

Sedbergh & District

LOOKAROUND

February 2015

Issue 329

Donation £1

A Happy and Healthy New Year for 2015 to all our Readers and Contributors.

By the time you read this, one Bank in Sedbergh has closed and the other is imminent which we feel is a bad

move for our community. Having said that, there are many communities around the country that will be suffering the same fate and we feel for them all.

Dennis & Jacky Whicker

KIRKBY LONSDALE & SEDBERGH DISTRICT COMMITTEES

invite you to



SUPPER AND QUIZ

on

Friday 6th February 

7.30

(quiz to start promptly at 7.30)

in The Queen's Hall, Sedbergh School
Sedbergh, LA10 5HG

Teams of 4-6 people (we can help with teams)
£15.00 per person
to include 2 course supper, glass of wine
and quiz entry



Tickets available from Jess Hattam on
chocolatemousseforgreedygoose@gmail.com

& to be collected on the door

~ Raffle ~

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 4th February

Mills, Mines & More

Kevin Lancaster

DENT MEMORIAL HALL

Wednesday 18th February

Commonwealth War Graves Commission

Admiral Sir John Kerr

PEOPLE'S HALL

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

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

Members £1 ~ Non-Members £2

www.sedberghhistory.org

Chairman: Richard Cann 20771

Secretary: Karen Bruce-Lockhart 20224

Treasurer: Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

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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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	09/14	Mr Morrison	Sed:	20209
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	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
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 *	02/15	Mr Hoggarth	01539	583793
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 Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary 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
First Responders - Sedbergh *	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
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
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
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	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	01/09	SmartOffice	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	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	06/14	Mrs Foott	015395	30163
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
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
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 *	02/15	Miss Bainbridge	07975	647566
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.

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	Information Centre, 72 Main Street
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	Picnic Site, Ghyllas, Cautley Road
1730	Every Wednesday	Sedbergh Juniors	PH	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday	Brownies (term time)	SMCR	Play Ground, Dent Village
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	Play Ground, People's Hall
1930	Every Wednesday	Sedbergh Seniors	PH	Play Ground, Maryfell
1930	1st & 3rd Wednesday	History Society (Winter)	SHS	Queen's Gardens, Station Road
1915	2nd Wednesday	Dentdale WI	DMH	St. Andrew's Church, Dent
1930	2nd Wednesday	Sedbergh WI	PH	St. Andrew's Church, Main Street, Sedbergh
1400	3rd Wednesday	Age UK South Lakes	Library	St. Gregory's Church, Vale of Lune
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St. John's Church, Cowgill
1930	1st Thursday	Howgill WI	FCH	St John's Church, Firbank
1200	2nd Thursday	Lunch Club	Red	St. John's Church, Garsdale
1915	2nd Thursday	Royal British Legion	WHC	St. Mark's Church, Cautley
1930	2nd Thursday	Sed. Parish Council	PH	Sedbergh Embroidery, StAS
1930	Every Friday	Scouts	SHQ	Tennis Courts, Guldrey Lane
1330	1st Friday	Age UK Dentdale Club	DMH	United Reformed Church, Main Street
See Group Page for contact details & Diary Page for Keys				Winder Fell, above Sedbergh
				* = Entry Fee Applicable

FEBRUARY BIRTHDAYS

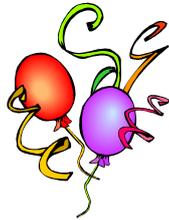
Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipients this month are:-
Hannah Kitchen who is 11 years old on 11th February and
Chloe Cowin who is 11 years old on 19th February.

Happy Birthday and please collect your vouchers from

SmartOffice

13 Kings Yard, Sedbergh
which can be used in any shop in
Sedbergh & Dent.



Day	Name	Age
2	Amy JOHNSON	9
7	Lois LONGLANDS	4
11	Hannah KITCHEN	11
12	Daniel HALL	9
13	Charlie SMITH	3
14	Evie DEAN	7
19	Chloe COWIN	11
20	Kristian PRATT	6
20	Isabella HUBBARD	8
22	Grace Louise HODGSON	6
23	Evie HAYGARTH	3
28	George SMITH	5
	Nonagenarian & Over	

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

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

PERSONAL & SMALL ADS £1

RITA DOBSON

Bob and Rita's family would like to thank all friends and neighbours who supported her during her short illness and gave her such a splendid farewell. Special thanks to Dr Chrissie Hunt and all the team at Sedbergh Medical Centre, specialists at Westmorland General Hospital, the MND specialists at Royal Preston Hospital, and the Motor Neurone Disease Association. A huge thank you Debra Jessett, celebrant of the British Humanist Association who conducted the ceremonies in such a friendly and eloquent manner. We would also like to give our thanks to the staff of the Meditation Centre, the Sun Inn and George and Dragon for the success of Rita's farewell party, also thanks to Dent Combined Charities for their kind help. A special mention to Brian Goad and his team for their friendly and efficient service throughout. Finally a big thank you to all who made Rita's life in Dentdale the special experience it was. The collection for the Motor Neurone Disease Association raised over £1000.

=====

REV. BILL LONG

I want to express my gratitude to all those who sent cards for my recent birthday. I was amazed at the beauty and variety of the cards, and deeply moved by the thoughtful messages they contained. With thanks and love. Bill Long.

WILLIAM (BILLY) PARKER

Dorothy and family would like to extend a very special thank you to all the local community for their care and support whilst Billy was in hospital and after he sadly passed away. Donations amounted to £1900 and will be split equally between Howgill Church and the Stroke Association. The support has been very much appreciated. Dorothy and Family.

=====

FOR SALE

Fractal R4 custom PC. Nvidia GTX 770 Amd 8350. Can run games on highest of qualities other specifications on view - £700. Tel: 015396-20371 or 077335-20702.

=====

FOR SALE

Electric recliner chair £150 ono Good condition. Metal frame high sleeper bed with desk & futon £80 ono Good condition. Both items can be viewed. Contact 07773 417197 if interested.

=====

FOR SALE

Mobility Scooter in good condition. £250. Tel: 21370

=====

WANTED

180,000 word Oxford Concise Dictionary circa 1950's or earlier. Old fashioned cassette tape recorder/ player. Slide Projector with its magazines. Plus "Feathers" eiderdown. Any type of wool blanket - white domestic or grey army. Old fashioned top loading washing machine. Old Style curtain track with crossover features - 4' or longer. Tel: 01539 720974.

**SEDBERGH
OCCASIONAL SINGERS**

For many years members of the community have joined Sedbergh School Choral Society in the Michaelmas and Easter terms to sing major choral works. Alas, this year the School is not programming such a work. So, following the success of last year's *Messiah* at the Music Festival performed by the Sedbergh Occasional Singers under Tim Brown, we decided to continue to be bold and do something on our own again.

From mid-October around 35 of us have been rehearsing Beethoven's Mass in C, Elgar's "For the Fallen" a challenging setting of Laurence Binyon's poem including lines made

famous by the Royal British Legion, and opening with the always rousing "Zadok the Priest" by Handel.

On **Saturday 21 March at 7.30 pm** in St Andrew's Church, Sedbergh, we will bring these pieces together. The Singers will be conducted by Owen Davies, and accompanied by Peter Noke who will also give a short organ recital. On the day we are very pleased to have some reinforcement from members of the Sedbergh School Choral Society, some of whom will indeed be the vocal soloists in the Beethoven Mass.

This promises to be an evening of rich, home-grown music to remember. Do make a note in your diary now!

Tony Reed-Screen

www.bonnybrides.co.uk



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THE MEDITATION CENTRE
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PROGRAMME FOR FEBRUARY

Saturday 7th
LEARN TO MEDITATE DAY

Sunday 8th
MONTHLY MEDITATION
11am-1pm
ALL WELCOME

Sat 28th
SILENT RETREAT DAY

To book; email
meditationcentreteam@gmail.com
Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR
Registered charity no: 1076345

SEDBERGH PARISH COUNCIL

This report covers items from the Parish Council meetings held in December 2014 and January 2015. The next meeting will be our Monthly Meeting at 7.30 pm on Thursday 12 February 2015 at the People's Hall Committee Room.

BANK CLOSURES

- Catherine Doyle and Heather Clough represented NatWest Bank in a presentation to Councillors and members of the Public concerning the planned closure of NatWest. Barclays Bank declined to attend. Subsequently a letter was issued to Natwest requesting they consider delaying closure following many points raised during the meeting. Unfortunately, Sedbergh PC has not been successful in this request. However, NatWest have agreed to send their Mobile Bank

SEDBERGH

MEDICAL CENTRE

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

Tuesday 10th February
Thursday 19th March



to Sedbergh twice weekly, Monday afternoons 13.45 to 14.45 and Wednesday mornings 10.15 to 11.15, also attending Dent on Tuesday 10.30 to 11.15. They have also made a commitment to maintain a cash machine on Main Street.

PLANNING

- The Planning Committee Report detailed several applications, full details can be found on the Parish Council Website.

Settlebeck School

Senior Citizens Concert

Tuesday 10th February 2015

5.00pm – 7.00pm

at

Settlebeck School

Please don't wait to be invited.

The concert is for all local senior citizens,

you don't have to have grandchildren in school.

Telephone Settlebeck on 015396 20383 to book a place.

There is no charge for this event

Two-course meal provided
Transport available from various
Sedbergh pick-up points

Settlebeck School, Long Lane, Sedbergh, LA10 5AL

- The Pepperpot – Sedbergh School’s revised plans for the restoration (incorporating the Council’s suggestions) have been approved by YDNPA.

POST 16 TRANSPORT

- Following the letter issued to David Laws MP seeking answers to specific questions concerning Department for Education Guidelines on transport in rural areas, it was reported that a response has been received but it did not address the specific questions raised. This matter has, therefore, now been referred to Tim Farron MP. Cllr Nick Cotton continues to support all ongoing communications surrounding Post

16 Transport with CCC and Schools.

ENVIRONMENT AGENCY

- A presentation was made at the January meeting by Debbie Binch in connection with the potential Flash Flooding risks, particularly in the Milthrop/Pinfold area. The Parish council will give further consideration to the issue of flood risk generally, with the possibility of a Town Emergency Plan being drawn up. Further information will be sent specifically to the properties within the area and a separate report from the Environment Agency will be appear in the Lookaround.

PUBLIC PARTICIPATION

farfieldmill	<p>EXHIBITIONS IN FEBRUARY</p> <p>Francis Winder & John Davenport - <i>Images in Mind</i> Fantastic Paintings and Ceramics</p> <p>Sprint Mill Artists - <i>Cagmagary & Coppice</i> Photography & Coppiced Craft Items</p> <p>Imogen Bone - <i>First Impressions</i></p>	
	<p>WORKSHOPS</p> <p>Learn to Weave Krokbragd with Jan Beadle - 12th March - £50</p> <p>Willow Basket Weaving with expert basket weaver Helen Elvin - 14th March - £35</p>	
	<p>O.A.P Café Specials are back in February 2015 (see separate advert in Lookaround for more details)</p>	
	<p>Weavers Café open 10.30 - 4, daily. Full English breakfast until 2.30pm homemade soups, specials, lunches & afternoon tea. You may bring your own alcohol. No corkage. Free admission to café.</p>	
	<p>Farfield Mill is open daily 11.00 - 4.00, £3.50/£3, under 16s free. Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958</p>	
	<p>FREE ENTRY for LA10 residents on Sundays</p>	

For Depression, Anxiety, Loss,
Relationship Issues, Obesity and
Eating Problems

Contact **JENNIE DAVIES**
Kendal and Sedbergh

Counsellor, (Senior accredited BACP)
Psychotherapist (UKCP accredited)
Advanced Practitioner in Obesity and Eating Disorders.
015396 21261
jennie@odavies.plus.com
www.jenniedcounsellor.co.uk

- Several members of the Public spoke during the presentation from NatWest Bank.

SEDBERGH TOWNSCAPE PROJECT

- A meeting of the Project Board will be held in March to discuss the way forward and to consider other improvement proposals (including enhancement ideas for the car parking area in front of St Andrew's Church).

Amenities

- In addition to discussing routine maintenance of various community facilities, the meeting considered proposals to replace some of the faded 'Sedbergh' signs on the entry roads to the town.

Please note that members of the public are invited to our Meetings where, as always, they are able to comment at 8.30 pm. Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

- Janey Hassam – Clerk

SPECIAL NOTICE

CUMBRIA COUNTY COUNCIL
COMMONS ACT 2006 – SCHEDULE
3

NOTICE OF TRANSITIONAL PERIOD FOR THE AMENDMENT OF THE REGISTERS OF COMMON LAND AND VILLAGE GREENS

Cumbria County Council is the Registration Authority responsible for maintaining the Registers of Common Land and Town or Village Greens in the county.

Under the Commons Registration Act 1965, all areas of Common Land and Town or Village Greens were required to be formally recorded on the Registers of Common Land and Town or Village Greens. However, there was no duty on the Registration Authority to keep the registers up-to-date to reflect changes that may have taken place.

The Commons Act 2006 (Schedule 3) and the Commons Registration (England) Regulations 2014 (Part 4) make provision for updating the Registers during a transitional period to reflect qualifying events that have taken place since 1970. The purpose of the transitional period

SAM KONCZYNSKI



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is to help ensure that the Registers of Common Land and Town or Village Greens become accurate and reliable records, thus aiding the improved management of Common Land and Town or Village Greens.

In accordance with the Commons Act 2006, Schedule 3, paragraph 2(2) the following qualifying events that have taken place between 2 January 1970 and 14 December 2014 may be registered during the transitional period:

- (i) The creation of a right of common;
- (ii) Any relevant disposition (such as surrender, variation, apportionment, severance or transfer) in relation to a right of common registered under the Commons Registration Act 1965, or any extinguishment of such right;
- (iii) A disposition by virtue of any relevant instrument in relation to land which at the time of the disposition was registered as Common Land or a

Town or Village Green. (i.e. any Order, deed or other instrument made under or pursuant to the Acquisition of Land Act 1981; a conveyance made for the purposes of section 13 of the New Parishes Measure 1943 (No. 1); any other instrument made under or pursuant to any enactment).

The transitional period will begin in the county of Cumbria on 15 December 2014 and end on 14 December 2018. **The transitional application period**, during which applications for registration of qualifying events will be processed free of charge, will begin on 15 December 2014 and end on 14 December 2017, thus allowing a further year for the Registration Authority to process all applications and make requisite modifications to the registers.

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(i) a fee becoming payable for any application made after the end of the transitional application period;
(ii) refusal to register a qualifying event pursuant to an application made after the end of the transitional application period, if it would be unfair to grant the application by reason of any reliance placed on the registers since the end of that period; and
(iii) the extinguishment of any unregistered rights of common, or the revival of any rights previously surrendered or extinguished.

Applications to amend the registers must be made on the appropriate application form available from the address below, or from the Commons Registration pages of the

council's website: www.cumbria.gov.uk/planning-environment/conservation/commons-registration-service.

Guidance Notes to applicants are available from Defra's website: www.gov.uk/common-land-management-protection-and-registering-to-use#commons-registration

The Registers of Common Land and Town or Village Greens are available for public inspection by appointment only at the address below.

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DENT PARISH COUNCIL

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Administrator.*

Dent Parish Council is looking for
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design to develop the local
information website in Dentdale –
dentdale.com. Additionally, the
Council would like to hear from
anyone interested in administering
the day to day running of the site.

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to the community Neville Allen has
decided to retire from running
dentdale.com. Neville was the

founder of the site and has seen it
develop into a formidable source of
information for Dentdale. Neville has
served the community with distinction
over the years being the sole
administrator of the site and has now
passed it to the Parish Council to give
the community the opportunity to
develop and build on what it already
offers.

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offering to the community. You may
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and CV, or, someone with the skills
and innovation to deliver a 'new look'

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than for other towns losing bank branches. Sedbergh is one of two test cases the CCBS is discussing with Barclays and the Government. In the first instance it wants to persuade Barclays to defer the closure of the branch for several months to assess the effect on footfall caused by the closure of Natwest.

Two executives from the National Westminster Bank attended the December meeting of the Sedbergh Parish Council to answer questions from the public and Parish Councillors. The bank has offered a weekly mobile banking service and a cashpoint but has not revoked its decision to close the branch

On a more cheerful note I'd like to

congratulate Settlebeck School on its Healthy School Menu Award from South Lakeland District Council. The aim of the award is to encourage children to make healthier and more informed food choices, picking more fruit and vegetables and less saturated fats, sugar and salt. To achieve the award schools must meet a set of requirements including how the food and menu is displayed and the ingredients used. The choices on the menu at Settlebeck are cooked fresh each morning and use locally sourced food. None of the food is fried and processed frozen products are not used.

Cllr Nick

When they work, drains do a

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wonderful job of directing surface water from roads and pavements into watercourses. When they are blocked, there is potentially a whole long list of problems - floods across roads, with associated dangers for vehicles hitting them unexpectedly at speed, pedestrians splashed when walking along pavements adjacent to huge puddles, damage to the road surface from running water and the chance that water turns to a sheet of ice in cold weather and presents a real danger to all users.

The responsibility for clearing the drains falls to Cumbria County Council but clearly in such a vast county it is hard to keep on top of each and every drain. If they are not

working it may be one of several problems - the drain grating may just be covered in leaves, twigs and mud in which case a public spirited resident wearing wellies or walking boots (or using a stick) can just clear the debris aside to allow water to run away. The 'pot' may be blocked (drains have something like the U-bend in a toilet directly below the grating) which can be cleared when the vacuum machine comes to empty the gullies. The problem may be more serious in that a length of horizontal drain leading away from the drain grating is blocked and this needs a special machine with a long pipe and jet hose to unblock it and suck out the blockage. Worst of all, the drainage

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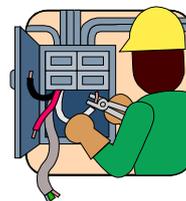
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pipe may have collapsed at some point and the road needs to be dug up to replace the broken section.

In all cases, local knowledge is a wonderful thing. Residents know which drains are permanently blocked and the effect this has in heavy rain or when temperatures plummet and ice forms. If we wish to be the eyes and the ears of the council then we can go out after heavy rain or after severe frosts, take pictures and note down locations of the problems and send them to Better Highways. By being on the spot when it happens we are in a much better position to send in useful evidence that saves Highways an extra site visit, which may occur during a dry period when there is nothing to see.

Better Highways can be contacted by email betterhighways.southlakeland@cumbria.gov.uk or by phone on the Highways Hotline 0845 609 6609.

As always please feel free to contact us as follows:

Evelyn Westwood Tel 015396 20148
email evelyn@markwestwood.co.uk
Nick Cotton tel 015242 71477 email

red.pedal@virgin.net

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COUNCILLOR CORNER

It is not surprising that both the Nat West and Barclays intend to carry through the closure of their Sedbergh branches. This is all the more disappointing because many people including Sedbergh School, Dr Ann Myatt and I have tried to influence the decisions without engaging in media grabbing protest demos. The answers, certainly from Nat West show a complete failure to engage. More to the point it will not be many months before these closure programmes are seen for the blunders they are for the banks themselves. I can accept that neither of the present premises is at all appropriate for offering banking services in the twenty-first century. But, that does not mean that something more useable could not have been rented or bought.

Having had to use Barclays in Kendal on a couple of occasions recently I was left in no doubt that whilst a queue of twelve customers in a line might be their vision of the future it is certainly not mine, especially with a member of staff going up and down the line asking if she could "help". Yes, she could, she could stop closing the rural branches. She did not seem to appreciate that response. (*Barclays could stop sponsoring the Football Premier League and support their customers!!! Ed*)

Oliver Higginbotham
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I doubt that changes in the organisation of local government will have the same impact on people's lives, especially here where planning has been so unwisely given to the Yorkshire Dales National Park Authority. However, it will become important.

When it was first mooted that the wards on South Lakeland were to be reorganised in about 2005 it came as something of a surprise to me as a complete re-warding had just been implemented in 1999. That 2005 review led to the creation of the Sedbergh and Kirkby Lonsdale three-member ward and was implemented in 2008. I was involved with that review and it was intended that

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nothing further would be done until 2026 as it was very unlikely that the wards would drift out of balance.

Therefore it came as a surprise again to be told that another review was to be undertaken and then implemented in 2018. Some of the changes are as expected. With fewer functions there is no longer the need for 51 members and the new wards should be for either 30 to 36 members. Others are totally unexpected. If South Lakeland is to remain an authority with elections every year it has to become 3 member wards only. Otherwise it should consist of 1, 2 and 3 member wards and have all-out elections every fourth year.

This is a wholly new criterion and leaves us all a little non-plussed. I and my group have long wanted an all-out authority as we believe elections every year put too much pressure on council candidates and bore the electorate. That in turn reduces the poll. There is no doubt that members of the controlling group believe the present system gives them an electoral advantage as they



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are able to bus activists throughout the district.

Certainly no-one wants three member wards only but the Lib Dems don't want to lose annual elections. At the moment everyone is trying to defer a decision until after the general election.

However, be that as it may, the re-warding will take place but the reality is that it will be overtaken by other events. Which ever party or parties wins the general election it is pretty much certain that the present county and six districts will be replaced by one or two unitaries with one set of elections every four years.

The constitutional purist in me hates all this jiggery-pokery, and whilst Cumbria does not have a large electorate it has already proven itself totally inept at providing services for its disparate population. No doubt the new authority, if it is only one, will

have at least 84 members – far too many – but the divisions / wards will be far too large for everyone to know their councillor personally.

Ever since the botched re-organisation of 1972/4 English local government has been in a mess, and so it will continue.

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YDNP NOTES

The legislation which governs the responsibilities of National Parks imposes on them (in addition to their statutory purposes) a “socio-economic duty” i.e. a duty to be mindful, when making decisions, of the social and economic needs of communities within the Park boundaries. This is a responsibility which the Yorkshire Dales National Park Authority takes very seriously and it is always looking at ways of improving communications, and

Daphne Jackson

DO, MsC (Ost)

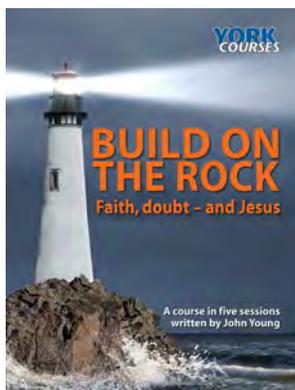
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encouraging dialogue, between the Authority and its residents whether that be on the basis of individuals and families, special interest groups, and Parishes represented by Parish Councils or Parish Meetings. At the last meeting of the Full Authority just before Christmas, Members were asked to consider whether the existing arrangements (which included a "Parish Initiative" whereby Members of the Authority attended Parish Council meetings away from their home base) were still fit for purpose. Members concluded that whilst the Initiative had been useful, not a sufficient number of Parish Council's had taken up the offer of a visit and that a more inclusive system needed to be developed. After considerable debate Members decided to create two new "Parish Forums", one for the Craven parishes and one for Richmondshire and South Lakeland parishes. The Forums would be genuinely "two way" and would be run in partnership with the Parish Councils and would be chaired by a representative of the Parish Councils. Agendas, in respect

of matters of local concern and interest, would be agreed with the Parish Councils in advance of the meetings which would be held twice a year. The Forums would receive full administrative support from National Park officers but the Authority's input would be led by Members which would comprise the Chairman and Deputy Chairman of the Authority together with the two relevant Secretary of State Parish Members (of whom I am one, representing the parishes of Sedbergh, Dent and Garsdale). Other organisations would also be invited to attend on an occasional basis where there were particular items on the Agenda relating to their statutory responsibilities. Members expressed the hope that this new way forward would be a critical factor in ensuring that the Authority continued to take account of local opinion and, most important of all, acted upon it. Such Parish Forums have proved to be a very popular and effective mechanism for engagement in the North York Moors National Park and I hope that the same will be the case in



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our own National Park. Time will tell! It is not intended that this will be yet another tier of local government but a genuine attempt to foster dialogue and conversation between those living in the Park and the Authority whether it be by way of airing grievances or providing feedback about the way in which things might be done better! The new arrangements will be reviewed after two years to see how well they are working. In addition to the above the Park will also set up a new webpage on its website (www.yorkshiredales.org.uk) specifically for matters of potential interest to Parish Councils. Members will also continue to receive regular briefings from officers in respect of Parish Council matters generally.

By the time you read this both of Sedbergh's Bank Branches will either have closed or be on the brink of closure. Despite every effort made by Sedbergh Parish Council, the Chamber of Trade, local politicians and other organisations, both Banks have chosen to ignore the representations made to them (solely

one gathers for financial reasons and without any regard to any social and community function which they might have) and the community is now left with obtaining the best deal for itself in respect of the new arrangements which are being proposed. Barclays seems intent on making a "clean break" while perhaps retaining a local connection for the purpose of those wishing to open either new personal or business accounts. Nat West will be providing a mobile unit in the form of a van which is likely to be visiting Sedbergh (twice a week) and Dent but without the capacity to accept payments in of large amounts of loose cash which apparently the Post Office is expected to deal with.

SHEEPFEST 2015

Monday 23rd February

7. 30p.m.

Committee Room, People's Hall

By this date the funding for another festival should be known. Please come along to discuss how we can build on this year's success! Also if you would like to be involved in planning, publicity and /or with the management of the event over the weekend itself.

This will coincide again with Heritage Open Days Sept 12/13



Email: anne.pierson@btinternet.com
with your views if you cannot attend

Whether it will be available to do so remains to be seen. Efforts are now being made particularly by MP Tim Farron and Cllr Evelyn Westwood to encourage other Banks, Building Societies or Credit Unions to set up in town and this is an ongoing piece of work. The Campaign for Community Banking has already highlighted Sedbergh and District as an area of special need requiring its own in situ banking facilities. Anyone with ideas in this direction is invited to come forward and make their views known!

As always, please don't hesitate to contact me if there are any National Park matters you would like to discuss with me.

Ian McPherson
ianmcpherson24@hotmail.com
Tel: 015396 20648

TIM FARRON MP

Happy New Year!

I know that we are a bit of a way into 2015 but this is my first chance to wish you the best through the pages of Lookaround so please accept my delayed best wishes.

We started 2015 with the brilliant news that the Treasury are prepared to fund the building of a radiotherapy unit at Westmorland General Hospital provided that the business case can be made. This is a massive step forward in our campaign to ensure that everyone in the South Lakeland area can receive decent cancer treatment without having to worry about driving up and down the M6 to Preston. Of course we cannot be complacent, the business case has to



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be made, but knowing that the money is there to pay for it is a hugely positive step forward. I will do all that I can to ensure that the business case delivers what we want.

On the subject of our health care, we have been contacted by a number of employees of the North West Ambulance Trust, the body that runs all of our ambulances. These people have said that service they provide is driven by targets and that one of the key targets for ambulances is setting the number of ambulances needed to cover a certain population. In our area we face a couple of issues with this, firstly we are a very large geographic area so ambulances cannot reach as many people as they can in cities and secondly, because our nearest A&E department is outside our area, the ambulances that we have are often not in the area they are covering. Both of which mean that we are not getting as good a service as we need. I got the chance to ask the Health Minister about this at Health Questions and he agreed this was a problem and undertook to look into it when the time was right. I will

be pushing him to ensure that the time becomes right very soon.

Away from health the news is not as good, particularly in farming with the price of milk being back down at a level too low to make production economic. Ensuring farmers are paid a fair price for the milk they produce is something I have been fighting for since I was first elected. This is one of the key reasons I proposed the introduction of an adjudicator to ensure that supermarkets don't abuse their powers over small food producers like farmers and why I fought for this arrangement to be part of the Coalition Agreement leading to its introduction. However, in introducing the position politics seem

to have got in the way and according to a recent report the Adjudicator does not have the powers needed to really sort out the pricing problems with milk, in particular supermarkets cannot be fined if they abuse their powers. Much of this can be sorted very easily and I have written to the Farming Minister asking that he ensures that this happens as quickly as possible, certainly before the General Election in May.

As ever if I can help you with anything please do email me at tim@timfarron.co.uk or call me on 01539 723403

Thanks for your support

Tim Farron MP

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PEOPLE'S HALL NEWS

We had to meet unexpected problems when refurbishing the front of the People's Hall and now need to raise funds to pay these costs.

In 2013 you may remember that the Committee undertook the building of new changing rooms for the Football Club and the refurbishment of the old team rooms. Above the new changing rooms we built new male and female toilets, a side lobby and new back lobby. In addition we extended the Committee Room.

After the new toilets came into use the old ones were taken out of service and the front entrance became very unloved and shabby. So in 2014 the Committee undertook the refurbishment of and improvements to the front of the building. These included a spacious new entrance lobby, an accessible toilet, a remodelled bar and a technical booth for the projection, lighting and sound techies. These facilities are now in use.

Although we received generous grants from the YDNPA, Awards for

All, Garfield Weston Foundation, Harold and Alice Bridges Charity, Sedbergh United Charities, Sedbergh Community Fund and generous private donations, we are just over £5,000 overspent and our hardworking builder needs paying.

So why did it happen?

The Hall was built in 1956 (it has been rumoured it blew over during the construction!) and is basically a wooden hut.

The front of the building was cantilevered over a canopy so we decided to strip the wood cladding, insulate and block cover the internal studding and wet dash the exterior. This required us to expose and

David Jackson



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OFFICIAL OPENING

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of the

PEOPLE'S HALL

Friday 27 February

7pm for 7.30pm

Glass of wine and nibbles

extend the foundations to take the new block work. When we opened up the existing foundations we found they were basically "token" founds with no substance. These had to be underpinned and re-enforced all-round the front and both sides. To strengthen the cantilevered purlins to allow for the new atria required additional support. However, when the purlins were exposed they just were not big enough and needed to be made four times stronger! When we set about laying the new entrance tiling and toilet tiling we found that the car park front corner of the hall had subsided by about two inches. There was a fracture across

that corner, from the centre of the entrance doors, under the corner of the bar and across the left corner of the Main Hall. This crack can be seen in the bar where the counter top is two inches higher at one end! A consequence of that corner of the Hall starting to fall into the car park was that the ridge has moved sideways by two inches. This can be seen as the left glazed panel of the new entrance is two inches narrow than the right hand glazed panel. So basically if we had not decided to do this work to the front of the Hall, it could have collapsed at any time. Maybe we got off lightly.

So far local support for our redevelopment project has been exceptional but we have ask again. Please see our Appeal Leaflet.

You are all invited to the Official Opening of the Refurbished Front Entrance of the People's Hall on Friday 27 February 2015 at 7pm for 7.30pm, wine and nibbles

Dr Gina Barney
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Our morning class is friendly, gentle and accessible to all with reasonable fitness. But if you feel unable to attend a class maybe more individual attention could be of benefit. I have recently returned from the spiritual and Ayurvedic region of Southern India where I have been training as a yoga therapist. Yoga therapy works one-to-one basis to help recovery from illness or injury; managing mental or physical conditions; living with chronic pain or life limiting conditions. This can include arthritis and other joint problems, heart conditions, cancer, Parkinson's



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This isn't a 'quick fix'; yoga therapy is a long-term alternative or a complement to drugs and allopathic intervention. It considers each and every one of us as a unique physiological, psychological and emotional or spiritual being who is constantly evolving and changing with the elements, seasons and the world around us. It uses a holistic yoga approach to mind, body and breath together with Ayurvedic-based

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suggestions. Ayurveda is an ancient science of life that recognises our natural or elemental constitution. It observes that we live among and are formed of five elements: ether or space, air or wind, fire, water and earth or carbon. All of us have varying ratios of each and this creates our differences, plus we also relate to these elements that are around us in our own way – it makes us the miraculous, incredible beings we each are and invites us to celebrate ourselves and our role in this weird and wonderful world.

With this in mind a Yoga therapy consultation will look at your diet, physical state, lifestyle, body-mind interaction, any spiritual beliefs and

your own perspective about life and health: it is a dialogue rather than a dictate. Together we will decide what you want to achieve and how best to go about it considering your commitments and capabilities. It will take time, effort and motivation but the rewards in terms of mental, physical and emotional well-being are usually pretty amazing! I will send you a questionnaire to complete before our session so we can focus on proactive changes when we meet – one session may be all you need to discover a whole new way of being and living according to how you are in mind, body and breath!

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CHURCHES TOGETHER
News from St Andrew's Church
Dent and St John's Cowgill



The February Lookaround gives us a first opportunity to express appreciation for all the fantastic efforts of a great number in the community in celebrating Christmas in our churches and making it a really special time. The churches were filled with the beautiful music of the Dentdale Choir for the Advent Carol

Concert and our carol services at Dent and Cowgill. Special thanks must go to Anastasia Micklethwaite and Iwan Lewis in preparing and conducting the choir. Many were reflecting on how blessed we are that our remote communities can produce a high standard of music and inspiring worship in the Christmas season, sometimes in quite difficult circumstances! On the way to Cowgill Carol Service, the road was quite flooded, yet we had a bigger attendance than normal! In fact attendances at many of the Christmas services were bigger than for many years, which is very encouraging for everyone and many thanks to all those worked so hard to



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decorate the churches so beautifully.

Carol Singing This year saw a welcome revival in carol singing around the dale and despite two horrible evenings large, enthusiastic bands of Cowgill and Dent carol singers, together with children from Dent School, raised a grand total of £272.96 for the Children's Society. So a big thank you to all our carol singers and generous donors.

The Church Council will be working hard this year on projects to convert the old Bier Room of St Andrew's Dent into a kitchen and disabled toilet and give Cowgill Church interior decoration a much needed facelift. Things got off to a most encouraging start when the



Dent Christmas Coffee Morning raised £842.17 for the Bier Room project.

Church Services in February

St Andrew's Dent

February 1st 10.30am Holy Communion

February 8th 10.30am Holy Communion

February 15th 10.30am Holy Communion

February 18th 10am Ash Wednesday

	Sedbergh Community Development Centre Courses from February
Pilates , Mondays 4:30-5:30pm, places available	
NEW Fitness Pilates , Tuesday evenings - please enquire	
Colour & Contrast with Frances Winder, Sat 7th March, Burton-in-Kendal	
Chiffon & Felt Spring Scarf with Janet Philips, Sat 21st March	
Experimental Watercolour with Frances Winder, Sat 28 March	
<p>Want to learn to use a computer? Have experience but need some help? Computer drop-in session Wednesday afternoons, 1:30-3:30pm Laptops & tablets catered for 1-1 help, Beginner to Advanced, Only £2 per session Please ring before coming along We now have wifi available</p>	
<p>See www.sedberghcdc.org.uk for more information email: admin@sedberghcdc.org.uk Tel: 015396 21031</p>	

Holy Communion and imposition of ashes

February 22nd 10.30am Joint Communion at Dent Methodist Church

St John's Cowgill

February 1st 9am Holy Communion

February 15th 2.30pm Evening Prayer

February 22nd 10.30am Joint Communion at Dent Methodist Church

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An Ecumenical Lent Course for Dent Dale 2015

This York Course designed for ecumenical groups is in five sessions and starts by looking at faith and doubt. Is it wrong – or is it normal and healthy – for a Christian to have doubts? Is there any evidence for a God who loves us? Many witnesses tell their stories, and at the heart of a Christian answer stands Jesus himself. We will consider his 'strange and beautiful story' and reflect upon his teaching, his death, his resurrection and his continuing significance in our lives today.

People from all faiths or none are welcome to join this Lent group at 6pm on Sunday evenings from 22nd February – 22nd March in the Methodist Rooms Dent.

St Andrew's - News from the Pews



Christmas already seems such a long time ago and so last year! Nevertheless it is good to say 'thank you!' to all who came and supported the many Carol Services and Concerts in the town Churches, including a memorable United Carol Service in St Andrew's. Attendances at the 'Midnight' and 'Christmas morning' services were excellent and I do hope that the many visitors and occasional attenders will be keen to come again soon!

The Church's Year moves on quickly and already we are looking towards Lent and Easter. This year we are sharing a Lent Course on St Mark's Gospel, called 'WayMarkers', with the other Churches in the town so if you are interested in attending do look out for the dates and venues which will be advertised in the Churches. Lent itself begins on Ash Wednesday, 18th February with the usual St Andrew's mid-week service at 11:15am (also looking at St Mark's Gospel through Lent), followed by the famous Lent Lunches, every Wednesday in Lent at 12noon. There will also be a short Ash Wednesday Evening service in St Andrew's at 7.30pm.

Lent is traditionally a time of fasting when we 'give up' something like sugar in tea, biscuits or alcohol, which of course is all very commendable and might do us some good. It's also a time to think about our spiritual nature and to remember the poor:

"No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people." Isaiah 58:6 (New Living Translation)

*Revd Andy McMullon
Vicar of Sedbergh*

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MAIN STREET RAT RUN

I completely agree with Keith Wood's comments in his article in the last edition of Lookaround describing his witnessing of a near-tragic accident on the Main Street involving a young child and a van. After 45 years of driving and walking around Sedbergh I've also seen many pedestrians and cyclists, but old enough to know better, make some truly hair-raising and suicidal moves. Many motorists likewise, are guilty of some pretty careless actions of course sometimes. If Keith's estimate of 25 mph for the van concerned was accurate then the van driver was well within the law regarding the speed limit, but there is no doubt that 25 or 30 mph is far, far too fast for this very narrow and hazardous (for pedestrians) road.

Dent village had a 20 mph limit put in place a few years ago to curb the

speed of cars passing the school and through the village. Kendal currently has a vigorous campaign – '20 is plenty' - to bring in this lower speed limit on many more roads in and around the town. However, on Sedbergh Main Street I think even 20 mph is too fast. During the daytime, with many people about, 15 mph is more than adequate. Although I personally hate them (as if our roads aren't bumpy enough already), a speed-hump or two would probably be even more effective.

Much of the traffic on Main Street should not be there anyway. The only legitimate vehicles are those accessing the town centre, Joss Lane and New Street. An amazing number of drivers, (even many locals still), think that Main Street is the quickest route from Station Road to Long Lane instead of via Finkle Street and Back Lane. It isn't, unless you've driven

through at speed. You have only to stand on the Main Street for a few minutes to notice that many vehicles are passing straight through and one or two of them, far too quickly. As Keith concluded "Main Street is a tragedy waiting to happen."

Roger Bush

SPEEDING FOR BEGINNERS

Fairly predictable that our civilian speed awareness volunteers should suffer abuse. What can you do with these unpaid volunteers? I know! I'll rant and rave at them in public.

As well as reducing casualties in the 30mph zones they are trying to save people from prosecution, fines and points on their licenses by the

perfectly reasonable and civilised system of sending them a polite letter. Not like the real 'Fuzz' who would show no quarter whatsoever.

A sharp witted old traffic copper I knew years ago who had a way with words, once gave me some sound advice. - You can explain to a bloke that his wife is having an affair with the chap around the corner and he'll shrug his shoulders and say "Oh well. That's just the fashion these days". Suggest that he's a lousy driver and he'll immediately want to have a fight with you. It seems our unpaid volunteers have been learning this lesson the hard way.

Some drivers consider themselves personally exempt from the law. They

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think that it only applies to others. That it's all some kind of 'sport' that we have with the police. Others don't think anything at all, employing the grand old brain saving method - 'Car in top, mind in neutral'.

Exceeding the 30mph limit isn't just illegal and dangerous. It is also a blight on community life. It is a driver who is slightly out of control (oh yes he is), dangerously propelling a huge lump of 'pre scrap yard metal' within feet and inches of 'pre cemetery human beings'. These humans are loved (maybe), they live, they work, walk, have children, dogs, grandmothers. If you crash into one of them it will be sickening. If you were speeding (35mph?), you will have to make a choice. What will you do? – Let me guess. You will lie continuously to everyone, your friends, family, the police, the courts, about what you were doing? In a single moment your life will also be wrecked.

Those who stick to common sense and the law can be subjected to insufferable displays of 'explanatory' driving from those who believe that - you are the idiot. They intend to teach you 'a lesson' as to how you should drive. These are the drivers who will actually try to employ their car as a form of educational semaphoric communication. Lots of options open here. A bit of tail gating perhaps, or how about a flash of the headlight. Then, during the actual hair raising overtake down Station Road they will endeavour to catch your eye, and follow on from this with my particular

favourite; A shake of the head in 'disbelief' at your tardy incompetence.

How well do I remember a lesson I learned whilst on a police motor cycle course in the early seventies (long before the days of political correctness, 'investor in people' plaques or 'respect and diversity' decrees) when I rode through a village at 32 mph. The police instructor (who was admittedly bordering on madness). Stopped me in a lay by, took off his gauntlets and whilst purple in the face began beating me around the head with them.

For me - That still beats the heck out of a polite letter.

Keith Wood

Committee member

2015

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Dr HELGA FRANKLAND OBE

Very sadly we have lost a dear friend and distinguished conservationist. Dr Helga Frankland OBE was a founder member of Cumbria Wildlife Trust (formerly The Lake District Naturalists Trust) in 1961. She was a very active volunteer and Trustee and member of the Sedbergh Local Support Group committee. Helga wrote several handbooks for the Trust including "A Walk on Clouds" and recently "A History of the Wildlife Trust".



Helga was an inspiration to our group. She helped run a Watch group for youngsters for many years and was an active and valued member of our committee. She led many botanical surveys notably of hedgerows and our own Jubilee Wood. Helga also found time to run survey training sessions for us all. Her knowledge of local conservation topics was of immense value and her understanding of a symbiotic relationship between upland farming and conservation was based on her own experiences as a landowner and land girl during the war years. She is irreplaceable.

Susan Garnett



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THE BODY-MIND PROJECT

After a year's sabbatical from writing articles for the Lookaround (thank you for having me back), I wanted to give you an update about the Tai Chi and Qigong (health exercise) we are doing locally. This brought up the obvious questions "What is it that we are actually doing?" and "What are our objectives?" I think the answers will vary widely from person to person, but I try to give some idea from my own perspective in this article.

For myself, when I look back over the fifteen years I have been living in Sedbergh, I can see that, though the appearance of the practice may seem to have changed only in that my quality of movement has evolved, my orientation and goals have shifted significantly. To begin with I was most interested in improving my state of health in two main respects:

- To restore my physical health following decades of studying and teaching mathematics, an intensely intellectual and sedentary activity which neglects the body as long as its discomfort can be ignored. In my case, which was not untypical, it was also fuelled by coffee and chocolate.
- To improve my walking technique to enable me to walk up and down hills without pain in my knees.

To these ends, I spent many hours in the hills and, from 2001 onwards, I intensified my practice of Tai Chi, Qigong and related arts. At the same time I qualified as an acupuncturist,

which included an in-depth study of the theory of Chinese medicine. My health improved and I learned a lot about factors affecting health and well-being.

But slowly, though the activities remain the same, my objective has changed. For one thing I realise that, despite our best efforts, good health cannot always be maintained and most keen walkers reach a stage where they are no longer able to roam the hills. For another, there comes a stage in Tai Chi training when there is some appreciation of the subtleties of movement and the role of the mind becomes more important. One of the foremost teachers in the world today (Patrick Kelly) has said that if there is a "Tai Chi secret" it is where to place the mind in the body. To look into the mind is to observe the ungraspable and the questions, "What is the mind?" and "Who places it?" point out

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the uncertain ground upon which we base our Tai Chi practice, and indeed our lives. We know we should relax, but we tense up involuntarily at the slightest thing.

In short, the practice of Tai Chi brings up the fundamental question of what we are and how we operate as human beings. My current project is to discover as much as I can about the body-mind, not so much in the sense of bio-chemistry, more in the spirit of an owner's manual.

I am organising two separate streams of activity locally:

- Wild Goose Qigong. I teach a class on Monday mornings in Sedbergh focussed on grounded and relaxed movement. Some

people have found this useful for re-aligning the body after illness, accident or surgical procedure. People with some previous experience of Qigong or Tai Chi may wish to consider my summer course which consists of five weekend days in Barbon between May and September.

- Training with Kevin McGee, top student of Peter Ralston, author of one of the best body-mind user guides to date: "The Principles of Effortless Power". Kevin comes twice a year (April and October usually) to teach a weekend in Barbon. In addition we have several practice days per year (free apart from contribution to hall hire). The first of these this year is in Sedbergh on 21st February. We have a practice group in Sedbergh (also free of charge) from 9.00 until 10.00 most Tuesday mornings. These sessions are devoted to exercises to develop awareness and sensitivity, mostly working with a partner.

If you are interested in any of these activities, please contact me (015396 20972).

In addition both Ian McPherson (015396 20648) and Andi Chapple (015396 22045) teach Tai Chi locally.

Ken Wilber (American philosopher, well worth reading) calls the integrated body-mind the centaur. May 2015 be the year of the centaur for all of us.

June Parker

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W. I. HOWGILL

Christmas celebrations were held at the Cross Keys in Cautley, where everyone was in good party mood. We enjoyed a lovely festive meal followed by several rounds of dominoes where we all took home a Mystery Prize. Mary Silva won the competition for a home made Christmas gift label. An enjoyable evening was had by all.

President Bridget Postlethwaite opened the first meeting of the new year by wishing members a Happy New Year. A warm welcome was given to Judith Capstick back with us complete with her usual plate of goodies.

The singing group who took part in

the Carol service were thanked for their performance at Howgill Church.

Our hiking group spent an enjoyable day when they took the train from Carnforth to Grange. Following a leisurely walk around the town a hearty lunch was enjoyed.

Speaker for the evening was Justin Woods, Head Chef at Castle Green Hotel, back with us by special request. We were given step by step instructions on how to fillet a fish, pointing out the importance of a good knife and steel for sharpening. He then inspired us with his cooking skills by dishing up three simple, speedy fish dishes using three different fish, all ready for us to sample. The aim of today's Chefs is



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to present meals packed with flavour by using more exotic spices and herbs in their recipes. Sarah Syred thanked Justin for his tips and answering our questions and queries.

The competition for a starter using fish was won by Joan Luffman with Sarah Syred second. The raffle winner was Audrey Hoggarth. The social a Bird Quiz was won by Sheelagh Denniss. The evening was brought to a close with our usual get together and Jacobs Join.

We meet again on February 5th at Firbank Church Hall at 7.30pm when Christine Knipe, Secretary of Westmorland Agricultural Society will be speaking. Visitors and new members welcome.

A.H.

KILLINGTON W I

THE AFTERNOON W I FOR THE ENTIRE DISTRICT

What a pleasure to be meeting at The People's Hall again. The transformation of the hall continues and there are improvements each time we meet. The main entrance looks very smart and the gym is progressing apace. Our

congratulations and thanks to all those involved.

And what a pleasure to see so many members at our opening meeting of 2015. (I still feel the urge to start the date with 19...!) It seemed we had a lot of business to plough through so we set off by voting to select the resolution to be considered at the Centenary Annual General Meeting at the Albert Hall later in the year. I thought that the title ought to be changed from 'Resolution', to 'Selection of the WI Publicity Issue for the Year', because that is what it really is, and as such it can be a very useful tool. We had 7 different subjects to choose from and felt very smug that we have already pre-empted one of them, namely to encourage greater public access to defibrillators. Been there! Done it! The subject gaining the most votes was urging the government to do all it can to end FGM (female genital mutilation). How I dislike the use of all these meaningless abbreviations or acronyms. When I am listening to the news I don't know what they are talking about half the time. So says a

member of the WI! Pot calling the kettle black.

Then it was onto more mundane matters, or perhaps I should say events closer to home. We commented on our highly enjoyable Christmas Lunch at Sedbergh Golf Club, wished Lorraine a happy birthday, wished Dawn good progress with her treatments, asked members to bring in used Christmas cards for Cynthia to recycle for charity, continued with the planning for our group meeting in May, and Avril sorted out the cooks for our next meeting, 'Taste 'n Try'.

Our goodly speaker (or more correctly 'doer'), had been waiting patiently all this while. Her hour had

come! Anne Wright had brought along samples of some of the many, many crafts at which she is so skilled. These range from embroidery and sewing skills of every sort, to stained glass making, botanical drawing, photography, weaving, spinning, textile design, jewellery making, and many others. I think that she must never have empty hands. All this in addition to enjoying a full family life with children and grandchildren, some in distant lands. Thank you Anne. It was great and you put some of us to shame.

A welcome afternoon tea followed. Much, much better value than afternoon tea a last year's Holker Garden Show, at £25 per person! Our

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competition for a Christmas card was won by Anne Jones and the raffle prize of a consumable nature was won by Pam Siddall.

We meet again at the superior venue of Sedbergh People's Hall on Tuesday 10th February at 2 o'clock when members' culinary delights will be sampled by us all. Competition – an item beginning with 'K'.

Wendy Fraser-Urquhart

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SEDBERGH WI

Our programme for 2014 ended with three memorable meetings in December. The walking group had decided to meet early in the month and, with short daylight hours and probably less than clement weather, to choose a local walk. In the event, we met at 9.30 am in Joss Lane on a sparkling frosty morning with azure skies, the best possible conditions for viewing the Howgills with a heavy white frost contrasting with the coppery bracken and the velvety green fellside. Exhilarating! We set off towards Ghyll Farm, then Stone Hall (we'd love to know its history – such a beautiful, characterful house!) and Hollin Hill, then swinging down and round to descend to Straight Bridge beside the river. After crossing the bridge we headed for the stile by Garsdale Bridge just before Farfield Mill and followed the River Clough as far as the footbridge to Hallbank before striking up through the fields towards Spout and Dowbiggin Lane. We enjoyed wonderful views of the Howgills as we walked back down towards Straight Bridge and then to

Farfield Mill again, this time for a soup and roll lunch. Then it was back to Sedbergh, still in glorious sunshine.

If we hadn't already paid for our Christmas lunch, some of us might well have pleaded we didn't feel well enough to go out when the time came to brave the torrential rain and gales of December 10th to venture down to the Red Lion in Finkle Street! Two festive tables had been laid for us at the back of the pub and we were soon catching up with news of Denise and Ellen's (separate) adventures in the Antipodes as well as news much nearer to home. Cracker jokes soon had us groaning, paper crowns soon slipped, but before long we were tucking in to some delicious starters followed by excellent roast turkey, beef or salmon, though most of us were defeated by the size of the portions. Dorothy, who wanted her cat to share in this bounty, asked for a doggy bag to take home her remaining beef and Yorkshire pud. The ingenious waitress brought back the leftovers in a basket she had made out of foil and including a

carrying handle, which looked very chic!

The following day, the book club were due to meet at Anne Pitt's house, wondering whether we would have a complete kitchen floor to walk across. We needn't have worried, though, because Anne had just completed laying it 20 minutes before and was now turning her attention to making mulled wine. We adjointed to the sitting room to discuss 'The Storms of War' by Kate Williams. I had asked Carlisle Library for another book about the First World War for November, Remembrance month in the centenary year, but it wasn't available and this was a disappointing substitute, the first in a trilogy called

'The De Witt Chronicles' about an aristocratic family in the south of England with a German industrialist father and English aristocratic mother whose main aim appeared to be to marry off their daughters to aristocrats. There were some interesting parts, notably the role of nurses in the trenches, and the treatment of enemy aliens in Britain, but I don't think any of us will be rushing to read the next part of the trilogy. The meeting was nicely rounded off with cake accompanied by a choice of alcoholic or non-alcoholic mulled wine, and Christmas greetings to one and all.

2015 started with a big problem: 5 days before our January meeting we

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- helping with grief
- tinnitus (a condition in which I have a special interest)
- mild skin problems
- eating healthily
- improving sleep
- replacing unhelpful habits

heard that our speaker, Ian Potts, a clarinettist, who was due to speak about his Life in Music, was very unwell and unable to come. Time to consult the emergency speaker list! The first two were unable to come, then Jean Mitchell suggested Judith and Roger Bush whom she had heard at the December Cameo Meeting. What a relief! They were able to come! Fortunately the snowy, icy conditions of Wednesday morning which had me worried for a few hours had given way to more rain and high winds by the evening and Judith and Roger struggled against them with their capacious holdalls containing their many historic instruments, copies of instruments used between the thirteenth and seventeenth centuries. We definitely enjoyed some of the sounds more than others but were amazed at how much effort was required to blow into the crumhorns in particular when they explained how the instruments worked. My particular favourite was the combination of Judith playing her very gentle and soft-toned bagpipes with Roger accompanying her on the

hurdy-gurdy. We were very grateful to Judith and Roger for entertaining us so well and at such short notice. We'll be looking out in future for news of the concerts they give with their Early Music group, Cornucopia!

The business meeting which followed tea and delicious cakes made by Denise and Alma was dominated by social issues we had been asked to support, notably the protest about the reduction in rural transport services in Cumbria and midwifery services in Kendal (the unit is now open only from 8am to 8pm Monday to Friday, with only one midwife on duty and two midwives on call at other times between Kirkby Stephen and Barrow!), as well as the restrictions on the voluntary car scheme which apparently doesn't allow drivers to take patients to hospital appointments!

The book club met the next day at Moira's house to discuss our most gripping book ever! *The Guilty One*, a first novel by Lisa Ballantyne, is the story of Daniel Hunter, a young lawyer who has to defend an 11-year-old boy in a problem family who is

accused of murdering his younger playmate. There are several layers of interest here, because Daniel himself had been a problem child rescued against his will by social services and sent to live with Minnie, an experienced foster carer who learnt to deal with his anger and frustration and encouraged him to work hard at school, thus setting him on his way to a good career. There were many issues to discuss so it was a very interesting meeting but I won't go into them because I strongly urge you to read it for yourself! We think that Lisa Ballantyne's next book is now available so we look forward to reading it...

Staveley will be the starting point for

the walking group on 21st January when they hope to ascend to Potter's Tarn, then go down the Dales Way to Cowan Head and return to Wilf's Café for lunch.

Our next meeting will be at 7.30pm on February 11th in the committee room at the People's Hall when Susan Oliver will be speaking about her Life as a Registrar. A very warm welcome awaits any ladies who would like to join us! *Moir Folk*

DENTDALE WI

A New Year, a new programme and a new presidential style. It sounds complicated but it isn't. It just means that Thelma Belfield and Marion Feltham share the Agenda, which

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worked very well. We are so grateful to them for working in this way to keep Dentdale WI running. It was a really good turn out of members especially on a very wet January evening.

During the business part of the evening, Sue Owen reminded us about the Centenary Scrapbook. At the moment, it is just a beautiful empty book waiting to be filled with articles, pictures and photos of all that happens in the year ahead. So, any WI related thoughts or articles please submit to Sue.

Kate Cairns our treasurer, informed us that fund raising for St John 's Hospice was going well and she thought we should be in a position to present a cheque for £300 to the Hospice.

Plenty of lists to sign for events coming up in the Federation including a last minute addition of a meeting instigated by Orton WI on 12th March at 7.30 taking the form of a Question time event which will be chaired by our Federation chairman, Ruth Rigg. It will discuss reduction in local services. Three of our members are

giving support to this concern.

A slight blip in the programme as our January speaker was unable to keep the date, but our February speaker, Dr Petyt, stepped straight into the breach with his talk on Dialects and Accents in Britain.

It made interesting and challenging listening. From the regional and social variations even within a community, can be documented. The way we speak, the speed and loudness and pitch of delivery, even the differences between gender. The use of casual speech set against more formal received pronunciation speech when regional features become less apparent. It was a fascinating insight into the subject.

Freda Meakin's competition entry for a recipe for Winter soup caught the judge's eye and probably his taste buds too!

Next month on 11th February, John Hawley will be talking about The Victorian Kitchen Garden

New members and visitors are always welcome to join us. Meetings are advertised locally and on the Dentdale website. *Pat Allen*

SPRING SHOW

Saturday 18th April

Yes! We're back again and look forward to all your entries. Full schedules will be available at Spar, Premier Stores, and the Post Office in the middle of February.

Until then here is a list of all the classes you can enter. We have introduced a new Junior Section for which a new cup will be awarded. So everybody – GET BUSY AND MAKE THIS THE BEST EVER SEDBERGH SHOW!

Any queries to Margaret Milburn - 20610, or Wendy F.-U. - 21902

SECTION 1 HANDICRAFTS

A patchwork or quilted item. A scale model, own design or kit. A new item from something old (any material). A wooden item. A bag of any medium (not from a kit). A cross stitch article (indicate if own design). An item made from hand- made felt. Canvas

work. Any article costing not more than £3 (Cost of items to be listed). A pincushion. Beadwork. A piece of handmade jewellery. A metal item. A hand made rug. A hand made card. A decorated Easter bonnet (any style or material). Any craft item not included above.

SECTION 2 HAND MADE TOYS

A soft toy, knitted, sewn, or crocheted. A glove puppet. A toy made from scrap material. A dressed doll (doll may be bought). Any handmade toy not included above.

SECTION 3 FLOWERS AND PLANTS

A house plant. Fascinating Foliage. Treasure Chest – a petite exhibit. Simply Spring. Once Upon a Time. A Button Hole. An Easter Basket (novice class). Fruits of the Earth and An Arrangement in a Cup and Saucer. (2 classes for up to 16 years of age).

COME IN FROM THE COLD!!

If you're lucky enough to be born in 1950 or earlier - 65 or older - Farfield Mill invites you to enjoy our central heating system by switching off yours to enjoy **a two course lunch and a cup of tea for £6. 95 on Tuesdays, Wednesdays and Thursdays starting February 3rd**. If you need transport because you're disabled, can't drive, can't get a lift with friends – we'll provide this free for Sedbergh residents.

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Stay as long as you like, and bring your knitting if it's Tuesday.

What better way to beat the February blues!!



SECTION 4 GARMENTS

A hand knitted garment in double knitting or thicker yarn. A hand knitted garment in 4 ply or finer yarn. A hand knitted scarf. A crocheted article or garment. A sewn garment. A knitted baby garment.

SECTION 5 HOME PRODUCE

Sugar craft. Fruit pie. Savoury flan. Six biscuits of any variety. Six butterfly buns. A novelty cake (judged for decoration only). Fruit cake. Four fruit scones. Gingerbread –not larger than 10” square. Round shortbread. Six flapjack pieces. Unfilled and fatless sponge cake. Victoria sandwich (filled with raspberry jam). Swiss roll. Pot of jam. Pot of marmalade. Pot of fruit jelly. Pot of lemon curd. Pot of chutney. Bottle of homemade wine, cordial or other drink. A white loaf – hand made. A brown or wholemeal loaf – hand

made. A white loaf – machine made. A brown or wholemeal loaf – machine made. Speciality bread – sweet or savoury.

SECTION 6 ART

Artwork: still life (any medium, any form). Artwork: portrait (including animals). Artwork: landscape. Mixed media. Any piece of artwork by a secondary school pupil.

SECTION 7 PHOTOGRAPHY

Maximum size, including mount, for all classes, 10” by 12”. (255mm by 305mm)
All classes can be Colour or Black and White
Pets. Landscape or local view.
People and portraiture. Sport. Artistic.

SECTION 8 CHILDREN’S SECTION

Pre-school A poster by a group of children of a farm - any media or size (up to A2). A collage in 3 colours



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(maximum size A4). A drawing of a person. A musical instrument made from junk
 Reception Year A drawing or painting of a wild animal. A decorated hard-boiled egg. An animal made from any food material. A small vehicle made from junk
 Years 1 & 2 An illustrated capital letter (maximum size A5). 4 decorated digestive biscuits An insect made from plasticine or play-dough. A drawing depicting a spring day (maximum size A4)
 Years 3 & 4 A favourite poem (For the W Milburn & Sons cup for handwriting). A collage picture of a plant or flower. A drawing of a car or an agricultural machine. An historical

artefact – any media.
 Years 5 & 6 A collage of a bird using sequins and/ or buttons. A mosaic picture of a rain forest animal. A sculpture using natural materials. A picture of the local area.
 Year 7 and above. A hand crafted article – any material, including wood or metal. A computer generated poster to promote visitors to Sedbergh. 4 decorated cup-cakes – judged for decoration and baking. A cake of any type – judged for baking and presentation.

**SECTION 9
 JUNIOR SECTION**

Any youngster of secondary school age or below may enter any class. Their entries will be judged separately

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with points going toward a new cup for this section.

**SEDBERGH
FLOWER & PRODUCE SHOW**

29th & 30th August

Calling all gardeners, allotment holders and flower arrangers.

The preparation for the Show is well underway with a committee and helpers holding regular meetings. We hope all you gardeners are also busy planning what you are going to sow. It may be cold and snowy now but come March you'll already be a bit late for sowing your sweet peas!

The show will have categories for flowers, vegetables, fruit, botanical paintings and chutneys and cakes – made from garden produce! The emphasis will be on having fun - you don't need to be an expert to enter – just an enthusiasm for growing things or painting or making!

Application forms will be available a

bit later in the year with the Lookaround and in local shops.

If there are some of you out there who would like to help either in the preparation or as part of the day please let Shelagh shelagh.

cobb@virginmedia.com or Ann parrattann@gmail.com or Barbara Barbara@garsdaledesign.co.uk

know. We can always do with extra help. And remember you don't have to be a gardener to help run the show – just come and be part of the fun - we'd love to see you. And you can do as much or as little as you like.

This is the list of categories' so far. If we've missed your favourite then let us know – we'll create a special category just for you

Barbara Hartley

FRUIT

- 1 4 cooking apples – any variety
- 2 4 eating apples – any variety
- 3 10 blackberries
- 4 4 pears – any variety
- 5 6 plums – any variety
- 6 10 raspberries
- 7 Any exotic fruit

VEGETABLES

- 8 3 red beetroot
- 9 3 carrots, long with 2" tops
- 10 3 courgettes
- 11 3 onions red
- 12 3 onions white
- 13 Largest/heaviest onion
- 14 3 leeks
- 15 3 parsnips
- 16 4 potatoes red
- 17 4 potatoes white
- 18 Biggest single spud!
- 19 5 shallots

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20	5 cherry tomatoes on a single vine	35	Pot plant
21	5 red tomatoes	36	Vase of garden flowers – mixed varieties
22	6 pods runner beans	37	Vase of garden flowers – single variety
23	Best collection of 6 vegetables	38	Largest diameter sunflower head
24	Best presentation of 3 vegetable varieties	39	Children's themed floral arrangement
25	Cucumber	40	
26	Heaviest marrow	41	jar of fruit jam
27	Longest runner bean	42	jar of pickled vegetables
28	Animal made from vegetable and/or fruit	43	jar of chutney
29	Best misshapen vegetable		
	FLOWERS		EGG CLASSES
30	6 sweet peas	44	4 eggs brown – fresh
31	3 dahlias – pom pom	45	4 eggs white – fresh
32	3 dahlias – single flowered	46	Heaviest single egg – fresh
33	3 roses	47	Chuckiest egg yolk (eggs will be broken!!)
34	1 single rose		

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Kate Seymour is still our Sedbergh representative - please do not hesitate to contact her in the first instance on any legal matter.



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SEDBERGH FIRST RESPONDERS

What are First Responders?

Community First Responders (to give them their full title) are local people who offer to support those who have called an ambulance – until the ambulance arrives. They are trained by the ambulance service in basic first aid and life support, in the use of a defibrillator and to administer oxygen. They can also support the family and ensure the safe arrival of the ambulance. They are called out by the ambulance service as soon as the call is received at their headquarters in Preston.

Why do we need a group in Sedbergh?

Although we do have an ambulance station in Sedbergh, it is not always manned overnight and the ambulance itself might be as far away as Preston or Carlisle. A rapid response is essential in dealing with conditions such as heart attacks. First responders can help to calm and stabilise the patient during the early minutes prior to the arrival of the professionals. We do not attend the under 12s, nor road traffic accidents.

Currently, Sedbergh has no First Responders Group. There are groups in Dent, Garsdale, Kirkby Stephen and Kirkby Lonsdale. We'd like to cover Sedbergh and the areas between these other towns and villages.

How can I help?

We need volunteers to train as First Responders. But if that doesn't appeal to you, you might still

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volunteer to undertake administrative tasks or raise funds for the group. We also need a committee to co-ordinate our activities.

In any of these roles there is no minimum commitment of time. We need to work together to make sure that when any one of us could use this support – it is there for all of us!

Where are we up to?

We have established a 'steering group', headed by Andy Cobb, as an initiative begun by the Sedbergh and District Charitable Incorporated Organisation. This group is informing people about the need for a group, setting up a committee, and starting to fundraise. An early priority will be purchase of two defibrillators, to be located in Sedbergh, accessible to the public for emergency use.

There is an application process, which we will help you with, for those prepared to volunteer as First Responders. We need YOUR help – everyone in Sedbergh can do something. Everyone in Sedbergh might one day benefit from the First Responders!

We are planning our inaugural Annual General Meeting for Tuesday 3rd March at the Peoples Hall. All are welcome to attend.

For further information please contact Andy Cobb on Sedbergh 22541.

SETTLEBECK NEWS

In the weeks leading up to Christmas I was fortunate enough to visit the school several times for purposes ranging from retail to pleasure to business. The Christmas Fayre was a great opportunity to get ahead with Christmas purchases, as well as supporting various school activities. I am working my way through the Year 9 & 10 Catering students' Family Favourites Recipe book and having great fun doing so. Settlebeck had taken part in the Shakespeare Schools' Festival at the Brewery earlier in the term with a production of "A Midsummer Night's Dream" but not all the parents had been able to get to it so it was repeated on the Settlebeck stage complete with dancers and live music. Right from the first scene when Puck gave the audience "the eye" while rubbing his hands with anticipation to the final bow, it was clear how much work they and Gillian Rea had put in.

Less exciting is the work done by the Governors at various meetings but they are necessary for the Governance of the school whether signing off the accounts or approving revised policies on Safeguarding. We look forward in February to meeting with the Primary school governors and staff to see how we can usefully work more closely together.

The best part of the school year is seeing the hard work of all the pupils and staff come to fruition with the summer's exam results. While we

knew the headlines back in August, some adjustment has happened since and the government have published the full analysis benchmarked to local and national standards. You will, no doubt, have seen the banner outside the school trumpeting the news that Settlebeck have achieved a 90% level in English and 95% in Maths which puts us in the top schools in Cumbria for English and the TOP SCHOOL in Cumbria for Maths. These are core subjects that all schools do via the same exams so are entirely comparable between schools. Of course it is not just about headlines but in Settlebeck it is entirely true that "Every Child Matters", and it is



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fantastic that these figures are contributed to by every single pupil from whatever level they entered the school. Just before Christmas the national newspapers reported "A report by Ofsted boss Sir Michael Wilshaw claims 170,000 pupils are at secondary schools rated inadequate - the lowest rating available". That report is certainly not reflected here at Settlebeck.

I attended the Year 11 presentation evening where the achievements of the 2014 Year 11 are celebrated. The entire cohort got 6 or more GCSEs and exceeded the Fisher Family Trust target (a national benchmark based on entry standard). Each and every

pupil's results are reported along with a personal potted biography and their certificates presented. As I listened to name after name accompanied by stats like "14 GCSE exams with ten A*, 2 A and 2 B grades" (Thomas Hinson) alongside other qualifications such as Extended Projects (normally done in Sixth form), and vocational qualifications in Outdoor Education. Prizes were awarded for levels of progress achieved; for instance Wesley Brewer who made 6+ levels of progress and was awarded the prize for Design Technology, Extended Project, Catering and unsurprisingly won the Head Teachers' Prize. He is now studying at Kendal College. Another example was Kim Cragg who was the Head Girl and achieved 12 GCSEs and again was another who achieved 5+ levels of progress. She was awarded the ICT and Girl's Sport prize.

With these statistics now in the public domain, it was a pleasure to carry out the formal review of the Head Teacher's Performance for the previous academic year. As it has been for every year in which I have been involved, it is a simple task to see that she has exceeded even the aspirational targets that have been set. As she herself comments, it is down to an extremely hardworking staff who work closely with each other and with each and every pupil to achieve such outstanding results.

*Myles Ripley
Chair of Governors.*

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**SEDBERGH & DISTRICT
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Sizergh and Recent Excavations



A talk was given by Jamie Quartermaine to the Society in November

Jamie Quartermaine was the Senior Manager of this project directing members of the Levens Local history Group and the National Trust along with a professional team from Oxford Archaeology North based at Lancaster University. In a wide

ranging illustrated talk he unlocked the mysteries surrounding a prehistoric burnt mound, an earthwork suspected of being medieval and the Great Barn all found in the grounds of Sizergh Castle. This proved to be a very intense, high profile excavation over 13 days covering 8 square kilometres and involving lots of volunteers, including children from local schools. He explained the techniques used to find the best sites to focus on.

He described the kidney shaped burnt mound, located in a bog, as a phenomenal find. Excavating down through peat to a shale bed two levels of stone deposits were found. The local limestone would not have

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been fit for purpose, heat and water would have converted it to quicklime, so the sandstone discovered must have been transported at least a mile. Lower down still a trough, 1 -1.5 metre square, boarded with prehistoric timber was located, well preserved by the bog. The wood was dated and could have been from as early as 2500BC - making the mound very early bronze age, almost Neolithic. Pollen examined from the bog was probably from post glacial vegetation dated at 1200BC. Subsequently alongside the mound a kettle hole was found caused by ice blocks from the Ice Age sinking into the waterlogged ground.

So who needed a burnt mound? Did Bronze Age man put water which had seeped into the kettle hole from the surrounding bog into the wooden trough, heat up the stones and throw them into the trough so getting hot water before discarding them to form the mound; the opposite of a sauna when water is splashed onto hot stones?

This very significant discovery helps to unravel the mystery surrounding burnt mounds.

The double banked ditch in the deer park was located by using images from a drone. This coupled with 3D imaging showed up a very obvious feature probably going all round the castle, dating from 1724 – 1787; pre-dating early mapping. Excavations showed that the bank resulted from spoil from the ditch and formed a very good barrier to keep animals at bay.

A very detailed survey was made of

the Great Barn. The Strickland family had believed this to date from the 16c making it the earliest stone barn in the north. However this investigation suggested otherwise.

The earliest barn was a 16c wooden cruck bank barn with a manmade wooden ramp forming the bank. Huge tapered timbers, the crucks, supported the roof. These timbers were accurately dated to 1550 by counting the rings on a cross section. The later stone barn was observed to have these crucks incorporated into the walls of the structure and was thus built at a later date on the footprint of the earlier structure, possibly late 17c and not, as previously thought 16c.

The dig was filmed for a BBC programme with Michael Buerk.

The speaker was thanked by Tony Hannam for this hugely impressive illustrated detective story of our local pre-history.

Tony Hannam

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**SETTLEBECK SCHOOL
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Settlebeck is selected as a 3D Printer Training School

There has been lots of hype and publicity about 3D printing in the media over the last couple of years. Dave Jermy from Settlebeck Design and Technology department explains some of the basics and also how they are leading the way in the local area, training and supporting other schools in this new technology.

The basic concept is simple: draw a design in 3D using a suitable computer programme and send it to a 3D printer which will build a model of your drawing. 3D printing is not a new technology, it has been used in

industry for many years. However, more recently the cost of printers has reduced significantly, making them very affordable and accessible. A typical printer now costs around £1500 and the prices are continuing to fall. Some predict that 3D printers will soon be the price of 2D ink printers. The printers work through melting a fine filament of plastic, forcing it through a heating element to make it gooey (a bit like a glue gun) which is then extruded on to a heated build plate very precisely. The required shape is slowly built up in layers to create the finished model.

What makes the printers so useful is that they can create products and components that are normally very

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difficult to make using existing small scale manufacturing methods. One of our projects involves making a working whistle with a pea which can be designed and manufactured in an hour! The finished models are structurally sound and similar in appearance and strength to injection-moulded plastic. However, the technology is not without its limitations. A typical print can take several hours and some prints collapse and fail! Although the operation of 3D printers is relatively easy, the skill lies in using the design software. At Settlebeck we use Google Sketchup because we find it relatively intuitive and free to download, giving all our students

easy access.

Settlebeck has now been using 3D printers since 2012 when we took part in a Department for Education pilot study along with 16 other outstanding secondary schools. Following a further grant award, we are currently writing teaching resources and running courses for teachers from other schools in the South Lakes, North Yorkshire and Lancashire. In addition, we are working with Ultimaker, a 3D printer manufacturer, who has loaned us an additional printer to support our training programme. We are delighted to have received this support as it will allow us to continue developing our expertise in this modern innovation and support other local schools to deliver exciting new projects. More recently we have supported a local business through manufacturing bespoke components and hope to develop this role further. As 3D printers are rapidly becoming an established method for product development, it is important to teach people the necessary skills required for this technology. Mr Allan, who manages the technical aspect of our work remarks, "It's like science fiction, but it is rapidly becoming science fact."

From February, Settlebeck will be running a night class for 5 weeks for anybody interested in learning how to use 3D printers. For further details, or if you require any component manufacture, please contact Dave Jermy at jermyd@settlebeck.org.

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PANIKATAK

The event held in Barbon Village Hall on 28th November was a very successful night and the Barbon and Middleton branch of North West Cancer Research made £1300.

The ladies of the committee made a wonderful supper of hot pot and a great array of sweets. Mr Michael Potts the president from the Liverpool head office came with his wife and he said a few words about how the charity has developed and now supports the work of scientists at Lancaster, Liverpool and Bangor Universities. He was also accompanied by Mrs Olivia Ley the president of the Lunesdale group. He thanked the great work of the

different groups to raise funds.

The audience was then entertained by the folk group PaNikaTaK with humorous lyrics to their songs, monologues and jokes. They were put in the Christmas spirit with a few Christmasey songs and everyone agreed it was a good night.

Sue Thornber

PEPPERPOT CLUB

Musical Instruments available for Free Loan

You may not be aware that, over a number of years, Sedbergh Pepperpot Club has accumulated quite a collection of orchestral instruments, most of them gratefully received as gifts from a variety of

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donors, including one who lives in Scotland, one in Canada and even one in Australia! These instruments are available for loan. There is no fee for borrowing an instrument, only the annual insurance premium to pay and this is usually very modest.

Occasionally, when a particular need arises and we have no instrument that 'fits the bill', a new instrument is bought to lend to a worthy student. We always make sure that every instrument is well set up at the outset and we take care of any necessary repairs, making use of specialists and the insurance cover that is in place. Accidents do happen, but we expect that borrowers will give the instruments the respect they deserve!

The scheme has been in place and has worked successfully for many years. A number of instruments are out on loan, some for a long time, others have been lent out to several different users, especially the smaller

stringed instruments which have quite a quick turnover as the children grow and need larger sizes. Below is a list of the instruments which the Pepperpot Club owns, including one or two which are kindly loaned to us for the purpose of lending out. The same condition applies to these when they are borrowed. If what you - or your friends or neighbours - are needing is not listed, please make contact to discuss what arrangements could be made. In the past, we have lent out to users in the Carlisle area, through a particular teacher, and sometimes to an adult, but youngsters in Sedbergh and District always take priority. Please spread the word!

Pepperpot Instruments - several of each in many cases
 Strings: violins ¼ size; ½ size; ¾ size; full size
 Violas: ¼ size violin strung up as a viola; ½ size ditto; small full size violin

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ditto; full size viola
Cellos: ½ size; ¾ size; full size
Double Bass: 1/8 size; full size
The Westmorland Youth Orchestra
kindly lends follow-on double
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21196, email yantethera@gmail.com
Shirley Smith

SEDBERGH ORCHESTRA

*The joy of playing in the Sedbergh
Orchestra.*

Dear *Lookaround*, I am writing to tell
you about the lovely experience I had
recently, playing in the recent

Sedbergh Orchestra concert -
'Classical Collection' - at St Andrews
Church, Thurs 11 December 2014.

I must confess, I am addicted to
music and to everything that music
can bring. "Have violin, will travel". I
am so lucky to play the violin. It
opens doors and makes friends. It got
me into the National Youth Orchestra
of Great Britain as a teenager, and
later into a career as professional
musician for a few years, full time in
the Halle Orchestra in Manchester
and then the Manchester Camerata
and Northern Ballet orchestras. My
violin has taken me to Spain, Texas,
Germany, Switzerland, and Hong
Kong, and many places in the UK. I
now play a lot as an amateur, in

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orchestras and chamber music, mainly around Manchester.

I often revisit Sedbergh where I was born and raised, and in many ways it still feels like home. So I was delighted when friends in the Sedbergh Orchestra said I could bring my violin along and join in their concert of Classical Music. The programme was enticing. Beethoven's Egmont Overture, Haydn's Cello Concerto No2 in D, Mozart's Symphony No 40 in G minor. Great music, wonderful to listen to, and what a bonus to be playing as well. How good is that? What's not to like? If I stayed the night I could visit my Uncle the Reverend Bill Long next morning.

So despite the weather, I drove up from Manchester on the day of the concert, parked nearby, got a cup of coffee, then went into the church which was warm and full of good memories (including my own wedding years ago). Everything was ready. Smart red chairs; black music stands, lighting, movable platform. Evidence of all the dedicated teamwork that had been going on behind the

scenes, which will also have included countless phone calls, emails, music hire, publicity and programme printing, interval refreshments: all superbly organised.

The pre-concert rehearsal for me was essential. The easy bit is joining in at the last minute when all the hard work has already been done by everyone else in the weeks of rehearsals before. But no matter how good and clever I may think I am, I would hate to play in a concert with no rehearsal. This final rehearsal was short and to the point; mainly 'top and tailing'. It enabled me to find my seat, check the right music was on the stand, ensure I had enough room to play, and that the sight-lines were good enough to see the music and the conductor Peter Crompton and the leader Sue Armstrong. Much depends on 'fitting in', responding and copying others. A tail-ender like me relies on all this plus orchestral

Paul Hoggarth



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experience, quick reactions and friendly support from musicians nearby. Fellow violinists, Wendy Cann (my desk partner) and Richard Best to my left, helped me enormously, both by example and with whispered information in rehearsal such as “we don’t do this repeat”; “there’s an extra a pause on that note”; “that should be an up bow” and “no vibrato there”. The atmosphere was keen and friendly.

Then, after a short break, the Concert itself began. In our concert black, united by our love of this gorgeous great music, assisted by the favourable acoustics of the church, we all played our best. We shared the inspiration and buzz, the

joy and excitement of live music-making, the miracle of playing together with telepathy and sympathy. It all went well. One of the highlights for me was the lovely playing of the young cello soloist Daniel Crompton in the Haydn concerto. What is so special about young musicians? The answer is freshness and clarity of tone, beauty of expression. And he even played his own cadenza. I went to hear him again in Manchester on 10 January 2015, at the Royal Northern College of Music chamber music festival of Czech music entitled ‘Ma Vlast’, in an ensemble performing Martinu’s String Sextet. We wish him every success in his career.

Then, after the concert, a bit like



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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.

Please return completed Application Forms in email to shw@sedberghschool.org, by returning them to the Bursary or (by post) to HR Administrator, The Bursary, Loftus Hill, Sedbergh, LA10 5RY.

We look forward to hearing from you.

après-ski, there were more treats. We were still 'on a high'. As well as the chores of packing up stands and music, chairs and platform, there were the social benefits, meeting old and new friends in a little party afterwards like an extended family. I already knew twelve members of the orchestra from other contexts, other orchestras and chamber music courses, and I felt a great community spirit.

Sedbergh and music definitely go together. Proceeds from the concert were going to Sedbergh Pepperpot Club, supporting the Orchestra and young musicians locally. This was surely a great use of the church and its facilities, serving the community.

A huge thank you to my late parents Kay and Kenneth Anderson who started me off on the violin when we lived in Sedbergh. Thanks too to Sedbergh Orchestra for their warm welcome, this enjoyable concert, and

especially to Don and Shirley Smith for their hospitality.

*Mary Anderson,
Didsbury, Manchester*

The next Sedbergh Orchestra concert will be at 8.00pm on Thursday March 26th at St Andrew's Church, Sedbergh - a programme of Scottish music.

GARSDALE CAROL SINGING

In aid of 'Action for Children'

The total amount raised from Carol Singing in the Dale came to £355. This is a fantastic amount and a big thank you to all who gave so generously, and of course to the singers who 'turn out' so faithfully year after year (and it wouldn't happen without you).

We do now have younger ones joining us, which is great, as a few of us are getting older!! Thank you once again, and we wish you all every blessing for 2015. *Bill & Mary Airey*

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*Settlebeck School Senior Citizens
Concert*

Our Senior Citizens Concert is to be held on Tuesday 10th February at 5.00pm. Guests are to be offered a delicious two-course meal and entertainment. All our local senior citizens are invited – please don't wait to be asked. So, if you know of anybody who has not received this invitation and they would like to come to the concert, please would you ask them to contact Settlebeck. You do not have to have grandchildren here – the invitation is open to all senior citizens. Please call us at school on 015396 20383 to let us

know you would like to come to the concert by Monday 2nd February. We look forward to seeing you.

PEOPLE'S HALL

The Opening

A significant milestone in the history of the People's Hall will be marked on February 27th with a formal opening of the various extensions and developments of the past three years.

It marks the near-completion of the biggest facelift in fifty years.

The People's Hall was first planned in 1946. It couldn't be a village hall – Sedbergh's a town – and there was already a sort of town hall, in the nearby council headquarters. 'Community centres' tend to go in

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places that need a sense of community and haven't got one yet, which certainly doesn't apply to Sedbergh. Fresh in the fervour of the radical post-war Labour government, People's Hall it was.

It was, though, ten years before it was built – and the plaque celebrating the work of the British Legion, promised at the time, has only just been installed. So true to form, the refurbishments first planned for the fifty year anniversary, in 2006, didn't start immediately.

The tradition applies to money too. The original People's Hall came in about £1,100 over budget – about 10 per cent. The Committee's done better this time, but there is a last minute appeal, of which more later.

Before that though, follow in the sprightly footsteps of Hall Secretary and Project Manager, Dr Gina Barney for a tour of the work so far.

The initial anniversary intention in 2006 was simply new toilets. The

original hall had been built with the necessary extras – the entrance, the toilets, the galley behind the bar and so on - a bit cramped and now in need of updating. Then the idea came of building new toilets on the side – using the steep drop towards the football pitch as space in which to

add an extra football changing room, so home and away sides didn't have to share.

It started with an unpleasant discovery. The hall was built effectively without foundations, and on a slope. So to stop the building going anywhere, the first job



was sinking a row of piles on the football-pitch side of the hall.

The extension that could then be added to the side of the hall was designed by Barbara Hartley of Garsdale Design to look as much as possible as if it had always been there. But inside there's now far more space. The Wanderers and their visitors now have their own

changing rooms – and they don't have to share three showers in a tight space.

Above the loos are more spacious and generally brighter and more welcoming. But adding the extension means there's far more room generally. There's a whole new entrance at the side of the hall, with space for ticket sales, or coats. The committee room's larger than it was, and the various passages and stores around the kitchen work better.

Getting the toilets out of the way meant the hall's main entrance could be given a real facelift. It was badly needed – not least because as well as foundations that meant the hall was lacking support, the porch was defying gravity. The way it was built was almost an act of faith – the reason the lobby is now much larger is partly because the engineering needed to ensure the roof above it didn't fall down, was best done by

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bringing the entrance further forward, to hold it up.

The result, with a lot more glass and space, gives the entrance a much more airy and open feeling – and again there's more space for activities like ticket sales, or for families to greet their guests at wedding receptions.

The extra space also means the galley behind the bar's bigger on one side – and on the other there's a new technical area that can be used as a projection room for Flicks in the Fells movies, or by sound and lighting techies for shows and concerts. There's more storage for cleaning equipment and the like.

It's taken two years, and work continues to bring what used to be the Pulse Community Gym – now the People's Gym and Fitness Centre – within the fold. That's the building now going up at the western end. Iron should be pumped in there before the end of the year.

The gym was originally in Baliol School, but has been homeless since that closed in 2012. Members will tell you how handy it was to be able to

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work out without travelling out of town – the new facility will be a real asset for anyone wanting to keep the weight off and the body in good condition. It needs as much support as you can give it.

That leaves just some cosmetic work, and some attention to the main hall. The original hall was timber-clad – anyone passing will have noticed the new extensions are all in rendered pebbledash, and the last of the external planking will eventually be replaced too. It will be longer-lasting and need less maintenance. The main hall was also built without insulation, and the heating was designed for an age when many people still wore coats inside in winter. Both will be rectified.

You'll remember that the hall originally came in over budget – the fifty-year facelift has sadly over-run too. There is however, a good reason – and it's to do with the lack of foundations.

A close examination of the northern-eastern corner – by the car park – showed that part of the building was already sinking – by three inches. The piling work at the start of the refurbishment has stopped the movement, but rectifying that and the problems of the porch means there's still £5,000 needed, apart from the separate cost of the gym. If you haven't already had a leaflet about the appeal you soon will, so please give what you can.

In all, the work will have cost about £300,000 – and a large proportion of

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it has been raised locally. It's come from places like the community fund – in other words, the second hand shop – and from local trusts, from the Chamber of Trade and Business and the Parish Council, local charities and local individuals. There are plaques showing who's contributed in various places. This is the People's Hall – and the people have paid for it. Sedbergh's apparently too prosperous to benefit much from the National Lottery and the like – although the changing rooms were heavily supported by various parts of the Football Foundation. So by local effort the front is almost completely paid for – bar that £5,000

The projects have been driven forward by the Hall Committee, particularly Gina Barney, who says the building should now be good for another fifty years. Ironically, Dr Barney is an internationally respected expert in a specialised part of the building industry – lifts. So it's perhaps amusing that the only thing she hasn't had installed in the newly refurbished hall is – a lift!

Martin Lewes

SEDBERGH AND DISTRICT ART SOCIETY

Past events

Pip Seymour and Rebecca Wallace-Jones

On the 12th December we gathered round a large table in the URC Hall to watch Rebecca Wallace- Jones and Pip Seymour demonstrate the amazing range of paints and materials offered by their company in Horton in Ribblesdale, 'Pip Seymour Fine Art Products'. These were displayed all around the room! Incredible display! Although there was a limited opportunity to try some of the materials, many felt it would be good to have Pip and Rebecca back for a workshop session, where we

could take out time to try out their unique materials. It was a very entertaining and informative evening. I was especially fascinated to hear how they sourced their raw materials. Was it yellow ochre that they obtained from a local farmer and cobalt blue from a quarry in Oxfordshire? Am I right?

Anthony Barrow

What a wonderful afternoon we had on the 9th January! Anthony worked in watercolour, giving a running witty yet highly informative commentary and discussion – all the time whilst producing a breath-taking, freely painted street scene, full of light and contrast. Using a limited palette he created the most beautiful colours



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and tones. We all brought so much away from this two hours and many people have asked for a day workshop with Anthony. Margaret Fearnhead wrote:

"I really enjoyed this demo. I love his unfussy, robust style of watercolour painting and his down to earth manner. I'm definitely going to give this kind of painting a go! Watercolour has always been a challenge to me, but AB's style has inspired me."

Anthony emphasised at the beginning of the session, "This is not about you painting like me..." - I wish I could! (Jenifer)

Future Meetings in the downstairs room of the United Reform Church
Friday February 13th at 7.30:

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**Sedbergh and District Art Society
AGM.**

Friday 13th March 1.30 pm until 3.30 pm: Jo McGrath: 'Animal Portraiture'. During this demonstration we will have the chance to try out some sketches ourselves, so Jo invites us to bring a photo, our sketchbook and some drawing materials.

Future Workshops – Open also to non-members! If you wish to attend, please contact: Gillian Impey: Tel: - 01539 726640 (also answer phone) Email: - gillimpey@hotmail.co.uk

Saturday 21st February: Paul Talbot Greaves: 'Winter is not always White, but a Season of Beautiful Colours'.

Watercolour. We will meet in the United Reform Church downstairs room from 10am until 4pm. Cost £33. Paul is returning by popular request after a stunning demonstration and exciting and inspiring workshop last year. Don't miss this one!

This day will be an opportunity for people of all levels of expertise to explore and experiment with colour and many other techniques. It will also be an opportunity to treat yourself to a relaxing day with other members of the Society and to think *just about art!*

Those who sign up will be a great support to the Sedbergh and District Art Society. We should have at least 10 people at each event to safeguard the continuation of the workshops next year. If you are in a position to, please do consider taking part!

*Jenifer Alison
Events Secretary with Gill Impey.*

NOVEMBER WEATHER

The month was rather mild for a November with only 3 nights dipping below freezing. The lowest recorded temperature was 31.1F(-0.5C) With the wind chill only 12 nights got to freezing or just below. Furthermore we didn't get a dusting of snow on the fell tops this year. We also had 17 days when the maximum reached 50F(10C) with a high of 59.2F(15C). A totally unrealistic temperature for the time of year! A fairly breezy month with more than half the gusts recorded above double figures, 2 days had gusts of 19.4mph, and unusually 17/30 days these gusts were from a more Southerly direction. Although we did not have a lot of rain

for November, 3.86 inches, the longest dry spell was 3 days.

Although no extremes in weather were recorded birds were noticeable by their absence, be it residents or migratory ones, around the feeding station and surrounding fields. Vary few of the migratory thrushes have been seen or heard and certainly no waxwings! The highlight had to be a party of 18(!) longtailed tits feeding on the fatballs and peanuts. We have hardly seen a goldfinch on the niger seed so much so it has started sprouting again! The lack of frost has meant that the plant I assume is niger seed, now in the greenhouse, is hanging on but the flowers haven't opened. The crow family are very well

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represented especially when I feed the chickens and sheep. I am hoping we are getting on top of the rat situation. We haven't trapped any this month and some days blocks haven't gone.

DECEMBER WEATHER

The month started with 5 dry days but there after it rained on every day. This gave us 5.86 inches(148.84mm) for the month making a total of 51.52inches(1308.6mm) for the year. We had a dusting of snow on the fells but no prolonged freezing spells. We only had 9 days when the minima dropped to freezing or below. When you added the wind chill factor then only one night did not reach freezing or below. At the other end of the scale we had 5 days when the maximum reached into the 50sF with a high of 51.6F(11C). Wind speeds were somewhat variable throughout the month ranging from a maximum gust of 4.7mph to 23.5mph. The latter part of the month was breezier than the first.

I suspect we remember 2014 for the tremendous floods early in the year. In fact a third of our annual rainfall fell in January and February. The flooding of the Somerset levels was down to an EU Directive(2007/60/EC) which allowed for "washlands" to be created in the Levels. Now this to you and me means "flooding"! At the other extreme we had the driest month I've ever recorded when September had a mere 0.4 inches of rain! However we are back to "normal" i.e. ankle deep mud! Our total rainfall was in fact

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I am hoping my moving of our *Prunus subhirtilla* has been successful as it has had some flowers on it. The bees were still with us with candy still to eat though this prolonged damp doesn't make their over-wintering easy. Very few migrant birds have been about. Squadrons of midges have been out and about on the drier days. In desperation I brought my tup lambs into the paddock where they unfortunately developed a taste for the bark on the fruit trees in spite of me trying to wire them. Time will tell how much damage they have actually done by barking most of the trees!

AGE UK CHRISTMAS EVENT

On behalf of all who attended the AGE UK Christmas event on 9 December, I would like to say a big Thank you to all who helped to make it so enjoyable. To Linda who organized it and to her helpers who looked after us so well and provided delicious mince pies and biscuits with tea or coffee.

A class of young children from the Primary School delighted us with their singing of Christmassy songs and it was a joy to see them as they learned a new song with actions which Viv Hailwood of Rawthey Rhythm taught them.

Rawthey Rhythm provided further pleasant musical entertainment and encouraged us to sing along with the Old Time songs.

Volunteers came along with info on sight and hearing problems, also advice on energy bills.

We appreciate all who gave up their time to give us 'oldies' such enjoyment on a dreary winter's morning. Thank you all so much.

Marjorie Fishwick

ROSE COMMUNITY THEATRE

Howdy Folks. It's a great big Happy New Yee Har! to all our friends and supporters as we prepare to sing our way through the Wild North West in 'Hazardous Hilda Rides Again'. Yes, it's a Western and they don't come any wilder than that there Slightly Miffed Bill Hiccup and that meaner than a rattle snake Noisy Yates and his side kick Howgill Favour. So mosey on down to the People's Hall on Thursday, Friday, and Saturday March 12/13/14 to enjoy a fun-packed evening. There will be a Saturday matinee for those of you who prefer to be by your firesides in the evening. Tickets have remained at £5 adults and £3 for children under 16; great value entertainment for all the family to enjoy. *Well I'll be hog tied!* If'n there be any young'uns out there who'd like to take part (age 7 or over) just give me a call. 21808.

On a personal note I'd like to say a big thank you to everyone who is helping out with costumes etc.; me being out of action because of a broken wrist. *Sandra Gold-Wood on behalf of the RCT.*

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ACADEMY TRUST**

Settlebeck Sport

The latter part of the autumn term saw some fantastic sporting performances. The U15 boys played their County-Cup semi-final against Queen Elizabeth Grammar School (QEGS) in Penrith. The boys produced some outstanding levels of skill and determination. Unfortunately, they were beaten 6-4 in a really close game. Having lead the much larger school twice, they were unable to hold them off. Getting to the semi-finals of the County Cup is a massive achievement for Settlebeck, well done boys!

The cross country season is well under way. The District Cross Country Trials were held at Sedbergh School. All of our competitors performed outstandingly well, putting 100% effort into their race, which is all I ask from my students. There were noticeable performances from: CJ Middleton who came 38th in the district (in her previous race she came 92nd). CJ has been a regular attender of the school's running club. Lewis Garnet came 23rd. Maisie Gough came 9th and has been selected to represent the district at the County Cross Country Trials to be held at Kirkby Stephen Grammar School.

The first Primary School Cross Country Competition took place in November; 208 children from the primary schools of Dent, Sedbergh, Hawes, Tebay, Grayrigg and Orton

came to Settlebeck to run the new route. It was a fantastic event and everyone who took part seemed to enjoy it. The overall winning school was Sedbergh Primary School, whose competitors won 11 out of the possible 12 medals. I would like to take this opportunity to thank Sarah Hoggarth for allowing us to use their land for the race.

The girls' netball teams are getting stronger and stronger and this is down to the commitment of the girls who come to training week in, week out. We enjoyed fixtures against KSGS, narrowly lost against QKS and beat Dallam School in a fantastic display of netball. Hopefully, watching some Super League Netball in Newcastle in March will inspire the girls.

Settlebeck alumni might be interested in the inter house results. So far the upper school netball was won by Tarn, with Beck 2nd, Dale 3rd and Ghyll 4th. In lower school netball, Beck was victorious with Dale 2nd, Tarn 3rd and Ghyll 4th.

A new house competition was indoor cycling. Tom Leivers came to school from British Cycling with 4 state-of-the-art indoor cycles. The students were able to battle it out on stationary bikes, with a video screen behind them so the spectators could see the race unfold. Tarn won this event, with Beck 2nd, Ghyll 3rd and Dale 4th.

Watch this space for more Settlebeck sports news next time!

Lynsey Goodyear, Head of PE

**SEDBERGH & DISTRICT
CHARITABLE INCORPORATED
ORGANISATION**

This time last year we wrote about the progress that had been made in establishing the Sedbergh and District Charitable Incorporated Organisation (CIO) and its responsibilities for 72 Main Street, the Charity Shops, awarding grants and undertaking community projects.

The purchase of 72 Main Street from the White Knights was completed successfully at the end of March when it became the full responsibility of the CIO. During the past year we have found sufficient funds to continue the refurbishment work started in 2013 and the whole building is now double glazed. We have also, with the help of "Sedbergh in Bloom", cleared the garden and re-planted the beds in front of the Information Centre.

The Charity Book Shop opened on 2

April and got off to a tremendous start. Since then progress has been less spectacular but the combined income of the two shops for the nine months to the end of 2014 is up by over 20% compared to the same period in 2013.

There have been three funding rounds during which the Grants Committee have awarded a total of £15,573 to fifteen different causes. Applications for the next funding round are due in by Friday 13 February 2015. In addition the Trustees have made an award of £1,500 towards the funding of the new Sedbergh website.

The "First Responders" project is well under way; the first four responders have been recruited and are now ready to start training. It is hoped that this project will be up and running by April for which we owe a debt of gratitude to Andy Cobb who has worked tirelessly to bring it to fruition. We have also identified three youth oriented projects; to build a BMX facility, a youth mentoring forum and the re-opening of the Monkey House. Planning is going well and we hope to be able to report concrete progress before long. We are also investigating the feasibility of providing a form filling facility for those who are not familiar with all things electronic.

The Community Police Post opened on 1 April and it is now firmly established bringing a very welcome uniformed Police presence into the heart of the Town. Our principal tenant, the Information Centre,

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continues to thrive on the ground floor under the watchful eye of the Community Interest Company.

This has been another busy year and the Trustees are very grateful for all the support they have received. The CIO's Constitution allows for twelve trustees. Currently we have only eight. We are actively recruiting but if anyone reading this article would like to volunteer we would be delighted to hear from them. We are also looking for more volunteers to become First Responders and lastly should anyone wish to become a member of the CIO forms are available from the Information Centre.

Tony Reed Screen, Chairman

COMMUNITY ORCHARD GROUP SEDBERGH (COGS)

A number of people interested in starting the Community Orchard Group held a friendly and informal get-together on Tuesday 13 January 2015 at the People's Hall to discuss how to move forward. Among many other good ideas, it was suggested that we should visit the Community Orchards at Grange-over-Sands and Allithwaite to see what they have done.

Before Christmas we enjoyed a day at Brigflatts helping to plant over 400 woodland trees with other like minded people. In a few years there will be a beautiful woodland for all to share.

We now have a committee of enthusiasts in place, so at our next meeting we will draw up a Constitution, in the meantime we will be looking for

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The initial aims of the orchard are:

- To share fruit with the community – yummy!
- To involve the community – everyone included
- To develop skills and knowledge
- To preserve traditional varieties of fruit and maybe new ones too

If you would like to get involved in any way, or just wish to express an interest please send an email to: sedberghcommunityorchardgroup@gmail.com

or call Lorrie on 015396 21816

We look forward to hearing from you!
Jacqueline Smith; Teresa Baron; Ann Parratt; Nela Geuer; Avril Hobson; Shirley Lawrie (Lorrie) & June Parker

SEDBERGH AND DISTRICT HISTORY SOCIETY

The speaker at the Society's final meeting of 2014 was David Boulton whose presentation focussed on the experiences of conscientious objectors during World War One. He told us that fifty years ago when WW1 was being commemorated he had contacted surviving COS, Fenner Brockway and Bertrand Russell for advice about how to approach other COS whose stories he could include in an article. In response they wrote to newspapers on his behalf and David received a great deal of material. As a result the article which he had written for the journal Tribune developed into a book. When the centenary of the outbreak of the WW1 was to be observed he had been asked to reissue it. Adding a new introduction to the original and using some recent research David has since published the new edition. Subsequently, he has been invited to give talks about the COs to groups all over the country!

David proceeded to recount the position of those who opposed the

War in 1914. It was a time of extreme patriotism and jingoism and by the end of the year numbers in the army had risen to 100,000. The minority who refused to enlist faced great hostility and it was common for women to hand them white feathers in the street to identify them as cowards. At this stage, most of the COs were Quakers or members of the Independent Labour Party. Both groups faced a 'crisis of conscience'. Although they felt loyalty towards their country, they also held strong principles which prevented them from fighting in the War. Many of the Quakers took a non-combatant role, providing medical aid or assisting refugees and other needy people through the War Victims Relief Committee.

In 1916 when conscription was introduced by The Military Service Act, Tribunals were set up around the country to judge whether COs' claims for exemption were valid. Records of the deliberations of the Tribunals which followed no common pattern were destroyed but some accounts of their activities survived in local newspapers. There were few exemptions and those who refused to take a non-combatant role often faced repeated arrest, imprisonment, brutal treatment and abuse. By the end of 1916 a Government Home Office scheme to house COs in labour camps was underway. However, there are many accounts of the ill treatment that inmates suffered in these institutions.

David mentioned that 1917 saw the

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beginning of a shift in attitude towards the COs with calls for reform from trade unions, church groups, the Manchester Guardian and others. This was associated with the disillusionment that had set in due to the mismanagement of the War and the huge number of casualties. He also pinpointed the significance of the COs' stance during the War, in particular the way in which it 'kick started' the human rights movement and led to the UK being the first country to include a 'right of conscience' in its constitution.

Appreciation was expressed to David for a thought provoking presentation which shed insight into an important and neglected aspect of the 1914-1918 War. *Julie Leigh*

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REVEREND BILL LONG

The Reverend Bill Long celebrated his 100th birthday on Sunday 7th December, with a lunch for over a hundred guests in Queen's Hall, Sedbergh School. Family members travelled from Scotland, Manchester, Devon and Cardiff, joining many friends from the parishes of

Sedbergh, Firbank, Garsdale and Dent.

Grace was said by the former Bishop of Newcastle, the Rt. Rev'd Alec Graham, and the toast was proposed by Bill's nephew, Patrick Prenter of Edinburgh.

The cooks and staff of Queen's Hall provided a magnificent meal despite the pressures of the final weekend of the Christmas Term. At the end of the meal Mr Long gave an address, telling of some of the main events of his life.

He was born in South London, grew up in Liverpool, and attended the University there before going to the University of Paris, the Sorbonne, in 1936. When war broke out he and his fiancée Helen, who was a lecturer at the British Institute in Paris, were arrested and interned. They were allowed to marry and spent four years imprisoned near Besancon. During this time he was allowed to travel to Paris to complete his Doctorate in French Literature. In 1944 they were released and travelled via Lisbon to Liverpool. In September Mr Long joined the staff of Sedbergh School, teaching French, German, Senior English Literature and Religious Studies.

In 1973 he was ordained and entered the ministry at St Andrew's Church, Sedbergh. His involvement with the church continued until, at the age of 97, he gave his last sermon at the beginning of the Sedbergh Music Festival, completing a ministry of 34 years as a widely known priest.

Robin Davey

**SETTLEBECK SCHOOL
ACADEMY TRUST**

Presentation Evening



At our annual Presentation Evening we celebrated the success and achievements of the Year 11 students who left us this summer. The night is always very special and being such a small school we can talk about all of our students individually, as well as showing the traditional embarrassing photos of when they were younger.

We are particularly proud of the achievements of this year group as their results mean that students make better progress in English and Maths at Settlebeck than at any other school in the County. In addition we were the only non-selective school in Cumbria to get every single student a GCSE in English and Maths and at least 5

others.

Could I also take this opportunity to address a misconception that some people may have about Settlebeck School, namely that we do easier exams here. GCSEs are national exams, set by national exam boards. The GCSEs sat at Settlebeck are exactly the same as those exams sat by students across the country – there is no such thing as an easier GCSE!

There were some outstanding individual performances

Thomas Hinson	10 A*, 2As and 2Bs
Ben Littlewood	6A*, 8As
Kim Cragg	6A*, 2As, 2Bs., 2Cs
Sam Leaver	4A*, 6As, 3Bs, 1C

Students are expected to make 3 levels of progress from entering secondary school in year 7 to leaving in year 11. The following students all achieved 6 levels of progress in the following GCSEs which is an outstanding achievement!

Finlay Miles in Literature and History. Sam Morriss in Maths and Media Studies. Will Inman in Maths and Wesley Brewer in Catering.

Prizewinners

High Achiever	Thomas Hinson
Prize for Effort	Jack Wilson
Schonhut Prize	

	Leanne Postlethwaite
Headteacher's Prize	Wesley Brewer
English	Sam Leaver
English Literature	Finlay Miles
Media	Sam Morriss
Maths	Will Inman
Additional Maths	Ben Littlewood
Separate Sciences	Thomas Hinson
Applied Science	Charlie Ball

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Spanish	Emma Dawson
EPQ	Wesley Brewer
Art	Thomas Hinson
Drama	Liam Ball
Music	Will Inman
Design Technology	Wesley Brewer
Resistant Materials	Nathan Handley
Catering	Wesley Brewer
Child Development	Chloe Kendal
ICT	Kim Cragg
Land Based Studies	
	Mark Woof, John Woof, Nathan Handley & Will Dawson
Outdoor Education	Thomas Hinson
Contribution to Sport	Liam Ball & Kim Cragg

Father Christmas arrived again in the fire engine and was dropped off at the Grotto at 72 Main Street, the flowers in St Andrews were enjoyed by many as was the organ recital and the various choirs and bands who gave wonderful performances. The Fire Brigades climbing wall was yet again the star of the show.

The mini-market in the URC with some stalls out in the open was much more successful than last year – which in part must be due to the free mulled wine at the door!

Reports so far from the shops are very positive with No 6 Finkle Street having a night to remember with queueing on the stairs and standing room only!

We have been asking the traders for feedback so that we can be sure the event gives the best conditions for good trading. If you have a good idea or comment, then please let us know – we are open to all ideas. We will try and do the Santa Trail raffle better next year – it was not the most successful raffle despite some great donated raffle prizes.

So it's a huge thank you to all those (too many to mention by name) who help the evening go smoothly – and to the sponsors who help pay for all those hidden and some not so hidden costs. Late Night Opening could not happen without you.

Late Night Opening was sponsored in 2014 by Sedbergh School, JMP, MK Conversions, Jackson and Graham, The Roof Box, Sedbergh Parish Council, The Bath House and George Baines and Son. B Hartley

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LATE NIGHT SHOPPING

The Sedbergh and District Chamber of Trade and Business Late Night Shopping was blessed yet again with a fine evening – that's at least three in a row and this year was also relatively warm! So Sedbergh buzzed with families strolling arm and arm down the street enjoying the start of Christmas.

SIGHT ADVICE SOUTH LAKELAND

January Party

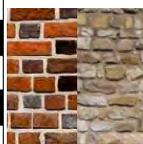
Despite bad weather and ill-health and various hospital appointments including our chief organiser, Jennifer Levitt, it was decided to go ahead as planned with our little party.

Jennifer had managed to persuade a valiant group of singers from the Dent choir to put together a cheerful programme which was thoroughly enjoyed by members and helpers alike



John Sugden, Mike Steele, David Boulton, Neville Allen, Jock Cairns, and John Felton gave a hearty performance of Ilkley Moor, Clementine and an original Dent masterpiece called Pay and Display which amused us greatly.

We then partook of some delicious refreshments and plenty of tea, which



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seemed to be particularly appreciated by our singers and then Dennis passed on messages and news about the various people who for one reason or another were not able to attend.

Then Dennis read out a description of the Party held in 2003 and some of the names reminded us of the early beginnings of the "Talking Lookaround" as it was called then, including Carol Dawbarn, Jackie Stringer, who did the catering for us then, and Gordon Axford receiving a cheque from Sedbergh School to help us get started.

It is lovely to know that the organisation is still going strong even though individuals come and go.

The "choir" then gave us a less than serious rendering of Cockles and Mussels in two versions simultaneously!! Quite a feat Then a slightly shaky performance of Green grow the Rushes Oh where some had difficulty counting which made good entertainment.

Finally we all joined in Auld Lang Syne and felt we had had a most convivial afternoon. *R Handley*

WALKING & CYCLING GROUP

The first talk is on Monday the 23rd of February, at 7:30pm in the People's Hall. Carole Nelson of Sleepy Elephant will talk about her life in the outdoor industry. She will also describe the best way to use some of the equipment that you may need when out walking, how to use trekking poles etc. There will be a chance to try out some equipment.

Speakers booked for later in the year include Malcolm Petyt, Dave Smith, Andi Chapple and Martin Dodds. For further details go to the group's events calendar at www.sedberghgateway.org.uk/events.

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DENT RECYCLING CENTRE

The recycling centre at the Car Park in Dent came under siege over the Christmas period from individuals misusing the purpose of the Centre which is actually for 'recycling'!!!

Mixed items of household waste in bags had been thrown in and placed outside the recycling bins. There were many visitors to the area over the Christmas and New Year period staying in self-catering accommodation which may not just



be coincidental to the problem.

The Parish Council will monitor future use of the Centre and would like to enlist the help of the community to report any further misuse by contacting the Parish Clerk on 015396 21487, in order that appropriate action can be taken.

The Council will also send flyers outlining the problem to holiday cottages in the village requesting visitor sensitivity and compliance when recycling items.

*Andy Stephenson
Clerk to Dent Parish Council*

DENT DALE MEMORIAL HALL

Fund raising is continuing mainly to support the on going work to improve the Sedgwick Room and keep the hire charges as they are. In Feb we have two events which will appeal to different ages although all ages are welcome at both!

Our AGM is on Wed March 25th and members of the public are very welcome.

We held a double bill Flicks between Christmas & New Year which was well supported in the evening but the matinee was a non-starter, anyone interested in being involved in the Flicks in Dent do get in touch.

Sarah E Woof (Chairman DMHT)

FAMILY MUSINGS

In Dec we were awaiting the arrival of a grandchild and SHE arrived on Dec 4th, little grand daughter, Sophie Katherine! On Christmas day there were 15 of us all together, from Sophie at a few weeks to my auntie at 96 yrs olds. Not bad eh!

Amongst all the excitement of Christmas and all the new toys I had a memory of playing Tiddlywinks with my Grandma in her little cottage on the main street after a hectic Christmas Day when I was overcome with all the goings-on so we had a game of Tiddlywinks and a great deal of fun with those little leaping counters. Can that game still be bought? I found Build a Beetle and Blow Football and Pin Tail on Donkey and Ludo with the dice in a bakelight egg cup. Happy memories.

One memory led to another, how I was the envy of others with Sindy dolls as my auntie was a seamstress and made the most beautiful clothes for my doll, dresses with sequins, fur coats, tiny gloves, hats to match coats and even nightdresses. Tiny hankys to fit in little handbags, her

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mother, my Grandma was a seamstress and started her working life making clothes in the village teaching her daughter the needed skills, it has missed me out but we cannot all be good at everything. Our local Knit and Natter group has continued in our winter venue and amongst the click of knitting needles, and the rustle of cake or biscuit wrappers we chat about what we have watched on TV, books we have read, about things that annoy us and most of all amidst the activity of knitting, chatting and crafting we have a laugh. There is a lot to be said for that!

As I stand outside our house waving goodbye to offspring and or grandchildren it reminds me of my Mum standing there doing the self same thing, come rain or sun she would be out there to wave us off. When ever I went back to boarding school after the holidays Bessie would always come onto her doorstep and wave me off, even when she was ill she still sat there, in the doorway to say goodbye. She and Jonty, her husband lived near us, retiring I

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guess to a smaller house and I THINK she and one of her sisters married two brothers but perhaps someone will confirm or correct me.

I read recently that people will forget what you do for them and what you say to them but will never forget how you made them feel and I can understand what that means. I guess it makes us a bit more aware of how we behave to others, especially when the unexpected arises. My Auntie came for her annual Christmas visit and then became poorly so had an extended stay, certainly cut down on my travelling costs. She loves watching sport, her bestest is Snooker so I am slowly learning the rules of this what I used to think boring game. We also watch Bowling and that is something hubby and I do play in our local Hall, creating new memories for the future. Enjoy your memories.

Sarah

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MEDITATION

If you have ever wanted to learn to meditate, why not pay a visit to The Meditation Centre in Dent this month? We have a one-day course running

this month on Saturday February 7 where you can learn a simple practice in a beautiful setting. The price of the course also includes a FREE refresher day at the Centre.

Also this month we have an open group meditation on Sunday, February 8 which is open to absolutely everyone of any faith, religion or belief – or none!

And finally we have a Silent Retreat Day at the end of the month where you can enjoy a beautiful day of stillness, quiet and reflection

The Centre is a charity run by a Board of Trustees who invite experienced teachers from all over the country - as well as closer to home - to run courses and retreats. The converted chapel is a welcoming secular space for anyone to enjoy whatever their personal beliefs or circumstances. We are open every day.

If you have any queries or would like more information, or to book on any of our courses or retreats, please email us at

meditationcentreteam@gmail.com or visit our website: www.meditationcentre.co.uk

SPECIAL OFFER: We have 40 FREE places to offer on our Learn To Meditate Courses for people who are listed as carers. The places will be allocated on a first-come first-served basis and proof of being a carer will be required. Please contact us directly if you would like to take advantage of this offer –

meditationcentreteam@gmail.com

Sue Stark

KIRKBY LONSDALE CHORAL SOCIETY

Our Summer Concert is on Saturday 9th May at 7.30pm in St Mary's Church. We will be singing Bach - Sleepers, wake, Dvorak - Te Deum and Durufle - Requiem. Would you like to sing in this concert - we welcome new singers! Rehearsals are on Thursdays at 7.30pm at QES. You don't need to be able to read music, and we welcome all ages. All we require is that you enjoy a good sing! Why not come and give us a go?

Ours is a thriving, non-auditioned choir that has performed for over 120 years with a wide and varied repertoire from Mozart to Bernstein. We aspire to a high musical standard and aim to thrill our concert audiences, performing two or three times a year, joined frequently by professional soloists. See our website: kirkbylonsdalechoralsociety.weebly.com or follow us on Facebook: [facebook.com/kirkbylonsdalechoralsociety](https://www.facebook.com/kirkbylonsdalechoralsociety) or for further details contact Publicity Officer Kate Midgley on 015242 73055.

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In the Spring of this year South Lakes Citizens Advice is expanding its telephone service for residents in the South Lakeland area. This is an exciting development that will enable South Lakes Citizens Advice to help more local people with its free, confidential and impartial advice.

South Lakes Citizen Advice is currently seeking volunteers to help deliver this telephone service. So if you can spare one day a week and would like to help local people, why not volunteer? We offer free training that will enhance your skills, and help you to gain confidence and improve your employment opportunities.

Travel expenses will be paid.

For an application form please call Rachel on 015394 46464 or email support@southlakes.cabnet.org.uk. We look forward to hearing from you!

Free, confidential advice and help is available from South Lakes Citizens Advice Bureau on any aspect of debt, consumer problems, benefits, housing, 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.

**DENTDALE
CHRISTIAN FELLOWSHIP**

Mavis Towers enthralled us in November sharing with us her experiences of sharing the gospel with motorcycle riders and friends, timid was not part of her vocabulary. In December we followed through the theme of Prayer with references and readings and personal experiences. Then, on both evenings we sat around the table and chatted over supper.

In November we held our first open Shabbat meal which included bread and wine as at communion or love feast, in December we held a prayer and tea and toast time around the fire and in January launched the FFWF, Friday Fellowship with Food. All our events are always open to everyone, do contact us for more information, without obligation.

In January we have our party with a

time of worship, simple games and a bring and share supper then it is back to testimony on the 4th Sunday evening along with our FFWF once a month. Making time for God with others who seek to serve Him. Do join us. we can cater for most diets and prior notice is good for the sit down meals on a Friday not so important for the Sunday evenings.

*John & Sarah E Woof. "Rhumes"
Laning Dent. (015396) 25212.*

BUS SERVICE 106

Tebay and Orton WI is concerned about the downgrading and the reduction of rural services. At the moment, our primary concern is the withdrawal of the 106 bus service between Penrith and Kendal and the severe 'knock on' effects that have been caused by this loss.

On Thursday, March 12th 2015, at 7.30pm we are going to hold a 'Question Time' event in Orton Market Hall. The panel will be chaired by Mrs Ruth Rigg, the WI county chairman and questions will be posed by WI members and other people who have an interest in rural issues.

As this topic is important to our rural communities, we are inviting members of the public to join us on this evening and to participate in the debate which we hope will be lively and interesting. If any member of the public wishes to pose a question to the panel then please forward it to Felicity Lawler as soon as possible.

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FEBRUARY GARDENING

Garden fashions change continuously and, during the years of Victoria's reign there was enormous interest in fern collecting and growing, and special parts of the garden would be devoted to their cultivation. The "Stumpery" was created as a suitable foil for the ferny leaves, though why anyone should think that a pile of topsy turvy, rooty tree stumps might be a thing of great beauty is beyond me. Ferns were also cultivated in the "Fernery", a special sunken building with shading walls and a glass roof, where specimens were grown in beds containing compost of crushed brick and peat.

I do not intend to go to such lengths but there are several rather shaded areas, under trees and north facing walls which I feel would benefit from the addition of a few more specimens. The most common Ferns in the vicinity are "Lady

Fern" (*Athyrium filix-femina*) and "Male Fern" (*Dryopteris filix-mas*) and these plant themselves around the garden already (usually where they are not wanted), but I aim to introduce some evergreen specimens to add winter interest.

One of the best for shade is "Harts tongue Fern" (*Asplenium scolopendrium*). This even tolerates the dry conditions underneath evergreen trees where its fresh green, glossy, strap shaped leaves will retain their colour all through the winter, and only begin to look tired and a bit brown around the edges in early spring. My favourite variety, 'Crispum' has frilly edges to its leaves and is about 1ft tall.

The "Sword Fern" (*Polystichum munitum*) is a North American species with long, dark evergreen, ladder-like fronds. It is robust and reliable and grows well under deciduous trees where it can reach a height and spread of 3-4ft.

"Hard Shield Fern" (*Polystichum aculeatum*) is a native preferring damp soil in shade. Leaves are finely cut and have a glossy sheen and spread out from a central crown. Once well established, fronds can be 4ft in length and are greatly valued by flower arrangers. "Soft Shield Fern" (*Polystichum setiferum*) is a close relative with even more delicate lacy leaves. This one has been a very popular plant in the past and hence has many named cultivars. 'Plumosum densum' - which sounds a wonderfully made up horticultural name - is perhaps the most delicate

CLINICAL MASSAGE
AT SEDBERGH MEDICAL CENTRE
ON MONDAYS

Chronic Pain Conditions
Managing Stress & Tension
Sports Injuries & Rehab.
Pre & Post Natal Massage
Simple Lymphatic Drainage
Scar Tissue Release

Vouchers available.
SALLY JEFFERY: 0774 705 0136 www.sallyjeffery.com
YVONNE CERVETTI: 015396 21303/ 0779 506 3107
Practise in Sedbergh, Kendal and Kirkby Lonsdale



Now also on Wednesdays!

and is known as the “Mossy Soft Shield Fern”. The fronds of this are not quite so robust as those of Hard Shield Fern and may die back in a hard winter.

Ostrich Fern or Shuttlecock Fern is a deciduous species which already thrives in a damp shady part of the garden. My Grandmother, who emigrated to Canada used to talk of the locals eating “Fiddleheads” cooked in butter, and would have had us munching our way through anything fern-like in the county. Most ferns are not edible, but Ostrich Fern (*Matteuccia struthiopteris*) apparently is. I have yet to try it, but perhaps if it becomes too invasive that might be the ideal solution.

Elaine Horne



The Dentedale group still continues to meet on the first Friday of the month, in the Sedgwick room, behind the Memorial room from 1.30 – 3.30. Come along in 2015 and join us for a coffee/ tea and biscuits, listen to a guest speaker and play a few games.

The following dates has the following speakers:

February 6th – Nancy Evans – Cumbria Action for Sustainability (CAFAS) - bring along an energy bill and see how you could save money
March 6th – Duncan Hamlett – Marys Meals
April 3rd – Good Friday - No session

May 1st – Jean Briggs – Charles Dickens
June 5th - Susan Garnett – Touring Tasmania
July 3rd – Trip out
August 7th – Reminiscing Linda Greensmith
September 4th – Age UK – Information
October 2nd – Fred Gould - Cumbrian Birds and Wildlife
November 6th – Julia Hoggard – Gardening for Bees
December – 4th –Christmas Party, with flower decoration demonstration

SEDBERGH SCOUT GROUP

Happy New Year from the Scout Group. Thank you again for your support through the Christmas Post, we raised over £250 for the group, which will continue to help to subsidise activities for the children.

LEADERS NEEDED

The 1st Sedbergh Scout Group's full range of sections are all planned up and have started offering fun and activities for children from 6 to 18. Each section has an exciting and age appropriate program and is delivered by an enthusiastic team of leaders. However, due to a range of personal commitment changes over the festive period we need more adult helpers and leaders in order to continue offering the fantastic opportunities we currently provide. If you feel you could spare any time to assist with any of the sections, in whatever capacity, or would just like to come along and see what we do, please get in touch with Mr Bill Mawdsley.

LUNCH CLUB

The Monthly Lunch Club continues in 2015 and will be held on the second Thursday of every month at 12 noon in the Red Lion. Please note that the February Lunch will be on the first Thursday on 5th February.

If you would like to attend this pleasant social occasion which is open to everyone over 50, please contact Mary Gladstone on 20438 or Keith Wilberforce on 21562.

Robert Powell

Website Designer

Individually designed,
Google-friendly pages that display well
on mobiles as well as desktops

Websites that work!

Tel: 20482

www.robpowell.co.uk

SEDBERGH HOLIDAY CLUB

DATES 2015

Holiday Club 27th – 31st July
Pancake Party – Tuesday 17th
February 10.00am – 12 noon

In the December 2014 edition of Lookaround we gave early notice of the dates for the 2015 annual children's Holiday Club. Following last years event it was generally felt that the second week of school summer holidays worked well, so we are planning the equivalent week in 2015.

This will be at the People's Hall from Monday 27th to Friday 31st July 2015, with a special event for children & families on the morning of the following Sunday 2nd August. Open

as usual to children of primary school age, notionally 5-11 years. Further details later.

We are also planning a Holiday Club reunion, by way of a special event for Shrove Tuesday, Tuesday 17th February 2015. This will be a morning event – a Pancake Party - in the People's Hall, from 10am till 12 noon, and will include fun & games, singing, stories and of course – Pancakes!

Activities for the children from 10.00 – 11.30am, then at 11.30 we invite families and friends to join us for pancakes and tea/coffee. All children welcome aged 5-11 years.

Sandy Roy

Sedbergh Holiday Club



Gardening

Design

Maintenance

Ponds ☼ Summerhouses ☼ Pruning

25 years experience

Local references

Mark Barker

01539 62 3239

0770 99 77619



DENT INDOOR BOWLING

The Bowling continues in the Memorial Hall in Dent on at least two, sometimes three Wednesday evenings a month and up to 8 people can play at one time as we have two mats. Do come and join in, we play for FUN! Ring Sarah on 25212 for confirmation of dates and times. as the article stated Bowling is growing in popularity, why not give it a go?

Sarah Woof

GREAT NORTH AIR AMBULANCE

Thanks to all helpers and sponsors of the Disco on Nov 29th in aid of the Great North Air Ambulance - it was really well supported and we raised £797.48 which has been matched by Barclays to make a donation of £1594.96... the air ambulance has already been called out to Sedbergh since.

The following organisations / individuals generously sponsored the event so please support them:

A1 Audio Disco (great music, thank you Dean Livesey and Chris Parley); Smart Office ; JMP Foodservice; Sarah Batty of MB Digital; Beezon Lodge; Ben Close, Sedbergh Football Club.

All the volunteer stewards and bar staff. *Kate Thexton.*

MOORCOCK SHOW

The Moorcock show is one of the oldest and leading sheep shows in the Yorkshire Dales, held by the Moorcock agricultural society. See and learn about breeds such as Swaledale, blue faced Leicester's and Rough Fell sheep and will be held on Sunday 6th September 2015. Have a great day out looking at vintage tractors, bouncy castle, joining in competitions and take part in judging sheep.

Also buy crafts and produce from local stalls, and if you are young enter the Young Handlers Competition.

Music on the show field will be provided by the Hawes Town Band. The gates open at 11am and sheep

judging starts at 12.noon. The show finishes at 4pm.

The show field is at Mossdale Farm, DL8 3LP on the A683 Hawes/ Sedbergh Road at Thwaite Bridge which is approx. 1½ miles west of Apperset with an Entrance fee of £4, Children Free and Free Car Parking.

Further details nearer the time.

SEDBERGH WANDERERS JUNIOR FOOTBALL CLUB

Sedbergh Wanderers Junior Football Club would like to thank Leighton's Hairdresser's, Chapmans Chimney VAC, On a Roll, SmartOffice, RS Morphet LTD, JM Pratt LTD, Sedbergh PO (P Jackson) and Westwood Books for their sponsorships. Also we'd like to thank Craig Gardner for setting up our Website www.Clubwebsite.co.uk/swjfc. We are also now on Facebook if you want up to date news and reports.

The Junior Football Club received more good news over the Christmas period winning another £470 equipment grant from a national company, plus gaining the prestigious FA Charter Standard accreditation which will bring massive benefits and values to the club in the near future.

We are currently looking for more players for our two teams, if there's any under 7's or u8's wanting to train and play regularly then under 7s contact myself or Paul Sayner, or any under 8's contact Pete Lawson or John Thornton. Thanks to all for the continued support.. *Caspa*

SEDBERGH & DISTRICT COMMUNITY FUND

The Closing Date for applications to the Community Fund, which supports many local Charities and organisations, will be Friday 13th February. Forms and details are available from the Community Office at 72 Main Street.

HOUSE CLEARANCES



Full or Part ~ Free Quotes
015396 22156 or 0793 252 1901
Houses ~ Garages ~ Sheds ~ Gardens
*Also: Courier Service taking items
to Auction on your behalf*

LADIES NFU

The December meeting was held on the 9th when the 17 Members present were thanked for braving the horrendous wind and heavy rain for our Christmas Miscellany! Members were thanked for all their hard work which resulted in the November Coffee Morning raising a magnificent £438.25p. for St. John's Hospice. Mrs. Sue Bateman then demonstrated how to make a table arrangement for Christmas time, she made it look so easy - giving us lots of tips and ideas of what to do and how to make it last longer, we were all inspired to have a go! Sue brought with her a completely leafy arrangement which used a largish potato in place of Oasis thus avoiding

the need to water the arrangement as it would last until all the moisture was drawn from the potato!

A Chocolate and Sweet Quiz followed with Peggy Robinson and Linda Killops having the most correct answers, on a suggestion by Linda it was agreed that Peggy receive the Table Arrangement and Linda the Greenery Arrangement. A tea break was taken with Mince Pies and Christmas Cake.

The meeting ended with Carol Singing accompanied by Mrs. Barbara Gorst playing the Electronic Keyboard.

Our February meeting takes place on the 17th when Christine Knipe will talk about The Westmorland County Show. Do come and join us you will be most welcome

NEIGHBOURHOODALERT SCAMS

Trading Standards have been made aware that a Cumbrian resident has received an unsolicited scam phone call. The caller claimed to be from the 'County Council' and then proceeded to ask various questions (name, address etc) before asking the client "whether she had or wanted Sky TV".

Trading Standards' advice is if you do receive unsolicited or unexpected telephone calls always be on your guard it may be a scam. Never give personal or financial information out to anyone who cold calls you on the telephone. Simply hang up. In all cases if it sounds too good to be true it probably is.

If you have been a victim of a scam or require further information contact Trading Standards via Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org
To report a fraud contact Action Fraud at www.actionfraud.police.uk or telephone 0300 123 2040

COMMUNITY OFFICER REPORT

19/11 - A vehicle was damaged on Joss Lane car park.
19/11 - Caller reported that for the second time a lock has been cut off a gate in the Killington Old Scotch Rd area.
20/11 - Caller reported seeing males and dogs in the area possible poaching. No males located on arrival.
26/11 - Large diesel spillage reported to us. Highways informed.
27/11 - Cold Callers reported in the area. Said males located and their licences checked which was all in order. Advised re their selling skills, as initially reported as being "too pushy".
08/12 - Criminal damage was reported at Settlebeck High School whereby the football goal posts had been pulled out of the ground. Enquiries ongoing.
12/12 - Suspicious circumstances reported on Long Lane, officer attended, all in order.
8/12 - Goal posts were taken out of the ground at Settlebeck School, although no damage was caused to the goal posts it did cost to replace the cement and replace them into the

ground.
12/12 - Suspicious circumstances were reported on Long Lane, a white transit van with ladders on the top was seen in the early hours of the morning driving around the area. No registration was given. Officers attended but unable to locate the vehicle.
16/12 - A male was reported snooping around vehicles in the Sedbergh area and asking for scrap.
20/12 - 1 person arrested on suspicion of x 2 assaults on Main St.
20/12 - RTC reported at Killington, no injury, no offences.
29/12 - Theft of capping top stones in the Firbank area approx. 12 ranging from 1-2 foot in length.
2/1 - RTC on Blackhorse Hill, minor injury and no offences.
3/1 - Theft of a motor vehicle containing tools and a childs quad bike from the Dent area, also stolen were the front doors , blue in colour, off a Landrover.
3/1 - Theft of the front doors and bonnet, blue in colour and tools stolen from a Landrover in the Cowgill area.
4/1 - Caller reported that on New Years Eve he saw a Black Landrover Discovery acting suspiciously in the area of Dent.
5/1 - Theft of Diesel from the Howgill area.
14/1 - A suspicious vehicle was reported in the Cowgill area described as a transit or a Mercedes sprinter van possible with a roller shutter door.

16/1 – Criminal damage was caused to a gate at Sedbergh Primary.

Can we remind residents to hide away their keys to vehicles, it takes 2 mins to do this, but remember, it only takes 2 mins for someone to look through your window and locate the same keys if not hidden away.

Please keep outbuildings locked and secured, if you would like any advice regarding crime prevention advice then please ring Cumbria Constabulary on 101, alternatively you can call in at Sedbergh Police Office which is located above the Tourist Information for advice. We hold a weekly drop in on a Wednesday 11am-2pm.

*Danielle Ayers CSO 5329
Mandy Coleman CSO 5244*

OLD PHOTOGRAPHS

I wonder how many of your readers can remember the trauma of crossing the river at Birks Mill.

All it consisted of was a single width

plank and as you can see by the rocks in the foreground it used to get slippery when wet, it was a real challenge to cross it standing up and not on hands and knees.

Les Howard

Another photograph has been provided by John Douglass of the old railway bridge at the end of Station Road with a local farmer moving a small flock. The bridge has now gone but the dip in the road is still there as well as the embankments.



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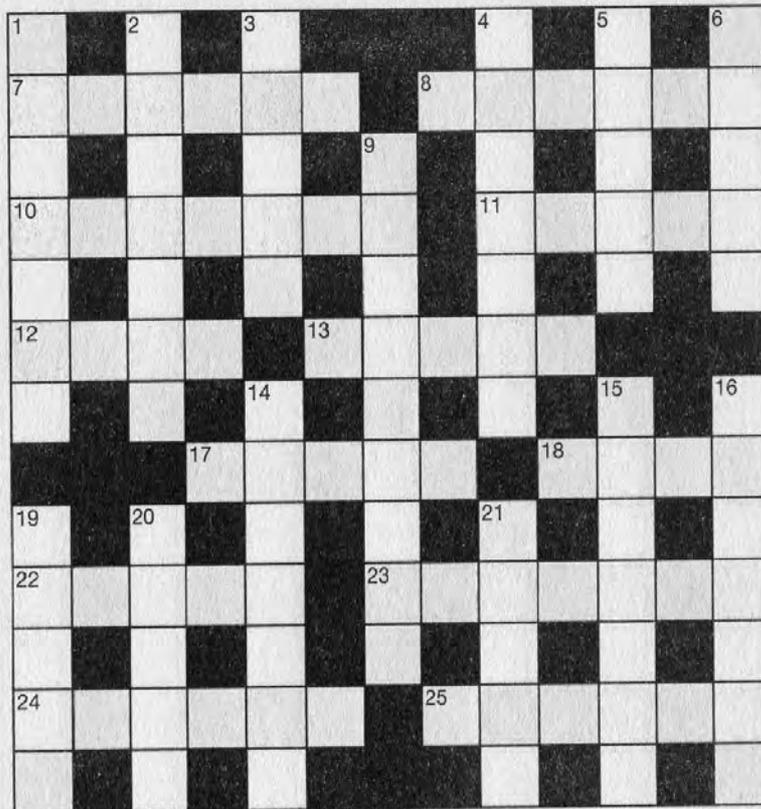
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7	4	8	5	3	2	1	9	6
9	5	1	6	4	7	3	2	8
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C	A	N	O	N	E	S	C	H	E	W	S	H
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S	A	G	E	P	A	Y	A	B	L	E	R	
H	Y	B	A	R	U	I	N					
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U	R	L	O	L	T	U	N	A				
B	R	E	A	D	W	I	N	N	E	R	S	A



ACROSS

- 7 Baked - - - dessert (6)
- 8 Clinging marine creature (6)
- 10 Treeless grassy plain (7)
- 11 Asian religion (5)
- 12 Horizontal bar (4)
- 13 Rude gaze (5)
- 17 Arctic (5)
- 18 Shower from the clouds (4)
- 22 Useful (5)
- 23 German city (7)
- 24 Canoeing race over a winding course (6)
- 25 Crossbred (6)

DOWN

- 1 Harmony, agreement (7)
- 2 Tropical fever (7)
- 3 Item of clothing (5)
- 4 Reactionary (3-4)
- 5 Part of a book (5)
- 6 Type of beer (5)
- 9 International cricket game (4, 5)
- 14 Geometric shape (7)
- 15 Looking exhausted (7)
- 16 Means (7)
- 19 Saw fit (5)
- 20 Soldier from Australia or New Zealand (5)
- 21 Welsh county (5)



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.; Free Wi-Fi</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> e-mail:- stay@drawellcottage.co.uk	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

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 Caravan, Marthwaite, Sedbergh (2015/02)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2015/02)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02) <i>D & PB Flat; £395 pcm; References & Deposit required</i>	07944 859456

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			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
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				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						
L = Sedbergh Library					SCC = Stagecoach				
C = College Days Only					W = Woof's of Sedbergh				
R = Request Only					WDB = Western Dales Bus				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)									

EDITORIAL

A continued thank you to all contributors to this 104 page production which is the largest February issue ever.

One question I get asked on a regular basis is "How long does it take to put Lookaround together?" In all honesty, I have no idea but it does take many hours throughout the month. I will try this month to record the time and give an answer next month.

A warm welcome to Peter Woof to this

issue who has started to advertise his Electricians business with us. Please tell him that you saw his advert with us if you make any enquiry, not only with Peter but all the advertisers.

I have a large selection of old Lookaround from Sedbergh Office Services which are surplus to my requirements. If anyone would like any of them, please let me know as they will all be recycled at the end of February.

Dennis J Whicker

Western Dales Bus

564A Saturday Timetable from 8 th November 2014					
Kendal Morrisons				1245	
Kendal opposite Bus Station	0900	1250	1420	1615	
Kendal Asda	0907	1257	1427	1622	
Westmorland Hospital	0908	1258	1428	1623	
Oxenholme Helmside Rd	0911	1301	1431	1626	
Killington M6 Bridge	0920	1310	1440	1635	
Sedbergh Dalesman	0935	1325	1455	1650	1840 ^R
Dent village	0950		1510	1705	1855 ^R
Cowgill	1003			1718	1908 ^R
Dent Station	1005			1720	1910 ^R
<i>Train from Leeds</i>	<i>1016</i>				<i>1923</i>
<i>Train from Carlisle</i>	<i>1040</i>			<i>1732</i>	<i>1920</i>
Dent Station	1020			1750	1930 ^R
Cowgill	1022			1752	1932 ^R
Dent village	1035		1515	1805	1945 ^R
Sedbergh Library	0820	1050	1340	1530	1820
Killington M6 Bridge	0832	1102	1352	1542	
Oxenholme Helmside Rd	0842	1112	1402	1552	
Westmorland Hospital	0844	1114	1404	1554	
Kendal Asda	0845	1115	1405	1555	
Kendal Bus Station	0855	1125	1415	1605	
Kendal Morrisons				1130	

R: Request service only by arrangement with the bus driver on the day



FEBRUARY CHURCH SERVICES					
St. Andrew's	1st	8th	15th	22nd	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	4th	11th	18th	25th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's	1st	8th	15th	22nd	
9.30 am	HC	MP NC	HC Extn		
2.30 pm				P&M	
St. John's	1st	8th	15th	22nd	
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	1st	8th	15th	22nd	
Holy Trinity Howgill	Church Closed January to March				
St John's Firbank	10.30 am Joint MP	2.00 pm Joint HC	2.00 pm Joint HC	2.00 pm Joint HC	
All Saints Killington	Killington	Firbank	Killington	Firbank	
DENT & COWGILL PARISH SERVICES					
	1st	8th	15th	22nd	
St. Andrew's	10.30 am HC	10.30 am HC *	10.30 am HC	10.30 am HC	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	1st				
People's Hall	1030				
HC = Holy Communion			SS = Sunday School		
BCP = Book of Common Prayer			MP/EP = Morning Prayer/Evening Prayer		
CW = Common Worship			P&M = Prayer & Meditation		
PC = Parish Communion			Taize = Modern Chants & Choral		
MP NC = MP with Northumbrian Community			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

& Maureen Hinch 20843

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: 28151

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.

COVER PICTURE
Sedbergh in February
by Stuart Manger

2	1000	StAD Coffee Morning	DMH
2	1900	Flicks in the Fells	PH
6	1000	Coffee Morning - Town Band	URCR
7	1930	WIH - Folklore & Customs	HVH
9	1930	Summer Concert (86)	SMKL
12	1400	WIK - Resolutions & Surprise! Surprise!	PH
13	1000	Coffee Morning - Christian Aid	URCR
13	1915	WID - Resolutions & Morecambe Coastgd	DMH
13	1930	WIS - Resolutions, Games & Jacobs Join	PH
14	1200	Lunch Club	Red Lion
16	1200	Sedbergh Gala	Sedbergh
17		Epic Events Fell Race	PH
18	1930	WI Lune Valley Meeting, Magic & More	PH
20	1000	Coffee Morning - Dent & Sed Oral Society	URCR
27	1000	Coffee Morning - WIS -	URCR
30	1000	DMC Coffee Morning	DMC

JUNE

3	1000	Coffee Morning - Firbank Church	URCR
4	1930	WIH - Diabetes	FCH
5	1330	Age UK - Touring Tasmania	DMH
6	1000	StAD Coffee Morning	DMH
9	1400	WIK - The River Lune	PH
10	1000	Coffee Morning - Garsdale Church	URCR
10	1915	WID - Singing my Travels	DMH
10	1930	WIS - Story Telling	PH
11	1200	Lunch Club	Red Lion
13	1900	Flicks in the Fells	PH
17	1000	Coffee Morning - WIH -	URCR
24	1000	Coffee Morning - WIK -	URCR
27	1000	DMC Coffee Morning	DMC

JULY

1	1000	Coffee Morning - Utd Reformed Church	URCR
2	1930	WIH - Iceland	HVH
3	1330	Age UK - Trip Out	DMH
4	1000	StAD Coffee Morning	DMH
4	1900	Flicks in the Fells	PH
8	1000	Coffee Morning - People's Hall	URCR
8	TBA	WID - Summer Outing	TBA
8	1930	WIS - Flower Arranging	PH
9	1200	Lunch Club	Red Lion
15	1000	Coffee Morning - Royal British Legion	URCR
22	1000	Coffee Morning - TBA	URCR
25	1000	DMC Coffee Morning	DMC
27-31		Sedbergh Holiday Club (90)	PH
29	1000	Coffee Morning - Garsdale Village Hall	URCR

AUGUST

1	1000	StAD Coffee Morning	DMH
5	1000	Coffee Morning - Howgill Church	URCR
6	1930	WIH - Members Evening	FCH
7	1330	Age UK - Reminiscing	DMH
12	1000	Coffee Morning - St Andrew's Mission	URCR
12	1915	WID - Missed Cues	DMH
12	1930	WIS - Summer Outing	TBA
13	1200	Lunch Club	Red Lion

19	1000	Coffee Morning - North West Cancer	URCR
22	1000	DMC Coffee Morning	DMC
26	1000	Coffee Morning - Bee Keepers	URCR
29		Flower & Produce Show (51)	PH
30		Flower & Produce Show (51)	PH
31	1200	Dent Gala	Dent

SEPTEMBER

2	1000	Coffee Morning - Garsdale Church	URCR
3	1930	WIH - Grayrigg First Responders	HVH
4	1330	Age UK - Age UK - Information	DMH
5	1000	StAD Coffee Morning	DMH
6	1100	Moorcock Show	MF
8	1400	WIK - Memories from the Coal Face	PH
9	1000	Coffee Morning - A&LP Lookaround	URCR
9	1915	WID - Discover Lake District Villages	DMH
9	1930	WIS - A Bee Keepers Wife	PH
10		Westmorland Show	Crooklands
10	1200	Lunch Club	Red Lion
12	1030	Heritage Open Day	FM
12	1900	Flicks in the Fells	PH

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
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
OMH	= Orton Market Hall
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
SMKL	= St Mary's Church, Kirkby Lonsdale
STAS/D	= St Andrew's Church, Sedbergh/Dent
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SS	= Sedbergh School Library
SSAT	= Settlebeck School Academy Trust
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 & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.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