

Sedbergh & District

LOOKAROUND

May 2015

Issue 332

Donation £1

All we can say is 'fantastic' for the tremendous support that we have received to bring you yet another bumper edition of 100 pages.

Again, there are many events that are occurring in the area this month so please try and support them if you

can.

We are still coming to terms with the new equipment and errors will occur so please be understanding if your contribution is one of them - they are not intentional.

Dennis & Jacky Whicker

SEDBERGH GALA

Saturday 16th May

Theme.....

"TV Programmes"



1pm Lupton Field

(Procession leaves Maryfell 12.45)

Admission £4 on the day

£3 in advance from most shops

Under 16's free



- **Katy Cropper** and her Sheepdogs
- **Team Rubicon Skateboarding** - Demonstrations & Hands on
- BOFRA Fell Race, Cumberland Wrestling, Traditional Games
- Bouncy Castles, Donkey Rides, Archery, Juggler & Firebreather
- Beer and Tea Tent, local food and catering
- Fun Dog Show and Competitions
- Craft Stalls and exhibitors

Sedbergh FC Evening Event 7PM to Midnight £10

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
Aglow International *	04/15	Mrs Armitstead	015242	71062
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 *	04/15	Mrs Pauley	015242	51549
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 - Sedbergh	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 Gilfellon	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. *	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland *	04/15	Miss Harper	Sed:	20613
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

* = Latest Amendments

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1330	Every Monday	Knit 'N' Natter	DHC
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Group	PH
1930	3rd Tuesday	Ladies NFU	PH
1000	Every Wednesday	Coffee Morning	URCR
1315	Every Wednesday	Art Society	URCR
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday	Brownies (term time)	SMCR
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SHS
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1400	3rd Wednesday	Age UK South Lakes	Library
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Lunch Club	Red
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1930	Every Friday	Scouts	SHQ
1330	1st Friday	Age UK Dentdale Club	DMH
See Group Page for contact details & Diary Page for Keys			

PLACES OF INTEREST TO VISIT IN THE AREA
Bowling Green, Queens Gardens
Bruce Loch, Busk Lane
Cautley Spout, A683 towards Kirkby Stephen
Community Office, 72 Main Street
Cumbria Wildlife Trust, Community Office
Dent Heritage Centre, Laning, Dent *
Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
Friends Quaker Meeting House, Brigflatts.
George Fox's Quaker Pulpit, Firbank
Golf Club, Catholes, Sedbergh *
Information Centre, 72 Main Street
History Society, Community Office
Holme Working Farm, Middleton *
Holy Trinity Church, Howgill
Jubilee Wood, Castlehaw Lane
Langstone Fell, A684 Garsdale Foot
Methodist Church, New Street
Picnic Site, Ghyllas, Cautley Road
Picnic Site, Settlebeck New Bridge
Play Ground, Dent Village
Play Ground, People's Hall
Play Ground, Maryfell
Queen's Gardens, Station Road
St. Andrew's Church, Dent
St. Andrew's Church, Main Street, Sedbergh
St. Gregory's Church, Vale of Lune
St. John's Church, Cowgill
St John's Church, Firbank
St. John's Church, Garsdale
St. Mark's Church, Cautley
Sedbergh Embroidery, StAS
Tennis Courts, Guldrey Lane
United Reformed Church, Main Street
Winder Fell, above Sedbergh
* = Entry Fee Applicable

MAY BIRTHDAYS

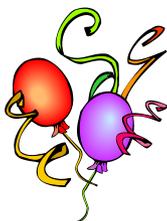
Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipients this month are:-
Bethany Beck who is 11 years old on 14th May and
Ted Hodgson who is 11 years old on 20th May.

Happy Birthday and please collect your vouchers from

SmartOffice

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



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

Day	Name	Age
2	Oliver WOOF	8
3	Mamie KEEGAN	9
5	Max TOWNLEY	5
7	Charley DEAN	4
8	Mason MORA	9
8	William DAWSON	7
9	Amber WOOF	9
11	Harry DOBSON	3
12	Aidan WILLIAMSON	9
13	Solomon JAMES	6
14	Ella LEWIS	7
14	Bethany BECK	11
15	Elsie WOOF	5
19	Isabel MOFFAT	9
20	Ted HODGSON	11
23	James MOFFAT	7
25	Bobbi-Mae KIRBY	10
27	Jack DAWSON	7
31	Maggie HOSKER	6
Nonagenarian & Over		
06	Eleanor Gordon	98

PERSONAL & SMALL ADS £1

DIANE COWIN

Diane and family would like to say a big thank you to Pompei, Bobby and Steve for organising the Darts Knockout on Friday 20th March at the Club in memory of Frankie. Well done everyone for taking part and also to Tom Thexton for winning. The proceeds of £200 going to Macmillan Cancer Support and Great North Air Ambulance. Thanks once again. See you next year. Diane.

=====

OLIVIA DAVIES

A Happy **4th Birthday** on 29th May 2015 to Olivia from Mum, Dad, Great Grandma & Grandad.

=====

STEPHEN & REBECCA DODD

Stephen and Rebecca would like to thank everyone for their cards, gifts and messages for Kyla's 2nd Birthday on 4th April. She was a very lucky girl!

=====

ELEANOR GORDON

Happy **98th Birthday** Eleanor on 6th May. Lots of Love from Norman and all the family.

=====

FOR SALE

Two nearly new upholstered armchairs. Mainly cream with brown and gold pattern. Can deliver locally. Any offers Tel: 07747 141666.

=====

FOR SALE

Indesit Gas Cooker. Twin oven/grill. One year old from new. £265. Tel: 015396-22131.

FOR SALE

Fridge Freezer. £30 for quick sale. Tel: 015396-22131.

=====

FOR SALE

One Rabbit. White and Black speckled. One year old. Plus cage. £40. Tel: 015396-22131.

=====

FOR SALE

Rabbit Hutch/Run. Good condition. £45. Tel 015396-22131.

=====

FOR SALE

Pair good quality 3ft pine twin beds and bed linen £100 (will split). Whiteboard and pens 120cms x 90cms £5. Thule roof bars for car roof with rims £5. Four drawer metal filing cabinet £10. Two drawer metal filing cabinet £6. Ladies 18 speed bicycle £25. Tel: Sed. 20828

=====

FOR SALE

FREE. Minolta EP1050 photocopier 60cm x 60cm x 40cm and spare toner. In working condition but not perfect quality. A4 ring binders, plastic plant pots various sizes. Tel: Sed. 20828.

=====

FOUND

On roadside, a pair of long fibrepile Hunter socks (for wellingtons?) Tel: Sed. 20828.

=====

FOR SALE

Autosleeper Symphony 2 Berth Motorhome. 1995. vgc. Reduced to £8,500. Tel: 015396 25329.

PERSONAL & SMALL ADS £1

FOR SALE

Pair good quality 3ft pine twin beds & bed linen £100 (will split), Whiteboard & pens 120cms x 90cms £5, Thule roof bars for car roof with rims £5, 4 drawer metal filing cabinet £10, 2 drawer metal filing cabinet £6, Ladies 18 speed bicycle £25. Car cycle carrier £5. Tel: 20828

=====

FREE

Minolta EP1050 photocopier 60cm x 60cm x 40cm & spare toner, in working condition but not perfect quality, A4 ring binders, plastic plant pots various sizes. Tel: 20828

=====

WANTED

I should like to thank all those who have responded to my previous requests for various items in recent months and to those who have arranged delivery of these items. However I am still interested to acquire the following:-
Late 1800's or early 1900's Dictionary. Office type Tape Cassette Recorder/Player or incorporated into a unit. Slide magazines with their projector. Some previously offered have not fitted. Old fashioned feather filled items and wool blankets still of interest. Top loading washing machine in working order please. New request for an wheeled Tea Trolley. Any material or finish. Tel; Kendal 720974.

=====

FOUND

on roadside, a pair of long fibrepile Hunter socks (for wellingtons?) Tel: 20828

The Theory of Everything

starring Eddie Redmayne, Felicity Jones
Charlie Cox, Emily Watson. Certificate 12A

*The Extraordinary Story of
Jane and Stephen Hawking*

2nd May film starts **7.30pm**

Sedbergh People's Hall

Flicks in The Fells

Farfield Mill Arts & Heritage Centre

Garsdale Road Sedbergh LA10 5HQ

www.farfieldmill.org

Weavers Cafe

Assistant Cook Wanted 2 days
(experience required)

Front of House 2-3 days
(training will be given if necessary)

*In the first instance, phone Sara Last
for an informal discussion of our
requirements or leave a message
and she will return your call.*

01539 621958

SEDBERGH MEDICAL CENTRE

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

Wednesday 13th May

Thursday 18th June

Wednesday 8th July

Thursday 17th September

Wednesday 21st October



SEDBERGH PARISH COUNCIL



This report covers items from the Parish Council meeting held on 9th April 2015. The next meeting will be our **Annual Meeting of the Parish** on Tuesday 12th May 2015 at 7.30pm in the People's Hall, Sedbergh. Please do come along to this public meeting and have your say on what you would like to see happening in Sedbergh. Then our Annual Meeting of the Parish Council on Thursday 14th May 2015 at 7.30pm in the Committee Room at the People's Hall, followed immediately by our normal monthly meeting.

SEDBERGH COMMUNITY TRUST

A presentation was made by Tony Reed Screen and Keith Wilberforce representing Sedbergh Community Trust, in relation to the proposal for a BMX/Skate park on the playing fields at the People's Hall. Following a recent survey and ongoing liaison with young people in Sedbergh, there had been an overwhelming support for a BMX/Skate park. It was recognized by the Members that some public consultation would need to take place. Points to consider included the proximity to the football field and playground, possible screening, a separate entrance and ongoing maintenance, however, it was agreed to support the project in principle at this stage.

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ELECTRICAL STORE

POST 16 TRANSPORT

Sedbergh Parish Council has been advised that telephone calls to parents from Cumbria County Council and Schools is ongoing.

PLANNING

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

There was also a full discussion in relation to the Yorkshire Dales National Park Authority consultation on the review of the housing policy and infrastructure needs. Comments to be submitted to YDNPA prior to 1st May 2015.

PUBLIC PARTICIPATION

Anne Pierson attended to advise that Sheepfest will go ahead again

this September and a Supporters Group had now been formed to help organize and promote the event.

CORRESPONDENCE

Sedbergh PC has published a copy of their recent letter, in this edition of the Lookaround, sent to Cumbria County Council in response to the current situation with the reflagging along Main Street Sedbergh. (* Late note, in response CCC have now notified an emergency road closure to begin their remedial works, commencing 20th April 2015).

Please note that members of the public are invited to our monthly 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

Auctioneers, Estate Agents & Property Managers

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

Tel: 015396 20293 Fax: 015396 21650
Email property@chriswhelan.co.uk
www.chriswhelan.co.uk



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- Free assessment of value for sale and asking price



held at 72 Main Street in the Parish Council Office.

*Janey Hassam
Parish Clerk*

**GARSDALE PARISH COUNCIL
HAVE YOUR SAY**

Did you miss out in the General Election? Hard luck, but fortunately a much more important opportunity for you to improve your lot in Garsdale is about to happen.

Come and tell us what you think, how can we help, what can we do better?

We are here to listen to your views.

The Annual Garsdale Parish Meeting will be held on Tuesday 19th May at 7.00pm in Garsdale Village Hall.

All are Welcome

Please note date change, previously Thursday 21st May.

This meeting will be followed by the Garsdale Parish Council AGM and council meeting.

SEDBERGH PARISH COUNCIL

This is a copy of the letter sent to Cumbria County Council

72a Main Street

Sedbergh

Cumbria

LA10 5AD

Phone 015396 20125

E-mail:

clerk@sedberghparishcouncil.org.uk

www.sedberghparishcouncil.org.uk

13th April 2015

Dear Mr Raymond



Sedbergh Parish Council
would like to invite you to the



Annual Parish Meeting

To be held at the People's Hall, Sedbergh on
Tuesday 12th May 2015 at 7.30pm

This is **YOUR** meeting and an opportunity to come along and discuss what has been done during the last year and have your say on what you would like to see happening in the future.

What is the 'Vision' for Sedbergh Parish in the short and long term?

Come and give us your views and ideas about the facilities and developments you would like to see in the Parish.

The possibility of introducing a 20mph zone in the town will be discussed – what is YOUR view?

Also, the proposal for a BMX/Skate park?

We aim to finish by 9.30pm. Refreshments will be provided.

**Footway repairs,
Main Street, Sedbergh**

As you will know, work commenced on the re-flagging of Main Street in early March but has now been suspended, apparently as a result of an incorrect mortar mix being used. The partially completed work has left the town's footways in a highly unsatisfactory condition with open joints, discoloured stone flags and loose sand on the pavement surface.

The Parish Council, at its meeting held on 9 April, considered the many complaints received from residents and businesses who are concerned not only about the quality of the work undertaken thus far but also the uncertainty about when work will recommence and the possible need

for further road closures. Members noted that the communication between your Authority and the Council has been less than satisfactory since work ceased and no indication has been given as to when the project will be completed and the nature of any remedial work necessary.

The Council meeting has asked me to express its very considerable concern over this matter and to seek a re-assurance that the completion of this project will be given priority by your Authority. An early response to confirm the timetable you are now working to would be appreciated.

Yours sincerely

Janey Hassam

Clerk – Sedbergh Parish Council

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As May approaches it brings with it the promise of warmer weather and two very welcome public holidays. NHS Blood and Transplant is reminding people in [insert area] to think about those less fortunate than themselves and make a date to donate.

Hospitals across England and North Wales need more than 6,000 blood donations every day to treat patients. While many people think that blood is used mainly for accidents and emergencies, donated blood is vital for a wide variety of life-saving procedures. A blood transfusion can help to save the life of a new mother or it could be used to treat blood disorders, such as sickle cell anaemia and Thalassaemia.

Amanda Eccles, Senior Marketing Coordinator at NHS Blood and Transplant said:

“As the weather gets better we understand that people would like to spend time enjoying it with their loved ones but please don’t forget about those patients who rely on blood donors to save their lives or keep them well, so they can enjoy the good weather too.

“It is always an important time to give blood, but stocks can be more vulnerable around public holidays. We would like to encourage both new and existing donors in [insert area] to take the time to donate blood this May.

“We can promise them a warm welcome and the satisfaction of knowing that their life-saving donation will be used to help people.

“Giving blood should take less than an hour from arriving at your appointment time to completing your donation. So make the time to give blood, you never know whose life you could save.”

Every blood donation is vital, but NHS Blood and Transplant particularly needs to ensure supplies of the universal blood group O Rh Negative which is often in short supply as demand is so great. We also need to ensure supplies of the rarer blood groups A Rh Negative, B Rh Negative and AB Rh Negative as these are also vulnerable to shortfall.

In general, as long as you are fit and healthy, weigh over 7 stone 12 lbs (50kg) and are aged between 17 and 66 (up to 70 if you have given blood before) you should be able to give blood. If you are over 70, you need to have given blood in the last two years to continue donating.

To book an appointment to donate visit www.blood.co.uk or call 0300 123 23 23 to find your nearest session.

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Saturday 12th to Sunday 20th
September

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Not quite at liberty yet to confirm some exciting news about this year's festival - which will affect the theme – but the Festival has been extended by popular demand to cover 9 days. The sheep trail will be throughout Sedbergh and at Farfield Mill for the whole of this period with specific activities and events taking place over both weekends. Visitors will be encouraged to stay for at least two nights, to take in the first weekend of Sheepfest, the Westmorland Show on Thursday 10th September, Kendal Torchlight Procession Friday 11 and Ulverston's Lantern Parade on the 12th. (Local accommodation please take note and do promote this amongst any previous customers).

If you'd like to be kept up to date, make a sheep, attend workshops or help the Sheepfest Support Group by e.g. offering ideas, distributing publicity and/or the running of the Festival - if only for one day – please leave your name, phone number and email at the TIC, the Craft Shop in Main Street or phone Farfield Mill on 015396 21958 and we will get back to you.

Joseph (Neil Kernahan's sheep) was such a fine ambassador for

Sedbergh that he will continue to be the 'face' of future events. (You may remember him from banners and leaflets last year, and he's at the head of this article).

Sheepfest gave a tremendous boost to us all last year both emotionally and, as local businesses will testify, economically. As a result Farfield has put **SEDBERGH SHEEPFEST** forward as 'Best Small Event of the Year' in this year's Cumbria Tourism Awards competition – and if it doesn't win they're ain't no justice!



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DENTDALE W.I.

Fifteen members came to our April meeting on a very pleasant spring evening.

The business for the evening revolved around plans for future events, including the Lune Valley Group meeting on 18th May when we will be hosting the competition table. The theme for the competition is a puppet in a Centenary box, and as usual our creative members had a lot of good ideas.

We also talked about fund-raising ideas for our chosen charity for 2015, Manna House, and narrowed down suggestions for our summer outing to two alternatives, Dalemain House or Leighton Hall.

Our speaker for the evening was Marilyn Hale, who gave a demonstration of encaustic art. Most members had to admit their complete ignorance of this, so we were enthralled to see Marilyn make beautiful landscape pictures in a

matter of seconds using wax and a hot iron. She then gave us the opportunity to have a go ourselves, and although it was not as easy as it looked some wonderful creations were made. Marilyn kindly gave us one of her pictures as a raffle prize, which was won by Marion Feltham, and Sue Owen won the competition for the best picture produced on the night.

Our next meeting will be on Wednesday 13th May at 7.15 in Dent Memorial Hall. New members are always most welcome.

Gill Newport

HOWGILL W.I.

The April meeting was held at Firbank Church Hall. Bridget Postlethwaite (President) welcomed all members and two visitors.

The three members who attended the half yearly Council Meeting spent an enjoyable evening. Speaker Julia Soames McCormick took us into the



CHRISTIAN AID WEEK 9 - 16 May 2015

In Sedbergh and District.

Sat. 9th May – Coffee Morning at Dent Memorial Hall from 10 – 11.30a.m.

N.B. No Christian Aid Shop in Sedbergh this year but:

Wed. 13th May Coffee Morning in Sedbergh URC Rooms from 10 – 12.

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world of Jane Austen. All the garments shown were made by herself. Several beautiful costumes, dresses and bonnets worn in that period were admired by all present.

Wendy Higgins a member of Tebay and Orton W.I., spoke about their concerns over cuts in services and public transport in rural areas. Howgill got a mention on our concerns on the present crisis in the dairy industry. She stated as an organisation based in the country we should stand up and be heard on issues that concerns us.

The County is holding many special events this year being the 100th anniversary of the foundation of the Womens Institute. These include a sail on Windermere, art exhibition and

a grand entry in the Torchlight Procession.

We are taking part in the Let's Connect Day on May 2nd meeting up for tea at Old Hutton joining other W.I.'s from our area.

The speaker for the evening was John Vandy of Bentham Bees. He gave us a fascinating presentation giving us a clear introduction to the lives of honey bees. He favours the natural approach to beekeeping without the use of chemical treatment for pests and diseases and only minimal intervention. Bees play a role in the pollination of up to three quarters of global crops also flowers, fruit and vegetables. Farmers would face huge costs if they didn't have bees to help them. A decline in the

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bee population has been noted over the last fifteen years so we need to do our bit to support these brilliant insects by planting flowers rich in nectar which will help bees find the food they need. No lists of honey bee facts would be complete without the reference to that famous dance by honey bees "The Waggle Dance".

Dilys McCaffrey thanked John for doing so much to spread the practise of natural beekeeping.

The competition for a home made bee was won by Sarah Syred with Audrey Hoggarth second. The social time was a Sheep Quiz which was won jointly by Liz Moore and Dilys McCaffery. The evening was brought to a close with our Jacobs join and get together.

We will meet on May 7th at Howgill Village Hall when Jean Scott Smith will be giving us some Folklore, Customs and Superstitions of the Lake District. A.H.

KILLINGTON W I

THE AFTERNOON W I FOR THE ENTIRE DISTRICT

I suppose that this is neither the time nor the place for philosophical ramblings but who cares. It is now **11-33AM** on deadline day, 19th of the month, so really I have plenty of time to spare. Recently I was travelling by car with my son who is if anything a worse "last minuter" than myself. (Yes, Dennis. It is possible!) We were discussing why we are like this. I don't believe that I have ever worked



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it out before so this is it. *We worry that we can't do the task ahead well enough, so keep putting it off. Then when we have our backs to the wall we find that we **can** do it and are cross because we could have done it better if we had had more time.* One of the reasons I like travelling by car with one other person is that one has the chance of a quiet conversation, deep or inconsequential, whatever you choose. No radio, nothing from 'the sound system', even shut off Mrs/ Ms Sat.Nav. You can say and listen to a lot between Sedbergh and Winchester. I understand that the therapists tell us that we should spend "quality time" with our children!

So onto more quality time ... a meeting of Killington WI, held in a

quality venue. All usual business was conducted satisfactorily with a few reminders from the floor! It was another exceptional month for birthday greetings as we congratulated Anne Jones on reaching her 80th and as you all know by now, a 70th birthday means cake! We had better be careful though.....last month we had a 90th birthday, this month an 80th. If it carries on like this, by August we will have someone as young as 40! Sadly our birthday girl, Anne, was unable to be with us as she was still at home coping with the aftermath of a jammed ball cock in the loft. (We should keep our cisterns in the cellar). We shall make it our business to see that she is jammed with cake

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We continued last month's historical theme this month. Our speaker, Glenys Marriots' subject was, "Those who left the Dales". Glenys, a member of The Upper Dales Family History Group, is the editor of a book of the same title. This tells the stories of many families who emigrated from the Dales, some to far flung lands and others to less distant locations. Glenys told us the tales of some of these families and illustrated them with precious pictures. It was fascinating. Several of us took the opportunity to buy the book which is thoroughly researched and which I wholeheartedly recommend. As someone who was drawn to the area by family connections I was very

happy to express our thanks to Glenys. If you would like a peek at the book, I have a copy.

STOP PRESS. Our congratulations to Sedbergh (Frostrow) WI for winning the WI cup at yesterday's Spring Show. It was a great achievement. We'll be after it next year! While on the subject of the Show, my personal thanks to all those members of Killington WI who made and served all the splendid refreshments.

Back to our April meeting. Our competition was for any item beginning with the letter L. I have just remembered how this was derived. The letter in our name are being used, but as we had to have our usual January competition for 'a

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Christmas Card'. So far we have had K...,I...,L..., and missing out double letters, next meeting will be N. So, L was won by Lorraine Millington (no she did not stand on the display table) with a letter of thanks from King George V that had been sent to her great-grandfather, Harry Thompson, who drove the Royal Train. I wonder if that was the occasion when it stayed overnight in the railway cutting at Borrett? Was the raffle won by Edith?

Don't forget about the group meeting on the evening of Monday May 18th.

Our entertainer's theme is, "Magic and a Little Bit More". If you would like to join us for a superb evening's entertainment then be at the People's Hall by 7-30pm.

Our next normal (?) meeting will be in the People's Hall at 2-00pm on Tuesday 12th May when Wendy McLean, our delegate to the NFWI in the Albert Hall will tell us more about the resolutions under discussion. This will be followed by "Surprise! Surprise!" which means that we hadn't decided what it was when we published our programme. Now we have, and will continue under the tutelage of Wendy McLean to use our pencils, scissors and decorative card) 5" to 6" square), so don't forget to bring them.

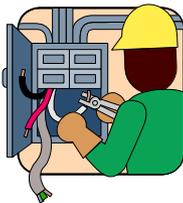
Wendy Fraser-Urquhart

SEDBERGH WI

We've had a busy month since I wrote my last 'Lookaround' report!

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SEDBERGH & DISTRICT

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Contact Julie Leigh
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If you would like a lift to any event, please ring a member of the Committee.

We usually meet in Loftus Hill Car Park and arrange to share transport if possible. Please note that dogs are no longer allowed on Outings.

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Our outing to the Tulchan shop at Cowan Bridge on March 18th was very enjoyable, thanks to their vivacious manager, Karen, who demonstrated a talk on 'Layering up your Look' using the three Spring-Summer colour 'stories'. We liked some of the 'stories' much better than others, but then we are all conscious of the colours that suit us individually so those that don't will have less appeal. We also had a preview of the Autumn-Winter collection, and learnt that all the Tulchan fabrics and garments are designed by the team at Cowan Bridge.

Talking about 'stories' reminds me that the walking group, whose walk on part of the Limestone Trail happened to coincide with the date of the Tulchan visit, had quite a story to tell when they arrived, very apologetically, a few minutes late for the start of Karen's demonstration. First there had been some confusion over the path they should have taken, which caused some delay, and although they had arrived at the designated pub in plenty of time for lunch, it had taken the staff 45 minutes to actually produce their

food. Anyway, they were able to enjoy most of the Tulchan demonstration and take part in retail therapy with the rest of us afterwards!

The 'Reading Aloud' competition run by the Cumbria-Westmorland Federation of WI's took place in Sedbergh People's Hall on March 23rd. Sixteen teams took part, including our own inimitable team who won the Federation Cup last time: Anne Petyt, who did the prose reading from the 'set book' about the history of the WI over the last 100 years, and Denise Thomson who chose to read a very amusing poem about a pig by Roald Dahl. The adjudicator commented about all the teams individually in the order in which they appeared and had nothing but praise for Anne and Denise so we were very hopeful of their chances, but they were pipped at the post by Levens WI who performed last. Those of us supporting Sedbergh WI felt that our team had definitely been runners-up. They did us (and the other WIs in the Sedbergh area, none of whom entered this year) proud.

Local author Jean Briggs was the welcome speaker at our monthly

meeting on April 9th. "Why the Dickens was Charles a Detective?" was her intriguing subject. After her retirement from teaching English she was faced with a dilemma: her husband was an artist with a studio at home to work in, but what was she going to do? A throwaway comment by the speaker at her retirement party: "Perhaps she'll write a novel?" set her off on a new career and fascinating research into 19th century history, as well as biographies of Charles Dickens, who, she came to realise, could well have been interested in detective work and solving mysteries, so she made him the hero of her novels with Superintendent Jones as his partner. Her first novel, "The Murder of Patience Brooke", based around the Home for Fallen Women that the philanthropic Charles Dickens did indeed set up, was published by the Mystery Press in 2014. Her second novel is due out this year and there's a third on the way. Jean spoke very entertainingly about her novels and read us some gory passages, which are certainly not for the squeamish! Some of us are enjoying reading the first novel now! Jean decided to write as 'J. C. Briggs', following the example of 'J. K. Rowling': we wish her the same success as the latter!

More books the next day! Meeting at Moira's house, the book club discussed "Oscar and Lucinda" by Peter Carey, his first Booker Prize-winning novel. As often happens, the fact that a book that has won high accolades doesn't necessarily mean that everyone finds it enjoyable and several members didn't finish this

one, partly because of other commitments. We did like a number of things about it, however. An average score of about 6 was given.

Our May meeting is traditionally our 'Resolutions Meeting' when we discuss the resolutions put forward for discussion and action by the National WI. There is only one resolution this year, supporting care in later years, since the decision has already been made nationally by ballot, but we are looking forward to hearing a speaker from AGE UK telling us about their work before we enjoy a Jacob's Join supper. We'll be meeting in the committee room at the People's Hall at 7.30pm on May 13th. Visitors are always welcome.

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A THOUGHT FOR EASTER

Sentimental American movies and other media from across the pond are not really my cup of tea. But I was drawn to the real story of the family of an American church minister, whose experiences of the next life bring hope to all who have suffered loss and bereavement and cause the sceptic to think again. If you work through the sentimental presentation of the book, "Heaven is for Real," you come to realise that hundreds and hundreds of people all over the world have experienced ecstatic experiences of heaven during a time of life threatening illness which are hard to explain away.

The story centres on the young son

of the minister who becomes dangerously ill in hospital and has an out of body experience where he visits heaven, encounters dead members of the family and his soul goes on a journey around the hospital and sees and hears things that he cannot have possibly overheard as he was in a different part of the hospital when these events took place. All rather fantastical until you work through the scrutiny the story undergoes from the boy's father. He deals with the science of near death experiences, that when the body nears death it releases narcotic type chemicals which promote a feeling of bliss and can cause hallucinations, which in itself I find rather comforting!

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But the boy's testimony relates to conversations of family members in other parts of the hospital and detailed knowledge of dead family members in heaven. He gives precise details of his father's visit to the hospital chapel and his mother's phone conversation in another part of the hospital, all whilst he was unconscious. The book contends the boy could not have had any prior knowledge of this information and medical science could not provide an explanation.

What the book reminds us is this no one off - countless others have had similar experiences of heaven, which cannot be explained as the hallucinations of a failing body. Their

testimony adds weight to the testimony of Easter that there is more to this life than most realise and what is to come is better than anything we can imagine. ("Heaven is for Real: A Little Boy's Astounding Story of his Trip to Heaven and Back" by Todd Burpo) *Rev. Peter Boyles*
This was submitted for April but due to the technical problems, did not appear.

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narrative, their story about God. That word 'God' is as old as human history and has evolved with us. Definitions crumble away from it. The informing reality, the ground of our being - phrases work for a moment, and no more. The modern way of life, our use of time and language, none of them help us to know that reality. If to many people 'God' is not a usable term at all, nevertheless, modern life does not give self-understanding and peace. We all need something inside us that can't be pushed around by TV and the High Street. I don't think it matters what we call it. It matters what we do.

'Worship' too is an ancient term for acknowledging whatever is of most worth, what is central and informs our

lives. As a Quaker, I don't use any set words, but worship within silence. Though our social testimonies are founded in the teaching of Jesus, we don't hold any religious doctrines, so we don't need to reinforce them by speech and song. Silence rests language and thought. It frees us from our habits of speech and lets in new light. 'Waiting on God? The Spirit? Our shared humanity? All definitions meet and fade in the experience.

Anyone can make a quiet time. Try resting your mind from its busy-ness and its habits for a while. What is it we are reaching for in the silence? That part of ourselves which is most 'tender', most open to the truth? 'The love that moves the sun and stars',



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the love in which we meet our neighbour?

We can only live in time, our time. If I had to say what the job of any faith is now, I would say to live in the joy of life, to live at peace with the planet, and to patiently counteract, by argument and example, any philosophy or politics that treats an individual life as anything less than sacred.

*Pamela Coren,
Clerk, Brigflatts Quaker Meeting.*

**News from the Pews –
St Andrew’s, Sedbergh**



Smiles abounded on Easter Day. How very different to the sombre atmosphere of Good Friday when the walk of witness followed behind the cross being carried from the lychgate to the United Reformed Church where a moving service took place.

Voices singing out their “Alleluia’s”, the sun shining in through the stained glass windows, beautiful flower arrangements, children (and some lucky grown ups) eagerly accepting colourfully wrapped chocolate eggs at

David Jackson



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the end of the service; sent the solemnity of the previous week into the past tense.

We tried some new routines this year for Holy Week starting with Choral Evensong at Cautley church on Palm Sunday. Judith and Maureen had made sure the church was cosy and warm whilst over at St Mark’s Barbara had food and hot drinks prepared for the congregation to enjoy after the service. The choir from St Andrew’s put the “choral” into the service and what a super job they did.

The quiet evening services of Compline followed by Stations of the Cross went to each of the three churches, St Andrew’s, St Mark’s, and St John’s on the Monday, Tuesday and Wednesday with St Andrew’s hosting an Ecumenical Service on the evening of Maundy Thursday when the congregations from the Methodist Church and

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United Reformed Church joined together with us to remember the Last Supper.

Good news was made with the announcement that the Lent Lunches had raised over £700. This is to be divided equally between St John's Hospice and The Ebola Crisis.

The lovely warm Easter weather was but a memory when the Teddy Bears had their picnic.... which was more of a Tea Party in church as the wind made it just too cold to be outside. The children enjoyed the Vicar's talk and the action songs led by Judith. The accompanying parents and grandparents joined in from start to finish and all had a jolly time, even the washer-uppers enjoyed themselves!

On Monday 11th May at 7.30pm we have what is called "The Archdeacon's Visitation". The Venerable Penny Driver is the Archdeacon of Westmorland and Furness, which includes the Kendal Deanery which in turn includes us. The Archdeacon will have several "Visitation" services to attend in May throughout her area. It is a legal requirement for the elected

Churchwardens (usually two per church) to be sworn in at one of these services. We look forward to welcoming Penny and members of the other churches in our Deanery to St Andrew's.

*Susan Sharrocks, Tony Reed Screen
Churchwardens*

The following was submitted for April but due to the technical problems, did not appear. Ed.

Inventories can be boring. Not so when doing the annual Inventory at St Andrew's.

Keeping a record of the fixtures, fittings and valuable items is a necessary requirement to be carried out by the Vicar, the Churchwardens and two members of the Parochial Church Council (PCC) before the Annual General Meeting we hold in March each year. In law we are accountable for the church building and all that it contains.

So, we get together and start ticking items off the list. Usually the silver in the safe comes out first for checking and then we go into the main body of the church to see all is present and correct according to the inventory.

Some items have interesting names

like “reredos” which is the decoration behind the altar. In St Andrew’s the reredos behind the main altar is made of wood and behind the altar in the Lady Chapel we have a “dorsal” or “dossal” instead which is a made of cloth but does the same job as the reredos.

In many instances names and dates are engraved on items of silver, doors, pieces of furniture, sometimes where you least expect them, sending the imagination into overdrive as you try to conjure up what that person was like and where they lived and what role did they play in the life of St Andrew’s and Sedbergh.

When Freddie was baptized on Mothering Sunday at the font made of

Dent marble the inscription around the hood of the font records that it was built in memory of Rev. Howell and the daughter of Richard Willan. The beautiful and I have to say, my favourite item of all because it is so delicate is the Mother-of –Pearl shell used to pour water on Freddie’s forehead as a sign of his baptism... this was “Given by the children in memory of May Croft” in 1908.

My curiosity led me to try and find out about May Croft and it seems she was only a child when she died. I wonder if “the children” were perhaps the Sunday School children?

Perhaps the next Inventory will lead my curiosity to another bit of research.

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The Cumbria Community Messaging System (CCMS) is a method of disseminating information about local issues from public service providers and it is available to everybody free of charge. The preferred method of communication is the e-mail but, if you do not have an Internet connection, messages can be received by text or telephone.

CCMS is provided by Cumbria County Council and sends out information from:

- Their Trading Standards Division ... about retail scams, mainly on-line and telephone fraud, but also about bogus doorstep callers. They also send out alerts relating to product safety recalls.
- The Police mainly about crime alerts and requests for

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observed suspicious activity.

- The Environment Agency these are usually warnings of extreme weather conditions.
- The Fire and Rescue Service mainly alerts and reminders about home safety.
- The Cumbria Neighbourhood and Home Watch Network send out messages about national initiatives aimed at reducing crime and keeping safe.
- North West Electricity provide information about power failures.
- Other providers are Age UK, The Police and Crime Commissioner's Office and Cumbria Community Safety Partnership.

If you are worried about information over-load, you can choose from whom you wish to receive alerts.

In Sedbergh and Dentdale, the Parish Council's are promoting CCMS as part of the Neighbourhood Watch scheme and, so far, 160 households are registered with CCMS. Across the whole of Cumbria, over 7000 homes and businesses are registered.

CCMS provides a range of message

options for those with special interests. Proprietors of small retail outlets, horse owners, farmers, 4x4 owners, church wardens, caravan owners and other interest groups can elect to receive alerts relevant to their needs. Although the aim is to target messages only on the areas affected, if you have interests elsewhere in the county eg. a business or perhaps an aging relative, you can elect to receive alerts about that area too.

If you register with CCMS you will not receive any on-line advertising and there is no political or religious content. You can also terminate your registration at any time. CCMS is registered with the Office of the Information Commissioner for Data Protection purposes.

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www.cumbriacommunitymessaging.co.uk and click the Join button. If you have difficulties, there are printed registration guide notes available from Dent Library and Sedbergh Information Centre or you can complete and return the form which follows.

If you do not have an internet connection:

If you wish to receive information and alerts by text or recorded telephone message you can register using the adjacent application form.

Amanda and Danielle, our Police Community Support Officers, will also give advice and register for you at the Police Drop-in on Wednesdays 11am to 2pm at Sedbergh Information Centre.

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SETTLEBECK NEWS

Well done!!

GCSE Geography students Jess Labbate, Jenny Lomax, Sophie Waller, Alan Brian, Izzy Colton, Zoe Cragg and Stan Gough teamed up and beat 11 other teams from QES and Kirkbie Kendal School to achieve academic success. They had to plan a Tsunami Disaster Relief effort for the Japan 2011 earthquake and tsunami, a challenge set by the Royal Geographical Society. They got to take home some giant world maps as their first place prize.

Extreme Physics

During the Easter holidays we stayed at Barnard Castle to participate in the Extreme Physics 2015 Competition. This was a nationwide tournament testing our physics knowledge through a series of experiments and challenges. These included making and testing our parachutes by dropping eggs from a balcony, figuring out the weight of an alien and making a 1-minute timer. Awards were presented for teamwork, knowledge, achievement and creativity. On the second day we went to Airkix in Manchester to experience indoor sky diving and climbing. It was awesome and we would definitely do it again – 10/10 physicists would agree!!

Louise Mason, Cara Ellis, Jenny Lomax, Ellie Jackson, Ciaran Tuohy, Lee Campbell, Doyle Johnson, Alan Brian

Norway

We are proposing to run our next expedition to Norway in July 2016. Recently retired Mr Trull has nobly offered to come back and lead his



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famous camping adventure once again. Letters have been given to students currently in Year 9 and 10 – any students who may be interested in taking part should see Mrs Grant as soon as possible.

SEDBERGH SCHOOL NEWS

Over the last 12 - 18 months the school's Conservation Group that looks after Bruce Loch and Old Peculiar has concentrated on some pretty major coppicing work (which needs doing every 10 or so years) as well as the clearing of the Reed Mace and Phragmites which needs to be done on an annual basis. To you and me these are bulrushes and the common reed, but the latter can spread at a rate of 5 metres a year. It would appear that the mink that has been causing problems over the last few years have finally gone, which is good news for the nesting water fowl, and to encourage them the

Conservation Group is hoping to get some nesting tubes installed.

Towards the end of last term Tim Farron and four others came to the School for a "Hustings", which was held in the Arden Theatre with Tom Robinson, the Head of School, in the Chair. Tim Farron said it was the most Question-time like debated he had been to other than on Question Time itself.

The Wilson Run duly took place. The weather managed to allow most of the runners to get home under blue skies and sunshine though a few laggards got caught in near sleet. The race was won by Jonty Campbell, whose brother Archie Campbell won it last year. He was nearly two minutes ahead at Cautley, and nearly six minutes ahead at Danny Bridge, eventually winning in one hour eleven minutes and 43 seconds, three minute and 39 seconds short of the record, and

three minutes 44 seconds ahead of G Porter who came second. The first girl in was Charlie Neate who came in 18th overall with a time of 1 hour 30 minutes and 17 seconds. One hundred and twenty eight runners were clapped onto the stage at the evening concert. One boy, Alfie Blackhall, was seen limping badly as he crossed the road at Cautley but was seen still struggling on at Danny. He finally made it to the end in 1 hour 45 min 26 seconds in 48th place, failing to beat his father's time by 23 seconds. He'll do it next year! A collection was taken after the concert for the Air Ambulance and the Leeds Hospital who treated the boy who nearly died on a run at the beginning of term, due to an undiagnosed heart

condition

The rugby season came to an end with the Army Sedbergh Rugby Tens tournament. Ten schools competed including two teams from Sedbergh School. I am glad to be able to say that once again the host's A team won beating RGS High Wycombe on a disappointingly cold and wet afternoon.

By the time this is published the new term will have begun. The first cricket matches will have taken place before terms starts when the 1st XI will have been at Worksop. The first home match of the term proper is Myerscough College on 22nd April. On 25th April they play Lancaster Grammar School, on 26th the Old Sedberghians, on 29th they play Yorkshire CCC Academy, on 7th May the MCC, and on 16th May Shrewsbury. While the 1st XI play Ampleforth away on 2nd May the A1 and A2 teams will play Ampleforth teams at home. The A1 and A2 will also play Cumbria on 3rd May. There are, of course, many other teams playing cricket matches at home and away, and many playing tennis, golf, sailing, and athletics etc. Details of these can be found on the School website calendar. The Athletics finals will take place on 23rd May. The more noisy cricket games are likely to be inter-House matches! Everyone is welcome and encouraged to watch any of the games the School plays.

On Thursday and Friday 21st and 22nd May the lower half of the School are putting on a play in the Arden Theatre (below Powell Hall) and everyone is welcome to that. Space is, however, limited in the Arden

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Theatre. The play is called "Killed" and I understand has a WWI theme. Please contact the main School office if you wish to attend (Tel: 20535)

Both Winder House and Hart House have events in May celebrating significant Anniversaries. Winder House is celebrating its 100th Anniversary and Hart its 125th. There are Balls and Dinners, but Winder is also having a Centenary Cricket match on 10th May – Old Winderians v the Housemaster's XI.

On Sunday 17th May the Sedbergh CycloSportive event takes place – this has been called in past years "The Howgill Horror". There will be three separate races, being 30 miles, 55 miles And 70 miles (including the "Cote de Buttertubs" as featured in the Tour de France). Lots of entries are wanted as the proceeds go to a scholarship fund which provides a free place at the School, so please enter if you can. Details are

advertised in the town and on the School Foundation website.

On 5th May there will be an informal lunchtime concert for flute , cello and piano "Music While You Walk" in Holy Trinity Church, Casterton, given by staff and pupils Sedbergh Preparatory School. It is at 1.30 pm
KBL

SETTLEBECK SPORT

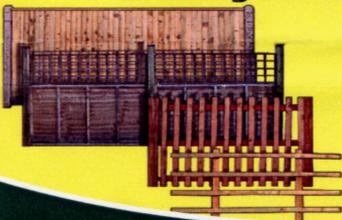
As the winter sports draw to a close, the students' determination and commitment have shone through.

Kate Thompson has recently been selected to represent Cumbria in hockey, playing some fantastic games for her club at Kirkby Lonsdale and for the County at Blackpool. She has been able to share her knowledge and experience in school in the recent hockey lessons, where she has been given her own group to coach and develop.

Sophie Waller and Holly Sedgwick

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This Team Leaves It Clean

were recently selected to attend the County Football Trials up in Carlisle. With a large and strong field of girls who play for larger clubs, they performed fantastically well and I am proud of them for trying out for the team.

The Year 7 netball team played some great netball in the District Netball Competition at Windermere in March. They beat QES 4-0, KKS 6-0 and Dallam School 4-3 to reach the semi-finals, only to be narrowly beaten by Windermere School. Finishing third out of ten in a district competition is a brilliant achievement. I am very proud of all of my netball girls as is our teams' sponsor, Dorthe Pratt from Sedbergh Soap Company,

who kindly came to see the girls in their last training session to give them a small selection of goodies from their range.

22 students have successfully completed their Junior Football Leaders qualification. This has given students the knowledge and experience to lead football sessions and organise competitions, giving them leadership, organisational and communication skills.

We are excited to announce a partnership with Kirkby Lonsdale Golf Club who are beginning to coach our students at their club on a weekly basis. I am looking forward to seeing the students' skills develop at golf.

Lynsey Goodyear

KILLINGTON HYDRO

The Hydro scheme at Broad Raine, Killington 50kW, 35kW or 32kW?

As a Killington resident and known to have been involved in this project in the past, I have been asked by opponents to the scheme to explain what I see as the true electrical value of this development.

The planning permission and approval states 50kW. So where does this figure come from?

32 kW is the designed output (Installed Capacity), the important figure.

50 kW is the amount of water power required to guarantee the 32 kW of electrical power, although this maybe of interest it is of little importance.

55kW is largest rated component on the site and it may be capable of producing this mechanical power, but only if the site was re-designed and re-equipped, and 35 kW is the maximum output of the smallest rated component, so although again

possibly interesting it is of little importance.

An analogy of this can be made to the tyres fitted to a car, the speed rating of a tyre usually greatly exceeds the cars capability.

I therefore conclude that the 50kW on the planning application is not significant, and perhaps deliberately misleading, as suggested by opponents to the scheme.

So what is the maximum usable power available?

Because the consumers are not at the site, electrical conversion and transport losses of at least 5% can be expected, so the useable maximum power reduces to 30kW.

To bring this into perspective, one medium sized saloon car travelling at 70 mph requires 35kW.

So what is the electrical energy production?

It is currently predicted by the applicant to be 186340 kWhrs / annum.

From the government DECC statistics and also used by STAK (Stop Turbines At Killington), ignoring transport losses it could supply the electrical meter requirement of 39 houses/annum.

If you Include conversion / transport losses this reduces to 37 houses/ annum.

If using the incorrect figures as Banks Development did for the Killington wind farm, then 56 houses/ annum is the result.

I hope this is informative and useful to your readers to put into perspective the electrical effectiveness of this type of scheme.

Peter Sugden. Killington.

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CHRISTIAN AID

in Sedbergh and District

Christian Aid Week's events are beginning here in Sedbergh and District on Saturday 9th May with our Dent coffee morning and continue to the following weekend. Please look at the advert in this edition of the Lookaround for details of what is on as there is a major change this year. After many years when the 'Shop' in the URC rooms was a major feature of our week's activities, changing conditions and reduced footfall over recent years led to the decision that it was time to discontinue it and concentrate on our coffee mornings during the year, which have been so very well supported. Our heartfelt thanks go to Mrs Kath Hannam who has put so many hours and so much dedication into the running of the Shop over the years and to her husband, Tony, for the solid supportive background work he has done, lifting and shifting things for the

'Shop' and producing eye-catching window displays in the town through the week.

This year we are having a Coffee Morning on Wednesday 13th May in the URC rooms, Sedbergh. The door to door collections will be taking place as usual and we look forward to the friendly and generous response which our volunteer collectors have received in the past. Extra collectors are always valued as we don't have sufficient at present to cover the whole of the town and district. If you'd like to know what it involves why not have a chat with Rosemary Handley, who co-ordinates it, or one of the other committee members. Local Churches will be will be supporting the week, not only through members helping out in the various activities but also in prayer and focus on the work of Christian Aid in services during the week.

What is it all in aid of? Basically to transform lives from the domination of

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poverty to the freedom of secure self sustaining lives through development aid channelled through agencies working at grass root levels in local communities. An example of how this works is in this actual case study in Borena, Ethiopia.

Loko is a young woman struggling to live and support her children. Loko's choice in life is simple: 'If I can't collect firewood, my children will die.'

Four times a week, in a remote corner of Ethiopia, Loko makes a back-breaking eight-hour trip to gather wood. It's a task she dreads, but she steels herself to do it because if she doesn't her children will starve.



She prays to God as she walks. 'I ask him to change my life and lead us out of this,' she says.

In the Borena community, girls are expected to fetch and carry wood and water to provide for their family. Denied a good education and the respect of their community, women are trapped in a life of poverty.

Loko dreams of owning a cow . Why? A cow changes everything

Two years ago another woman, Adi, was the poorest of the poor. Then Christian Aid provided a cow which gave her family nutritious milk. Adi churned butter and made money. It gave her a position in the community where her opinion is valued. Now her dreams have turned into plans and she has saved enough money to build a small shop too.

So it could be for Loko. Selling the milk from a cow would provide an income.

An income could help set up a business.

This would give Loko status and a voice in her community.

A voice means speaking up for women, challenging domestic violence they experience, and ending discrimination.

At each step, Christian Aid journeys alongside poor communities as they walk free from poverty.

Just £5 could give Loko a loan to start her own business buying and selling tea and coffee, freeing her from her desperate tasks as they are now and allowing her to spend more time caring for her family.

Better still, with your help, we can provide cows to vulnerable women in Ethiopia – just £150 is enough to buy a cow and a promising future for someone like Loko.

To find out more about Christian Aid, how and where it works, visit their website at: <http://www.christianaid.org.uk>, click on 'What we do' and then on the 'Blog' for recent dispatches from round the world.

Rev Anne Pitt

An advertisement for C Berry Window Cleaning Services. The ad is framed with a black border containing white dots. At the top, it says "C BERRY WINDOW CLEANING SERVICES". Below this is a central graphic of a window cleaner in a white uniform and hat, holding a squeegee. To the right of the graphic, the text reads "NEED A WINDOW CLEANER?". Below the graphic, it says "FRIENDLY LOCAL RELIABLE SERVICE". To the right of the graphic, the contact information is listed: "Carl Berry", "10 Finkle Street", "Sedbergh", "LA10 5BZ". At the bottom right, the phone number "07827 813 974" is displayed.

NATIONAL PARK NOTES

Every National Park in England has two, of what are called, "statutory purposes". These are:

1. To conserve and enhance the natural beauty, wildlife, and cultural heritage of the National Parks
2. To promote opportunities for the understanding and enjoyment of the National Parks by the public

If at any time a conflict arises between these two purposes then the former takes precedence as a result of the "Sandford Principle" so-called because of the court case which gave rise to this legal ruling.

Ever since being a boy and watching House Sparrows out of my bedroom window with a pair of opera glasses I have been fascinated and

delighted by all forms of wildlife, particularly birds. No surprise therefore that a prime focus of my membership of the YDNPA over the last four years has been in relation to conservation issues and what is called, in the jargon, bio-diversity. It is one of the objectives in the YDNPA current Management Plan to "establish baseline population estimates for all monitorable priority species by 2016, and to set targets to get the population of these species stable or increasing". To find out more about both national and local Biodiversity Action Plans and the European Habitats Directive visit the Park website (www.yorkshiredales.org.uk). You might also want to have a look at the

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Alison Stockmarr *Facebooks*

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

wildlife website (www.natureinthedaes.org.uk) which goes into considerably more detail on the individual species (whether flora or fauna) and where they can be seen. There is also an exciting new venture The Northern Uplands Chain Local Nature Partnership (www.nuclnp.org.uk) of which our National Park is a leading member. My particular speciality interest is in Raptors (Birds of Prey) and I have an especial concern for the welfare of Peregrine Falcons, Hen Harriers and Goshawks all of which can be found in the Park. Unfortunately the situation regarding Hen Harriers is not a happy one and despite the fact that considerable areas of moorland both in the YDNP and the Nidderdale AONB are perfectly suited for the breeding of this species – as a result of illegal persecution very few young birds (even when the adults are able to nest at all) survive the first few months. The RSPB considers it a major problem and has for years worked with other agencies such as Natural England and the Moorland Association in an attempt to come up with solutions but so far with very little

success. The Hen Harrier is a stunningly beautiful and iconic species and to find out more have a look at the Skydancer part of the RSPB website (www.rspb.org.uk/skydancer) and also view the Hen Harrier video which has recently been posted there. It is worth a look.

The Goshawk is a bird which all but became extinct in this country but which is now making a gradual comeback largely as a result of intentional and unintentional releases by falconers (known as austringers in the trade). If you want to learn more about this fabulous and immensely powerful bird I recommend reading “H is for Hawk” by Helen MacDonald which has recently won two top literary prizes for best non-fiction work of the year.

Another element of National Parks which makes them so special is the opportunity to get away from it all and enjoy the peace and tranquillity which they offer. As the Management Plan puts it [in the Yorkshire Dales National Park are to be found] “extensive areas where a true sense of tranquillity, remoteness and solitude can still be found, which is

rare in England today". John Muir the founder of the Sierra Club in the United States put it in a slightly different way – "I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in". An acknowledgment I think that our inner state reflects our outward environment and which given the right external circumstances can lead to deep inner peace, maybe even mystical experiences. To explore these ideas further I would highly recommend the two following books: "The Wild Places" by Robert Macfarlane and "The Living Mountain" by Nan Shepherd. If you are interested in the even wider

project of what is becoming known as "re-wilding" then George Mombiot's book "Feral: Re-wilding the Land and Sea and Human Life" is a must. And for a flavour of the possible re-introduction of what were once native species see, for example, [www.lynxuk.org](http://www lynxuk.org).

I must say that I give thanks every day for living in such a wonderful part of England and for the beauty and extraordinary scenery and wildlife to be found in our National Park. It is a privilege to serve the local community of Dent, Garsdale and Sedbergh as a member of the National Park Board. So I would like to set a little competition to stimulate more interest in particular in the mammals living in our three Parishes. It is in two parts:

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1. First make a list of all those mammals which you are reasonably confident are living in our area
2. Secondly make a list of those mammals which you have actually seen yourself

Then send it to me at ianmcperson24@hotmail.com and I will publicize the winner in my next article. There will also be a small prize which will have a connection with the theme of this article. Go on, give it a try, and good luck!

Ian McPherson

COUNCILLOR CORNER

The meeting of the Respect Group took place last month as scheduled and gave some promise that preparations for the 2015 Appleby Horse Fair were well in hand. As far as I am concerned the Respect Group, (in spite of the weird name inflicted upon it by county council politics ten years ago) continues to do a productive job. It reports to the Local Area Partnership but it must remain independent. Yes it liases with the Eden Body but it should not be subsumed into it: if that were to happen there would be no voice for

the affected residents of South Lakeland.

My personal battle with DEFRA over the new Basic Payments Scheme continues. For England alone the abandoned computer system has cost £154 million to date. This is for a computer application to do badly what the previous Single Payment Scheme program did reasonably well. There is a long standing joke that when something goes wrong at the BBC "deputy heads will roll". I suspect the same will be the case in DEFRA and the Rural Payments Agency. Those who should be carrying this stinking can will probably emerge unscathed.

It leaves the larger question as to whether DEFRA should continue to exist at all. It was invented by Tony Blair as an act of vengeance upon the farming community for making his government look ineffective over Foot and Mouth Disease. Its creation will always be linked with the then minister Margaret Beckett and the Foot and Mouth supremo, Lord Haskins: it is a testament to the quality of the paint sold in North Yorkshire that the graffito, "Cull Haskins" remains visible on one of

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national government intervention to bring that about. How about allowing barn conversions like the rest of England outside National Parks? If that were to happen planning policy would be back to the situation prior to 1989 and we might have some prospect of dealing with the shortage of housing for local people.

Looking after the housing needs of local people was always my key priority when I was on the NPA and that remains the main reason I want to be back. Sadly, until there are direct elections those members who don't give a damn will remain in the majority.

*District Councillor Kevin J. Lancaster, your voice on South Lakeland.
Fellgate, Dowbiggin, SEDBERGH, Cumbria. LA10 5LS
Telephone 07980 844 695;
email Kevin@Sarthwaite.com*

the signs coming out of Hawes. DEFRA was a bad idea badly conceived and badly implemented. We need a return to a Ministry of Agriculture, otherwise it will continue to be one BPS fiasco after another.

Yorkshire Dales is consulting upon the latest version of its housing policy. I am cheered that the 90 sq m rule for new houses has been removed, it was sneaked in behind the backs of members. It was a ridiculous idea and all the more bizarre when in Germany it is illegal to build houses of less than 212 sq m. The removal of local and affordable elements from developments of fewer than six houses is also greatly to be welcomed. What a pity it required

TIM FARRON MP

As you would have expected I have been a bit distracted by the election this month. If I haven't actually knocked on your door over the past few weeks then one of our volunteers should have done and I would have done if time had permitted. Anyone who goes out knocking on doors with me will tell you that it can be a bit of a nightmare as I tend to get chatting to most of the people who open up their front door to greet us. But, I argue, this is one of the most important ways for me to find out what it is that people are concerned about and what I need to start working on if I am lucky enough to be re-elected on May 7th. I have really enjoyed working for you

over the past 10 years and I really hope that I get a chance to fight for this area for another five years but that is entirely up to you.

The polls will open at 7.00 am and close at 10.00pm. In Sedbergh and Dent you also face an election for one of your councillors on South Lakeland District Council so you will get to cast a couple of votes when you turn up at the People's Hall or The Sedgwick Room.

I would, of course, prefer it if you voted for us but the most important thing is that you ensure that you do vote. Whatever you think of politics and politicians, not voting is effectively handing over responsibility for who represents your views in Parliament (or Kendal) to those who

do go and vote. In addition I think you also need to bear in mind that you are not just voting for a set of policies, a great deal of our time is taken up helping people with issues like housing and employment and health care, you need to also consider who you feel is most likely to be there for you should you be unfortunate enough to have any problems. Only you can decide this and many people have told me how hard it is to make a decision this time around. All I ask is that you do make a decision and that you make sure you go and vote.

Whatever happens on May 7th thanks for all of your support over the past 10 years I have tried my best to fight for the people in this area.

Best wishes

Tim Farron MP

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YOUNG PEOPLE'S FUND

Sedbergh School Local Young People's Fund.

Applications are invited for grants available from The Sedbergh School Young People's Fund. The fund exists to help young people from the parishes of Sedbergh, Garsdale and Dent.

The grants can be awarded by the Trustees in one or more of the following ways;

- i) The award of Scholarship, Bursaries or Maintenance Allowances tenable at any School, University or other place of learning approved by the committee.
- ii) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or other educational establishment to prepare for, or assist their entry into a profession, trade or calling.

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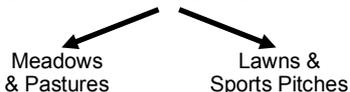
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- iii) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education.
- iv) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the coaching in athletics, sports and games to beneficiaries who are receiving primary, secondary or tertiary further education.
- v) The provision of financial assistance to enable beneficiaries to study music or other arts.

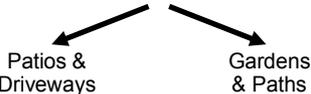
Applications should be in writing to The Bursar, Peter Marshall, The Bursary, Malim Lodge, Loftus Hill, Sedbergh LA10 5RY using an application form obtainable from The Sedbergh Information Centre or The Bursary to be received by July 1st for consideration by The Trustees at the next meeting which is on July 10

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During the last twelve months 18 individuals received awards ranging from £150 to £500 each and a total of £5,895 was ultimately awarded. Examples of the requests received included a grant towards the cost of attending the World Scout Jamboree in Japan, costs of attending the National Youth Ballet Summer School, grants towards the cost of university courses, grants towards the cost of essential computer equipment for further education, and transport costs for attending college amongst many others. It is hoped that recipients of awards will provide some feedback after receiving their award to acknowledge the help they have had usually as a letter to the Bursar.

The Trustees of the Fund are;
 The Headmaster of Sedbergh School,
 Mr Andrew Fleck (ex officio)
 The Bursar, Mr Peter Marshall (ex officio)
 The Chairman of Sedbergh School Governors, Mr Hugh Blair (ex officio)
 Mr John Morris (Chairman)
 Mr James Morgan
 Mr Donald Smith
 Mrs Margie McVoy
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 (representative SLDC)

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It was installed new in 2010 so has around 4 year's usage in just one dwelling. The Stovax instruction manual for the stove, which gives all the technical details etc. is also available.

Offers in the region of £250 will be considered for the stove and it is important that any prospective buyer must be prepared to transport the stove from Dent village.

NB – the stove is sold as seen and without warranty.



If you would like to arrange to view the stove and/or make an offer, please contact the Clerk to the Trustees of Dent Grammar School at dgsef1@yahoo.co.uk with your contact details.

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PREVENTATIVE MEDICINE

A friend of mine has just received a diagnosis of being pre-diabetic and having high cholesterol as a result of some blood tests. He is quite upset that he has been given such a negative prognosis. So what can he do about it? The idea came to me to lend him a book I have, called "Nine Ounces", written by Bob Flaws, one of the Chinese medicine stars in

America.

It was written in the late eighties and its long title is “A nine part program for the prevention of AIDS in HIV positive persons”, but actually it is a manual for preventing or delaying the development of any chronic disease. The author says, “My belief is that an HIV positive person could possibly live his entire life without ever developing a full-blown case of Aids. Or more modestly, need not develop active AIDS until advanced age and natural debility allow the latent virus to become active”. My own belief is that a similar principle applies to other latent diseases, such as family history of heart disease or in my friend’s case being pre-diabetic.

Bob Flaws’ programme is based, not upon fighting a disease, but upon strengthening the body and making it more resilient. His nine points are:

- Chinese dietary therapy. The basic energy to do this comes from our food so the first thing to

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do is to sort out the diet and the digestive system. If you would like to have a précis of Chinese medicine dietary principles, I can send you my “Healthy eating guidelines” by e-mail (jmpacupuncture@gmail.com).

- Aerobic exercise for at least 20 to 30 minutes every other day. I would suggest either Tai Chi or Yoga on the other days – having seen the health benefits of regular practice for myself.
- Deep relaxation (using a CD if that makes it easier) every day, citing the Chinese medicine aphorism “Small benefits after 100 days, big benefits after 1000 days”. After the first 100 days he reckons the benefits are: more red and white blood cells produced, better circulation, high blood pressure comes down, low blood pressure normalises, brain waves show increased tendency to relaxation, improvement of appetite, elimination, sleep, energy and mood.
- Abdominal self-massage to regulate the digestion. In

Philip Horner

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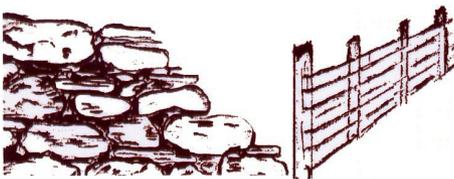
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Japanese traditional medicine, keeping the abdomen supple and pain-free is a way of aborting disease processes at an early stage. If you are interested in this, contact me and I will photocopy the relevant pages for you.

- Being a Chinese medicine specialist, Bob Flaws recommends acupuncture and Chinese herbal medicine as treatments. He sees the low-tech methods of diagnosis, such as feeling the pulse as being a particularly effective in detecting imbalances at an early stage. He sees other low-tech natural therapies as being similarly advantageous.
- In Chinese medicine, sexual moderation is advised to conserve the long-term energy resources of the body.
- Visualisation – this is often recommended for cancer patients, but all of us can benefit from visualising the body and mind being purified and free from obstructions. In Asia there is a strong tradition of such practices.

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- Cultivating a healthy attitude, recognising the suffering of others and being willing to help them. Living in the moment with awareness and simply doing what needs to be done next.

We all have predispositions to diseases of one sort or another and something will get us all in the end, for sure, so why wait for a diagnosis before we start to look after our health?

June Parker

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KILLINGTON SAILING ASSOCIATION

We are alive and well up by the motorway hosting not only individual members but a number of local groups including Kendal Sea Cadets, Bendrigg Lodge, Sedbergh and District canoe club and Lancaster Sea Scouts. Members have access to the club dinghies which consist of Picos, Optimists, a Vago, a Feva and a Laser 1. We run regular Wednesday evening dinghy racing mainly populated by Laser dinghy sailors whose season runs from clock change to clock change and welcomes new racers. We hosted the first event of the Rooster Lakeland and Far Northern Laser Grand Prix series 2015 on Saturday

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11th April which was a wild and windy event with 14 sailors from a range of clubs in the Lakes and Scotland coming to race. With the wind rarely below a Force 5 and gusting to 6, it was not surprising that a number of sailors retired during the day but a diehard fleet of 6 survived to the end of the final race, even if the race officer by then had almost sunk in his committee boat with the waves breaking over the bow! Killington sailors took all the podium places with Shaw Brown first, Tim Luke 2nd and James Thomas 3rd (and 1st youth). It is testament to the membership that plenty of volunteers were on hand to run the event; catering, rescue boating, admin, race management.

Our next public event is part of the RYA National Push the Boat Out week - we will host an open day on Sunday May 17th from 11am – 3pm. All are welcome to sample our dinghy sailing facilities but we would ask for prior contact to be made to make sure that we have plenty of suitable help on hand (mpr@sedberghschool.org). The intention of this day is to give people a sample of dinghy sailing and then

we hope to offer a weekly Tuesday evening session in the rest of May and June for those who want to explore their interest further. Our eventual aim is to give people the interest and skill to take part in "Bart's Bash" on September 20th which is an informal (but Worldwide) race carried out simultaneously at venues all over the world. Last year 20,000 sailors took part! Killington hosted a small youth regatta as part of that event started by a Trumpet call by

Sedbergh Bandsman Geordan Moss.

Killington Reservoir is a canal header reservoir which is the largest managed by the Canal and River Trust. It also happens to be their northernmost and contains about



1300 Olympic swimming pool's worth of water! The main dam was built as part of the canal extension to Kendal in 1819. In 1839 the dam almost breached but the reservoir keeper cut a channel with a spade at one end of the embankment to release the water; "The pent up waters rushed with fearful violence through this new breach, increasing its dimensions at every stroke. The torrent dashed through the valley below committing fearful ravages..... and inhabitants of Old Hutton and Holmescales fled for

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their lives" (Westmorland Gazette). By 1841 the dam had been repaired and raised to its present level at which time the secondary dam was also constructed.

We have just gained planning permission and now seek grants towards building a new jetty to further enhance our facilities up at Killington. We have a grant application in already to purchase equipment and coaching for windsurfing. If anybody would like to know more about how to get involved in watersports at Killington, please do not hesitate to get in touch with the secretary, Myles Ripley by email (mpr@sedberghshool.org) or phone 015396 21101.

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NATWEST BANKING

The following letter was received by a Sedbergh resident and is published for information of readers. Ed

Dear Sir,

I was pleased to be able to speak with you on Monday, and as promised I am writing concerning our service for NatWest customers in Sedbergh. You said you would read this out at the forthcoming Chamber of Trade meeting and I would really appreciate you doing so.

When we decide to close a branch we do so after much careful consideration and deliberation, and not for one second do we underestimate the impact upon the affected local communities. We work hard to engage our local customers and communities when we make such decisions with a particular emphasis on ensuring all of our customers know all of the other ways they can access their banking needs. These include visiting the next nearest branch, 24/7 telephony, ATMs, On-Line Banking and Mobile Banking. Customers can access basic needs in the Post Office and many



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communities also have the benefit of regular visits by the Mobile Branch.

In the case of Sedbergh Branch I can say unequivocally we had no prior knowledge of Barclays similar and almost concurrent announcement. And in response to their announcement we immediately changed our own plans to support the community by agreeing to leave the ATM in situ and adding an extra visit day to the Mobile Branch schedule. And whilst I appreciate that the Mobile Branch schedule is not quite as convenient as the former branch (which was only open part time 3 times a week), the Mobile Branch does visit 16 communities during the course of the week, many of which have never had a NatWest Bank or have not had one for very many years.

The Mobile Branch is manned by very experienced colleagues (including people who used to work in Sedbergh Branch) and visits Sedbergh on a Monday and Wednesday each week. It can undertake many of the transactions previously undertaken in the former Branch. For ease of reference the main services include: Cash deposits, cash withdrawals, bill payments, provide live balances and has an on-board customer phone facilities for contacting central areas to enquire about loans, credit cards, mortgages, insurance, etc . They

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The nearest Post Office is about 100 metres away and accepts all types of transactions, such as: Cash withdrawals (up to £300 for personal and £500 for non-personal customers), cash deposits, balance enquires, pay in cheques and change giving. There is also another full offering Post Office within 1 mile. *(Not sure about this paragraph. Ed)*

I took on board your comments regarding peak demand for the ATM and will share these with the Bank's ATM Service Providers. I also discussed briefly with your wife the benefits of a bank account for your social enterprise (which given turnover levels would operate free if in credit) and I am happy to arrange for one of my business colleagues to discuss options with you should you so wish.

I also discussed with your wife that if you feel there is merit in members of my team visiting Sedbergh and helping people with On-Line and Mobile Banking registration, I can arrange this.

I hope this message gives you some of the clarity concerning the changes to NatWest Banking in Sedbergh and I hope also, demonstrates that we are committed to ensuring our customers can access their needs in a number of different ways.

Kind regards

*Michael Burrow MBA ACIB
Regional Managing Director,
NatWest Branch and Private Banking,
North of England*

LAURA'S LOOM

The Workshop had a Grand Opening with people calling in all day to 16 Back Lane on 17th April.

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**DENTDALE & SEDBERGH PARISH
NEIGHBOURHOOD WATCH
NORTH WEST ELECTRICITY
PRIORITY SERVICE REGISTER.**

North West Electricity is the company that operates the national electricity grid in our area. (It will not be your energy supplier.) North West

Electricity maintain a **priority services register** of households where there is someone who would be at risk in the event of unplanned power failure. In the event of such failure, North West Electricity will consult the register and endeavour to give priority to restoring power to those at risk or, if the restoration cannot be achieved quickly, give alternative support by, for example, alerting supporting agencies like the Red Cross or perhaps offering the loan of a small electricity generator.

Households can be added to the register by going on-line to **electricitynorthwest.co.uk/priority**

On the home page there is a click **[here](#)** button at the end of the first paragraph that will take you to the registration page which lists those who are deemed to be 'at risk'. It is a fairly long list but, to summarise, it is mainly those with a medical condition or some disability and this extends to those where advancing years may limit ability to cope without power. The need to maintain freezers and refrigerators is not seen as a reason for priority.

Part of the Neighbourhood Watch ideal is to look out for others in the community. Please alert those who you believe may need priority service registration and may not have seen this message. If you know of vulnerable neighbours who may not have an internet connection, you can, after consulting with them, put them onto the register via your own internet device.

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conditions and, at such times, maintaining contact with others is particularly important, especially for the vulnerable. Please be aware that whilst the telephone network carries its own low voltage power supply, many modern cordless telephones or those with answering devices rely on an additional power supply and may not function when there is a power failure. If your telephone does not work without an additional power supply you can buy a basic 'no frills' corded telephone for less than £10 which can be plugged into your telephone socket in times of emergency to ensure you can maintain contact with others; assuming of course that the telephone network is not also disrupted.

Note: If you register with Cumbria Community Messaging you will receive severe weather warnings from the Environment Agency by e-mail or text. NW Electricity also use the Cumbria Messaging service to keep the public informed of power disruptions. To register, go on-line to **www.cumbriacommunitymessaging.co.uk**

SEDBERGH GALA

Come and join us for this year's Sedbergh Gala on 16th May with the theme "TV Programmes".

We have lots of exciting attractions including **Katy Cropper** and her Sheepdogs herding Geese. **Team Rubicon – Action Sports School** will be giving Skateboard and Scooter demonstrations throughout the day and also teaching - --so bring your skateboards and scooters along, you may even win a prize.

There will be a Firebreathing juggler and even a Roman Centurion who will happily pose for photographs! As well as all the usual events especially the Fun Dog Show and numerous stalls.

The procession leaves Maryfell at 12.45pm and arrives at the Gala Field at 1pm when we will crown Bethany Handley our new Gala Queen. This year we have introduced a system of wristbands for entry, £4 on the gate or £3 if you buy them before Gala Day. The wristbands are available at most shops on Main Street and you must wear your wristband to gain entry to the field.

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DENT DALE

CHRISTIAN FELLOWSHIP

What an encouragement that 10-15 people meet twice a month, one Friday evening and one Sunday evening, to share fellowship together and to pray for the dale. In April we also seemed to share food together quite often, 16 of us for Passover celebration on Good Friday evening, then a good number for the FFWF (Friday Fellowship with Food) and then the monthly Sunday evening gathering.

Amongst other things we pray for God's blessings on the farmers especially with the busy lambing upon us and for any we know who are struggling in any way, for local committees and situations, for the businesses and for the school. We are beginning to pray and plan for events through the summer, all are open to all, and for the opening of "Shepherds Dwelling" Quiet Garden. As ever, we are not a closed group, everyone is most welcome to join us.

For more information please contact; John & Sarah E Woof, "Rhumes" Laning DENT. (015396) 25212.

DENT PLAYING FIELD

The Playing Field at Dent (*as seen on the cover of this month's Lookaround*) is a public area owned by the Parish Council. It is available for recreation, sport, play and general public enjoyment. The Parish Council would like to encourage residents to use the area which is maintained at a cost in excess of £2,000 per year with current income being raised solely from the Football Club. The pavilion is equipped with cooking facilities, a fridge, and lighting which allows for evening events.

If you would like to use the field and/or pavilion for a specific event this can be arranged in return for a donation towards running costs.

For further information please contact John Hyde on 015396 25503 who will be pleased to help.

*Andy Stephenson
Clerk to Dent Parish Council*

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FAMILY MUSINGS

Anyone been "May gosling"? Like April Fool but in May, my Dad got my Mum every year with, "Heck, there's sheep in the garden!" and of she went to chase them out, except they were not there. An elderly auntie who

was born in Cowgill at a house at Stone House, moved to Keighley and then was buried at Cowgill used to show me her autograph book and in it was a "picture of an airoplane out of sight"! Do you remember how someone always wrote in such a book about how they would "by hook or by crook be the last in this book" but often were not? I do not possess any famous autographs but sometimes find a piece of paper or a letter and recognize the writing on it of a loved one, long gone, what a treasure. One letter I found recently was sent by an elderly lady in Sedbergh who cared for me in my pre-school years, Auntie San I called her, the letter was sent the day after me and my then boyfriend had had a date to ..Sedbergh Methodist Guild! Life really rocked back in the 70's! She was inundated with visitors the next day thinking as she knew me she would have 'inside information', the letter made me smile as she had written "Is this young man a Christian, what does he do, has he good prospects, and was I going to marry him!!" Sadly, she didn't live to see that yes he was, yes he has and yes I did. Bless her.

Do you remember how Crimplene was all the range once? I had a much loved green patterned crimplene dress, got it new to wear to a Youth Appeal function during the Queen's Silver Jubilee when Prince Charles came to Cumbria to launch his appeal. One day, in the shop, I leant over a paraffin heater to reach a box on a high shelf and the material began to melt! Going back to the Silver Jubilee Youth Appeal there

were a lot of functions all around the County and Mum and I went to them all. Sizergh Castle, Lowther, Greystoke, Levens Hall & Holker, all to tempt people to part with their money.

Who loves colouring-in? There are now official colouring books for adults, very therapeutic I am told and can hardly wait. Perhaps as I take auntie home to the NE I could try it for awhile. She has been in contact with various parts of the health care of this area and is grateful to them all, as are we.

Keep calm folks. The politicians are doing enough shouting for all of us and I find it much more interesting to spend time with grandchildren than watching the TV, unless it is Pepper Pig of course!

Sarah



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NEIGHBOURHOODALERT

Trading Standards would like to remind online bank account holders to be aware of a potential scam that has recently been brought to our attention.

Bankline ROI – Password Re-activation Form purporting to come from various names and email addresses @rbs.co.uk with a zip

attachment, could potentially corrupt your computer or steal your information.

We would also like to take the opportunity to advise all residents who do their banking online of the following simple steps they can take to safeguard their accounts:

- Always be suspicious of any e-mails that are supposedly from your bank or any other bank that you do not normally deal with.
- Keep passwords and pin numbers safe and be very wary of any unsolicited emails asking you for personal information such as bank account numbers and passwords. Your bank or building society would never contact you either by telephone or email to ask for such information.
- Be particularly security conscious if you use a public computer or public Wi-Fi internet connection.
- Know who you are dealing with. Access banking websites by typing the bank's web address into your browser. Never go into such a website via a link sent in an unsolicited email and then enter your personal banking information.

If you suspect any fraudulent activity contact your bank immediately.

If you think you have been targeted in this way please report the matter to Action Fraud at www.actionfraud.police.uk or telephone 0300 123 2040

If you require further information visit : www.financialfraudaction.org.uk or contact Trading Standards via Citizens Advice Consumer Helpline on 03454 04 05 06 or visit www.adviceguide.org

PEOPLE'S HALL AGM

Election Results

At the **Annual General Meeting** of the People's Hall held on 6 April 2015 the following persons were elected as Trustees:

Elected Trustees (7 vacancies)

Dr Gina Barney, Mrs Elspeth Griffiths, Dr Sean Hobson, Mr Steven Longlands, Mrs Kathleen Swift, two vacancies.

Representative Trustees

Christian Centre:

Mr David Hendrickse

Sedbergh WI: Mrs Anne Petyt

Gala Committee:

Mrs Sandra Longlands

Sedbergh Wanderers FC:

Mr Ben Close

Spellbound Theatre: Ms Gillian Rea

Town Band: Dr Hilary Hodge

Pulse Community Gym:

Ms Sandra Gold-Wood

Flicks in the Fells Mr Ian Hutt

At the People's Hall Management Committee meeting following the

AGM the following officers were elected:

Chair Steven Longlands

Vice Chair: Sandra Gold-Wood

Treasurer: Sean Hobson

Secretary: Gina Barney

The next AGM is scheduled for 4 April 2016.

*Dr Gina Barney,
Hon. Secretary (20790).*

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SEDBERGH & DISTRICT CHAMBER OF TRADE & BUSINESS

16th March 2015 meeting report

We have had quite a few new members join this year so it was good to see some of them at the March meeting. We are always looking for more – the more representation the Chamber can have from business the more it can help Sedbergh. The recent changes and disruption on Main Street is inevitably causing challenges for the community as are the changes in the way Natural England is affecting the farming Community. The Chamber is here to be a forum to help – so even if you are not members but can see a way in which the Chamber can highlight or support an aspect of your business

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please contact us. We will do what we can.

This year we will be hosting a business networking evening event with food and wine and a speaker, as well as some business lunches so do try to support these events when they are advertised. Their aim is to provide a networking group or to showcase a particular business. If you would like to speak at one of the lunchtime events to advertise your business let Vic Sayner (mrssaynie@tiscali.co.uk) our secretary know and we will organise a convenient date for you.

This was submitted for April but due to the technical problems, did not appear.

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SIENNA MIDDLETON

Local Gymnast Sienna Middleton a member of Kendal Gymnastics Club Elite Squad recently attended the City of Newcastle Gymnastics Academy to take part in the North of England Regional Grades 6 and 5. She has recently been promoted to grade 5, Grade 1 being the highest. Although run as a competition, these are primarily assessments where all gymnasts taking part at their level can achieve a pass, commendation or

distinction (highest award).

The gymnasts were assessed on beam, floor, vault, bars & range & conditioning. Sienna got a remarkable score on the latter scoring an incredible 13.1.



Sienna received a Distinction and her grade 5 team of 4 also won the bronze medal.

Her parents Michelle and Stephen Middleton said that her natural ability coupled with her hard work and dedication is now paying dividends and the whole family are very proud.

Garth Steadman

This was submitted for April but due to the technical problems, did not appear.

MEALS ON WHEELS

The Red Lion Finkle Street Sedbergh offers meals on wheels service twice a week on a Tuesday & Thursday where a hot main & pudding is delivered to your door by one of the volunteers who help us provide this service for the local Community.

BUT—to provide this service, Volunteer Drivers are required. If you can spare 1 or 2 hours per month to help deliver Meals, please contact Carole or Jonathan at The Red Lion on 015396 20433.

SINGING SEDBERGH & SLOVENIA

It's now 10 years since the first singing group came from Zrece to Sedbergh - a small group of farmers who sang folk songs based on the poems of local folk poet Jurij Vodovnik. Vodovnik was sometimes referred to as the singing newspaper because he would travel from farm to farm and on the journey make a song about the people he had just stayed with which he would sing when he arrived. Naturally everyone tried to be as hospitable as possible in case they got a negative review in his songs.

The group, called Ljudski Pevci iz Stranic (which translates: "male folk singers from the village of Stranice,") spoke no English but it didn't stop them from coming to the folk session

with Ken Pope and many other musicians in the Middleton Head pub. Half way through the evening the then Slovenian Ambassador Iztok Mirosic turned up in the Embassy BMW (number plate: SLOV 1) and greeted all the musicians in both languages. I remember asking Ken Pope if it was a problem the sudden influx of this foreign language in the session. "No problem at all," he replied. "They all speak like this down Dentdale."

And so started an exchange of singers which bounced backwards and forwards - the Cautley Carollers visited Zrece, the youth choir Zbor Vladko Mohoric came here. Howgills harmony did a tour based in Zrece, the Zrece town choir Zbor Jurij

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Summer season open - Tuesday to Sunday – 8.30-4.30

Winter season open Wednesday to Sunday 10.00 – 4.00

Thursday, Friday & Saturday nights open to non residents from 7.pm – *booking essential*

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Vodovnik came here. Along with the folk singers came folk dancers - Folklorna Skupina Jurij Vodovnik, a group of young athletic folk dancers from the small village of Skomarje came to Sedbergh and met our Scottish Country folk dancers as well as the Crook Morris dancers.

Our singers have always believed that it would be hypocritical to show hospitality to singers coming from our twin town, but then be less than welcoming to visiting singers from other towns in the Greater Sedbergh area - so we have shown the warm hand of friendship to groups such as the Northumbrian men who sing with Voicemale. They came one summer Sunday to join the Zrece Firemen's

Choir when they sang in Dent alongside a visiting Policeman's Choir from Manchester. Dennis Whicker often tells the story of how the Policemen turned up in a large coach which got stuck on the road down Dentdale. Dennis turned up and directed the traffic allowing the singing policemen to get to their concert on time. He said afterwards: "This was probably the first time that a civilian was directing the police rather than the other way round."

Likewise when the wonderful family of women singers from Zrece came to Sedbergh, Pevke iz Brinjeve Gore, the fabulous women's folk choir Wercas Folk led by folk legend Sandra Kerr came to meet

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them....and then joined a tour I arranged to Slovenia to complete the exchange.

When choirs come here from Slovenia they naturally want to visit other places - and rather than just be tourists our Lakeland Voice policy has always been that as well as seeing the sights we will introduce the singers to other choirs in those places. So it was that the Zrece choir met the Edinburgh Cathedral Choir, the Cambridge group Talking in Tune, and the Ambleside Community Choir; the Pevke iz Brinjeve Gore met Lancaster's Gladly Solemn Sound and Kendal's Lakeland Voices; and the Zrece male voice harmony quartet Odmev met the Dent Folk Carollers when they stayed in Cowgill

for the festival, and then joined other local folk choirs when we went to sing carols in a candlelit cave at Rydal.

As well as the Greater Sedbergh area, there's also been the Greater Zrece area with our visiting English choirs in Slovenia meeting up with other choirs in Cerknica, Ljubljana, Crni Vrh, Bled, Kranj, Ptuj, Ljubljana and several other singing groups - who have then come to visit Sedbergh and other places in the North of England and Scotland, making a web of harmony and friendship within our two countries.

In this respect although we have always maintained a working relationship with the excellent and hardworking Sedbergh Town Twinning group, we've also made

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other links outside of this framework - which was responsible for us winning a prestigious medal from a Slovenian cultural department a few years ago for our work fostering international harmony, and for a relationship which has been forged with the two embassies in London and Ljubljana, with the ambassadors attending our concerts and encouraging us in our enterprise.

It's been a fabulous decade - convincing me that despite our cultural differences as people we are more alike than we are unlike. This year we're celebrating the heights of excellence our singers have achieved by scaling other heights - on the summer solstice English and Slovenian singers will be doing a concert on the summit of Scafell Pike - and then travelling to Slovenia where in early August we will be doing a concert on the top of Triglav, as well as in the mountain refuges on the way up and down.

But although we may wander far and wide in our search for new kindred souls to sing with, our hearts of course remain in the centre of this web of friendship, in Sedbergh and Zrece and with the good people who live there.

Do join us if you can for the singing - a warm welcome awaits you - or, if you prefer to just listen, come to our concert on June 30 which will be attended by His Excellency the Slovenian Ambassador Tadej Rupel.

David Burbidge, Sedbergh 21166

ZRECE & SEDBERGH

Twining 10 Year Anniversary

Several events are being planned to celebrate 10 years since we signed our Twining Charter with Zrece in Slovenia.

A group from Sedbergh will be in Zrece from May 25th to June 1st and on the 27th we will be renewing our vows at The Old House in Skomarje. Many of our friends who were at the

Oliver Higginbotham

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occasion in 2005 will be there. Sophie Honey, our ambassador in Ljubljana hopes to join us as well.

On June 28th a group of 30 students from Zrece will arrive with their teachers. Also accompanying them will be Mayor Boris Podvrnik and 11 musicians. On the evening of June 29th our guests will be putting on a concert for us all in Sedbergh of Slovenian music and dance. We intend to hold a barbecue on that evening as well. We are hoping that the Slovenian UK ambassador will also be able to join us. Please put this date in your diaries! Everyone is very welcome to help us celebrate this special occasion. There will be more information about time and venue nearer the event. Please keep an eye

on the twinning notice board outside Powell's grocers. The mayor and musicians will be leaving the next day but the students will be with us until July 4th and we hope there will be more opportunities for them to meet as many Sedbergh citizens as possible before they go.

In the 10 years since Zrece won our hand in Twinning much has happened. Almost every year student groups have exchanged and choirs and musicians have made many trips in both directions. Three adult groups have visited our Twin Town and toured the breathtaking scenery of Slovenia. Everywhere we have enjoyed wonderful hospitality.

There is much to celebrate!

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PEOPLE'S HALL NEWS

The Front Entrance

We are pleased to announce that our appeal for donations to cover the shortfall in funding the front entrance refurbishment has been successful (with the help of HMRC's Gift Aid scheme) with a little over. This small surplus will be used to complete the recladding of the wooden section between the front and side entrances. This will give the Hall an unified and attractive appearance.

The People's Gym & Fitness Centre

Nearly all the money is now available. The Hadfield Trust has awarded the Gym project £5,000 and the SLDC Locally Important Project has matched the monies granted by the Yorkshire Dales National Park with an award of £9,464. There will still be some extras to pay for such as moving drains, repositioning the kitchen window, refurbishing the adjacent toilet facilities, etc.

At the time of writing the roof is being slated and the "widows" installed. The Gym Committee are now busy thinking of the internal fit out. Such items as safety CCTV,

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security entry systems and air conditioning. It is not possible to give an opening date yet but it could be in time for the summer holidays.

Foul Work

Observant people might have again seen the Chairman and the Secretary with rods and rubber gloves doing some really dirty work at the back of the Hall. Once again the drains had blocked, but this time further from the Hall and near to Woodside Avenue. We despatched the material down towards Spar. Once the Gym is finished we hope we can rest on our rods and stop pushing them!.

*Dr Gina Barney,
Hon. Secretary (20790).*

Daphne Jackson

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Dent Grammar School Educational Foundation

Registered Charity No 1012330

A vacancy has occurred for the post of
Property Manager

for the Dent Grammar School Educational Foundation



The DGSEF is a local charity based in Dent with 3 properties to care for:
2 flats in the original Grammar School building and 1 family dwelling in the Grammar School House.

The main aims of the charity are to give grants to local students under the age of 25 and following the resignation of the current Manager, for whose dedicated service over recent years the Trustees are most grateful, we are looking for a person to continue supporting the Trustees in their role of managing the charity's properties.

The post requires a few hours per week, depending on requirements of the properties,
and carries an honorarium of £250 per annum, paid in March and September.

If you are interested in such a part time post and would like further details and a Job Description, please contact the Clerk at dgsef1@yahoo.co.uk

SEDBERGH COMMUNITY SWIFTS

May is the month when our swifts return after their long flight from Africa, usually in the first week. For thousands of years they have been coming to this country to raise just one brood of chicks before leaving at the end of July for the long journey back. They have distinctive scythe shaped wings and on warm summer evenings hurtle around the roof tops in screaming parties.

A swift eats tens of thousands of insects a day – including midges!

They are true masters of the skies, only landing for 3 months when breeding. They have tiny legs and cannot perch – a bird on the wire is not a swift. The young, after they leave the nest, are completely independent of their parents, remaining on the wing until they themselves breed in 2-4 years time.
BUT SWIFTS ARE IN TROUBLE!

Over the last 20 years swifts have declined by over 40% and if we don't act now there is a real danger that they could become extinct. They are reliant on buildings for breeding,



nesting in the eaves and nooks and crannies of old buildings. Their nests are hidden from sight and the only clue is if you catch sight of them as they zoom in at great speed. They often nest on top of the wall plate in the eaves but they don't enter the building itself. And the good news is that **swifts are not messy birds** (unlike swallows and martins!)

WHAT IS THE PROBLEM?

Swifts are faithful to their nest site, returning each year to the same place. The greatest threat is sadly from renovations and repairs which block up the entrance holes, preventing the swifts from getting in, so if this happens yet another breeding pair is lost. Modern buildings don't have crevices suitable for swifts and gradually we are losing these special birds. This is an avoidable tragedy.

WHAT CAN BE DONE?

Renovations can easily be done without altering the nest site hole or compromising the building's interior. Work should be carried out outside the breeding season. Swifts do take to nest boxes, on newer houses and

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buildings too, and simple inexpensive types are available. Incorporating hollow swift nest bricks into a wall is even better, when new building or extensions are being done. **Sedbergh Community Swifts (SCS) can help and advise on boxes and how to do repairs in a swift-friendly way.** There are a number of options that will not damage properties, old or new.

HOW CAN WE HELP?

SCS plans to survey the area to find out where swift nest sites are, so we can monitor the population and see where the best places are to put up more boxes. Screaming parties can be an indicator of where they may nest. If you see us hanging around

gazing up towards roof tops, don't be suspicious!

Please help save our swifts and make Sedbergh, Dent and all the surrounding area swift-friendly:

- Tell us where you see swifts going into nest sites
- Tell us where you see swift screaming parties
- Put up boxes, especially if you have scaffolding up
- Volunteer for surveying - please get in touch, details below.
- Come and see us at Sedbergh Gala

SCS: email

ta.hoare@btinternet.com or ring

01539 824043

Tanya Hoare

WORLD WAR ONE

Sedbergh School receives gift of WW1 trench letters

Thirty letters from the First World War have been donated to Sedbergh School, from the family of Edward Staveley Taylor (Lupton House 1909-1912). The letters cover the military career of a young man in the King's Liverpool regiment from signing up in 1914 to his death at the Somme in 1916. Together with replies from his friends and family, these documents give a first-hand account of day-to-day life for soldiers during the First World War.

The early letters record Edward's concerns about whether or not to volunteer and about leaving his mother without support at home.

During his training he describes frustration with the lack of moment, writing: 'That is one of the great faults of the Terriers, you waste such a lot of time, waiting for orders'. In one letter Edward writes to his Uncle about the food he is served in his mess and, in particular, his delight at having pineapple chunks for the first time. As the war progresses Edward writes about life in the trenches and manoeuvres he was involved in. The later letters are written by staff at No.5 casualty clearing station, detailing injuries Edward sustained in battle, his slow recovery over many months and his sudden death.

Edward came to Sedbergh School after attending Sedbergh Preparatory School and stayed at Sedbergh until



SEDBERGH SCHOOL



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

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

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

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.



just short of his nineteenth birthday. He achieved much and was a popular member of the community. The Sedberghian testifies: 'He had a quick brain and ready wit, and was generally the centre of a knot of boys, full of chaff and laughter. In his presence it was impossible to be dull: though he never gave the impression of great effect he rose rapidly in the School and in 1912 surprised and delighted his friends by winning the Sedgwick Mathematical Prize. 'At the end of his first year he had been top of his class at Classics, French and Mathematics.

The letters have been passed down through the family who have kindly donated them to Sedbergh School so that they can be preserved and made available to First World War researchers. Sedbergh School Archivist Katy de la Riviere spoke of her deep gratitude to Edward's family: "Their kindness in donating the collection has made it available to a wide audience of researchers. The minutia of daily life recorded in these letters paints a vivid picture of one man's experience of the war.'

Sedbergh School history teacher Philippa Prall is keen to share the letters with year 10 pupils in preparation for the school's annual

battlefield trip later this year. She said: "It is so important to be able to teach pupils about the events of the First World War. Having these fantastic letters brings to life the experience of Sedberghian Edward Taylor and helps us share that with our pupils."

The collection also includes a photograph of Edward's gravestone taken in 1926 by a visiting family member, the papers from Edward's commission and promotions and telegrams sent to his mother on the occasion of his death. All documents in the collection are available to view at Sedbergh School Archive. For details of visiting the archive please contact the archivist on 015396 22275.

Amy Grace

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DENT MEDITATION CENTRE

A best-selling author and award-winning film director will be holding a special workshop at The Meditation Centre this month (May).

Change Your Words, Change Your World on Saturday May 30 is a one-day introductory workshop on how to shift from a fear-based reality to a joy-based one.

Using mindfulness techniques, guided meditation and the practice of the power of words, you will learn how to unhook from cycles of suffering and experience the joy of deep inner realisation as you unlock your unique gifts.

The workshop will be facilitated by best-selling author Andrea Gardner and her husband, award-winning film

director and mindfulness teacher Seth Gardner.

Andrea is a Hay House author, transformational life coach, Reiki Master and clinical hypnotherapist. Her video 'The Power of Words' has received 20 million YouTube views and has opened the hearts and minds of people globally. Andrea passionately believes in her motto 'Change Your Words; Change Your World' and helps people rewrite their inner scripts and shape their lives. She lives in Scotland with her husband, Seth, and Daisy Dog and divides her time between writing and delivering powerful workshops around the world.

Seth trained with Thich Nhat Hanh in Barcelona and is an

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accredited mindfulness teacher and practitioner. His work as an award-winning film director has taken him to remote corners of the Earth, and he has worked with Inuit communities and South African townships, reconnecting them with the power of their stories. Seth is an expert at helping people thrive in challenging conditions and his stress-busting workshops have been of benefit to burnt-out business leaders, City of London board members, national call centre staff and politicians throughout the UK.

Please book early for this workshop as we are expecting it to be a sell-out.

We will also be holding another of our popular **Meditation and Walking days on Saturday, May 16** which is a lovely course suitable for absolute beginners.

Join Mountain Leader Andy Weller for a beautiful day of meditation both in nature and in the Centre. The day includes gentle walks of reflection in and around Dent alongside the opportunity to explore a Labyrinth within The Meditation Centre, enjoy barefoot meditations in the gardens, experience an Elemental Walk alongside the River Dee alongside poetry, readings, and reflection. A day to help you connect back with nature and your own spirit.

And we also have a weekend intensive led by Elouise Di Luci - **Live YOUR Meaningful Life: WORK is on Saturday, May 23**. This course is intended to help you work in alignment with your own values. Discover what you love to do and how to get paid for it. Also:

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Many aspects of the workshop will be based on the teachings of the Eastern spiritual teacher Paramahansa Yogananda. During the course you will have the opportunity to learn and apply meditation alongside practical spirituality to improve your daily life.

These courses – plus a Mindful Yoga day, a Learn to Meditate Day and our usual monthly group meditation mornings to which all are invited- are happening this month at The Meditation Centre.

To find out more – or to book – please take a look at our website <http://www.meditationcentre.co.uk/> or call us on 07582 017396.

We look forward to seeing you soon.
The Meditation Centre Team

BUMBLEBEES

Gardening for bumblebees

Queen bumblebees will have been active for a week or two now on sunny days in the garden, as they seek out suitable nesting holes at or near ground level. Queens are rather easier to identify than workers and a study of these in the garden should yield five or six species without too much difficulty. First to appear (April) was the largest species *Bombus terrestris* (Buff-tailed Bumblebee) with a buff-white tail turning brown where it meets the black of the abdomen. The whiter tailed *Bombus hortorum* (Garden Bumblebee) appears in May, as does the similar *Bombus lucorum* (White-tailed Bumblebee), but this has stripes that are more lemon than yellow. The two red-tailed species *Bombus lapidarius* (Red-tailed Bumblebee) and *Bombus pratorum* (Early Nesting Bumblebee, having two yellow bands as well as the orange-red tail and is smaller) are also on the wing, but the ginger coloured and hairy *Bombus pascuorum* (Common Carder



Bumblebee) does not normally appear until later in May.

HOW TO ENCOURAGE BEES

As a rule of thumb your garden should provide bee-friendly flowers that are rich in pollen and nectar which bees can easily access from spring until late summer. This will ensure that there is a good supply of pollen at all of the crucial times:

The greater the number of suitable flowering plants in your garden the better but you should aim for at least two kinds of bee-friendly plant for each flowering period. You can plant what you like in your garden so long as it doesn't escape into the wild. You will find all sorts of exotic

things in garden centres and catalogues which bees will enjoy.

Try growing Viper's bugloss, *Echium vulgare*. This is a magnificent plant for a herbaceous border, with spikes of vivid blue flowers up to 60cm (2ft) tall. And it will attract a cloud of bumblebees in high summer.

Bumblebee species differ in the length of their tongues, and, as a result, prefer different flowers. For

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example the longest tongued species, *Bombus hortorum*, loves deep flowers such as honeysuckle, foxglove and aquilegia. If you don't want to plant wildflowers choose cultivated varieties of native species

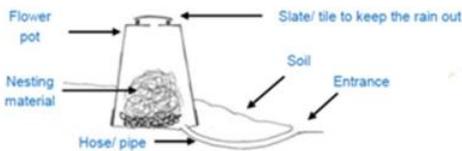
BUILDING A BEES' NEST IN YOUR GARDEN

What you need:

A flowerpot (> 20cm in diameter)

A piece of slate / tile

A bit of tube or pipe



Instructions:

Sink the upturned flower pot into the ground and use the slate/ tile to cover any drainage holes to keep the rain out. Run a hose or pipe underground to the pot, leaving a prominent entrance. Be sure to make drainage holes in the pipe. Finally, fill with a generous handful of nesting material, such as old bedding from a pet mouse, guinea pig, etc.

Things to avoid

You should avoid using any

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pesticides in your garden. They are often labelled as 'bug killers' or something similar, but almost all of these can harm bumblebees, even if you don't intend to harm them. Some pests can be controlled by simply planting certain other plants nearby, and you can learn more about this on the BBC Gardening website

For more information about Bees in your Garden try this website....
<http://www.wildaboutgardens.org.uk/resources/leaflets/GardenBumblebees.pdf>

If you have been interested in Bumble Bees this year try the "Bumble Bee Search in Kirkby Stephen" on 22nd August. Mandy Oliver from the Nectarworks Project of the North Pennines AONB, will teach us about the various bumble bees which we might found around the town. Organised by the Upper Eden Local Support Group.

Dr Myles Ripley

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AGE UK

Age UK South Lakeland are to hold a *My Life, My Decision* Talk, Plan, Live Roadshow during Dying Matters Week in Sedbergh.

Age UK South Lakeland Talk, Plan, Live Roadshow visiting Sedbergh on 20th May between 11am and 2pm, alongside the Age UK Mobile Shop on Joss Lane Car Park.

Come along to collect information, talk to our team and take part in our FREE Tombola!

Age UK South Lakeland is holding a Talk, Plan, Live Roadshow to provide a wide range of information about End of Life support in order to raise awareness of its *My Life, My Decision* project which supports older people to plan ahead for their future medical

treatment.

The event is part of the Dying Matters Awareness Week (18-24 May 2015), which has been organised by the Dying Matters Coalition to encourage people to talk openly about dying, death and bereavement. *My Life, My Decision* is an outreach service set up by Compassion in Dying in partnership with seven local Age UKs across England, and offers support to over-50s in making their end-of-life wishes for treatment and care known. The value of the service has been acknowledged by the Health Select Committee, where MPs recently recommended that the Government should engage with the partnership to learn key lessons about supporting people to plan

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ahead.

The theme of Dying Matters Awareness Week 2015 is 'Talk, Plan, Live', an action-focused theme emphasising that we only get once chance to have our dying wishes met, which is why it's vital to talk, plan and make arrangements for the end of life. *My Life, My Decision* has been

working in South Lakeland since August 2014 and offers one-to-one support for people who want to discuss and plan their treatment and care options, including information on Advance Decisions, Advance Statements and Lasting Power of Attorney.

As part of the awareness week, *My Life, My Decision* will be offering a roadshow alongside the Mobile Shop. Our team will be on hand to give information about Wills, Funeral Plans and all Age UK services available to enable people to start conversations with loved ones, plan well for the future and live well with peace of mind.

Ruth Forsyth My Life My Decision Coordinator with Age UK South Lakeland said:

"Everyone should have their treatment and care wishes respected but currently there is a lack of awareness around end-of-life rights, only 4% of people have their wishes recorded in an Advance Decision. *My Life, My Decision* has been training professionals and volunteers in South Lakeland to empower people in making their own decisions and Dying Matters week is a great opportunity for people to find out more about how they can plan for the



end of life.

"Talking about dying is the first step. *My Life, My Decision* supports people to take the next step and record their preferences for end-of-life care in an Advance Statement or through a legally binding Advance Decision or Lasting Power of Attorney, so that if something happens and they can't communicate, doctors know about and respect their wishes."

South Lakeland Resident Mrs W made a Lasting Power of Attorney with support from the My Life, My Decision project. She said "the support I received was so helpful, going through all points of the form with explanations, in the comfort and relaxed atmosphere of my own home, made a big difference. For me to have had to call in at the office would have been difficult for me due to my poor mobility."

Hannah Winterburn

WALK FOR ANITA

Lands End
John O'Groats

Millthrop Resident Peter Lindsay is walking from Lands End to John O'Groats between April & July in memory of Anita Lindsay and in aid of Genesis Breast Cancer Prevention Reg'd Charity 1109839

Follow Peters preparations & progress at:
Blog: www.walkforanita.wordpress.com
Twitter: @walkforanita

PEOPLE'S GYM & FITNESS CENTRE

AGM Thursday 9 April 2015

We had a good meeting and received the good news that we have just about enough funds to complete the building itself. This is a really great result and all down to the enormous hard work of Gina Barney in applying for and obtaining grants, not to mention her drive in project managing the build itself.

However, there was also a discussion about what we still need to be able to actually open and run the gym. These were items such as the cost of insurance, door security, electrical supply, heating, new equipment, carpets, mirrors, water cooler etc. We also discussed the

need for a working management committee that can take over from Gina now and get estimates for these things and suggest ways of raising the funds that we still need before we can open.

It was very disappointing to see only four people other than Sandra and Rosemary attend the AGM, though we are very grateful for the time and the input given by those four. But there is a lot of support for this gym in the community and we really need committee members now. If you would like to join the committee please contact Sandra or Rosemary, or message us on Facebook. We are not looking for a huge commitment from you. We just need you to come along to meetings now and again and

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let us have your ideas. You may also have skills that we need. This was evident from the people who attended the AGM and some good ideas came from that meeting.

Here are our current ideas for raising some of the money – more ideas welcome:

Live Music - Sunday 24 May 2015
2pm to 5.30pm

This is going to be a wonderful afternoon of live acoustic folk and popular music in the United Reformed Church. This is a great venue and we have four great acts for you. Brendan Lewes who grew up in Sedbergh and currently lives in Germany is a singer/songwriter and is taking a break from his tour of northwest England to play his music

for us. Kev Kendal is also performing. He is straight from his phenomenally successful appearance as Noisy Yates in the recent panto, and from his performance at the Brewery Arts Centre as support act to The Jam! We have Strings and Swings who are a great duo who play a wide variety of popular songs. And we have our up and coming young band Triadic who went down an absolute storm at our previous live music event at the People's Hall last September.

It is amazing to have all this talent on our doorstep so please come along and support the acts. Admission is £7 on the door to include tea and cake, and all proceeds will go to the gym. We

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think CCTV equipment will cost about £300 so let's see if we can raise enough from this event to pay for the CCTV. It is a bank holiday weekend so if you will be away please make a donation of £7 to support the event.

Advance donations

We are so close to opening the gym now and you can help bring the opening date closer by paying advance memberships of £10 per month. In return, when the gym opens you will get one month's free membership for every month you have paid a £10 advance payment. Please contact Rosemary for the bank details to set up a standing order. We do have people who are already paying advance memberships and we are very

grateful for their support.

Masked Ball - St Andrew's Day in November

Details will appear later but this will be a fun event so keep your diaries free

Keep fit activities

Folk Dancing has recommenced in the URC rooms on a Friday evening at 7.30 pm. Please contact Rosemary for details.

Keep a look out for details about the events. Visit the gym's Facebook page where you can keep up with the latest ideas and developments. Or contact us on:

Sandra Gold-Wood (Chair) 21808

sangold.kwood@virgin.net

Rosemary Lewes (Treasurer) 20088

rosemary@rlccountants.co.uk



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MARCH WEATHER

March "many weathers" lived up to its name but it came in like a lion and left the same way contrary to weather lore. It was a bit quieter on its way out. I was quite a breezy month high of 21.6mph on the first and 19.4mph on the last day. On only 3 days did the wind not blow from the north westerly quarter. Likewise the first and last days were the ones with very low pressure. Temperatures increased as the month went on with a high of 58.6F (14.5C). We had lots of cold nights with many ground frosts and 8 nights of actual frosts. The minimum temperature was 27.1F(-2C). On only one night did the wind chill not take the temperatures below

freezing.

The crocuses were out and gone before the bees could work them. Early signs of the daffodils are that there are quite a few blind ones amongst our established ones. The newer ones look more promising. Bird song is increasing and there is a little more activity at the feeding station. I have cleaned, repaired and disinfected the bird boxes and disinfected the swallows nest in hopeful anticipation they will be used again. A swallows nest in which they had chicks die was simply alive with mites, hence the spray. The bees have ventured out on cleansing flights on the better days. Next month is "lack of sleep month" i.e. lambing!!

SEDBERGH & DISTRICT HISTORY SOCIETY

On Wednesday 18th March a large, captive audience was treated to a full-blooded, highly topical and provocative talk given by Dr Sandra Pendlington entitled 'King Richard III: Lord of the North and the search for his Grave'. Dr Pendlington, as an active member of the Scottish Branch of the Richard III Society for 40 years and editor of the Scottish Journal, is well qualified to expound her theories and expertise on one of the most controversial characters in the history of the British monarchy. The diverse arguments surrounding his accession to the throne in 1483, the mystery of the deaths/disappearances of the two princes in the Tower, the exact nature of his own death in the Battle of Bosworth on 22nd August 1485 (aged just 32), and the subsequent uncertainties regarding the fate of the corpse – all these controversies were dramatically re-ignited when, of course, his skeletal remains were uncovered buried beneath a car park in Leicester on 25th August 2012 (precisely 527 years to the day after his burial). And now, just one week after Dr Pendlington's talk (26th

March 2015) the body is about to be re-buried in its new coffin and tombstone in Leicester Cathedral after a procession from Bosworth Field and three days of lying in state.

The first part of the talk, however, covered Richard's less celebrated years as the Warden of the West Marches in the North-west of England from 1471 (as an 18 year-old) to 1483. Having spent his earlier teenage years at Middleham Castle in North Yorkshire, the then Richard Plantagenet Duke of Gloucester made his home near Penrith, visiting Dockray Hall, now the Gloucester Arms pub. Later he moved further north to Carlisle Castle, erecting a new tower in the north curtain wall to add protection against the frequent Scots border raids. Under his tenure he seemingly built up a strong reputation as a firm but fair Warden, introducing novel ideas on bail and the presumption of innocence to the legal procedure.

Indeed, Dr Pendlington was keen to stress the many positive aspects of the character of this much-maligned historical figure. Often referred to as 'The Usurper King', one line of enquiry now puts him as the rightful heir to Edward IV's throne. Derided as deformed and ugly, his curved spine was actually due to scoliosis, developed in teenage years, and even the Tudor-biased 'White Survey', the Crowland Chronicle of the Battle of Bosworth which is essentially a catalogue of hate against Richard, describes him as 'spirited' and 'brave' in his ultimate demise. Three days after his death he was buried at the back of Leicester's

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Greyfriars Friary, with a tomb erected over the grave nine years later. However, in 1611 the mapmaker John Speede could not find the tomb (probably due to confusion between 'Greyfriars' and 'Blackfriars') leading to rumours of the body having been thrown into the River Soar, or pulled down and defaced during the late 1530s Dissolution of the Monasteries.

The final part of Dr Pendlington's talk related to the detailed investigative work of Phillippa Langley (secretary and founder of the Scottish Branch of the Richard III Society), John Ashdown-Hill, herself, Audrey Strange and others in their belief and quest to find King Richard's remains. They had established that they would almost certainly be

located at the site of the original Greyfriars Friary, now a social services car park.

At 2.15pm on the first day of the dig, at the spot where Phillippa had experienced a strange frisson when standing alone, a leg bone was uncovered... then a curved spine... . Subsequent DNA investigations and examination of the skeleton, including two clearly fatal blows to the skull, eventually confirmed its identity.

Dr Pendlington then fielded a number of questions ranging from the burial argument – York or Leicester – to the fate of the princes. She was thanked for providing such a stimulating evening, a fine conclusion to this season's lectures.

Michael Beecroft.

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SEDBERGH FLOWER & PRODUCE SHOW



Calling all gardeners, allotment holders and flower arrangers

Don't forget that the Sedbergh Flower and Produce Show will be held in the Peoples Hall on Saturday August 29th. It will be open to the public from 1.00 until it closes about 4.00pm.

It may still be cold but some of your seeds need to be going in if you are intending to put your flowers and veg in the show. And we hope you are!

It's really not a new show at all but the revival of an old one and will complement the very popular Spring Show held in Sedbergh each year in April - but more of that next month.

There will also be an opening for a local organisation to do the catering for the afternoon – the facilities of the Peoples Hall will be made available free of charge and the small committee room can also be used. If any organisation would like to have a chance to do this could you please

contact Shelagh or Ann for more details. It is an opportunity for you to raise funds for your own organisation.

If there are still 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.

So happy planting everyone and here's hoping for a good growing season.

SIGHT ADVICE SOUTH LAKES SEDBERGH SUPPORT GROUP

Dennis welcomed Elspeth, Elizabeth, Jean, Susan, Margaret, Jessie, May, Rosemary, Jennifer and the two Jennies to the April Meeting. A great deal was said at the Meeting of which I heard very little.

A venue for June's meal out was chewed over - a decision will be made next month.

The dangers to life and limb of walking on Sedbergh's footpaths were brought up. It was generally felt that having to use the street is not a safe alternative.

Susan compiled, presented and was congratulated and thanked for an ingeniously colourful quiz. The 'A' team shaded victory over the 'B' Team.

It is hoped that Winifred, Barbara, Doris and Keith will be able to join us

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for the May Meeting which will be in The People's Hall Committee Room on Tuesday 19 May at 2.00p.m. when we are to have a visitation from 'Head Office'.

Information about all the services SASL offers can be obtained by ringing or calling in at Head Office, Stricklandgate House, Kendal on 01539 742633.

I was greatly relieved when Freda came to collect me, deliver me safely home and I could pop the paracetamols. *George Watson*

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MAY GARDENING

May is my favourite month for planting out new plants in the garden. By now, I reckon that the worst of the frosts will be over so it is safe to remove plants of slightly suspect hardiness from their protected places in garden centres or nurseries and introduce them to my cold and rather windswept plot. Herbs such as rosemary and sage, lavender and thyme are very short lived in this garden – though thyme has proved to do quite well if grown in a terracotta pot. Shrubs such as *Cistus* (sun rose), *Lavatera* (tree mallow), *Erysimum* (perennial wallflower) and

most “hardy” Fuchsias also give up. If I add one or two of these things to the garden at this time of the year then I will have colour, fragrance and, in the case of the edible things, flavour for the whole summer and autumn.

There are several cultivars of my favourite herbs. I like “Lemon Thyme” (*Thymus x citriodorus* ‘Doone Valley,’) for its variegated leaves and zesty fragrance, and Common Thyme (*Thymus vulgaris*) for its flavour. “Purple Sage” *Salvia officinalis* ‘Purpurascens’ is decorative in leaf, but, should the plant survive at least one winter, I prefer ordinary Common Sage as this blooms more freely in the second year and the rich purple/blue flowers make a lovely show beside the path in summer. Rosemary (*Rosmarinus officinalis*) varies very much in hardiness, but the upright form, ‘Sudbury Blue’ is supposed to survive temperatures down to – 15c so that will be the one to try next. I suspect that it will still need very good drainage at the root if it is to survive the winter mist and damp. As for Lavender (*Lavandula angustifolia*), the Nation’s favourite has become ‘Hidcote’, the dwarf, neat, cultivar, which bears deep violet coloured flowers. If this is your choice, do make sure that you buy this from a reliable source. Hidcote labels have been known to be freely used on all sorts of things. Recent new cultivars include *L.x intermedia* ‘Heavenly Angel’, ‘Heavenly Night’ and ‘Heavenly Scent’ which all share a good perfume, and are later flowering than previous *angustifolia* and *x intermedia* plants and hence extend the season. *Elaine Horne*

SEDBERGH BOOKTOWN

Partnership with Booktown Literary Trust

Durham University's Department of English is immensely pleased to announce that it has agreed a formal partnership with Sedbergh Booktown Literary Trust. The aim of the partnership is to stimulate new interest in literature and generate new audiences for books, especially in the north of England. The partners will work closely together to organise a series of lively events, including lectures, writing workshops, and readings. Plans are already underway for a programme of events exploring the evolution of English poetry from *Beowulf* to *Brigflatts*.

Durham University holds the archive of the Northumbrian poet, Basil Bunting, who was a frequent visitor to Sedbergh, and who titled his best-known work *Brigflatts* (1966) after the nearby Quaker hamlet of that name. Bunting praised the spiritual solace and tranquility of the place and took inspiration from the local landscape around Sedbergh, including the River Rawthey.

The English Department at Durham is one of the top university research departments in the country (currently ranked 1st for teaching and research in *The Complete University Guide*). It teaches all aspects of English literature from Anglo-Saxon and Old Norse to the present day, and it has particular strengths in the study of British, Irish, and American poetry.

Professor Stephen Regan, who is leading the collaboration for the University, has a strong attachment to Sedbergh, having spoken about Basil

Bunting on several occasions at the Sedbergh Books and Drama Festival. He commented that it was 'an enormous pleasure and a privilege for Durham University to have such a good working relationship with the people of Sedbergh and to have a partnership with one of the UK's premier book towns'. He hoped that support would be forthcoming from many good-willed individuals and organisations, and that the shared endeavours of Durham and Sedbergh would generate new cultural events and new creative projects for both places.

Carole Nelson

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SEDBERGH FIRST RESPONDERS

Three of us have passed our training, one is waiting to be assessed, sixteen more are applying, waiting to be interviewed, DRB checked and trained. We hope to hold the training in Sedbergh.

So the good news is that we could soon have a team of up to twenty First Responders!

NWAS provides us with one set of kit. The rest we have to buy ourselves. Ultimately we would like to have one set of equipment for each

First Responder, but recognise that initially we will have to share. Committee members are putting in grant applications to both local and national charities. One or two local groups have started to fund raise for us. And we have some collecting boxes around the town— one is in the craftworkshop, should you wish to donate!

As we move towards the practicalities of becoming fully operational (probably at the end of June now) we have learned about the pagers that we will have to use.

These are necessary because even if



First Responders live in an area where there is a mobile phone signal – they may be sent to an area where there is none, and will be unable to contact the Control Centre.

The pagers work everywhere, apparently. The Parish Council has agreed to sponsor four pagers for a year. We are wondering if any local businesses may feel able to sponsor a pager? They cost £18 a month, which is going to deplete our funds.

In order to be effective we are going to need some practical help from **YOU!** How easily can someone who doesn't know you well find your home? Are you the third house on the left up a track? Or perhaps, like me, your 'front' door is at the back, off a yard? How will we - or the ambulance team - find you if the need arises? A group of neighbours might

get together to 'signpost' where their house is. In a situation where minutes matter this could be vital. To this same end we are starting a 'mapping' exercise which will help us more than postcodes or GPS. We even have to 'define' where 'our' area is, since we seem to be filling the gaps between Dent, Gardsale, Kirkby Lonsdale, Grayrigg, Kirkby Stephen etc..

If you would like to help our First Responder Group you can come and meet some of us at the Gala on 16th May. We may even have our new reflective jackets by then! Perhaps you could bake some heart-shaped cakes for us to sell? We hope to demonstrate cardiac massage as well as collect donations and information. We now have an e-mail address: sedberghfirstresponders@gmail.com. And we plan to shake our collection boxes again on 23rd May.

Finally, our thanks to our supporters, especially this month to the Ladies NFU who we hear have done us proud and to the United Sedbergh Charities who are helping us on our way!

Helen Wilberforce

sedberghfirstresponders@gmail.com

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SPRING SHOW 2015

GREAT DAY! - GREAT SHOW!
WELL DONE EVERYONE!

CUPS & TROPHIES

HANDICRAFTS CUP Anne Symons

HANDMADE TOYS Elaine Lewis

FLOWERS & PLANTS Jean Sowerby

GARMENTS Avril Hobson

HOME PRODUCE

H. Johnson & Vicki Hudson

ART Margaret Farrer

PHOTOGRAPHY Richard Thomas

W. MILBURN CUP FOR

HANDWRITING

Imogen Lawson & Elizabeth Cowin

SPECIAL EFFORT CUP

Anika Burbidge

JUNIOR CUP Abbi Woof

UNDERWOOD CUP FOR MOST

NEW ENTRIES

Anne Symons & Elaine Lewis

LOOKAROUND CUP for BEST IN
SHOW John Hill

LOOKAROUND CUP for CHILDREN

Lewis Sedgwick

WI CUP Sedbergh WI

OVERALL WINNER SHIELD

Avril Hobson

The full list of winners and runners
up will be displayed at the Library and
Community Office.

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CITIZENS ADVICE BUREAU

Spring Clean your debts

As we head into spring and hopefully warmer weather, it's a good time to sort out any debts. Council Tax debts remain the largest debt type across the country, up almost a quarter (24%) on last year, as a 'priority debt' you need to pay the debt off before other debts so it's important to get advice.

You don't need to cope alone with any debt or money worry. Our advisers are just a phone call away, and we have lots of different ways that we can help depending on your circumstances. Together we can look at your budget and see how you could make any savings, identify if you are entitled any other income, and we can work on your behalf in arranging affordable repayments to your creditors.

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.

SEDBERGH PLAYGROUP

Sedbergh Playgroup has had a busy but wonderful year. We are holding our annual Open Sessions on the evening on Thursday 7th May and the afternoon of Friday 8th May. These sessions are for all. For parents and families of children currently at playgroup who would like to look at the artwork the children have made over the year and speak to the leaders, prospective parents who would like to view the facilities and chat with staff and those from our community who are interested in what Sedbergh Playgroup does and has within it's site. Please pop along to either session.

The annual Playgroup Duck race will be on Sunday 17th May at 2pm at Holme Farm (meet at bridge just before). Ducks will be available before the event and if you bring along your own novelty duck you can enter the Novelty Duck race and win a prize! Ducks available from Playgroup children and staff. All welcome on the day!

Carole Marsden

SEDBERGH CRICKET CLUB

Sedbergh Cricket Club would like to thank the following for their continued support of the club by sponsoring a match ball(s) this season:

Stuart Manger of Crows Nest, Back Lane

Kath Mason of Green Door

Jacky Baines of No.6 Finkle Street Farmgate Vets (veterinary practice, Sedbergh)

John & Antony Beck of R.S. Morphet Ltd

Carol Hailey of The Red Lion

Jess & Craig Moffart of Haddock Paddock

Andy & Ann Newbold of Smartoffice
Their support, as always, is very much appreciated.

Karen Troughton

SEDBERGH BOWLING CLUB

At the AGM in February, Geoff Thompson was elected President for this year. The Westmorland Seniors started on 27th April and they have made an extra division, so we have slightly less fixtures. The Kendal and District League started on 9th April and the Rural League on 1st May.

We shall be holding the Open Pairs Competition on 26th May starting at 9.30am. Sixty four players enter this long running popular competition, which is our main fundraiser. Refreshments will be on sale.

On 19th September we are holding the Merit Playoffs of Division 5 and there will be a Coffee Morning on 21st October, also a BBQ and social to be enjoyed. We are hoping for good weather for our matches and competitions. There will be Taster Sessions on Wednesday May 13th and Wednesday May 27th at 6.30pm. Do come along and have a try. Please wear flat shoes but bowls will be provided.

Why not come and watch some of the games. Have a cuppa and enjoy the beautiful surroundings at the Green and car park. It is kept planted and tidy by Carole Townson. When not bowling she is always busy weeding and our thanks go to her. If you require any further information ring Linda on Sedbergh 20279.

Linda Killops

PEOPLE'S HALL MANAGEMENT COMMITTEE

It will be noted elsewhere in Lookaround that there are two vacancies for Elected Trustees for the People's Hall. The Constitution requires that all current Trustees step down at the end of each AGM and are replaced by newly elected people. So the whole lot can be thrown out if the people so will it. But it usually happens the same people that stepped down are re-elected. This is not a good thing as committees become stale.

We are looking for new blood either to fill the two vacancies or to be a representative of one of the user groups. How about it Baby & Toddler Group, Young Farmers, Art Society, Farfield Mill, Junior Football Club to name a few?

Anyone interested in filling the casual vacancies or being a representative trustee are welcome to come a meeting and see what they can do to help the Town's community centre become even better.

Our current Treasurer does wish to pass the reigns to someone else. There must be someone out there who can take over. If there is please talk to Sean on 21833 or me.

*Dr Gina Barney,
Hon. Secretary (20790).*

BUS SERVICE TO HAWES

Western Dales Bus, the Sedbergh-based community bus, is running a new route on Tuesdays from Dentdale and Sedbergh to Hawes.

The service, which starts on 5th May, leaves Cowgill at 0930 and Dent at

0945, picking up in Sedbergh in the Joss Lane Car Park at 1000 and at Maryfell at 1002. It then travels via Garsdale to Hawes, arriving at 1030.

The return journey leaves Hawes at 1330, arriving in Sedbergh at 1402, Dent at 1422 and Cowgill on request at 1435.

A second new service is running on Sundays from May 3rd, connecting Sedbergh and Dent with the morning and early evening trains at Dent Station.

The existing Saturday timetable to Kendal continues, with the addition of stops at Maryfell, picking up there at 0815 and returning at 1325 if requested.

Concessionary passes are accepted on all these journeys, and timetables are printed on pages 92/93 of this edition of Lookaround. Full timetables are available from the Sedbergh Information Centre, the Library, local shops, cafes and pubs and on the Western Dales Bus website www.westerndalesbus.co.uk.

APPLEBY FAIR

As the annual Appleby Fair approaches, a series of public drop-in sessions are being organised by Cumbria Constabulary, South Lakeland District Council and Cumbria County Council. These drop-ins will offer an opportunity for residents to speak with officers regarding the arrangements and bring any questions, concerns or feedback.

Pre-Fair drop-in event: Tuesday 12 May, between 4pm and 7pm, Barbon Village Hall. This is an opportunity for members of the community to speak

to officers before Appleby Horse Fair about the arrangements and to bring any questions, concerns or feedback.

Daily drop-in sessions:

During the period that the temporary sites in South Lakeland are open, officers will be available at daily drop-in sessions (except Sundays) at the following times and locations:

Tuesday 26 May 6-7pm Kirkby

Lonsdale Library

Wednesday 27 May 10-11am

Community Office, Sedbergh

Thursday 28 May 10-11am Kirkby

Lonsdale Library

Friday 29 May 10-11am Community

Office, Sedbergh

Saturday 30 May 10-11am Kirkby

Lonsdale Library

Monday 1 June 6-7pm Community

Office, Sedbergh

Tuesday 2 June 6-7pm Kirkby

Lonsdale Library

Wednesday 3 June 10-11am

Community Office, Sedbergh

Thursday 4 June 10-11am Kirkby

Lonsdale Library

Friday 5 June 10-11am Community

Office, Sedbergh

Saturday 6 June 10-11am Kirkby

Lonsdale Library

Monday 8 June 6-7pm Community

Office, Sedbergh

Tuesday 9 June 6-7pm Kirkby

Lonsdale Library

Wednesday 10 June 10-11am

Community Office, Sedbergh

Thursday 11 June 10-11am Kirkby

Lonsdale Library

Friday 12 June 10-11am Community

Office, Sedbergh

Post-Fair drop-in event: Tuesday 7 July, between 4 and 7pm, Barbon

Village Hall Following the close of the Fair, there will be a further opportunity to give feedback on this year's arrangements at this open drop-in event.

Key dates for Appleby Fair 2015:

South Lakeland District Council will monitor movements on the A65 from Monday 11 May, with Cumbria Police joining them from Monday 18 May for regular patrols between 7am and midnight.

Temporary sites at Scroggs Bank, Devil's Bridge, Middleton Common and Rawthey Bridge will be provided with toilet and utilities facilities and will be open from Tuesday 26 May until Thursday 4 June and from Monday 8 June until Friday 12 June.

Useful numbers:

For non-emergency policing issues, call 101

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

For South Lakeland District Council, call on 01539 733 333

For further information about the drop-in events, contact the Area Support Team at Cumbria County Council on 01539 713419

Sarah Williams CCC

CYCLING & WALKING GROUP

Seventy Summits at Seventy – an illustrated talk by Martin Dodds on Monday the 25th May at 7:30pm, at the People's Hall.

In 2014, to celebrate his seventieth year, Martin climbed seven summits in ten different areas that had significance or memories for him, including the Howgills, the Falkland Islands and the Cheviots. Sometimes

he walked alone, sometimes he was in the company of friends. Now he shares something of the experience with us.

This is one of a series of free public talks entitled Talking the Walk – Adventures on Foot at Home and Abroad organised by the Sedbergh Area Walking and Cycling Group. For further details see:

www.sedberghgateway.org.uk/events.

Suggestions for further talks and walking- or cycling-related activities to Carole Nelson at The Sleepy Elephant please. *Robert Powell*

SEDBERGH GALA QUEEN

I'd just like to introduce myself as I'm Sedbergh's Gala Queen 2015-2016. My name is Bethany Handley and I live on a small farm in Millthrop on the outskirts of Sedbergh. I'm very excited to be this year's Gala Queen, as I have lived in Sedbergh all my life and have attended every Gala since I can remember but also attended other events within the community. I think that being Gala Queen will give me an even closer link with the community.

I'm currently working very hard studying for my GCSEs. But I also love to get involved in other events in and out of school. I entered the spring show in 2014 with four decorated cupcakes, which won first prize, and also won best item entered in the show, which meant I received a trophy.

I have many duties outside of school, such as working at Farfield Mill for a few hours on a weekend where I help wash up and wait on; I

also often help out on the family farm doing various jobs; and I love baking; I spend at least two hours baking each weekend making splendid delights.

I'm very grateful that I have the opportunity to be the Gala Queen and I hope to perform the role just as well as previous Gala Queens.

COMMUNITY OFFICER REPORT

17/3 – Theft of a Dragon touch tablet from a property in Sedbergh.

18/3 – RTC at the top of Black horse hill – no injury.

19/3 – RTC on Station Rd – minor injury.

20/3 – ASB was reported on Guldrey Lane, a PIN notice was given, a PIN (police information letter) is a letter from the police to a person who has had an allegation of a single harassing incident made against them, and is sent in the spirit of crime prevention.

26/3 – ASB was reported in the area of Firbank.

27/3 – Criminal Damage was caused to a vehicle on Busk Lane, the offender has been ID'd and dealt with.

6/4 – Caller reported one of their sheep had been mauled by a dog. Please keep your dogs under control.

10/4 – Caller reported Cold Callers in the area of Dent.

On the 11th of April the Police dogs came to Sedbergh to give a display, photos on our twitter page, sign up to see them, a great morning!

CSO 5244 Mandy Coleman Tel: 101
Amanda.coleman@cumbria.police.uk



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
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

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356
<i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	
Mrs A Bramall	20360
<i>Self-Catering Sleeps 6-8</i>	
Mrs Tallentire	07944 859456
<i>D & PB Flat; £395 pcm; References & Deposit required</i>	

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA = Disabled
 Access; NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal
 CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

564A Dent Sta – Sedbergh – Kendal Summer Service 2015

Saturdays: 2nd May until further notice

Kendal Morrisons			12:45			
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15	
Kendal Asda [A65]		09:06	12:56	14:26	16:21	
Westmorland Hospital [A65]		09:07	12:57	14:27	16:22	
Oxenholme Helmside Rd		09:10	13:00	14:30	16:25	
Killington M6 Bridge		09:20	13:10	14:40	16:35	
Sedbergh Dalesman		09:35	13:23	14:55	16:50	18:40
Mary Fell Estate Sedbergh		-	13:25 R	-	-	-
Dent village		09:50		15:10	17:05	18:55
Cowgill		10:03			17:18	19:08
Dent Station		10:05			17:20	19:10
<i>Train from Leeds</i>		10:16		-		19:23
<i>Train from Carlisle</i>		10:40		-	17:32	19:20
Dent Station		10:20			17:50	19:30
Cowgill		10:22			17:52	19:32
Dent village		10:35		15:15	18:05	19:45
Mary Fell Estate Sedbergh	08:15	-	-	-	-	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20	20:00
Killington M6 Bridge	08:32	11:02	13:52	15:42		
Oxenholme Helmside Rd	08:42	11:12	14:02	15:52		
Westmorland Hospital [A65]	08:44	11:14	14:04	15:54		
Kendal Asda [A65]	08:45	11:15	14:05	15:55		
Kendal Blackhall Road Bus Sta	08:55	11:25	14:15	16:05		
Kendal Morrisons		11:30				

564A Dent Sta – Dent – Sedbergh Summer Timetable 2015

Sundays 3rd May until 27th September 2015

Sedbergh Dalesman	10:00		17:35
Dent village	10:15		17:50
Cowgill [Lea Yeat]	10:28		18:03
Dent Station	10:30		18:05
<i>Train from Leeds</i>	1037		
<i>Train from Carlisle</i>	1040		1816
Dent Station	10:50		18:20
Cowgill [Lea Yeat]	10:52		18:22
Dent village	11:05		18:35
Sedbergh Main Street	11:20		18:50

**564C Dent – Sedbergh -
Hawes Service 2015
Tuesdays 5th May 2015 until
Tuesday 29th September**

Sedbergh Main Street [Joss Lane]	09:00
Dent village	09:15
Cowgill [Lea Yeat]	09:30
Dent village	09:45
Sedbergh Main Street [Joss Lane]	10:00
Mary Fell Estate [opposite shelter]	10:02
Farfield Entrance	10:04
Frostrow	10:05
Garsdale Street	10:12
Moorcock	10:19
Hawes Creamery	10:30
Hawes Market Place	10:33
Hawes Countryside centre	10:35
Hawes Countryside centre	13:30
Hawes Market Place	13:32
Hawes Creamery	13:35
Moorcock	13:45
Garsdale Street	13:52
Frostrow	13:59
Farfield Entrance	14:00
Mary Fell Estate [shelter]	14:02
Sedbergh Main Street[Joss Lane]	14:07
Dent village	14:22
Cowgill [Lea Yeat]	14:35 ^R
Dent village	14:50 ^R
Sedbergh Main Street [Joss Lane]]	15:05 ^R

^R Continues to Cowgill on request to the Driver.

EDITORIAL,

As reported last month, there were technical problems and I thank those that updated me regarding errors.

Could you please ensure that my e-mail address on your system is editor@sedberghlookaround.org.uk and not lookaround@whicker73.freeseve.co.uk as I cannot guarantee to pick them up from there any more.

This month, we have two New regular Advertisers with

- i) Graham Moore Chimney Sweep
- ii) Graham Milburn Weed Control

Please give them your support and tell them that you saw their Advert in Lookaround.

I have been asked to mention the problems regarding Dog Fouling and to inform visitors and remind locals that dog excreta should be picked up using suitable bags and placed in any waste bin in the town - and not left on fences and walls. We live in a beautiful part of the country and it is a shame when a minor issue like this becomes a larger one. Then there is the health issue so dogs everywhere, please train your owners.

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

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

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

For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

MAY CHURCH SERVICES					
St. Andrew's	3rd	10th	17th	24th	31st
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	HC	HC	HC	United Service	BCP Choral Matins
6.30 pm	EP	EP	EP	EP	EP
Wednesday	6th	13th	20th	27th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's Cautley	3rd	10th	17th	24th	31st
9.30 am	HC	MP NC	HC Extn		
2.30 pm					Healing
St. John's Garsdale	3rd	10th	17th	24th	31st
9.30 am	HC Extn	MP	HC		Ecumenical
LUNE PARISH SERVICES					
	3rd	10th	17th	24th	31st
Holy Trinity Howgill	10.30am MP Firbank	2.00 pm Joint HC Killington	2.00 pm Joint HC Howgill	10.30 am Ecumenical St Andrew's Church	2.00 pm Lambing Service
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	3rd	10th	17th	24th	31st
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					
	3rd				
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 & Frostraw

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.

DIARY OF EVENTS

Dates are held up to 18th October 2016

MAY				
1	1030	Daily Exhibitions (14)	FM	25 1000 Annual Cowgill Church Fair (25)
1	1330	Age UK - Charles Dickens	DMH	25 1900 Duck Race & Coffee Evening
2		Learn to Meditate Day (18)	DMC	26 Age UK Walk (*)
2	1000	StAD Coffee Morning	DMH	26 1800 Appleby Fair Drop-In (88)
2	1330	Under 5's Fun Day (66 & 25)	PH	27 1000 Coffee Morning - WIS -
2	1900	Flicks in the Fells "The Theory of" (9)	PH	27 1000 Appleby Fair Drop-In (88)
3	1100	Group Meditation (18)	DMC	27 1345 Blood Donor Session (14)
4		May Bank Holiday		27 1700 Blood Donor Session (14)
5	1900	Aglow International	KLI	27 1830 Bowling Taster Evening (87)
5	1930	Town Band Concert (*)	StAS	28 1000 Appleby Fair Drop-In (88)
6	1000	Coffee Morning - Town Band	URCR	28 1745 Killington Sports (28)
7	0700	General Elections		29 1000 Appleby Fair Drop-In (88)
7	1930	WIH - Folklore & Customs	HVH	30 1000 DMC Coffee Morning
9 - 16		Christian Aid Week (16 & 38)	URCR	30 1000 Appleby Fair Drop-In (88)
9		Meditation Day (18)	DMC	30 1800 Open Garden Charity Evening
9	1000	CA Coffee Morning (16 & 38)	DMH	30 Meditation Centre Special Event (18)
9	1930	Summer Concert (*)	SMKL	31 SS Half Term ends
12	1400	WIK - Resolutions & Surprise! Surprise!	PH	JUNE
12	1600	Appleby Fair Meeting (88)	BVH	1 SSAT End of Half Term
12	1930	Sedbergh Parish Meeting (12)	PH	1 1800 Appleby Fair Drop-In (88)
13	1000	Coffee Morning - Christian Aid (16 & 38))	URCR	2 1800 Appleby Fair Drop-In (88)
13	1300	Medical Centre Closed for Training (9)	MC	2 1900 Aglow International
13	1830	Bowling Taster Evening (87)	QG	3 1000 Coffee Morning - Firbank Church
13	1915	WID - Resolutions & Morecambe Coastgd	DMH	3 1000 Appleby Fair Drop-In (88)
13	1930	WIS - Resolutions, Games & Jacobs Join	PH	4 1000 Appleby Fair Drop-In (88)
14	1200	Lunch Club	Red Lion	4 1930 WIH - Diabetes
14	1915	Royal British Legion	WHC	5 1000 Appleby Fair Drop-In (88)
16		Meditation & Walking Day (18)	DMC	5 1330 Age UK - Touring Tasmania
16	1245	Sedbergh Gala (1)	Sedbergh	6 1000 StAD Coffee Morning
17	0900	Cyclosporive (17)	Sedbergh	6 1000 Appleby Fair Drop-In (88)
17	1100	Sailing Open Day (50)	Killington Lake	7 1300 Town Band Concert (*)
17	1400	Duck Race	Holme Farm	7 1800 Appleby Fair Drop-In (88)
17		Epic Events Fell Race	PH	8 1800 Appleby Fair Drop-In (88)
18	1930	WI Lune Valley Meeting, Magic & More	PH	9 1400 WIK - The River Lune
19	1400	SASL Kendal Group Meeting	PH	9 1800 Appleby Fair Drop-In (88)
19	1900	Parish Council - Garsdale	GVH	10 1000 Coffee Morning - Garsdale Church
20	1000	Coffee Morning - Dent & Sed Oral Society	URCR	10 1000 Appleby Fair Drop-In (88)
20	1100	Age UK Dying Road Show (74)	JLCP	10 1900 History Society Walk
21	1400	HS Frostraw Fells	Branthaite	10 1915 WID - Singing my Travels
21	1930	Parish Council - Garsdale	DATE CHANGE	10 1930 WIS - Story Telling
22		SSAT Half Term		11 1000 Appleby Fair Drop-In (88)
22		Meditation Day (18)	DMC	11 1200 Lunch Club
23		Meditation Weekend (18)	DMC	11 1915 Royal British Legion
23	0800	Artisan Market (23)	Sedbergh	12 1000 Appleby Fair Drop-In (88)
23	1400	History Society Walk	Frostraw Fells	12 1900 Bishop of Manchester (62)
23		SS Half Term begins		13 1900 Flicks in the Fells
24		Meditation Weekend (18)	DMC	16 1200 SASL Lunch
24	1400	Live Music Event (24)	URC	17 1000 Coffee Morning - WIH -
25		Spring Bank Holiday		17 1930 Town Band Concert (*)
				18 1300 Medical Centre Closed for Training (9)
				20 2000 Old Time Dance

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The content of The Lookaround does not reflect the views of the Editors.

*Whilst every effort is made to ensure that information is correct, the Editors cannot
accept any responsibility for any inconvenience caused through errors or omissions.*

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COVER PICTURE

Dent Playing Field

by Dennis John Whicker

21	Town Band Competition (*)	K Lonsdale
23	1200 History Society Walk	Burnley
24	1000 Coffee Morning - WIK -	URCR
27	0800 Artisan Market (*)	Sedbergh
27	1000 DMC Coffee Morning	DMC
30	Age UK Walk (*)	Cross Keys
30	Singing Slovenia Concert	PH

JULY

1	1000 Coffee Morning - Utd Reformed Church	URCR
1	SS Term Ends	
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
7	1600 Appleby Fair Debrief (88)	BVH
7	1900 Aglow International	KLI
8	1000 Coffee Morning - People's Hall	URCR
8	TBA WID - Summer Outing	TBA
8	1300 Medical Centre Closed for Training (9)	MC
8	1930 WIS - Flower Arranging	PH
9	1200 Lunch Club	Red Lion
9	1915 Royal British Legion	WHC
15	1000 Coffee Morning - Royal British Legion	URCR
17	1200 History Society Walk	Barnard Castle
17	SSAT End of Term	
22	1000 Coffee Morning - TBA	URCR
25	0800 Artisan Market (*)	Sedbergh
25	1000 DMC Coffee Morning	DMC
27-31	Sedbergh Holiday Club (*)	PH
29	1000 Coffee Morning - Garsdale Village Hall	URCR
30	Age UK Walk (*)	Barbon

AUGUST

1	1000 StAD Coffee Morning	DMH
3	Summer Bank Holiday	
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

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
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
STAS/D	= St Andrew's Church, Sedbergh/Dent
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
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

SEDBERGH

Artisan

MARKET



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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 (Hygienist)

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