns Beck drains a natural hollow that was once a lake at the end of the last ice age. Thousands of years of plant growth and decay have filled in the basin with peat up to 6.5 metres deep. This gem of a site was the second SSSI to be designated in the whole of the UK but was nearly destroyed in the 1970s by drainage for a conifer plantation. Fortunately plantation plans came to nothing and Cumbria Wildlife Trust was able to rescue the site in 1995. Many years of careful management to block drains and raise the water levels again across the site have saved and restored this unique collection of habitats. On a relatively small site, accessible by paths and boardwalks, there are areas of unimproved rough meadow, valley mire, raised bog and willow, all cut by the meandering Burns Beck. This all leads to a patchwork of delightful habitats, each with their characteristic plants, insects and birds.

Because of the cold, late Spring, many of the flowers that are normal for June were still not out. If you are reading this in July then the reserve should be at its best, covered in

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flowers, including rare species such as orchids. We did, however, see a lovely area of Bogbean – a stunning flower whose prosaic name does nothing to convey its beauty – and a glorious show of Hare's foot cotton grass. The deepened Burns Beck has areas of wild yellow water lily that will bloom in the next few months. Carpets of sedges and horsetail have replaced the grasses as the water levels were restored. For the botanists the sphagnum mosses are a delight, with 17 different species (out of a total of 34 for the whole UK). Sphagnum is an amazing plant. It can hold many times its own weight in water, storing rainwater and keeping the bog wet even in dry weather and allowing other plants to grow. It also creates the anaerobic, wet conditions needed for peat formation and the bog gradually accumulates, eventually rising above the water table.

Butterflies seem to have fared really badly after the terrible weather last year but we saw plenty of orange tips together with their minute single eggs

on the cuckoo flowers. Dragon flies and damsel flies are starting to emerge. Many birds use the reserve. We saw a reed bunting, heard a willow warbler and found pellets from little and tawny owls. Animal tracks crisscross the site, frogs and toads are everywhere and there was evidence of very recent visits from otters.

As a final treat, we were shown a tiny and very elusive fungus known as bog beacon. This has a bright orange head on a little stalk, is about 1 centimetre high and looks just like a minute belisha beacon.

This reserve has something to offer in all seasons and is very close to Sedbergh. If you haven't yet

discovered it, then it is described in a free CWT leaflet, available from 72 Main Street. It was dry underfoot when we visited but take notice of the warnings in the leaflet. Keep to the paths and wellingtons are a good idea in wet weather!

Join us for our next summer event – A Walk on Clouds – 7th July. We will join with Kirkby Stephen Group for a day-long exploration of the geology and wildlife of the fascinating limestone escarpment at Fell End, Ravenstonedale. Full details of this and very many other wildlife activities can be found in the "What's on" section of Cumbria Wildlife Trust website.

Jackie Hooley

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HARRIER NEWS

I have recently been given another reason to continue running around our local area: 'Well, it's quicker than trying to drive from one end o' Sedbergh to t'other, in't it?'. Well, perhaps, although you don't get the same 'slalom' feeling of driving round and about all the cars parked between the Dalesman and the Dental Surgery...

Anyway, Howgill Harriers were in action off road at the Caw, Hutton Roof, Ilkley Moor Trail, Austwick Amble and Killington Sports races towards the end of May. At the Badger Stone relays on Ilkley Moor, Ollie and Sam were first and eighth in the 2 mile legs and part of the three-man winning team overall.

A squad dominated by Howgill members also took second spot at the Edinburgh Marathon team relay event, thanks to Dan, Dick and

Jon. In the half marathon Rachel finished sub-two in 1.59:35 (cutting it fine there!), while in the full marathon Kellie and Jane finished in 4:18.18 and 4.25.25. Despite the warm conditions Rachel highlighted that 'some helpful householders had fastened sprinkling hosepipes to their high gates so we could run though a nice cold spray' though this may not catch on in fell races.

Harriers have also been competing around the highlands and islands of Scotland. Rich T was at the classic Jura fell race this year, and you can find his own summary of this event and photos on our website, along with more from recent events. On the mainland Sam found himself on a research trip but still able to do the Gairloch 10K at the last minute, and blitzed round the course in under 36 minutes to take third spot. Rumours are spreading about his radio

Jenette Hardy
BA (Hons) AICB CB.Cert

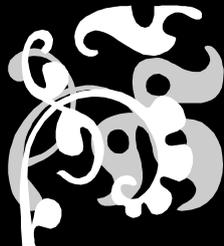
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interview after...

Back to the fells and two very different 'Horseshoe' races. Firstly, Rob tackled some of the highest peaks in the Lake District during the 23-mile Ennerdale Horseshoe, finishing clearly under 5 hours and earning 41st spot in the process.

Much closer to home saw the inaugural running of a new midweek Harriers race – the Cautley Horseshoe. Harriers turned out in force to support this event which despite being only 5 miles in length takes in some of the steepest climbing found anywhere in the racing calendar. Pat, Rob and Sean took third, 8th and 16th positions for Howgill, with Steve M barely a breath behind, taking first male V50. The Cross Keys Inn supplied some much needed sausage sandwiches afterwards!

Hitting the trails, Marcus took a solid second spot in the Kentmere 17k Trail race, whilst in the 17K challenge event Kev K finished 76th out of 344 runners. These two members are likely to feature in some of the longer Ultra races coming up so watch this space.

On one of the many warm and sunny days given to us in June, five Harriers were in action at the Bendrigg 10K. This is a 'lumpy' route which is testing even in cool conditions, yet Sean (15th), Jim (36th), Jenna (39th), Carol (51st) and Trish (56th) all complete the race to enjoy a well earned cold shower and the remainder of the summer fete.

Zoe, Isaac and Theo also ran the 2 mile Fun Run in what proved to be a family-friendly day out and a favourite among many Harriers.

Jenna was back in action the following week during the Cross Bay Half Marathon, crossing the sands to claim 16th place lady and 130th overall among over 400 taking part. Rob was up at the front again, taking fourth spot to match the fourth place he had earned the day before at the Great Hill race.

And there is still so much of the running year to look forward to! Given the competitive nature of some of our members we have decided to introduce two new prize categories: 'Most Races Ran 2013' and 'Extreme Howgill Vest Wearing'. The former speaks for itself; the latter is basically the opposite of that WI calendar...

Happy running.

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HOW WE USE OUR LEGS

I have long been wondering why so many of us have tight calf muscles – I am speaking from my experience of myself, fellow Tai Chi practitioners and acupuncture patients. Allegedly the famous Tai Chi master, Chen Man Ching had calf muscles which were completely soft. The shape of people's calf muscles varies widely. Many African athletes, who may be used to running barefoot, have quite slender calf muscles. At the other extreme I noticed Victoria Beckham's calf muscles bulging as she teetered on her ultra-high heels at the Royal Wedding. So we might say that it has something to do with footwear. Probably the shoes we wear, which crunch the toes together and force us to walk with our heels higher than our toes, have a bearing on the problem, as the calf muscles move the toes and flex and point the feet. Certainly people who run in standard footwear

tend to have two very tender points on the calves, known to acupuncturists as "runners' points". For more on footwear, read the book "Born to Run" or look at the Barefoot Tribe website.

Paralympic athletes using blades have shown us that calf muscles are not at all necessary for running. The blades mimic the tensile-elastic quality of the legs and are compressed into the ground with each step. This ties in with the idea of "effortless power" to which we were introduced at a recent weekend in Barbon by Kevin McGee. The downward force through the legs into the ground, when we are moving, can be several times our body weight and it is this force we are attempting to harness in order to move effortlessly. I find this particularly useful for walking or running uphill. The idea is to allow the weight to sink directly downwards with each step – instead

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of scuffing or skidaddling along as we normally do. The vertical force is used by the body, via the natural movement of the hips, to propel us forwards. If you get it right, the sensation is one of “falling uphill”.

For effortless use of the arms, the first requirement, obviously, is that the arms do not make any effort – that is they are completely relaxed. They can then be used to transmit power from the ground via compression of the tissues (pushing a piano) or stretching (tug of war). If you are at all interested in these ideas, look out for our second weekend of Effortless Power the last weekend in October – also at Barbon.

Another recent course I attended shed some more light on the calf muscle problem. It was a course for acupuncturists at the Northern College of Acupuncture at York, taught by an Australian called Phil McQueen. Once I had got used to his Aussie gym-speak (for instance, the tea break was called a “smoko”), I realised he is an extremely interesting character. He trained in acupuncture in the bad old days (about 30 years

ago) before the current sanitised era of colleges, degrees and accreditation. In his time, you simply went out to China and learned from whomever would teach you. The course centred around special treatments for the musculo-skeletal system, in particular low back and shoulder problems. One of the techniques he was teaching involved stretching the tendons of tight muscles to give the nervous system the signal it needs to relax the muscles. I saw several “miracle cures” through application of this technique and even performed one myself on camera (Phil makes training videos). My patient was unable to put her arm up behind her back, then after two or three minutes stretching she could.

My present study project involves applying this method, to the calf muscles. So far I am cautiously optimistic that it will prove to be beneficial – if you are interested in knowing more, especially if you have tight calf muscles, please get in touch. My telephone number is 015396 20972. *June Parker*

SEDBERGH CRICKET CLUB

Its been a disappointing start to the season, with the first 4 games being called off due to the weather. When we did get a start, we lost the first two league games against Bare and Holme. We progressed into the second round of the League Cup after beating Arnside at home however, with still not having a settled side, our league form is still not great, picking up a losing draw against Holme on Saturday 8th June. We have had three juniors turning out for the senior sides regularly, these being Ben Ferguson, Albert Hindson, Keiran Touey and Aaron Troughton even stepped in to help out against Bare. All these kids are showing great promise and potential.

The Club are very grateful for the Ball Sponsors to date, these being Graham & Lynne Moore, Justin Kirk and David Baines of First 4 Home Improvements The Dalesman and The Happy Haddock. A big thank you to G. J. Baines & Son for letting us use their roller at very short notice, and to Neil Robinson (Mobile Mechanic) for fixing the club's own roller free of charge. We are very

grateful to them all for their help and support.

The club now holds a raffle at every home game and would like to thank everyone who has bought tickets to date. As of last Saturday, we have held 3 raffles and made a much needed £70 for the club.

We would like to invite everyone to come down and support us at our home games in July & August which are as follows:-

13th July against Sedgwick A

10th August against Barrow

24th August against Galgate

Refreshments will be available.

Future Fund Raising events will include a "Traditional Family Fun Day" so keep your eyes and ears open for more news on that. A Domino Drive will be held in November and further details will follow on this too.

The club is proud to be able to turn out regular sides for the U14s and U12s leagues, without the dedication from Dick Gorst, this would not be possible.

The Club is going from strength to strength but new players are always welcome. *Stephen Troughton*

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DENT GALA

At the Trustees meeting on June 6th the foundation was laid for this years Dent Gala, much remains the same as other years but with the added "contingency plan" in case of a very wet day (again!), we will have more things inside/under cover and not use the field. But, surely, we WILL be outside and in the field & the day will be glorious..

We NEED MORE HELPERS PLEASE. The Gala is the one main fund raising event for Hall funds as well as a great, free admission day out for all the family. It always takes place around the village hall/school on August Bank Holiday Monday and opens at 11am. Among other things we will be having Bacon Butties, BBQ, Hot & cold drinks, Ice cream, stalls & competitions inc PILLOW FIGHTING, COCONUT SHY & BOUNCY CASTLE, WI TEAS and

who knows what else!! Come and find out.

Next meeting about the Gala is on MON JULY 11th 7.30 at the Memorial Hall. Do come. We make it as much fun as possible for helpers and everyone.

On the Bank Holiday Saturday, in the Main Hall we are having a Market and serving refreshments, included will be a giant White Elephant stall, contributions welcome at the Hall early or ring me to arrange collection/drop of, we will serve refreshments all day along with promoting the GALA. If you would want to have a stall at the market, perhaps you make/grow things you would like to sell do contact me asap, there will be a fee of £5 per stall.

*Sarah E Woof (Chair Dentdale
Memorial Hall/Gala committee)
015396 25212*

CUMBRIA IN BLOOM SEDBERGH

The Cumbria in Bloom Committee was formed over 20 years ago and its aim was to create flower beds in and around Sedbergh and in particular either end of Main Street and alongside the wall of the United Reformed Church. We achieved this (and much more i.e. the beds at the Fire/Police Station) and since then we have tended these areas weeding, pruning, planting and watering and much more . It would appear from many comments that are passed to our members, sometimes when we are tending the beds, that some residents still think that they are maintained by the local Council. THIS IS NOT SO - IT IS ALL DONE VOLUNTARILY come rain or shine.

To enable us to replace many of the older plants in the flower beds we recently applied to the Community Fund for monies and have been fortunate to have received grants on two occasions and we wish to express our grateful thanks to that Committee and as you can see many of the new plants have been purchased and planted . We have also been granted an annual sum

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from the Parish Council to fund our planting needs and we wish to thank them .

For many years we had two large black planters, one placed in the doorway of the small shop that was J. J. Martin and the other outside the former H.S.B.C. (or as some of you may know it by its former name Midland Bank) premises. However recently the one which was outside the former H.S.B.C. Bank has gone "walkabouts" and we are anxious to hear if anyone has seen it on its travels. If you know where it might be we shall be pleased to hear from you.

For many years we entered the competition "Cumbria in Bloom" and were fortunate on two occasions to win the prize for Best Small Country Town. Those competitions were won by the town as a whole weeding, sweeping and tending flower beds, tubs etc.,. The effect was appreciated by one and all and it would be nice if as a matter of daily routine that we sweep, weed and tend our premises to look their best. It is amazing what keeping things neat and tidy does for any area large or small.

Dorothy Blair

JULY GARDENING

Some years ago there was a fashion for pastel coloured flowers in gardens and bright reds and oranges were definitely out, (I once met a garden owner who had grubbed up several beech hedges because they turned orange in Autumn and Winter and consequently did not fit in with her colour scheme). I planted several pale things and silver and grey leaved foliage plants to compliment the muted colours. However, I always loved vibrant colours and so, at the other end of the garden, I grew a range of plants with brightly coloured blooms. As the summers have become more cloudy and grey over the past few years, I have let my pale flowered things go (most of the silver foliage plants except for the Woolly Willow (*Salix lanata*), and the Weeping Silver leaved Pear (*Pyrus salicifolia*) have died out due to winter cold and wet.)

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Somewhere near the top of my vibrant coloured plants are two large herbaceous perennials, *Crocsmia* 'Lucifer', and *Geranium psilostemmon*. The former has bold, spear shaped leaves which are striking in themselves, and rich bright red flower spikes. Many people will be familiar with the old garden plant known as Montbretia and *Crocsmia* 'Lucifer' is a taller, redder version of that. This plant is large, and inclined to flop, but there are several newer cultivars which are smaller and neater. 'Carmin Brilliant', 'Star of the East' and 'Honey Angels' are three which caught my eye last year. The first has bright pink flowers, the second large, starry orange, and the third creamy yellow.

Geranium psilostemmon has bright magenta pink flowers with a black eye. This one tends to grow up and flop too, so a little careful staking is necessary, but the great mound of vibrant flowers produced each year mean that it is well worth including in any decent sized border.

Elaine Home

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TIM FARRON MP

When I considered the skills I would need to become an MP for this part of the world I confess that scissor handling was not one that sprung to mind. Which is a shame as that seems to be rather necessary, particularly around Sedbergh and Dent at the moment, I have cut several ribbons (with some skill I would say rather modestly) around here over the past month.

I really enjoy these ceremonies not just because they are fun and I get to meet lots of people who are really committed to the area but also because they are the most tangible sign that things are moving forward.

There is always the risk in a beautiful part of the country like ours that we will become a back water and slip further and further behind our urban cousins in education and health and other facilities. We don't want to spoil our scenery but likewise we need jobs, housing, transport and education to ensure that we don't just become a museum for wealthy retired people.

This is why I continue to fight so hard for faster broadband, proper funding for our schools, new services for our hospitals, proper public transport and the like. I certainly felt under the last Government that I had to fight harder than my colleagues in

cities to get the services we need.

Anyway I was particularly chuffed this month to be asked to cut the ribbon, in some blazing sunshine, on the new community bus service serving the "Western Dales". This is a brilliant initiative to ensure that people in remote areas around Sedbergh and Dent are not completely dependent on having a car. My only regret was that my diary that day did not allow me time to go for a ride. Those drivers must be covering the most beautiful bus routes in the country.

The other ribbon was on the new health centre in Sedbergh. I know it has been open a while but it needed opening "properly" and I was pleased to be able to be there to help. This is most definitely a sign that Sedbergh is moving forward with some really advanced health facilities coming to the town that would be the envy of many much larger places and mean that people don't have to travel quite as much to be sure to get the very best treatment.

On the employment front I was not surprised to learn that there are only about 200,000 people working in agriculture these days. That is under 1% of the working population. Clearly as farming becomes more efficient the numbers who need to work in it decline. But this must be going too far, we know that the young people we need to keep the industry going and ensure we can feed ourselves are not being attracted into the profession. I am working hard to persuade the Government to take this



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seriously and put in place apprenticeship and other training schemes that make farming into a proper job prospect.

If you have any other ribbons you would like me to cut or anything else I can help with then please do contact me by writing to Tim Farron, Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk

Thanks for your support

Tim Farron MP

COUNCILLORS CORNER

Cllr Evelyn

My first civic engagement as Chairman was to represent the District at a service at Carlisle Cathedral to mark the 60th Anniversary of the Queen's Coronation. It was a beautiful afternoon, quite a contrast to the steady drizzle which blanketed London 60 years ago. I watched the Coronation procession from a seat in Parliament Square opposite Big Ben. I remember travelling into London on a special tube train reserved for ticket holders because all cars were banned from the centre of the city. Newsvendors were shouting out that the New Zealander Edmund Hilary

had reached the summit of Everest with Tenzing Norgay. Some 29,200 servicemen from Britain and the Commonwealth took part in the Coronation procession. Apart from those actually marching in the procession there was a serviceman posted every metre along the entire eight mile route.

Constance Spry, who also helped with the floral arrangements, proposed a new recipe for foreign guests who might not favour our bland, rationed food. It was chicken in a curry sauce known thereafter as Coronation Chicken.

Cllr Nick

I had barely got my feet under the desk as County Councillor for



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Sedbergh & Kirkby Lonsdale when the much heralded 'poisoned chalice' was presented to me: the potential closure for **fourteen weeks** of the A683 Sedbergh to Kirkby Stephen road between Cross Keys and Rawthey Bridge, for bank strengthening work, to stop the road slipping down into the River Rawthey. The proposed diversion via the M6 or Garsdale Head will add many miles to the journey.

Working in combination with Libby Bateman, the County Councillor for Kirkby Stephen, we had a site visit with Highways Engineers and the contractors to discuss all the issues raised by the potential road closure, with local farmers particularly

concerned about how they would move stock and material either side of the closure. Others affected included local businesses such as the Cross Keys Inn, Cautley Garage and the Fat Lamb at Ravenstonedale, local bus services and residents who live on one side of the closure but who work on the other.

The obvious solution would seem to be to keep one carriageway open, but as the digger on site will be enormous with a huge arm used to reach right down to the river bed, this was not possible as the equipment will cover the whole width of the road. What about working seven days a week, double shifts? This is massively costly and also would need the technical

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engineers to be there full time and there aren't enough. What about allowing vehicles through when work has stopped at the end of the day? It seems there will be a time when the road may be severely weakened by the ongoing work before it is strengthened again.

The best solution we came to was to look into the cost of building a short section of new road parallel with the present road to take traffic around the closure. It just so happens that where this needs to be done there is a vast steep bank above the road which will involve moving thousands of tons of soil and rock, so adding to the costs. As this is to be paid for by the Department for Transport, as part of the recovery programme following the 2009 floods, the budget is beyond the control of the county.

So where are we now? It seems that as there has been a delay in funding, the project may well be postponed until next year, to be carried out in the time window permitted by the Environment Agency when riverside works of this nature can be undertaken. This may give us the time to look at what alternatives are possible. However, this is dependent on the weather behaving itself so that the frequent and severe floods of the past few years are not repeated, further undermining the river bank, in which case the road will have to be closed anyway. We will do all we can to keep everyone informed of the next steps.

Cllr Ian

I should like to begin by

congratulating Evelyn on her election as Chair of SLDC for this coming year. Her rise has indeed been meteoric as it is only a couple of years since she was first elected to the Council. Evelyn has already served for a year as Vice-Chair and during that time she has thrown herself into her duties with her usual wholehearted commitment, enthusiasm and determination. I have no doubt that she will bring these same qualities to the role of Chair and she has already given considerable thought as to how she will set about her new duties. With her background and experience in both farming and the business world she will make an excellent

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ambassador for the Council both in our own South Lakeland District and in the wider Cumbrian community.

Appleby Fair has now come and gone for another year. I have to say that as far as our own Ward of Sedbergh and Kirkby Lonsdale is concerned it has been one of the quietest build-ups for years with the number of Travellers well down on previous years. Apart from one or two small incidents there has been no real trouble or inconvenience, with the Travellers being largely well-behaved and law abiding. I also think that this is due to the pre-Fair planning and I would like to thank in particular County and District Council officers and the Police who have

done everything possible to ensure that the whole event went off without hitch. Every day during the Fair (and before and after it) there have been drop-in sessions on alternate days in Sedbergh and Kirkby Lonsdale to provide a forum for the public to have their say and I think that it is a measure of the success of this year's operation that hardly anyone at all dropped in! And once again thank you to everyone who has played a part in helping to create a largely trouble free event this year. There will be a de-brief and drop-in session for residents to provide feedback on 9th July between 5 to 7 pm in the Peoples Hall, Sedbergh.

I was delighted to be present at the

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official opening of Sedbergh and District Information Centre and Community Office facility at 72 Main Street on the 12th June. The opening by the Chairman of the Yorkshire Dales National Park Authority, Carl Lis, was the culmination of a great deal of hard work by many local people following upon the sale of the building by the Park Authority to the White Knights consortium. Fund raising has been going on for some time to allow the premises to be finally transferred from the consortium to a Charitable Incorporated Organisation for the benefit of the town and district in perpetuity. After the opening Carl was shown around the refurbished building as were

members of the public who came along to see the changes that had been made and to be more fully informed as to the services which were being provided by the staff and volunteers. I wish the whole project well as it develops and continues to grow.

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

Evelyn Westwood:

email evelyn@markwestwood.co.uk

Tel. 015396 20148

Ian McPherson:

email ianmcpherson24@hotmail.com

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The Chain of Survival Partnership is made up of the Ambulance Service, Fire Service, 1st Responders, Eden Lifeline, British Red Cross, St Johns Ambulance, British Heart Foundation and First Aid Associates amongst others and has the objective of reducing the levels of mortality and morbidity associated with cardiac arrest that occurs outside of hospital in Cumbria.

The aims of the group are to:

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- Increase people trained in the use of AEDs (defibrillators)
- Increase the availability of AEDs (defibrillators) for use in emergency situations by responders and members of the

public

- Engage with local communities to ensure partnership working and sustainability and also liaise with community champions & volunteer networks.

So we need your help: in order that we can make sure we have a comprehensive list of all of the defibrillators across Cumbria both internally and externally placed in your village, community, place of work, home etc and also to enable us to place new ones in areas where there is a gap, please let me know where your defibrillator is and whether placed inside or out. Also, we would remind everybody that we can offer the opportunity of relevant free training to make best use of these fantastic easy to use life saving pieces of equipment.

Or if you would like more information about this partnership, please get in touch.

Many thanks for your help.

Valerie Ayre
Community Risk Manager
valerie.ayre@cumbria.gov.uk
07769 614561

SEDBERGH ANNUAL PARISH MEETING

Chairman's Report from 29th May

The Parish Council has had yet another busy year. Much of the work is done through the various committees, which include Amenities, Planning and Audit.

In addition to ensuring the upkeep and maintenance of the Parish Council assets, including Joss Lane car park and toilets, the Amenities committee undertook a project to identify and map all the Council assets in an online mapping exercise. This has been a lot of work for the committee, but is invaluable for the future. A number of benches and street lamps have been repaired throughout the town.

Members of the planning committee monitor and comment on all the planning applications, having visited the sites, a time consuming activity.

As part of the Sedbergh Townscape Project (STP) Cumbria Highways have been persuaded to remove unnecessary signs, posts and other clutter. In the interests of pedestrian safety, a scheme has been agreed for the widening of the footway in the vicinity of 10 Main Street. Most of this remains to be implemented by Highways, but a recent success has been to design, obtain and fix the new welcoming sign at the entrance to Main St. The Council has also put forward detailed plans for the replacement of the defective bus shelter opposite Morphet's Garage, a proposal which has been supported by a recent meeting of the County

Council's bus panel. Achieving these improvements is far from straight forward and involves much effort.

As a result of submissions made by the Parish Council Queen's Gardens has been added to the Register of Parks and Gardens of Special Historic Interest and the monument to Queen Victoria has been listed as a building of Special Architectural or Historic Interest (grade 11). Meetings have taken place with officers of the Heritage Lottery Fund regarding the possible funding of a conservation and management plan for the gardens. A specialist report (for which grant funding has been secured from the Local Area Partnership) has also been commissioned for the repair and

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restoration of the Jubilee Fountain in Finkle Street

During the year there remained uncertainty and concern about the future of Loftus Hill car park. However, with the merger of Sedbergh and Casterton Schools and the consequent proposed move of Sedbergh Junior School a five year lease is in the process of being agreed between Sedbergh School and the Parish Council.

The Parish Council has given substantial financial support to enable the extension of the People's Hall to go ahead. Likewise it has been supportive of the fundraising activities, which have been underway to ensure that 72, Main St is

purchased for the community. The Council has also assumed responsibility for the management of the children's play area adjacent to the People's Hall.

The Western Dales Community Bus project, which has been led by a group from Dent, has had input from Sedbergh Parish Council and agreement has been reached to base the bus at Joss Lane car park and to provide the technical support from 72, Main St. The bus, in addition to running services, will be available for hire by community groups.

Councillors are represented on meetings of many groups including the Neighbourhood Forum, the Local Area Partnership, Sedbergh & District Chamber of Trade & Commerce, Sedbergh United Charities and the Respect Group and, in addition, have made representations at meetings of the Yorkshire Dales National Park Authority regarding a number of matters relating to the town.

During the year Margie McVoy, who had been associated with the Parish Council for many years resigned due to other commitments and Mary McPherson joined as her replacement. My thanks go to Margie and to all the other Councillors who give their time and energy on a voluntary basis and work very hard on behalf of the Parish. The Council is also very lucky to have Colin Robertshaw as our clerk who supports us in a most able way and to have excellent input from the District and County Councillors.

*Dr. Hilary Hodge
Chairman Sedbergh Parish Council*

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KILLINGTON SPORTS

Record turnout on

This year, on Thursday 30th May, the sun shone all day upon the Killington Sports field, and a record crowd of both competitors and spectators poured in to enjoy the evening's entertainment of traditional Lakeland sports. Nobody really knows when these annual Sports days actually started in Killington, although we were told of a reference to them in the Westmorland Gazette in 1845. Also the Sedbergh History Society once published an article about the finding of a diary, kept by a girl living at Killington Hall much earlier than this, which referred to "games held in Whit week".

Whenever they started, the residents of Killington enthusiastically maintain the tradition and provide a very popular annual event - drawing crowds and competitors from quite a sizable area.

This traditional Lakeland sports event includes the usual field-running, fell-racing and Cumberland & Westmorland wrestling interspaced with fun events such as egg-and-spoon, tyre-, potato- three-legged and sack-races, pillow-fights and egg-throwing. These are complemented by the usual side-shows of Pitch-penny, Horse-shoe pitching, Darts, Quoits and a Coconut Shy.

Although all events had their usual good level of entries, often requiring

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several heats before a final race, the most popular events of the night were once again the Fell Races with the Senior event having a good field of 45 entries. This was dwarfed however by the 11 & Under Fell Race when 105 youngsters scampered off at the Start - and all finished without mishap!

It was great to see so many regular participants returning again to compete for the various trophies and money prizes..

Although there was no World Championship event this year, the Wrestling was well supported, not only by the regular appearance of well-known family names but also with a number of new names going on to the trophies. The wrestling arena then hosted the popular Pillow-fighting.

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

The evening came to its usual conclusion (beneath the glow of spotlights at about 11-30pm!!) with keenly contested Tug o' War competitions with the "Dent Tuggers" team being the winners of the Main event and "Heifers United" winning the U16 event.

Much credit for another successful Killington Sports goes to the Sports Committee for the preparation of the field and organisation on the night. However, they would like to express their gratitude once again to John Capstick for the loan (and early mowing!) of his field, and to all the sponsors of the events who once again provided invaluable support to the Sports by supplying the bulk of the prize-money - ensuring the Sports' financial viability and future. The Sports Committee were also grateful for the assistance of the C&W Wrestling Association who provided the Judges, and to the Fell-racing Association who recorded all positions and times in the Fell Races for the benefit of their members. Excellent BBQ refreshments were provided throughout the night by

Alison Thompson Catering, together with ice-creams from Roger Ingham's traditional barrow and sweets sold by the ladies of the Sedbergh Primary PTFA.

John Mather

KILLINGTON SPORTS

Results

U12 Tyre Race – 1st. Jay Ferguson, 2nd. Logan Hargreaves, 3rd. Sam Harper, 4th. Alex Baker.

U17 Tyre race – 1st. Luke Gorst, 2nd. Brodie Swallow, 3rd. Thomas Nelson, 4th. Sam Gorst.

U9 Boys 100yds – 1st. Tom Mullins, 2nd. Angus Knight, 3rd. George Bland, 4th. Evan Allan.

U9 Girls 100yds – 1st. Islay Aitken, 2nd. Hannah Jackson, 3rd. Edie

Eccleston, 4th. Clara Samson.

U13 Boys 100yds – 1st. Chris Stanton, 2nd. Alex Mullins, 3rd. Lucas Parker, 4th. Gregan Baker.

U13 Girls 100yds – 1st. Olivia Mason, 2nd. Kitty Morrison, 3rd. Katy Atkinson, 4th. Lottie Burns.

U17 Boys 100yds – 1st. Cameron Hames, 2nd. Jacob Aubrey, 3rd. Alex Inman, 4th. Archie Singer.

U17 Girls 100yds – 1st. Katie Russell, 2nd. Sophie Marshall, 3rd. Ellie Lambert, 4th. Annie Lindseyt.

U12 Sack Race – 1st. Thomas Darwin, 2nd. Kitty Morrison, 3rd. Lottie Burns, 4th. Mia Walsh.

U17 Sack Race – 1st. Lewis Dennison, 2nd. Joe Gorst, 3rd. May Atkinson.

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U12 Boys Potato Race – 1st. Tom Humphries, 2nd. Sam Johnstone, 3rd. Thomas Darwin.

U12 Girls Potato Race – 1st. Olivia Mason, 2nd. Maud Humphries, 3rd. Maise Gargh, 4th. Maddy Harrison.

U17 Boys Potato Race – 1st. Lewis Dennison, 2nd. Cameron Holmes, 3rd. Thomas Nelson, 4th. Robbie Sproul.

U17 Girls Potato Race – 1st. Mary Atkinson, 2nd. Mia Senior, 3rd. Brodie Swallow, 4th. Melissa Sproul.

Children Mixed 3-Legged – 1st. Jacob Aubrey & Georgie Stephens, 2nd. Maisie Gough & Stanley Gough, 3rd. Mary Atkinson & Joe Gough, 4th. Mia & Matthew Senior.

Mens100yds – 1st. Tom Batty, 2nd.

Dan Caton, 3rd. Sandy Meikle, 4th. Simon Denny. .

Ladies 100yds – 1st. Gail Batty, 2nd. Lauren Appleyard, 3rd. Ellen Smith, 4th. Cathy Harrison.

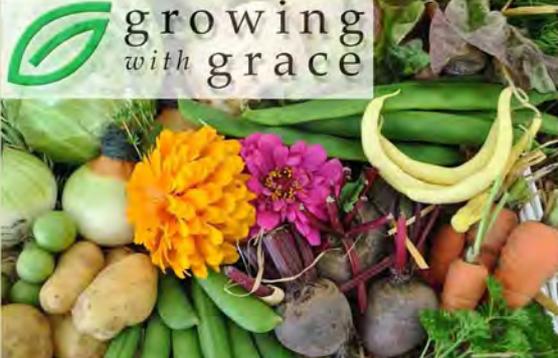
Mens Sack Race – 1st. Dan Caton, 2nd. Cameron Hames, 3rd. Simon Spensley, 4th. Tom Batty.

Ladies Sack Race – 1st. Connie Hodgson, 2nd. Rachel Camp, 3rd. Claire Parker, 4th. Annabel Caton.

Mens Potato Race – 1st. Lewis Dennison, 2nd. Simon Denny, 3rd. Tom Batty, 4th. Robert Hudson.

Ladies Potato Race – 1st. Gail Batty, 2nd. Connie Hodgson, 3rd. Lauren Appleyard, 4th. Hannah Stourlay.

Ladies 200yds – 1st. Connie



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Hodgson, 2nd. Lauren Appleyard, 3rd.
Kath Aubrey, 4th. Annabel Caton.

Mens 200yds – 1st. Peter Gorst, 2nd.
Alistair Dunn, 3rd. Sandy Meikle, 4th.
Tom Batty.

Senior Fell Race – 1st. James Hall,
2nd. Paul Dugdale (V40), 3rd. Marcus
Scotney, 4th. John Hosker, 5th. Craig
Burrow, 6th. Billy Proctor (V50).

Ladies – 1st. Kathleen Aubrey (V40),
2nd. Lauren Munro-Bennett, 3rd.
Donna Whitehead(V40).

U17 Fell Race – 1st. James
Marchant, 2nd. Oscar Meanwell, 3rd.
Matthew Senior, 4th. Thomas
Marchant, 5th. Ellie Lambert 6th.
Katherine Lawson.

Girls – 1stEllie Lambert, 2nd.
Katherine Lawson, 3rd. Hannah
Newbold.

U14 Fell Race – 1st. Jacob Aubrey,
2nd. Thomas Nelson, 3rd. Robbie
Johnstone, 4th. Imogen Burrow, 5th.
Gregan Baker, 6th. Mia Senior.

Girls – 1st. Imogen Burrow, 2nd. Mia
Senior, 3rd. Imogen Gorst.

U12 Fell Race – 1st. Fraser Sproul,
2nd. Lucas Parker, 3rd. Tom
Humphries, 4th. Katie Atkinson, 5th.
Joe Hudson, 6th. Will Atkinson.

Girls – 1st. Katie Atkinson, 2nd. Mia
Walsh, 3rd. Abbie Allan.

Local Boy – Tom Allan

Local Girl – Abbie Allan.

Open Mountain Bike Race – 1st.
Alistair Dunn, 2nd. Thomas Nelson,
3rd. Robert Hudson, 4th. Johnny
Bland.

Mile Handicap – 1st. James Hall, 2nd.
Bradley Johnson, 3rd. Peter Gorst, 4th.
Gary Beardwood, 5th. Phil Thurlow.

U17 Half Mile Handicap – 1st. James
Marchant, 2nd. Fraser Sproul, 3rd.
George Tostevin, 4th. Olivia Mason,
5th. Jacob Aubrey, 6th. Thomas
Nelson.

U17 Girl – 1st. Olivia Mason, 2nd. Mia
Walsh, 3rd. Imogen Gorst.

Open Mens 400yds – 1st. Tom Batty,
2nd. Jonny Bland, 3rd. Peter Gorst, 4th.
Gary Beardwood.

Open Ladies 400 yds – 1st. Annabel
Caton, 2nd. Kath Aubrey, 3rd. Lauren
Appleyard 4th. Gail Batty.

Adult Mixed 3-Legged – 1st. Rachel
Camp & Tyler Knowles, 2nd. Connie &
Daryl Hodgson, 3rd. Jon & Helen
Caton, 4th. Dan & Annabel Caton

Tug o' War U16 – “Heifers United”

Tug o' War (senior) – “Dent Tuggers”

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Wrestling

U9 Boys & Girls – 1st. Ella Park, 2nd.
George Bland, 3rd. Thomas Mullins.

U12 Boys & Girls – 1st. Harold
Wilson, 2nd. Gus Singer, 3rd. Sam
Johnstone.

U15 Boys – 1st. Sam Wilson, 2nd. Joe
Lashley, 3rd. Lewis Dennison.

U18 Girls – 1st. Connie Hodgson, 2nd.
Lizzie Hayhurst, 3rd. Megan Gibson.

U18 Boys – 1st. James Hayhurst, 2nd.
Darrell Hodgson, 3rd. Archie Singer

Men U20 & U12st. – 1st. Ben
Brocklebank, 2nd. Hayden King, 3rd.
Sam Wilson.

Mens 13st. – 1st. Andrew Carlyle, 2nd.
Darrell Hodgson, 3rd. James
Hayhurst.

Mens All-Weight – 1st. Stewart
Fleming, 2nd. Freddie Sewell, 3rd.
Thomas Brocklebank

Pillow Fight

Mixed U12 – 1st. Kitty Mahon, 2nd.
Jay Cafferty, 3rd. Thomas Darwin.

Mixed 12-16 – 1st. Josh Bond, 2nd.
Tom Thexton, 3rd. Charlie Preece.

Mens – 1st. Trevor Hodgson, 2nd.
Darrell Hodgson, 3rd. Alex Mullins.

Sideshows

Coconut Shy

Horseshoes – 1st. David Woof, 2nd.
Raymond Rowlinson.

Pitch Penny – 1st. E. Waller, 2nd. G.
Strickland.

Darts (Men) – G. Strickland.

Darts(U16) – Liam Stubbs



NEWS FROM THE PEWS



With his photograph on the Cover of this month's Lookaround, you will be able to recognize our new vicar anywhere now, with or without his dog collar!

If you have noticed a few more low flying aircraft than usual in the last month over the Howgills it could be that the RAF are checking up on their old Chaplain! Seeing familiar aircraft overhead has certainly made Rev Andy McMullon smile during his first few weeks in his new parish.

Sedbergh people and members of the Carlisle Diocese jointly welcomed Andy and his family with genuine warmth and fellowship at his induction in May. People from all sections of our community gave individual welcomes to him and Lorraine at a certain point in the service along with smiles and humorous remarks. A true Sedbergh welcome, the memories of which will stay with the family forever.

At the beginning of June, St Andrew's proudly played host to the Town Band concert which, as always was a great success. The vision for the chancel extension has been well used in its first year providing a great facility for all kinds of services, concerts and plays.

Finally, from everyone at St

Andrew's we issue an invitation to you all to join us at the Summer Fair being held in and around the church on Saturday 13th July from 10am onwards. We have crafts, food, games and fun on offer. For the little ones a Bouncy Castle will be in situ beside the tower, Joel, will perform at 12 noon in the churchyard, inside we shall have crafts, and food plus games for all ages on the sunny south side of the church.

The Town Band will play at 2pm heralding the start of Finkle Street Fun with wacky races, music of all kinds; ingredients for a super afternoon close to home. Our aim is to have a great day for everyone, young and old. Do come and be part of it.

We look forward to seeing you for a great time whatever the weather.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

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CHURCHES TOGETHER

in Sedbergh and District – Changes afoot!

One of the great joys of being a minister in Sedbergh is the fact that all the churches get on so well together. I have never lived and worked in a place where this has happened so well. To many people it doesn't matter what 'flavour' a church is. Most people probably don't care what the differences and similarities are; when they see a church they see just that. A church; a lot of stones and windows, memories and events, people and worship.

To those who belong to and treasure a particular church the differences

and similarities it can be quite different. After all we choose where to worship based on what we believe, how we wish to worship and what we like and prefer.

Ecumenism; working together, is about focusing on what we want to do together and focusing on what we have in common. A recent development in this has been the now traditional annual Pentecost service, always a great celebration of the birth of the church all together, in one place for the morning. Other events, such as the holiday club, simply wouldn't work as well if only one church organised and ran them. Stronger together and certainly more fun!

At a recent Churches Together meeting we were pleased to welcome Dennis Whicker to speak with us. During that meeting it was decided that we would like to work together better in communicating through Lookaround about special events, children's events, service times and news from each church. From next month we are going to give it a try so keep an eye out for shared news from the churches which will be collated and put into a cohesive report.

Our hope is that it will help everyone learn more about all the churches in our town and Dales and that together our news will be encouraging and interesting. Feedback welcome too once we've produced a few!

Carole Marsden



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DENT CHURCH NEWS

Mr and Mrs Abel Smith hosted a delightful Open Garden Evening at their home, Gate on May 25th. The weather was most unusually kind, with beautiful blue skies providing a spectacular backdrop to the most wonderful garden, full of secret glades and colourful surprises. This horticulturalist's delight was raising funds for the St Andrew's Dent Heating Fund, which will allow us to install under-pew electrical heaters. Thanks to the success of this evening topping up our fund raising (approx. £427 was raised during the evening), we hope to have the heaters installed before October 1st. We are so blessed in the support we receive and we would like to thank Mr and Mrs Abel Smith for their hospitality and support for Dent Church.

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DENTDALE CHRISTIAN FELLOWSHIP

Sometimes our monthly meetings are very "home spun", those who are there share as they feel they can about what is happening in their lives and any prayer needs they or those they know have.

In April Tony & Sue came and shared their testimony in word and song, Tony played old spiritualist songs on his bango & guitar, then we shared a meal together. Our planned speaker for May, Mavis the "bike lady", so known because she talks about Jesus to motorbikers, was ill so we had a 'home spun' eve inc hearing about the Whitby Gospel music convention.

New people are always welcome, the confidential prayer line number is ; 07816999432 or ring our landline; 015396 25212

John & Sarah Woof "Rhumes" Dent

SEDBERGH WANDERERS & PH

Sporting boost for Sedbergh

The Football Stadia Improvement Fund (FSIF), supporters of the Football Foundation, and the largest funder of non league football in the country, today announced a grant of £49,621 to joint applicants Sedbergh People's Hall and Sedbergh Wanderers FC.

This award will enable Sedbergh Wanderers FC to acquire new purpose built changing rooms for the home team and for a redevelopment of the visiting teams and officials changing rooms, to ensure current FA league standards are reached.

The facilities which are currently small and dated will be upgraded in quality and size, to provide more space and improved, modern conditions for players. As well as the players, these new facilities will also benefit the clubs visitors, game officials and spectators.

Funded with £6m each year from the Premier League, the FSIF is the country's largest provider of grants towards projects that help improve the comfort and safety of lower



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league football grounds in both the professional and amateur game. These improvements range from new football stands and turnstiles to floodlighting and improved provision for disabled supporters.

Gina Barney, Hon Secretary, People's Hall said: "Everyone at Sedbergh Wanderers FC is extremely grateful for the funding received from the FSIF. The club has a long history and have been playing football in Sedbergh since the end of the 19th century. This grant sets them up for the 21st century."

Peter McCormick, FSIF Chairman, said: "I am delighted



The Football Stadia Improvement Fund

that my colleagues and I have been able to award this grant to Sedbergh People's Hall and Sedbergh Wanderers FC to allow them to redevelop their sports facilities.

"FSIF staff work hard to make sure that the funding that is generously provided by the Premier League each year goes as far as possible and benefits as many clubs and supporters as it possibly can."



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KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Following on from our discussion of the National WI **RESOLUTIONS** last month we were very interested to receive the report of the meeting held in Cardiff recently. Catherine Sugden of Dentdale WI had attended as our delegate. It emerged that the general feeling of the big meeting mirrored our own reactions at our discussion meeting last month which was very reassuring. Thank you Catherine for being our delegate and sending us your report which Susan Sharrocks passed on to us.

We made plans for our Coffee Morning which by now has been and gone. (As I write this on the 19th of the month I am happy to say that this was a very successful occasion today. We made £154.65 to add to our funds, plus yet another £90+ from Dawn's bric-a-brac stall for Thandi in South Africa.) We made plans for our July outing to Storrs Hall, and for our Tea Party at High Beckside on July 2nd. This is always one of the most relaxed and happy meetings of the

year, so, new members, make sure that you do not miss it. Phone me if you have any transport problems. We learnt that the final total of our stall at the Gala was over £350 – a magnificent effort – thanks again to Dawn and her team.

Joan Bentley, our demonstrator from Cartmel, is a real whizz with flowers, and we enjoyed a wonderful demonstration of "Floral Art", (the term "flower arranging", is now old hat so we must move with the times. If not, the times will move without us!) Notwithstanding, Joan quickly and entertainingly rustled up half a dozen beautiful arrangements, accompanied by light hearted and humorous chat. Such a skill! To be able to do two things at once, and do them well. I always say that next time I am on this earth I am going to be able to do two things really well: - 1. Sing, and 2. Draw and paint beautifully. Now I am going to add a third, 3. Remember jokes! Joan's arrangements were to be our raffle prize(s) and at the end of her demonstration there was a stampede to buy more raffle tickets. Happily, I was among the lucky



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winner and have enjoyed my lovely flowers for over a week as, I am sure, have the other five fortunate members.

Our competition in this month of flaming June, was any item beginning with the letter J. Anne Jones was the winner. Was it a jug? I'm not sure. My Joke Book was an 'also ran', but it's always a winner with our grandsons.

So, onward to the strawberries and cream and all other Tea Party goodies. I'm sorry, unless you have already acted on your wise decision to join us, neither **YOU** nor the Mad Hatter can come to the party. Never mind! Join us in September when we shall be widening our literary horizons.

Hope to see you then!

Wendy Fraser-Urquhart

SEDBERGH WI



Recently twelve members went off on a mystery tour. The bus set off on a wet morning which luckily turned into a sunny afternoon. It became obvious that the bus was heading for the coast and Anne Symons who grew up in Barrow told us stories of her childhood in the area as we journeyed along. Anne was ticking off places on her mental map and guessed the destination about two miles before we arrived. Everyone was surprised by the sight of a Buddhist Temple against a backdrop of sheep grazing on the green Cumbrian Fells and not the snow capped Himalayas. One member quipped that she associated Laurel and Hardy with Ulverston and not Buddhist Temples. On arrival a DVD was shown about the history of the Conishead Priory which had been founded in the 12th century as an Augustinian Priory and is now home to a Buddhist Community. The resident Buddhists showed us around the beautifully restored Priory and pointed out the Chapel which is the

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www.thefranklyngroup.com

last area in need of restoration. Despite its peeling plaster and paintwork it was still worth seeing for its glorious stained glass windows. We so impressed the guide that she took us upstairs to see the Oak Room which is usually off limits. Twelve chattering ladies all piled in to admire the superb carved wall panelling and hardly noticed a young man who was sitting quietly on his bed studying and bless him he just smiled and nodded. The statue of Buddha in the Temple is the largest bronze Buddha cast in the West and the Temple itself is set in the old walled kitchen garden of the estate surrounded by grassy lawns and flower borders. Naturally a WI outing wouldn't be complete without a cuppa but it's not every day that members get served tea and cake by Buddhist monks and lady Buddhist monks at that.

Seven members of the walking group enjoyed a circular walk from Condor Green which is just south of Lancaster. The walk took in tow a path along the Lancaster canal, old railway line and bluebell woods, it also skirted Glasson Dock: It was an

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area where none of the members had walked before and we all really enjoyed it. Most of the walk was done in blustery sunshine, the last half a mile in hail, after which the sun shone again and we had all dried off by the time we got back to the car park.

During June the Book Club met at Marjorie's and a lively discussion ensued. The book in question 'White Cargo', is actress Felicity Kendal's autobiography. Many members appreciated her descriptions of the colour, smells and sounds of India along with the description of the hectic life-style of the Kendal family who travelled round India performing Shakespeare and other classics with their theatre company. Felicity started writing the book during her visits to her father Geoffrey in a nursing home after he had suffered a stroke; the story is told partly through her talking to her unconscious father about her reminiscences, partly through family letters and Felicity herself recounting her own experiences, so the tone is varied. The readability was rated by one member at 4 and several others at 8: why the discrepancy? The main

reason for the difference in the scores was that some of the members weren't too keen on Felicity the actress. Finally, here's a point of local interest: Felicity's father was born Geoffrey Bragg but changed his name to Kendal - after his home town - because he thought that made a better stage name!

On Wednesday July 10 at 7.30pm the meeting will be back in the People's Hall as usual. See you there.
Sandra Gold-Wood

DENTDALE WI

'Nearly midsummer' someone remarked as we attempted to put on the heating for the June meeting, the time switch being a little temperamental! The institute business agenda was well filled and we listened to reports from the group meeting and the AGM in Cardiff. The Lune Valley group meeting was hosted by Casterton WI. The speaker was Pat Ashcroft who gave a talk entitled *A Kaleidoscope of Life*, about her family history from 1800 to the present day. The competition was for a depiction of *The wheel of Life* from

cradle to grave and most entries were in the form of a poster. Our entry was contained in a round box about ten inches in diameter and divided into sections, All the major events from a cradle through to coffin were exquisitely executed in tiny models and this year we won the cup!

President Catherine Sugden was the delegate representative at the Cardiff based National AGM held in early June. The delegates were voting on both the new constitution and the resolution concerning the decline of our high streets and town centres.

Next dining club event will be to Kit Ridding on 4th July

Our speaker for the evening was Julia Beedon talking about "The Meaning of Surnames" She told us that she had spent many years researching this fascinating subject and armed beforehand with a list of members she had summarized the meaning of each surname which she read out. Of course, this was only one side of the story if we were known by our married names, as our own maiden names would be just as interesting no doubt. The Summer Outing is now finalized for 14th August to Harlow Carr and Harrogate

Next month, July 10th, is our Open Meeting followed by a Jacobs Join when Duncan Hamlett will be talking about Flying for Life and Mission Aviation Fellowship. The competition is for a holiday postcard and indeed, if you have any unwanted collections of postcards, Mr Hamlett will be pleased to receive them to sell for

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funds. Visitors and guests will be made welcome.

Pat Allen

HOWGILL WI

Our Coffee Morning held on June 5th was successful in raising £209.50 for W. I. funds. We would like to thank everyone for coming along and supporting us.

Bridget welcomed 12 members and 3 visitors to the June meeting. Also welcome back to Helen Beare armed with cello ready to perform, along with guests Rachel Malloch and friends who gave a 'Musical Medley' whose repertoire included Handel, Bach and Vivaldi. A group of talented musicians we all enjoyed listening to. Sarah Scarr expressed our thanks for an exuberant performance.

Sarah was the competition winner 'My favourite piece of music is because with Vera Hodgson second.

Members who attended the Group Meeting hosted by Casterton W.I., had an excellent evening. Speaker Pat Ashcroft inspired us with her talk 'My Kaleidoscope of Life' The competition coincided with the theme 'Cradle to Grave'. The entries were all amazing. Dentdales entry was a worthy winner. A lovely buffet concluded the evening.

Members who attended Holker Festival reported a worthwhile event to attend.

We meet again on July 4th for a members evening at Firbank Church Hall. Visitors welcome.

A.H.

Daphne Jackson
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LADIES NFU

The guest speaker at our May meeting was Susan Garnett, who gave a fascinating talk entitled 'Facts and Phantoms of Upper Eden!' The area covered included the Smardale Valley and around the Ravenstonedale area.

Susan explained the history of the area, of how the fells and land were formed and then the people living there thousands of years ago. First the Neolithics, then the Romans who built many roads, then the Vikings.

For many years the transport used were horses, followed by the Railways and with the help of slides, we viewed the impressive viaducts, all built by man.

Susan recommended a book written by the Rev. Nicholls in 1860, which covered the history of the area before that date, together with spooky legends told around that time.

Finally Susan was thanked by our President for her most interesting and informative talk.

KS

SEDBERGH ATHLETES

Young local athletes Danielle Brooks and Katie Woof were recently chosen after trials at Carlisle to represent Cumbria in the prestigious Inter-Counties Track and Field Fixture at Middlesborough on Saturday 15th June 2013.

Both girls joined athletes from all over the North of England to take part in this



competition. Danielle competed in the Intermediate Girls Discus and gained a reputable 4th place. Katie gave strong performances in the Junior Girls 100 mtrs and Sprint Relay team and

gained a well deserved 2nd place in the Long Jump.

Danielle and Katie should be extremely proud of their achievements at this highly competitive athletic meet.

Back in April this year after trials at county and then regional levels, Katie became the first Cumbrian under 15 girl to represent the North West region at the "Evergreen Sportshall UK Finals" in Birmingham. She competed in the vertical jump, speed bounce and 2 lap sprint. Overall Katie was placed 20th out of a field of 80 athletes from all over the country.

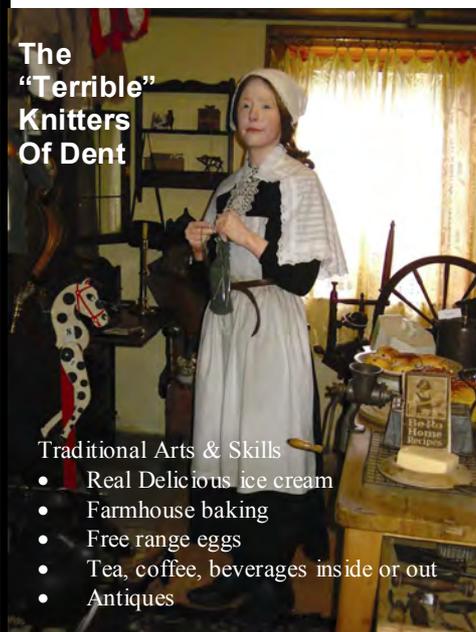
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FLICKS IN THE FELLS

'LAD a Yorkshire Story'

Another great night at 'Flicks in the Fells'. What a treat. The film was introduced, to an almost full hall, by the young star of the film, Brett Lord playing Tom, a Yorkshire teenager.

The writer/director Dan Hartley was inspired by real events in his own life to write and direct this film. He grew up in the Dales and during week-ends and holidays would go out with the local Yorkshire Dales Park Ranger called Al Boughen. Al died in 2010. The film is dedicated to him.

In the film story, following the death of his dad, his older brother leaving to join the army and his mother being threatened with eviction, the young troubled teenager is taken under the wing of the ranger and despite the hard knocks for both of them, a true friendship develops.

Set in the Dales surrounding Settle, with some breath taking shots of the moors and fells, the film moves along at a good pace and the tale is beautifully told.

At the end of the film, when the spontaneous applause had died down, Brett Lord answered questions with charm and humour.

He explained what a low budget film was (in this case £100,000), how the writer had written the film, and how he had chosen the cast from a group of newcomers. Perhaps that is what gives it the rare quality of authenticity.

We also heard of the numerous awards that this film had already had at Film Festivals in Alaska, Houston Texas and the Family Film festival in



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Hollywood. In July it is going to the Film Festival in Munich.

I'm sure we all wish them well and what a grand thought that a part of Yorkshire is travelling the world.

D. M. Evans

I'm sure you'll agree we had a great evening at the beginning of June with our screening of "Lad – A Yorkshire Story". Not only is it a smashing film, we were also lucky enough to have the star of the film there to talk to us about making the movie, not to mention free chocolate! If you weren't able to get there that night, we'll be showing "Lad..." in Dent on October 12th.

I'm still waiting for Daniel Day-Lewis to get back to me about doing a question-and-answer session after next month's film, but I have every hope that if he can't do it, then Tommy Lee Jones will step in at the last moment.

If you're on Facebook, have a look at our new Flicks in the Fells page.

Forthcoming films will be advertised there and it's also a place where you can suggest films, make comments and suggestions and discuss films

you've seen. It's at <https://www.facebook.com/pages/Flicks-in-the-Fells/454759511267513>

We'll be taking a break in August, so we hope to see you on the 6th for our last screening of the summer.

Andrew, and all the Flicks team

AMERICAN TRAVELLING MORRICE

The 38th Tour

The American Travelling Morrice will give a display of Morris dancing in Sedbergh at 6:00pm on Saturday 3rd August in Joss Lane Car Park by the Tourist Office. The group is comprised of dancers and musicians from across the USA. Originally composed of men from Binghamton, New York and Boston, Massachusetts, it now includes dancers from across the United States, as well as a very few men from England. While many of these men perform regularly with teams in their hometowns, they come together for one week each year to form the Travelling Morrice.



The first tour was in 1976 so the present one is the 38th and is taking place, this year, in the Yorkshire Dales and the Lake District. It is based in Sedbergh and each day will dance at various locations in different parts of the area. The tour invariably takes place in North America. The

present tour is only the second one to come this way; the first foreign tour was in 2006 in the Cotswolds.

Morris dancing is an old English country tradition, with roots in medieval street theatre. Its origins are lost in the mists of forgotten time but pictorial references date back to the 15th Century. In his day, Shakespeare cherished the morris as an ancient custom and he made allusions to it in several of his plays. The dances you will see performed, using sticks or handkerchiefs, have their origins in Cotswold villages. Many villages, such as Longborough, Bampton, Bledington, Oddington and Sherbourne, had their own tradition and, if you watch carefully, you may be able to spot the differences.

A morris "stand" is a colourful spectacle indeed. The dancers, with small bells strapped to their legs, leap through complex figures accompanied by the music of the accordion, fiddle, or the ancient pipe and tabor. Directing the proceedings with comical grace is the all-licensed Fool, whose antics amuse the onlookers and harass the dancers. Moreover, it was thought in ancient times that Morris dancing brought good luck and prosperity to the community.

For more information on the tour visit www.americantravellingmorrice.org, or contact the tour organiser Cecil Laughlin on 0115 9663632 (landline), 07968444108 (mobile) or cecillaughlin@hotmail.com. Do come to see us and enjoy a spectacular display of Morris dancing!



NEIGHBOURHOODALERT

Victim Services

Becoming a victim of crime can affect victims and their families in many different ways and could be devastating.

The Police and Crime Commissioner wants to make early progress in putting victims first.

The Professional Lead working in the Commissioner's Office of Victim Services is from a 3rd Sector organisation and has a wide range of experience in working with victims of all types of crime. The role of the Victim Services Lead is to assist the Commissioner in gaining an understanding of the partnership landscape and prioritising activity in relation to key areas in the Police and Crime Plan regarding victim services.

A mapping exercise is currently in progress to establish what services and support is available to victims from Third Sector, public and private organisations. The Commissioner wants to know what works well, where the gaps are and where there is scope for improvement.

The Commissioner is aware of and appreciates the vital role that organisations and volunteers play in the support currently provided to victims. He is keen to reach out and hear from local victims of all types of crime with regard to what they think about the help that is on offer and what support they believe should be available to help them cope and recover after crime.

If you or anyone you know have been a victim of crime and would be

willing to discuss your experiences (good or bad) please contact our Victim Services Lead Sandra.
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YORKSHIRE DALES NATIONAL PARK

Sedbergh Information Centre opened

Sedbergh's new-look Information Centre has been officially opened by Carl Lis, the chairman of the Yorkshire Dales National Park Authority.

He cut a ribbon woven by Farfield Mill before touring the building and meeting representatives of some of the organisations who use it.

"The Yorkshire Dales National Park Management Plan has just been published by a partnership of 15 organisations, which include district and county councils, the Environment Agency, the Yorkshire Dales National Park Authority (YDNPA) and Natural England, as well as representatives of local farmers, landowners and tourism businesses," he said.

"It details what needs to be done in the next five years to keep the area special, while helping it to thrive, and

an integral part of the plan is the work those organisations are doing and intend to do in the future with local communities. This building is a shining example of that work.”

In 2011 the Authority decided to sell the building and the open space next to it after its budget was cut in the Government Spending Review, forcing a raft of savings including redundancies.

Originally the Sedbergh and District Community and Heritage Trust wanted to buy the property but could only to raise £30,000. The Authority Members finally voted to accept an



£80,000 offer from the Sedbergh White Knights – a local consortium that undertook to sell it on to the local community at the same price when funds had been raised.

Local community leaders persuaded the Authority at the time that buying the town centre property was an integral part of the Sedbergh Townscape Initiative as it would ‘unlock’ opportunities to obtain funding. Indeed, shortly after the sale, Sedbergh was awarded £47,214 by The Big Lottery for improvements to the building.

Douglas Thomson, speaking on

behalf of the organisations involved with the building, said: “We have almost raised the £80,000 required to buy the building from the Sedbergh White Knights – we are just £8,000 away from the target. The generosity of a few and strong support from the Parish Council have been invaluable and I am pleased to say that £25,000 has come in in smaller donations from residents in Sedbergh and the surrounding district.

“We are in the process of forming a Charitable Incorporated Organisation that will own and run the building and we are now looking for people who would like to become members of it.”

The building contains a new Information Centre on the ground floor that provides services to both residents and visitors. On the first floor is the History Society, the Parish Council’s room and three rooms that can be used for short of long term lets/hire..

Ian McPherson, the YDNPA’s Member Champion for Promoting Understanding and South Lakeland District Councillor for the Sedbergh and Kirkby Lonsdale ward, said: “The opening by Carl Lis is the culmination of a great deal of hard work by many local people following the sale of the building by the National Park Authority to the Sedbergh White Knights consortium. Fundraising has been going on for some time to allow the premises to be finally transferred from the consortium to a Charitable Incorporated Organisation for the benefit of the town and district in perpetuity.”

Nick Oldham

**SEDBERGH TOWN BAND
Annual Gala**

The inclement weather during the morning of the Gala led to the decision to cancel the Band's participation in the opening parade. However Tony Playfoot ensured a representation by impressively leading the procession to the Lupton pitches playing the bagpipes. His stirring performance ensured the creation of an appropriate atmosphere to start a much enjoyed occasion.

The rain relented and although squelchy underfoot the Band and Youth Band fulfilled their traditional role of providing a selection of their favourite tunes in the earlier part of the afternoon.

Spring Concert

Taking place on Saturday 8th June in St. Andrew's 'Spring Concert' could be seen as a misnomer. Events conspired against the original, earlier arranged date but as it turned out the re-arranged date was well worth the wait.

A very decent sized audience was entertained to a musically demanding

and most engaging selection of music - not a single item of which had been performed in public before by the Band. High amongst a list of very worthy performances was Carol Marsden's solo playing in the popular 'Gabriel's Oboe'.

Towards the end of the first half of the programme the Youth Band played for ten minutes exhibiting their ever increasing confidence and musicality.

Stuart Manger is again to be congratulated on his informative compering. Equally thanks go to those who prepared the church so beautifully, to the organisers of the raffle and refreshments which all combine to make a Town Band Concert an evening to be thoroughly enjoyed.



T.I.C. Opening

After a spell of very good weather the rain returned to impinge upon a local event in which the Band were involved. However, with the shelter provided by a couple of market tents some fifteen members of the Band played a variety of music, conducted by Carol Marsden, for an hour on the green outside the Tourist Information Centre prior to its official opening on Wednesday 12th June. *G Blackwell*

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Trip to Bowes Museum

The first sight of the splendid Bowes Museum which is situated just outside Barnard Castle is something of a shock for first time visitors, since it is more like an imposing French chateau than an English country house. This is unsurprising as it was designed in the 1860s by a French architect to house the priceless collection of John and Josephine Bowes. John Bowes was the son of a local family whose wealth had been created through mining and shipbuilding and in 1847 he travelled to France where he met and married Josephine Coffin- Chevalier, a Parisian actress. Together, between 1862 and 1874, they purchased the 15,000 artefacts which form the internationally important collection that can be seen in the museum today.

The tour began (as all do) when our group was taken up the imposing staircase to see the famous silver swan automaton perform its graceful movements for the crowd who assemble to watch it. We were then introduced to the museum's art treasures which include the work of many famous artists from the fifteenth to the nineteenth centuries and subjects ranging from religious altar pieces to landscape and portrait painting. Particularly impressive are the two large paintings of Venice by Canaletto. Spanish art is well represented by paintings by Goya and others that the Bowes had

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purchased in Paris from people who had fled to France to escape the war in Spain. An exciting discovery has been made recently when in the course of cataloguing the paintings for a BBC project an art expert identified a portrait by Van Dyke. Our guide then led us into the Metals Gallery which has an interesting collection of clocks and watches. Some of the other finest exhibits are to be found in the displays of furniture where there are examples of intricate carving and inlaid work and we particularly enjoyed the fashion and textile collection.

Thanks were given to our very informative guide and we departed, having enjoyed our introduction to this remarkable collection and in the knowledge that there would be more to see on a return visit. John Bowes left the museum and its contents to the people of County Durham and it is now run by a charitable trust. It has been described as a 'treasure house' and it is certainly one of the most significant repositories of art and antiques outside London.

Julie Leigh

BUCKINGHAM PALACE

On Thursday 30th May, Jacky and I were honoured and humbled by attending Buckingham Palace to have Afternoon Tea with Her Majesty the Queen.

It all started in January when we received a letter from the Lord Lieutenant Office in Carlisle which stated that Her Majesty would like the pleasure of our company in one of her Garden Parties. We immediately replied and in mid April, we received a letter from Buckingham Palace with the details of when the event would take place. With all the excitement of the occasion, it was time for a new suit and outfit - with hat.

We made arrangements and on Wednesday 29th, we travelled down and stopped in a hotel in Ruislip, near the Lido. On the Thursday morning, after a light Full English breakfast (!), we drove into town and arrived on The Mall about 1200. The parking area was not open until 1230 but the Police obviously noted our importance and let us onto the parking area early **and** stood guard over our car while we had a good walk around. As expected, there were hundreds of people there just after the Changing of the Guards which happens at 1130 every day. A sight to see.



We then joined the queue to gain admission through those large black iron gates, wandered through the outer yard, through one of the arches and into the central quadrangle. Everyone was in good spirits and chatting to each other as we went up some steps and into the Palace itself. There were many of the Royal Household in this large room which allowed us to walk through and into the garden where we were just 2 of 8,000 people. The weather was not quite so warm and there were a few showers but we were able to get some sandwiches, cakes and fruit flans which were washed down by lots of tea.

Just before 4pm, the Beefeaters paraded out and formed two lines, behind which everyone had to stand which allowed for an avenue to appear in which various individuals and pairs were strategically placed. At 4pm, Her Majesty appeared and the National Anthem was performed by one of the two Bands that played all afternoon. After this, she was escorted into the avenue and met and talked to everyone waiting for her. Just in front of Jacky and I were two ladies who had served with the Royal British Legion for 50 & 40 years. Her Majesty stopped 5 feet from us and talked to the ladies. I resisted passing a copy

of Lookaround which contained stories and pictures of her son, Prince Charles, but she looked and gave me a knowing nod that she had already seen it On-Line on our Web Site. She then continued to meet other guests and we were amazed at the stamina of her, bearing in mind that she did this sort of thing on a regular basis and some people half her age couldn't keep up with her.

It was then time to listen to the music and wander round the gardens until 6pm when the National Anthem was again played as Her Majesty retired from the Garden and we had to leave.

The only disappointment that we had was that all the documentation was very firm in stating that Cameras were not to be taken into the Palace and all Mobile Phone must be switched off. This we adhered to but found that we were the only ones as there were cameras, phones & tablets everywhere snapping away. We'll take one in next time!!

We then returned to Ruislip via all the places I used to frequent when I was a lad and some of the places I used to drive my trains through.

Overall, a very exciting and humbling experience for us both **but**, we do not know how we received the Invitation and feel that we must have been Proposed or Sponsored by someone, so if that person was you, we wish to say a big thank you for allowing us to represent Sedbergh and that it was an experience that we would not have missed.

Dennis & Jacky Whicker



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72 MAIN STREET

Members and Open Day

An application is now being made to the Charity Commission to create a Charitable Incorporated Organisation (CIO). This is the new trust that will, in time, own 72 Main Street, Sedbergh. This CIO will be created and run initially by so called 'subscribing trustees'. Fairly soon after its creation an AGM is held when they all resign! The Members at that AGM then elect the trustees from their number that they wish to run their trust. Subscribing trustees can stand for election.

Who are the Members? Well, you I hope. I am now collecting names of people who may wish to become Members of the new Trust. Many indicated an interest at the Information Centre's recent open day. If you feel you may like to become a Member please send an e-mail with your contact details to douglas@ddathomson.co.uk. When the CIO is formed I will contact all those that have shown interest to see if they wish to confirm that they would like to be Members.

Members have few tasks but they are very important ones. The Members elect the trustees that they wish to run the CIO. Any Member can offer themselves for election by their fellow Members. The CIO will not only own and maintain the building. It will run the charity shop, provide grants and will develop projects for the social and economic benefit for Sedbergh and the surrounding district.

By the time you read this we should have overcome a few glitches to

produce a gallery of photographs that were taken at the recent open day at 72. Viewing them will not be as good as being there on the day but they do give a good impression of the event. Do have a look.

If organisations who provided a poster for the open day would like them back please collect them from the back office in the Information Centre at 72.

The building will always be at 72 Main Street but the trustees are thinking of giving the building a name. Some suggestions were made at the open day. If you wish to suggest a name do e-mail it to me.

And finally, we still need to raise a few thousands to complete the purchase. If you have not already donated please do so with any amount you can afford. Every little bit helps. There are donation boxes around the town and leaflets if you can gift aid your donation. The greater the number of people donating not only helps raise the money but such local support considerably improves the chances of further grant applications being successful.

Douglas Thomson

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PARKING ON MAIN STREET

Parking in Sedbergh is a hotly debated issue without a doubt. It seems an appropriate time to perhaps clarify some of the confusion around some parking on Main Street.

The space between the Natwest Bank and the URC on Main St is Private Parking. It is the driveway to the Manse and flat above the bank, it contains a space owned by the flat and two spaces specifically for the people who work at the bank. It is not in any way a public parking area.

As such the bank staff and residents of the flat and Manse would like to kindly ask for people to not park in this area as it causes much inconvenience and frustration. This is not a case of being mean or ungenerous simply of practicality. How would you feel if you had to trek round shops and estate agents every time you wanted to leave your private driveway?

The common response is usually; "I'll only be a minute", however a minute is never realistic and if meetings, visits and appointments are set then the 10 minutes to find the cars owners and get them moved is unfair on residents and bank staff.

Sedbergh Parish Council offers an amazingly priced deal for parking in Joss Lane, please take advantage of this offer and enable us the access we need and rightfully own. Thank you in anticipation that you appreciated the private nature of this land and the access that is required.

*The residents of the Manse,
Flat and staff at the Bank.*

SIGHT ADVICE SOUTH LAKES

Sedbergh Support Group

The June Meeting took place at The Cross Keys, Cautley where 14 of us gathered for a scrumptiously delicious 'assorted' meal. Grateful thanks to all at The Cross Keys for their warm welcome, good food, and kind efficient service. Many thanks also to the event organisers and drivers for all their arranging and transporting us to and from a most enjoyable meal and afternoon.

Dennis gave us a very brief account of his and Jacky's recent trip to a Royal Garden Party at Buckingham Palace where a good time seems to have been had by all.

Our next Meeting will be on Tuesday 17th. September at 2.00p.m. in The People's Hall Committee Room. For further details please ring Jennifer on 015396 25162. For information about all the services SASL provides for vips please ring 01539 742633.

George Watson

R.S.P.C.A. - WESTMORLAND BRANCH

Thank you to all who helped make our street collection amount to £163.18.

The weather was fine and offers of coffees and a seat made it all worthwhile.

With your help we aim to prevent cruelty and encourage kindness to animals. Thank you again.

Pat Bainbridge & Christine Glynn

SEDBERGH BOWLING CLUB

On 26th May, sixty four competitors entered into the 35th Open Pairs Annual Event. Members provided delicious refreshments for sale. We also held a raffle, raising funds for the Club.

Our Sedbergh pair of Sandra Smith and Keith Sanders were knocked out in the Quarter Finals. Sue Hillbeck and Chris Wyatt of Victoria beat Mal and Joyce Barker of Netherfield 21-19 in the final. The beautiful weather and excellent bowling made it an enjoyable day.

We will be holding two free taster sessions on Tuesday 23rd July between 2pm to 4pm and 6pm to 7pm. Bowls will be provided. Please wear flat shoes. If you can't make it on that day but would like to find out more please ring Linda on 20279. LK

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01539 821061 (day)

015396 25227 (evening)

SHOWROOM:

34a Main Street, Staveley, Nr Kendal

BOOKWORM

What I have been reading this month:

1. 'The Book of Books' by Melvyn Bragg (non fiction)

The radical impact of the King James bible 1611 - 2011. An extraordinarily informative book

irrespective of one's beliefs. Bragg writes clearly and persuasively on the often unexpected influences of the King James bible on culture and society eg literacy, slavery, science and democracy. The book stimulates the reader to look at this bible with fresh perspectives and as a transforming, global force. (Bragg had 3 stained glass windows designed and made for St Mary's Church, Wigton as thanksgiving to the church for what he got out of it as a child.)

2. 'The Age of Doubt' by Andrea Camilleri (crime fiction)

The latest translation of the Inspector Montalbano Sicilian detective series. A yacht crew discovers a corpse floating in Vigata harbour at the same time as Salvo meets a rather strange young woman. Fun, enjoyable read that takes the reader to the heart of contemporary Sicily.

RM Bookworm

NEIGHBOURHOOD ALERT

Overnight between 12th & 13th June there was a break in to outbuildings in the Cautley area of Sedbergh.

Damage was caused and a small amount of scrap was taken. If you have any information regarding this please contact Police on 101 quoting incident number CP-20130613-0285.

There has also been a daytime Burglary in the Cautley Spout area on 20th June CP-20130620-0135.

Please ensure that your farm/ property is secure, if you would like any advice on security and crime

prevention please contact your neighbourhood Policing team via the non emergency number, 101. 

FAMILY MUSINGS

As I sit writing this I am at home, looking out on our lovely garden which (like me!) is very much work in progress at the moment, hubby has been busy with the chainsaw which is much faster than me and the gull-tongs, and we did wonder if we would find any Bears lurking in the clumps of bushes, (we didn't, just a Frog). Then he came with the tractor and grab and took all the rubbish away, still some wild areas for Hedgehogs and we do seem to have one which is lovely. A trip to the garden festival at Holker inspired us all to get busy in the garden, glorious weather and a lovely family day out, my eldest brother & his partner met their newest great-nephew for the first time.

Seeing them, my brother & his partner on national television the other month talking about Church Blessings for Gay marriages was interesting. It was one item on the ITV news and showed clips from the DVD of the ceremony they held at the church they attend in Manchester, followed by D being interviewed. I went to the ceremony as did other members of the family, we got lost and arrived late but we were there. I had been asked to make a short speech at the reception to welcome D into the family and concluded by asking if this ceremony meant he was my brother or my sister in law.. after a

deafening silence the room erupted, he got his own back at my 50th birthday by recounting a story of me as a little girl banging my spoon on the table, on hols in France, and demanding my pudding, he added that as everyone can see I am still obviously enjoying my puddings!

While in Hull we had an outing over the Humber Bridge to Brigg where we had lunch at a lovely café and when I ordered Salmon the lady went across the street to the fish shop and returned with the "caught today" fish, can't get much fresher than that! (I didn't have any pudding!).

May brought difficulties but also the pleasure of attending the Stannite Reunion at St Annes School Windermere, my old school. Much has changed, not least its name, but as hubby and I took our own tour I was able to show him rooms where I had studied and had slept, including the tiny rooms way up in the attics with a fire escape out onto the roof! We enjoyed afternoon tea sat on the terrace and it was so very lovely to once again meet up with those who once I spent the greater part of every year with, in some ways we haven't changed, yet obviously we have. In some cases we had not seen each other in 40 years yet we knew who it was, or we didn't just right away but a phrase or a memory and we were transported back. Lots of encouragement for my writing, it began in those long ago days of "Dormy 4". Enjoy your hobbies, see you next month. *Sarah*

DENTDALE INDOOR BOWLING

This continues on most Wednesday evenings 7.30-9.30pm ish in the Memorial Hall, Dent with bowling and refreshments. We may have a little break in August but otherwise hope to continue, we are not professional, we do it for fun, so do come and have a go!

Sarah Woof

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FREEMASONRY IN THE COMMUNITY

On Saturday June 1st, Brigantes Lodge in Kendal opened it's doors to the public to allow everyone to call in, have a look at every aspect of Freemasonry and to ask any questions that they may have.

The doors opened at 10am and there was a steady stream into the building to see the exhibits, displays and the actual Lodge Room.

At 11am, the new High Sheriff of Cumbria, Mrs Diana Matthews officially opened the event by welcoming everyone and was very pleased with the 'Openness' now being shown by Freemasons who have for a long time been regarded as a Secret Society. She applauded

the members for their continual work for National and International Charities which amounts to millions every year raised by the members themselves.

Also in attendance were two representatives from the Great North Air Ambulance Service who received a Cheque for £4,000 from the Provincial Grand Master who was also in attendance, Norman James Thompson DL.

At 3pm, The Lodge held it's usual Saturday afternoon Meeting. This was followed by Invited Guests and Ladies entering the Lodge and receiving a Presentation by Elaine Hanson from London about her role in the Royal Masonic Benevolent Institute and the work that other Masonic Charities do for Society.

This was followed by a very enlightening talk by the High Sheriff in her Role which she will hold for a year.

After the Presentation, over 120 people retired to the 'Festive Board' and were treated to a sumptuous four course meal after which the Provincial Grand Master gave a cheque to the High Sheriff for her Charity, 'the Cumbria Community Foundation' which would be passed on to the Calvert Trust to encourage and train young people in stone carving.

Overall, it was a very long, hard, tiring day which was greatly enjoyed by everyone that attended.

Dennis J Whicker

APPLEBY FAIR

The Post-Appleby Fair Public Drop-In will be held on Tuesday 9 July from 5pm until 7pm at Sedbergh People's Hall.

This drop-in offers an opportunity for local residents to give their comments and feedback on the success of the arrangements in South Lakeland for this year's Appleby Fair. The drop-in will be attended by officers from Cumbria County Council, South Lakeland District Council and Cumbria Police who will be on hand to hear people's feedback and answer any questions they may have.

Anyone who is unable to attend this drop-in can alternatively give feedback to:

Sarah Williams, Area Engagement Officer, Cumbria County Council by email to: sarah.williams@cumbria.gov.uk or by telephone on 01539 713405



SEDBERGH & DISTRICT COMMUNITY FUND

The next meeting of the Community Fund grants committee will be at the end of July, and the deadline for receipt of applications at Sedbergh and District Information Centre, 72 Main Street, Sedbergh LA10 5AD is Monday 15 July. The Fund is open to applications from any properly-constituted local organisation, not just charities, but is not open to applications from individuals. To get a copy of the criteria and application form, please drop in to the Community Office, write in, email

office@sedbergh.org.uk or phone 20504.

At the meeting in March the grants subcommittee of the Community and Heritage Trust, which looks after the Fund, made grants to eight organisations totalling £6,900. The money for the Community Fund comes from the proceeds of Clutterbooks and Clobber, the Sedbergh charity shop.

Best wishes, Andi Chapple

SEDBERGH PLAYGROUP

Sedbergh Playgroup is open 5 mornings a week during term time. All themes and activities follow the Early Years Foundation Stage and children learn through lots of indoor and outdoor play and exploration, including arts and crafts, construction, imaginative play, sand and water play and visits to local places of interest including the Fire Station.

If your child was born between 1st September 2010 and 31st August 2011 and you would like them to attend playgroup, please contact Joanne Kitchen on 20826.



SEDBERGH LIBRARY

The Library is offering free one-to-one computer training sessions for beginners.

Learn how to use a keyboard and a mouse, search the Internet, send e-mails with attachments, search and apply for jobs on-line, shop on-line, stay safe on-line. All training sessions should be booked in advance at the Library (See back page for contact details).



**GARSDALE CHURCH
CORONATION TEA PARTY**

Many thanks to everyone who contributed in any way and came along to the Coronation Tea Party in Garsdale Village Hall on Saturday 1st June. The weather was good, the turnout fantastic, the food incredible and for many a chance to catch up with friends and re-live days gone by. With some very generous donations the event raised £641.

Pauline Ramsbottom

FUN LOVERS WANTED

Can you juggle?
Can you play hooplah?
Are you good at Treasure Hunts?
Can you tell stories?
Do you like games?
Do you like dressing up?
Have you played skittles?
Can you teach French knitting?
Would you like learn to knit some very simple gloves?

At Farfield Arts and Heritage Centre, the Heritage Open Day will be on Sunday September 15th all day. We are inviting people not only to come and enjoy themselves but to come and help other people to enjoy themselves, sometimes even more fun. We are having a Victorian Funfair.

We have a few ideas of things we would like to put on, but we would like lots more ideas. Heritage Open Day is a national event when places of historical interest are open free to the public. At Farfield we would like it to be a day to celebrate the fun that people in Sedbergh would have had,

back in Victorian times, when everyone joined in.

So if you feel like offering to volunteer to help make it fun for everyone, offering some talent or just to show people round or sell bran tub tickets please get in touch. It will be a fun day for the helpers as well as the visitors.

Contact: If you wish to volunteer please leave your name and contact details with reception 015396 21958 or email admin@farfieldmill.org

Maureen Lamb

QUEEN'S GARDEN

I would like to say a BIG thank you to the Beavers, Scouts, Explorer Scouts, the leaders and parents. They spent the day at Queen's Garden on Sunday 9th June, working diligently all day. They worked diligently all day and were a credit to themselves, the scout movement and the troop. It was a real pleasure to work alongside them and to have so many young people running around the garden.

Mike Hinson

SEDBERGH LADIES NFU

On Tuesday 18th June members of Sedbergh Ladies NFU met at Larch Cottage Garden Centre at Melkinthorpe near Penrith. The evening was beautiful and we spent an hour and a half looking around the vast selection of plants and well laid out gardens.

We then retired to the restaurant and sat on the balcony, where we enjoyed a delicious buffet supper. An evening enjoyed by us all. 

DENT JUNIOR FOOTBALL CLUB

On Sunday 7th July between 2 and 4pm at the People's Hall Playing Field, Sedbergh, there will be a "Signing On Afternoon" for the junior football sides for Dent, these being U8's, U10's & U12's.

They need to bring with them £20 'signing on' fee and a copy of their birth certificate or passport otherwise we cannot sign them on. We need/want girls and boys wanting to play football that will, in **September 2013**, be starting school years 2 & 3 for U8s, 4 & 5 for U10s and 6 & 7 for U12s.

If anyone wants further details, they can contact Stephen Troughton on 07773 417197 or see Adam Roberts.

NEIGHBOURHOODALERT

Between the 15th and 16th June a week old bull red limousine calf went missing from the area of Dent. The ear tag number is UK 104535.

Any one with any information please ring 101 stating log number CP-20130617-0097.

CUMBRIA POLICE

Cumbria's Police and Crime Commissioner, Richard Rhodes is launching a number of surgeries across the county in July.

Mr Rhodes is inviting people to go along and share their views about policing in the county.

Mr Rhodes will be at the People's Hall in **Sedbergh** on Wednesday 3 July 11am-1pm.

The first hour of the surgery will be for pre-booked appointments. To book a time slot, please email

commissioner@cumbria-pcc.gov.uk or ring 01768 217734. The second hour will be for people to call in to see the Commissioner without an appointment.



worship@peopleshall

On a beautiful Sunday in June we met for our monthly morning service in the Peoples Hall. The hall was packed with people of all ages. The Christian dance group Elevate, who had performed in the Church the previous evening, presented more expressive dances. They are a group of 7-9 young Christian dance students from all over the country (plus 1 from Finland), who are based in London. They perform to a to a very high standard and are doing a tour of the area. We were very pleased that they were able to join us. The worship songs were led by Catherine and Jonny Martin, daughter and son-in-law of Sandy and Beth Roy, who were also visiting for the weekend. They led the worship beautifully. Dick Gorst spoke in his inimitable way of his decision to take part in the Bob Graham Challenge. This is a 66 mile circuit of 42 of the highest peaks in the English Lake District, within 24 hours! People doubted his sanity! Once started it would have been easier to turn back. He compared these comments and thoughts with becoming a Christian, and left us with much to think about. The younger ones were engrossed in their crafts. The next services are planned for 7th July and then 4th August at 10.30am. Why not come along?
Rachel Pedley

**SEDBERGH INFORMATION
& COMMUNITY OFFICE**

Following our successful and well supported official Open Day on 12 June 2013 I thought now was a good time to say how things are going with us. I was appointed here earlier this year and am constantly amazed at how supportive everyone is and how committed the volunteers are to keeping this building going. We have residents that call in for information daily as well as people that may be looking at moving to Sedbergh. We also have HUNDREDS of visitors each month that come in and ask for advice on the area. All money raised from the Centre, goes back into the Centre to help give it sustainability for the future.

In the Information Centre we have various leaflets on what to do in the area and we also sell a range of gifts/ souvenirs and maps, also being the Centre for the Transport Hub we have lots of details on timetables etc. We also hold the Dales Book Centre, with many different dealers selling from our centre with a wide variety of second hand books available. Please do come in and browse what is on offer, whether it is books or the rather cute soft toys, we have things to suit everyone whether you are resident here or visiting.

Our Community Office has a wealth of information including benefits, housing and employment, along with a computer for public access (small fee maybe payable). With the introduction of Universal Credit approaching, we want to be here to

support you if we can. This might be by way of helping access the internet, or by hosting booked appointments with other local organisations such as Age UK or Manna House in Kendal, who specialise in advice in benefits/ housing etc.

So if you haven't been in for a while, please do come in and have a look around. See what we have on offer and what we might be able to do for you. We are here to help you and any feedback you can give us about what you would like us to provide, would be welcomed. We are in your hands.

We are always looking for Volunteers and we need your support, can you give a few hours each month or week maybe...? Perhaps you are retired and looking for something to occupy some time, or maybe you are a school mum/dad and have a little spare time during the day? Maybe you are looking at gaining some experience for your CV, whether you haven't worked for a while or you are just staring on your career path, maybe we could help? If you would like to know more, please do call in and speak to the volunteers on the desks about how they find their experience, or ask to speak to me and we can have a chat about how you might be able to help. I have done hundreds of hours of Voluntary work over the years and I know how it has helped me gain new experiences and knowledge as well as meeting many new faces. I look forward to seeing you soon.

Janey Hassam

AGE UK

Crook with two 80 something year olds - 1516ft – amazing!!!.

Anyone who would like to join the walking group, or any of the other Age UK groups please contact Linda on 01539 718118.



Linda Greensmith

COMMUNITY OFFICER REPORT

Over the past month in the Sedbergh area there have been 2 reports of burglary from out buildings, one where a small amount of scrap was taken. There has also been a report of a burglary from a residential property with in our area.

There have been 4 reports of theft in our area one of which was scrap metal and one was a diesel theft from a vehicle.

There has been 1 report of criminal damage to a vehicle and an assault, enquiries are on going.

There has been a slight increase in Rural crime in our area, please ensure that your property is secure, if you would like any advice regarding security and crime prevention please contact Police via 101.

Farmwatch

Farmers & other people living in rural communities can join the Constabulary's successful Farmwatch

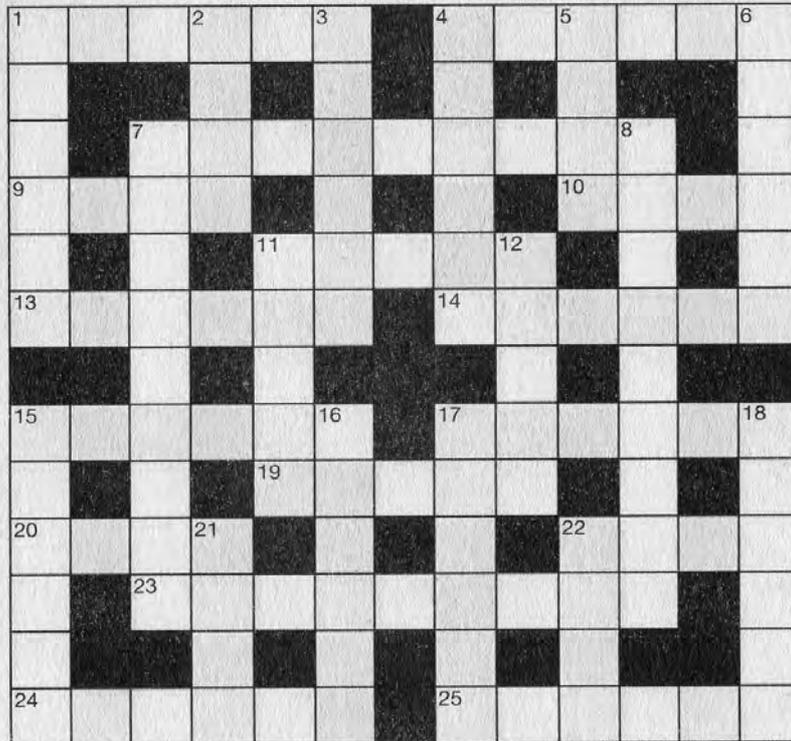
scheme, which is a network designed to share crime prevention advice, alert local residents to crimes in their area, & appeal for information to catch criminals. Latest statistics show that members of Farmwatch who have used SmartWater on valuable property and displayed signs at the entrance to their premises are less likely than non members in the farming community to be a victim of crime, with members of the Trespass scheme safest of all.

The Trespass scheme is a voluntary addition to Farmwatch where members agree to their premises details being included on a list given to known criminal who target rural communities. Criminals given the list are informed that they face legal action should they trespass on land of participants to this scheme.

By joining the Farmwatch scheme you agree to receive information by phone, text or email through the Cumbria Community Messaging service. You will also receive free crime prevention advice on protecting your property and reduced cost (or sometimes free) security products. By keeping you informed about crime in your area, we help prevent crime, keep your community safe and with your help sometimes catch criminals. ***SmartWater***

This is a property marking product supplied at reduced cost by Cumbria Neighbourhood Watch Association and apply to join the Farmwatch scheme.

CSO 5206 Karen Dakin
CSO 5244 Mandy Coleman

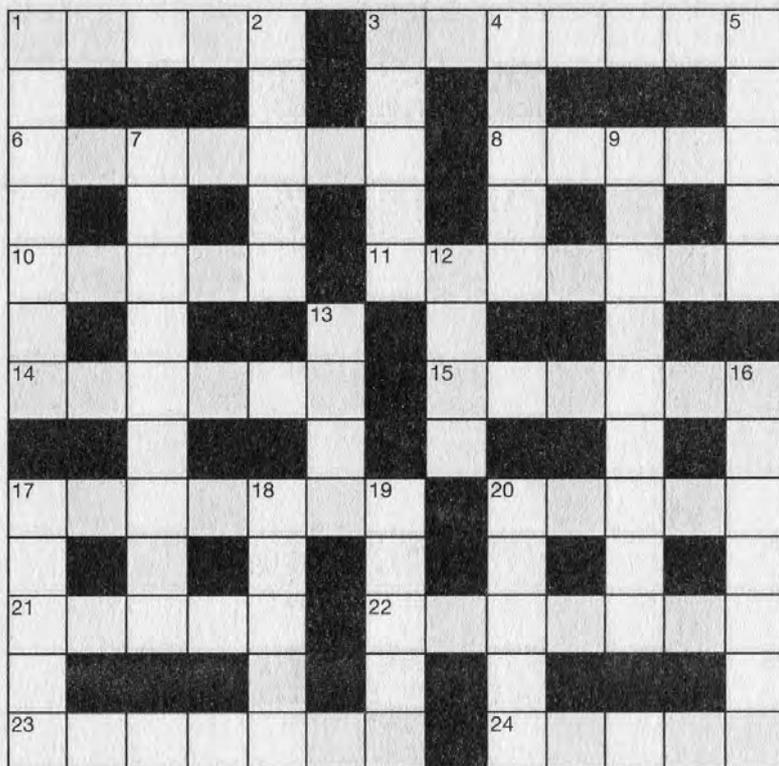


ACROSS

- 1 Run (tape) back (6)
- 4 Airgun shot (6)
- 7 Person to take the blame (9)
- 9 Biblical character (4)
- 10 Firm, steady (4)
- 11 Under (5)
- 13 Riddle (6)
- 14 Child (6)
- 15 Built up (6)
- 17 Free, release (6)
- 19 Shelf (5)
- 20 Dull, heavy sound (4)
- 22 Green citrus fruit (4)
- 23 Artificial sweetener (9)
- 24 Putrid (6)
- 25 Area of low pressure (6)

DOWN

- 1 Curdled milk (6)
- 2 Move very slowly (4)
- 3 Natty, spruce (6)
- 4 Trafalgar Square bird (6)
- 5 Bakery product (4)
- 6 Hard deposit on the teeth (6)
- 7 Wise (9)
- 8 Waterproof cloth (9)
- 11 Slope (5)
- 12 Flinch (5)
- 15 Draw (material) into small tucks (6)
- 16 Minister (6)
- 17 Amazed (6)
- 18 Deep furrow (6)
- 21 Sudden quick movement (4)
- 22 Floor covering (4)



ACROSS

- 1 Short prayer (5)
- 3 Continuing (7)
- 6 Syncopated jazz (7)
- 8 Think alike (5)
- 10 Tall and awkward (5)
- 11 Tasteful in dress (7)
- 14 English naturalist (6)
- 15 Japanese form of self-defence (6)
- 17 Heavy iron lever (7)
- 20 Crazy (5)
- 21 Musical party (5)
- 22 Chooses (7)
- 23 Give as part payment (7)
- 24 Irate (5)

DOWN

- 1 Jumbled, distorted (7)
- 2 Novelist, - - - Bronte (5)
- 3 Flowering plant (5)
- 4 Scratch (5)
- 5 Welsh county (5)
- 7 Very large (9)
- 9 Lifelike (9)
- 12 Liquid loss (4)
- 13 Ancient king of Peru (4)
- 16 Epic Greek poem (7)
- 17 Military trainee (5)
- 18 Liquor (5)
- 19 Sticky substance from a tree (5)
- 20 Modelling wood (5)

A	B	C	D	E	F	G	H	I	J	K	L	M		
8	14	6	10	23	12	14	20		23	20	16	14	11	15
14		18		16			3		20		18			9
6	R	A	G		15		18	16	16	15	6	7		3
	6			8	3	13	15		24		7	14	4	11
7	16	15	8			20			12		13			15
15			15	4	13	14	16		15	13	15	4	16	7
15	8	23	16		23		15		6			3		
	23		19		16		15	24	16	15	6	20	14	13
14	22	1	14	4	15	20	16			8		22		14
	21		20		6		15		26		15	20	22	
8	15	16	15		14	4	6	3	26	14	16	7		
		19			4			26		6		4	3	17
2	18	15	14	7	25		12	23	20	11	23	15		15
3		5		3			6		18		11	20	15	15
8	14	16		18	20	5	3	18	20	22	15	22		22
N	O	P	Q	R	S	T	U	V	W	X	Y	Z		
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	12			4		23			12			20	9	11	
15	19	18	24	19		22	8	9	9	1	9	1		16	
	4			21			14		20			9	12	12	
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8	23	6			11	20	19	24	18	10	24	10	9	4	
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N O P Q R S T U V W X Y Z

REFERENCE GRID

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								E		D		
14	15	16	17	18	19	20	21	22	23	24	25	26
				N								

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 Parish Hall *	07/13	Mr Mather	01524	76333
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

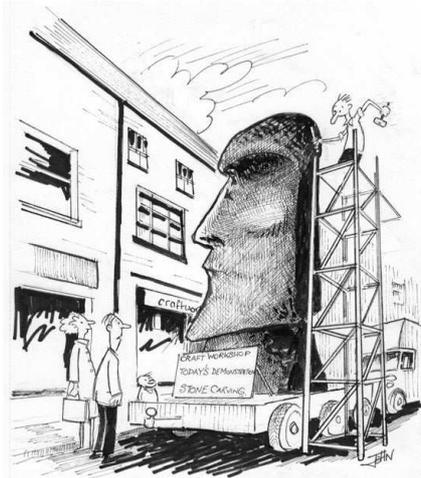
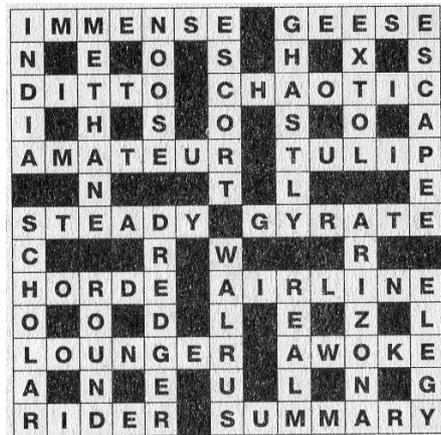
If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office

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?



...To think that only last week the Craftworkshop were just doing knitted toilet roll covers.



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail: wheelwright.cottage@homecall.co.uk	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
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

CAMPING, CARAVANNING & SELF-CATERING

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

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					
St. Andrew's	7th July	14th July	21st July	28th July	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC BCP	HC NSV SS	HC CW + Baptism	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesdays 11.15	3rd July HC	10th July HC	17th July HC	24th July HC	31st July HC
St. Mark's	7th July	14th July	21st July	28th July	
9.30 am	HC	MP	HC		
2.30 pm				M & P	
St. John's	7th July	14th July	21st July	28th July	
10.00 am	MP	HC	MP	HC	
LUNE PARISH SERVICES					
	7th July	14th July	21st July	28th July	
St John.s Firbank	10.30 am HC	10.30 am MP @ Killington	10.30 am MP @ Firbank	10.30 am MP @ Howgill	
Holy Trinity Howgill	10.30 am HC				
All Saints Killington	9.00 am HC				
DENT & COWGILL PARISH SERVICES					
	7th July	14th July	21st July	28th July	
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30 pm EP		
HC = Holy Communion				SS = Sedbergh School	
BCP = Book of Common Prayer				MP = Morning Prayer	
CW = Common Worship				EP = Evening Prayer	

EDITORS NOTES

Did anyone see my error with the Waka Advert last month? I used an old one which gave all the wrong information about it being closed until 5th March!!!! Apologies to Takako as you are very much open and well worth a visit, see the Front Page.

The recent reports about the Driving Standards in Sedbergh continue to buzz around the town. It is noted that the School Signs have been amended that when the orange lights

flash, the speed limit is 20mph. It a shame that we have to spell out to educated clever people how to drive and to respect others - especially our children. I feel that the only way any of them will slow down is when a loved one of theirs is either injured, or even worse, killed. I think it shook the whole country when a vehicle in Rhoose, Wales crashed into many schoolchildren on 20th June.

PLEASE SLOW DOWN

DJW

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
 Sunday 08.00, 10.30 & 18.30
 Wednesday 11.15
Rev. A. McMullon Tel: 20018
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: Colin Wilson 20952 & Jean Dixon 20435
 Howgill: Mary Stainton 20426 & Dorothy Parker 20493
 Killington: Jennifer Thornley 20444 & John Mather
 01524 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostron
Rev. J. Millard 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 20588 or 20503
www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am Sunday

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

JULY				
1	1000	Into the Light (*) till 7/7	Tullie House	
3	1000	Coffee Morning - URC	URCR	
3	1030	Beads Demonstration	CWS	
3	1100	Cumbria PCC Surgery	PH	
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	
9	1930	Swimming Club AGM (9)	Bull Hotel	
10	1000	Coffee Morning - British Legion (10)	URCR	
10	1030	Cards from Photos Demonstration	CWS	
10	1330	HS Ingleton (10)	LHCP	
10	1915	WID - Summer Outing	DMH	
10	1930	WIS - Batik Techniques	PH	
11	1200	Lunch Club	Red Lion	
11	1900	RBL AGM Meeting (11)	WHC	
12	1700	Sedbank Sports (12)	Buckbank Farm	
13	1000	StAS Summer Fair & Fun Day (1)	StAS	
13	1330	Guided Walk in Grisedale + Tea	HJC	
13	1900	"Dalesfolk"	HJC	
14	1100	CWT Fell End, Ravenstonedale		
14	1530	Songs of Praise with Carole Marsden	HJC	
17	1000	Coffee Morning - Town Band	URCR	
17	1030	Planning Demonstration	CWS	
20	1000	DMC Coffee Morning	DMC	
20	1000	Explore the Surface (20)	FM	
20	1400	Fun Afternoon + BBQ	GVH	
21	1900	Dentdale Christian Fellowship (*)	RD	
22	1000	Annual Holiday Club (22)	PH	
23	1000	Annual Holiday Club (22)	PH	
23	1400 & 1800	Crown Green Bowling Taster	QG	
24	1000	Coffee Morning - TBA	URCR	
24	1000	Annual Holiday Club (22)	PH	
24	1030	Rag Rugs Demonstration	CWS	
25	1000	Annual Holiday Club (22)	PH	
26	1000	Annual Holiday Club (22)	PH	
26	1815	Evening Walk	GVH	
27	1000	Garden Party (27)	IH	
27	1000	Saturday Markets (27)	Sedbergh	
31	1000	Coffee Morning - Garsdale Village Hall	URCR	
31	1030	CWS Demonstration	CWS	
AUGUST				
1	1930	WIH - Humorous Garsdale Tales	FCH	
2	1400	Age UK - Past Seasonal Cooking	DMH	
3	1800	American Morris Dancers	STO	
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	
10	1330	Guided Walk in Cotterdale + Tea	HJC	
10	1930	Harry Allen's "Up North" Videos	HJC	
11	1530	Songs of Praies with Janet & Andy	HJC	
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	
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	
28	1000	Coffee Morning - Beekeepers	URCR	
31	1000	Saturday Markets (27)	Sedbergh	
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	
7	1930	Harvest Supper + Sale	HJC	
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	
14	1000	Heritage Open Day	FM	
14	1400	Harvest Festival	GSC	
14	1800	Harvest Festival	GSC	
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	1000	Sedbergh's Got Talent (55)	PH	
21	1900	Flicks in the Dentdale Fells (*)	DMH	
22	1900	Dentdale Christian Fellowship (*)	RD	
25	1000	Coffee Morning - TBA	URCR	
25	1030	Weaving - Playing with Texture (20)	FM	

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

COVER PICTURE
St. Andrew's Church
& Rev Andrew McMullon
By Dennis Whicker

25	1930	CWT AGM	SSAT
28	1000	Saturday Markets (27)	Sedbergh
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
10	1900	RBL Branch Meeting	WHC
12	1900	Flicks in the Dentdale Fells (*)	DMH
12	2000	Dancing to Roe Valley	PH
15	1400	SASL Meeting	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



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

DIARY KEY

AF	= Appleby Fair
BF	= Brigflatts
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	= Farfield Mill
GSC	= Garsdale Street Chapel
GVH	= Garsdale Village Hall
MC	= Medical Centre
IH	= Ingmire Hall
HJC	= Hawes Junction Chapel
HS	= History Society
HVH	= Howgill Village Hall
IRC	= Information Resource Centre
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
PH	= People's Hall
QG	= Queen's Gardens
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