

Sedbergh & District

LOOKAROUND

April 2014

Issue 320

Donation £1

A continued Big Thank You to all the contributors to make this a great 96 pages.

I have a larger than usual Editorial on Page 84 this month which contains a lot of good news and a

special request. Any suggestions and help would be greatly appreciated.

Please support all the Advertisers that appear every month which helps to put a smile on their faces.

Dennis & Jacky Whicker

Felt through Contact until 21 Apr

Last chance to see this stunning felt exhibition by the Dutch Felting Association in its only UK venue!



EXHIBITIONS from 27 April for 7 weeks

METAMORPHOSIS: a new exhibition by the British Tapestry Group

WORKING THE VIEW: wonderful photographs of the Yorkshire Dales

FOLD: hand-made folded books by group Page Paper Stitch

WORKSHOPS: 10 May Weaving for the Home - 1 place left! Jan Beadle

Sat 24 May Folded Books with Elizabeth Shorrock.

Sat 7 Jun Framed Felt Polly Bag with Chrissie Day. See website for more details

Weavers Café open 10.30 - 4, daily. Fried breakfast till 11.45, homemade soups, specials, bakes, & Sunday lunches (book ahead 015396 21159) Bring your own alcohol. **No corkage.** Free admission to café.



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FREE ENTRY for LA10 residents on **Sundays**

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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APRIL 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:-
Cameron Milburn who is 8 years old on 3rd April and
Sienna Middleton who is 9 years old on 25th April.

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



		8		1		
2	5	6			4	
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	1					9
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Day	Name	Age
3	Cameron MILBURN	8
4	Kyla DODD	1
4	Emily STANLEY	4
5	Katie COLTON	8
8	James DAWSON	1
8	Connor THORNLEY	7
10	Isobel METCALFE	11
13	Edward JERMY	7
16	Ellen METCALFE	3
18	Jasmine SEN	6
18	Tom ALLAN	10
22	Myles STAINTON	7
22	Siobhan COUSINS	9
23	Woody LONGFELLOW	1
23	Zak HALL	7
25	Izzy NEWBOLD	8
25	Sienna MIDDLETON	9
27	Scott LAWSON	7
28	Lucy CAPSTICK	8
	Nonagenarian & Over	

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
Time	Frequency	Event Name	Code	
1000	Every Sunday	Free Entry to Locals	FM	
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1930	1st Monday	Dent Parish Council	DMH	Community Office, 72 Main Street
1930	1st Monday	People's Hall Comm	PH	Cumbria Wildlife Trust, Community Office
1900	3rd Monday	Chamber of Trade	PH	Dent Heritage Centre, Laning, Dent *
1300	Every Tuesday	Howgill Toddlers	HVH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Knit & Natter	FM	Friends Quaker Meeting House, Brigflatts.
1830	Every Tuesday	Cub Scouts	SHQ	George Fox's Quaker Pulpit, Firbank
1930	Every Tuesday	Bridge Club	WHC	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	T'ai Chi	URCR	History Society, Community Office
1400	2nd Tuesday	Killington WI	PH	Holme Working Farm, Middleton *
1400	3rd Tuesday	Sight Advice Group	PH	Holy Trinity Church, Howgill
1930	3rd Tuesday	Ladies NFU	PH	Jubilee Wood, Castlehaw Lane
1000	Every Wednesday	Coffee Morning	URCR	Langstone Fell, A684 Garsdale Foot
1315	Every Wednesday	Art Society	URCR	Methodist Church, New Street
1315	Every Wednesday	Zebras	SMCR	Queen's Gardens, Station Road
1730	Every Wednesday	Sedbergh Juniors	PH	St. Andrew's Church, Dent
1730	Every Wednesday	Brownies (term time)	SMCR	St. Andrew's Church, Main Street, Sedbergh
1930	Every Wednesday	Sedbergh Seniors	PH	St. Gregory's Church, Vale of Lune
1930	1st & 3rd Wednesday	History Society	SHS	St. John's Church, Cowgill
1915	2nd Wednesday	Dentdale WI	DMH	St John's Church, Firbank
1930	2nd Wednesday	Sedbergh WI	PH	St. John's Church, Garsdale
1400	3rd Wednesday	Age UK South Lakes	Library	St. Mark's Church, Cautley
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	Sedbergh Embroidery, StAS
1930	1st Thursday	Howgill WI	FCH	United Reformed Church, Main Street
1200	2nd Thursday	Lunch Club	Red	Information Centre, 72 Main Street
1915	2nd Thursday	Royal British Legion	WHC	Winder Fell, above Sedbergh
1930	2nd Thursday	Sed. Parish Council	PH	
1730	Every Friday	Beaver Scouts	SHQ	
1930	Every Friday	Scouts	SHQ	
1330	1st Friday	Age UK Dentdale Club	DMH	
See Pages 90 & 95 for contact details & Keys				* = Entry Fee Applicable

PERSONAL & SMALL ADS £1

BAINES

Esther and all the family would like to thank everyone for all their kind words, cards and flowers following the recent passing of George. A special thank you to Brian Goad and all at J J Martin for their attention to detail and Dorothy and staff for the lovely spread. Also thanks to all the staff at Sedbergh Health Centre for all their care over the last few years and to the Paramedics who attended. A total of £460 was raised from kind donations and will be split between Dent First Responders and Air Ambulance.

=====

DODD

Happy **1st Birthday** to our beautiful daughter Kyla on 4th April 2104. Thank you for making our year so special! Lots of Love from Mummy & daddy XXX

=====

JOEL

Ormonde, Jessica and family would like to thank everyone for all their kind support, sympathy, letters, cards and the huge volume of donations made to Cancer Care following the loss of Helen. Many thanks also to Rev Andy McMullon and Rev Vic Hopkins for a wonderful service and burial in Sedbergh Cemetery and a very special thanks also to all the staff of St John's Hospice, Lancaster who did an outstanding job in caring for Helen during her last weeks.

BURROW

Happy **80th Birthday** Joyce on 20th April. Love and best wishes from Mary & family. XX

=====

POSTLETHWAITE

Angie would like to thank everyone for all the cards, presents and money that she received for her **18th Birthday**. Hope you all enjoyed the party as much as I did.

=====

TODD

Thomas would like to thank all who came to help celebrate his **60th Birthday** party and also for the cards, presents and a Special Thank You for the Donations amounting to £400 for the North West Air Ambulance.

=====

WANTED

Two/three bedroom unfurnished house/bungalow to rent in Sedbergh. Immediately for a long term tenancy. Please call 0770 4455385.

=====

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=====

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MINI SPRING SHOW

Calling all children & parents

The CHILDREN'S SECTION of the SPRING SHOW will take place at the GALA on MAY 17th.

All we need now are your entries so please get busy and win those cups, prizes and certificates. Here is a list of all the classes you can enter.

Pre-school

1. A poster by a group of children of a farm – any media or size up to A2.
2. A drawing of a farm animal
3. A collage in 3 colours (maximum size - A4).
4. A drawing of a person
5. A decorated hard-boiled egg

Reception Year

6. An animal made out of vegetables, fruit, or foliage.
7. A paper plate decorated with the face of a clown
8. A picture of a dragon, dinosaur or robot.
9. A mobile made of pasta

Years 1 & 2

10. An illustrated capital letter (maximum size A5).
11. An Easter card.
12. A decorated digestive biscuit.

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13. A nocturnal insect in mixed media.

Years 3 & 4

14. A favourite poem (maximum size A4) for the W. Milburn & Sons cup for handwriting.
15. A collage picture of an animal.
16. A drawing of a car or an agricultural machine
17. A Viking artefact –any media.

Years 5 & 6

18. A collage of sequins and buttons of a bird or butterfly.
19. A mosaic picture of an African animal.
20. A sculpture made from recycled material.
21. A picture of the local area.

Year 7 and above.

22. A hand crafted article – any material including wood or metal
23. 4 decorated cup-cakes - judged for decoration and baking.
24. A "new baby", card.
25. A computer generated poster to promote visitors to Sedbergh.

Entries (in their present school year only) must be the unaided handwork of the child. Verbal guidance only may be given by the child's parent or teacher.

Entries are free and full details of how to enter will be in next month's *Lookaround*.

Any queries to Wendy – 21902 or Margaret – 20610.

**SIGHT ADVICE SOUTH LAKELAND
SEDBERGH SUPPORT GROUP**

As the eyes and ears were having a particularly bad day at the office, what follows is not so much a report on the above but rather a series of jots as I can't read the tittles I have jotted, so apologies for this tittle of jits - or should that be this tit of jottles - not to worry, in the greater scheme of things it probably matters neither a jot or a tittle nor a tittle or a jot.

Betty H. eventually out-decibelled the cacophony and welcomed everyone to the Meeting. Best wishes and warmest thoughts to Betty D., Winifred, Jack and Mary and Rosemary and George.

George reminded everyone of the quarterly SASL Forum Meeting to be held in The Methodist Church Rooms at Kirkby Lonsdale on Thursday.

May brought a selection of 'book cassettes' for the technologically savvy to borrow and return. (Counts me out!)

Betty then welcomed our guests for the afternoon, The Rev Carole Marsden and four members of the Town Band. And this is where the grovelling apologies come in 'big band time' - for I can neither read your names nor the names of the instruments you were playing. Abracadabra and lor-luv-a-bush! However, Carole's Quintet gave us a

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most brilliant and enlightening afternoon's entertainment. We were told about the Band's beginnings, its essential 'community spirit and nature', its openness to all ages and musical abilities, the range of instruments and the music they play, and the opportunities it gives to 'make music' in so many different ways. But what really blew me away was the 'sound' of the music - its richness, its fullness, and its warmth which just wraps you up in a wonderfully woven blanket of rhythms and melodies - pure magic, and a big, big THANK-YOU for the music, and for giving it to me!

The Group's formal thanks were proposed by Dennis who recounted the occasion when the Town Band well and truly busted his dam for him! It wouldn't come as a surprise to me to hear, after discovering you don't have to do a lot of marching about, that Dennis had got his lips and teeth sorted and had become the latest recruit to join ranks of the Town Band! Watch the Lookaround is all I will say! Indeed if you want to know when and where you can hear the Town Band,

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Every Monday - Fish & Chips £4
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Sunday Night Chippy

5 - 7:30pm 6th April

I'm sure their future engagements will be advertised in Lookaround - go and listen to them and I'm sure you won't be disappointed.

For our next Meeting we are back in the People's Hall Committee Room on Tuesday 15th. April at 2.00p.m. when I am told that come rain or shine we are going to be talking about the weather! Now there's something new for you and I can hardly wait!

If you would like to know more about the SASL Sedbergh Support group and would like to come and join us, please ring Jennifer on 015396 25162. If you would like Large Print or Audio Lookaround, please see Dennis. For more information about all the services SASL offers vip's please ring 01539 742633. Please also ring that number if you want to go in to Stricklandgate House to look at the range of aids and equipment available for vips OR make an appointment for some-one to come and visit you at home to discuss your needs and requirements. Don't be frightened to ask and SASL will do all it can to help. *George Watson*

SEDBERGH

MEDICAL CENTRE

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

Wednesday 30th April

Tuesday 20th May

Thursday 19th June

Tuesday 15th July

Tuesday 16th September



INNER FIRE FOUNDATION

Welcome to a new charity: The Inner Fire Foundation

How did this come about? Here is my story behind its origins and progress ...

Life rarely seems to run without a fair share of ups and downs. By the time I was 21 I was recovering from cancer, bulimia and depression after the early death of my father and subsequent falling apart of my family. Yoga with its mind, body and breath techniques helped me to become stronger physically and mentally. It has sustained me over the intervening years (as well as outdoor activity) and I am still learning and evolving along my life journey. Having taught yoga for 15+ years now I have worked with people and heard stories of lives far more challenging than mine. In most of my classes our common thread has been in finding a coping mechanism through stretching, breathing, harmonising and relaxing to increase resilience, build strength and calm emotional or cerebral stress. Focusing on the

internal environment may not immediately change the situation externally but it often helps us to move, manage and think through challenges and the feelings around them rather than become stuck.

Two years ago I completed a Masters degree in social work and my aim has always been to provide a therapeutic service to those whose lives, often through no initial actions of their own, have become chaotic and seemingly uncontrollable.

Unfortunately this ideal has been hampered by a recession which has seen ongoing cuts to funding for social services and voluntary organisations. Not being one to be defeated and having experience of charity funding and accessible grants, the germ of an idea began: it took about 12 months for this to grow and for me to pluck up the courage to see if anyone else would be interested in

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forming a new charity; a charity that could apply for funding specifically to provide mind, body and breath techniques for those who may not be able to afford classes or even be aware of their potential benefits. I was amazed and delighted by the response and we quickly became a group ready and willing to work together to take the idea forward. After 3 meetings we have 5 trustees, a bank account, legal steps towards being a charity underway and a launch date where we will promote the courses we are planning in order to widen our support base – exciting stuff!

If you have ever benefited from using mind, body and breath techniques to enhance your health and well-being it would be great if you would come along to our launch event on Friday 11th April at Kirkland Hall, Kendal at 6.30 p.m. until 8.30 pm. Enjoy delicious nibbles, a glass of wine, a chance to talk to the founders of the charity, sign up to a taster event or relax and enjoy live music.

If you are Interested in helping with

Inner Fire Foundation Charity Launch



6:30pm Friday 11th April
Kirkland Hall, Kendal

Minimum Donation £5

Includes nibbles & wine
Tickets from

Patch & Fettle, Main St, Sedbergh
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the charity there are numerous opportunities to fund raise, donate or assist on a more practical level with courses and organisation. As the charity is just setting up we would appreciate a minimum donation of £5 for the launch. Tickets are available from me at my classes, from 'Turning Point' in Highgate, Kendal and 'Patch and Fettle' on Sedbergh Main Street. If you are unable to buy tickets in advance but intend to come, please do email me at deyna@innerfire.org. uk or ring 01539 738766 - it will help us to cater.

Find out more at our evolving website: www.innerfirefoundation.org.uk
uk *Deyna Hirst*

CALENDAR GIRLS

Until those Yorkshire village WI ladies made that calendar it just wasn't something ordinary people did. Now it seems hardly a year goes by without sports clubs or Young Farmers taking their clothes off to raise money and striking those poses with just the important bits hidden – but it still requires a touch of courage, and any amateur dramatic society doing the play behind the story of the first Calendar Girls live on stage must require more.

There was only once chance – the publishers allowed amateurs to take the play on for just eighteen months. And bringing in members from other societies can be a brave move too – am-dram groups are close-knit teams. But Spellbound, with Staveley Roundhouse – to coin a phrase – pulled it off with panache.

There was a wealth of experience on show all round. Graham Dalton and Sue Richardson are regulars on Sedbergh's stages, and the

bereavement that starts the story was beautifully done. Sue's fragility in widowhood was a theme through the play, and her friendship with Chris, played by Staveley's Kate Vernon, had the ring of truth.

A good WI includes all sorts – and the company, Susa Ellis, Lizzie Harrison, Heather Pakeman, with Alison Hine, gave a nice spread of well-drawn characters all of whom found making that calendar changed their lives in some way. The supporting cast -like Gill Baines as a hapless speaker who's chosen the subject of broccoli, and Liz Breaks as Lady Cravenshire – helped fill in the picture of a community.

And don't forget the men – Bob Christie, as Chris's husband Rod, trying to keep their business going as his wife suddenly finds her life dominated by the calendar, Kevin Beecroft as Lawrence the photographer, and Sedbergh regular Ian Dawson as Liam, the advertising man who tries to exploit the girls'



fame and is baffled by their integrity. The pieces in the jigsaw that make up a play like this all came together and fitted.

Several members, like the director Fliss Pocock and Gillian Rea, have a background in professional theatre. Gillian's portrayal of Marie, who thinks she's in charge of the institute but can boss the girls around only as long as they humour her, was well-defined. Representing the new arrivals with a nice turn was Rosie Law, whose small part drove a critical incident towards the end of the story.

Fliss and the production team, which again included people like technical manager Andrew Allan who seems to have been permanently involved in

some local production or another around these dales for years, and an experienced crew, had to get it right. When it's only timing, the right props and lighting that are saving the cast's blushes, there's little room for error.

Finally a neat and simple set put the focus on the actors – and also enabled the production to move seamlessly from Sedbergh to Staveley. And it must have been a simple set of props, or they would not have survived having some of them stolen on the night before the final performance.

By the last night, in Staveley, word had spread and the show was a deserved sell-out. If you didn't get in, you missed a treat. *Martin Lewes*

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CUMBRIA WILDLIFE TRUST

Wild Shetland

Barbara Blatchford has travelled extensively in the Scottish Islands and the Sedbergh Support Group was delighted to welcome her to talk about her experiences. Shetland, also called the Shetland Isles, is a subarctic archipelago lying north east of mainland Britain. The islands are remote. The nearest settlement of any size is Aberdeen 210 miles away. There are over 100 islands/skerries of which 15 are inhabited. There is a population of 22,000, a third living in the capital Lerwick.

Barbara's multi-layered approach started with the geology. This is complex, with numerous faults and

faults. These islands are the northern outpost of the Caledonian orogeny and there are outcrops of several varieties of metamorphic rocks with similar histories to their equivalents on the Scottish mainland. Similarly, there are also Old Red Sandstone deposits and granite intrusions. There are also limestones. Huge erratic boulders are evidence of glacial times. Much of Shetland's economy depends on the oil-bearing sediments in the surrounding seas.

Shetland is rich in prehistoric remains. After the retreat of the ice Neolithic peoples settled here eventually building houses of stone. More settlement followed in the Bronze Age. During the Iron Age the fortified towers house or brochs appeared with double skin walls, some 20 feet tall.

Around 800AD the Norsemen brought their longhouse culture. 28 sites have been found with the most recent uncovered when sand shifted in storms.

In 1469 Shetland was part of Norway and mortgaged to the Scots and in the 17th century a salt tax was imposed discouraging German fishermen. In the 19th century the population grew to around 33,000 with towns and strip field cultivation. This was unsustainable and the lairds introduced the crofting system and tried to enclose the commons. A wave of emigration followed. The main island, with more fertile limestone soils, supported more agriculture. Shetland ponies were bred as pit ponies. Their origins date back at

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least to Viking times. Sheep have been kept since Neolithic times and in more recent times joined by cows, pigs and ducks.

There are very few trees on Shetland therefore few of the usual garden birds are present but there is a wealth of seabirds and waders. The arctic tern is thriving but sadly kittiwakes, puffins and arctic skua are declining in numbers. Barbara recommended listening to storm petrels murmuring in the stonewalls at midnight. Other species include red-throated diver, northern gannet and bonxie. The Shetland Wren, Fair Isle Wren and Shetland Starling are subspecies endemic to Shetland. There are also curlew, snipe and golden plover.

The isolation of Shetland has resulted in the depletion on mammalian fauna. The endemic Shetland field mouse exists in three varieties on different islands. The seas support common and grey seals and passing whales.

The landscape in Shetland is marked by the grazing of sheep and the harsh conditions have limited the total number of plant species to about 400. The flora is dominated by Arctic-alpine plants, wild flowers, moss and lichen. Spring Squill, Buck's-Horn Plantain, Scots Lovage, Roseroot and Sea Campion are abundant, especially in sheltered places. Shetland Mouse-ear is an endemic flowering plant found only in Shetland. It was first recorded in 1837 by botanist Thomas Edmondston. Although reported from two other

sites in the 19th century, it currently grows only on two serpentine hills on the island of Unst. Barbara had also seen early purple and heath spotted orchids.

The economy of the islands has been boosted by oil revenues. Even the more remote settlements have a range of community facilities. Fish farming is widespread for salmon and mussels with tourism, knitting and lace-making also important. A local dialect with Nordic roots is spoken still and the provision of good roads and free ferries has helped to keep population numbers stable.

Barbara was thanked for a fascinating and extremely informative talk.
Susan Garnett

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PARISH COUNCIL ELECTIONS

Parish Council elections are held every four years with the next one being on Thursday May 22nd this year.

The Parish Council plays an important part in the life of the town and needs enthusiastic and energetic volunteers to be Parish Councillors. If anyone feels that they might be interested, but would like to know more about what is involved, then please do get in contact with me and I can explain more about the roles and responsibilities involved.

In a few weeks time the process by which you can apply to stand for election will be published. This information will be posted on the Parish Council notice board and will also be available from Janey Hassam, Sedbergh Parish Clerk, who can be contacted at the Sedbergh Information Centre, 72, Main St.

Hilary Hodge

*Chairman Sedbergh Parish Council
Phone (20314)*

THE BURDEN OF PARADISE

Helen Watson Snake Davis Dave Bowie Mark Creswell

Burden of Paradise hit the road again in 2014 for more lovely intimate rural shows.

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"A brilliant sax player who could wail like the best American players, but was at his best weaving around slow ballads, won deserved acclaim" BLUES + SOUL

"He doesn't mess about." THE GUARDIAN

"Snake is a joy to work along side. His musical skills have no limit, in fact he is as free as a bird." DAVE STEWART (Eurythmics)

GARDENING

Some years ago, I worked on the construction of an enormous rock garden in one of the City Parks in Leicester. Being a new project, we ordered in 100s of "Alpines" from specialist nurseries (including Jack Drake's Nursery near Aviemore who supplied a particularly interesting selection), and I had the exciting task of receiving the plants as they arrived, and positioning them in their final places. Many of them were fairly common types such as Rock roses (*Helianthemum*) Snow in summer (*Cerastium*), *Campanula* and *Aubretia* which would do well in a park environment, but there were several which were more unusual, and these, with their dainty flowers and tight cushions of foliage got me "hooked" on Alpines.

The choicest of Alpines plants are quite demanding to grow. They hale from the high mountains where they grow in the dry winter conditions under a covering of frozen snow, and the sunny weather of an Alpine summer. Soils are usually well drained or plants grow in rock crevices or scree. For these an Alpine House is a must – they cannot tolerate the constant wet of the soil and the atmosphere in this corner of England. A successful Alpine house differs from a conventional greenhouse by being very well ventilated and cool (The new alpine house which had just been constructed when I began work at Kew had refrigerated benches to keep the plants cold). The best

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description I ever heard of an Alpine house came from that good gardener Geoffrey Smith. "It is a whole lot of air with a lid on it".

Currently, my greenhouse has too little air and over heats on sunny days so is not suitable for most Alpines. However, I do use it to overwinter some pot grown specimens. I grow cushion Saxifrages such as *Saxifraga oppositifolia* (purple flowers) *S. x apiculata* (pale yellow) and *S. jenkinsiae* (pale pink), Lewisias with semi-succulent rosettes of bright green leaves and peach/apricot/pink flowers and Auriculas (*Primula auricula* group) with their amazing flower colour combinations of rich velvety red and yellow, plum and white or yellow and white. For a "fix" of dainty, more difficult specimens I go and visit the alpine houses at Harlow Carr and Holehird.

Elaine Horne

SEDBERGH & DISTRICT HISTORY SOCIETY

Speaking to a packed audience in the Music and Drama room at Settlebeck School on Wednesday 5th March, Jean Scott-Smith delivered a highly detailed talk entitled "Over Shap by Track, Road and Rail". Mrs Scott-Smith, a life-long native of Shap, whose ancestors in the village date back over 500 years, traced the north-south crossings of 'Shap Summits' covering from Roman times and beyond to the present day – interestingly, in a generally west to east and lowering progression.

There is evidence of nine Bronze Age hut circles above Shap Blue Quarry, showing that the upper Lowther valley would have been settled in early times, though the first real evidence of actual transport over the tops is the remarkable Roman road linking Galava (Ambleside) with Brocavum near Penrith over the 2,718 ft mass of High Street to the west of Shap. Another, less well-known Roman route followed the more south-easterly approach up the Lune valley via Low Borrowbridge Fort and Tebay: thus two links had been built for their legions to access Hadrian's Wall to the north.

To the east of High Street the valley of Mardale was linked to Shap via Swindale by the Old Corpse Road, the route of which can still be followed today, and to the south by the high passes of Nan Bield and Gatesgarth, both long-established pack-horse routes linking with Kendal

and Lancaster. We were shown images of the very sturdy Fell Galloway horses with their A-frame pack saddles carrying such goods as wool and tobacco.

These routes also became used as drove roads, wide and straight in their lower reaches to allow for the grazing of the cattle (eg. Black Galloways), sheep and geese. Kidney-shaped plates were hooped to the cattle to protect them on their long journey which could encompass from Falkirk Tryst in Scotland down to Smithfield Market in London. On the Orton road to the south of Shap stands the 'Galloway Stone', a prominent boulder marking the route.

The 14th century Gough map shows

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a road linking Lancaster to Kendal and northwards to Shap and Penrith, passing by Shap Abbey which had been established in 1199, and also the route of the Old Assize Road between Kendal and Appleby which followed Longsleddale before turning north-eastwards across Wet Sleddale.

Eventually, by the 18th century, the present route of the A6 became the major road route between Kendal and Shap. Linking together Bannisdale, Borrowdale and Crookdale with Wasdale to the north over a summit of 1,400 ft, it was used by Bonnie Prince Charlie in his Jacobite retreat from Derby in 1745 (leaving a dump of superfluous munitions by Crookdale Beck at the foot of the incline); became a turnpike after 1753 with a toll bar in Bannisdale; the main north-south stagecoach route into the 19th century, with Shap church registers recording lives lost in snowdrifts on the crossing – including one Ethiopian slave; and then Macadamised as the busy A6, particularly so during the Scottish holiday exodus to Blackpool.

Mrs Scott-Smith also described the coming of the Lancaster and Carlisle railway in June 1844 (at 916ft, the lowest crossing) and its effects on the Shap inn trade; the closure of Shap Station and the end of BR steam services in 1968; and, of course, the construction of the M6 motorway in 1967-70 (at 1,036ft the lowest road crossing).

With several personal anecdotes to

illuminate the talk – including being stopped next to the Leyland Clock on service 641 with her Christmas duck hidden away tucked under her coat as they had been told 'no extra baggage' in order to lighten the load over the top to Shap in heavy snow – the audience had been well entertained. *Mike Beecroft*

DENT DALE MEMORIAL HALL

Our AGM and following committee meeting was held on 19th March in the Sedgwick Room, we debated, discussed and made some decisions, in a nutshell ; the Flicks will continue in Dent once the problems with the sound are sorted and we look forward to more "bums on seats". Soon a sub-committee will start to plan the Dent Gala and non-trustees are welcome to join the group, another sub-committee will deal with the refurbishment of the Sedgwick Room and all that entails. It really is a case of .. 'watch that space'.

Sarah E Woof (Chairman)

72 MAIN STREET

A Celebration

The purchase of 72 was completed during March and the building is now in the care of the Sedbergh and District Charitable Incorporated Organisation (CIO) and owned by the Community. On behalf of the Trustees of the CIO I would like to thank those who have worked so tirelessly to facilitate the purchase and all of those who have contributed so generously to raise the necessary funds.

Tony Reed Screen

COUNCILLORS CORNER

Cllr Evelyn

On April 9th the Cabinet of South Lakeland District Council will be meeting in Sedbergh at the People's Hall. The meeting starts at 10am and is open to the public so anyone who wants to see local democracy in action will be very welcome. Meetings of the Cabinet are normally held once a month in the District Council Chamber in Kendal. The cabinet takes executive decisions, those concerned with the day to day operations of the council, while the full council decides on overall policy and finance.

There are seven members of Cabinet, portfolio holders who are

each responsible for a different area of the council's responsibilities such as Finance, Health and Wellbeing and the Environment. The opposition has a shadow cabinet whose members also attend the meetings (unlike at national level when only the cabinet of the party in power attends the meetings at 10 Downing Street). The opposition can contribute to the debate but its members do not have a vote.

The Cabinet is coming to Sedbergh because the town is seen as a pioneer of localism in the area. The transfer of Joss Lane Car Park, the toilets, the tennis courts and the fishing rights on the Rawthey from SLDC to the Parish Council were



Sedbergh Community Development Centre Courses from April

Art Workshops

Practical Sketching with Watercolour with Bob Henfrey

Saturday 26th April, 10am-4pm, Methodist Hall, Kirkby Lonsdale

Dynamics of Colour with Frances Winder

Saturday 26th April, 10am-4pm, People's Hall, Sedbergh

Yoga with Fran Fryer Thursdays 6pm-7:30pm at Sedbergh Primary School

NEW Gardening Workshops at Growing Well, Sizergh

Grow Your Own Herb Pots, 10am-1pm, Thursday 3rd April

Edible Hanging Baskets, 10am-1pm, Thursday 1st May

Grow Your Own Salad, 10am-1pm, Thursday 5th June

Workshops are taught by Growing Well's expert horticulturalists.

Cookery Workshops with Nela Geuer at Settlebeck High School

Quick and Easy Supper Ideas, 10am-4pm, Saturday 7th June

Fresh and Simple Summer Cooking, 10am-4pm, Saturday 21st June

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Monday 21st April
Dent Memorial Hall
10 am to 2 pm

Refreshments

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White Elephant ~ Competition ~ Raffle



some of the first acts of devolution in the district under the localism agenda. As a result the Parish Council has been able to develop the Townscape Project and, more recently, plans for a picnic area at New Bridge. At the same time there have been other initiatives like the purchase of 72 Main Street, the establishment of the Information Office and the refurbishment and extension of the People's Hall. Sedbergh is very much seen as a town that gets on with things on its own when it wants something.

Cllr Nick

It's amazing what you find in the hedgerows when you are out

litterpicking. Do people not notice when they have lost a shoe? Why should I find two deflated leather footballs in the middle of nowhere? Why would you take a sock off and leave it by the side of the road?

It's that time of year again just before the vegetation starts regrowing, and whatever litter may have been thrown out of car windows is at its most visible along the verges and hedgerows of our network of lanes. Anyone who walks, runs, cycles or rides their horse along these lanes will be far more aware of the litter than people who only travel along them in a car.

Clearly the busier the road the more

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litter there is, but the busier the road the more dangerous it is for litterpickers, so some of the A roads such as the A684 to Kendal or Hawes or the A683 south towards Kirkby Lonsdale are best left to the professionals. However, some of the quieter lanes carry very little traffic and are a delight to walk along anyway, with or without a black bin bag in your hand. One of my absolute favourites is the tiny lane which drops down from Three Mile House on the Old Scotch Road into Killington - the views are stupendous.

So, dressed in a bright yellow high viz jacket, wearing gloves and with a roll of spare black bags in a back pack I have been out up and down

the Lune valley and also towards Cautley, picking up the cigarette and crisp packets, sweet wrappers, soft drink cans and bottles, beer and cider cans, the odd bottle of wine and spirits and all the other detritus that people are happy to carry around when full but can't be bothered to dispose of in a litter bin when empty. I am not alone! Every now and then I come across very clean stretches, especially around Dent, where there is an active and well organised litter-picking group.

People may ask - why isn't the council doing this? Well, in these times of austerity with budgets being cut year on year, SLDC simply doesn't have the manpower and

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resources to clean every lane in addition to every village and town throughout South Lakeland. It really is one of those things where we can each do our bit, especially if we adopt a short stretch of street or road close to where we live.

Cllr Ian

May 2008. This was the month that I wrote my first article for the Councillors Corner section of Lookaround having just been elected as a District Councillor for the Ward of Sedbergh and Kirkby Lonsdale. The article I am writing now towards the end of March 2014 will be my last as I have decided not to stand for re-election this coming May. This was not an easy decision to make and

there is a certain sadness there but I do feel that the time has now come to move on to the other things that I have largely had to put on hold over the past six years. Not least to put more time and energy into single issue "politics" such as the environment and how we go about bringing more democracy, transparency and accountability into our existing political system. Pressure groups are particularly effective in bringing change into these areas and, I would argue, more so than the conventional system which can so easily become polarised and bogged down into party politics together with all the posturing and pressures that go along with this. I

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often think of the late Tony Benn's comment that he left the House of Commons to spend more time doing politics. I have considerable sympathy with this view. So I am not "retiring", simply changing my area of operations. As part of this I intend to continue writing occasional articles for Lookaround exploring these and similar issues.

I always said that I would stand down when I stopped enjoying doing the job. I have to say that a little of the initial relish has now dissipated and that is partly I think because of the increasing politicisation in local government. We live in one of the most centrally governed countries in Europe and despite the talk of

localisation (not that we hear much about it these days) local authorities still have limited autonomy to do what they want for their local area and about which they know much more than politicians or civil servants based in London. Unless there is a radical re-organisation of existing structures and relationships such as a move towards regionalism then I am not particularly sanguine about future prospects. In this respect the result of the referendum for Scottish independence will be particularly interesting.

It really only remains for me to express my deep appreciation and thanks to those who have supported me during my time in office. Without

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wishing to exclude anyone I would like to expressly appreciate Anne Metcalfe the Chair of the Lib Dem Local Party, my present District Council colleagues Evelyn Westwood and Nick Cotton and before them Peter Woof. Our MP Tim Farron has also been unfailing in his support and without him none of this would have been possible for those Lib Dems amongst us. Also the faithful readers of Councillors Corner over the years, not to mention all of those Ward residents who supported me at the polls and who have helped me in countless ways to do my job better. It has been a pleasure and an honour to serve my community as a councillor and I would hope to

continue to be able to do this in other ways. Thank you to everyone and, for the time being, adieu!

As always please feel free to contact either Evelyn, Nick or myself as follows:

Evelyn Westwood:
email evelyn@markwestwood.co.uk

Tel. 015396 20148

Ian McPherson:
email ianmcperson24@hotmail.com

Tel. 015396 20648

Nick Cotton:
email red.pedal@virgin.net
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TIM FARRON MP

March has been busy month for lobbying people. Sometime

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successfully, sometimes there is more work to be done before sense can prevail.

As I said here last month I had received a letter from the Transport Minister saying that the Treasury was considering extending the funding that was put in place in 2011 for Mountain Rescue teams to compensate them for the VAT that they have to pay on their equipment and training. Well this month I learned from the Minister that the Treasury had agreed to safeguard the money and so £200,000 is heading the way of our amazing teams of volunteers. However, as I also said last month this is a temporary solution and I am working closely with our MEP Chris Davies (this is something that the European Union is involved in) to get the rules that surround the payment of VAT by Mountain Rescue teams changed so that the Government can give them a permanent exemption. Like everything that involves rule changes this will take a bit longer to make something happen but we will keep going.

I had a useful meeting with a

Government minister in Defra to lobby him to urgently rethink the 6 day movement standstill regulation on farm animals. This was introduced at the time of foot and mouth to control its spread by preventing farmers from moving animals from farms where other animals had recently been moved. This is clearly very necessary when we are facing a disease outbreak like foot and mouth.

However, when there is no disease outbreak all this does is make it harder and more expensive to be a livestock farmer and so pushing up the price of our meat and milk. I was pleased therefore to hear at the meeting that the Government is planning to remove the rule by 2017 but this is still 3 years away. I will keep pressing them to remove the rule much sooner.

Amongst the many things that I was pleased to hear in the budget (the increase in the tax free allowance to £10,500, more money for apprenticeship schemes, greater flexibility over how people can take their pension payments, all sounded like good news for us in South

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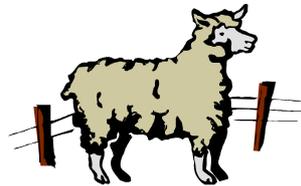
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Cumbria) the one area where I feel that my lobbying may have had some effect is the freeze in fuel duty. I keep making the point, at every chance I have, that the price of fuel in rural areas is particularly important to people and to the local economy. Clearly Ministers are beginning to understand this as on top of the fuel duty freeze we have seen the trial of fuel duty reduction in Hawes and other rural areas around the country but I am pressing for this to stop being a trial and for it to be introduced in much wider areas than the odd town. As I said, on some things there is more work to be done before sense will prevail.

As ever if you need my help with anything you write to me at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or email me at tim@timfarron.co.uk.

Tim Farron MP

NEIGHBOURHOODALERT



From 1 April, sheep farmers in England will be able to report movements electronically to a new database. A series of road shows has been arranged by the National Sheep Association in conjunction with South Western, the electronic database operator. On Wednesday, 5 March, road shows were taking place at J36 Rural Auction Centre. Further details are available from the National Sheep Association website - <http://www.nationalsheep.org.uk/events.php>

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MAIN STREET WAVEMAKERS 2

Will Scarr

A larger than life presence on Main Street, Sedbergh, Will Scarr is fiendishly hard-working, unfailingly jolly while running an unfailingly jolly team in Powell's. He is from farming stock out of Hardraw, and before that parent and grandparent links to Liverpool, haberdashery, dairy farming and of course poultry farming. Parents were not keen for him to go into farming – too uncertain, 'my Dad could see which way the wind was blowing'. So, schooling through Settlebeck and Queen Katherine School, Kendal, Will took Geography, Biology and Geology to A-level, then had dreams of Forestry, dropped that and drifted a bit – maybe wished he'd done university – until Martin Powell gave him the chance to escape Spar and run the greengrocer's shop. At first there were flowers as well, but the acquisition of the 'talking Chemist's' across the road meant that expansion of the greengrocer's into dried, tinned and frozen goods was possible, as well as the fresh veg. The ambulance

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brought Sam to Sedbergh in a manner of speaking, Will discovered her at a fancy dress party and years later there is Eli, and Sam's own home written and illustrated children's books, all based on the daily lives of the immediate and wider family's doings. What impresses about Will is how he keeps his cool in dealing with the non-stop paperwork, canny budgeting, evaluating, buying and stocking goods, making regular and irregular and sometimes emergency deliveries, dealing with Sedbergh School – oh yes, and serving in the shop, and being the family man.

He seems to know more or less everyone by name who comes in, has a wry greeting for all, and of course a smile. He keeps up with what celebrity chefs are advocating and studies trends to make sure that the place is ahead of the curve. There are routines, but the impression is that he and Martin Powell between them have to be master jugglers in a never-ceasing, beady-eyed scrutiny of what the punters want.

Main Street is enriched by such forces of nature. *Stuart Manger*

YORKSHIRE DALES NATIONAL PARK

A Government decision to exclude national parks from planning changes that would allow the uncontrolled conversion of barns into houses has been welcomed in the Yorkshire Dales National Park.

Peter Charlesworth, Chairman of the Yorkshire Dales National Park Authority (YDNPA), said he was “delighted” at the announcement by Planning Minister Nick Boles that Government changes to planning rules would not apply in the Yorkshire Dales National Park, which contains an estimated 6,000 barns.

In January Mr Charlesworth warned that a relaxation of permitted development rights would cause “irreversible harm” to the stunning countryside because the YDNPA – as the local planning authority – and local communities would no longer have any say about which buildings could sensibly be converted.

Following the announcement, he said: “We are delighted that the Government has listened to the concerns of England’s national parks and others and has modified its proposals accordingly, allowing national parks to retain local planning control.

“We’re now going to be getting on with implementing the spirit of the National Planning Policy Framework – to promote sustainable development in the Yorkshire Dales National Park.

“This will, no doubt, include the conversion of some barns to houses

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but only where they’re in suitable locations.

“We know local people support that approach and our new Local Plan – which maps out the Authority’s policies for planning issues from 2015 to 2030 – contains proposals to bring more derelict farm buildings back into use.

“A draft of the Local Plan is due to go out to consultation in May and, if the policies regarding barns are approved, we will then be able to continue with our commitment to conserve the special qualities of the barns and walls landscape, making better use of one of the National Park’s best assets.”

Jon Avison, Chairman Designate of the Yorkshire Dales Society, said: “We are over the moon that the collaborative work of the Society and the National Park Authority has helped to persuade the minister to change his mind on this very important policy. It would have had a potentially devastating impact on the landscape and the character of the Yorkshire Dales.”

Nick Oldham

ZRECE EXCHANGE

On Monday 17th February, 13 young people with 4 leaders set out for our twin town Zreče in Slovenia. The youngsters were either living in or at school in Sedbergh and so, for the first time in the Town Twinning exchange project our young ambassadors represented 4 different schools.

On arrival we were delighted to find fresh snow around our base, the youth centre at Gorenje. However, unseasonably mild temperatures the following morning meant that on our first expedition, climbing up to a historic house through the neighbouring forest, we were being bombed by mini avalanches from the

conifer branches above. The opportunities for snowballing and other games involving this unfamiliar white stuff were not missed. After lunch we headed for Rogla, the nearby ski resort, where higher altitude had kept the snowy slopes intact. There was something for everyone from beginner to the more experienced. The instructors from the youth centre provided expert tuition and by the end of the session even the beginners were skiing downhill confidently and mastering the challenges of the button lift. The afternoon was concluded by at least two rides on the infamous "Adrenaline" toboggan ride. The increasing haul of Slovenian medals

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at the Sochi Olympics added that extra frisson to our mutually high spirits.

The next morning was spent with our contemporaries at the Zreče School. We were warmly greeted by familiar friends the Headmaster, Mayor and teachers who have all visited Sedbergh in past years. We were invited to try various regional specialities, sweet and savoury, then their students gave us an introduction to Slovenia life and culture followed by a quiz involving mixed teams. The command of correctly spoken English and especially the standard of handwriting of our young hosts was impressive. After school lunch we headed off to the Terme (spa) for an afternoon of swimming, enjoying the

Jacuzzis and for the hardy (or even foolhardy?) daring dips in the cold pools outside. The evening was spent playing cards or for those with inexhaustible energy, table tennis and football in the Gym.

The next day we set off with our Slovenian friends for the remarkable caves at Postojna. The various formations in this vast series of caverns are astounding. A small train takes us in then after a guided tour we take the train out again. We visited the vivarium to see some of the unique cave dwelling creatures that live in total darkness including the salamander-like "Proteus" or "human fish" thought by early explorers to be the young of dragons. Outside we could see the devastation



caused by a severe ice storm two weeks previously. Trees had been smashed like matchsticks and pylons buckled by the weight of ice. It is estimated that over 500,000 hectares of forest have been severely damaged. Over 35,000 households were left without power. The storms had also closed the nearby mediaeval and sinister castle of Pretjama, built into a vast cave in a cliff so we could only gaze and imagine. The next stop on our return journey was the capital city Ljubljana which, with a population of 272,220, is about half the size of Manchester. Here we divided in groups of students with adults and set off to see the sights including markets, dragons, castles and

riverside cafes. After a hearty meal back at the youth centre bedtime couldn't come too soon!

Friday saw us back on the slopes. Despite the thaw at lower levels there was plenty of fresh snow for our budding Olympiads. Much energy was expended as ever and another ride or two on the Adrenaline toboggan ride concluded another very successful session.

After lunch instructor Grigor led climbing wall training, first on the lower traverses then the vertical wall itself. It was very satisfying to see most of our young people make it to the very summit itself. Afterwards the Town Twinning representatives met with Mayor Boris, Headmaster Ivan,



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teachers Rosana, Peter and warden Emil to discuss a return visit. It was provisionally arranged for June 2015 coinciding with 10 year anniversary celebrations. In the evening we held a quiz based on our experiences so far with high scores all round. A discussion on recent Slovenian history provoked lively and intelligent debate, a useful preparation for our visit to the Francolova atrocity site the next day.

It is always a moving and sobering experience to visit this museum near Zreče where 100 partisans were brutally executed in retaliation for the assassination of a local German officer in 1945. The realities of occupation with the horrors of an imposed language and suppression of liberty were unfamiliar concepts to our young people and a deeper understanding of the pride which the Slovenians have in their young country was more easily understood as a result. Our next stop was the castle at Celje. Unfortunately deteriorating weather made this a briefer than intended visit although most took on board the hopefully

apochryphal story of why you should obey your father! Thence to a huge shopping mall just outside the city. A chance to buy last minute presents while the adults found sanctuary in a secluded and well stocked café.

That evening, back at base, we held a debriefing session. It was good to have so many satisfied customers. Some of them had only met for the first time on this trip and firm friendships had been made. Several of the Zreče students joined us for “activities” afterwards which mainly consisted of mixed team dodgeball. Trying to wipe each other out by hurling a large ball might not sound conducive to international relations but it worked. The entente was definitely cordiale afterwards and we believe that much Facebooking and Twittering has continued since our return. Our young ambassadors have done very well indeed.

The student exchange is alive and thriving thanks to our sponsors and supporters the Town Twinning Club Members, Sedbergh United Charities, Sedbergh School Local Children’s Fund, Sedbergh Parish Council, The

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Sedbergh Community Fund, and the
John Hatt Trust. *Susan Garnett*

DENT PROMISES AUCTION

A big belated thank you to all those who helped make the Friends of Dent Promise Auction a fantastic event in November. Thank you to the whole community for all their support.

Lisa Cash

SETTLEBECK SCHOOL

Long Lane to Garsdale Road

There is currently a footpath that runs inside the wall around the school from the main entrance on Long Lane to the pathway off Garsdale Road. The other side of that wall there is a

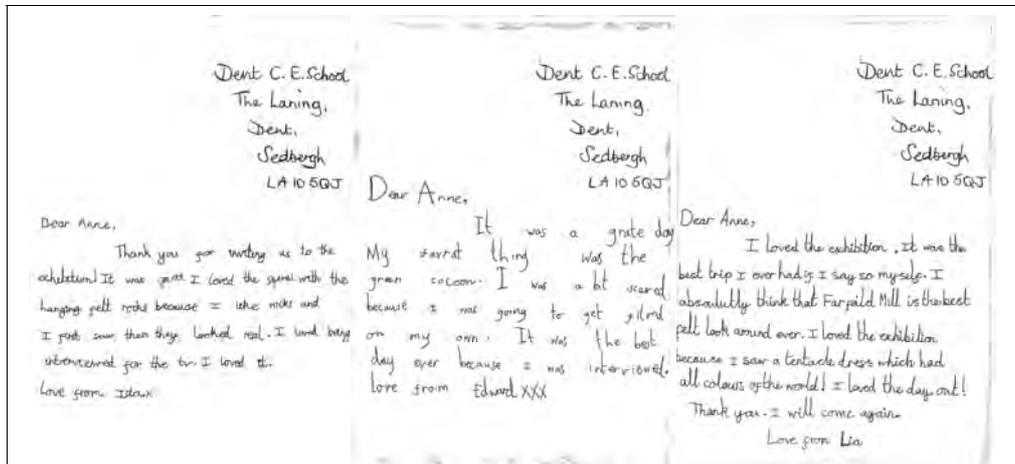
footpath alongside the road. The path on the school side of the wall seems to be unnecessary. Given that there is a wholly suitable (less muddy) alternative, would anyone object to the school closing off this path? It would in fact keep the school grounds safer.

Please let the Chair of Governors - Helen Wilberforce - know what you think. ehwilberforce@btinternet.com or 21562

DENT PRIMARY SCHOOL

Farfield Mill Felt Exhibition Visit

Dent Primary Key Stage 1 pupils visited a felt exhibition in Farfield Mill this term. It is a special exhibition of



felt through contact and is only being shown at one location in the UK. 2000 people had already been to see the display by the end of February and the exhibition runs until 21st April 2014. The children got an interactive experience and thoroughly enjoyed their visit, so they wrote thank you letters to Fairfield Mill. Border Television were at the exhibition and

wanted to film for their television programme, Lookaround. For those with internet access wanting to see a glimpse of the exhibition and Dent School's five minutes of fame, please use the following

<http://www.itv.com/news/border/story/2014-02-28/exclusive-dutch-exhibition-at-cumbrian-gallery/>

Rosie Hodgson, Thomas Cash, Edward Deighton, Isla Gordon and their teacher, Mrs Parkin were all interviewed and enjoyed the experience.

Above are a few of the children's thank you letters to Anne Pierson, Chair of Fairfield Mill, expressing their thanks following the trip.

Global Learning at Dent School

Key stage 2 children at Dent School have been focusing on Global Learning this term. They have been thinking about the future and sharing their concerns about the world around them. After discussing their issues they went on to make wonderful 3-dimensional sculptures which have

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been displayed within school for the other children to enjoy. Here are some of their pieces.

Global Learning Conference: Pupils Take Action

On the 12 March three pupils from Dent CE Primary School, Ellie McDowell, Millie Gordon and Zak Baines, travelled to Penrith for an exciting conference about saving the world. This is their account of the day. We had to give a 10 minute presentation which explained our concerns about the future of the world and what we are doing about it already. We showed others our art projects and sculptures and learnt more about fair trade, poverty and



recycling from other schools. We enjoyed making friends with other children from other schools across the county, working with other schools, the free lunch and having a whole day off school!



Back in Dent we have given the presentation to the whole school and we are making an action plan of what we can do in our homes, our community, our country and in the world. We are going to the governors to get funding for our action plan and we have called it "Children Take Charge"

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COMMUNITY SPEEDWATCH VOLUNTEERS

Sedbergh Parish Council and Cumbria Constabulary are looking for volunteers to help operate this new service in our area. Speeding through our towns and villages has been an issue for a long time, so the Community Speedwatch scheme has been set up throughout Cumbria to address the problem. Schemes elsewhere in the county are well under way.

Our councillors on the Sedbergh and Kirkby Lonsdale Local Area Partnership have offered funding to purchase a laser speed gun for use in the Lune Valley parishes. Volunteers will be trained by the police in the use of this gun. When, where, how long and how often you station yourselves is entirely up to you. Local knowledge of the 'hotspots' is key to the success of Speedwatch. You would need to work in pairs as one person will be using the gun, the other noting the registration number, speed, time and location of any offenders. The scheme is only intended for use in 30/40mph speed limits, as standing

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on roads with national speed limits is too risky.

Having noted the registration numbers of offenders (if any), you would email them to me. My role is to access the Police National Computer to obtain the names and addresses of the registered owners of the vehicles and to send them letters informing them of their offences. It is hoped that a combination of these letters and the regular visibility on the roads of the Speedwatch volunteers will reduce average speeds through Sedbergh and make it a safer place. Over time, I will build up a picture of both regular offenders and particular 'hotspots' so that further measures can be taken by the police. I must stress that you will NOT be expected to stop any motorists or to engage with them in any way – this is purely an observation role.

If you are interested in becoming a volunteer, please submit your name to the Parish Clerk, Janey Hassam, in the office at 72 Main Street.

*Michael Roberts
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FAMILY MUSINGS

We are on tenterhooks, or do I mean tenderhooks (?) as baby woof is due soon, will he be a she or will she be a he, what weight, day, time etc. There is again a fun competition for us all to put in our ideas, no one guessed Ezra's name last time tho' his uncle put James, his second name, so got the prize. We have searched the Bible for ideas or gone completely off that and come up with other random names, my ideas are Molly and Tom which caused my son to shake his head and repeat them incredulously .. so I guess I am way off beam.

There is much ado these days, and quite rightly so, about changes in bowel habits and how one must contact ones GP if that happens, or if blood appears where it should not, or one has unexpected symptoms etc. Great. I am all in agreement. But then what? Tests or scans or other explorations and for some folks awful diagnosis, but what about the rest of us? The NHS seems to leave us in limbo, fobbed of with "results coming" or "let's see how it goes" and meanwhile we have to live with the symptoms and the problems. Perhaps we need to make a fuss? Then we get a bad name, anyone any ideas how this could be handled better?

Juggling classes are much needed here. My trips across to Hull continue to support my elderly auntie, some happy journeys in glorious weather, although road diversions cause me problems when the signs suddenly

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give up and I do not know where I am! Some awful journeys in wet weather, but friendly concerned folk and lovely new friends when I get there. Meals out at Risby Fisheries, Skidby Mill, Blacktoft and other such places, outings over the Humber Bridge or into Yorkshire Wolds or to the East Coast. All uses energy never mind wear and tear of car, when it was serviced they asked about the high milage, what was my job? Having given up most of my work I thought I would investigate benefits, but I do not work "enough hours"... never mind I am writing a best seller so that will sort it out. Writing to magazines to ask about submitting articles/stories, I contacted 6 and have only had a reply re guidelines from 1, and I sent sae to them all. It really is an uphill struggle but we will get there!

Hubby celebrated his 60th in style, made me start to think about mine, not for years and years yet of course. Found lovely B & B in Wells which could accommodate us all, really need that best seller first! Enjoy your hobbies and your work, hopefully in better weather. *Sarah*

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Across the country, Citizens Advice and Bureau are campaigning to ensure sick and disabled people are being treated fairly when claiming Employment and Support Allowance (ESA). As part of the application process Claimants undergo a 'Work Capability Assessment' which determines the person's eligibility for ESA but often claimants require additional medical evidence from GP's and Medical Professionals. Such evidence costs; a cost claimants have to meet. We are finding that many simply cannot afford to do so. Furthermore, the assessment itself is failing to deliver accurate decisions at a cost to taxpayers. For many Claimants the additional evidence would make a difference and would help to ensure that the outcome of the assessment was made on accurate information. But there is no funding for this evidence.

As part of the campaign Citizens Advice researched the different

policies of GP surgeries and other medical professionals. We want to find a way to work together to develop methods of providing and funding the evidence needed without disadvantage to the Claimant, Medical Professional or the Taxpayer.

If you are a Claimant, GP or Medical Professional and would like to share your experience you can do so at www.surveymonkey.com/s/VBXRJN7. The more information we have the stronger our campaign will be.

Free, confidential advice and help is available from Cumbria Rural Citizens Advice Bureau on any aspect of benefits, debt, housing, consumer problems, employment and any other problems. We have various outlets across South Lakeland and can also give advice over the phone - telephone 015394 46464 for an appointment and help.

If you don't need us for advice, how about helping us by becoming a volunteer or making a donation? Not many people realize that we are a charity - see our website for details www.cumbriaruralcab.org.uk.





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CHURCHES TOGETHER

Sunrise Service - Easter Morning

Once again there will be a sunrise service on Easter Sunday morning for anyone and everyone who would like to come. The short service will begin at 5.45 on the top of Winder, by the trig point. The service will go ahead unless it is too windy or heavily raining, if it is forecast a cancellation notice will be put in the Churches Together noticeboard on Main St the day before, so please keep an eye out. Dogs are welcome but must be kept under control at all times. See you there - Carole.

St Andrew's Dent

The PCC has been working hard, not just to keep up with running

repairs to the largest Medieval building in the dale, but to try and improve its facilities as a living place of worship in our community. Last Autumn we installed a new under pew heating system. The old and unreliable sound system and induction loop has been updated and is a great improvement. More repair work to the Tower and Bier Room is scheduled for this summer. This is work left over from the 2009/10 repair project, but had to be held over until more money was raised. Well, the money has been raised now! The exciting new possibility is that if the Bier Room is put into a weather proof condition by these repairs, we can then aim to convert the room into a



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Kendal departure time is unchanged at 1425

toilet and kitchenette later on.

Ecumenical Lent Group

The churches are getting together every Sunday evening in Lent at Dent Methodist Church from 6pm to 7pm for an informal study group. Everyone is very welcome to join in.

Holy Week

Holy Week retraces and celebrates the last week in the earthly life of Jesus, prior to our great celebration of his rising from the dead on Easter Day. It begins on Palm Sunday with the distribution of palm crosses to remember his triumphal entry into Jerusalem and the shouts of the crowd 'Hosanna,' waving their palm branches. Then on to Maundy Thursday evening when we recall the Last Supper of Jesus, his time in the garden of Gethsemane, the chaos of his betrayal and arrest. Finally to the drama of Good Friday as we meditate on the true meaning of the Crucifixion. Do join us for this journey through Holy Week – from darkness to hope for all our lives:

Palm Sunday Services: Dent 10.30am. Cowgill: 2.30pm
Maundy Thursday: Dent 7.30pm

Eucharist of the Last Supper of our Lord

Good Friday: Dent 10.30am

Meditation for Good Friday

Easter Day Communion Services at Cowgill (9am) and Dent (10.30am)

Services in April

St Andrew's Dent welcomes you to our 10.30am Communion Service every Sunday

St John's Church Cowgill: April 6th: 9am Holy Communion

April 13th: 2.30pm Evening Prayer and Distribution of Palm Crosses

April 20th 9am Holy Communion for Easter Sunday

News from the Pews



St Andrew's, Cautley and Garsdale plus the wider community will notice a gap that used to be filled by Vic and Linda Hopkins. They are now settling into their new home in Suffolk and I would not be surprised if they will soon be drawn into the life of the community there, as they were both

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“doers” and brought their various talents to the lives of our three parishes and our town community.

As a non-stipendiary minister Vic worked tirelessly as Curate to Rev Alan Fell and his unstinting help to our present Vicar Andy McMullon has been greatly appreciated. Linda was involved as a Churchwarden at St Mark’s Cautley. A talented craftsperson and flower arranger Linda was always at the forefront organizing Flower Festivals and was often to be found in church arranging flowers for weddings, funerals and other special occasions. These were only a small part of her involvement in our community.

Goodbyes were said to them both in

church on Sunday 9th March. For the 10.30am service Vic had chosen the music and hymns and gave his last sermon at St Andrew’s. Entitled “All inclusive” referring to his vision of Sedbergh in the future how all the different church families will be working closer together for the glory of God.

Later, following the Roman Catholic service, tables were put in place, tablecloths smoothed out, plates and dishes laden with fabulous food of every description as the congregation regrouped in the church room to join with friends from all the other churches and the town to say individual farewells. The tears flowed more than the wine!

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Wednesday Lent Lunches are going well. There is always room for more diners, so do come along for the food and the chat and at the same time help us in sending a super-size donation to St John's Hospice thus enabling them to continue with their wonderful caring work for our community.

You will see posters outside church advertising our special Teddy Bears' Picnic on Saturday April 5th at 3pm. The vicar will hold a short 15 minute service before the party begins. Invitations have been sent to the local children who have been baptized in the Parish Church in recent years to come and celebrate their baptism with us. We would also welcome

other young children in the town who have not received an invitation, the only request besides bringing a Teddy Bear, and possibly a brother or sister, is that a parent, or both come along too.

We look forward to seeing lots of smiling faces bringing Teddy Bears for a happy celebration.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

CHRISTIAN AID

Many thanks to all who supported our Coffee Morning on the 19th March. The provisional figure raised was £361 – an amazing figure and helped by some generous donations

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made at the door well above and beyond the donations requested for the coffee and biscuits. Special thanks too to those who produced the extremely large quantity of cakes, biscuits and other tasty products for the cake stall. I don't remember seeing it so heavily laden and extensive.

A new item for your diaries is a Lent Lunch in support of Christian Aid to be held in Dent Methodist School Room, The Laning, Dent on the 4th April from 12 noon to 1.30pm. Soup and a roll will be available and tea and Biscuits. If you need more information contact: Marjorie – 25319; Monica – 25476; Freda- 25419.

Don't forget that Christian Aid Week

is coming up in May – a great outlet for those items no longer needed and cluttering up cupboards, drawers and wardrobes. More details will be in May's Lookaround.

We are wondering who might be interested in running the 'Shop' from next year. So if you or anyone else you know might be interested please contact Kath Hannam on 20897 for further details

Anne Pitt

worship@peopleshall

Sunday March 2nd and we were once again at the Peoples Hall. This time it was Chris Fawcett who gave a great children's talk on obeying instructions! He then followed on

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when the children retired for their own activities with an interesting insight into the world of underground caves. He recounted being led underground by a friend, whose instructions had to be followed as a matter of life and death! He compared it to following Jesus and keeping close to Him, whatever happens. He will see us through. The prayers and worship were led by Sandy Roy. Tea and coffee were available throughout. Our next services will be on 6th April with and 4th May .We'd love to see you there.

Sedbergh Methodist Church

**DENT DALE
CHRISTIAN FELLOWSHIP**

Our speaker in February told of how God had placed certain people in certain places to help her and her son meet with God, the lad at her sons school who invited him to the church youth group, the spin off being she went to the church, heard about Divorce Care and went along. She spoke of the love and support of the whole church when her Dad was very ill, an inspiring account of what God does with a life given over to Him. Then we shared supper together. Our monthly lunches will not be in June and if you would like to come anytime or like someone to come with do give us a ring. If possible by the previous Saturday morning for Sunday lunch especially if a lift would be needed would be helpful. In May there will be info about the Divorce Care course at our fellowship, all welcome.

J & SE Woof. 25212.



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CALENDAR GIRLS

Over 18 months ago a friend mentioned that the performing rights for the play 'Calendar Girls' had become available for amateur groups for a limited time. I immediately ordered a copy of the script and mentioned it to a few people, but mostly they just raised an eyebrow and looked at me like I was mad! I read the script and passed it round a few folk, who all agreed that it tells an amazing story, managing to be sad, happy, hilariously funny, tragically poignant and enthralling all at the same time. The idea of doing it would keep cropping up in conversation now and again.

Eventually I think the rest of Spellbound got fed up with me going on about it and we decided to give it a go. Casting wasn't going to be a problem as we have a mainly female membership, but we needed a director. After lots of pestering various people Fliss Pocock, theatre manager at the Old Laundry Theatre agreed to get involved, and with her, some of the members of Staveley Roundhouse too. From there things started moving and we decided to do a mini tour of the show, with three performances in Sedbergh and three in Staveley, just to add a bit more of a challenge! Coincidentally Spellbound celebrated its 25th year last year, and 2014 is the Roundhouse's diamond year.

Rehearsals began after Christmas, three times a week, with the venue alternating between Sedbergh and

Staveley. It was quite a demanding schedule, but the rights were only available until the end of February, so although the pressure was on, it was always fun at rehearsals, watching the cast get to know each other and to bond. I think the nature of the play, the subject matter, and the fact that it features THAT scene (you know the one I mean) brought everyone together wonderfully, and everyone was very supportive. I was moved to tears in a couple of rehearsals (and not just because there weren't any biscuits left at break time).

Producing a show for two venues presents its own challenges, everything has to be made to fit in both spaces, the lighting design has to be flexible, and the scenery and props have to be manageable too. Everything needs to be measured to make sure the cabling is long enough and that the piano will fit in the wings.

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The cast need to know how big everything is, and the dimensions of the stages so they can block their moves accordingly. And then there's the logistics of transporting everything between two venues – costumes, props, set, tech. gear etc, and rigging and de-rigging everything twice. The list is endless. Did I mention the piano dismantling session?

There's not a lot more to say really, if you went to see the show then you know how amazing it was (apologies for the self-congratulation, but I think our wonderful cast earned it), and if you didn't see the show, then you missed something very special. We were delighted to welcome two of the original Calendar Girls – Angela Baker and Beryl Bamforth – to a couple of the performances. The story of how their WI produced a calendar to raise money for Leukaemia & Lymphoma Research inspired the film and the play, and their presence at the show and meeting them afterwards proved to be a great inspiration to us. Along with a percentage of the performing rights fees going to Leukaemia &

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Lymphoma Research we were selling merchandise to raise money, and also planned to donate raffle and refreshment money. My cousin Dr Jim Allan works in cancer research at Newcastle University and his work is partly funded by L&LR. He came to the show one night when he and Angela spoke movingly about the importance of our fundraising, and the difference it makes to their research.

By the time the curtain fell for the last time we had raised just over £786 for L&LR, this is in spite of high production costs. Hire of rehearsal space and the People's Hall, paying for scripts and performing rights came to over £1,100 for the Sedbergh performances alone. With set & props, technical, publicity, and costume costs on top of this, the days of £5/6 a ticket for a near professional standard production of this kind are sadly over, so perhaps you will understand why it was necessary to charge £10 a ticket. We do hope you felt it was worth it, and many thanks to you all for supporting local theatre, and for digging a little deeper in your pocket and contributing to such a worthwhile cause as well.

Thanks to our wonderful cast and crew, too many to mention, many of whom you won't even have noticed at the show, some giving their professional time and expertise just for the love of it. Thanks too, to our local traders for donating many of the raffle prizes.

Andrew Allan, Spellbound Theatre

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SWIFTS IN SEDBERGH

Some people may have been to the talk on swifts at the Peoples Hall last June, which showed film footage from cameras in the nest sites in the eaves of a house in Lowgill. Such interest and enthusiasm was shown at the meeting that it is proposed to start a Sedbergh and District Swift Group for anyone who admires and values these wonderful birds.

Swifts are the birds that come here from Africa to breed, and zoom around houses in 'screaming parties' in early summer. They are a true herald of summer, usually arriving in early May - to spend only 3 months here, generally having left by early August. Most noticeable are the low-flying screaming parties that hurtle around our houses, especially at dusk. They are rarely seen close up, are only here briefly, are superlative flyers, and are to an extent a bird of mystery. The only time swifts land is at the nest sites, otherwise spending all their time on the wing.

Favourite breeding places for swifts



have traditionally been inside the eaves of tall old houses, churches, schools and other such buildings. So Sedbergh is an ideal town for them, and has several established colonies. Nationally swifts are now sadly in serious decline, with renovation of houses causing loss of nest sites, being the main culprit. The purpose of the swift group would be

- To gather together all those who are interested in swifts
- To identify existing colonies in Sedbergh, and make people aware of what can be done to avoid losing them
- To identify buildings where new colonies could be created using nest boxes.

Anyone, young or old, would be welcome to join the group and help save these wonderful birds. No expertise will be required (although of course this would be very welcome). All that is needed is enthusiasm and a desire to know more about these enigmatic birds.

We propose to meet first of all in April, when the aims of the group will be elaborated.

So watch out for further information in Lookaround and in the usual places around the town.

In the meantime, anyone who would like to help, by letting us know where swifts nest, or who would be interested in a group in Sedbergh, please get in touch via our details below.

*Tanya & Edmund Hoare
ta.hoare@btinternet.com
01539 824043*

DENTDALE FIRST RESPONDERS



On the evening of Friday 21st February, Dent First Responders got together in Stone Close for their annual supper. This was to say “thank you” to the commitment of the first responders and to their partners for their support. The evening also provided an opportunity to thank our donors within the dale. We are fortunate this year in that we have been the recipients of a number of donations, raised at various events in the dale throughout the year, and the photograph shows some of those donating as well as our new defibrillators.

Dent First Responders respond to ambulance call-outs within the dale – staying with the patient and family until the ambulance arrives; often they are used to guide an ambulance, especially to isolated addresses. The area covered has now been expanded to include Sedbergh, and Dent FRs would welcome seeing some prospective responders within Sedbergh. Clearly, when response time is critical, responders based in Sedbergh would be beneficial. If you are at all interested, then please get in touch with John Sugden on 25303.

*Jenny Pilgrim
Chair, Dent First Responders*

YORKSHIRE DALES SOCIETY

Environmental charity the Yorkshire Dales Society is delighted to hear that thousands of historic field barns in the Yorkshire Dales should not now be put at risk from unwanted development.

According to reports in a national newspaper ministers plan to exempt national parks from blanket proposals to make it easier to convert agricultural buildings into houses.

Malcolm Petyt, Chairman of the Yorkshire Dales Society, said: “The Yorkshire Dales Society has been a key player in the national campaign to explain to ministers why national parks should be exempt from the blanket removal of planning permission on barn conversions. We are delighted to hear that government appears to have listened and Britain’s most precious landscapes will continue to be protected. Farmers will still be able to apply for planning permission through the normal planning process. This is the best way to protect individual barns as well as allowing affordable housing for local people in the right places.”

There are around 4,500 field barns in the Yorkshire Dales National Park. As an iconic part of the cultural heritage and amazing landscapes of the Dales these barns need robust protection from inappropriate development. Over 12 million day visits are made to the Dales each year, and the classic barns and walls landscape is a key component of what attracts people to visit and spend money in the Dales.

DENTDALE WI

It had been a day of perfect spring weather and as we met together for our Meeting everyone present was talking about the sun shining, the birds singing and daffodils bursting through. We know the weather can so easily change here in the north, and we are back to cooler conditions as I write, so, a few sunny days in early March were a real bonus and well worth talking about!

Kate Cairns presided over the business meeting as Catherine was taking a few days away. Kate thanked all those who had helped in any way at the Dentdale Run. Apparently 550 runners had registered making the 30th anniversary of the race a real

success.

Courses at Denman College were again on the agenda as there are four bursaries on offer to those who have never been before. So far, three members have expressed an interest.

I know we are only a quarter of a way through the year, but already thinking about putting together a programme for 2015 and Freda Meakin has offered to do this for us. Members were asked for their suggestion for the Summer Outing 2014!

Thirteen members of the dining club had a thoroughly enjoyable meal at Farfield Mill in February, and the next venue chosen is Country Harvest Ingleton on 27th March.



SEDBERGH SCHOOL



We often have vacancies for Kitchen and Cleaning Assistants, and for other roles from time to time. Some roles are based in Sedbergh, and others are at Casterton (Sedbergh Prep School).

If you would like to work for Sedbergh School then please complete an Application Form and return it to the address below, indicating what sort of work you are seeking. If we have suitable work available we will contact you and invite you to come for an interview.

You can collect an Application Form from the Bursary, download one from the School's website (www.sedberghschool.org) or request one by sending an email to Shirley on shw@sedberghschool.org or by ringing the HR Department on 015396 20303. Please also check the School's website regularly for details of individual posts as they arise.

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Our Speaker for the evening was Margaret Copestake talking about Painting and Sketching for pleasure. Margaret has been sketching and painting, mainly in water colours, for some years now, and was able to quote from her experiences on types of paint, paper and brushes to use. She brought along several pads of her work sketched and painted over the years using them to highlight and point out tips and techniques. It was all very interesting and an in sight into a hobby that Margaret clearly enjoys.

The competition had been for a favourite picture and there was a good number of entries, in fact there was quite a little gallery of pictures for

our speaker, Margaret to choose from. Thelma Belfield's picture caught the eye as her choice.

Next month, April 9th in Dent memorial Hall Jackie Huck will be giving us *An evening of Stories and Poetry*. New members and visitors always welcome. *Pat Allen*

WI HOWGILL

We met at Howgill Village Hall on March 6th. There was a good attendance including four visitors. Suggestions for a Summer Outing are being put forward a decision is to be made next month.

The members who attended the Open Meeting hosted by W.I.

Casterton, reported on a fantastic evening on the subject of pearls. They have been in existence for nearly 5,000 years and are the only gem to be created by a living creature, the Oyster.

Following the business part of the meeting a warm welcome was given to Andrew Lowe. This being his ninth visit to Howgill we knew that his talk "A Career in Ruins" would be interesting and full of humour. Having now retired after dealing with conservation and restoration work being Planning Officer for the Lake District for many years, his eye for detail was evident in the photographs on his slides with years of observation of old buildings. His

success stories can be seen in the countryside in the restoration of churches and farm buildings and towns like Bowness on Windermere and Keswick have been improved by Andrew's dedication and architectural knowledge.

The competition for "My Favourite Building in Cumbria" was won by Sheelagh Dennis who was also the winner of the raffle. Social time was to spot the well known goodies from clues. This was won by Liz Moore. The evening was brought to a close with refreshments Ashworth will be telling us all about Hearing Dogs. Do join us at Firbank Church Hall at 7.30pm, where you will be given a warm welcome. *Audrey Hoggarth*

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KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

Reading the Westmorland Gazette before our March meeting I noticed that the title for the gathering was, **“So you think you can stitch!”** That sounds rather challenging so I am happy to inform you that the title should have been, **“So you think you can’t stitch“**, which is much friendlier. Nevertheless it gives me the opportunity to say “thank you” to our regular correspondent, Sandra Gold-Wood who keeps Westmorland up to date with all the happenings in Sedbergh, week by week. This is no small task and is much appreciated.

We were very eager to improve our

stitching skills under the tuition of Valerie Cann, master cross-stitcher, and Wendy McLean, Queen of the patch workers. This meant that we went through our business meeting like a dose of salts. This expression was how attendees at a recent open meeting of Casterton WI described how they dealt with the business. Several of our members had greatly enjoyed their meeting, learning all about pearls, and purchasing several items of charming jewellery. We are looking forward to seeing the Houghton Weavers Folk Group perform in Kendal, and also made plans for our stall at the Sedbergh Gala in May. My goodness, another year whizzing away.



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We decided to support Rachel Hopkins who is off to Japan as a representative of the Scout Movement at their world-wide Jamboree. We also discussed the request for volunteers for First Responders for the Sedbergh locality, and the local provision of heart starting equipment (another dead brain cell – I can't bring the word to mind).

Then on to our stitching! Wendy and Valerie had made lots of preparations

to help us. Valerie provided us with prepared cards, a selection of patterns, threads, needles and everything needful to produce a cross-stitched greeting card and we set to work with a will. Wendy had produced material for a bag (with handles already attached and a selection of cut-out pieces to make a lovely picture on the bag. (I think this is called *applique* – brain cell only half dead) When you see shopping bags with colourful boats on them sailing up Main Street you will know where they come from. It was such fun – working and talking. It really was one of the noisiest meetings we have had.

Wendy and Valerie - thank you so much. Now I can't wait until September when two more members will "nurture our artistic talent".

Our next meeting will be on Tuesday 8th April at 2-00pm in the Committee Room of the People's Hall (Isn't it looking smart now!) We look forward to an illustrated talk "Holhirdiana" - the Story of a Windermere Victorian Mansion and its People. Come and enjoy it with us.

Wendy Fraser-Urquhart

SEDBERGH WI

18 Members enjoyed the March Meeting of Sedbergh WI back in our usual venue at the People's Hall. Our Speaker – or to be more accurate singer – for the evening was Jacqueline MacDonald. Jacqueline is a Folk singer, one half of the '60's duo 'Jacqui and Bridie', who gave us a talk entitled "Singing my Travels". One of our members even produced

an original LP from the '60's, much to Jacqui's amazement, and got it autographed around fifty years late!

Jacqui had brought along her guitar and a friend who happened to be visiting her, along with her banjo. We began the evening with a spirited rendition of "Whisky in the Jar", having been encouraged to sing along with the chorus. Jacqui interspersed her songs with tales of her travels and lots of jokes which had us wiping tears of laughter from our eyes! She had also brought traditional "Dancing Dolls" to show to us, little jointed wooden figures with a stick protruding from their back which is held whilst the doll is 'jigged' up and down on a narrow board of

flexible wood in time to music.

Audience participation was obligatory - Ellen Morrison with an instrument consisting of a long stick covered in bells, with a small yellow wellington boot at the bottom and a rather grotesque puppet head at the top, played by banging it on the floor, and later Anne Pitt signing the words to an Australian song. Our guests stayed to enjoy the delicious cakes baked by Christine Sheppey and Denise Thomson, and we all agreed that it had been a very enjoyable evening.

Why not come along and join us sometime, we are a friendly bunch!

Sue Kernahan (Secretary)

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THANDI

Some months ago Helen Wilberforce, Chair of Thandi Friends Project Trustees, thought it a good idea to slightly alter our charity name by adding an "S" to the word Project (S). Our main project has always been *Thandi* the village where we built Thandi Community Crèche and Early Learning Centre. Here we look after 25 severely disadvantaged children aged between 3 months and 6 years old.

From that village we took 3 ladies and put them through college to train as teachers. Our Principal, Elizabeth, has two daughters. Robyn is the eldest and supported by Thandi Friends is now at the University of the Western Cape near Cape Town, and is the first person from the village to go to University.

Staff wise the early Learning Centre has mushroomed from our original three teachers to now include two part time cook/cleaners, 2 part time teaching assistants and a part time gardener. Six months ago we were donated a poly tunnel where we are now growing some vegetables for the



children and we hope this gardening project will expand. These part-time staff are paid for by the South African Government on a scheme to reduce unemployment.

In addition to the village and Early Learning Centre we have always worked with the Farm School. That now goes from strength to strength and no longer needs the support of Thandi Friends. The local hospital where we supplied ECG machines, defibrillators, nebulisers etc., etc., has now been given a £400,000 donation by the French Government and is hardly recognisable from the hospital we found ten years ago. That leaves us with the Hospice which has a constant struggle to cope. The area has a population of 60,000 with up to

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55% affected by AIDS so the Hospice has a constant demand for dressings, catheters, adult nappies and we have just given them 5000 pairs of surgical gloves.

Some four years ago Chris and I and three friends went North from the Cape into Namibia, Botswana and Zambia. In an area known as the Caprivi Strip at the very North of Namibia we stayed in a lodge where we met a group of young people who danced for us whilst their parents played drums and sang. From speaking to them we learned that they were raising money for their school to buy sports gear. On further investigation we discovered that until recently they had no chairs so sat on the floor or stood at their desks. However a tour company raised funds from some tourists and bought them the necessary chairs – but still no sports gear.

Over the last three years we have accumulated rugby shirts, shorts, boots and socks and rugby balls all ex Sedbergh School gear, plus football shirts, shorts and footballs all ex Sedbergh Wanderers gear. Also

from Sedbergh School we were given cricket and netball gear and then lots of new sweat shirts, cricket bats and balls from Emmanuel College in Gateshead.

At the end of February this year Chris and I hired a Landrover 110 defender and packed it with everything we had gathered and at 5.00 AM one Saturday morning we set off on our epic journey North from Cape Town. By the end of the first day we had reached the Namibian border where we experienced an incredible thunder, lightning and sand storm – but no rain. The following day we drove through the Namib desert area with hundreds of miles of nothing but sand. Late that day we

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reached the Namibian capital, Windhoek, where the landscape was changing to scrub and a few trees and grassy areas. It was the start of the rainy season and we had arrived just after a big storm. WE continued on for a couple of hours and eventually found a bed for the night. The next day found us further north in greener countryside passing lots of village Kraals with their round thatched rondavels (native huts of mud and grass). The Kraals were fenced with thorn bushes to keep out the night time predators. All the cattle and goats are herded into these areas at night to keep them safe. That evening we reached a town called Rundu on the Angolan border knowing that the following day we would reach our destination.

It was now a change of direction. No longer north but into the morning sun and east following the Kavanga river into the Caprivi region or northern Namibia. We reached our camp at about 2.00 pm. Our tent was about 10 metres from the Kavanga river which is full of Hippos and at night they would come out of the water and



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graze around the tent.

One of the staff at the camp was a girl who four years earlier had danced for us so we arranged for her to guide us to the school the following morning.

We collected Cecelia from the camp kitchen the next day and set off mid morning for the school. We found a teacher sitting under a shady tree marking papers who showed us where to find the head teacher - Hildegard. We met her in her "office" attired in a very smart although old fashioned bright turquoise suit. Most definitely the head mistress.

It is difficult to express the feelings of the following couple of hours as we unloaded the "Landy" and kids tried on football and rugby shirts netball skirts and tops and sweat shirts or kicked around a football or chased around with a rugby ball – all in the blazing sun. Eventually under Hildegard's guidance everything was gathered together and taken away to the office so be distributed. We were then entertained to singing and dancing and introduced to the Grade

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R teacher and her class of 55 6 year old wide eyed children who had started school three weeks earlier. They sang to us in English – “We`re going to the market, we`re going to the church to see the pretty people with flowers in their hair” plus lots more which I joined in with much to their delight and amusement.

We had achieved our goal and felt happy that Thandi Friends was no longer a Project but Projects.

We visited the Mahango game park and then at a more leisurely pace we headed west and south stopping off at the Etosha National Park and the Fish River Canyon –second only to the Grand Canyon. We travelled a total of 6800 Kilometres and over mountain passes 1200 meters above sea level on good and bad roads – some tar some dirt but the “landy” never gave us a moments trouble. Every night we slept under mosquito nets but the little blighters still managed to get us but fortunately we were taking the malaria tablets.

We are now back at the Cross Keys following our wonderful adventure.

Alan & Chris Clowes



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- Identify strengths and skills

2. A free telephone helpline service is available for discussion with a careers adviser.

3. An excellent website gives lots of useful information, and the opportunity to contact a careers adviser using live webchat.

To highlight what the service is able to offer, National Careers Service Advisers are holding a special session at Sedbergh Library on Tuesday 8th April from 10.00 a.m. until 2.00 p.m. Everyone is free to call in for further information about the service, and appointments for individual help and advice can be made in advance by telephoning the local office on 01539 730045.

**SEDBERGH
ORCHESTRA CONCERT**

Thursday 6th March

The car park was already full and with 20 minutes still to go, most of the seats in the centre of the nave in St Andrew's church were taken. The supporters of the Sedbergh Orchestra were obviously undaunted by the drizzle and general drabness of the early March evening and there was a buzz of anticipation and warm conviviality as 8pm drew near. Though only the 11th concert given by the Orchestra since its foundation, it clearly has an established and valued position within the community.

It may have been said before, but as a newcomer to Sedbergh and the

Orchestra's concerts, perhaps I might be allowed to begin by saying how fortunate I believe we are in such a relatively small town to have our own orchestra and how remarkable it is to find such an enterprising and ambitious group of players with the skill and enthusiasm to perform both for their own enjoyment and for that of the community at large. I am full of admiration for what is being done and achieved.

For this concert the orchestra was under the direction of its resident conductor Peter Crompton who achieved a very successful blend of professional authority and control with enthusiasm and an easy air of informality. He was ably assisted by

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Proprietors: David and Elizabeth Martin

the leader Sue Armstrong. There was a palpable sense of rapport as all concerned strove to give us of their best.

The programme got off to an enjoyable start with a confident performance of Mozart's Overture 'The Impresario'. The strings exhibited some neat, well coordinated articulation in the busy passages and the phrasing was thoughtful and musically persuasive. There were some telling exchanges between the wind and strings and no shortage of rhythmic energy. In places the sense of ensemble could have been a little more precise and a little more refinement in the balance and blend of the overall sound would have

further enhanced this engaging performance.

The Mozart overture was followed by what, for me, was the highlight of the evening – the Concertino for Clarinet by Weber. The soloist was Karen Giudici and her playing was a sheer delight – always expressive and responsive to the changes of mood in the music. But the achievement was not just Karen's - the Orchestra was really on form here. It successfully managed its dual role – at one moment accompanying the soloist sensitively and at another contributing its own touches of independent drama with some effective realisation of instrumental colour. Some passages

<p><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £5.50 Garlic Mushrooms (v) £4.50 Pate with Garnish, Toast & Butter £4.50 Soup of the Day £4.50 Garlic Flatbread £3.75 with Cheese £4.50</p> <p><u>The Grill</u></p> <p>8oz Sirloin Steak £13.00 Mixed Grill £14.00 Bamsley Lamb Chops £12.00 Pork Chop in BBQ Sauce £10.00 8oz Gammon & Pineapple £8.50 8oz Cumberland Sausage £8.50</p> <p><u>Classics</u></p> <p>Steak & Kidney Ale Pie £8.50 Lasagne Verde £8.50 Vegetable Lasagne (v) £8.50 Chicken Kiev £8.50 Broccoli & Cream Cheese Bake (v) £8.50 Salmon Steak with Parsley Sauce £11.00 Whitby Breaded Scampi £8.50</p> <p><u>Lighter Bites</u></p> <p>Cold Meat, Prawn or Tuna Salad £7.20 Ploughman's Lunch cheese/pate £6.50 Filled Jacket Potatoes from 4.50 Cheese & Tomato Pizza £4.50</p> <p><u>Sandwiches & Toasted Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £5.50 Ham, Beef, Cheese & Tomato; from £3.70</p>	<h1>THE HEAD AT MIDDLETON</h1>   <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h1>Menu</h1>	<p><u>Desserts</u> £4.50</p> <p><i>Served with cream, ice cream or custard</i></p> <p>Chocolate Fudge Cake Treacle Sponge Sticky Toffee Pudding with Butterscotch Sauce Bano filée Cream Pie Peach & Brandy or Jamaican Pancakes Fruit Cocktail Meringue Cheese & Biscuits</p> <p>Toffee Dream Delight Sundae £4.10 Vanilla Ice Cream £3.70</p> <p><u>Teas, Coffees & Liqueurs</u></p> <p>Pot of Tea for One £2.50 Black Coffee, Espresso, Cappuccino or Latte £2.50</p> <p>Gaelic Liqueur £3.6 Laced with fine Irish whiskey, topped with cream Café Royale £3.6 Embodies the round mellow finish of cognac, topped with cream Cossack Liqueur £3.6 With the bite of vodka, topped with cream Café Calypso £3.6 The rich smoothness of Tia Maria, topped with cream Highland Liqueur £3.6 Scotch whiskey, topped with cream Café Seville £3.6 Cointreau lends a subtle fruity sweetness, topped with cream</p> <p><u>Plus a Range of Fine Wines</u></p>
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really 'took off' and were very effective indeed.

The last item before the interval provided the Orchestra with its greatest technical and artistic challenge of the evening – The Siegfried Idyll by Wagner. Wagner's sound world is a sensuous one where every nuance of tone colour, dynamics and balance is essential to the realisation of his musical ideas and consequently very difficult to bring off. A valiant attempt was made by the players to meet these formidable requirements.

After the interval we all enjoyed the variety of effects conjured up in the sound pictures contained in Sibelius' Pelleas and Melisande Suite. Sometimes it took a little time for the players to settle into the character of the individual pieces, but there was much to commend in their performance. The expressive range

of dynamics and sonorous cello tone was striking in the second piece and the lilting buoyancy of the third was a real foil to what had just gone before. The effective colour contrasts achieved in Melisande at the Spinning Wheel particularly impressed me.

The Praeludium by Armas Jarnefelt was just what was required as a finale - almost a Beecham 'lollipop'.

The Orchestra obviously enjoyed playing it and sent us away on a high, looking forward to its next concert during the festival in June.

Howard Seymour

SEDBERGH MUSIC FESTIVAL

The Festival this year will be held in St Andrew's Church, Sedbergh from Sunday 1st to Sunday 15th June and promises to be as good as previous years.

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SEDBERGH TOWN BAND

Band Notes

Following a hectic 2013 Christmas period the Band has experienced a comparatively light start to the new year. The lack of immediate engagements has allowed the co-directors of music, Carole Marsden and Iwan Lewis, to introduce new pieces and examine and practice in close detail items already in the repertoire in the course of the Wednesday rehearsals with a view to achieving musical perfection in performance.

A busy year lies ahead starting with a visit to Garsdale Church. Sedbergh Gala will see the Band concert on the Lupton Field. A return trip to Dumfries, venue of the recording of the Band's C.D., occurs towards the end of May when music will be rehearsed for the Band's performance in the biennial Sedbergh Music Festival in St. Andrew's Church. Following a most successful concert given to accompany a well attended dinner at the Country Harvest last year a repeat performance has been requested. The famous Hardraw Festival will see the Band attempting to repeat the triumphs of two years ago. With Autumn underway and Winter

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approaching the pace picks up with a visit to Middleton Church, the Concert of Remembrance and the Christmas Concert which precedes the numerous carol sessions that figure so prominently in the Band's calendar during the Festive season.

The Youth Band experienced a most enjoyable week-end away at Windermere on the 8/9th February. Music practice, games and a concert were much enjoyed. Thanks go to all who helped in so many ways to ensure success, with particular mention of Chairman Sandra Water's catering that made the occasion so memorable.

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initiating and master-minding a most successful bingo night at the White Hart. The White Hart hospitality was much appreciated and again Sandra Waters must be congratulated, this time on raising gifts from the local businesses, particularly including Green Door, Powells, Premier and the Chip Shop. To you all we express our sincere thanks. Money raised will be much welcomed as a contribution to achieving the Band's policy of

Sedbergh Music Festival
1 - 15 June
 St Andrew's Parish Church
www.sedbergh.org.uk/musicfestival
 Enquiries at Sed Info Office

ensuring that all members of the Youth Band have access to good quality instruments.

The first of three coffee mornings arranged for the year took place on Wednesday 12th March in the U.R.C. Band funds benefited to the tune of £160, with thanks going particularly to the raffle which offered many attractive prizes and a superb array of delicious home baked cakes. G.R.B

**TRIGLAV AND ZRECE VISITS
2014 & 2015**

I spent part of February in Slovenia where I met singers and others to make arrangements for our visit to the Zrece and the Triglav national park in August later this year. Our local singers will be walking and singing alongside Slovenian choirs, doing concerts in mountains refuges (such as Kredarica in this photo) and also on the summit of Triglav, Slovenia's highest point. We will take four days to do a walk which can be done in a day along very good alpine paths, so even though the mountain is almost 3,000 metres high most of it won't be a problem for anyone in reasonable health, especially as we are also being driven half way up the mountain! The very last part to the summit is a bit like Striding Edge, only with iron rope bedded in the rock to keep you safe.



Triglav (pronounced "Tree-glow" rhyming with "cow") has a special place in the hearts of Slovenians many of whom say you are not a true Slovenian until you have been to the top. Let me know if you'd like to join us - we will be learning several songs in Sedbergh from Slovenia and the UK which we will sing alongside the Slovenian choirs. Written music and recordings of the parts and pronunciation of Slovenian words are available to help. We will also be visiting Zrece and Ljubljana with our usual high standard of accommodation.

We are also making plans for a concert tour of Zrece and Slovenia in May 2015 as part of celebrations of the 10th anniversary of the twinning between Sedbergh and Zrece. If you would like to join our singers visiting Zrece you will be most welcome. I joined several choir practices while I was there - the Zrece choir sends their love to everyone they met here last year and say they are looking forward to welcoming our singers.

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As part of their Duke Of Edinburgh Award, six explorer scouts (Thomas and George Hinson, Will and Alex Inman, Robbie Sproul and Eddie Lomax) have been working in Queens Garden for one morning over



the last four months. As anyone who has been to the gardens will know, there is great scope for work to be done and whilst there is a grand plan in the pipeline, the boys just wanted to get

stuck into making the gardens more appealing. This month they made and put up new bird boxes, cleared some of the all invasive plants and reduced some of the overgrown shrubs to more manageable size. Whilst there is still a great deal of work to do the boys contribution has been exceptional. Knowing how conscientious and hard working they are helps plan for next months tasks and is a credit to the boys and the explorer unit. Thanks to them all.

We would like to appeal for any historical photos of the gardens. They may be family photos, with the gardens in the background, but will help us with the restoration/development

Mike Hinson



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For the past five years I have been working with a major local award winning practice in Kendal, combining this with the small practice that I set up in 1998 at my office in Guldrey Lane.

I trained with one of the big four international practices in Birmingham before raising a family in Cumbria. I then worked for an accountancy practice in Barrow and have taught at Kendal College and Lancaster University. I now plan to devote myself full time to providing tax and accountancy services on my own account.

Over the past few years I've gained a breadth of knowledge and experience advising individuals with more complex tax affairs and dealing with HMRC on their behalf. I've also provided general accountancy services and tax advice to self-employed people and small companies.

I can also help people set up small businesses, with services such as advising on accountancy software, business planning and helping them through the bureaucratic maze.

Please look out for my advert in future editions of Lookaround, but if you would like to contact me to make an appointment for an initial free consultation please phone Rosemary on 015396 20088 or email me on rosel@rlewes.freeserve.co.uk

ROYAL BRITISH LEGION

When the Royal British Legion was founded in 1921, the founders made the promise to those who had suffered so horribly, and their families, "WE WILL REMEMBER THEM".

When Sedbergh Branch was inaugurated in 1922 the founders made the same pledge. 92 years later current members still repeat that promise at every meeting.

Of course that pledge now also includes all who have served since.

With a view to sharing that commitment, the Sedbergh branch hopes to have a display of WW1 memorabilia in their gazebo on Saturday 17 May, on Sedbergh Gala field.

In order to do so we need the loan for the day of any and all remaining WW1 memorabilia. We appreciate the sentimental value of these objects and they will be guarded and cherished as if they were our own. You will be welcome to stay with them and explain their significance to visitors yourself.

Would you consider bringing along your memories of your ancestors?

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LADIES NFU

Our March meeting took place on

the 11th a week earlier than usual, we were down on numbers due to some people forgetting this, and the start of lambing. We had such a great time when John Rice entertained us with a mini version of one of his shows as given at The Barbican, the South Bank and the Edinburgh Book Festival! John has been visiting schools for the last 35 years encouraging children and teachers in their own writing. He has 13 published books, copies of which we were able to examine and ask questions about later. Some of his poems have been published around the world - even Swaziland!!

From 2008 to 2010 he was Scottish Arts Council's Poet-in-Residence in his native city, Glasgow. A very big thank you to John for such an enjoyable evening.

A few members supported the Charity Evening of Camforth Ladies N.F.U. Helen Woof gave a short resume of the Event.

Anne Mason was the lucky winner of our monthly raffle.

Our Coffee Morning is to be held in the URC Rooms on Wednesday April 9th from 10 onwards. All proceeds will go to the Charity Clic Sargant for Children with Cancer, this is a very helpful and caring Charity, not known to me until my young friend Rory got Cancer, they are just marvellous always there to help in any way\$ [

Our next meeting is on the 15th April in the Peoples Hall Committee Room at 7-30 p.m. when Mary Airey will tell us all about the Nursing Part of her Life. New members and Visitors are always Welcome. *Marlene Mason.*

WEATHER

You don't need me to tell you that February "fill dyke" lived up to its name! It was chiefly the "black stuff" resulting in a further 8.26 inches of rain on already sodden ground. In fact on only 2 days did we not measure any precipitation. It was quite a wild month also with 16 days of low pressure, 2 days very low, with the associated winds. In fact only on the last day, when the pressure had gone up slightly nearer to normal, did we not have a maximum gust in double figures. On 8 days the maximum gust registered was above 20mph with a high of 26.6mph. It was generally mild for the month with only one night actually below freezing at 31.1F. The strength of the wind took the wind chill down below freezing on every night. We registered a high of 50.9F on the 23rd of the month.

It has been another month of survival for man and beast with lakes and mud everywhere! Once again there has been a marvelous show of snowdrops. Until we move up here I had not seen them growing wild on verges and woodland. I have also considered them a "foreign" species originating in southern Europe but they have acclimatized to this region. Later in the month some early species crocuses put in a show but unfortunately, as with the snowdrops, the weather was such that bees were not able to get the early pollen. Towards the end of the month the forsythia was colouring up. We've had a few extra visitors to the feeding

station. I had to change the barley I had put in one feeder before the birds, sparrows in particular, would feed!! On the last day I heard my first Curlew so perhaps spring is just waiting around the corner!!

BBC TV TRAVEL

The BBC are currently casting for a BBC One UK travel/property programme and are looking to find people who live in interesting homes around the UK, who would be happy to try a home swap short break over a weekend in the next few months. The programme will give us a great opportunity to explore home swapping, different property, and local foods/trades and sights around the UK.

We would love to feature some people from Sedbergh in the programme.

There is a link to the show's page at the BBC: http://www.bbc.co.uk/showsandtours/shows/beonashow/home_swap_holidays

Do you live in an interesting home you'd be happy to swap with someone elsewhere in the UK for a short break?

If so, get in touch now (*and mention the Lookaround!*)

For an application form please email Kieran.mccarthy@bbc.co.uk with your contact details

*Kieran McCarthy
Assistant Producer
BBC Factual Entertainment
Development*

DENTDALE RUN

On Saturday 8th March, over 500 runners lined up for the start of the 30th Anniversary Dentdale Run.

This annual event follows a 14.2 mile circuit around the lanes of Dentdale and raises much needed funds for Dent CE Primary School.

This years run saw an increased field of 551 entries after a big push on making the anniversary a special event. For a change, the weather was extremely kind this year (almost like it knew it was the 30th year) with bright blue skies and sunshine; in fact some runners commented that it was near perfect running conditions.

The race got underway at 1 pm, with local running legend Pete Bland

employed as the official starter. Pete, his wife Anne and brother Dennis all ran in the very first Dentdale Run in 1984, with Dennis coming home overall winner and Anne winning the ladies race.

The runners started to come home just over an hour later with last year's winner Ian McBride (Royton Road Runners) the overall winner again in 1.18.01. He was followed by Chris Steele (Borrowdale Fell Runners) in 1.18.40 and five times winner Steve Littler (Wesham RR) was third in 1.18.58.

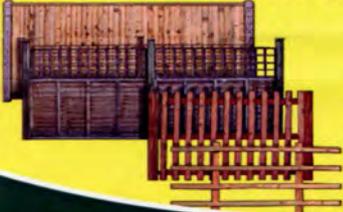
First lady home was Catriona Probert (Edinburgh AC) 1.31.32, followed by Nichola McNally (DenbyDale Travellers) 1.35.21, and

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third was Catherine Farrow (Ilkley Harriers) 1.35.23.

Full results (including all veterans categories can be found at www.dentdalerun.com

First local man was Steve Dalton in 1.56.43 and first local lady was once again Pat Gardner in 2.08.04, Royton Road Runners won both the men's and ladies team race.

Post race everyone gathered in the Memorial Hall for sandwiches and cakes which were as always prepared that morning by a 30 strong team from the WI and local community. In addition this year there was an enormous cupcake tower (baked by the local community) to celebrate the anniversary.

The committee would like to express its thanks to everyone who helped, supported, donated, sponsored, organised, ran and generally made this year the best Dentdale Run in a long time. The list is far too long to

print but you all know who you are and we appreciate everything you do for the race.

All in all it was a fantastic day and once again we expect to make a large donation to the school in the near future.

*Scott Thornley
Chair, Dentdale Run Committee*

CRICKET COACHING

The cricket coaching for Sedbergh CC Juniors at Sedbergh School by Pro Coach Yorkshire over half term was a great success. Dick Gorst, who coaches Sedbergh CC Juniors, said afterwards that it was "...an excellent day of coaching from pro-coach Yorkshire. Aaron and Dean, the coaches, were great, and the boys really soaked up all the information. "

'The Yorkshire Ridings Society' and a Yorkshire cricket fans message board 'The Corridor of Uncertainty' funded the coaching as part of a Yorkshire boundary project whereby

Jenette Hardy
BA (Hons) AICB CB.Cert

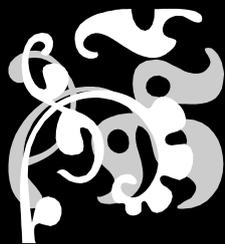
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cricket is encouraged in traditional Yorkshire districts no longer in Yorkshire administration. Sedbergh and Dentdale are of course part of the historic West Riding of Yorkshire. The area is currently under the Cumbrian Cricket Board who will do excellent work but our project aims to remind local people that they can also still consider themselves part of the Yorkshire cricket family. Our next coaching will be at Dent Primary School in the summer. We hope to make such coaching a regular event in your district. ' *Michael Pulford*

INDOOR BOWLING (DENT)

This continues at least 3

Wednesday evenings in the Memorial Hall from around 7.30pm to 9.30pm including a break for a cuppa and cake, the cost is £2 per person if playing or £1 if watching. In Feb we held a Saturday morning Coffee Morning for Hall funds and plan to have another possibly in May where bowling will be available to watch or try if you want to. Some Wednesday evenings we have so many players we have two mats in play, others we play with lopsided teams, so if you think you'd like to 'give it a go' do come along. If travelling a distance just ring 25212 to make sure we are playing as sometimes it is cancelled if all the regulars are busy or an event

needs the space. The idea is to continue into the summer but again please check. The money raised goes into Memorial Hall funds and it is wonderful to see how this activity has grown and been so much enjoyed over recent years. (SE Woof)

TOUR DE FRANCE

You will have found it hard not to hear that the first two stages of this year 's Tour de France are being ridden in Yorkshire. The most relevant to us is the first stage (Leeds to Harrogate) which is on Saturday 5 July and, while visiting what letour.yorkshire.com describes as the 'breaktakingly peaceful' scenery of the Dales, comes up Wensleydale, turns right at Hawes, goes over Buttertubs and then down Swaledale.

You won't be able to drive there to watch; details aren't released yet but it seems that the route, and possibly other roads round about, will be shut some hours either side of the actual cycling. It's possible that many people will be in our area, wanting to park and cycle over or trying to find places to park. This has a good and a

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bad side – visitors are always welcome, but there could be quite a lot of upheaval on the day.

The Chamber of Trade and Business is keen to get the most from the event for the district and minimise the disruption. The Information Centre has already checked accommodation in the area, which is filling up rapidly. Our next task is to find out what car parking there will be in Garsdale and Wensleydale and see if some will be needed here.

Businesses may well find it helpful to start planning now for extra sales, difficult deliveries and so on. Go to www.yorkshiredales.org.uk/livinghere/letour for information about temporary car parking, camp sites and so on; contact me care of the Information Centre (20504/office@sedbergh.org.uk) for advice and to get involved.

Andi Chapple

EUROPEAN UNION

*Does being in the EU benefit the UK?
An article by Thomas Hinson, a Year
11 Settlebeck School student who is
studying GCSE Economics.*

The EU was a controversial subject when first established, its formation taking shape in the 1950s and 60s; initially we decided not to join. Then Britain decided they would and again there was much debate over it, and today still it prompts heated discussion. David Cameron has promised an in-out referendum on UK membership of the EU in 2017, if the Conservatives are re-elected. Anyone who is currently 15 or over will be able to vote in this, so having an informed opinion on our position has

never been more important. So below is an attempt to explore the key issues.

The European Union is a bloc of 28 countries within or surrounding the continent of Europe. It is different to the Eurozone; which only includes countries with the Euro as their currency. Countries in the EU have no capital (money), goods or labour barriers between borders. This means that an EU worker can live in any of the 28 countries, goods made in an EU member country can be freely exported to any of the 27 others and an EU company can build a factory in any of the 28 countries with no more barriers than the ones regulating residents of that country.

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This is loosely called “free trade”. The UK joined the “single market” in 1973, and we’ve affected, and been affected by it, since.

Firstly to examine the economic case for remaining within the EU. Free trade in the EU gives UK firms unlimited access to one of the world’s biggest markets. The EU is also the UK’s main trading partner, buying roughly £400 billion worth of UK goods and services every year (or 52% of our exports). Being outside the EU would add extra costs to UK firms exporting to anywhere in the EU. This in turn would make UK exports less competitive within the bloc; demand would be likely to fall and UK job losses would be very likely as firms suffer.

Secondly, there are EU wide restrictions on many imports made outside the EU. To get around this, non-EU firms have invested millions of pounds in UK factories and offices, allowing them unrestricted access to the market. For example, Unilever (which makes foods such as Flora, Ben & Jerry’s, PG Tips, Pot Noodle & Walls Ice Cream) employs 7, 000

people in the UK. If the UK were to leave, Unilever says it may have to move most of its manufacturing to mainland Europe. This is true with many non-EU firms. If they choose to leave the UK, hundreds of thousands of jobs will be lost and the UK economy will suffer.

In addition, negotiations are currently underway for the TTIP (Transatlantic Trade & Investment Partnership). Although this will be some years away, it’s potentially a free trade agreement between the EU and the USA. Combined, these two areas account for ½ of the world’s GDP, so a free trade zone would transform the world economy. It’s estimated that by removing USA/EU barriers, the resulting increase in trade and efficiency will make every household in the EU £500 better off per year. If the UK was outside the EU, it would be excluded from this monumental deal with the US (the biggest economy in the world). In other words, if we’re not in this free trade zone, we will potentially lose a huge amount of future trade as it becomes cheaper for the EU and USA to trade with each other than with us.

On the other hand, the UK contributed £8.9 billion to the EU budget in 2011. That’s £8,900,000,000 which could’ve been spent on something else. But to put it in perspective, the UK government spent about the same sum on railways in that year. It’s just 2.2% of the value of goods and services we export to the EU and a drop in the

ocean when you consider the potential value of this TTIP agreement.

It could also be argued that the UK has lost some of its manufacturing industry because it's been made to remove policies protecting those industries from EU competition. In 1979 manufacturing made up 30% of UK GDP; in 2007 it was just 14%. This can partially be blamed on the fact that elsewhere in the EU wages are lower, so it's cheaper to make things. However, the upshot of this movement is that the UK has been able to attract skilled people freely from across the EU to work in other important industries. And without trade barriers making EU imports of

basics more expensive and protecting other EU industries, the UK has been able to build up one of the most competitive financial sectors in the world. The financial sector contributed around £116, 364 million to the UK economy in 2011, 13 times the cost of membership. It could be said that, outside the EU, it would be harder to compete with financial sectors in EU countries, because they would probably have some degree of protectionist policy helping them. This sort of specialisation has been able to happen across Europe because of free trade in the EU, theoretically cutting the price of almost every output made in EU country which has specialised in that industry or sector.

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Why is there a cost of EU membership? Well, amongst other costs, the EU has the Common Agricultural Policy (CAP). This subsidises (partly funds) farming across the EU; in 2012 the UK received €282.6 billion in farming subsidies. True, the CAP subsidies aren't shared evenly between members; countries like France, with big agricultural sectors receive a higher percentage. But €282.6 billion of subsidies can't have hurt UK farmers.

Does being a citizen of the EU affect you directly? Yes. If you ever want to work in the member countries (including anywhere in the UK), or have a predictably smooth trip within the EU then this is possible without you having to apply and wait for permission. If you want to buy food or a car or anything else EU made, you can do this more cheaply because there are no extra fines imposed on importing it. If you want to use anything tax funded (e.g. hospitals), because being in the EU affects the UK economy, which broadly affects how much tax the government receives, tax funded services are currently still able to be provided because of being in the EU. You are definitely affected by being an EU citizen. Even if you went to live in a cave to escape the influence of the European Union, you'd still be affected in a small way by EU environmental policy regulating air quality, water quality, or even acid rain. The UK's membership of the EU affects pretty much all aspects of your

life to some degree. These regulations might at times irritate and lead to extra paper work but arguably the benefits outweigh the inconveniences.

What are the alternatives? We can vote to leave the EU, if not in 2017; it's likely that we'll have a referendum on it in the future. The Labour Party recently announced that it would hold one if conditions of being in the EU significantly changed. We can keep things as they are now. Or we can try to renegotiate the terms of our membership. Or we can leave the EU and try to stay in the European Economic Area, like Norway or Switzerland.

On the face of it, Norway's position seems pretty good. Being in the European Economic Area (EEA), gives them access to the huge market, without all of the regulation of EU membership. Switzerland is in a similar position and has just decided

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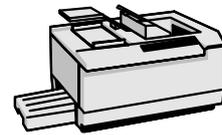
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to control the number of EU migrants it allows in, to protect Swiss jobs. Norway has the 4th highest average income per person in the world; Switzerland's people are on average the wealthiest in the whole world. But it's not that great in many ways. Norway still has to pay big membership fees. They still have to obey a lot of EU regulations. Worse, though, they have no input on these regulations because they're not in the actual EU. So they pay big EEA membership fees so that they have to obey rules which they have no say in. That's quite an extreme view but it doesn't sound that great. And, although helped by the EEA, it's likely

that the wealth of Norwegian and Swiss citizens would exist anyway. Britain doesn't have the same advantages of high productivity and specialisation as Switzerland, or the natural resources of Norway. Also, the UK generally has a greater tendency to want to be involved in world affairs, so I don't think this is really a viable option.

If we were to leave the EU, the UK *might* thrive. Without EU regulation, the UK could cut costs and become more competitive globally. However, we'd lose one lot of regulation in exchange for another set of more costly protectionist policies imposed on our exports to the EU. Although

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our services industry (making up 77% of GDP) would remain competitive, with more restrained access to the single market it seems likely that another city such as Paris or Berlin would overtake London as Europe's financial capital.

It seems unlikely that we can negotiate our membership significantly in a short period of time. The main demands the UK has currently is bringing back power to our government, rather than things being decided in Brussels. However, for this to happen, multiple treaties would have to be changed, and it seems unlikely that all of the 27 other countries will agree to that. One problem is that no member state wants another state to get extra rights and benefits when they don't. This seems pretty obvious, the UK wouldn't be happy if, for example, France could ignore rules that we had to follow. But Germany, probably the most influential country in the EU, is keen for the UK to stay in and is willing to change treaties, but for all members. This is agreeable but will take much longer with all the

negotiations involved. But this attitude of reform is similar to the UK's, and if we were in the EU, we would have more influence over this reform.

To keep things exactly as they are also seems unacceptable at the moment. Luckily, it also seems almost impossible. The crisis of the Eurozone has spurred on many countries to realise that things can't continue as they are. It seems like reform is inevitable, although progress may be slow.

In conclusion, there are hundreds of benefits and hundreds of costs of EU membership. In my opinion, the benefits far outweigh the costs. Economically, it seems suicidal to turn our backs on the EU. Politically, our ability to influence the world around us would most likely shrink further if we left. As consumers, we would probably pay more for worse quality goods on average. None of these things are 100% guaranteed, although some are very close to being so. And last but not least we should not forget that prior to the EU there had been conflict in Europe for centuries. Since the formation of the EU there have been no wars in Western Europe for over half a century. Arguably the cost of the EU is a small price to pay for freedom from war. Add in the other benefits and it is dubious whether going solo is really in any of our interests.

(This article is included as part of the authors schoolwork. Replies to it are not invited and there will be no follow-up of opinions with respect to it. Ed)

SEDBERGH & DISTRICT ART SOCIETY

Our last meeting of this session was on the 14th March and was a demonstration in water colour by Paul Talbot-Greaves. Paul is a professional landscape artist working in acrylic and water colour. His subject for the evening was 'Dynamic water colour landscapes' and he chose a scene from near his home in Halifax. His work is based around light, bright aspects of a scene contrasted with deep shadows, giving movement and vitality to the finished painting. As an experienced teacher and lecturer, Paul explained his working method carefully to show how he achieved the finished result, which as he said, included breaking many of the rules of conventional water colour painting.

Paul has also published four books on water colour, is a regular contributor to the 'Artist' magazine, and runs courses in Halifax.

The following day, 11 members of the Society enjoyed a workshop with Paul during which he further explained his techniques and helped members to attempt a painting in his style. To find out more about Paul and his courses, go to www.talbot-greaves.co.uk.

The Society will now look forward to its annual exhibition in August, - meanwhile for those interested in art but unsure how to start, don't miss our free taster sessions - details elsewhere in the Lookaround and on posters around Sedbergh.

Margaret Copestake

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BOOKWORM

What I have been reading this month :

'Veni Vidi Vici - everything you wanted to know about the Romans but were afraid to ask' by Peter Jones (non fiction)

The title says it all - aimed at the general reader this is big picture and detail on the highly influential Roman Empire, helpfully laid out under manageable headings. Jones brings the period to life in an informative and authoritative style. I found especially interesting as we have such a lot of Roman remains in Cumbria as well as Hadrian's Wall.

RM Bookworm

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NEW SUNDAY BUS ROUTE

Farfield Mill – Sedbergh – Dent – Hawes

Western Dales Bus, the Sedbergh-based community charity, is introducing a new bus service to connect Sedbergh and Dent with Farfield Mill and Hawes via Snaizholme Lane End, close to the red squirrel reserve. The bus is driven by trained local volunteers, and the new service will run on Sundays from 6th April to 19th October 2014.

Western Dales Bus also runs a Saturday service throughout the year to link Dent Station with Dent, Sedbergh and Kendal. From 5th April, the Kendal journey on this service will depart slightly later from Dent and Sedbergh to prevent overcrowding - please refer to the advert on page 40

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for details.

Full timetables can be found on page 89 , and timetable leaflets for both services are available at the Sedbergh Information Centre, 72 Main Street and in local cafes and shops.

Contact details: Tel: 20504 e-mail: westerndalesbus@sedbergh.org.uk
 Website: www.westerndalesbus.co.uk

Times to and from Farfield Mill

Dent Memorial Hall (dep)	1133	1358	1643
Sedbergh Dalesman (dep)	1151	1416	1701
Farfield Mill (arr)	1156	1421	1706
Farfield Mill (dep)	1157	1425	1707
Sedbergh Library (arr)	1203	1431	1713
Dent Car Park (arr)	1222	1505	1750

Times to and from Hawes

Sedbergh Dalesman (dep)	1208	1450
Dent Car Park (dep)	1222	1505
Wensleydale Creamery (arr)	1300	1543
Hawes Market place (arr)	1303	1548
Hawes Market place (dep)	1317	1602
Wensleydale Creamery (dep)	1320	1605
Dent Memorial Hall (arr)	1358	1643
Sedbergh Library (arr)	1413	1658

THE CHRISTIE

Temporary Charity Shop for The Christie (Cancer Research and Treatment)

I would like to thank everyone who supported me during my seventeen days in the shop at 77 Main Street.

The most important thanks go to Avril Whittle who kindly gave me the last ten days of her tenancy when she was moving her Patch & Fettle shop next door. She also left me some of her stock which was greatly appreciated. The owner of the property, Chris Chambers, then generously extended my stay by another week so I had almost three weeks to make as much as I could for my charity.

The support from local people was fantastic with many people donating items to sell as well as buying. All this wonderful support resulted in £1,160 in the seventeen days. I thoroughly enjoyed my time in the shop, making new friends and getting to know old ones better.

The Christie Stall has now returned to the Market and I look forward to seeing everyone every Wednesday.

For those who wonder who I am and why I do it, here is the story...

In 2010 our daughter Janet had life-threatening cancer. We believe The Christie saved her life and in April 2011 decided to de-clutter, have a car-boot sale and send the proceeds to The Christie for Cancer Research and Treatment. After the first car-boot sale people started donating items to me so I have been car-booting ever since. I raised £550 in 2011 and by the end of 2012 my total had risen to

over £2,500. In 2013 I raised more than £5,000 making a total of £7,600. That total has now risen to over £9,000. I still do car-boot sales on Sundays through the spring, summer and autumn but the highlight of my week all year round is my Wednesday at Sedbergh market!

I started coming to Sedbergh market in July 2012 and have always felt at home there as my grandparents and great-grandparents farmed in Howgill and Firbank and my mother lived and worked in Sedbergh when she was young, and always loved the place. I live at Grayrigg where both I and my husband Colin have lived virtually all our lives. Our daughter, who lives at Bolton-le-Sands, remains well.

Mary Kendal

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AGE UK LUNCH CLUB

The Monthly Lunch Club takes place in the Red Lion on Finkle Street on the second Thursday of each month. Everyone (over 50) is welcome to attend where you will find the company different every month with a good choice of menu which is reasonably priced.

If you would like to attend or require

any more information, please contact Mary on 20438 or Keith on 21562.

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DENTAL PRACTICE

Sedbergh Dental Practice has had a busy 6 months following our move into Main Street. We were initially overwhelmed and humbled by the generous good wishes and gifts we received following our move; and have continued to receive positive comments and feedback from patients visiting the new premises.

The new facilities have allowed us to improve the service we offer our patients and give us a very solid platform from which we can adapt and invest in the changes in dental materials and technology over the coming years.

Our official opening by Tim Farron in December was a great success, and it was standing room only in the reception area for most of the night. We were kindly joined by representatives from Denplan and Wesleyan who have been very supportive throughout our relocation.

As promised we have increased our employment at the practice with two new nurses and a fourth dentist. This

has allowed us to take on a significant number of new NHS patients when additional funding for NHS dental provision is at an all time low. We have managed to secure our status as a training practice again for 2014-15 and this will give us the opportunity to offer more NHS dental service access in the future through the foundation training scheme.

We would like to thank all of our patients for their support over the past 6 months. If you are interested in joining the practice please contact reception on 015396 20626.

Ben, Georgia and the Team

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HOWGILL VILLAGE HALL

A big thank you to everybody who supported Howgill Village Hall over the last year- either by coming along to the Domino Drives and Duck Race or by hiring the hall. Welcome back to Howgill Toddler group who continue to use the hall and take advantage of the newly refurbished floor. Please check the diary dates in the back of the 'Lookaround' for future events and we look forward to seeing you again this year.

Lesley Hennedy

EDITORIAL

The *Lookaround* manages to help many people, not only in the LA10 area but many parts of the world too.

In November last year, an article appeared about Mr Vivian Shaw of the British School. There was quite a few responses and the author, son Christopher Shaw, has been very pleased with the response.

At the beginning of March, I was contacted by a person from Europe who had lost the details of someone that they knew thirty years ago. While searching the Internet, they found the name of their long lost friend in the pages of *Lookaround*, hence the contact by e-mail. I passed on the message and was delighted to learn that an old friendship had been rekindled. Brilliant

Just out of interest, we have had recently some new regular Advertisers to *Lookaround* and felt that they should be highlighted and welcomed in our pages. Please support them and if you use any of them, please mention *Lookaround*.

In February, we had Howgill Upholstery, Haddock Paddock & Fish Express, Derek Hayes Gardener, Killington Upholstery & Textiles Services, Jennie Davies Counselor, Mark Barker Gardener, MB Designs Contractor, Robert Powell Web Design and Slimming Guru.

In March, Exotic Gas Specialist and House Clearances
This month, new Advertisers are Byroms Furnishers, Kentdale Services, Holme Farm, Meadowside Café and Rosemary Lewes.

We do thank ALL the Advertisers that have appeared for many years and we greatly value your support.

From this month, the Cartoon that has featured for many months will no longer appear. The main reason is that the space that is afforded the Cartoon is too small and can be sometimes very difficult to view/read. The only way would be to make it a lot bigger which could take up more than half a page on occasions. Also, it is very difficult to come up with a good idea AND caption every month which is something I could not do so it is with regret that Cartoonist John has put away his pen and we thank him for his contributions.

If you are involved in any Group that is listed on Page 90, could you please check the contact details are correct and update me please.

in March 2016, *Lookaround* will be 30 years in existence. I would to celebrate the occasion in style by having an event of some type. I have some ideas in my head but I would like to hear from any Group or Individual as to what they would like to see/hear or if they would like to contribute and take part. I would very much appreciate someone coming forward to assist by being coordinator for the event and keeping me updated. Anything and everything would be considered. Please help me to make it a really special occasion.

Now a little moan. Although the *Lookaround* has been going for 28 years and supports everything local, there are some Organisations/Groups that do not support *Lookaround*. On a

regular basis, I see Event Posters on lampposts and articles in the Gazette which do not reach our pages. Regarding Posters, only people that walk on the streets will see and digest the information. Those in cars or who work will not see them. It must cost about £10 to create and laminate the Posters which is the cost of a small advert with us and reaches far more people that live in the area as well as those that live elsewhere.

I recently saw an article in the Gazette which was supported by photographs - but none of them appeared with us. I just wonder why. (Moan over!)

Dennis J Whicker

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COMMUNITY OFFICER REPORT

13/02 We attended a report of a male seen in the river. This male was suffering with mental health issues and he was taken to hospital.

14/02 A report of cold calling to a landline, do not give out any personal information, if at all you feel uncomfortable with how the conversation is progressing just terminate the call.

15/02 ASB was reported to us from the Spar, 4 male youths described to be in a dull red corsa travelling at speed. Please try and get the registration number.

16/02 RTC at Black horse hill, no injury.

19/02 A male was arrested on Finkle Street due to a failing to appear warrant.

20/02 A report of an assault at Cowgill was reported to us.

26/02 A domestic related incident was reported to us on Havera.

26/02 A suspicious yellow transit van was reported to us. The male on board was asking for scrap metal in the Sedbergh area. Again please try to get a registration number.

27/02 Cold Callers door to door was reported to us on Thorns Bank, 2 males were spoken to, details taken and moved on. These males could be responsible for a theft in the Ulverston area. Enquiries are still ongoing. So please ring in anything you feel is not quite right as it might link in with other crimes.

28/02 A suspicious wagon was reported to us parked up at Killington for over 24hrs, this was checked out and the driver was on a rest break.

3/3 Cold Callers selling fish door to door was reported to us in the Sedbergh area.

5/3 RTC at the top of Black Horse Hill, no injury.

6/3 RTC on Old Scotch road, tragically one of our local farmers lost her life, enquiries are still ongoing as to how it happened.

7/3 It was reported to us on the top of Black Horse Hill that there was a diesel spillage. Highways were informed and dealt.

8/3 It was reported that trials bikes were using a Bridlepath at Garsdale. Please try to get a registration number and we can take it further.

If you would wish an update on any crime, suspicious incident you have reported then please add to the log at the time you ring stating my name as your local officer and I will ring you back with any details we have.

If you would like to receive up to date crimes in your area then please sign up to www.cumbria.communitymessaging.co.uk You can find it on line or alternatively email me on Amanda. coleman@cumbria.police.uk or ring Cumbria Police on 101 and leave me a message with your name, address, phone number and email address.

CSO Mandy Coleman 5244



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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 Free Wi-Fi available	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 (2014/06) <i>1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW</i>	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360

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
Borrett Barn Flat, Marthwaite, Sedbergh (2014/05)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175

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

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	Sat		WDB
1705	1720	Sat	564A	WDB	1945 #	2000	Sat		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
	6th April - 19th October 2014						
Shaded journeys and trains operate only from 18th May to 7th September inclusive							
	Sundays				Bank Holiday Mondays		
Sedbergh Dalesman	1000	-	1735	-	1000	-	1850
Dent Car Park	1015	1100	1750	1845	1015	-	1905
Cowgill	1028	1113	1803	1858	1028	-	1918
Dent Station	1030	1115	1805	1900	1030	-	1920
<i>Trains from Leeds to Carlisle</i>	1037			1908	1017		1934
<i>Trains from Carlisle to Leeds</i>	1040		1816				1927
<i>Trains from Blackpool to Carlisle</i>		1102					
<i>Trains from Carlisle to Blackpool</i>				1913			
Dent Station	1045	1118	1825	1920	1045	-	1940
Cowgill	1047	1120	1827	1922	1047	-	1942
Dent Memorial Hall	1100	1133	1840	1935	1100	1133	1955
Sedbergh Library	-	1148	-	1950	-	1148	2010

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
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
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
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
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
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	12/13	Mrs Gilfellow	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	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 *	04/14	Mr Allen	Sed:	20194
Over 60's - Dent *	04/14	Mrs Richards	Dent:	25324
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 *	04/14	Mrs Hassam	Sed:	20125
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 *	04/14	Mrs Hassam	Sed:	20125
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
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	12/13	Mrs Kernahan	Sed:	20733
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

CHURCH SERVICES APRIL					
St. Andrew's	6th	13th	20th	27th	
8.00 am	HC CW	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	Parish Comm Sunday School	HC CW	Mattins	
6.30 pm	EP	EP	EP	EP	
Wednesday	2nd	9th	16th	23rd	30th
11.00					
St. Mark's	2nd	9th	16th	23rd	
9.30 am	HC		MP		HC
2.30 pm					
St. John's	2nd	9th	16th	23rd	
9.30 am	MP		MP	HC	
LUNE PARISH SERVICES					
	6th	13th	20th	27th	
Holy Trinity Howgill	10.30 am Joint MP	2.00 pm Joint HC Killington	2.00 pm HC	2.00 pm Joint HC Firbank	
St John's Firbank			10.30 am HC		
All Saints Killington			10.30 am HC		
DENT & COWGILL PARISH SERVICES					
	6th	13th	20th	27th	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC		
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	6th				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			M&P = Meditation & Prayer		
PC = Parish Communion			NSV = New Sedbergh Version		

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. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP

Rhumes, Dent LA10 5QJ
 Every 4th Sunday 1900

Sarah Woof Tel: 25212

*Enquiries for the following services,
 please ring the relevant telephone number*

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

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 Thornely 20444
 & John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
 Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrow

Rev. H. Stuteley 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 1st Sunday each month

Beth & Sandy Roy Tel: 20785

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 19th March 2015

APRIL						
1	1000	Dutch Exhibition till 21/04 (1) FM	8	1200	Lunch Club	Red Lion
2	1000	Coffee Morning - NW Cancer URCR	8	1915	Royal British Legion	WHC
2	1030	A Journey to Easter (85) URCR	12-15		Christian Aid Week	URCR
3	1930	WIH Hearing Dogs FCH	13	1400	WIK Resolutions	PH
3	1930	Art Society Taster Evening URCR	14	1000	Coffee Morning - Christian Aid	URCR
5	0800	Barbon Round BVH	14	1915	WID Resolutions/Handbag to Reticule	DMH
5	1900	Flicks in the Fells - Captain Philips PH	14	1930	Sedbergh Town Band Concert	StJCG
6	1400	Cobweb Orchestra SSPH	14	1930	WIS Resolutions & Jacobs Join	PH
8	1000	Inspira Careers Service L	16		SIA Great British Fish & Chips Event	
8	1400	WIK "Holhirdiana" PH	16	1930	PH Quiz Night	PH
9	1000	Coffee Morning - Ladies NFU URCR	17	1000	Coffee Morning	DMC
9	1000	SLDC Cabinet Meeting PH	17	1200	Sedbergh Gala	Sedbergh
9	1030	A Journey to Easter (85) URCR	17	1200	Mini Spring Show (64)	GALA
9	1915	WID Stories & Poetry DMH	19	1930	WI Group Meeting	PH
9	1930	WIS The Lost Community of Mardale PH	20	1300	Medical Centre Closed for Training (10)	MC
9	1930	Art Society Taster Evening URCR	20	1400	SASL Sedbergh Support Group	PH
10	1200	Lunch Club Red Lion	21	1000	Coffee Morning - McMillan Cancer	URCR
10	1915	Royal British Legion WHC	21	1300	HS Bowes Village	LHCP
11	1830	Inner Fire Foundation (11) Kendal	21	1930	Olde Time Dance	PH
11	1930	Easter Bunny Bingo (11) WHC	22		Parish Council Elections	PH
13		Palm Sunday	26		Spring Bank Holiday	
15	1400	SASL Sedbergh Support Group PH	26	1930	Duck Race & Coffee Evening	HVH
16	1000	Coffee Morning - Garsdale Village Hall URCR	28	1000	Coffee Morning - Multiple Sclerosis	URCR
16	1030	A Journey to Easter (85) URCR	30		Holker Show	
17		Maundy Thursday	JUNE			
18		Good Friday	1	15	Music Festival (64)	Sedbergh
21		Easter Monday	1		Holker Show	
21	1000	Annual Easter Monday Sale (21) DMH	4	1000	Coffee Morning - Howgill WI	URCR
21	1000	Dutch Exhibition Ends FM	4	1930	Town Band Concert	StAS
23		St George's Day	5	1930	WIH Jubilee Flotilla	FCH
23	1000	Coffee Morning - StAS Mission URCR	7	1330	HS Sprint Mill Burneside	LHCP
25	2000	Burden of Paradise (25) PH	7	1900	Flicks in the Fells	PH
26	1000	Coffee Morning DMC	10	1400	WIK Trees	PH
26	2000	PH Old Time Dance (26) PH	11	1000	Coffee Morning - Garsdale Church	URCR
27	1000	3 Exhibitions (1) FM	11	1915	WID History of Halecat	DMH
30	1000	Coffee Morning - WIS URCR	11	1930	WIS Lumps, Bumps & Wobbly Bits	PH
30	1300	Medical Centre Closed for Training (10) MC	12	1200	Lunch Club	Red Lion
30	1930	CWT Mountains in the Sea SSAT	12	1915	Royal British Legion	WHC
30	1930	Town Band Concert (Now 14th May)	16		Father's Day	
MAY			17	1400	SASL Sedbergh Support Group	PH
1	1930	WIH Guiding at Dalemain HVH	18	1000	Coffee Morning - WIK	URCR
3	1900	Flicks in the Fells PH	19	1300	Medical Centre Closed for Training (10)	MC
5		May Day	20	1700	St Mary Church, Wreay	LHCP
7	1000	Coffee Morn Dent & Sed Oral Society URCR	21	1930	PH Dance	PH
			25	1000	Coffee Morning - Firbank Church	URCR

*The S & D Lookaround is edited, published & distributed monthly by
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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, Spar, Dent Stores & Barbon Inn.*

COVER PICTURE

72 Main Street

by Dennis J Whicker

28 1000 Coffee Morning - Music & Beer Festival DMC

JULY

2 1000 Coffee Morning - Utd Ref Church URCR
 2 1930 Sedbergh Town Band Concert StAD
 3 1930 WIH Members Evening HVH
 9 TBA WID Summer Outing TBA
 9 1900 Town Band Concert Country Harvest
 8 1400 WIK Outing to Howarth PH
 9 1000 Coffee Morning - Middleton Church URCR
 9 1700 HS Carlisle Archive Centre LHCP
 9 1930 WIS Wedding Myths & Magic PH
 10 1200 Lunch Club Red Lion
 10 1915 Royal British Legion WHC
 15 1300 Medical Centre Closed for Training (10) MC
 16 1000 Coffee Morning - Information Centre URCR
 18 1400 Strawberry Teas DMH
 23 1000 Coffee Morning - Royal British Legion URCR
 26 1000 Coffee Morning DMC
 30 1000 Coffee Morning - Garsdale Village Hall URCR

AUGUST

6 1000 Coffee Morning - Howgill Church URCR
 7 1200 Lunch Club Red Lion
 7 1930 WIH Laughter, the best medicine FCH
 13 1000 Coffee Morning - StAS Mission URCR
 13 1915 WID Home, Heart, Heft & Jacobs Join DMH
 13 WIS Summer Outing
 14 1915 Royal British Legion WHC
 20 1000 Coffee Morning - NW Cancer URCR
 25 August Bank Holiday
 25 1200 Dent Gala Dent
 27 1000 Coffee Morning - Beekeepers URCR
 30 1000 Coffee Morning DMC

SEPTEMBER

3 1000 Coffee Morning - Garsdale Church URCR
 4 1930 WIH Ladies of Holker HVH
 6 1900 Flicks in the Fells PH
 9 1400 WIK Nurture your Artistic Talent PH
 10 1000 Coffee Morning - A&LP Lookaround URCR
 10 1915 WID Artisan Bakery DMH
 10 1930 WIS Makeover Magic PH
 11 0800 Westmorland Show Crooklands
 11 1200 Lunch Club Red Lion
 11 1915 Royal British Legion WHC
 12 1900 FoSMC Quiz Night & Supper PH
 14 Town Band @ Hardrow Festival Hardrow
 16 1300 Medical Centre Closed for Training (10) MC
 17 1000 Coffee Morning - Town Band URCR
 17 1930 Town Band Concert MiddC
 24 1000 Coffee Morning - TBA URCR

OCTOBER

1 1000 Coffee Morning - Firbank Church URCR
 2 1930 WIH AGM & WI Advisor

4 1900 Flicks in the Fells PH
 5 - 7 Singing Carlisle - Settle Ingleton
 7 1400 WIK Sing! Penguin! Sing! PH
 8 1000 Coffee Morning - Utd Ref Church URCR
 8 1915 WID Fashion Show DMH
 8 1930 WIS Decorating a Sponge Cake PH
 9 1200 Lunch Club Red Lion
 9 1915 Royal British Legion WHC
 11 0930 MS Table Top Sale PH
 15 1000 Coffee Morning - Christian Aid URCR
 15 1300 Medical Centre Closed for Training (10) MC
 18 1400 Jumble Sale PH
 18 1930 PH Dance PH
 22 1000 Coffee Morning - Bowling Club URCR
 24 1930 Autumn Domino Drive HVH
 26 Clocks Fall Back
 29 1000 Coffee Morning - Garsdale Church URCR

DIARY KEY

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 = Dent Methodist Chapel
 FCH = Firbank Church Hall
 FM = Farfield Mill
 GVH = Garsdale Village Hall
 MC = Medical Centre
 MiddC = Middleton Church 09
 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
 RD = Rhumes, Dent
 SASL = Sight Advice South Lakeland
 SMC(R) = Sed. Methodist Church (Room)
 StAS/D = St Andrew's Church, Sedbergh/Dent
 StJCG = St John's Church, Garsdale 04
 SHQ = Scout Headquarters
 SIO = Sedbergh Information Office, Main St
 SSAT = Settlebeck School Academy Trust
 SS = Sedbergh School
 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 – 10.00am

(No appointment necessary)

Late Morning – 10.30am -12.30pm

(By appointment only)

Afternoon – 2.30pm – 6pm

(By appointment only)

Surgery by appointment only –

Early Morning Tuesday & Thursday

Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

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.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Dawn Douglas & Sarah Boum (Hygenist)

Monday to Friday 0900 - 1700

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 Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

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

There are no local facilities

www.cabsouthlakeland.org.uk/

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