

Sedbergh & District

LOOKAROUND

July 2020

Issue 389

Donation £1

Welcome to our 'Sports and Shows' edition. There are, of course, no sports or shows going on, so we've got a variety of reports and photos from years gone by to remind you of how they have been, so you can dream of how they will be!

There is also plenty of information on the developing Covid situation, and where you can get help if you need it. Plus many other articles, lots of poems, stories, and a competition with a £10 prize - see page 57.

Ed.

SEDBERGH & DISTRICT COVID 19 SUPPORT

HARDSHIP SUPPORT

These are difficult times, particularly for those who have lost their jobs or who have been furloughed.

In financial need?

SEDBERGH UNITED CHARITIES
may be able to help you.

CONTACT IN CONFIDENCE

Myles Ripley (mylesripley@btinternet.com or via the Covid support phone: 07872 017730)

Tony Reed Screen
(a0865@btinternet.com or 015396 21081)

John Sykes
(jmsykes100@gmail.com or 07786 384917)



The Community Cupboard is a non-perishable food & toiletries swap box.

**BRING WHAT YOU CAN,
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The Community Cupboard boxes are :-

- Outside Spar
- At St Andrew's Church Lych Gate
- At the bus shelter in Main Street
- At the bus shelter in Maryfell

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HELP LINE - 07872 017730 (9:00am - 1:00pm) or CVSG@SEDBERGH.ORG.UK

CLOSING DATE: 15th of every month for everything

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD

Mobile: 07464 - 895425

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

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Weekly Coffee Morning St Andrews Church Every Wednesday 9:30am to 12 Noon

**CANCELLED UNTIL FURTHER NOTICE
BUT IT WILL BE BACK!**



Groups who would like to run a Coffee Morning
please call Pat Allen on 015396 21545



Advertising in Lookaround

For advertisers key points to note are as follows :-

- ◇ We will print an advert supplied by you, or we can design one for you.
- ◇ If you supply the advert please give it to us as a MS Publisher file, an MS Word file or a jpeg. We will print adverts supplied as pdfs but the quality may suffer,
- ◇ We accept hardcopy adverts and will try to reproduce them. Please let us know if you require a specific font.
- ◇ Adverts will be printed in the sizes specified below and should be supplied in one of these sizes.
- ◇ We do not print whole page adverts but will print half page adverts opposite each other.
- ◇ If you buy a year's worth of advertising (11 adverts) we will only charge for 10
- ◇ New advertisers buying 3 months or more worth of adverts will get an extra one free
- ◇ Further details for advertising and articles may be found in the Lookaround Information Section at the end of the magazine.

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Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	=£10.00
Single Column 2.56" x 3"	=£12.50
Single Column 2.56" x 4"	=£15.00
Double Column 5.2" x 2"	=£15.00
Double Column 5.2" x 3"	=£20.00
Double Column 5.2" x 4"	=£25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

**Lookaround,
72 Main Street,
Sedbergh,
Cumbria,
LA10 5AD**

Items can also be delivered by hand to Sedbergh & District Tourist Information Centre at the above address (72 Main Street) during open hours, and deposited in the Lookaround Post Box inside the office,

PAYMENT INFORMATION

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Cheques Payable to :

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BACS**

Account:

Sedbergh and District Lookaround

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Sort Code:

20-55-41

Reference:

**Invoice Number, your name or
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This account is valid from January 2019. No other account details are valid for current payments.

**PLEASE REMEMBER TO
INCLUDE THE INVOICE NUMBER
WHEN PAYING BY BACS**

AFTER THE LOCKDOWN?

*Melanie Reid
"Spinal Column"
The Times*

Even when you cannot see it, the energy of mass escape is palpable – the healthy and the young wriggling out of doors and windows, holding out their arms and roaring freeeeeeedom. Their lives are starting again. And their sudden, heady appreciation of the joy of movement, travel, meetings, friendships, should be wonderful to watch.

But it isn't. Because here I sit, trying to be happy for the lucky ones, but inside I'm a green-eyed toad, twisted and sardonic. Glorious freeeeeeedom. Huh? A particularly nasty strain of FOMO – let's rename it "fury of missing out" - is devouring me from the soles of my cold useless feet upwards. Now it's reached my heart and I'm at that Cruella de Vil stage when the puppies escape and she's imploding.

Yes it's over; those few weird weeks when the whole world was shut in their houses unable to go anywhere or do anything; and when everyone got the briefest, tiniest taster of what millions of people like me have to put up with the whole damn time. Were used to imprisonment. There's nothing new for us in being prevented from doing things we love. What is new is that, for you, it's a sabbatical. For us, it's a familiar landscape that isn't going to change.

Even down to the hugging. That's what got me particularly – the irony of people bleating about safe distancing. You lot are mourning a few weeks without hugs, full-body contact, sex,

playing sport. Well, Try the rest of your life in a wheelchair and then understand proper bereavement.

Right here and now I'm a mouthpiece for the huge number of people who lead invisible lives or deeply compromised lives, who will continue to be ignored until they die, and who right at this moment are feeling pretty sour and cynical. Because all you lucky buggers are going to dance away and be free again and get back almost everything you had, but we're going to be left in our own personal versions of a permanent lockdown. So, do us a favour; try to remember what it felt like, those brief, strange housebound weeks in 2020, and be a little kinder to us in future.

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

Call: **0800 783 1966**
or email: **COVID19support@cumbria.gov.uk**

Full details can be found online at
cumbria.gov.uk

Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.



SUPPORT EACH OTHER
#TogetherWeCan

ADVICE ON RETURNING TO WORK

South Lakes Citizens' Advice

I work in retail and my company says it's starting to look at how we might reopen later in the summer. This is making me very anxious, even though I don't have any special health issues. I'm going to wear a mask, but not all the customers may do so. I used to take the bus to work, I don't have a car and I think it's too far to cycle. And I'm not even sure if my kids will be back at school by then! The thought of returning to work is keeping me awake at night. Do I have to go back?

The short answer to your question is yes, you do need to comply with any reasonable management request to

return to work. However, the important issue is "reasonable." The government has published specific guidance for different businesses on the steps they can take to minimise coronavirus transmission. If you don't think your company is complying, or is putting your health at risk, you should talk to them about this.

Similarly, they should listen to your concerns about using public transport. You could, for instance, ask to travel at a quieter time of day. And the government has said that if you're unable to work because of childcare issues your employer can continue to furlough you.

We would suggest approaching this as a problem that you and your boss can solve together. But if you do get a bad reaction, you could report your

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How to access:
Call 015394 46464 - this is being staffed from 9:30 – 2pm
Adviceline: 03444 111 444
email advice via our submission page on our website
www.southlakescab.org.uk
Help to Claim (Universal Support):
0800 144 8 444

HARDSHIP FUND

For many of us these are difficult times, particularly for those who have lost their jobs or who have been furloughed.

If you are in financial need or have a real need for an item which you do not have the wherewithal to buy, then the Sedbergh United Charities may be able to help you.

Or, if a friend or neighbour is in need of financial help, then please let them know about us.

To apply for help or if you would like to know more about the Sedbergh United Charities Hardship Fund then please contact:

Myles (mylesripley@btinternet.com) or via the Covid support phone: 07872 017730),

or

Tony Reed Screen

(a865@btinternet.com or 015396 21081)

or

John Sykes

(jmsykes100@gmail.com or 07786 384917)

Or

Sedbergh Covid 19 Support

cvsg@sedbergh.org.uk

All applications will be treated in confidence.

Sedbergh United Charities are very grateful to Sedbergh School and the Community Trust who are both helping us with this fund.

Sedbergh United Charities and Widow's Hospital - Registered Charity No. 231058

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CORONA VIRUS SCAMS

Action Fraud

Criminals are exploiting the COVID-19 pandemic to try and get their hands on your money and personal information. To date, Action Fraud has received reports from 2,378 victims of Coronavirus-related scams, with the total losses reaching over £7 million.

How you can protect yourself from Coronavirus-related scams:

There are some simple steps you can take that will protect you from the most common Coronavirus-related scams. Here's what need to do:

1 - Watch out for scam messages

Your bank, or other official organisations, won't ask you to share personal information over email or text. If you receive an email you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

2 - Shopping online

If you're making a purchase from a company or person you don't know and trust, carry out some research first, for example, by checking to see if others have used the site and what their experience was. If you decide to go ahead with the purchase, use a

credit card if you have one, other payment providers may not provide the same protection.

3 - Unsolicited calls and browser pop-ups offering tech support

Never install any software, or grant remote access to your computer, as a result of a cold call. Remember, legitimate organisations would never contact you out of the blue to ask for financial details such as your PIN or full banking password.

NHS Test and Trace scams:

The NHS Test and Trace service plays an important role in the fight against coronavirus and it's vital the public have confidence and trust in the service. However, we understand the concerns people have about the opportunity for criminals to commit scams.

What you need to know:

Contact tracers will only call you from the number 0300 013 5000. Anyone who does not wish to talk over the phone can request the NHS Test and Trace service to send an email or text instead, inviting them to log into the web-based service.

All text or emails sent by NHS Test and Trace will ask people to sign into the contact tracing website and will provide you with a unique reference number. We would advise people to type the web address <https://contact-tracing.phe.gov.uk> directly into their browser, followed by the unique reference number given to you, rather than clicking on any link provided in the message.

The NHS Test and Trace service will never:

ask you to dial a premium rate number to speak to them (for



SEDBERGH
MEDICAL CENTRE

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

2020

Wednesday 8th July

Thursday 17th September

Wednesday 14th October



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example, those starting 09 or 087) ask you to make any form of payment or purchase a product or any kind ask for any details about your bank account ask for your social media identities or login details, or those of your contacts ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else ask you to access any website that does not belong to the government or NHS If you think you have been a victim of fraud, please report it to Action Fraud at <https://www.actionfraud.police.uk> or by calling 0300 123 2040. If you live in Scotland, please report directly to Police Scotland by calling 101.

SEDBERGH AND DISTRICT COMMUNITY TRUSTS GRANTS

Tony Reed Screen

After almost 3 months of Lockdown the Charity Shops opened on a limited basis on 17 June, with the aim of returning to full opening later in the year. At the time of writing, we are uncertain of the future, not only because of the effects of social distancing, but also on the availability of volunteers to man the shops. After 3 months without any income from the shops, and the uncertainty of the future we need to preserve our funds until we are sure of what the future holds. In view of the current uncertainty, the Grants Committee will not be meeting in August, and applications for grants will not be considered until the November meeting. We hope, by this time, that the shops will be thriving, and we will be able to disburse funds as generously as we did in the financial year 2019-2020, when over £30,000 was given to 21 organisations.

POST OFFICE NEW OPENING TIMES

We are pleased to announce that as from Saturday 20th June, the Post Office opened normally on Saturdays. As from Monday 4th July, we will be opening on Tuesdays or Thursdays, but still closed at lunch from 12.30 to 1.30pm for the time being. Thank you.



ON-LINE SINGING

Anastasia Micklethwaite

Since April, members of the Sing Joyfully! and Kirkby Lonsdale Singers vocal ensembles have found a new way to meet and enjoy each other's company whilst continuing to engage in singing at home, by taking part in weekly virtual singing sessions with their Musical Director, Anastasia Micklethwaite.

Singers have been joined on Tuesdays for 10 weeks by a few new members for a 2 hour long singing session 'together' where they have been able to engage in fun warm ups, look at aspects of vocal technique and sing music in preparation for a Gospel music themed concert. The concert was to have taken place at St Mary's church in early June, but will be postponed now until 2021.

Over the summer months of July and August, when the choirs usually take a break, Anastasia is offering a series of small group vocal workshops, offered on-line via ZOOM, looking at specific pieces of repertoire, solo works in a masterclass setting, vocal technique, breathing and warm ups to promote healthy solo singing at home. 1:1 lessons are also available.

If you are interested in developing your singing and learning more, please contact Anastasia on 07952 601568 or email amicklethwaite@hotmail.com



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THANKS TO ALL THOSE WHO HAVE HELPED

Georgina Devine

A friendly phone call once a week from a lady called Maggie which I find very nice – always good to chat.

Janey went to the vet's surgery to pick up some medicine for my Whisky – my cat

Emma helps with whatever I need and made me a roast dinner on Easter Sunday

Nicola has been helping by going to the Spar to pay bills and even got me some flea treatment for Whisky

On Good Friday Myles changed a lightbulb for me and drove me to Spar in a Sedbergh School minibus, to keep us distanced, so I could get shopping.

Janice rang the Covid group for me and Jim helped me sort out my Gas and Electric meter demands

Emma put some money on BT for me.

REALITY OR DEMENTIA'S DECEIT

Wendy 7713

I woke up the other morning, my heart thumping with confusion.....I typed this straight away.....

I'd gone for a walk which takes me down a footpath alongside the bypass.....only I'd got into a pickle with the turning and found myself heading down the embankment down onto the bypass. I remember thinking how it's not usually a steep drop, but once I'd started, momentum just took me to the bottom.....looking back up I knew I wouldn't be able to climb back up it....

I looked this way and that and felt the speed of the cars rushing past me, so close the breeze was catching my breathe and the noise

unbearable....I had no choice but to walk. Surely I would come to an exit, a slip road or a roundabout.....then a car coming towards me began to slow down, the familiar blue lights flashing on top....it was the police.....

I told them how I'd got in a pickle with the turning and ended up down on the road not quite sure how to get back to safety...

They wanted to take me back to the spot to see the gap that shouldn't have existed, but I felt so guilty. They would have to do a massive detour and I didn't want to waste their time. But they were kindly persuasive, explaining how far I'd have to walk to find an exit. We're they real police, suddenly doubting their uniform, but what choice did I have?

We went the long detour, them

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keeping me in conversation, me reluctant to reveal my dementia, until we finally arrived back at the site of my misdemeanour. They could see the damage to the barrier that had allowed me through and I showed them the footpath a few yards away just in case they had doubts of their own...

A man then appeared, saying hello to me by name, from the village apparently and knew me well. He took one of the policemen to one side while the other chatted to me, but I heard loud and clear when the man was saying "she has dementia, can get confused sometimes"...and suddenly felt trapped, guilty as charged...

As he waved goodbye the 2 policemen said they'd better take me home, but I hadn't been for my trundle yet, I protested.

"We'd feel better if we took you home today, always time tomorrow for another walk"

I began to panic because I didn't want them to know I lived alone. What would they think and do then? Would they report me to the authorities, raise their concerns with social services? My head in a spin, my mouth dry, I felt trapped in a corner desperately trying to think of a story....

As we crossed the traffic lights into the village, they asked my address. Amazingly my brain cooperated and I said my daughters address just hoping they'd be there. As we pulled up outside, an anxious Stuart came to the door, followed by Gemma. Before they could say anything I simply said, " I got in a pickle on my trundle and

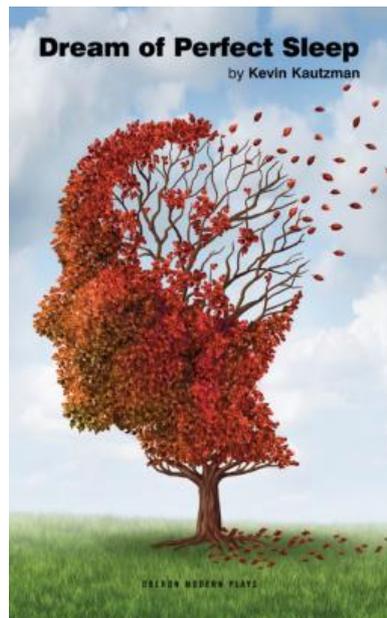
the police brought me home. I'll explain in a min.."

Luckily the police didn't ask any questions but thankfully left me there and went on their way, hopefully fighting crime and forgetting about me....

That's when I opened my eyes and couldn't think whether all that had really happened. I looked around. I was in my own bed. But the images, the feelings were so real, listening to my heart thumping, my head whirring. I lay there trying to think if it had been yesterday when the trauma occurred. I really didn't know.

I was going to text my daughter to check but then didn't want to worry her if it hadn't. If it was real, the topic would be raised again for sure.....wouldn't it?

Reality or a dream....it was so clear, so real....sometimes with dementia it's hard to decipher.....and I'm still not sure.....



SEDBERGH B4RN A Step Forward

Douglas Thomson

An application is now being made for Sedbergh Town to obtain grants from the Government's Gigabit scheme. The application's acceptance by the Government cannot be assured but it has a high chance of success. Grants from this scheme considerably reduces the amount of investment needed from the town for installation to start.

Lockdown somewhat limits what can be done at present but there are things that can be done. If you would like to receive B4RN's broadband service, please put <https://b4rn.org.uk/postcode-checker> into your web browser and complete the 'Get B4RN' section. While on B4RN's website do also look at <https://b4rn.org.uk/community/investors> and consider an investment. The current interest rate is comparatively very high.

If you live in those areas where we plan to start installing B4RN you may soon be asked to sign a simple wayleave if ducts cross your property to get to your neighbours.

HUMPHREY'S HERBS, SEDBERGH

Charlotte Winterbottom

Looking for a different kind of present for a special occasion, to cheer someone up or for yourself to enjoy?! I make beautiful live herb pots with a variety of good quality herbs and pots to choose from, based in Sedbergh. The different options are outlined below or you can choose your own selection. Collection from Sedbergh or local delivery available if needed.

Prices:

Small pot with 3 herb plants - £15
Medium pot with 4 herb plants - £20
Large pot or box with 5 herb plants - £25

'Thyme for Tea': teapot planter with one herb of your choice - £20

Choose from:

Traditional cooking herbs: rosemary, thyme, parsley, sage, oregano, marjoram, dill, basil, coriander, chives.

Herbs for tea: peppermint, lavender, camomile, lemon balm, sage.

Herbs for cocktails: mint, apple mint, strawberry mint, peppermint, sweet basil, rosemary, thyme, sage, lavender, coriander, oregano, parsley.

Herbs for health: lavender, golden feverfew, sage, parsley, rosemary, peppermint, hyssop, St. John's wort, echinacea, marjoram.

Taste of the orient: lemongrass, coriander, Thai basil (chilli plant available for extra cost).

I can also pop in one of the following to add some colour in place of a herb: nasturtium, marigold, geranium, alpine strawberry, trailing ivy, bedding



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of September.

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plant.

To discuss your requirement and place an order please call or message Charlotte on: 07538589052 or search for 'Humphrey's Herbs' on Facebook.

Please allow 7-10 days to process order as I may not have everything in stock.

I look forward to hearing from you!

Charlotte @ Humphrey's Herbs

HOWGILLS ACCOMMODATION

Dawn Wells

We started the year, all 'guns blazing' as we finished the renovation of 'Beamsmoor' and re-launched it as Howgills House. Within a few weeks of opening, our doors were swiftly shut as the holiday industry collapsed and we all just tried our best to stay safe and prevent the spread of the corona virus.

Over the last month we've seen a resurgence in the number of enquires we're receiving as people begin to dream about 'holiday-ing' again. Like many businesses, we have little idea about when we will be able to re-open and we're awaiting guidance from the government as to when this will be and how we can do this safely.

We are very much looking forward to brighter times and have spent the last month building a new 'Howgrills' den at Howgills House which will be a lovely outside snug area with pizza oven, bbqs and pool table. Howgills Barn has had its patio refitted and re-laid and is currently being fitted with an upstairs commercial kitchen.

Business owner Liz Close, has been busy supporting the local community; delivering newspapers, picking up prescriptions and walking a local pooch!

We look forward to sharing brighter times with you all soon.

From all the team at Howgills Accommodation.





To discuss/place an order please call or message Charlotte on: 07538589052 or 'Humphrey's Herbs' on Facebook

HUMPHREY'S HERBS

WESTWOOD BOOKS

Mark and Evelyn Westwood

On June 1st we handed over our shop, Westwood Books, to Paul and Heather Thomas ending 14 years of trading in Sedbergh. We moved from a shop in Hay-on-Wye into what had been the Galliot's factory premises after nine months of frantic renovations. Local builders fitted a new front to replace the roller shutter door, installed a new staircase to the mezzanine floor, and reinforced the upper floor while we painted the interior, built bookshelves and moved hundreds of floor tiles from a redundant call centre in County Durham. We opened to queues of eager book buyers at Easter 2006 and have never regretted it despite floods, and now pestilence. We now intend to spend time with our grandchildren in Wales and would like to thank all our customers as well as our fellow traders and the people of Sedbergh for their support over the past 14 years. We know that with Paul and Heather, Westwood Books is in safe hands and we are confident that they will tackle the challenges of the new retail era with imagination and enthusiasm.

From Paul and Heather:

We are really excited to be taking on Westwood Books and we'd like to thank Mark and Evelyn Westwood for their hard work and enthusiasm whilst running the shop for the last 14 years. We are especially grateful to them for giving us this amazing opportunity to continue their legacy and for their support and advice in doing so.

Whilst the circumstances aren't quite how we imagined for this exciting new start, we hope that you will bear with us as we try our best to serve our community both near and far. We are looking forward to being able to see many of you in the shop over the coming weeks and months. Hopefully when life returns to something a bit more normal we can invite you all to a bit of tea and cake to celebrate.

Lookaround would like to thank Mark and Evelyn for all they have done for Sedbergh over the past 14 years, and to wish Paul and Heather every success in their new venture.

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COUNCILLOR'S CORNER

Ian Mitchell

As I write this, the country is slowly beginning to come out of lockdown. This has been a truly terrible time for everyone, my thoughts are with everyone who has lost someone due to Coronavirus.

The mental wellbeing of people has been tested, throughout, and I welcome that people are now being able to socialise more in groups outside, while maintaining social distancing, as well as single adult households being able to form a 'support bubble'. These are all positive steps, but it is so important that we remain vigilant; that we continue to wash our hands and maintain social distancing, so that we prevent a second wave of the virus. We need to get the economy going

again to reduce the amount of people who will become unemployed, we need provisions to enable all sectors to reopen, including hospitality and tourism, which is such a huge employer in our area. If this sector cannot be reopened it is important that the government introduces a package to get this sector through to next spring. Our MP, Tim Farron, is working very hard with Cumbria Tourism to that end.

For all the reasons described above, please following all the advice – including the new NHS test and trace – so we can get back to some semblance of normality.

As many of you will know, I work in the hospitality sector, managing a pub in Dent. As a result of Coronavirus I have found myself with enough time to work closely with Dent Parish Council to support the residents to get food supplies and medication. I have also spoken to residents throughout the Sedbergh and Kirkby Lonsdale Ward regarding several matters.

Several people have struggled to report lockdown breaches to the police through the 101 phone system. I have to admit I have had similar problems with 101, and find it a pretty poor system. I intend to take the matter up with Peter McCall, the Cumbria Police and Crime Commissioner. In a recent meeting with Peter I was told that residents need to report all crimes as quickly as possible to 101, in reality this doesn't work when you have to spend an hour in a queue. There needs to be more officers able to answer the phones to speed up the system. The

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only crumb of comfort is that the 101 email system is far superior. I reported an incident at 10pm one evening and had a response within 20 minutes.

Reporting the crime is only the first stage, many people have contacted me as they have reported the crime and heard nothing back. This is something that I can help with; when you report a crime, you will receive a crime reference number. If you contact me, I'm more than happy to chase this up with the PCSO, PC, Sergeant or Inspector for the area. While in lockdown I have taken the opportunity to do many walks within Dentdale, and while out and about I have reported several issues to the Yorkshire Dales National Park Authority. These include broken gates, overgrown trees and bushes, that are blocking paths and parts of paths that are falling away. I now have a direct line to the ranger for our part of the Dales, if you see any issues and you're unsure who to contact please email pictures and locations to me and I will ensure that these get to the ranger. I'm delighted to see that several issues that I have flagged have already been remedied. While on the reporting theme, I will again stress the need for local residents to report problems on roads and pavements via Cumbria County Council's website. You can report faulty street lights, potholes, damaged manhole covers, overgrown hedges, missing road markings and so on. It is so important that we feed as much information as possible into the system. While in lockdown, I have reported several issues and the



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works have now been undertaken. If you're unsure how to report a problem please contact me, I'm happy to help.

As you read this we are halfway through the works on Millthrop bridge. I'm delighted that, working with Councillor Nick Cotton, the works have been moved to this summer.

The works were originally scheduled for the summer of 2021. It is testament to Cumbria County Council and the Yorkshire Dales National Park Authority, that they have worked hard together to get the planning permissions and worked quickly to complete the tender process.

As I manage a pub in Dent, it was vital to get these works done this summer rather than next, so that next year we have an uninterrupted busy summer period.

I would also like to stress that the official diversion is over Barbon and **not** by Millthrop.

As mentioned above several times, if you need anything please don't hesitate to contact me. Stay Safe.
07530602234

ininmitch@hotmail.co.uk

ian.mitchell@southlakeland.gov.uk

COUNCILLORS' CORNER

Suzie Pye

Reopening of shops:

The big news at the time of writing is that non-essential retail businesses can now reopen. This is a welcome step for those businesses who for months now have had to keep their doors firmly shut. As they start to reopen, each individual business will operate slightly differently in terms of how they implement distancing and infection control. Please be patient as they get used to the new way of working. And please do support them by using them. If ever there was a time to shop local it is now!

By now I would hope all businesses have been able to access the grants and support open to them, but if anyone is still in need of advice, please contact SLDC on 01539 733333

Mental Health:

GPs surgeries are reporting concern about the low numbers of people presenting with low-level mental health issues. In a time when GPs might expect to see an increase in appointments by people worried about their mental wellbeing, in actual fact this is not happening. There are a few reasons why this might be, but the bottom line is there are surely cases out there going unchecked. I cannot stress this enough: it is vital that people seek help if they are at all concerned about something – either physical or mental. With mental health especially, it is so important to seek advice early in order to prevent a possibly mild and easily treatable issue spiralling into something more complex and challenging. Referrals to mental health specialists are still

going on as usual. The only difference is that an appointment may take place remotely over the phone or over the internet. Contact Sedbergh Medical Centre - 01539 718191

Motorbikes:

Finally, I have had several people contact me to ask if anything can be done about the number of motorbikes passing back and forth on the road from Sedbergh to Kirkby Lonsdale. The combination of lockdown easing, plus the pleasant weather, has resulted in an increase in the number of motorbikes on our roads. The main concern from people is around safety, as they seem to be travelling at quite a speed. A secondary concern is around the noise created by high revving engines. I think it is important to acknowledge that the vast majority of bikers will be considerate, law-abiding citizens who simply wish to

enjoy their passion whilst causing the minimal amount of inconvenience to others. For the remainder, I have raised the concern around excess speed with Cumbria Police who have assured me that they are monitoring the situation by implementing speed checks along the A684. They have also promised to raise the issue at upcoming Casualty Reduction and Safer Highways (CRASH) group meetings. I have also reported the concerns to Cumbria Highways and will report on any progress made. In the mean-time please do get in touch to let me know about any new incidents and I will pass that information on.

I am always here for whatever comments and concerns, no matter how small. Stay safe! Cllr Suzie Pye 07584 528 462
suzie.Pye@southlakeland.gov.uk

Staying Safe



We want to make sure that people are safe in their communities.
Here are some things to think about if you are offered, or need, support during this time.



Try to use existing and trusted community groups. If not, could a family member, friend or neighbour who you know and trust help?



Not sure? Don't answer the door.
If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



Contact us
If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale	0300 303 3589
Carlisle and Eden	0300 303 3249
Furness and South Lakes	0300 303 2704
Out of Hours	01228 526690

In an emergency, call 999

For concerns about a child, report to:
cumbriasafeguardingchildren.co.uk

Cumbria Safeguarding Children Partnership 

Are you concerned about a child?

We are all living in unprecedented times, it is really important that we look out for each other and support each other in our communities.

This will be a difficult time for lots of families, and they may be making different care arrangements for their children. Families may experience added stress at this time, with added financial pressure or isolation from support networks. These issues can add a great burden onto families and children and young people could be at increased risk of harm during these times.



If you are concerned about a child or young person who you believe might be at risk of harm, please contact:

The Multi Agency Safeguarding Hub on
0333 240 1727 or NSPCC 0800 800 5000.

If you believe a child is at risk of immediate danger dial 999 and speak to the Police.

cumbriasafeguardingchildren.co.uk

TIM'S COLUMN

Tim Farron

I'd like to say we can see an end to this awful time. But I really worry that is simple not true.

The numbers of people dying from the virus may be declining, we may even be seeing an easing of the restrictions on our lives. But I think there is a long, long way to go before we see the end of this saga.

People are still dying, and there are still lots of restrictions in place. Some of these may have gone by the time you get to read this but we will still be wearing facemasks to travel on trains or buses, we will still be queuing to get into shops, because of the requirements for social distancing and the limits on numbers. Most of our children will still not be back at school, or, if they are it is only for a very short period of time.

Even when all restrictions are lifted our businesses will continue to feel the effect. It will be a long time before our visitor and tourism businesses get back on their feet. Summer is the time when our hotels, bed and breakfasts, pubs, restaurants, shops, etc make the money that sees them through the rest of the year. The

restrictions we have in place came at the worst possible time for them.

Given the importance of tourism and hospitality to our part of the world it was no surprise to learn that the proportion of furloughed workers here was the 4th highest in the country. I have been pressing the Government hard to put in place support for our tourism industry that takes this into account. It is not enough for the Government to stop the support in the autumn. A lot of our businesses will need support through to next summer. I organised a letter to the Chancellor of the Exchequer and the Business Secretary, signed by MPs from all parties asking them to put in place a twelve month funding scheme for tourism businesses. My first trip to London after lockdown came when I got the opportunity to put a question to the Prime Minister on this issue. As seems to be too often the case with this Government all we have had so far is warm words. But I will keep up the pressure.

This hasn't been the only Covid related area where I have needed to keep pushing the Government. This crisis has made clear a lot of problems in our society. I have been

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supporting calls for vulnerable children to be provided with free school meals over the summer. I worry that the homeless people, who were swiftly found somewhere to live when we went into lockdown, will be just as swiftly be put back on the street when we come out. I have been inundated with stories of people, who for no fault of their own, have fallen between the cracks when it comes to getting Government support, when they found they could not work anymore. I have been doing all I can to help in all of these situations.

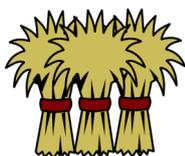
Then on top of all of this we are also going through the negotiations over our departure from the EU. I am really worried that our farmers, who have some of the highest animal welfare standards in the world, will be sold short by this Government. Another thing to keep pushing them on.

So I am keeping myself occupied. But if you have anything else I can help with please do get in touch. Just email tim@timfarron.co.uk or call 01539 723 403.

Thanks for your support

Aaron Troughton

Little Hay Baling



**07732
288790**

SEDBERGH PARISH COUNCIL

Janey Hassam - Clerk to the Council



The Council held their online conference meeting on 11th June 2020 at 7.30pm. Their next scheduled meeting is Thursday 9th July 2020 at 7.30pm. Any member of the public that would like to attend, can be sent an invite to this video meeting. Please contact the Clerk for the joining instructions.

Coronavirus

Members noted recent communications in regard to the easing of lockdown and the potential for increased visitors to the town. It was understood that the Sedbergh Economic Partnership would be convening a meeting to discuss a coordinated approach (including SLDC/CCY/YDNPA). This would foster a collaborative and consistent message to all visitors and residents, in the coming weeks and months, in order to promote and encourage the economic recovery of the area.

Car parks/Main Street toilets

Car parks reopened on 15th June 2020, in line with South Lakeland District Council, and the public toilets have also reopened. Additional guidelines/signage and risk assessments have been completed.

Other Matters

Various other matters were discussed, including Planning applications, Finance, Grants

(Sedbergh in Bloom and contribution to the Food Cupboards), Amenities and the Wednesday Market.

If you have any queries, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

Notice of Public Rights and Publication of Unaudited Annual Governance and Accountability Return commenced from Monday 15th June 2020, to Friday 24th July 2020.

Please also note that a full reference copy of all documents relating to meetings is held at

72 Main Street in the Parish Council Office, with agendas and minutes available online at www.sedbergh.org.uk

SAVE OUR SOULS!

Rev'd Andy McMullon

During my time in the Royal Air Force as a Chaplain to the Forces I went on 'Operations' many times in Northern Ireland, Iraq and Afghanistan. Each time the training involved became more complex – from learning how to 'make safe' weapons. Padres don't carry weapons themselves, but must know how to unload them to the Battlefield First Aid necessary if your patrol was attacked.

One of the key things, drilled into everyone was the answer to the question, 'If you are shot, or injured, who is going to save you?' The question was important because, if there was a contact and you were injured, the probability was that you

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wouldn't be the only casualty, and that the members of your patrol would be very busy returning fire. So the answer to the question 'Who will save you?' was simple. In the first instance you would save yourself by using your training to stem the blood flow, TO cover the chest wound, or apply a tourniquet to your leg. You would save yourself!

This is also something we've all been learning about as we've encountered this global pandemic, Corona Virus or Covid-19. We have learned that our own actions, in staying at home, observing social distancing, reporting symptoms and getting a test, have all been of vital importance in combating the virus, and helping to save ourselves, save

others and saving or protecting our NHS.

'Being Saved', is of course, also a religious question. Here we very much emphasise that, ultimately, we cannot save ourselves and that we are dependent upon God. Nevertheless, for God to save us we still have to do our bit. We have to be open enough to accept that God does exist and is concerned about us. We have to be prepared to open up our hearts and our lives to his love. We also have to realise that his love isn't just for us and for our sort – and learn to share that love in practical, caring ways, something we've again been doing under lockdown.

That's also when we suddenly realise that God is also busy saving each one of us!

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DENTDALE CHRISTIAN FELLOWSHIP

Sarah Woolf

Glorious weather certainly lifts the mood and, when you read the Psalms, the thought comes that there must have been some dismal days! Obviously, David and the other writers were not writing about the weather, but putting into words their praise to God, along with their questions when in despair.

Our gatherings on the 4th Sunday monthly have not happened since February and we keep praying for when to restart, and listening to advice from the Prime Minister.

The same applies to this year's August Festival, due to start on Friday July 31st, and we are watching and praying.

The separate "Shepherds Dwelling" ministry, with the garden open for prayer, is probably going to re-open first, as individuals can relax and pray at the required distance in the large garden.

For information please see DDCF Facebook page or Website, or contact John & Sarah on 015396 25212. Or come and see us at the required distance! People, who are part of the fellowship, continue to pray for the local community and did so during lockdown. God Bless.

SEDBERGH PRIMARY SCHOOL

Happy To Be Back

From the Year 6 Pupils of Sedbergh Primary

When it was announced that schools were reopening, we were both excited and anxious. It was worrying because no-one knew what to expect. Would our school be 'back to normal'?

Arriving at school on the 1st June, we soon found out that it is almost normal. We are now in our year group bubbles, which means that we spend the day with fewer people than before. It is a cautious curriculum.

We have established a regular handwashing routine and are remembering to keep a distance from each other in the classroom and out on the playground. In fact, there are rainbow stickers placed on the floor all over school, 2m apart, as reminders.

The first week went very fast and it was more fun than we expected. We have been able to catch up with our friends and get back into a routine. As one of us said, "It's something to get out of bed for."



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Both permits available from the Information Centre only, renewable annually on 1st September.

GOVERNOR VACANCY AT SETTLEBECK

Myles Ripley

Are you interested in being involved in the good health of Settlebeck? We have vacancies on the Governing Body of the school which we would be delighted if you wanted to fill. As well as getting involved in events at School such as learning walks, you would be in attendance at full board meetings once a term and join at least one of the committees that meet once a term.

Our role is to oversee the good financial health of the school, approve the overall policies and delivery of education at the school, and most importantly to be a critical listener to the school. You may get involved in

interviewing job applicants from time to time.

The most important skill you will bring to the Governors is an active interest in the school. You may have specific skills in other areas but being a critical friend is the focus of the role. You don't have to be a parent at the school, nor be resident in Sedbergh. It is a voluntary position and you would have to go through at DBS process as part of your joining procedure.

Do get in touch with myself, Myles Ripley, current Chair of Governors rilpeym@settlebeck.org, or the Head, Sarah Campbell. We can arrange a chat to find out more, though while we would normally take you for a tour of the school, that is not possible at present!

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SEDBERGH SCHOOL NEWS

Karen Bruce Lockhart

Both the Senior School and the Prep have launched virtual tours of the schools. These can be found on Sedbergh School website and social media platforms.

The first half of the summer term ended on 23rd May and the pupils returned to their screens on 1st June. The virtual teaching had gone well in the first half of the term. The day would start with a short briefing, which gave them any news, a short recorded talk on various subjects (one was given by a bather in the middle of a pool in the Lune), competitions for the day, and a link to a musical interlude, sometime church music, sometimes classical,

sometimes Jazz. This is followed by lessons using Microsoft Teams from 8.30 am to 1.30 pm (and a register is kept at each lesson). A wide range of resources is used, including video calls, small group chats, independent tasks, use of OneNote Class Notebook, online quizzes and group work. They receive feedback through video charts, and live discussions and grades. The rest of the day is provided with sports exercises, competitions (individual and House), and entertainments. Similar virtual timetables and activities are in place for the Prep School, modified for the various year groups. Among many comments one parent said, "I think Sedbergh 'remote learning' is streets ahead of most other schools". There have also been parent/teacher meetings.

Teaching has included experiments: for instance, pupils from Japan to the United Kingdom in years 7 and 8 extracted and demonstrated fluorescent properties with home built UV lamps, and year 9 build solar ovens.

Pupils due to take their GCSE and A Level exams have been assessed on their work of every kind over the year and the results are submitted to Ofqual for grading. Any pupils who dispute their grade will be able to sit the exams in the autumn or next year.

At the end of the first week of the second half of the term there had been 654 one to one online music lessons, 5,791 live on line class lessons, 142 daily challenges and 55 virtual assemblies.

Pupils have been encouraged in this second half of the term to try and



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change habits by working in different places and working in different ways. Year 11 pupils are encouraged to make use of taster experience to choose the right subjects for next year. Year 13 have opportunities for practical advice and tuition before leaving school, and to make the most of Life Skills, The World of Work and Higher Education

Activities have included among many others sign language, welly wanging, card house building, trick shots with a rugby ball, preparing an outdoor meal, wild flower arranging, a pastry week, trick photography, cooking scones from the Royal Garden Party recipe, and making a musical instrument out of a vegetable, building a raft and taking black and white photos. Social events have included quizzes, virtual visits to the Palace of Westminster and Edinburgh Zoo, and readings from the Hay Festival by Ilhan Omar and Lucy Worsley. Parents and Old Sedberghians have become involved. For instance the father who ran the furthest in the week before half term ran 101km and the mother 104 km. The task set for the first Saturday of half term for runners was a choice of

a tough run (16 km) or a “steady” one (10 km) and for Juniors 10km or 7 km.

While the Senior School will not re-open until September, the Prep School re-opened for Reception and Years 1 and 6 on 1st June for both Day and Boarding pupils. Pupils are divided into “Bubbles” where they meet, work and play together in separate areas with allocated staff. They follow the same timetable as those being taught remotely. Their temperatures are taken several times a day. They do not share equipment. They wash their hands one by one after each lesson. Boarders have their own washing facilities, crockery, and seats in the common room. Games are at present restricted to athletics, running and walking. Visiting staff such as music teachers still teach remotely. The staff are, of course, having to work very hard teaching both in school and remotely.

The Sedbergh Sportswomen’s dinner, an annual event, will have taken place as usual on 20th June by Zoom and was a black tie event. Commendation virtual lunches have been held during the term for pupils who have done especially well.



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Two boys in Powell House have been working for charity. Ed Gray has climbed the height of Kilimanjaro by ascending his staircase 474 times a day for five consecutive days (23,720 steps) for Bishop Auckland Butterwick Hospice, and Josh Clarke has been running a team relay for 210 miles on foot for Maggie's Centre. Two girls are training for charity runs – Ava for her 4 day Marathon for ProstateUK and Luci for the re-arranged Edinburgh marathon for @beatED. The Harling family ran their own marathon at home for MIND. Several pupils have been involved in helping veterans, and during the assemblies in the second week beginning 8th June gave talks on what they had been doing: teaching and building confidence and self-belief.

Another virtual Open Day was held on 17th June consisting of an introduction by the Headmaster, followed by live Questions and Answers, and an opportunity for one to one meetings with key members of staff.

The running club has been holding a series of virtual races, involving parents, pupils, staff and Old Sedberghians

The School took part in the Northern Schools HMC London to Tokyo Race (walk, bike and ride 9,226 km) between Monday and Saturday starting 8th June. By end of Day 2 they had covered 3,183 km, one third of the way to Tokyo - as far as Saratov, Russia. Day 3 took them to Altanteel, Mongolia (1,423km). By day 5 they reached Ulanqab, China, (1,585km) and on Day 6 they achieved 2,025km to reach Tokyo. Staff and pupils between them biked 6,521 km and walked/ran 2,465 km.

26 new pupils from 7 different countries joined the School's on line Sixth Form taster course

Nick Dunstall died at the end of the first half of the term – he had returned to his beloved golf course only that afternoon

The Webinar event on 18th May welcomed Olympic medallist Crista Cullen and Performance Centre Head Coach for England Gary Johnston to talk about their work to inspire and develop the next generation of hockey players. The next on 1st June involved a father and son duo, the rugby players Bryan and Cameron Redpath. On 8th June the webinar was hosted by Stuart Oliver, John Fletcher and Jason Duffy with

Guest Richard Shorter with the title Lessons from the Non-Perfect Dad. On 15th June it was Coaching for the game of the Future with guests Russell Earnshaw and John Fletch of the Magic Academy.

Future Events

The Sedbergh On Line Summer School for students between 8 and 17 will take place from 6th July to 31st July

Sedbergh International Summer School has launched Sedbergh On Line for foreign students wanting to improve their English in a fun and communicative way. It will run from 6th to 31st July

The summer term will finish on 4th July with a virtual Speech Day. This will be available to the wider community and will be aired on the School website and across all social media platforms on Saturday 4th July. The School says this looks like an exciting celebration of all that has happened this year and a chance to end the year, remotely, in style.

The Michaelmas term will start on Sunday 6th September - all being well - with the new pupils arriving the previous day. Plans are currently in place for pupils to return to the school campus in September in accordance with the latest Government guidelines. The school has been working hard to prepare for a safe return to the campus and are acutely aware of making sure their plans are supportive of the local community.

The School will open 14 days before the start of next term so that overseas pupils can complete their quarantine. The wearing of masks and gloves will be permitted. All

pupils will have their temperatures taken four times a day through non-intrusive measures in their Houses. Mealtimes and roll calls will be staggered to allow greater social distancing. Bedrooms, bathrooms, common rooms and social spaces will be allocated to smaller sub-sets. This is in line with the Boarding Schools' Association (BSA) Covid-Safe Charter which the School supports, and the advice and help of Dr Lumb. Plans are underway to secure the campus with some new curtilage and plans are in hand regarding footpaths, corridors and dedicated channels of movement. Handwashing will become part of the routine and outdoor hand washing stations have been constructed. Plans will be put in place to ensure pupils can make use of local amenities and support the local economy.

There will be further publication throughout the summer regarding how the school will operate in September. Questions regarding this may be directed to the Deputy Head, Lotte Wright, at lew@sedberghschool.org

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KILLINGTON SPORTS

Tom Gorst

As a youth I enjoyed running, especially middle distance, though I didn't compete in many events. In 1960 I ran in a mile race at Cautley and won against two other young men. It was there that I heard for the first time of Killington Sports (I was living at Wray at that time) taking place a week or so later and decided to give it a go. In the mile race two of us were going flat out for the finishing tape when the loudspeaker man shouted 'another lap to go yet lads'. We both fell flat to the ground, done for!! Little did I know that in 1968 we (Barbara and I) would move into Killington to a farm called Mutton Hall, with our three boys, later to be joined

by Margaret. Eighteen months later the Killington Sports Committee members invited me onto the Committee. Four years later Les Robinson, the loudspeaker man/ chairman/main organiser, resigned and I was invited to take over the role. Killington Sports is a running and wrestling event (with side shows), quite different from Sedbergh Gala, and is held every year on the evening of the Thursday of Spring Holiday week, and so, with the help of my wife Barbara, we took it on. The Sports were held for many years in a field belonging to the late George Rawlinson. Now it is held in a field by kind permission of John Capstick. On Sports day the children of the parish have tea and their own sports late

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afternoon and then around 6.00 o'clock the Open Sports commence. Competitors come from all over, wrestlers from Northumberland regularly attend. In 2004 we organised the World All Weights Cumberland and Westmorland Wrestling Championship and it was won by a 23 stone chap (of solid muscle) from Glasgow. In 2016 the Under 15 World Championship was won by Jay Ferguson from Sedbergh. Also in 2016 the Senior Fell Race was won by Michael Kallenburg from Cardiff. We have also had in the past very competitive wrestlers from France and Iceland, and a successful sprinter from Chile, who was working at Sedbergh School.

Over the years events have been added to the programme, such as a race up the fell for mountain bikes, egg throwing (a very popular event), extra childrens' races, and girls and ladies wrestling which is becoming quite competitive. Over the years the side shows – quoits, coconut shy, darts, throwing the pennies, guessing the weight of the sheep, 'spell and knur' etc, provided a useful income for the Sports, but seem to have lost their momentum now with so much

else going on. A pity, especially for the sake of the quoits and 'spell and knur' which are traditional northern games from the time of our grandparents and further back. In the 1960/70s all the events, running, wrestling, pillow fight and tug-o-war were held in the same ring. Now there has to be two rings with the wrestling and pillow fight having their own ring and taking place at the same time as the running events. Even so we have to turn the

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'floodlights' on to complete the programme, with the final event, the tug-o-war, taking place 10.30 – 11.00 pm.

Over the years the Chairman's job has been taken on successfully by John Capstick, John Waller and now our son, Dick Gorst. All have put their stamp on the Sports to continue its success, which is demonstrated by the attendance of 200/250 in the 1960s to an average of 800/850 in the last few years. All this happens only because members/inhabitants of the parish turn out to prepare the field the night before, on Sports day do the jobs which nobody notices and tidy the field afterwards. These events don't happen without many volunteers playing their part. We are indebted to them.

I am told that in the year 1845 the Westmorland Gazette mentioned Killington Sports in its pages. We have a tradition to continue!

SPINNING SPORTS JUNE 13 1767

The Manchester Mercury and Harrops General Advertiser, Tuesday 23 June 1767, and The Derby Mercury, Friday 26 June 1767

Last Week the King's Birth-day was kept at Sedbergh in the most affectionate and joyous Manner; and on the Occasion a genteel Entertainment was given by Tho. Willis, Esq; to a Number of Gentlemen and Ladies, at the King's Arms there: After Dinner, the Health of the Day and several other loyal, Healths were cheerfully drank; and the said Gentleman ordered a Quantity of Liquor to the Populace, to enable them to partake of the Festivity of the Day; also, to heighten this Diversion, and promote Industry, he ordered several Prizes to the labouring People (of whom a great Number assembled) as Fencing for a good Hat, Wrestling for a Pair of Breeches; and for the Women Knitting for Smock, and Spinning for a new Gown, for which Purpose a large Stage was erected in the Street, and the Diversion continued till late at Night. The Spinners opened the Scene, which was the best executed and afforded the highest Sport. They had each two Ounces of fine Worsted given them, Seconds to attend them, and all started at the Word of Command, and spun for about seventeen Minutes with great Expertness; and being neatly dressed, with their Long-Wheels all in breast, made a very fine Appearance as they Wrought. Many Wagers were depending on the Match, and the knowing Ones were taken in, as the

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youngest Girl who had the least Bulk of Yarn to look at, carried off the Bays, having made most in Length: She spun four Hanks and thirty-eight Threads in the Time; This Girl (Wilkinson) was so clever; that she ran at full Speed as in Race all the Time, made about one Yard and three Quarters of good Yarn at every Stroke, and had very few Breaks all the while. One of the others were not far short. The Knitters also performed to Admiration. These Kinds of Encouragement to Industry give great pleasure to all Well-wishers to Society; and the Advantages accruing therefrom to the Community in general, and the Town and Neighbourhood in particular, are easier to be conceived than

expressed; this Method of exciting a vigorous Display of the Faculties in the most useful Arts, is undoubtedly one of the strongest Incentives to Proficiency among Work-People, and merits Imitation.

SEDBERGH SPORTS AND RACES 13 APRIL 1771

Newcastle Chronicle

13 April 1771 Newcastle Chronicle of Monday the 28th of April, A purse of money, not exceeding of Fifty Pounds to be run for by any Horse, Mare or Gelding, the best of three Heats, that never started for a Hundred, nor won above Fifty. Weight for Inches.

On Tuesday the 29th, Another a purse of money, not exceeding of Fifty Pounds to be run for by any Horse, Mare or Gelding, that has won above Fifty Pounds, Weight for Inches as before; all Horses are to run free; three Horses to start or no race. And on Wednesday will be fought a Main of Cocks, forty on a side, between the Gentlemen of Yorkshire and the Gentlemen of Cumberland, for Five Guineas a Battle, and Fifty Guineas the Main.

There will be Foot Races, and many other Diversions too tedious to mention, in particular a Silk Gown for Women to drink for, but no Women to be admitted but Women of the Town.

There will be an Assembly each Night for the Ladies, and Ordinaries every Day as usual; and to make it more agreeable, the Town has engaged Mrs Jackson's Company of Comedians, whose Performance has had the greatest Applause in those Parts.

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SCOTCH JEAN'S ANNUAL SPORTS, 1853

These noted sports came off on the 27th ult. with more than usual eclat, under the able management of G. U. Smith, Esq., Ingmire Hall, and John Boustead, Esq., Settlebeck. The following is the return of the sports: Pigeon Shooting - twelve entries three birds each. George Taylor and John Saunders divided the first and second prizes.

Rabbit Shooting - thirteen entries-three each. Six having tied, and night coming on, they divided the prizes amongst them. G. U. Smith, D. Dobson, G. Taylor, John Stainton, Robt. Hird and John Fleming

Horse Race - one mile and a half. There were originally four entries, but the noted grey mare caused two to be withdrawn, viz. G. U. Smith's, Esq. and E. Slinger's. The two remaining horses made an excellent race, which ended as follows: - James Lambert's grey mare, "Creeping Jane" first, and James Lewthwaite's chestnut mare "Lucy," second.

Next came the wrestling, for which there was a very good entry, but the wrestling was not so successful as we have seen, owing to such a heavy fall of rain taking place at the time. The first prize was carried off by Richard Fawcett, Hutton ; John Fawcett, Hutton, second, and; George Mason, Killington, third; James Woof, Killington, fourth; Thomas Woof, Capplethwaite Hall, and Richard Machell, Grass Rigg, acted as umpires, and their decisions gave general satisfaction. There has not been such a gathering at any sports in the Vale of Lune for many years.

SPORTS AT SCOTCH JEAN'S 1 SEPTEMBER 1855

Mr James Lewthwaite, of the Scotch Jean's, near Sedbergh, held his first annual sports on the 24th ult., and they were, we are glad to record, both well attended and contested. The sports commenced with a race by boys for 7s. The boys had their hands tied up, and ran after a hen, the first that caught it winning the prize, which was well done, after a long run and many hair breadth escapes, by J. Woods, of Firbank. Then came foot steeple chase by men for £1 5s which Richard Fawcett, of Hutton, won, Anthony Wilkinson of Firbank, being second. A foot race of 100 yards was won by J. Rosethorn, of Mansergh, J. Bushby of Sedbergh, second, and S. Hunter, of Killington, third. R Fawcett, after a sharp contest, won the foot race of 400 yards, J. Rosethorn, second, and J. Bushby, third. We may reveal that the last two races were won by patrons of

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the sport, but the prizes were given to the next in merit.

Next was the "tug of war," for a ring having been formed, speedily commenced, and after some excellent contests especially those between Swinbank and Winn, the former being mere youth, but grassing his men in first rate style, was won by John Fawcett, of Sedbergh, T. Winn, Middleton, after a good struggle with Swinbank, second. Messrs Stainton, Metcalfe, and Machell, officiated their decisions gave general satisfaction. A sack race, walking matches, and other amusements added much to the hilarity and good feeling of the whole proceedings being brought to a close in a very amiable manner.

SCOTCH JEAN'S SPORTS 16 MAY 1857

Kendal Mercury

These sports came off on Monday last, as announced in our last publication, and, notwithstanding, a very short notice, in consequence of G. U. Smyth, Esq., taking his departure from Ingmire Hall, such a gathering took place as had not been witnessed before in that district. As will be seen by the annexed returns there was all the first-rate wrestling talent present out of both Cumberland and Westmorland. This meeting in a very short time bids fair to compete with the most renowned meetings.

The sports commenced with donkey race for £5, but, there having been some trial trips during the morning, one of the horses did not come to the starting post, the owners having ascertained by some "touts" the respective merits of the animals opposed to them. There was, however, a most laughable and interesting race; Mr. Lupton's Flying Dutchman (J. Robinson), 1 (£3); Mr. Wm. Sisson's War Eagle (Owner), 2 (£2).

Foot race - First prize, 7s. 6d.; second, 2s. 6d.

Richard Wright first, Noble Ewbank second. A very good race, although too many started. J. Robinson, Esq., and Stainton, the first favourites, were jammed amongst the ruck and thrown out of the race. The former was thrown down and run over, but was no worse for the fall.

At the conclusion of the out-door sports, the Kendal brass band, which had been specially engaged for the occasion, retired to the ball-room, and



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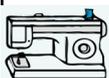
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there being goodly muster of the fair sex, the merry dance was well kept up. Most of the wrestlers adjourned to the bar of the inn to receive their various prizes. This party, in the absence of Smyth, was presided over by the old Squire of Hutton, and, after the usual loyal toasts, the President proposed in a bumper, and three times three, and one cheer more, the health of G. U. Smyth, Esq. Mr Smyth, he said, ought to be toasted at every wrestling meeting in the country, as, at his own individual liberality, he had made the Scotch Jean's Meeting second to none in the country, and he could not see why other gentry in the neighbourhood could not lend a helping hand. The toast met with the enthusiastic reception it justly merited. The secretary, in the absence of Mr. Smyth, returned thanks, and said he would make known their good wishes towards that gentleman. In the meantime, as Rauthmell had

remarked, some more must put their shoulder to the wheel, and this means the wherewithal might be raised to have a first-rate light weight wrestling; this would prolong the sports to two days, but be it one day or two, they might all of them attend meetings for many years, before they witnessed as good sports as they had done that day. The meeting did not break until a late hour, every one seemingly well pleased with the day's entertainment.

From another Correspondent.

These sports took place on Monday last, at the house of Mr. James Lewthwaite, Scotch Jean's, near Sedbergh. The weather throughout was remarkably fine, consequently the sports drew together a very large muster of sportsmen and spectators. £10 was given to wrestle for, which was well contested. The first prize was won by R. Wright, of Longtown, throwing Isaac Brownrigg, of Whinfall: in the previous round Wright threw Tyson Atkinson, of Windemere, and Brownrigg threw Longmire, of Bowness. The prize for the sixteen best standers was won by Noble Ewbank, of Bampton, who threw Tyson Atkinson. The decision of the umpires, Messrs. W. Bownas, W. Pearson, and J. Martindale, gave general satisfaction.

A foot race, distance of 150 yards, was won cleverly by R. Wright, Longtown; Ewbank, Bampton, second. A brass band from Kendal was in attendance, which enlivened the company at the intervals of the sports.

SEDBERGH SPORTS AND TROTTING

Westmorland Gazette 14 June 1919

These sports were held in the Station Road field, and no other sports took place in the neighbouring district, and as the meeting had been abandoned during the war, there was a large number of people present.

The arrangements were in the hands of a committee, with Mr. H.T. Hague as secretary.

Results - Trotting handicap any height, 5 entries. Final - J.L. Bainbridge's Mary, 2 G.N Iveson's Black Polly, 3 M Sedgwick's Comet.

Ponies under 14 hands, 3 entries - 1 G.N Iveson's Black Polly, --- 2 J.L. Bainbridge's Mary, 3 M Sedgwick's Glengarry, 75 yds. Good race won by a yard.

Hound dog trail, open - Ormondy's War Spite (Frizington); 2 Oversby's Rockwood (Bigrigg); 3 Jefferson's Warwick (Bigrigg); 4 R. Park's Crown Jewel (Frizington); 5 Butler Coles's Thruster (Egremont).

Foot races: 120 yards' handicap (local) W. Middleton, Sedbergh; 2 R. Dixon, Sedbergh; 3 J. Middleton Dent; 4 J. Coulthwaite Middleton.

Half-mile handicap (local) - J. Pooley, Dent; 2 A. Sedgwick, Sedbergh 3 R. Dixon Sedbergh; 4 W Dixon.

200 yds handicap (local), boys under 14 - R. Greenwood Sedbergh; 2 T Atkinson Sedbergh; 3 W. Lancaster Sedbergh; 4 R. Metcalfe Sedbergh.

Mile handicap (open) 9 entries - J Jackson, Hawes; 2 J. Pooley, Dent; 3

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R Grundey, Carnforth; 4. W. Dixon Sedbergh.

Winder guides race (local) - 1 J. Pooley, Dent; 2 A. Sedgwick, Sedbergh; 3 W. Lancaster, Sedbergh; W Harrison, Sedbergh.

There was wrestling and the Final was won by W Bownass' He won the belt at last games (1914). The wrestlers came from as far as Carlisle and Monmouth.

Girls' race under 14 won by May Metcalfe.

Ladies' race won by Miss Baine
Sack race (open) won W. Lancaster

Handicap men over 50 years of age won by J.Fisher

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J. Brunskill, W. Thoruborrow, J. R. Fawcett, J. Alderson,
H. Dent, J. Harper, T. Pratt, J. W. Metcalfe, J. W. Lambert,
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1.—That all stock be the *bona-fide* property of the Exhibitor 14 days previous to the Show.

2.—The competition will take place at Moorcock on October 1st, and all entries must be given to the Secretary on or before Sept. 23rd, at which time the entries will be closed, and nothing must be shown which is not entered.

3.—All entrance money must be paid at the time of entering, and all entries received by post must contain the entrance money, with a full description of the animals to be entered, and number of each class, or the entry cannot be accepted.

4.—Judging to commence at 10 o'clock for Cattle, and 11 o'clock for Sheep. No person to interfere with the judging in the ring except the Committee.

5.—All objections must be made to the Secretary within seven days after the Show, accompanied by a deposit of 5/-, when the Committee shall decide, and should the objection be ruled by the Committee to be frivolous, the 5/ shall be forfeited to the funds of the Show.

6.—No prize money to be paid until 21 days after the Show, after which the Secretary or Treasurer shall pay the awards as early as possible.

7.—In each of the Premiums entered the first prize will be withheld if there are no more than four entries, but second prize offered will be reckoned as the first, and the others in accordance with the same. No exhibitor shall receive more than two prizes in one class. In any class where there are not more than three entries the class will be cancelled and the entrance money returned.

8.—All exhibitors in Local Classes must reside within six miles of the Show Ground, unless otherwise specified.

9.—Subscribers of 10/- and upwards : Entries, 1/6 ; other entries, 2/6.

10.—Each Subscriber of 5/- and upwards will be considered a Member of the Society if he desires, and must be elected by a majority at the Annual Meeting. He must also give written notice to the Secretary before the Annual Meeting if he wishes to resign his membership.

11.—All Special Prizes shall come under the Society's Rules.

12.—All entries must be made on the entry forms supplied by the Secretary or in writing.

13.—That should at any time, from unforeseen circumstances, the Society's funds fall short of meeting existing liabilities to successful competitors at the Annual Show, after every other expense necessarily incurred is discharged, the claimants shall only be entitled to receive the balance *pro rata* amongst them in full discharge of all claims against the Committee of the Society.

14.—The Committee do not hold themselves responsible for any accident to stock or personal injury.

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GARSDALE SPORTS

Lookaround July 1987

The annual sports were held at the end of May. The Committee defied tradition and chose a warm and sunny day. The children's events were held in the afternoon and were very well attended. A full programme of races attracted a good entry and skillful handicapping ensured some close finishes. Few children will have gone away empty-handed.

The adults' sports in the evening were also well supported with many actual and honorary Garsdale folk attending and entering the exciting list of races and events. The Williams' family - now emigrated to Sussex were much in evidence: father and eldest son, David, (11) fluked a win in the egg-throwing and David also romped home in the Junior Fell Race - a contest notable for the number of energetic young female entrants.

The Senior Fell Race went to Mark Davenport. A protest about his legs was overruled after a steward's enquiry. Measure showed them not to be twice as long as everyone else's, as had been alleged.

The bale tossing was a triumph of technique over brute force. The mighty were humbled by David Harker of Mallerstang who, at the eleventh hour, forked the burden contemptuously over a height that had the Garsdale Goliaths from the Calvert, Middleton and Metcalfe contingent sobbing with frustration.

The pillow fight, a tough test of brawn and balance, went to Marin Bergerud. The married men trounced the bachelors in the tug-of-war: a victory attributed by the winners to clean living and early nights, by losers to two extra married men.

The football ended inconclusively as usual: two black eyes and a bleeding nose to a twisted ankle and two torn shirts.

Raymond Lund skillfully auctioned the cakes remaining at the end of the day, though some wondered all the bids were coming from.

Many thanks as usual to all too numerous to mention who organised and helped, the ladies who prepared the feast of tea and supper, and all who come and make a day a success.

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SEDBERGH METHODIST CIRCUIT CRICKET MATCH

Lookaround, September 1987

A challenge by the married men of the Circuit to the younger members was duly accepted and on a rather dull evening, interspersed with rain, a restricted 12 over match took place at Settlebeck.

The married men put into bat scored steadily. With the experience of Tom Gorst and, at times, the brutish attack of Henry Hutchinson, the score moved along quickly and the innings ending with the total of 59 runs.

The confidence of the younger members was soon shattered by some cunning bowling by seamers,

William Allen and Tom Gorst. Also, the deadly length and spin of Andrew Hunter, backed up by some fine wicket keeping by Dan Humphris.

Much as the three Gorst brothers and Robin Capstick tried with wickets running out, chances were taken and some silly run-outs occurred. Their innings closed 11 runs short of the target required.

The match was very well umpired by the Rev. and Mrs. Blanchard and scored by Mrs. B. Gorst. A most enjoyable evening was had by all, despite the weather.

Grateful thanks to Sedbergh C.C. for loan of all equipment.

KILLINGTON SPORTS 2011

Westmorland Gazette Archive

TRADITIONAL Lakeland sports were once again celebrated at Killington with a crowd six times the size of the village's population being thoroughly entertained.

Fell racing, field-running and Cumberland and Westmorland wrestling were interspersed with fun events such as pillow fights, egg throwing, egg-and-spoon, tyre, potato, three-legged and sack races.

These were complemented by the usual side-shows of quoits, darts, pitch-penny, horse-shoes, coconut shy, treasure hunt and "Guess the Weight of a Big Bale."

Organisers were delighted to see more young people taking part with the under-12 fell race attracting a field of 80 runners.

One family even made a quick return from holiday in France to be able to take part!

Regular handicapper and commentator Roger Ingham once

again entertained the crowd with his humorous and extremely knowledgeable commentary.

The evening came to its usual conclusion - beneath the glow of new spotlights at 11.30pm - with keenly contested tug o' war competitions.

A very well-trained Sedbergh YFC boys' team were again the winners of the main event. They also survived a spontaneous challenge from their girls' team.

The senior fell race was won by Kendal's Danny Parkinson who was followed home by Howgill's Carl Bell and Helm Hill's Alastair Dunn.

The mile handicap was won by Beau Smith and the winner of the mountain bike race was Kendal Rick Stuart.

Joe Robson was first in the mens all-weight in the Cumberland and Westmorland Wrestling.

Sadly Killington Sports was cancelled in 2020.

BARBON SHOW 2014

Anna Smith

"Barbon Show basks in welcome sunshine"

Barbon Show is always welcoming - but the weekend sunshine ensured it was also one of the warmest of recent years.

The event, one of Cumbria's smallest and most traditional gatherings, was held by Barbon and District Agricultural Society at Barbon Manor Park, on Saturday.

Sheep dog trials, a sheep show, a stick show and even mug-painting and sports for the children all helped make this year's Barbon Show 'another success', according to secretary, Pauline Bainbridge.

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Contact KEVIN BATEMAN

"It was a great day," she said.

"It was mainly sunny apart from a shower at lunch and I think that really helped - it's always a better day when the weather is nice!"

Dozens of people from the local community turned out to the site, at the Manor Park, to show their sheep, sheepdogs and sticks.

The open sheepdog trials were judged by Joe Relph, who awarded first place to Anne Ritakallio with her dog, Jazz. The novice sheepdog trials were won by Neil Howarth of Garsdale with his dog, Craig.

The day also attracted 76 entrants to the stick show, which was won by Bob Cannan.

The overall champion sheep, which won the Doug Reynolds Cup,

was the show's champion mule, entered by John Pedley.

The Watson family, from Middleton Hall, also had a great day, winning four trophies and cups and taking the top spot in another six categories for their sheep.

Throughout the day the children in attendance were kept occupied decorating mugs, which were then displayed and judged by the show's president, Charlotte Southard.

Winners were Robbie Alderson, Eva Sedgley and Emmy Watson.

"It was a good year with some great quality entries," added Mrs Bainbridge.

Sadly the Barbon Show is cancelled for 2020

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ONE MAN'S VIEW

David Lord

I was invited to play a round of golf at the delightful Sedbergh Golf Club, and almost thirty years on from my original visit, I was more than pleased to accept.

Just inside the Yorkshire Dales National Park, a mile or so from the historic village (!) of Sedbergh with its famous school, and running through a picturesque river valley, I recalled the views from the course and the immediate environment to be quite outstanding. I was not to be disappointed.

The course at Sedbergh has had plenty of time to mature and the unique layout now needs little or no alterations for the future. All the

greens are interesting in shape and of a very high standard. The use of sand bunkers is both thoughtful and challenging.

My round started with a relatively gentle par 4, temptingly driveable for the long hitters or the foolhardy.

The second hole is a simple wedge over the River Dee, or so I remembered ! The intervening years however, have produced sixty feet of prime English broadleaf, obscuring two thirds of the green and needing to be flown ! Anything from a 2 to a 10 possible here then!

On to the 3rd, a short (ish) par 5 and relatively straight forward until I reached the business end, where I met cross- bunkers in front and water

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everywhere else . My par 5 felt like a triumph !

At Jackdaw Bridge, you turn for the 4th, a good par 4 to a well protected inverted L shaped green. The picturesque River Rawthey runs all the way down the left and grass bunkers await if your drive misses the fairway.

So to the 5th, a hole I'd heard about prior to my visit, described by a local professional as " one of the hardest par 4's you'll ever play! "

Only the longest of hitters will carry the River Dee from the tee. Mere mortals are forced to lay up short, leaving an even longer second to reach the green. Like me, 99% won't get there! A chip and a putt then for par ? Good luck with that one ! The green is severely crowned, once described by a local member as "...like trying to land a ball on the roof of your Granny' s Morris Minor!"

Stroke 1 on the card, so a 5 or even my 6 here, no major harm done.

On to the 6th, another par 3, around 160 yards to a steeply elevated green. For those without backspin in their repertoire, the only real problem is getting on and staying on.

The same goes for the uphill par five 7th, where on arrival at the green, I sucked in the most breathtaking views of the Howgills and the local Dales. Magnificent ! Also, a look towards Sedbergh's old course, high on The Riggs, their original home for almost a century. Full credit to all who played way up on that fellside !

The 8th presented me with a blind tee shot towards a marker post, via a seemingly tight gap, but once away from the tee, it became obvious that there is a lot more space as the hole opens up to a very wide fairway. Beware the solitary oak on a length in the centre ! Hitting the green with my second was the most satisfying shot of my round !

My final hole, the 9th, a par 3, straight back to the clubhouse, with tight out of bounds on the left. Definitely three putt territory if you get on the wrong level of the big Mackenzie green, but a good finish to a truly memorable round.

Thank you Sedbergh Golf Club, I'll be back!

If you have not yet visited Sedbergh , it should be high on your priority list. Like me, you'll enjoy every minute of a great afternoon out.

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FAMILY MUSINGS

Sarah E Woof

I am writing this sitting outside on our rear patio in glorious sunshine and watching the latest member of our animal family climb everywhere and chase everything. We have a kitten, Bob Cat, ginger and white, male and adorable. He loves us all and can be 'lost' quite often, I had him missing this morning and Oh he had got shut in the greenhouse!

Our 16 yr. old Mitts is not as impressed as we are however, they have met nose to nose and been OK but then he decides to play with her tail and arched back and hiss (him) with low growls (her) bring that to an end.

The Hens, Honey and Sparky are laying well and they too bring pleasure, Sparky will try anything the other just wants it when it's too late.

We are waiting on roses and raspberries and enjoying strawberries and making Elderflower cordial. Life has a settled pace and if my hand would recover and I could write again I will be very happy. My left hand writing is improving though I do wonder if others read it as well as me.

The local community volunteers certainly stepped up during the lockdown all around our area, and for some still isolating they are still helping. My Auntie in Sedbergh joins me in a big Thank You!

It is months since hubby and I took our evening walks up the road to lock the village community rooms after meetings, seems in another world, maybe it was, maybe the 'world' now emerging will be kinder and more patient and not as 'busy'.

Whether it is or not, I am glad to walk out of my gate, to chat at the required distance and to sit having a brew and a catch up with friends, at 2m.

When the day is glorious and the flowers bloom it is easier to be glad, yet sad times are there amongst the joy, loved ones we see and loved ones we remember and in remembering we thank God we have shared our life with them. For now, rest in the warmth of summer. Thank you.

MAY WEATHER

B Wright

Technically we have had yet another drought. Although we had a short shower it did not trouble the rain gauges. We did, however, finish the month with 1.18 inches (30mm) of rain. Apparently it was the driest May in decades. The most significant feature was the temperature. We had high of 71F (23C) but a low of 18.5F (-7.56C). This extremely unusual for



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June though I did once record similar temperatures in June about 30 years ago and lost several litters of baby rabbits!! A wind speed of 28mph (45kph) was recorded.

The night of the keen frost did untold damage to the new growth particularly on the trees. Our beech, copper beech, tulip tree, fig and various acers look as though winter had come as the upper parts are covered in dead leaves. I thought it had killed our hibiscus but fortunately they are sprouting again.

The swallows finally got round to laying 4 eggs on the 25th, the same day I saw swifts around here! We have put the "screamer" on and it certainly seems to attract the birds. Unfortunately, the sparrows have taken over one nest box. One male swift tried to get behind the boxes. They have been interested but nothing seems to have taken up residence.

We have baby rabbits around again after a while without. To try and reduce the attention of the rodents, which I think we have wiped out, we moved our bird feeding station away from the house by about 10 feet. This seems to have been an invitation for the jackdaws to start visiting the feeders! We also have a cock pheasant, and sometimes his lady, gleaning up underneath. Butterflies, with the exception of a few orange tips, have been noticeable by their absence. We have a little owl around. It is sometimes sitting in a tree in the garden when I take the dogs out first thing.

KILLINGTON WI The Afternoon Meeting for the Entire District

Wendy Fraser-Urquhart

First of all may I offer my congratulations to Moira Folks and Sedbergh WI for the splendid article of recollections of VE Day which they assembled for last months' Lookaround. It really demonstrated the cooperative and family nature of the Women's Institute. When one looks at a list of names of members of ones' Institute, each person is not just their own self. Each of us knows who and where sons, daughters, grandchildren, parents, brothers and sisters and lots of other people who are connected to that person are. It is a wonderful, supportive community and particularly valued at this difficult time.

We are happily fortunate that we have so many clever ways to keep in touch. Sadly, my computer and phone are a lot smarter than I am. It is satisfying when I come out on top. The other day, when trying to do something on my phone, up popped a video of my just 18-year-old grandson, playing on a gold piano accordion and singing, HAPPY

Have you got a pile of old tapes or records you would like to watch or listen to again?

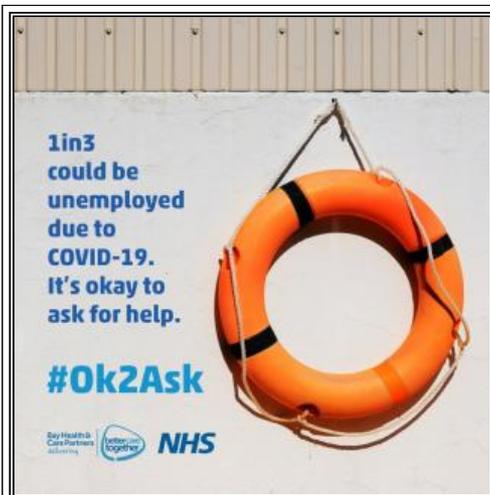
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BIRTHDAY! I knew that he had acquired such an instrument, though I thought it would be black. Now he is learning to play it and I don't think that it eases things in the locked down household!

We all really miss being able to have our normal meetings. Our President still keeps us all in order from the far side of the globe, Our Secretary Marion and Treasurer Margaret are keeping us in touch with local happenings, or rather NOT HAPPENINGS. We are all happy to know that Lorraine is once again back home after a sojourn in RLI. Now she can enjoy her pristine garden which I know is looking lovely. It is hard to keep track of time but the birds and the flowers are good indicators. Let's hope that the work on Millthrop Bridge proceeds rapidly - June 8th for 8 weeks is the proposed closure.

Once again we send our thanks to ALL those workers who are keeping things going, and I would like to add a special word of thanks to Rachael for her wonderful care of Dawn, one of our members for many years.

SEDBERGH WI REPORT

Moirra Folks

How can we maintain a sense of togetherness as a WI group during the Covid-19 lockdown? This was the question facing our committee, meeting together for the first time via Zoom on May 26th since meeting in person was no longer possible. The summer outing in June was cancelled and so were the monthly meetings for July and August because social distancing made them impossible. Looking ahead to the autumn, we hope that socially-distanced meetings in the main hall might take place depending on a significant reduction in the infection rate and future restrictions.

What of the present though? The easing of lockdown on June 1st to allow outdoor gatherings of up to six people in private gardens seemed to offer some opportunity to meet 'for some much-needed social interaction', as one of the book club members put it! It was the book club that put the first plans in place, dividing the 10 members available on our normal meeting date, Thursday 11th June, into two groups of five, one to meet in Valerie Welti's garden and the other at Anne Pitt's home. The weather seemed set fair for that day – but no! We had to postpone till Friday 12th, which again dawned wet and extremely windy. There was no way that a group could meet in

theWI
INSPIRING WOMEN

Valerie's exposed garden that afternoon, but Anne, who had a more sheltered position in her garden, went ahead with her group. Since Carlisle Library hadn't been able to send us books once lockdown was imposed, we had no book to discuss jointly so members were asked to bring a short review of a book they'd enjoyed recently and the results were shared with the whole book club. These were some of their recommendations:

'Eleanor Oliphant is Completely Fine' by Gail Honeyman; 'The Rosie Project' (the first book of a 'Rosie' trilogy by Graeme Simsion); 'Hours of the Night' and other books by Susan Gee. I shall certainly be trying them out and no doubt others will too!

Discussion was by no means limited to books! A socially-distanced walk was planned for June 18th and also a further garden meeting for June 19th, when Valerie's garden mini-book club is hoping to get under way. We also hope to organise garden mini-meetings to include other WI members. We just hope for more settled dry weather! It's ironical and extremely disappointing that the easing of lockdown has coincided with the end of a 2-month dry spell.

2020 is the centenary year for our local WI Federation, which has given us a Centenary Challenge. We decided earlier this year to support Manna House in Kendal with monthly gifts of dried and tinned goods and toiletries, which volunteers will collect towards the end of each month, giving the opportunity to meet other members socially as well as helping the charity. Here's hoping that the weather will help us with our plans!

GARSDALE T.T. RESTARTS

Philip Johns

We knew it had to happen but what a shock to the system it was. Those who have suffered from the Coronavirus, either by infections, loss of loved ones or irretrievable damage to their businesses, have had a really tough time of it, and for some, life will never be the same again. Some good things have come out of this catastrophe, such as the raising again of 'the bulldog spirit': our determination to get through this, the help and kindness shown by neighbours and friends to those less able or vulnerable and the massive respect we now have for the NHS and all the NHS workers, their bravery has shone throughout. Also, our sincerest thanks go to all those other vital workers, such as the police, bin collectors, schoolteachers who kept some schools open, firefighters and many, many more. When this is all over and we can mingle freely again, I, for one, will raise a glass or two, to praise and thank you all for your dedication and courage.

We, in Garsdale, have generally been immune from the worst of it.

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Like everyone else, we have been parted from family and friends. I, for one, have not seen one of my young grandchildren since Christmas, and have only recently been reunited with another. Skype is great but it ain't the real thing.

We've all learnt "The Covid Dance". Those strange manoeuvres and wafting of hands whilst clutching a sanitised basket, that we perform around the aisles at Spar, trying our best to keep our 'social distance'. The exchange at the checkout and payment of goods: "to you, to me, to you to me..." Then off we go, relieved that that ordeal was over for another few days. But all this, although it sometimes feels 'over the top', has been strictly necessary,

Sedbergh has been badly hit by the virus and the infections were rife, particularly in the early days.

In Garsdale, because most homes are well separated and the population density is incredibly low, life has pretty much gone on as before, the farmers have been busy with the sheep and the lambs, and, those who could, have worked from home. But what has been incredible during the Lockdown, has been the peace and tranquillity that descended upon us. The first weekend after restrictions were imposed, there was little difference. The hordes of covidiot bikers still blasted their ways through the dales, shattering the peace with their illegal exhausts, ignoring speed limits and driving recklessly, putting


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the fear of God into anyone who dared to venture out.

By the second weekend, the message seemed to have got through to most, but there were still a few diehard bikers who still thought it alright to help spread Covid germs around, no wonder Sedbergh had it so bad. After then, wonderful, peaceful tranquillity descended on the dale. No bikers, very few lorries and hardly any cars. The weather was amazing and we could enjoy the sunshine on our walks or in our gardens without being constantly interrupted by the drone of bike after bike. Perfect. People met on walks or on cycles and talked to each other, at distance, for a few minutes, before saying a cheery goodbye as they carried on their unhurried ways. Time was in plentiful supply.

However, we knew it had to end. The very next day after the government declared that we could travel any distance to see friends or relatives, albeit outdoors and safely,

or to exercise, hundreds of pent up, frustrated bikers who have had to sit at home for weeks with their precious bikes, flooded the dales. If, before Lockdown, we thought that they were foolish and inconsiderate, we hadn't seen or heard anything yet. The amount of showing off that was going on was incredible. Wheelies, riding with no hands on the handlebars, loud radios and, of course, the racing. "Look at me, look at me" they screamed, "look at my big, shiny, noisy bike, look at my posh leather suit, my super-doooper helmet, look how fast I can ride in a 30mph limit... look, look... aren't I great!" The only time I would describe them as 'great' is when it is followed by another word, but that couldn't be published in a family magazine.

More was to follow, whereas before, their antics were largely contained to sunny weekends, these performances lasted all week, as nobody was working, all happily furloughed on 80% pay, thanks to the government. Now that working restrictions have eased a little, the weekdays are becoming quieter as more people return to work, but the weekends are still horrendous. Suggestions have been made that the police could legitimately put a road block in place and ask anyone who is stopped about their intentions: "Are you here to see family or friends or are you here to exercise?" If they couldn't prove either, they should be sent home. Blasting around the dales at well over the speed limits is not 'exercise'.

I am, therefore, proposing that The Yorkshire Dales adopt a 'Code of

Conduct' for visiting bikers during epidemics, a watered down version could be used in 'normal' times such as without no.1 and no.7:

1. Do not come to The Dales without a legitimate reason, proof will be required.

2. Do not come to The Dales if your bike does not conform to regulations. If it exceeds the noise levels, it will be impounded and fines issued.

3. Keep to the speed limits. The dales' roads are not racetracks. If you want to race, go to an official racecourse.

4. Ride sensibly and responsibly, such as keeping as far to the left as possible, not in the middle of the road, don't cut corners.

5. Keep good distances when approaching cars from behind, remember cars have blind spots and may not be aware of you.

6. Don't overtake unless it is safe to do so and is within the speed limits.

7. Do not stop in public places.

8. Take all litter home.

9. Respect the natural peace and beauty of the dales, take time to see the sights and be aware of livestock in the road.

10. Most importantly, respect the locals. Careful, quiet bikers are welcome but do not shatter the peaceful lives they are here to enjoy by using bikes that are made to be noisy.

Any comments or additional thoughts?

Phil Johns,
ps.johns@btinternet.com

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SEDBERGH INFORMATION & BOOK CENTRE

*Chris Wood Chair, Sedbergh
Community Interest Company*

The information centre re-opened on 15th June to provide a service to locals, and also to visitors as they begin to come back to the area. Our new manager Laura King was recruited just before lockdown started so this is her first opportunity to see the centre in action. Most of our volunteers are over 70 so we have asked them to wait a few more weeks before returning to their normal shifts. Laura has done a great job finding some new volunteers to help get the centre up and running again. However, we could always do with more volunteers, so give us a shout if you fancy giving us a few hours of your time either on a regular or an occasional basis.

As with other shops we have had to adopt new procedures. We have marked out the interior to meet social distancing requirements and have invested in Perspex "sneeze screens" for the front desk. Customers may



need to wait outside if we already have our maximum number of people in the shop. They are also asked to use hand sanitiser before touching merchandise, to handle items as little as possible, and to pay with card (preferably contactless). Opening hours will be less than usual to start with but hopefully will increase soon.

We are delighted to be open again so please come and see us. You will get a friendly welcome and the opportunity to browse our great range of gifts, cards, maps and guidebooks. Don't forget we are also one of Sedbergh's main second-hand book shops, with many hundreds of titles to choose from.

SEDBERGH COMMUNITY ORCHARD

Ann Parratt

In the Community Orchard we have six thriving Westmorland damson trees, this year they flowered for the first time, and are developing into sturdy rugged trees which we hope will be there for many years.

Isn't it amazing to think we, in a relatively remote area of the UK, have something in common with exotic areas in the Middle East? That fruit that thrive in the hot arid conditions of Syria also thrive in our Cumbrian climate. Nature is truly wonderful. The generally accepted belief is that damsons originally came from the



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area around Damascus, you can sense where the name comes from. Some say the Crusaders brought back damson stones to try in England. Damson trees are often found around sites of Roman camps - perhaps the Romans introduced them to Britain? Damson skins have been used for the manufacture of purple dye from Roman times.

Damsons have been grown and sold in Westmorland since the early 1700s, if not earlier. Until the outbreak of war in 1939, on Damson Saturday, the whole of Kendal was full of carts selling damsons and cartloads were taken by rail to jam factories in Lancashire. About 250 tons was sold in Westmorland in 1938. The first Damson Growers Association was formed in Westmorland in 1938 and established a small canning and village jam factory. A shortage of sugar and manpower in the Second World war caused its demise.

At the height of the damson growing period, the white blossom was such a sight to see that charabancs came from all over Lancashire to drive through. You may have seen the BBC Countryfile

programme recently which showed this wonderful sight.

Damsons do take a long time to bear fruit, a known poem says

"He who plants plums

Plants for his sons.

He who plants damsons

Plants for his grandsons"

I do hope the Community Orchard doesn't have to wait that long to enjoy the first harvest of damsons!

(Much of this information was gleaned from the Westmorland Damson Association and Jonathan Taylor who grew up in the Middle East and now lives locally, he is a keen and knowledgeable horticulturist who designs and develops private and corporate gardens - Jonathan.taylor@sedberghlandscaping.co.uk)

For information about the Community Orchard Group (COGS) Please contact Ann on 20964 or Jacqueline on 20760

Please note a correction to last month's COGS article, the cherry tree in the orchard was provided by the Sedbergh Town Twinning group to mark the 15 year anniversary of the Sedbergh/ Zrece Twinning

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DENTDALE MEMORIAL HALL & DENT GALA

Sarah E Woof Chairman DMH

The DMH committee will hopefully be able to meet one way or another in July and this will be very helpful as we have various decisions to make. As regards the re-opening of the community rooms we are following advice from the government and it looks as if something might be possible early July, no large gatherings ie parties or concerts or productions. Not inside anyway!

Our booking clerk, Anne is ready to take bookings for once we are 'open" again.

Regarding the Gala. obviously a decision will have to be made probably at the end of July and we again are waiting advice from the government. My hope is that we can do something on Aug BH Mon although as things are now (June 15th) we cannot look to a "normal" Gala. Anyone who has something to say about this please do contact me, I would much rather hear direct.

Meantime the school are storing furniture and equipment in the main Hall so they can accommodate pupils at the required distance and we are happy to help. Sarah - 25212.

SPANISH FLU EPIDEMICS

Sedbergh and District History and Dent and Sedbergh Oral History Societies

We have gathered as much as we can at the moment but there is more to find out. Please accept that the article is a bit all over the place.

From Dent and Sedbergh Oral History Society's interviews.

It is obvious that 'the flu' had an impact on the local community.

Bessie Mason "I remember Spanish flu, I 'ad that an' our Jim – I would be about eight and 'e'd be about six, an' mi father 'ad it, 'e 'ad it bad, an' a lot o' men died about sixty to sixty-three, but mi mother – an' we 'ad a hired man, they kept going ... that would be about 1918 wouldn't it? Oh yes. There was quite a lot o' widows left with children you know, it was sad. More people, they said, died then than in t'First World War, didn't they? The ones I knew was Staveley and, you know, Jane Parker, it was her sister and 'er 'usband died an' she was left with seven at Ingleton ... but they'd be on a farm."

John Pratt said, "Well, when just about as I was leaving school my Granddad, on my mother's side, and also an uncle o' mine, a brother of hers, that lived at Hell Gill, and they both died in that bad epidemic of flu in 1918. And after they died, we took Hell Gill over as well as keeping Round Ing, as I'd two brothers as were older than me. And I'd just left school, so there was plenty of us to look after 'em."

Mary Ellison recorded, "I knew epidemics, you know, measles would be going round or mumps would be going round, then whooping cough

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John, Richard,
Rosemary, Rowland,
Thomas, Walter

and, so on, but not many other big things. If anybody had a very infectious one they'd go to Sedbergh and there was an isolation hospital there."

Many thanks to the Dent, Sedbergh and District Oral History Society. Anthea Boulton says that Volume 2 of *Telling it Like it Was* is in preparation and will be published next year.

From Westmorland Gazette about the Spanish Influenza 6 July 1918

The epidemic of influenza which has overrun England so unceremoniously during the past two or three weeks, making doctors busy and school teaches idle, seems to be the most rapid and prostrating invasion of the kind in the last quarter

of a century. The source of the great epidemic of 1890 was said to be the eastern provinces of Russia. The present visitation is supposed to have to us from Spain. The Rossendale Valley in Lancashire was among the first places where the disease became epidemic, in the middle of last month. It has since broken out in many parts of the country, from Hull to Cardiff and from Newcastle to London. Cases are named in which 80 per cent. of the children in a school or of the workers in a factory or other large establishment, have been affected. In one district it has thrown the postal service out of gear, in another the tram service, by attacking the staffs employed. The suddenness with which it declares itself, the violence with which it runs

its course, and the timeliness with which, in favourite cases, it takes its departure, suggest kinship with the Russian variety of influenza. In both cases a severe attack soon takes the nonsense out of anyone who presumes to stand up against it. It is best to take lying it down. The doctors are saying so, and saying, also what people should do to escape its embraces, As a preventive "about a teaspoonful of cinnamon oil and quinine every day" is the advice of Dr R.C. Jewsbury, a London pathologist, given at an inquest this week, on a girl who died as a consequence of the present epidemic.

6 July 1918.

The Influenza in Kendal. The epidemic of Spanish Influenza, which

is common throughout the country has made its appearance in Kendal this week, though so far only one of the large works seem to have been affected to an appreciable extent.

26 October 1918

The prevalence of influenza throughout the country has led the medical officer of the Local Government Board to recommend the adoption of general precautions, including a number of general precautions, including the avoidance of overcrowded dwellings or other places, the "flushing with air" of every occupied living room or bedroom, and the treatment of all catarrhal attacks during the prevalence of influenza as infectious.

2 November 1918.

Many Districts in Westmorland Affected: Schools Closed

The Influenza epidemic began in Westmorland about a fortnight ago, and although the figures were not obtainable on Thursday, Dr. Henderson, the Medical Officer of Health for the county, stated, in reply to inquiries, that there had been an increase in the deaths registered from influenza during the last two weeks. The districts most seriously affected are Kirkby Stephen, Tebay, Bowness, Ambleside and Kirkby Lonsdale. There are a number of cases in the Borough of Kendal, and in the town and the immediate neighbourhood several deaths within the past week and directly attributable to influenza. But the town at present appears to be feeling the effect of the visitation less than the rural district. In the county one-third of the elementary schools have been closed, but this step has

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not yet been necessary in Kendal. It has been observed that the children from some of the borough schools have been taken out in classes for a walk during hours of bright sunshine, and this is undoubtedly a sane step that might more widely adopted. "The great thing", Dr Henderson said, "is not to be frightened. At the same time don't try to fight it, but go to bed." An excellent precaution, the Medical Officer of Health added, was to gargle the throat and mouth and sniff up the nostrils warm water to which had been added teaspoonful of common salt and sufficient potassium permanganate to make the solution a deep pink. At Kirkby Lonsdale one death is attributed to this disease, and a large number of people, principally the young, are affected. Special medical assistance has had to be obtained. The Grammar School and elementary schools are closed. Coniston has been invaded and on Monday evening workmen on the munition train were affected. Since then a few additional cases have been notified. It was stated at West Ward Council on Wednesday that influenza was rampant at Tebay, seven deaths having occurred, five being of young women.

9 November 1918

Sedbergh Influenza. The influenza epidemic has had many victims during the last fortnight amongst people of all ages, but more especially the among the children, in consequence of which day schools and Sunday schools have been closed. Unfortunately, deaths have been greatly above the average

owing to the complications following this disease.

The Clerk also reported he had had placarded the district with notices relating to the spread of influenza.

9 November 1918

Dent. The Influenza has entered the dale, and several families are suffering. The attendance at the day schools has decreased considerably and the Cowgill school has been closed.

23 November 1918

News of the Armistice Sedbergh was received by the Headmaster of Sedbergh School; flags were soon displayed from many windows and from various flagstuffs, and although the shops did not all close business was of minor importance. The day schools were still closed owing to the influenza epidemic, which has fortunately almost died down, and the children paraded the streets with miniature flags and heartily shared in the rejoicing.

From Penrith Observer 11 March 1919

Influenza among sheep

Mr. R M. Malloch, veterinary surgeon Kirkby Stephen, has diagnosed an illness among certain flocks of sheep in the Hawes District, which corresponds with the influenza epidemic in human beings. It is a form of pneumonia, and during thirty years' experience Mr. Malloch has never previously met with anything of the kind among sheep. The results of post mortem examination substantiate the opinion that the cause of death was a counter part of the so-called influenza. When attacked the sheep becomes dull and

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listless, develops a slight cough and a high temperature. The cough becomes worse and more frequent, the breathing more difficult, and, in worst cases the victim quickly collapses through heart failure. Several flocks are known to be affected, and numerous losses have occurred. At one farm seven sheep have succumbed, and at least five more are suffering from the ailment. There is every reason to fear that, like the influenza, it is of a contagious character.

From Penrith Observer 18 March 1919

Sheep with influenza

Mr. Malloch, Kirkby Stephen, veterinary inspector of Westmorland County Council, with reference to the case reported in last week's "Observer", states that there are at present two flocks of sheep affected with influenza, They are depastured on the fells between Burtersett and Semerwater Lake, and when he inspected them there was three or four inches of snow on the Upper Wensleydale mountains. Mr. Malloch made a most careful investigation, and found that there was no artificial

food used nor any trees which the sheep could bark to account for the outbreak. The infection is probably conveyed through the atmosphere.

Local soldiers.

Private B Haygarth RFA, son of Mr. R. Haygarth of Dent, who has received official intimation that his son, died of pneumonia in India 25 October 1918.

He joined the A.V.C., in December 1915, but was later transferred to R.F.A., and sent to India. He was 27, and leaves a widow, the sister of Pte, John Morphet, who was killed in France in August, 1915. Mr. Haygarth has lost two sons in the war. Lance-Corpl. John Haygarth (City of London Regt,) killed in September, 1915, was the first lad to fall who went direct from Dent to the war.

Gunner John Cyril Hindson of Royal Field Artillery and Doctor's servant, died at the Military Hospital, Scotton, Catterick from influenza and pneumonia on 30 November, 1918, aged 18, and he is buried in Sedbergh Cemetery. He was the son of Frances Jane Hindson of Long Lane.

Private Edward Bentham, son of the late John and Bentham of Dent and Liverpool, died suddenly of pneumonia, in hospital at Carlisle. The funeral took place at Dent Church. The coffin was draped with a Union Jack, and was carried by six of his old school friends, who were all soldiers on leave or just demobilised. He was 22. 11 March 1919

Obituary of George Birkett, Jr., was born in Sedbergh, Yorkshire, England, September 7th 1868. He came to America, with his parents in 1869 locating in Illinois. They came to Kansas in 1870, and George has lived there almost his entire life in this state. He died, a victim of influenza, at the home in Spring Creek township February 26 1920.

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THE EARLY DEFENCES IN THE LUNE VALLEY

Karen Bruce Lockhart

It appears to be received wisdom that the Lune Valley motte and bailey castles were built to defend the frontier between England and Scotland (or perhaps more correctly Strathclyde). However, a closer examination does not appear to support this.

It is true that in 1066 the frontier was on the Lune, and a long line of motte and bailey castles were built along its length. Between Lancaster and Kirkby Stephen there are the remains of eight motte and bailey castles in addition to Lancaster Castle almost at the mouth of the Lune. In 1095 William Rufus defeated the Scots in a battle at Alnwick in which the Scottish King Malcolm and both his sons were killed. In the ensuing chaos William annexed and asserted control over Westmorland and Cumberland, having started building Carlisle Castle in 1092 after an earlier victory. From then on the boundary was roughly where it is now.

Lancaster Castle itself is thought to have been built in the 1090s by Roger de Poitou who was given the honour of Lancaster by William the Conqueror on the site of a former Roman fort, but the earliest surviving building is the stone keep built around 1150. Any fortification prior to that was probably a motte and bailey.

The next motte upstream is Halton Castle. This was the important site during the time of Earl Tostig prior to the Conquest, and remained so for some years after the

Norman invasion. However, it is listed as “waste” by implication in the Domesday Book and was in the hands of the king, and the castle must have been built after this date. Its importance faded after Roger of Poitou built Lancaster Castle.

The next one north is Hornby. This is by far the biggest with two baileys covering about 2 ¼ acres at the side of the Lune. This was built by Roger de Montbagon some time after 1086 and was occupied for about 200 years. At the time of the Domesday Book in 1086 it was in the hands of the King and was only granted to Roger at some point after that. There was no mention of any castle or building works. It is known as Castle Stede, and is not the same as the large and comparatively modern Hornby Castle which is built on the other side of the town on the river Wenning

Only a very short distance away at Melling is the next. It is listed as “waste” in the Domesday book so the motte and bailey must have been built after that date. At that time it was in the ownership of the king. It seems to be a long way from the Lune to be counted as one of those on the Lune, but it is probable that the Lune 's course was nearer in the 11th century

Again only a very short distance north is Arkholme and again was waste by implication in the Domesday book and in the hands of the King. As with those above it has no recorded population. It was probably built by Ivo de Taillebois, Baron of Kendal, but must be after 1086.

A few miles further up the valley is Whittington. Whittington is listed in

the Domesday Book as belonging to Earl Tostig before 1066, and was a substantial property as it had eight corn farms, a mill and extensive woodlands, but there is no mention of a castle. In 1086 Nor is there any mention of one in the grant to William Peverel of Dover. The first mention of one is in 1138 when it was fortified against King Stephen.

Not far north is Kirkby Lonsdale. It too is listed in the Domesday Book as belonging to the king in 1086, and appears to have been waste. It is thought to have been built around 1092 by Ivo de Taillebois

Ten miles further up the valley is Sedbergh with its motte and bailey set high above the river Rawthey and unlike the others some miles back from the Lune. In 1086 it was again in the hands of the king and appears to have been waste. Situated where it is it may not be appropriate to think of it as one of the Lune mottes and bailey, and more as commanding the entrance to the pass through Garsdale where it meets the Lune Valley

Finally there is the motte and bailey at Tebay. Tebay is not mentioned in the Domesday Book and no history of the motte is known.

The mention of waste in regard to so many of these castles is probably due to the harrying of the north when all Yorkshire was “laid waste”. When the Domesday book was compiled it listed all this area including parts of Lancashire – and as far as Furness – as being Yorkshire, and two thirds of Yorkshire was waste in 1086 which had not been the case in 1066 .

It seems unlikely that these “castles” were built principally against

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the Scots as border fortresses (although perhaps the Scots were feared and encouraged by the fact that many of the dispossessed Anglo-Saxon thegns had fled there), simply because of the date when they were built. Furthermore, the line of castles along the river was far from unique – ten have been identified along the line of the Eden, and elsewhere in Yorkshire they are numerous and often follow the line of a river, particularly a navigable one.

It seems more likely that it was a combination of a semi-navigable river, the old Roman road, and above all both protection against the disgruntled peasantry and control over them. Marauding Scots no

doubt also played some part, let alone actual invasions, but probably they were built more as simply individual self-interest. After all the Lune was the first real barrier once Carlisle Castle was passed by marauders. Numerous such fortifications were built all over Yorkshire in self protection, some more specifically maybe for defence of the realm (not just the Scots but more likely rebellions) – such perhaps as Sedbergh guarding the Garsdale and Cautley passes and Burton in Lonsdale guarding the route toward Skipton. Two thousand thegns had been replaced by only some 300 Norman invaders, and their hold on the land was very fragile.

GRISEDAL MEMORIES

Written around 50 years ago by
the late John Cowperthwaite.

Colin Cowperthwaite

I sat on a hillside in Grisedale and wallowed in nostalgia. To me this once beautiful valley is my spiritual home.

My earliest recollection is of travelling out in a cavalcade of horses and traps, nine I think, the whole population of the valley going to pay their last respects to a much loved aunt of mine who had died in childbirth, a young woman in her prime, buried in neighbouring Garsdale.

Later I remember going on holidays to another uncle and aunt who lived at Aldershaw. Several children from surrounding farms came to play with us, along with my cousins. We decided to have a chapel service in the house as it was raining. My aunt was baking bread in the side oven with a peat fire. All the loaves were set out to rise before the fire on the hearth.

As my uncle said I had the "gift of the gab", I was chosen to be the preacher. All went well until in my fervour, having just started my sermon I fell backwards onto the loaves, scattering them into the peat ash. What a pity we hadn't had the collection! It was the shortest sermon on record. The text should have been "Man cannot live by bread alone".

What characters they were. Will Thwaite's prayer comes back on the whispering wind. He used to clutch a handkerchief in his hand, and tears of sweat ran down his face. His prayer was always the same: "Dear Lord, thou who hast said wherever two or

three are met together there will I abundantly bless. It has not been here a little and there a little, but here much and there much". It was my job as the biggest lad in the Sunday School to help him in and out of the pulpit, as he was blind.

My mother used to tell me about another local member who always used to shout "Glory, Glory" when a preacher said anything in his sermon which particularly pleased him. A special preacher from a large town was to speak at the anniversary, so the Chapel Stewards were worried in case the old man put him off. They decided to bribe him. As clogs were worn in those days, they promised the old man a pair of new clogs if he would keep quiet. All went well until the old man could contain himself no longer. "Clogs or no clogs", he shouted, "Glory, Glory!"

However, enough is enough. Perhaps I can best express myself in the following verse.

Return to Grisedale

Can it be, Oh valley dear
Fifty years since I romped here
Since first I knew your well-kept
farms
And was enthralled by your charms?

My youthful voice yelled out in play
Or larked amongst the new mown
hay
Ev'ry farm and field I knew
Syke, Moor Rigg and Aldershaw.

My aching heart is torn in two
To see what time has done to you
The happy people are no more
Pale ghosts alone remain of yore.

Oh happy homestead where dwelt I
Whose peat fires scented the very
sky

Where stone walled fields warm
shelter gave
And now are silent as the grave.

The bounteous grassland of my birth
Now reduced to tired earth
Fields of growth, of life and plenty
Derelict, cold, damp and empty.

No rounds of farm made butter there
No home-cured ham scent in the air
No cockerel cry the morn to hail
Or rattle of the milking pail.

The stone-built church on Sunday's
still

No heartfelt song the air to fill
Alas, has come this sorry day
There is no-one left to pray.

The faithful come not o'er the hill
The little chapel near to fill
The Lunds, the Harpers and Mrs
Thwaite
True to form, so often late.

Dear valley, e're I slink away
Am I to blame for your decay?
Surely this is not nature's plan
But sinful, slothful, greedy man.

A VIEW FROM THE FELLS



GOOD FLIGHT OVER. SELF-CATERING, SAME AS LAST YEAR.
ACCOMMODATION HERE IS ALWAYS PRETTY GOOD

NATURE NOTES

Ian McPherson

These days the term 're-wilding' has become somewhat of a dirty word especially amongst farmers and land-owners who have visions of wolves, lynx and perhaps the occasional elk creating mayhem amongst their flocks of sheep and herds of cattle and beavers chewing their way through their forestry plantations. Perhaps not without good reason. This is unfortunate however as re-wilding in its fullest sense, although it can involve a measure of re-introductions especially of former indigenous species, is primarily about the ways in which land can be managed so as to be the most appropriate and natural form of

habitat for its location and local climate. When this is done correctly then a degree of natural re-colonisation can often occur without contrived re-introduction as such. A classic example of this is the Knepp Estate in Sussex where once the land began to return to its natural state species such as turtle dove, nightingale, purple emperor butterfly, Bechstein and Barbastelle bats, Lesser Spotted Woodpecker and Cuckoo returned of their own volition. As member champion for the natural environment at the YDNPA I have been involved in looking at ways in which re-wilding (in the fullest definition of the word) may be approached with land in the National Park and in particular the Local Management Plan commits the Authority to creating a "landscape scale nature recovery area" by 2021 and preparations for this are already well underway. The area chosen is contained within the Tees/Swale project being a partnership being the Park Authority and the North Pennines AONB. Other areas are also being investigated so that a full programme of nature recovery networks may be rolled out in due course.

In light of the above I was particularly pleased to read an information booklet just produced by The Lifescape Project, Cumbria Wildlife Trust & the University of Cumbria on those species which at some point in the past would have been found in the UK, and which we may wish to consider reintroducing to the north of England at some point in the future. It definitely makes for fascinating reading. In particular it



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highlights the following species giving a short potted natural history of each before going on to consider the pros and cons of them being re-introduced at this time. The species in no particular order of preference or suitability are: beaver, wildcat, lynx, wolf, elk, pine marten, golden eagle, white-tailed eagle, silver-studded blue butterfly, crane and chough. Attached to the booklet is an on-line survey which those interested are invited to complete and return to the University of Cumbria. I have done this myself and it certainly clarifies the mind wonderfully as to what would be likely to be successful at this time and what would not be (for all sorts of reasons including opposition from those likely to be affected and the possibility of unlawful persecution of released species). So what would you go for at the moment? For me Golden and White-tailed eagles, Chough, Beaver, Pine Marten, Crane and Silver-Studded Blue butterflies are all possible contenders either right now or in the very near future but Lynx, wolf, wild cat and Elk would certainly need to wait for some time and there would need to be schemes for compensation in place for any damage resulting from their re-introduction. A locality where this is already starting to happen is the Wild Ennerdale project in the Lake District National Park.

Things you might care to consider doing now:

1. Read the information booklet: [file:///C:/Users/User/Downloads/Lifescape-Species-Reintroductions-report-2019-Final-226322-4-359-v0.5\(2\).pdf](file:///C:/Users/User/Downloads/Lifescape-Species-Reintroductions-report-2019-Final-226322-4-359-v0.5(2).pdf) and complete the survey

2. Check out the Wild Ennerdale project website (www.wildennerdale.co.uk/about/advisory-group) and the Tees/Swale project website

(www.northpennines.org.uk/what_we_do/tees-swale-naturally-connected) and consider visiting both locations

3. Read "Wilding" by Isabella Tree

4. Have a look at the Re-wilding Britain website (www.rewildingbritain.org.uk)

5. Remember that re-wilding does not need to be on a landscape scale – even a part of your own garden can be set outside for nature to take its course and you may be very surprised what flowers, plants, insects, birds and animals may turn up over time

5. Do something – reading or thinking about it is not enough in these environmentally challenged times!

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CWT SEDBERGH SUPPORT GROUP Lockdown

Jackie Hooley

I am sitting by my window watching the blessed, longed-for rain. This spring has been amazing, the sunniest on record and also the driest, but the rain has come just in time, the earth smells alive and our carefully tended seedlings look grateful, as do the snails and slugs! This spring has been strange and so hard for most of us, yet so beautiful. At the beginning of the lockdown, like so many, I got very down – fearful for the future and the present, missing friends, cancelling holidays and parties, worrying about family, worrying for myself. Everyday life seemed overwhelming.

As time has gone on the pace of life has slowed. Friends and family are still there, via somewhat unsatisfactory internet connections, but at least still there, but something rather magical has happened, too. I have had the time and space to see more of what is around me. As lockdown has constrained people, it has freed wildlife. There has been

less traffic, less noise, less pollution and most importantly far less disturbance from people, and our wonderful wildlife has crept out of hiding to fill the spaces we have vacated. I have heard cuckoos daily for the first time for years and so many curlews with their wild, liquid calls and tawny owls in the wood, too. Perhaps, they were always there but I never really noticed. There has been time to watch the birds from courtship, through nesting to fluffy young fledglings being fed in the trees.

I noticed the daily change in the trees, as they gradually but surely came into leaf, and the changing of the flowers in the meadows. There have been hedgehogs and deer in our garden, something rarely, if ever, seen. I have tried new challenges, such as identifying bees and butterflies for the Cumbria Wildlife Trust pollinator project using a handy and very simple guide sheet from their web site – harder than I expected because they don't stay still, but great fun. I have also loved the local pictures on the Sedbergh in Pictures Facebook group, enjoying spectacular views by proxy.

There are lots of very good scientific explanations for why nature is so important for our mental health, from chemical interactions, to the importance of sunlight and exercise, to mindfulness, but I just know that being surrounded by natural things, and having the time to really look at them, makes me feel calmer and happier and quieter. The birds and trees, flowers and bees have given me a reason to get up in the



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mornings and a reason to get out and explore, with an excitement and wonder for the discoveries that I don't think I have felt so keenly since childhood. I know that I am not alone in this. Many people have been helped through these difficult times by turning to the natural things around them.

One thing I know for sure is that when this virus is conquered and lockdown is ended we mustn't lose what we have gained. Nature has helped so many people through this crisis and it will soon be time to pay back what we owe and look after our beautiful, bountiful, wild world. We survive together, we will never survive alone.

SEDBERGH COMMUNITY SWIFTS

Tanya & Edmund Hoare
**STAY ALERT – LOOK UP –
HELP SAVE SWIFTS!**

Our slogan, adopted by the YDNP when we were recently helping them start an initiative for swifts, promotes something we can all do in lockdown.

Watching the exuberance of swifts as they fly around our houses is an uplifting reminder that nature carries on. Being aware of where swifts are is the starting point for helping these endangered birds. July is a peak time to watch swifts, with the breeding swifts being at their most active in feeding their chicks and the non-breeders (the 1 to 4 year-olds) flying around too. Newly fledged chicks won't be joining them until the last week of July or the first week of August .

April and May were extraordinarily hot and dry, but at the time of writing (mid June) there has been some cold and windy weather, not good for swifts.

Because of lock down, most of our observations of swifts have been at Lowgill. After our first swifts returned very early there was a gap of nearly two weeks before a second wave finally arrived towards the end of May. This has resulted in a wide variation of dates for the rearing of young and there will be some late fledging. (The usual timings are 20 days from laying to hatching, and 40 days from hatching to fledging). For example, our first eggs were laid on 18th May and hatched on 8th June - while one of the late pairs had not even laid their eggs until the 14th

June. This means that the chicks from that brood will not be leaving the nest until around the 16th August.

For a few weeks before they fledge the chicks spend a lot of time peering out of their nest site, gazing out at the great blue yonder, preparing for that crucial maiden flight when they depart the nest. The pictures below shows chicks looking out of one of the Schwegler nest bricks at Lowgill, and peering out of a crevice under eaves. After that maiden flight they do not then return to the nest. It is astonishing that, unlike other birds, they will no longer be fed by the parents and will be completely independent of them.

The Settlebeck school pair in box 1 did lay three eggs in the end but unfortunately knocked one egg out of the nest. The two chicks are now growing fast. In box 2 last year one of the swifts went missing, and as the remaining bird was unable to attract a new mate, after two and a half weeks it too left. We were very disappointed to have lost a breeding pair. But on 3rd June we were very surprised, and delighted, that two swifts have now



started roosting in box 2. They stay out most of the day and just come in at night which is classic behaviour for a newly formed pair that is not yet ready to breed. But it is preliminary behaviour to breeding next year. We have no way of knowing if one of

them is one of last year's pair, but coming in so late, in June, suggests this is unlikely.



When you are watching swifts swooping and swirling in the sky in the evening, do you wonder where do they go as the light

fades? The breeding swifts always go into their nests at night. But what about the non-breeders? They circle higher and higher until they disappear from sight, rising to over 1,000m sometimes. There they spend the night, forever on the wing, descending again at dawn. These daily ascents and descents have been shown by radar studies, and also occur when the swifts are in Africa during our winter..

The three months that swifts are here goes so quickly, so make the most of the brief time that these amazing birds are still with us. To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043





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AS IF

Karen Bruce Lockhart

Whatever Happened to "As If"?

The vocabulary of a language and its pronunciation inevitably change as time passes – one only has to watch old black and white films to realise this sharply. And old curmudgeons such as me shudder as they hear the changes.

One of the most marked recently has been the disappearance of "as if". The sentence "He did it as if he was flying" has become "He did it like he was flying", or "He did it as if it were wet" is now "He did it like it was wet". And that ignores the interjection of "like" almost anywhere in a sentence or at the end! But then it has

replaced the irritating "y'know"! Hardly an improvement.

Another irritation is the gradual disappearance of "might". The difference between "He may have done it" (perhaps he did), and "He might have done it" (he could have but didn't) is seldom understood now, and "may" is used indiscriminately. This can result in considerable misunderstanding – I once as a solicitor had to correct counsel's opinion on this point as he had said almost exactly the opposite of what he meant. He had implied that the client had perhaps done something illegal which he clearly had not. One of the reasons for this lack of comprehension is the cessation of Latin learning – once one had

struggled with Latin subjunctives one did not make this mistake.

At one time you would hear presenters on the TV clearly put the word “good” in verbal italics or quotation marks when they used it as an adverb – “He did ‘good’” rather than “He did well”. No longer – it is now accepted BBC speak.

Question: How are you? Answer: I am good. The old order was: I am very well. But it has gone further: now you constantly hear other adjectives being used as adverbs – the ending “ly” is gradually disappearing. “He came quick”, not “He came quickly”.

Talking of adjectives, I wonder how many people know there is a set order of adjectives. I learnt this recently from watching Countdown: the knowledgeable Susie Dent. If you qualify a noun by several adjectives there is a customary order in which the different categories of adjective will follow each other. Take, for instance, a colour, a number, a size and a shape. Would you ever say “fat big yellow three hens”? It has to be three, big, fat, yellow.

And have you ever tried to explain to a foreigner why we cut a tree down and then cut it up? I had never heard of a “phrasal verb” until I was trying to make sense of this for an Italian friend!

Language and its development is a fascinating study – for people that are interested I would recommend The Stories of English by David Crystal

SEDBERGH BOOKTOWN LITERARY TRUST LOCKDOWN STORY COMPETITION

*(Judged by Graham Carlisle.
Ex-Story Editor of Coronation Street.)*

And the Winner is.....

MARION SMITH
with a story called
‘SOME YOU WIN’

The main street of Wigginthorpe was quiet, but the pavement was bright with the frosted snow glistening in the light of the general store and Post Office. It was Christmas Eve and inside the Old Buck Inn the bar was crowded. The subdued buzz of conversation was interspersed with bursts of laughter at shared jokes, except from the area round the dart board, where spectators’ glasses were frozen motionless in mid-lift as each player, eyes screwed in concentration, took their turn to throw.

With elbows resting on the bar counter stood two stern faced men, their heavy cleated boots and tweed jackets topped by weatherworn hats.

"He's late".

Alf studied his watch for the third time since his arrival.

"Appen he's not coming".



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Jack, the barman, glanced up at the ceiling. He was weary of waiting. "Are you here to watch other people sup or are you going to join them?"

Bert shifted his stance, but not his place at the bar, he looked resolute.

"Time costs nowt, we'll wait".

The door to the street opened and a draught of cold air percolated into the warm bar, making the fire sputter and spark. The new arrival eased his way past the tables and joined Bert and Alf.

"Your turn, George, we've stood here long enough". Alf was not known for his patience. "Tha's got thee'sen well covered in snow, was't thou standing outside waiting for us to fill our own glasses?"

George ignored the remark as he shook several snow flakes off his coat. He inclined his head in Jack's direction.

Jack grasped the pump handle and drew it towards him, coaxing an amber frothing stream into the waiting glasses, transforming into 2 pints of Partridges' Light and 1 pint of Old Malted. Three pairs of eyes watched the bubbles rise up, then merge into a creamy head.

George made no answer as he plunged his hand into his jacket pocket like a conjurer performing a trick. He rummaged for his wallet, which inevitably took him some considerable time.

"I've no need to hold back, come next week I'll be setting them up for the whole pub".

Alf, Bert and Jack all regarded him incredulously.

"He's mebbe slipped on't ice and cracked hiss on the head" speculated Alf.

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"Nay, lads, I've struck lucky, I got five numbers up on the Lottery and t'payout's said to be £14,385.00.

"Well, well, it's true then, much does get more", Bert audibly sipped his beer, looking at George over the top of his glass. "It's news you had a flutter on't Lottery, George, does your Missus know?"

"Aye, Lizzie puts it on for me, I've told her she gets enough each week from me to allow a quid for that, I just check the numbers, and this week they've nearly all come up".

George put a hand deep into his pocket and produced a cigar, which he lit with a rather self conscious flourish. Inhaling deeply, he nonchalantly directed a smoke ring in Jack's direction.

"You can douse that now, George, £14,000 doesn't put you above the law".

Jack was normally inclined to turn a blind eye to the regulars lighting up, except on Wednesdays when

Constable Blackledge paid his duty call to the village. However, the aroma from George's cigar was likely to attract attention. Shrugging his shoulders George obediently extinguished the smouldering end,

reasoning he could use it again elsewhere to demonstrate his new opulence.

The trio gazed across the bar counter into that corner of the snug where the ladies darts team were holding a practise match in preparation for the visit to the "Grouse" on New Year's Eve for the second leg of the Ladies' League.

George ogled appreciatively at Lottie Grimshaw's skirt tightening over her buttocks as she leaned forward to take aim, her ample bosom wobbling beneath her silky blouse. As the aroma of George's now extinguished cigar began to disperse, the heavy perfume of Lottie's Christmas present to herself floated over, mingling with the tang of the wood smoke and hop laden air.

"Aye, yon's a grand lass, I've a mind to buy her a drink".

Alf studied the comely group of ladies engrossed in honing their skills, fingernails manicured and varnished a fashionable black, a fortuitous choice for those whose hands by day were employed on farm duties.

"She'll lose her concentration with your hot little eyes running over her".

Bert was more forthright.

"Start treading that lot and thee'll have nobbut pence left out of your thousands of pounds".

Bert, a dedicated bachelor, didn't hold with ladies horning into men's territory.

Each fell silent with his own thoughts, their gaze still riveted on the display of feminine charm at play in the snug.

Down the street in the Village Hall the WI were relishing their annual Christmas Supper, the laden table a testimony to the competitive culinary skills of the members. Lizzie was revelling in a rare evening out and had indulged herself by buying three sheets of tickets for the raffle, the prize this year being a large basket of fruit. Her friend Doris was astonished, Lizzie was noted for her parsimony, not surprising, given George's reputation.

The draw took place after the supper. The President, Mrs Pickles declared the result.

"The winning ticket belongs to Lizzie Thwaite. Well done Lizzie, come and collect your prize"

"Felt lucky, did you Lizzie?" she asked.

"Well, I've used George's lottery money, he never wins so I've stopped buying his ticket. That basket of fruit will just make our Christmas. I can't wait to see George's face".

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MAY POEMS

A lady called Wendy Fraser Urquhart

Is known to many as Wendy F U.
First time we met, she arrived on a
horse
To deliver a leaflet to our house.
When I joined, she was the president
of
Killington afternoon W I.
She is our reporter for Lookaround
And provides the readers with a good
laugh.
She and her husband Malcolm were
a team.
They kept bees and loved to show
them to all.
They both worked hard for the
Sedbergh Spring Show.
We still rely on her for
announcements,
After many years as a teacher she
Does not need a microphone to be
heard.
Malcolm sadly died in late October.
We miss seeing him walk into
Sedbergh
Wearing his bright yellow jacket, he
stopped
To wish the carved wooden owls
good morning.

Many adventures they had together
Flying in a small plane, camping in
tents,
Walking in mountains both here and
abroad.
Wendy is known for enthusiasm
For gardens and flowers and trees
and birds,
Also her main love for rocks and
landscapes.

Show her a map, she is happy for
hours.
Her smile and her laugh will liven a
room.

The Weavers

We watch them focused on their
looms
Creating wonder out of thread.
A myriad of colours seen
Through window, but then pondering
The miracle that weaving gives,
Perhaps we purchase as a gift.

Some come to learn then head back
home
Enthused by what they've found, and
then
They borrow loom, or even buy,
And try to re-create the spark
With yarn they've hoarded from a trip
To other lands, some far, some near.
With fleece considered almost waste,
Where fortunes once were made, it
now
Is brought by local enterprise
And, once again, this miracle
as fleece is washed, meets card, is
spun
and yarn again is treasured thread.

Some dyed with hues that echo walls,
The rivers, fells, the sheep, our
Dales,

Become new cloth designed, and these
when woven, journey far and wide.
And some will know but will they tell
The stories held in every thread?

But some is woven at our Mill,
Where old traditions, learned once
more,
Are shared so magic weaves again
Through every floor. Looms big and
small
Create the cloth without much care,
But our endeavours keep them here.

Return to Sedbergh, Weavers Yard
Reminds us that in years gone by
Were weavers working at their craft
At home, as some of us still do.
We weavers with our lengthy threads
Link farm to cloth, yarn, warp and
weft.



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The Knitting Industry

Whole families on a knitting gallery
perched
Above the cobbled streets far down
below
In aprons shawls and clogs and
bonnets clad.
Their tools are curving pins in knitting
sticks.
They're swaying up and down the
movement goes
With arms and bodies flashing
stitches fly.
There's mirth and glee and happy
songs abound
Go faster faster getting up a steam
Still greeting people passing on their
way
Retelling stories keeps them rattling
on.
The children want to play instead but
no
Must do long hours the families need
to eat
The children can't go out to play just
yet.

Shirley Smith – The Pepperpot Club

Let's raise a toast to Sedbergh's
Shirley Smith
Her passion brings more music to our
town
Orchestral style the music that she
loves
She'd fill the town with strings and
brass and wind
Get all involved enjoyment's what it is
A mastermind at work and pulling
strings
A concert every term is there for you
From Bach to Joplin Verdi Wagner
choose
But what it's really, really all about

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Through Peppercot the children
learning tunes
A musical community for Sedbergh.

The Last Carrier out of Kendal

Carter David Burrow lived down Main Street.

On three days a week he started at six
with his horse named Spider and his spring cart
travelling to Kendal with butter and eggs
he collected from farms along the way.

He carried Dyestuffs for Braithwaites as well.

Charged four pence a parcel and later six.

The hills were steep and Spider got thirsty
so they stopped for a drink near the Gin Shop.

The stone water trough is no longer there
and who remembers David Burrow now?

Humanity

Too many people in my tea cup
Stirring the dregs up

Swirling the murk,
Makes my brew the sort that
I'll not drink.

Too many people up on the wall
Showing the cracks and all
With the red boot mark
Blood squeezed between the
Mortar, forever stained.

Too many people on my toast
Footprints in the butter
Tracks in the fridge
Messages in Morse
Dot dot dot slash sliding stop.

Too many people everywhere
Crushing the humanity out
Making us wet, mushy
Stopping up the spout,
Stewing our tea.

Comic

I wandered lonely down Loftus lane
My legs and knees were all a quiver
I left the Club at midnight, my mind a mist
I could not think or even say my name
I know not why, pints of Tetley's bitter
heavy in me
And then I reached the Millthrop bridge
I gave a cough, my leg fell off and
floated down the river.

George Fox

See how the threads were woven by
this man
A weaver's son who kept his dealings plain
A man who read and thought and
thought again
And listened to the truth he found

within.

A man who found no room for
compromise

Blunt-spoken, stubborn, guided by his
Writ,

By what he heard sitting in silent
prayer,

Who brooked no personal greatness
anywhere.

A man who irked the powerful and
rich

Went willingly to jail for his beliefs,

A brave dissenter, honoured in this
town,

Where human-kindness finds its due
renown.

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*If you would like to see any numbrs
listed here,
please let us know.*

POETRY CHALLENGE NO.5 JULY

Carole Nelson

Over the next year Sedbergh
Literary Trust is challenging YOU to
'make Sedbergh and district more
poetic'. Each month we will explain
an aspect of the formal 'rules' which
poets use to build their poems.

We are asking YOU to write a
poem based on the 'rule' explained
that month. Print it out or write it out
very neatly, add your name and a
contact number and/or email on the
back and post it through the door of
Sleepy Elephant, 41 Main Street,
Sedbergh or email your entry to
booktown@sedbergh.org.uk by the
end of June.

There will be several on-line
places (Sedbergh Community Forum,
Booktown website, Lookaround
website) where the poems will be
displayed (no contact details will
appear), so your work will be
available to everyone to read.

We will chose a subject each
month which applies loosely to
Sedbergh life and hope at the end of
the year to have a collection of
poems that can be published.

July's Challenge is to write
a SONNET on the subject –
'Coming through'. Hopefully we are
now beginning to feel as though
things may be calming down so this
subject is designed to let you write
about your experiences lately.

A sonnet expresses a single idea,
but it is generally an idea that
develops and expands, with multiple
facets, leading to a conclusion.

1. The sonnet begins with four lines that end with alternate rhyming words, in this pattern: ABAB

2. The second four lines have different rhyming words following this pattern: CDCD

3. The third set of four lines but again with different rhyming words: EFEF

4. The final two lines is a rhyming couplet: GG

All Shakespearean sonnets follow this fourteen line pattern and rhyming structure. So, now you have the basics, here are three steps to have you writing your own sonnet in no time:

1. Think of an idea

2. Your sonnet must rhyme

There must be three sets of four lines and one set of two lines.

3. Your sonnet must have a metrical pattern

It must be written in iambic pentameter, this is the rhythm - di dah di dah di dah di dah di dah. You can practice talking in iambic pentameter. It comes easily. 'I wonder what my friends will think of this?' or 'If I were you I'd watch out what I say.'

Here's an example:

Stay Or Go?

GA Thompson

The days go by, then a month, then a year, A

and still through the days I see not a change. B

No matter what happens, you still aren't here, A

and how you just disappeared is what's strange. B

No explanation, no warning, just gone. C

I wish I had just some of your courage D

to go leave one rainy morning at dawn, C

to leave one day without any message. D

How I long for somewhere to be renewed E

or to just disappear, just not to be, F

not to see, not to feel, not to hear you, E

the ghost that you are, which I long to be. F

But as many days that I want to go, G

there are more that I want to stay and know. G

DAMNED IF I DO

Sandra Gold-Wood

If only I'd stayed at home. If only I had a pound for every time I've said that my account would be in the black. If only, there I go again. Yes, if only Mum had not offered to have the children for the day and I answered 'Thanks Mum I'll have a day browsing the shops'. Shopping gets tiring after a while, so I pop into a delightful little café, all chintz and doilies, for a refreshing cuppa. I choose a window seat with a view of the street. So I can people watch, a favourite pastime and more enjoyable without my children to distract me.

As I sip my tea I catch sight of something across the street that suddenly makes the liquid hard to swallow. I stare out of the window at

a couple across the street. I am almost afraid to look and, then, just as afraid not to. I must be wrong. I clean my glasses with a tissue, and then use it to wipe the condensation off the window to get a better view. I wish I was wrong. I wish I was at home. I wish I could wrench my eyes away, but I have to be sure.

Across the street on the steps of the recently updated Britannia Hotel are two people I know well. He is wearing casual golfing clothes and she a light summer dress with a matching cardie. I lift my hand to my mouth. This just cannot be happening. In my head I try to make up reasons for why they are there together. Perhaps, they are planning a surprise party for Sue's birthday. I know this isn't true because he is my best friend's husband and she is my sister and, if that was the reason, then I would be involved in the planning. I stare again telling myself I must be wrong. I feel a sudden rush of anger. I want to shout at them and ask them what they think they are doing.

As I peer out of the café window I see them crossing the road, seemingly heading towards the café

and, therefore, me. The intimacy between them is obvious which completely discounts any hope I have of being mistaken. I don't know whether to confront them or hide in the toilets. Part of me thinks it would do them good to be caught red handed. On the other hand, I doubt if I could cope with such a public confrontation. I rest on the end of my seat eyeing the door to the ladies. They pass by the café and I breathe again.

I must look a little troubled because the waitress comes over and asks if I'm alright. I reassure her and order another cuppa. I could do with something stronger, really. I sip my fresh tea while I wrestle with my conscience. If it was my husband would I want to know? How would I feel? Should I tell my best friend Sue that her husband, Vic, and my sister Lily are having an affair?

I check my watch; 20 minutes have passed. Feeling sure I would not bump into Lily and Vic I leave the café and head towards the car park. Any pleasure I had derived from a few hours of solo shopping has evaporated in a haze of indecision. As I round the corner I see them standing by Lily's car. They kiss and my legs seem to have turned to lead. I back away ducking behind a wall, and watch the car park entrance until I see Lily's car leave closely followed by Vic's.

I lean on my car in a daze. Once inside I experience a great feeling of relief which overflows into tears. I am too numb to drive. If only I hadn't chosen to come to town today. I mean, I could have gone to that new shopping centre off the motorway. I

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may as well ask for the world to be declared flat. There's no escape. I suspected for some time that Lily had a new man in her life. I didn't ask about this because I did not want to have that knowledge. Well there's no hiding from the facts now but what is a person supposed to do?

Just last weekend my sister Lily told me she was in love and now I know who with. I also know that Sue loves her husband. They have two boys for heaven's sake. Are these good enough reasons not to tell Sue she is being deceived? Would Sue tell me? Tears fall freely as the inevitable consequence of being a witness to deception sinks in. How do you start to tell a person? I imagined the conversation;

'Look Sue, there's no easy way of saying this, I have to tell you that your husband is being unfaithful to you with my sister!'

How would she take it? How would I respond? Then it occurs to me that she may already know. This is worse, somehow, as I would be confirming her suspicions, leaving her unable to ignore the situation, if that is what she is doing. Poor Sue would be so deeply hurt. Will our friendship survive? Of course, Lily will never speak to me again. What if Sue tells me she has suspicions? Should I tell her then? How will she feel if she finds out I knew all along? Oh what should I do? Speak or remain silent? I'll be damned if I do and damned if I don't. I blow my nose and pull myself together and start the car. I drive off sincerely wishing I had stayed at home. If only.

Is this where it ends?

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NIGHTLIFE

Ken Pope

Life goes on all through the night,
some silent, some unseen.

A glimpse caught in the headlights
or in the searching beam.

Just stop and stand and listen,
breathe in the cold night air.

You will hear the song that nature
sings, listen hard, you'll find it there.

Hear the rustle in the hedgerow, a
twig snaps in the sodden ground.

The things unseen are all around,
listen to the muffled sound

Just stop and stand and listen, take
in the song of night.

Attune your ears to all the sounds,
in the darkness out of sight.

So take the time when you get
home, before you rush inside

Just stop and stand and listen,

It's forever changing like the tides.

So stop and stand and listen, see
wings across the moon.

Then go inside and close the door,
for it will be morning soon.



PERSONAL MESSAGES

JOHN LEIGH

Barbara, Marcus, Simon and Jonathan wish to send their heartfelt thanks to all family, friends and neighbours for the beautiful flowers, cards and messages of condolence they have received at the sad passing of John.

We have been overwhelmed and uplifted by everyone's kindness both at this time and throughout John's long illness.

=====

AIR AMBULANCE JUMBLE

If you have jumble – don't send it to landfill! We will be collecting jumble for a sale as soon as rules permit it. Contact Sandra Longlands on 07815069394

EDITORIAL

I recently 'amused' myself by reading a book on the Spanish Flu, 'Pale Rider'. Well, maybe we've got off lightly this time, though the crisis isn't over yet. And many people who have found shielding and social distancing hard and stressful, those who are furloughed or self-employed, and certainly those who have lost loved ones, may not agree. Many will be desperately worried about the future.

In contrast some of us remain relatively financially secure, have been comfortable in lock down, and are still able to go out and walk in our wonderful countryside.

The only way we can all recover economically from this situation is if money starts to circulate around the local and national economy. As our local businesses, facilities and shops start to reopen, I intend to use as many of them as I can. I want them all to survive and prosper, and the sooner that happens the better. And I hope that many others will join me (appropriately distanced where applicable).
Ed Welti

LOOKAROUND

Would like to say

'Thank You'

To everybody who
has contributed to
this edition of
LOOKAROUND

The People's Hall

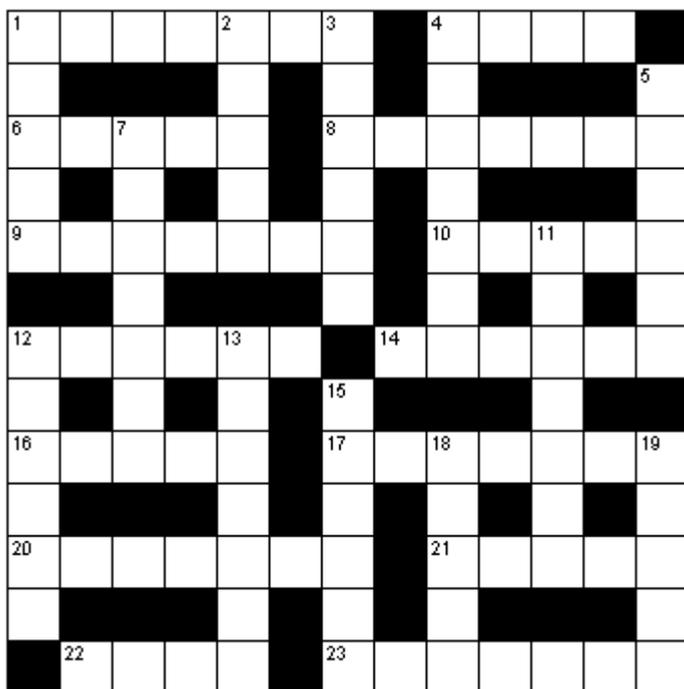
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PUZZLE 1 (SOLUTION ON PAGE 90)



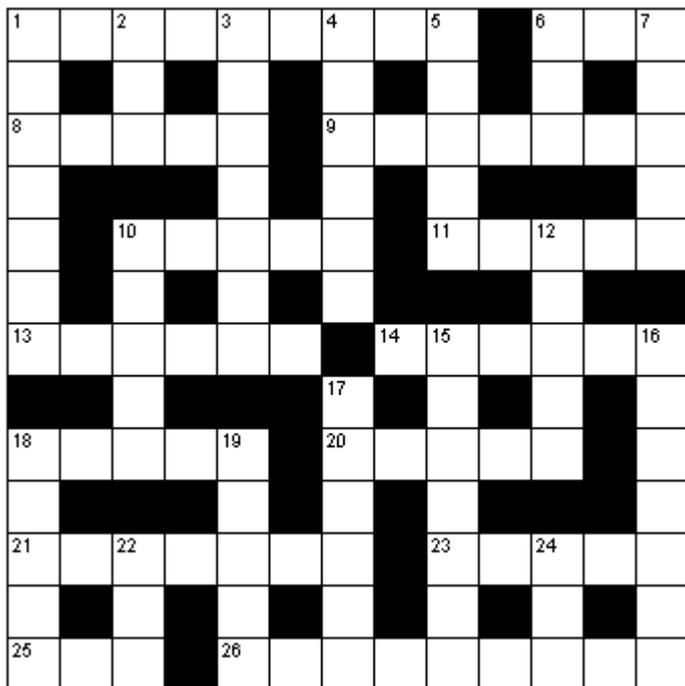
Across

1. Run true or foster a change (7)
4. Sounds like help with a wager (4)
6. Secret store in replica chest (5)
8. Found monster mite likes wood (7)
9. Confused anteater can hide (7)
10. Medicinal quantities in judo sessions (5)
12. Rearrange furniture items to house a horse (6)
14. Wizard found to be of charmer lineage (6)
16. Plot to reveal bingo game (5)
17. Pull out excerpt? (7)
20. Discover zip not hinged (7)
21. Domain of true Majesty, initially (5)
22. A similar relative? (4)
23. Bill allows pills (7)

Down

1. Lamina created inside shell (5)
2. Group endured upset, essentially (5)
3. Additional actors? (6)
4. Shorten a crossing (7)
5. Time of year to water offspring (6)
7. Live together in Acapulco, habitually (7)
11. Consult analyst for fruity insight (7)
12. Capital entertainer reveals natural quality (6)
13. Found love god and electrically charged one can be wearing (7)
15. Sounds like a heavy delay? (6)
18. Stir broth to find pulse (5)
19. Multiplication in graffiti message (5)

PUZZLE 2 (SOLUTION ON PAGE 90)



Across

1. Mix up is over but noticeable (9)
6. Discovered the past in pagodas (3)
8. Exchange end product of furniture item first with figurehead for a story (5)
9. Mixed fruit from a tropic (7)
10. Found dais led to part of a church (5)
11. Give up harvest? (5)
13. Discovered tram blends with leisurely stroll (6)
14. Some shun germs in need for food (6)
18. Performer in fact or fiction (5)
20. Ritual consists of piranha bites (5)
21. Found trombone rousing is wearing (7)
23. Representative or short man (5)
25. Woman from garden found eventually (3)
26. Barred and hanging around (9)

Down

1. Captain not on frozen water middle of April (7)
2. Restaurant bill in database (3)
3. Twisted implement let us in (7)
4. Game is jumbled pictures (6)
5. Some hear lyrics ahead of time (5)
6. Part of a circle found in March (3)
7. Chose to stop tedium, essentially (5)
10. Own up and allow in (5)
12. Consumed a number audibly (5)
15. Feeling of anger in dumb rage (7)
16. Responded and created chaos (7)
17. Found the sister's dissertation (6)
18. Sounds like a way in to worship (5)
19. Mob violence or sit drunkenly (5)
22. Sheep discovered in brewery (3)
24. Finish in friendly way (3)

LOOKAROUND DETAILS

LOOKAROUND INFORMATION

The Sedbergh & District 'Lookaround' is edited, published and distributed monthly by the 'Lookaround' editorial team of volunteers and printed by Stramongate Press, Kendal.

The content of 'Lookaround' does not reflect the views of the editors and whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for inconvenience caused through errors or omissions; if there is an error in your article or advert, please contact the editor as soon as possible.

The current issue is available from Sedbergh Tourist Information Centre, Rycrofts, Sedbergh Post Office and Spar. Also from Dent Stores, the Barbon Churchmouse and by post (please address enquiries to the editor). Back copies are available to read at the History Society Archive at 72 Main Street or online at www.lookaround.org

Items for the 'Lookaround' should be emailed to:

editor@sedberghlookaround.org.uk posted to 'Lookaround' c/o 72 Main Street, Sedbergh, LA10 5AD or deposited in the 'Lookaround' post box at the same address.

ARTICLES

Articles and reports are inserted for free and photographs may be included (depending on space). Articles should ideally be submitted as a word attachment to an email

addressed to the editor rather than as the text of the same email.

The font should be 'Arial', 11point and the piece should be single spaced and with as few 'hard returns' or paragraphs as possible. This is to make the job of proofing and formatting easier and also to ensure that all articles have the same impact and appearance.

Please put the title on the first line at the top of the article and the author's name on the second line. If you include images with your article please indicate where you feel they would be best placed. Conforming to these requests very much helps the proofreaders/formatters in getting your article to the compiler for printing in good time.

We are very happy to accept handwritten or typed pieces, if handwritten please use capitals to help us transcribe the article accurately and again, please place the title on the first line and the author's name on the second line.

CALLING ALL ADVERTISERS

Many of our advert contracts will expire for the February 2020. We will be emailing you to remind you but please don't forget to renew we depend on you.

New advertisers are of course always welcome too.

PUBLICATION DETAILS

Our distribution area is the LA10 Postal District which is Sedbergh & the surrounding villages, but it is sent all round the country & the world.

We are published on the 1st of every month (except January).

February to November is printed black ink on white. The December/

January issue may be in full colour. All copies have a full colour cover by a local photographer.

The closing date for everything is 15th of every month.

ADVERTISING

Please see page 4 for the main points on advertising in Lookaround. Further details can be found below.

PERSONAL MESSAGES

These are £1 each & are for sending Good Wishes, Thank You's, Birthday Greetings, Anniversaries & any other celebration or congratulation. You may also sell personal items but not on a business basis, & also make an appeal for wanted items.

Details with respect to people Passing Away are inserted for free.

Please ensure your submission is legible. We want to make sure we publish what you want us to publish.

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable (for the last 18 years). All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

Adverts for the Rent or Sale of property are not Personals & can only be included as a boxed Advert.

If you are a new advertiser in Lookaround & you order 3 or more adverts, you will receive one free advert & can also include some text explaining who you are, what you are, where you are, etc (which can not all go into an advert) up to about 550 words for free.

If you have more than 3 months of advertising, we will automatically send a renewal reminder should you wish to continue. If you order 10 months, we give you one free (making one whole year). See page 4 for information on how to pay.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday Page. Please send us the date, name and age of your child before the submission date (15th of the month) of the issue when the birthday should appear.

COVER PICTURES

If you have any pictures to go onto the cover of Lookaround, please send a high definition copy with the location and your name, and you will be credited. If the interest of the picture is in the centre it will be difficult to use as the centre is on the spine. Each half of the picture needs to work as one cover (back is the left hand side, front is the right).

LOOKAROUND BY POST

We will post Lookaround to you in the UK at a cost of £2.00 per issue, or anywhere in the world for £6.00.

CONTACT DETAILS

See page 4.

Lookaround Editorial Group



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
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 A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Mr and Mrs McCrie	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) <i>Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB</i> e-mail: Daleslea@outlook.com	21789

CAMPING, CARAVANNING & SELF-CATERING

Mrs S Capp	Scrogg House Farm Cottages, Cautley Road, Sedbergh LA10 5LN Boskins: <i>Sleeps 4; D/T(S King); ES x 2; L; P; CH; DW; DR; WiFi</i> Speight Cottage: <i>Sleeps 2; D(King); L; P; DR; CH; WiFi; Hot Tub</i> e-mail: sam@thecapps.co.uk	34032
Mr E Welti	8, Guldrey Terrace, Sedbergh, Cumbria, LA10 5DT <i>Sleeps 1-5; 1D; 1T; 1S; CH; TVL; P; NS</i> e-mail: ed_welti@btinternet.com	20770
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) <i>Self-Catering Sleeps 6</i> e-mail: ali@interact.co.uk	20360
Borrett Barn Caravan, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2018/04)	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Ann Newbold	The Pele Tower, Killington Hall, Killington, LA6 2HA (2019/11) <i>Luxury Self Catering Sleeps 2-4 people 2D ES /1D 1T ES; CH; L; TV; NP; NC</i> e-mail: hello@killingtontower.co.uk website: www.killingtontower.co.uk	45845

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;; NC = No Children; CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
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	04/19	Mrs Alison	jen.alison10@gmail.com	
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
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
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	114444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	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
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
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	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
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	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Giffellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	04/19	Mrs Lidiard	07734	699723
Lunch Club	03/18	Mrs l'Anson	Sed:	21757
Lunesdale Archaeology Society	11/18	Committee lunesdale.archaeology@gmail.com		
Meals On Wheels	04/19	Mr Cowperthwaite	07961	925003
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Orchestra (Sedbergh)	11/11	Mrs Smith	Sed:	21196
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	04/17	Mr Thornley	Dent:	25185
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554
People's Gym	12/19	membership@sedberghgym.club		
People's Hall	07/19	Tourist Info Centre	Sed:	20125
Peppercot 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
Red Squirrel Group - Sedbergh	09/19	Mr Hopps sedberghredsquirrels100@gmail.com		
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Schools				
Dent Primary	03/13	School	Dent:	25259
Dent Primary - Friends of	03/13	School	Dent:	25259
Sedbergh Primary	01/09	School	Sed:	20510
Settlebeck	01/09	School	Sed:	20383
Settlebeck PTFA	04/15	Mr Hartley	Dent:	25317
Sedbergh School	01/09	School	Sed:	20303
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Sedbergh United Charities	09/19	Mr Sykes	07786	384917
Senior Golfers	01/20	Mr Braddon	0330	1138850
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
Sing Joyfully! (Casterton)	09/16	Mrs Micklethwaite	07952	601568
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Spellbound Theatre	11/17	Miss Pakeman	Sed:	21279
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	12/19	Sedberghswimclub@gmail.com		
Swimming Group for Over 50's	09/18	Mr Beare	Sed:	21339
Tennis Club	04/19	Mr Lewes	Sed:	20052
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
Voluntary Car Scheme	11/18	Mrs Skomp	Sed:	20305
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	07/19	Mr Welti	Sed:	20770
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
Women's Institute - Dentdale	06/14	Mrs Smith	Dent:	25607
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/19	Mrs Morrison	Sed:	20209
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect, please let us know.

PUZZLE 1 SOLUTION

N	N	U	R	T	U	R	E		A	B	E	T		
A				P		X			B				S	
C	A	C	H	E		T	E	R	M	I	T	E		
R		O		N		R			I				A	
E	C	H	I	D	N	A			D	O	S	E	S	
		A				S			G		U		O	
T	A	B	L	E	S			M	E	R	L	I	N	
A		I		R		W						T		
L	O	T	T	O		E	X	T	R	A	C	T		
E				S		I			H		N		I	
N	O	T	H	I	N	G			R	E	A	L	M	
T				O		H			O				E	
		A	K	I	N			T	A	B	L	E	T	S

PUZZLE 2 SOLUTION

O	B	T	R	U	S	I	V	E		A	G	O	
F		A		T		M		A		R		P	
F	A	B	L	E		A	P	R	I	C	O	T	
I				N		G		L					E
C		A	I	S	L	E			Y	I	E	L	D
E		D		I		S				I			
R	A	M	B	L	E			H	U	N	G	E	R
		I				T		M		H			E
A	C	T	O	R		H	A	B	I	T		A	
D				I		E		R					C
O	N	E	R	O	U	S			A	G	E	N	T
R		W		T		I			G		N		E
E	V	E			S	U	S	P	E	N	D	E	D

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (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 to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2018									
L = Library					SCC = Stagecoach				
C = College Days Only					W = Woof's of Sedbergh				
<i>Whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.</i>									
For Comprehensive up-to-date information ring Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)									

Western Dales Bus S1 Kendal Shuttle Saturdays from 21st December 2019 ufn							
Dent Station Connecting Trains (see full timetable next page)							
<i>Dent Station</i>							
<i>Train to Carlisle</i>		1048			1815	1944	19:44
<i>Train to Leeds</i>		1041			1732	1938	19:38
Buses From Dent to Kendal							
Dent Station			1053			1737	1947 S
Dent Village		0820	1108		1505	1752	2002 S
Sedbergh Maryfell		0835	1123	1315	1520	1807	2017 S
Sedbergh Library		0837	1125	1317	1522	1809	2019 S
Sedbergh opp. Morphets		0839	1127	1319	1524		
Killington M6 Bridge		0847	1135	1327	1532		
Oxenholme Station		0857	1145	1337	1542		
Kendal K Village		0902	1150	1342	1547		
Kendal Blackhall Road		0908	1156	1348	1553		
Kendal Morrisons		0913	1201	1353	1558		
Buses From Kendal to Dent							
Kendal Morrisons		0923	1223	1403	1608		
Kendal Blackhall Road		0928	1228	1408	1613		
Kendal K Village		0933	1233	1413	1618		
Oxenholme Station		0938	1238	1418	1623		
Killington M6 Bridge		0948	1248	1428	1633		
Sedbergh opp. Morphets		0956	1256	1436	1641		
Sedbergh Dalesman	0800	0958	1258	1438	1643	1855 S	
Sedbergh Maryfell	..	1000	1300	1440	1645	1857 S	
Dent Village	0815	1015		1455	1700	1912 S	
Dent Station		1030			1715	1927 S	
S = summer time only (British Summer Time)							

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn

Buses From Dent to Hawes

Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1054	1222	1448
Trains to Leeds			1205	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512

Buses From Hawes to Dent

Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1054		
Trains to Leeds				1559
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	

Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn

Buses From Dent to Kirkby Stephen/Brough

Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549

Buses From Brough/Kirkby Stephen to Dent

Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

BUS SERVICES

S4/S5Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st June 2018 until further notice

Dalesman	09.00		
Sedbergh, Maryfell	09.02		
Cautley, Cross Keys	09.10		
Fat Lamb	09.18		
Kirkby Stephen Station entrance	09.24		
Kirkby Stephen Market Place	09.29		
Kirkby Stephen Co-op arr	09.30		
Kirkby Stephen Co-op dep	09.35	11.45	14.35
Kirkby Stephen, Market St	09.36	11.46	14.36
Kirkby Stephen Station entrance	09.41	11.51	14.41
<i>Trains from Leeds to Carlisle</i>	<i>09.34</i>	<i>11.06</i>	<i>15.01</i>
<i>Trains from Carlisle to Leeds</i>	<i>09.20</i>	<i>11.46</i>	<i>14.31</i>
Ravenstonedale, Kings Head	09.47	11.57	14.47
Newbiggin on Lune	09.50	12.00	14.50
Tebay roundabout	09.58	12.08	14.58
Killington M6 bridge	10.08	12.18	15.08
Kendal, Castle Green	10.17	12.27	15.17
Kendal, Blackhall Road	10.22	12.32	15.22
Kendal, Morrisons	10.27	12.37	15.27
Kendal, Morrisons	10.38	13.28	15.38
Kendal, Blackhall Road	10.45	13.35	15.45
Kendal, Castle Green	10.50	13.40	15.50
Killington, M6 bridge	10.59	13.49	15.59
Tebay roundabout	11.09	13.59	16.09
Newbiggin on Lune	11.17	14.07	16.17
Ravenstonedale, Kings Head	11.20	14.10	16.20
Kirkby Stephen Station entrance	11.27	14.17	16.27
<i>Trains from Leeds to Carlisle</i>	<i>11.06</i>	<i>15.01</i>	<i>17.04</i>
<i>Trains from Carlisle to Leeds</i>	<i>11.46</i>	<i>14.31</i>	<i>15.46</i>
Kirkby Stephen, Market Place	11.33	14.23	16.33
Kirkby Stephen Co-op arr			16.34
Kirkby Stephen Co-op dep			16.35
Kirkby Stephen Market St			16.36
Kirkby Stephen Station entrance			16.41
Fat Lamb			16.48
Cautley, Cross Keys			16.55
Sedbergh, Maryfell			17.03
Sedbergh, Library			17.05

DENT RAILWAY STATION TIMETABLE			
<i>Current at 9/06/2020 - check before travelling</i>			
Northbound to Carlisle For Garsdale times, add 5 minutes		Southbound to Leeds For Garsdale times, subtract 5 minutes	
Mon—Sat	Sun	Mon—Sat	Sun***
09 16	10 34	09 38	10 40
12 17	13 55	12 10	13 40
14 43	17 48	16 04	20 26
18 15	20 20	17 32	

*** Note the 16.07 from Carlisle to Leeds omits the stops at Garsdale and Dent. It does, however, stop at Kirkby Stephen (depart 16.57) and Settle (depart 17.34).
These trains are for essential travel only—as per Government Guidelines

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect
from Friday 22nd June 2018 ufn R = Request only

	Fri	Fri	Fri	Fri
Dent		10.25		14.25
Sedbergh, Spar		10.39	12.44	14.39
Sedbergh, Dalesman		10.40	12.45	14.40
Sedbergh, Maryfell		10.41	12.46	14.41
Cautley, Cross Keys		10.48	12.53	14.48
Fat Lamb		10.54	12.59	14.54
Kirkby Stephen Station arr		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>		11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.07	13.08	15.03
Kirkby Stephen Town		11.12	13.13	15.08
Kirkby Stephen Co-op		11.13	13.14	15.09
Brough, Clock		11.21	13.22	15.17
	Fri	Fri	Fri	Fri
Brough, Clock		11.26	13.27	15.21
Kirkby Stephen Co-op		11.34	13.35	15.30
Kirkby Stephen Town		11.35	13.36	15.33
Kirkby Stephen Station arr		11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>		-	-	-
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.47	13.43	15.48
Fat Lamb		11.54	13.50	15.55
Cautley, Cross Keys		12.00	13.56	16.01
Sedbergh, Maryfell		12.07	14.03	16.08
Sedbergh, Library	10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets	10.06	12.09	14.05	16.10
Dent	10.20	-	14.19	-

Fri = Friday Only

Lookaround Editorial Team

Myles Ripley	Team Leader and Chairman	Jane Fisher	Proofreading
Susa Ellis	Treasurer	James Palmer	Proofreading
Philip Johns	Secretary	Ed Welti	Compilation and Vice Chairman
Elsbeth Griffiths	Proofreading	Valerie Welti	Advertising Administration

All Editorial Team members are also Trustees.
Dennis and Jackie Whicker are Life Time Presidents but are no longer involved in compilation

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

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## ROMAN CATHOLIC

St. Andrew's Parish Church  
Sunday 12.00  
Holy Days 19.30

**Parish Priest Kendal**

**Tel: 015397 20063**

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CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

~~~~~

**worship@peopleshall**

1st Sunday each month 10:30 am

**Rev David Crouchley Tel:20329**

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SOCIETY OF FRIENDS QUAKERS

Brigflatts
Sunday 10.30

Pam Cozen (Clerk) Tel: 22586

Sally Ingham Tel:07939 569559

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## 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*

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CHURCH OF ENGLAND

Cautley & Garsdale

Rev. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

Howgill: Helen Hoggarth 20805

& Pauline Marshall 21651

Killington: Jennifer Thornely 20444

& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

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## METHODIST CHURCH

Dent; Dent Foot;

Cautley; Garsdale Street;

Garsdale Low Smithy; Hawes Junction

**Rev. David Crouchley Tel: 20329**

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SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 28151

www.sedberghchristiancentre.co.uk

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## UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

**Amanda Reynolds Tel: 07545 375721**

# PUBLIC INFORMATION

## Sedbergh Medical Practice

**01539 718191**

When we are closed please ring  
111 or 999 if appropriate

**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

**Monday by appointment only**

### 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](http://www.sedberghmp.nhs.uk)

for further details

### Bridging the Gap

*First Monday - 1400 - 1600*

Mrs Colpus 01228 595937

## Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane

Fire Station, Long Lane

*Access Codes to the Defribs are supplied  
on contacting Ambulance Control on 999*

## POLICE

101 or 999

Crimestoppers 0800 555 111

### Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

## DENTAL SURGERY

Main Street 20626

Ben Houghton (principal), Miss Katie McKay,  
Katherine Parrott-Edwards & Sarah Boom  
(Hygienist)

Monday to Friday 0900 - 1700

## 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](mailto:tic@sedbergh.org.uk)

Tel: 015396 20125/20504

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

If you are an event organiser or accommodation  
provider and you would like a listing on the  
website, or if you are a local organisation and want  
the website to carry information about your  
activities, please email the Information and Book  
Centre on [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)."

## 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 \*

## PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

## POST OFFICE

Main Street - Phone 20406

## MARKET DAY

Wednesday

Last Page Update:

March 2019