

Sedbergh & District **LOOKAROUND**

August 2015

Issue 335

Donation £1

Another bumper issue of 100 pages. A continued thank you to everyone for your contributions.

From this month, Lookaround Office has moved to 72 Main Street. Thank you to everyone for their patience in

this new chapter in our life and any suggestions would be most welcome. Important information with respect to Lookaround will appear every month. on Page 4.

Dennis & Jacky Whicker



COFFEE MORNING

Saturday 22nd August

10 am to 12 noon

Waterside Farm, Firbank LA10 5EF



Usual Stalls
in aid of



The voice of
learning disability

Please come and support us

"They're changing guard at
Buckingham palace" said Alice

But you won't be there

as you will be at THE



Sedbergh

Saturday 29th August 2015

Doors open: 1pm

People's Hall, Sedbergh

Closing date for entry forms Saturday, August 22nd

PLEASE ENTER EARLY

An entry form was in the July Lookaround

Further copies at the Information Centre and around Town

CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th

S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker and is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

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

Copies are available from Sedbergh Tourist Information Centre, Premier Store, Post Office, Spar, Dent Stores & Barbon and by Post (please enquire).

All items for Lookaround must be deposited in the Lookaround Post Box which is situated in the Tourist Information Centre at 72 Main Street, Sedbergh.

ADVERTISING

For the benefit of advertisers, the following information will assist you.

If you wish to place an Advert in Lookaround, please include the correct money or cheque with the details and place it in the box. A receipt will be issued and left in the Lookaround Tray in the Office for collection.

Our distribution area is the LA10 Postal District which is Sedbergh and the surrounding villages, but it is sent all round the country and 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 is in full colour. All copies have a full colour cover to indicate a new issue and photographs are requested from our readers who

will be credited.

We do not have whole page adverts but will allow two half page adverts opposite each other.

The Front Page is given priority to Event Adverts relevant for the appropriate month.

You can supply the information and we can create an advert for you. You can supply an example in hard copy and we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word File, a jpg File or as a PDF.

If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

The closing date for new Adverts is 15th of every month. Renewed adverts and articles are 19th of every month.

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999. (16 years ago.)

PERSONAL MESSAGES

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

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

Please submit legible writing as many mistakes have been made in the past due to not being able to read properly.

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a

donation from the public for anything at their event and 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. 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 and can only be included in a boxed Advert.

If you are a new advertiser in *Lookaround* and you order 3 or more adverts, you will receive one free advert and 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

TO LET
ONE BEDROOMED FLAT
MAIN ST, SEDBERGH
RENT £350 pcm
NO SMOKING
RING HILARY
07840 119051

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).

We respectfully request payment with ordering. Please make cheques payable to "Sedbergh & District *Lookaround*".

Payments by BACS can also be made.

Account: *Lookaround*

Account Number: 30940267

Code: 20-45-28

Reference: Invoice Number or your name or reference.

An e-mail is requested to confirm payment has been made by BACS which will be acknowledged.

Dennis J Whicker

Lookaround Advertising Rates

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
Postal per month to Britain	= £2.00
Postal per month Overseas	= £4.00

All information to
 72 Main Street, Sedbergh LA10 5AD
 New Adverts by 15th of every month.

*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*

All else by 19th of every month
Last Price Update August 1999.

Organisation	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beaver Scouts	03/13	Mrs Woof	07890	302038
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cub Scouts	02/14	Mr Hubbard	Sed:	20028
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907

Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Shuttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall *	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed:	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	06/14	Mrs Foott	015395	30163
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre *	08/15	Mrs Gold-Wood	Sed:	21808
Scouts	01/09	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	09/10	Mr Thomson	Sed:	21747
Swimming Club	01/09	Mrs Thexton	Sed:	20574
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	02/15	Miss Bainbridge	07975	647566
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

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

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

See Group Page for contact details & Diary Page for Keys

* = Entry Fee Applicable

AUGUST BIRTHDAYS

Children's Birthdays are included free on this page until their 11th Birthday.

Every month, a randomly selected child will receive a £10 gift Voucher from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it.

Please furnish us with the relevant information asap.

If anyone or any business would like to Sponsor the monthly Birthday Gift, please contact us. Full credit will be given.

Dennis & Jacky Whicker

Day	Name	Age
1	Annie RAINFORD	9
2	Harvey CAPSTICK	2
6	Malachi LONGFELLOW	4
10	Luke TROUGHTON	10
11	Lewis SEDGWICK	7
13	Elsa RAINFORD	7
15	Eva HOGGARTH	9
17	Luke LEWIS	4
19	Michael CHARNLEY	9
27	Thomas CASH	8
29	John-Lucas STANTON	4
29	Izzy DECENT	10
30	Abbie WILSON	7
30	John SEDGWICK	11



Rawthey Rhythm

Book us for a great evening of live musical entertainment at your party, dinner, reception or family / corporate event.

Smooth cocktail music, foot-tapping melodies & harmonies, entertaining songs and up-beat dance music to suit the occasion.

*Contact us on 07778 022979 or
rawthey.rhythm@gmail.com*

*Google "Rawthey Rhythm"
on You Tube to see us in action.*

PERSONAL & SMALL ADS £1

THOMAS B CAPSTICK

We would like to express our heartfelt gratitude to neighbours and friends, who over the past weeks have given us their support. For cards, flowers and messages received on the loss of Thomas on June 9th. To those who almost took flight on their Quad Bikes "rounding up" on the Howgills in April/ May (American Rodeo's would have been proud of you!). Thank you to those who made an early start on July 4th to ferry ponies and foals to J36. Thanks must also go to Richard Gardner and Ian Atkinson and their staff at NWA J36 who guided us with such professionalism and dignity (with some humour thrown in) up to and during the dispersal sale. Thomas loved his ponies, and referred to them as "my favourite things" - a sentiment not always shared by us when dealing with them at Murthwaite in horizontal rain - but we will miss Thomas, (and his ponies) very much. Thank you again. William and Mary Airey and Family.

=====

VALERIE LAW

Happy 80th Birthday Mum on August 1st. Love Janet, Duncan, Jill and Grizz.

=====

VALERIE LAW

Wishing Grandma a Happy Birthday.
Love Sharon, Chris, Jessica, Ste,
Rachel, Olivia, Jasmine, Alexander,
Harvey and Lucas (and a woof from
Stanley) XXX

WANTED

Carer Wanted to help in Sedbergh.
Please call 07467 146772.

=====

FREE

Lexmark laser printer / copier / scanner, FREE to a good home. Comes with part used toner cartridges. Does duplex printing. In working order but no-longer appropriate for my needs. Contact Pauline Symonds on 015396 20965.

=====

FOR SALE

Four fireside Chairs. Two in matching style and two others. All have solid wood frames and have upholstered backs and seats but NOT fire retardant - therefore suitable for appropriate re-upholstering. £20 each or £70 for all 4). Telephone 015396 25449.

=====

FOR SALE

Cream cotton-covered 5 shelf storage unit - £20; Large office desk - 'beech' - approx. 160cm x 72cm x 72cm - old but serviceable - £35; Large sofa - pale beige 'suede' - approx. 190cm x 100cm - £95; Wing arm chair - burgundy colour - old but good condition - £65. Contact Laura, Sedbergh 22043. Buyer must collect.

JUNE WEATHER

Not what we normally expect of June but a bit of everything. We started with quite low temperatures and strong winds. In fact on the first two nights the wind chill took the temperatures well below freezing at 28F & 25F (-2C, -5C). It was, in fact, quite a breezy month with all but 2 days recording gusts in double figures. The strongest gust, 22.5mph, was on the first night. Temperatures were a bit variable ranging from a low of 36.3F (2.5C) to a high of 79F (26C) at the end of the 2nd week. We had a dry week during the second week of the month and recorded a total of only 1.64 inches.

To further suggest seasons are running late this year the swallows

hatched on 16th but last year they flew on the 9th although they were back at the same time in April. We've had a bonus of another nest of 4 eggs with swallows nesting in the donkey shelter. Unfortunately all 9 of the blue tits were dead by the 4th of the month. Was this down to the cold nights early on or a general lack of food as the young disappeared gradually? The 2 nest boxes in the field have not been used by blue tits this year. House sparrows are definitely bucking the national trend around here as we have had several clutches hatch. I haven't seen any baby tits yet so perhaps the nest we lost might be a sign others have struggled. One of my so called Embden goslings has grown black wing feathers! The young silver pheasants are progressing steadily. I put some syrup on the swarm of bees to help them as there still seems to be a shortage of forage around. Have you seen any butterflies? They are certainly a rarity with us. We got the sheep clipped in time for Woolfest. Stuart Metcalf does an excellent job. He says clipping my Ryelands is like doing 2 of any other breed as they have wool everywhere. Some of our fleeces are on their way to Japan. Lambs are progressing except for the poor little runt. Whatever I do does not seem to make any difference. No doubt she will catch up in her own good time. Once again I could not make use of the decent week for hay-timing as it hadn't come on enough to make it worthwhile cutting at the time.



PROGRAMME FOR AUGUST



THE
MEDITATION
CENTRE
be still · be inspired · be free

Saturday 1st

Meditation for Beginners

Sunday 2nd

Monthly Group Meditation
11am - 1pm

(Drop-in ~ All Welcome)

Friday 7th

Mindful Yoga & Meditation Day

To book:

email meditationcentrteam@gmail.com

Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR

Registered charity no: 1076345

www.meditationcentre.co.uk

WHO NEEDS ALTON TOWERS?

Another topsy-turvy night was had by all at the latest Garsdale Parish Council meeting. Who said life in the country was boring?

The evening started quietly to the relief of the councillors after the mauling they received at the annual parish meeting. Kevin Lancaster, our District Councillor, brought us up to date with Post 16 transport (unresolved) and private water risk assessments (also unresolved). The clerk had received a long awaited reply from SLDC to a letter sent in March regarding the legalities and qualifications of the assessors, Tobin. Unfortunately, despite a four month wait, the wordy and rather lengthy reply addressed none of the issues

raised by council. And so the campaign for a fair and reasonable solution to worthless and highly expensive water risk assessments goes on. Council advice remains the same, hold tight until Kevin, Garsdale PC and Sedbergh PC finally wring some sense out of SLDC.

Unfortunately, it's still 'no hands at the pumps' for Post 16 transport. There appears to be no desire to put in place a suitable and cost effective transport system for our 16 to 18 year olds. This means that in September, Mums and Dads will be clogging up the roads, producing greenhouse gases to get their children to their places of education whilst the powers that be will be sitting in their ivory tower, rubbing their hands in glee at

Dent Dale Christian Fellowship invites you to

Christian Festival in Dentdale



Friday 7th to Monday 10th August

Friday 7th

7pm: Meal & Guest Speaker; Nancy Goudie (Bristol) *

Saturday 8th

9.30am: Breakfast at Meadowside Cafe for men *

Garden Party at "Rhumes" for Ladies * (undercover if wet) Coffee, Cake & Croissants

2pm: AFTERNOON TEA for ALL ~ Nancy & Laughter Tour in Memorial Hall

5.30pm: MESSY CHURCH family fun with epilogue and pitza and ice cream

9pm: Late Night Extra "A true testimony of pain & power"

Sunday 9th

from 10am: Breakfast in the Memorial Hall with "bikers"

2 - 4.30pm: Bouncy Castle & Soft Play and activities for all ages

7pm: Worship & Testimony.

CAFE OPEN ALL DAY DURING THE FESTIVAL IN THE HALL

Monday 10th

from 10am: Cafe and crafts, family fun, unwind and chat with friends,
Bouncy Castle and soft play.

7pm: Worship and speaker with Tim Widdess

For further information ring 015396 25212 or see www.dentdalecf.co.uk

*Events with * - it would be helpful to know you are coming!*



the thought of a few miserly pennies saved, more money for some nice biscuits to go with their tea perhaps? Let's see what they have to say when the court summons arrives.

Back in Garsdale, the water supply at the village hall was still having a few teething problems but the end is in sight. The volunteers who had been taking turns to stem the floods under the floor were mightily relieved when one suggested "why don't we turn off the water at the stop cock when we're not using it?" They can now sleep peacefully in their beds at night.

The A684 and the Back Road was discussed and the councillors are becoming very weary at the lack of progress. The number of potholes is

increasing along with those lovely orange temporary fences that appear in the night to block up the holes in the walls. Council is determined that SLDC address these issues and a concerted effort is being made from all sides. Residents can help by phoning the SLDC Highways hotline on 0845 6066609 to report problems as often as possible.

The highlight of the evening was the decision to purchase a 'midgeater' that can clear over an acre of land from midges and mosquitoes. This will be used for outdoor events at the village hall but will also be available for hire for local residents.

The evening unfortunately descended into acrimony by unfair criticism levelled from a disgruntled



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Monday 10th August

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Thursday 27th August

"Collaged Notebook" decorate a hard backed notebook.

Weavers Café - AUGUST- CELEBRATING LOCAL COOKS

Daily specials from cooks from our local area - Special thanks to **Killington W.I.**

3-7 August	Pasta with a mushroom cream and tomato sauce - Wendy McClean
10-14 August	Persian Lamb - Brenda Nolan
17-21 August	Fish Leek & Cheese cobbler - Margery Henson (In memory of)
24-28 August	Mediterranean Chicken - Angela Bradley

Farfield Mill is open daily 10.30 - 5.00, £3.50/£3, under 16s free.
Garsdale Rd, Sedbergh, LA10 5LW. www.farfieldmill.org 015396 21958

FREE ENTRY for LA10 residents on **Sundays**

landowner. Sometimes people have to be aware that the position of councillor is voluntary. All have day jobs and in a farming community like ours, at this time of year, a day job is an all-day job. Time is precious and while the councillors strive to serve their community, a little 'thank you' would not go amiss sometimes.

And so, take a ride along the rollercoaster that is the A684, be flung from side to side and bounced from floor to ceiling when you hit those potholes who does needs Alton



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Towers?

*Philip Johns
Clerk to Garsdale parish Council.*

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on the 9th July 2015. The next Parish Council meeting will be on Thursday 13th August 2015 at 7.30pm in the People's Hall, Sedbergh.

PARISH COUNCILLOR VACANCY

Mr Simon Arnold was Co-opted onto Sedbergh Parish Council following a vote by Members after considering the submissions of three applicants.

POST 16 TRANSPORT

It was agreed to contact South Lakeland District Council's Monitoring Officer and the Cumbria Association for Local Councils to seek further guidance on any potential legal challenge to the County Council's transport policy, having regard to the requirement that young persons must remain in education or training until the age of 18.

PLANNING

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

SLDC Housing Strategy Consultation – following a request from South Lakeland District Council for comments relating to their consultation, the Members submitted a full response. Including comments on a) Developing affordable housing b) Specialist Housing for older/young and vulnerable people c) Improving housing standards to improve well being d) Making best use of existing housing stock e) preventing and

Sheepfest Workshops!

Sedbergh, Farfield Mill and Artsense combine with Pagoda Arts Liverpool to celebrate our heritage as a Wool Town and the Chinese Year of the Sheep!

If you're thinking of adapting or adding to last year's sheep – does it need a lamb or even a mate? – help with creating a new one (which we'd *really* like) – or just want to pick up some materials come along to one of our free work-shops. The inspiration of Artsense and learning new skills in great company made this the highlight of *Sheepfest 14* for many of you.

Just turn up – or phone Farfield Mill to book a date and time to help us spread the load for Donna, Emily, Sue and Kate.

**015396 21958
between 11am & 5pm**

Dates for your Diaries

August

Wed. 12	People's Hall	5.30-8.30
Thurs. 13	People's Hall	5.30-8.30
Fri. 14	People's Hall	5.30-8-30
Sat. 15	People's Hall	10.30-4.30
Sun. 16	Farfield Mill	10.30-4.30
Mon. 17	Methodist Church	5.30-8.30

September

Wed. 2	Methodist Church	5.30-8.30
Thurs. 3	Methodist Church	5.30-8.30
Fri. 4	Methodist Church	5.30-8.30
Sun. 6	Farfield Mill	10.30-4.30
Mon. 7	People's Hall	5.30-8.30



reducing homelessness. Full details are available as above.

QUEENS GARDENS

The Queen's Gardens Committee highlighted the ongoing consideration that needs to be given to the Garden's future maintenance, use and inevitable cost implications. It was further noted that the BBC may be approached to ascertain any interest in media coverage of a restoration project.

PROPOSED BMX/SKATE PARK

The possible development of a BMX/Skate park on the People's Hall field was discussed at some length. Members retain concerns relating to the extent of need for the facility and would expect the planned public

consultation exercise to provide some clarity on this point.

Other matters discussed included restoration of the Jubilee Fountain, further repair works at Queen's Gardens, the proposed relocation of eight recycling containers from Joss Lane to Spar and Highways and Street signs along with comments from members of the public.

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

Janey Hassam – Clerk

TIM FARRON MP

As some of you may be aware I have recently been elected leader of the Liberal Democrats but I want to take this opportunity to reassure you that I will make sure that this will not interfere with my work as MP for Westmorland and Lonsdale, whether this involves working to address your problems, knocking on doors to find out what issues you have or even writing my monthly column for Sedbergh Lookaround to let you know what I have been up to over the past few weeks.

To be honest the election campaign did take me away from the constituency and my family more than I would have liked, 27 hustings all around the country does take quite a

bit of time. But that is over, Parliament is in recess and my time is now much more my own. Even with my new responsibility my plan is to continue to be home in Milnthorpe at least four nights a week, even during the times when Parliament is sitting. So Thursday nights can still be spent going out knocking on as many people's doors as I can before people start feeling that it is getting too late to open the door to a strange man and I will have a fair chance of being able to walk my youngest to primary school on at least one morning a week.

I even plan to run my annual summer tour of the constituency but sadly the election campaign and the copy date of *Lookaround* mean that I

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Mobile: 07771 514535

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am not in a position to tell you when we will be reaching the Sedbergh, Dent and Garsdale in this article, but please do keep your eyes open for the notices we try to put up before we arrive or check my website (www.timfarron.co.uk). I really look forward to seeing as many of you as possible during our stops. Even if you don't have any problems for me to help with I still enjoy having a chat with as many people as possible. As I keep saying it is only through these conversations that I can really understand what people want me to focus my efforts on in this area. And now I am party leader your thoughts may have an even larger impact.

And if you cannot make it along to see me then you can still reach me by emailing tim@timfarron.co.uk or calling 01539 723403.

Thanks so much for your support

Tim Farron MP

I am sure that readers of *Lookaround* would like to join me in congratulating Tim on his election as Party Leader, whatever their political tendencies are. Tim has been a consistent contributor to *Lookaround* since he was first elected and he has kept everyone informed of all local issues that affect Sedbergh and District.

D J Whicker

COUNCILLOR CORNER

Congratulations to the Member of Parliament on his election as leader of his party. I don't think it is any secret that both locally and nationally my party has been looking forward to his appointment for a very long time.

It comes as no surprise that post 16 transport to school remains the

greatest concern to residents of Sedbergh, Garsdale and Dent and the subject provoked long discussions at all three parish councils. There is no doubt that the controlling administration on the county made a major miscalculation by going along with their officer's initial recommendation when they found themselves in power in 2013. I remain astounded that the policy was not rescinded as a mistake along with on-street car parking. Of the two, it was much the more harmful. It is easy in politics for an opposition to stand on the side-lines jumping with glee when an administration makes an ill-conceived "difficult decision" like this – I have seen it done to me. That is NOT what I want: I want a reasonable, effective solution which will put an end to the worry and potential expense in terms of both money and time for post 16 year olds and their parents. To that end I welcome the initiative by Sedbergh Parish Council to investigate the possibilities of counsel's opinion and perhaps something akin to judicial review.

Other matters of unhappiness, which should never have been a

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problem are the risk assessments for joint private water supplies. This is particularly important in this ward with private supplies in all parishes apart from Kirkby Lonsdale. I think most right-thinking folk would support the actual testing of water for holiday homes: that is a duty of care towards the potential visitor. However, when it comes to risk assessments for private supplies what is the benefit?

Garsdale Parish have been highlighting their unease since this was first announced. Now some assessments have come back there is *prima facie* justification for their concerns. I intend to table a series of questions at full council as I believe the whole mess reflects badly on South Lakeland.

I'm sure everyone who attended the events surrounding the town twinning celebrations enjoyed them. The hog roast in the churchyard went exceptionally well and who could fail to be impressed by the astonishing young pianist from Zreče. Later in the week, the bonfire had to be cancelled because of rain but my collection of ancient wellies remain to be chucked and disposed of at a future event. I know some of our Settlebeck students are looking forward to visiting Zreče next February.

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

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

SEDBERGH WANDERERS JFC

On Saturday 11th July our under 7's team of 7 players Charlie Rendall, Alex Sayner, James Moffat, Nathan Todd, Jack & William Dawson & Andrew Mitchell took part in the Crooklands Football festival in Barrow in Furness.

Considering the 74,000 population of the area and then take into account the catchment and resources of players all the big Barrow clubs can tap into, this was just meant to be a tournament experience for our young boys from Sedbergh.



First on at 10.00am v Hosts Crookland Casuals, we'd hardly got warmed up, but we held out for a 0-0 draw. Next up was the eventual winners Hawcoat park who only beat us 1-0 and that was a fluke off the side of thier lads head. We then drew 1-1 with Furness Rovers, then beat Holker Old Boys and Walney island both 1-0 each to eventually finish 2nd out of 6 teams, then try telling our boys we were only giving them experience. Considering the size of Sedbergh and us only having 8 under 7's lads all season, this was a truly David and Goliath adventure. We are just glad all our parents were there to

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witness this event. Our boys to a man were brilliant.

The feedback, plaudits and clubs ringing for friendlies since then has been unbelievable. 12 months hard work paid off in 4 hours of football.

We now look forward to our own under 7's mini festival at Haver Park on Sunday 23rd August where teams from all different leagues will be descending on Sedbergh for a pre-season warm up event. Please give us your support, and If there are any boys under 8 or going into year 3 wishing to play football very regularly on Saturday mornings, please contact us.

Also with our fortunes going well on the field and with the Junior Football Club being as successful off it in the way of winning 6 grants, therefore because of the lack of sports equipment at our two local schools we have donated 10 footballs to the Primary School and 10 footballs to Settlebeck, which in return will benefit all the junior and senior footballers within the two schools in the long term. Sedbergh's football future is bright.

Sedbergh Wanderers JFC u7's

YORKSHIRE DALES NATIONAL PARK

National Park Authority chairman re-elected

Former barrister and circuit judge Peter Charlesworth was re-elected unanimously as Chairman of the Yorkshire Dales National Park Authority in June.

His re-appointment follows the announcement that he has accepted the post of chairman of National Parks UK, the organisation that represents the country's 15 national park authorities and promotes joint working.

Existing Authority Member Carl Lis, himself a former Chairman, was elected Deputy Chairman.

The Authority also has three new Members – all of whom have served on the Board at different times in the past.

Yvonne Peacock and Caroline Thornton-Berry, MBE, have been appointed by Richmondshire District Council to replace Malcolm Gardner and Stuart Parsons, while David Ireton from Craven District Council will fill the vacancy left by the death of John Roberts.

Nick Oldham

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NATIONAL PARK NOTES

First things first! The little competition which I set in my last article (May issue) to name the number of mammals seen in the Parishes of Sedbergh, Dent and Garsdale received a small entry and was won by the person who recorded twenty one mammal sightings in our group of Parishes. Very well done and that will take a lot of beating. The prize was a copy of George Mombiot's book "Feral: Re-wilding the Land and Sea and Human Life" which I mentioned in my article as an exceptionally thought-provoking and interesting read.

I was delighted to read a report which was brought to the last Full Authority meeting on the topic of Carbon Savings. The Park Authority was awarded the national Low Carbon Council Award in 2012 and since then it has made further substantial reductions to its total emissions. These are divided into "Indoor" savings and "Outdoor" savings. As far as the former are concerned a reduction of 15% has been made in the last year alone by a combination of car-sharing, biomass

boilers, solar panels, a ground source heat pump, a greener transport fleet and more efficient IT systems. The quite startling statistics show that the use of heating oil fell by 87% following the installation of a wood pellet boiler at the Dales Countryside Museum and the heat pump at the Bainbridge office. Gas use fell by 75% following the installation of the wood chip boiler at the Grassington office, and electricity use fell by 39% as a result of a lot of measures including the introduction of solar panels at Bainbridge. "Outdoor" savings included since 2006 the planting of 651 hectares of broad-leaved woodland, support for green energy projects including hydro schemes at Linton, Halton Gill,

Bainbridge and Coverhead Farm providing in total enough electricity to supply 200 houses, and being a founding partner in the Yorkshire Peat Partnership restoring 15,600 hectares of degraded peat bog. Although the calculation is relatively complicated, all of these activities may well be reducing net CO₂ emissions across the Park by around 17,700 tonnes a year. Not an inconsiderable amount! - and one which therefore makes considerable financial savings allowing the money to be spent on other National Park projects. I am proud that the YDNPA is able to show the way in this area and shows what can be done when there is a strong political will to make savings of the kind recorded above. Hopefully as

6TH UK TOUR July 25 to September 6



The Spooky Men's Chorale

FRIDAY 21ST AUGUST

7:30pm

St Andrew's Church, Sedbergh

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individuals and organisations we can also try to make a similar contribution to reducing the carbon emissions in our National Park.

For the information of Park residents I am also including in my article the latest briefing note issued by the Park Authority. The name in brackets is the officer dealing with the matter and who can be contacted direct in the event of any queries. Or contact me, on either 015396 20648 or ianmcpherson24@hotmail.com.

CURRENT ISSUES

Authority services [Richard Burnett]

Authority is still being severely affected by Central Government funding cuts. Further cuts announced last December will mean budget will have been reduced by almost 40% in real terms (2011-2016), and further cuts are likely. The Authority is facing some difficult decisions. Continuing to provide a high quality service in priority areas (Development Management; Rights of Way; Land Management; and, Volunteers) will depend on raising money from other sources. The Authority is exploring a number of options for doing this, including trialling charges for public

toilets at Grassington.

1) *National Park Management Plan 2013-18 [Gary Smith]*

The National Park Management Plan sets out an ambitious 'Vision' for the future of the Park, with local communities at its heart. It contains a series of specific objectives that many local organisations and local people are working together to achieve over the next 5 -10 years (see <http://www.yorkshiredalesmanagementplan.org.uk/>). Issues that the Plan tries to tackle include:

- Holding on to important local services, like primary schools and GP surgeries;
- Improving access to broadband and mobile phone coverage;

BARBON SHOW
Saturday 22nd August

Barbon Manor Park, Barbon

8am	Sheep Dog Trials
10am	Sheep Show
11am	Stick Show
1pm	Marquee Lunch
2.30pm	Children's Sports

Secretary Pauline Bainbridge 07800 990689



- Reversing the decline in the number of young people and people of working age;
- Providing more affordable housing for local people.

2) Housing [Peter Stockton]

The targets for new housing set in the National Park Management Plan are not being met. To try to speed up delivery of the type of housing needed in the Park, the Authority is reviewing its policies on local occupancy and site viability. Public consultation on the proposals ended on 1 May. The Authority is now considering the responses, and will include appropriate new policies in the final draft Local Plan (see below).

3) Local Plan [Peter Stockton]

Work is continuing on a new Local

Plan for the National Park. This will steer planning applications and other development decisions between 2016 and 2030. We want the Plan to encourage the sort of development that will help achieve the objectives in the National Park Management Plan (see above). Some of the big issues are:

- finding sites for new economic development;
- widening the range of visitor accommodation and visitor facilities;
- encouraging re-use of more redundant farm buildings, including allowing some roadside barns to be converted for local housing;

We have already consulted widely

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on these issues, and are taking account of the responses. The final draft Local Plan will be published for formal representations in July.

4) Parish Forums [Gary Smith]

The Authority is setting up two Parish 'Forums' – one for the north of the Park and one for the south. The Forums will be an opportunity for discussion and liaison between the Authority and parish councils on any and all National Park issues. The Forums will be led by the four National Park Authority Members who are appointed by the Parish Councils. We recently wrote to all Parishes with further details, and the first meetings will be held in October.

FUNDING OPPORTUNITIES FROM THE AUTHORITY

1) Sustainable Development Fund

- A fund of £140,000 is available for 2015/16 for local projects that would have economic, social and environmental benefits. Full details are on the website. www.yorkshiredales.org.uk/livinghere/sdf. [Andrea Burden]

2) Conservation Areas

- We still have a small fund (£3,000) for projects that help preserve or enhance Conservation Areas. [Gaby Rose]

3) Parish Wildlife Project

- Funding (£15,000) and support available for local groups who want to carry out nature conservation work on local sites. www.natureinthedales.org.uk/projects/parish-wildlife-project [Mark Hewitt]

4) Woodlands

- Significant money (c£50,000) available to farmers and land-

owners for creating new woodlands or for improving woodland management. [Geoff Garrett]

Ian McPherson

YORKSHIRE DALES NATIONAL PARK

Woodland Grants Available

Free advice and funding is now available for landowners wishing to create a new woodland, courtesy of local charity Yorkshire Dales Millennium Trust and one of the UK's largest commercial fuel card resellers, The Fuelcard Company.

A funding pot of more than £120,000 is available thanks to the generosity of The Fuelcard Company customers through the Ecopoint scheme. This funding will support the creation and management of native broadleaf woodlands in the Yorkshire Dales National Park and Nidderdale Area of Outstanding Natural Beauty (AONB). Applications from outside this area

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will also be considered if they meet funding criteria.

Applications will be managed by YDMT and eligibility will be assessed on a site-by-site basis. To be eligible for funding a proposed woodland should:

- Significantly conserve, enhance or add to the natural heritage
- Be accessible to the general public or be clearly visible from a public right of way, and
- Be supported by the local community.

Chris Lodge, Woodland Development Officer at YDMT said: "Working with our partners we can advise you on the planting design and specification, help you complete your application, identify other funding

opportunities such as the Countryside Stewardship Scheme, or contractors who may be able to carry out the work for you. So if you own some land and are thinking of creating a new woodland then we'd love to hear from you."

Whilst the main focus of applications should be the planting of native broadleaf woodland, other elements such as planting non-native species or hedgerows may also be eligible for funding providing they meet criteria around biodiversity and conservation.

Support may also be available to fund woodland management activities if they bring habitat improvement or benefits to protected wildlife species like black grouse or red squirrel.

Richard Brown, Head of Commercial



New Sunday bus to Cautley Spout and the Cross Keys Inn.

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Sedbergh

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for The Fuelcard Company said "At The Fuelcard Company, we understand that our customers want to minimise their impact on the environment. By supporting the Yorkshire Dales Millennium Trust, via our EcoPoint scheme, means we can help customers contribute to their CSR targets and offset their carbon footprint, whilst significantly improving the landscape and natural habitat of the Dales. The YDMT do a fantastic job and we have been readily supporting their schemes since 2010".

The range of support that the funding covers is diverse, from planting of trees and guards, fencing to prevent damage from stock grazing, gates to allow access and

initial weeding costs. In some circumstances applicants may be asked to contribute cash, materials or labour.

Planting trees is a long term investment which will bring significant and long lasting benefits to wildlife, the environment and the landscape for future generations, as well as potentially providing long term income for landowners.

The closing date for the first application window was 24 July and the deadline for the second window is 28 August. Other application windows will follow. To find out more and request an application pack please contact Chris Lodge at YDMT on 015242 51002 or email chris.lodge@ydmtn.org.

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MOTORING LAW

The Institute of Advanced Motorists (IAM) is warning people to be ready for a host of changes coming up in driving laws in the UK – and fear many are totally unaware of what's in store in 2015.

New regulations that have changed driving licences, drug-drive limits and speed limits have already taken place in 2015. There are, however, other changes expected to take place later in the year.

For motorists oblivious to these changes, the IAM is raising awareness to ensure all road users understand the new driving laws and changes.



In March a new law on driving under the influence of legal or illegal drugs including cannabis and cocaine and prescription drugs including diazepam, methadone and morphine came into force across England and Wales.

In July, the IAM revealed the true scale of drug-driving since the new regulations started and found 902 arrests have already been made by police forces. Motorists convicted of drug-driving will get a minimum one year driving ban, unlimited fine, up to six months imprisonment and a criminal record.

In April, the speed limit for the largest heavy goods vehicles (HGVs) travelling on a single carriageway across England and Wales increased from 40mph to 50mph, and on a dual carriageway it has increased from 50mph to 60mph.

Upcoming changes to driving laws will also see smoking in cars carrying children under the age of 18 becoming illegal from 1 October. Potential fines and penalties are expected to be announced closer to the time.

Sarah Sillars, IAM chief executive officer said: "This year has seen some of the biggest changes in motoring procedures we have ever seen. It is very important drivers and riders are fully up-to-date on what is happening – they will affect everyone in one way or another. So don't get caught out, get informed."

More information at <http://www.iam.org.uk/media-and-research/media-centre/news-archive>

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DENTDALE CHOIR
40th Anniversary Year
Calling all current members, ex-members and waverers ... with a BIG SHOUT for TENORS.



This year Dentdale Choir are celebrating 40 years of music making and we would like to invite new voices to join our anniversary singing. To inspire you here are just a few comments from current members.....

"inspirational and rewarding, the good simple fun of singing with a group of like-minded people who develop a

bond which extends beyond the choir".
" My stress buster for the week, wonderful."
" A sense of achievement, overall feeling of wellbeing after rehearsals and generally just good fun!"
"I joined the choir last year and was an absolute novice. I had never attempted anything like this before, but on listening to the choir sing at the advent service in Dent Church last December, I knew I wanted to be a part of it. I am not very musical and was not at all sure I could even sing very well, but I needn't have worried. The choir were so welcoming and I felt at home right away. We learned the music at a pace I could keep up with and I soon



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found (with a little guidance) that I could follow the music with everyone else. I was soon looking forward to Tuesday evenings and relishing in learning a new (thoroughly enjoyable) skill.

I would really urge anyone who is contemplating joining us to just do it, you really won't regret it."

Maybe you are an ex-member and have forgotten how much fun Choir is? Perhaps you are nervous about singing publicly but secretly love belting out songs whilst driving or when you are in the bath or shower?

Dentdale choir is a thriving, friendly community choir and WE DO NOT AUDITION. Whilst we have some very accomplished musicians in our ranks, some of us DO NOT READ MUSIC AT ALL. We learn by ear, and with friendly guidance from older members.

Our eclectic membership is drawn from Dent, Cowgill, Sedbergh, Cautley, Killington, Barbon, Casterton and everywhere in-between. Car sharing to attend rehearsals is easily arranged and the choir welcomes new singers very warmly.

From September until the end of April we meet each week at 7.15 until 9 on Tuesday evenings in the Dent Memorial Hall with breaks during most school holidays.

Whilst we do need members to commit to regular attendance for

rehearsals and some home practising for any tricky pieces, our performance schedule is not arduous; usually a couple of short Advent and Christmas performances and then a Spring Concert at the end of term.

Group singing is a great way to keep mentally alert and physically healthy and some members of choir also regularly retire to the pub around the corner after rehearsals for some 'social time'.

On Tuesday 8th September at 7.15 we are hosting a recruitment evening and would like to invite anyone interested in joining the Choir to come along for a drink and some nibbles.

The evening will be a chance to meet the rest of the choir. You will get a taste of how rehearsals are structured, joining us in some physical warm ups and some voice warm ups.

We will also be listening to some of the proposed works for the year and making final decisions about Christmas concerts and anniversary celebrations.

Please join us on the 7th September at Dent Memorial Hall at 7.15- we very much look forward to meeting you, doubly so if you sing TENOR.



SEDBERGH WI

On July 8th we were treated to an excellent demonstration of flower arranging by Joan Bentley, who created five beautiful arrangements which were raffled at the end of the evening in aid of the national WI Pennies for Friendship scheme which supports disadvantaged rural women in many countries. Joan's arrangements are truly inspirational! The winner of the first raffle prize to be drawn was Pat Ramsden, present for her last meeting at Sedbergh WI after many years' service as Secretary and Programme Secretary first in Frostrow WI but continuing into the Sedbergh WI days. Those of us who have followed in her footsteps as Programme Secretary over the last five years have been grateful for her help and advice ever since! Thank you very much for all you have done for us, Pat! We wish you well in your new life in Grange-over-Sands and hope to see you from time to time.

The book group met at Gaynor's home on July 9th to discuss "Major Pettigrew's Last Stand" by Helen Simonson, a delightful tale of a retired Major in his late sixties in a small village in southern England who falls for Mrs Ali (of Pakistani descent but born and educated in England) who runs the village shop. Both of them are fairly recently widowed after long and happy marriages and now find they have interests in common, not to mention similar problems with the younger generation! The book is laced with gentle humour that had us chuckling aloud and we heartily commend it to you. The average marks given were between 8 and 9/10.

Rosemary Blanchfield is to lead the walking group on July 15th on a walk of around 6 miles along canal paths and shoreline in the Bolton-le-Sands area: with good weather forecast, it should be a glorious day...

There will be no meeting in the



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People's Hall next month as we have our summer outing to Yewbarrow House Garden at Grange. Any members who have not yet signed up for it should contact Sue Kernalan if they wish to join us.

Moira Folks

Majesty The Queen, President of Sandringham W.I., H.R.H. The Princess Royal and the Countess of Wessex. The Queen opened the meeting and accepted the Centenary Baton. Members and delegates in attendance did not vote on the "Failing to Care" resolution after agreeing to move on to the next item on the agenda. Bridget described the evening as a moving experience.

The July walk led by Vera Hodgson took place in the Troutbeck Valley. Six members spent the afternoon at Cartmel which has a beautiful, welcoming racecourse. There was an exciting atmosphere throughout the afternoon with a program of thrilling races. A dabble on the horses added

HOWGILL W.I.

We would like to thank everyone who supported our Coffee Morning. It proved successful raising £205 for W.I. Funds.

We met at Howgill Village Hall on July 2nd, which was a lovely summer evening. President Bridget Postlethwaite welcomed all members before giving us a detailed report on the Centenary AGM held at the Royal Albert Hall. In attendance were Her

to the fun making it an enjoyable and memorable day.

BrIDGET welcomed Pat Ashcroft from Garstang as our speaker for the evening. She is well known for enjoying the outdoors and has a taste for tough challenges and adventure. We were given a humorous account of her five day trek in Iceland in order to raise cash for Mencap. She walked 15 miles a day reaching heights of 3,600 feet. She experienced snow fields, glaciers and numerous volcanoes. Pat has been supporting Mencap for 20 years. She said the trek was tough but achievable and if you want to experience the elements at the most extreme go to Iceland.

Liz Moore thanked Pat for a lively and inspiring talk. Pat later took part in social time giving us a humorous story about a comfortable pair of shoes which she had binned but were retrieved when she needed them to walk 3½ miles around London.

Liz Moore won the competition for a

holiday photograph with Bridget second. The raffle winner was Vera Hodgson. The evening was brought to a close with our usual Jacobs Join.

We meet on August 6th which is a "members evening" held at Firbank Church Hall.

A.H.

KILLINGTON WI

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As my old friends Flanders and Swann sang in their "Song of the Weather"

"In July the sun is hot.

Is it shining?

No. It's not"

Well, last Tuesday we had a lovely sunny afternoon for our Annual Tea Party and we were able to revert to its original title of "**Garden Party**" as we were delighted to bask in sun outside for the entire feast. Indeed one delicate flower, who shall be nameless, was even seen covering her head with a newspaper to protect her nose from the burning ultra-violet and damaging infra-red solar rays! This year we enjoyed a new venue at the home of Sally Cragg who had really put herself out to make us welcome. She had driven back from London the previous day, arriving home after midnight. Thank you so much, Sally. We really appreciated your hospitality and thoroughly enjoyed ourselves.

The previous week four of us had joined an outing organised by our Cumbria-Westmorland Federation, to Heysham Power Station. Certainly not a 'Jam & Jerusalem' outing, nor yet a nude calendar! However, a rather more circumspect photo of our

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group was taken but not by us as cameras and mobile phones had been forbidden. Somehow a single camera appeared when our guide said. "Has anyone got a camera?" We look forward to adding it to our scrap book when it is e-mailed to us – cyberspace permitting. The tour itself was very informative and we learnt a lot. The plant itself and all its huge installations were spotlessly clean and cared for –reassuringly so – and the safety aspects were emphasised by our guide. Our total coach-load of 40 members was split into several smaller groups for the trip around the plant which meant that we could hear and question everything. After our tour we went back in to Heysham

village to restore the inner man and have a wander round enjoying the views across Morecambe Bay.

Next month, on August 11th, we shall be leaving early for outing to Salmesbury Hall and Ribchester. We have a guided tour of the Hall booked and would be happy to welcome extra visitors. Contact our secretary, Susan Sharrocks (20754), if you would like to join us. Our Coffee Morning on June 24th completed the funding needed for the defibrillator for the People's Hall and this has now been ordered and will soon be installed. We shall continue to support the work of the First Responders. Our thanks to all who have supported us in this endeavour. *Wendy Fraser-Urquhart*

SETTLEBECK NEWS

Settlebeck Sport

We had another fantastic Sports Day this year. The rain didn't dampen the students' spirits and every child took part in the day. Settlebeck alumni will be interested to see the house results. Dale came in 4th place with 307 points, last year's winner Tarn was 3rd with 423 points, Ghyll came 2nd with 554 points and Beck was victorious with 581 points.

Individual successes were:

- Lower School Girls 1st Lydia Haigh, 2nd Maisie Gough, 3rd Kate Thompson
- Lower School Boys: 1st Cameron Horner, 2nd Lewis Garnet, 3rd Corben Haines
- Upper School Girls: 1st Jenny

Oliver Higginbotham

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Lomax, 2nd Ellie Jackson, 3rd Cara Ellis

- Upper School Boys: 1st Alan Brian, 2nd Aaron Capstick, 3rd Ciaran Tuohy

We also have some special awards for those whose performances stood out on the day. Aaron Capstick won the Andy Trull Achievement Award for his outstanding finishing speed in the sprints and convincingly winning the discus. Daniel Peacock won the Alison Gardner Memorial Award for his enthusiasm and focus on the day.

I had the privilege of taking three of my talented netball players to the county trials in Carlisle on Sat 27th June. Maisie Gough, Sophie Waller and Kate Thompson joined almost 100 girls from all over the county and our girls played fantastic netball. Sophie and Maisie have been selected to play in the county development squad – a brilliant achievement!

The cricket season has drawn to an end, finishing on a high for the boys with them beating Cartmel Priory School, getting 38 runs with 8 balls spare. I'm looking forward to seeing those students we've selected to go to the County team (Aaron Troughton and Jay Ferguson) developing their skills even more.

Having worked so hard over the year, it was fantastic to go to my first ever Sedbergh Sports on Friday 10th July and see so many of my Settlebeck Running Club members competing in their yellow Howgill Harriers running tops - a fantastic performance by you all, you made me very proud.

As the Summer Term draws to an end (have we had a summer??), I am

beginning to plan next year's events. I reflect upon a fantastic sporting year at Settlebeck; winning the girls' rugby tournament, coming third in the boys' football County Cup and the Year 7 netball tournament, having students represent the district at athletics and cross country and many other County representations in other sports. For a school that apparently "doesn't do any sport", I hope my Lookaround blogs have made people realise this isn't the case.

End of Term at Settlebeck

The final few days before we break up for the holidays sees our Year 10 students away on their work experience placements. This is an opportunity for them to experience a real work place, doing something they

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are interested in and may decide to pursue as a career. The students have had to compile their CVs and personal statements, apply for a placement, organise their transport, etc. – all the things they will have to do when their working life starts for real.

Year 8 students have gone on the annual Settlebeck trip to France, a visit both educational and fun. They go Etaples war cemetery and a war museum, visit the Arc de Triomphe and Notre Dame as well as make a big splash at a water park, visit a sea life centre, planetarium and a whole host of other fun activities, including eating snails and, of course, speaking French!

Year 7 and 9 students get to enjoy a week of great activities at school – walking in the Howgills, making and eating Afternoon Tea, street theatre, sports and preparing our float for Kendal Torchlight. Year 7 also went to The Sandcastle at Blackpool and Year 9 had a trip to Edinburgh. Busy, busy, busy!

Juliet Procter

SEDBERGH SCHOOL NEWS

A Heritage Lottery Fund grant has been obtained to restore the Pepperpot, and work is about to start. It is due to be completed in early October. It will be a centre for study of the local fauna and flora, and will be available for use by the public.

The scaffolding covering the back of Winder House is due to installation of new windows. The fencing in front of Powell House is due to work on drains.

The International summer school is now in its fifth year. It started in July and offers an opportunity for boys and girls from around the world to experience life as a Sedberghian for a few weeks and to improve their English. This year around 90 boys and girls attended aged from 9 to 16

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from 12 different countries. And speaking 8 different languages. Some have returned for their second, third and even fourth year. Some in past years have then joined the School. In the week they attend, they have 23 hours of English lessons, and practical activities such as drama, debating and creating newsletters. They try to visit the Town and surrounding villages to practise their English Their visit to Holme Farm is highlight as is the visit to Wensleydale Creamery. Other activities include visits to places such as Edinburgh Castle, Manchester Museum of Science & Industry and Chester Zoo

In addition 670 children are attending the summer schools over

the school holidays, including children from the local area. Also the Children's Orchestra (normally about 300 children). These activities bring a large number of parents and other interested parties into the area. Unfortunately this year the Children's Orchestra were unable to hold their rehearsal on the Saturday due to an extra concert elsewhere, but will invite anyone interested to hear them at the rehearsal at 7:15pm on Thursday 13th August in Powell Hall but please contact Nicky on 22616 if you would like to go.

During the week when the visitors from Zrece were in town the School provided minibuses for their transport

The Minor Counties Cricket match, Cumberland v Lincolnshire, on 5th 6th



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and 7th July was a draw due to “adverse weather”. The match on Sedbergh School cricket ground on 16/17th July was Cumberland v Scotland under 17. Scotland won.

The Prep School celebrated the end of term with a very busy programme. There were two performances of Romeo & Juliet, done as a trial of the friar and nurse for causing the deaths of Romeo and Juliet with illustrative scenes, sports day, mothers' and fathers' rounders and cricket games, and a concert, as well as their Speech Day. The upper School, with many of the senior pupils having gone home already, was quieter except for the Leavers' Ball on 27th June. Many were making preparations for the various activities happening during the holidays mentioned in the last article

At the end of term Year 10 made a pilgrimage to the Somme battlefields of the First World War. Efforts are being made to try to visit all the graves of the Schools First World War dead all over the world during the four years from 2014. This is being done not only by the pupils but the Old Sedberghians as well. The chapel

Choir had a “fantastic” tour to France and sang in cathedrals in Chartres and Paris – and went to Disneyland. Duke of Edinburgh expeditions took place including Gold. The CCF attended Camp. The shooting team came second in the pairs at Bisley

The sailing team took part in the Southport Junior National 12 hour race on 27th June and won the Anderson Cannon Trophy for first placed U18 Bosun Dinghy, and losing the overall Bosun Trophy by only 11 seconds after 50 laps. The four pupils, who included Katherine Fleck, sailed for over six hours each. In a more informal race the next day they were again pipped at the post in a “photo finish”.

The cricketers on tour beat Brighton College by six wickets. They played in the National T20 Finals at Arundel but were beaten in the semi finals by Malvern. Meantime the U15s won the North of England T20s. The 1st XV then went on to Barbados and had an

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exciting match against Foundation School: they needed 2 runs off the last ball – and got them. They then lost against St Leonards, but won against Solihull, Combermere and Vishnu High School from Trinidad , and beat “unbeaten” Fatima College from Trinidad

Eight Lower 6th spent ten days working in the Restart Orphanage the School has supported in Kenya for several years (having raised enough money to build a nursery wing). They helped supervise the orphans and took them on trips. They realised the stark behaviour difference between the rescued orphans, and the street children they laid on food for on two evenings.

OS Alice Kerr won the Coniston Old

Man triathlon on 14th June (and got a First in Geography from Durham University).

Finally, some of you may have seen Zoe Webster, the wife of the former Housemaster of Powell House, on The Cube. She took the money at £20,000!

Karen BL

PRIMARY SCHOOL CHOIR

The choir performed a half hour set at the Ambassador's concert at the end of June and received a standing ovation. Responses by those who heard them included, "Truly amazing," "I was gobsmacked," and "Brilliant!" - and many of them weren't even the children's parents.

The choir is by Jane Lawrence, the keyboard player with the popular local

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band The Balkanics. Jane also leads primary school choirs in Kirkby Lonsdale and Leck, and with primary school aged children of her own is very good at building a rapport with her singers and enthusing the children to give their best.

The choir is an after school club, and has kindly received a grant from the Sedbergh Community Fund which has helped with our costs (and we are applying to other funders for more help next term) - this means that we have been able to keep the fees which the parents pay down to just £2.50. As many parents have previously driven their children to Kendal and paid over twice that for them to take part in choirs there, our Sedbergh kids choir represents a fabulous opportunity here on our doorstep. There is still room for other children to join us and all those from year 3 to year 6 are very welcome. The choir practices on Thursday afternoons on alternate weeks in the

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primary school straight after school until 4:45pm. Parents don't need to wait at the school with the children during the choir, but will need to pick them up afterwards.

Please get in touch if you have a young wannabe singer in your family who would like to join us.

David Burbidge, Sedbergh 21166

PEPPERPOT CLUB

With Autumn just around the corner and the beginning of the new school year not far off, maybe this is a time for considering what new opportunities are available for you and your children, for instance taking up a new activity, resuming something started earlier which never came to fruition or squaring up to a challenge. If any of these ideas appeals, Sedbergh Pepperpot Club has some suggestions to make, so read on

The Pepperpot Club came into

existence in October 1997 so has been up and running for nearly 18 years. During this period, the number of members rose to a high of 200 and it is not too far short of that number now. But what do these members do? Their prime aim is to help to provide musical opportunities for the young people of Sedbergh and in particular to make it easier for parents to encourage their child to learn to play an orchestral instrument, something which was totally free of charge 'in the old days'. When the Pepperpot Club began, parents were offered contributions to help them to pay the not inconsiderable fees for music lessons, a role now largely taken over by the Trott Musical Foundation, though there are occasions when the

Pepperpot Club steps in to help out. Pepperpot funds also go towards running workshops, helping with exam fees and the cost of music courses as well as supporting Sedbergh Orchestra. This means that those 18 and under can attend concerts free of charge and the cost of tickets for adults can be kept low, so everyone benefits. Members help to raise funds by going out and enjoying themselves! They pay £6 annually (£10 for two at the same address) and this qualifies them to receive lists of possible events to attend throughout the year. Anyone who opts to go to an event pays a £1 'peppercorn' over and above the cost of the event and the cost of the transport is shared. You are invited to

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Your local Sedbergh Branch meets on the second Thursday of every month in the White Hart Club at 7:15pm and needs new members in order to keep up its good work.

You do not need to have served in the Armed Forces to be a member.

Membership costs £16.00 - call 21575 or 20536 or

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become a member, a friend or even a sponsor. Just put Sedbergh Pepperpot Club into your search engine to find out more.

Please note that there is to be a Summer Concert at 7.30 on Thursday 27th August 2015 at St Andrew's Church, Sedbergh given by a string group as one of the Vacation Chamber Orchestras concerts. The programme includes music by Grieg, Elgar, Bartok, Malcolm Arnold and Puccini, so we are in for a treat provided by these young, enthusiastic and talented musicians on the brink of their careers. Tickets are £8 in advance from the TIC or reserved through the Pepperpot Club or £10 on the door from 7.00pm.

In the year 2000, ocarinas were introduced to Sedbergh at a short workshop on the middle Saturday of the first Sedbergh Music Festival. Martin and Ann Cook, both fine orchestral musicians, came to run the morning workshop. Amazingly, within a very short time a goodly crowd of Sedbergh residents, aged from seven to seventy, had mastered the art of ocarina playing sufficiently well to perform to the audience at the first Pepperpot Coffee Concert. There followed the setting up of ocarina class-teaching for the young ones at Sedbergh, Dent and Ravenstonedale Primary Schools. These groups also included adults. Recorder groups followed and since those days, many

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youngsters have taken up orchestral instruments with some success and considerable enjoyment. Sedbergh Pepperpot Club has recently provided the Westmorland Youth Orchestra with a succession of double bass players, a cellist and a percussion player. Experience in the Pepperpot after-school orchestra has proved to be valuable preparation for this. This orchestra is open to children from other schools, as well as to adults who want to take up an instrument again or even start from scratch. All of this activity was strongly supported by the head teacher, Mrs Maggie Cullen, who insisted that we should not pay for the use of the school so long as there was no charge for the children to attend the orchestra. Her successor, Mrs Debby Wilson also valued the Pepperpot input. In the early days, 'Pepperpot' was run by Judith Bush with the help of Ann Wright. This was an interesting time with several adults taking part on violins, a cello, a clarinet and later a xylophone. The children were a support to the adults and vice versa - a valuable relationship. Where have the aspiring adults disappeared to?

Many exciting activities have occurred over the years, too many to cover here, but this potted history brings me to the other items in the heading. At the time when the children have the opportunity to start an instrument, it could be 'a good thing' for a parent to revive or take up an instrument as well and learn alongside the child - it makes the experience much more fun for both. This is already happening with one (well known) mother-and-child in Sedbergh (whose privacy will be protected!) who are borrowing violins of very different sizes from the extensive range of instruments, many of which have been gratefully received as gifts from a variety of

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Trustees are most grateful, we are looking for a person to continue supporting the Trustees in their role of managing the charity's properties.

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

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donors, one of whom lives in Scotland, one in Canada and one even in Australia!

You are invited to borrow instruments and do what is described above! There is no fee for borrowing, only the annual insurance premium to pay and this is usually very modest. Occasionally, when a particular need arises and we have no instrument that 'fits the bill', a new instrument is bought for the purpose, so you need not necessarily restrict your request to those in the list below. We always make sure that every instrument is well set up at the outset and we take care of any necessary repairs, making use of specialists and the insurance cover that is in place.

Accidents do happen, but we expect that borrowers will give the instruments the respect they deserve! We have many contacts in the instrumental teaching world and could help to fix up some lessons if required. The loan scheme has been in place and has worked successfully for many years. A number of instruments are out on loan, some for a long time and others have been lent out to several different users, especially the smaller stringed instruments which have quite a quick turnover as the children grow and need larger sizes. We already have a few lent out to adults in Sedbergh, and some were lent to users in the Carlisle area, through a particular teacher. Two sisters, helped in this way, both gained distinctions in Grade 8 before getting their own instruments. They played beautifully at the Pepperpot AGM and Summer Party in July. But it must be said that youngsters in Sedbergh and District will always take priority. Below is a list of the instruments which the Pepperpot Club owns, including one or two which are kindly loaned to us for the purpose of

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lending out. The same conditions apply to these when they are borrowed. If what you - or your children, friends or neighbours - would like to borrow is not listed, please make contact to see what we can offer - and please spread the word!

The Pepperpot orchestra still welcomes adult late starters or returners. The challenge is to persevere on your chosen instrument with the aim of becoming a member of Sedbergh Orchestra - it gives all of us players so much pleasure!

Pepperpot Instruments - several of each in some cases, but quite a few out on loan already.

Strings :

Violins - 1/4 size; 1/2 size; 3/4 size; full size

Violas - 1/4 size violin strung up as a viola; 1/2 size violin strung up as a viola; small full size violin violin strung up as a viola; full size viola

Cellos - 1/2 size; 3/4 size; full size

Double Bass - 1/8 size; full size - *the Westmorland Youth Orchestra kindly lends follow-on double basses*

Wind: flutes; oboes; clarinets; French horn

Shirley Smith

*Sedbergh Pepperpot Club,
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SEDBERGH SONGSTERS

The group is now on holiday for the summer but will be starting again on Monday September 7, at the usual place and time - Gladstone House at 10:30am. We sing a number of well known songs which many of us remember from the 1950's, 60's and 70's - as well as some timeless rounds and folk songs, which many of the singers remember from the popular 1950's and 60's radio programme Singing Together. And not

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just those who remember it from being children - one of our singers was a teacher who remembers turning on the wireless at the set time and helping the children to sing along with the songs which were broadcast and sung by other schools the length and breadth of the country.

The Sedbergh Songsters was founded by the combined efforts of Dignity in Dementia and Age UK and is especially welcome by those who have Alzheimers and their carers - there is a lot of research to show that part of the brain which remembers all the old songs is relatively unaffected by the disease allowing them to enjoy the singing - along with anyone else who would like to join us.

As well as singing at the

Ambassador's Concert at the end of the June, the group sang alongside the Singing Cyclists who were visiting Sedbergh en route from Whitehaven to the Whitby Street Choirs Festival at the beginning of July. With over 30 singers, we had a wonderful morning of singing together before the Singing Cyclists leapt back on their bikes and took off for Wensleydale and the North York Moors.

Do join us if you can - your singing will be most welcome, but also we have all enjoyed the many memories which the songs have inspired - which have included stories about seeing the Beatles when they first played in the Cavern, and going to see the show South Pacific.

David Burbidge, 21166.

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SEDBERGH DENTAL PRACTICE

We will have been at our new premises for two years this September, and it is hard to tell where the time has gone.

At the practice we have been working very hard to maintain and improve our facilities and standards. Recently we have upgraded our x-ray facilities to a digital system. This is a state of the art technology that provides clearer images at a significantly lower radiation dose to the patient.

We are very proud to announce that Becky and Jen have both completed and passed their Dental Nursing Certificates this Summer. This is the culmination of over a year of hard work and recognises the excellent standards they maintain.

Ben is now half way through a postgraduate diploma in endodontics. Continuous development in all areas of dentistry allows the practice to offer up to date treatment, and invest further in areas to improve the quality of our patient care.

We have also maintained our status as a training practice for 2015-16. This involves a rigorous selection process, and inspection of our facilities to ensure we are meeting excellent standards in cross infection control, patient care and education.

We are sad to announce that after three years at the practice Wendy Thompson will be leaving us. She has been accepted on a PhD program starting in September. We are very grateful for the care she has provided at the practice, and wish her good luck in these future studies.

Happily we can report that Katie

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Mackay will be increasing her role at the practice from September to continue the care that Wendy has provided. Katie has been at the practice for a year now and we are very pleased that she has agreed to continue this role. She is a caring dentist with a passion for the outdoors. Currently she is away climbing in the Karakoram, and we look forward to hearing about her trip upon her return later in July.

We value your feedback at the practice and would welcome any comments and suggestions about how to improve the service we provide. There is a feedback questionnaire available in the waiting area, or alternatively ask Anita at reception for more information.

Please call us if you have any questions about your dental care, one of the practice team will always be happy to help you.

Ben and Georgia Houghton

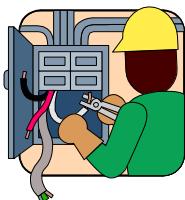
SEDBERGH & DISTRICT HISTORY SOCIETY

On the third summer trip of 2015 members of the Sedbergh History Society paid a visit to Queen Street Mill. It is a magnificent Grade 1 listed building near Burnley one of about 600 in the town in the nineteenth century. We were expertly guided around by David Cannon, who as a young man, had worked in the Mill for a short time before embarking on a career as a teacher.

Queen Street Mill was built in 1894 on high ground in Harle Syke overlooking Burnley. It was originally capitalised with £20,000 in £5 shares. The first board of directors included several weavers, a headmaster and a glazier. Queen Street Mill finally

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closed as a commercial producer of grey cloth in 1982, and it was subsequently taken over by Lancashire Museums. Today it is the very last surviving operational steam-driven weaving shed in the world.

As soon as they arrived, members of the Society were impressed by the imposing size of the mill. The chimney is 121 feet high, and the single-storeyed weaving shed is 560 ft. (nearly 200 yards) long by 520 ft. wide. In its heyday the weaving shed housed 990 looms. In addition there is a very substantial boiler room, an engine house, and a four-storey warehouse. Outside a very large reservoir runs the full length of the weaving shed.

Two Lancashire boilers built by Tinker, Shenton & Co, Hyde produced the steam and both boilers were stoked manually. The coal came from the nearby Bank Hall Pit. At its peak the boilers consumed six tonnes

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of coal per day. The steam produced by the boilers still powers the original compound horizontal stationary steam engine. In turn it drives a magnificent 14 feet flywheel, which revolves at 68 revolutions per minute. William Roberts of Nelson built the engine in 1895. It has never been moved from its original location. It is a triumph of Victorian engineering, still gleaming as brightly as it did on the day it was built and still running perfectly true. Power from the crankshaft is taken by a series of directly driven line shafts to power the looms in the weaving sheds.

When the yarn for the weft entered the mill it had to be wound onto bespoke pins that would fit in the shuttles that are installed in the mill. The warp has to be taken from 300 bobbins on a frame and wound onto a beam. They are sized to stiffen the thread and to reduce friction. Members of the History Society learned about the variety of intricate work done by reachers-in, loomers, knotters and tacklers. Harling & Todd of Burnley manufactured the Queen Street Mill's 990 Lancashire looms. One weaver would 'tenter' six or 8

looms at a time, and at the height of production 65 to 80 weavers and 3 tacklers were employed in the mill.

Three things impressed members of the History Society in particular. First, the ingenuity of Victorian engineers who had to solve a myriad of taxing problems in order to make their machines work efficiently; second, the precision and operational power of the machinery in the boiler room and engine shed; third, the tremendous racket created by the looms in the weaving shed; fourth, the dangers and challenging nature of the weavers' work - so many moving parts, such frenetic speed; and fifth the need for such constant concentration throughout very long shifts.

Members of the Sedbergh History Society are very grateful to David Cannon and his colleagues for providing us with such a rare insight into our industrial past.

Julie Leigh

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SINGING SLOVENIA MAY TOUR

Our singers went to Slovenia for a week at the end of May. We started in Bled where we avoided the somewhat over-commercialised town by staying in a nearby "Tourist farm," with home grown food and a traditional Slovenian welcome. The farm had clearly had other English people staying there before because unlike many other hotels in Slovenia we all had kettles in our bedrooms, teapots and English tea.

A couple of years ago I had met Klemen Langus, the director of tourism in nearby Bohinj, at a meeting in the Houses of Parliament where he invited us to join his Wildflower Festival. Last time we went with embroidered squares depicting wild flowers and local scenes from Sedbegh and these were displayed alongside almost a 1,000 other squares at the opening ceremony. This year we sang alongside a male voice choir in the mountain village of Stara Fuzina, who have a tradition of singing love songs down the village streets, religious songs at the shrine of the Virgin Mary, and then drinking



songs in the pub - I am very pleased to say that our choir was able to match them with both Slovenian and English songs.

We also attended the opening ceremony in the valley's main town, Bohinjska Bistrica, with local folk dancers and musicians and some fabulous displays of local crafts. And then joined a feast in the town hall where among over 500 Slovenians we met a man from Inverness who works with my friend Eleanor Garty who came with me on my first visit to Zrece at Christmas 2004.

En route to Zrece, we called in to sing with our old friends the Repensek family singers who live in Mozirje where we had lunch together, toured the fabulous botanic gardens, and then travelled up to a mountain refuge high above the town where we sang songs about mountains, wine

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and friendship.

Our accommodation in Zrece was just as comfortable as in Bled - the singers especially welcomed having luxury en suite single bedrooms, as well as stunning views down to the wooded hillside to Zrece. As well as singing in the romantic hilltop church at Resnik, and on walks over a wooded the hill near Zrece with the singing sisters Pevke iz Brinjeve Gore, we went to visit Skomarje where we have stayed on many previous occasions with our singers. On this occasion we were surprised to find the local population swelled by what seemed to be half of Sedbergh who were visiting to celebrate our ten years of town twinning.

It was also a delight to meet so

many old friends - especially Igor Cvetko who many of you will remember came with the first group of singers from Zrece - Ljudski Pevci iz Stranic - and then on a later occasion with his wife and puppet theatre Zapik which they performed above the Sedbergh library, and on a tour I arranged for them which included Kendal Mintfest, the Whitby Folk festival, the Edinburgh fringe festival, a surprisingly well attended show in Martindale after crossing on the Ullswater Steamer, and in Cambridge and Newark. Other old friends included Anton Roser who came with Ljudski Pevci iz Stranic, the Zrece singer Marjan Hren and his group Odnev, Andrej and Peter from the Skomarje folk dancers, and many

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others.

As well as singing at the Waldorf School in Ljubljana where we were made very welcome by our old friend Igor Velepic, the highlight of our visit was of course singing alongside the Zrece choir Zbor Jurij Vodovnik in the huge Zrece hotel Dobrava - and afterwards more informally over dinner in the hotel. Many of the singers have been to Sedbergh on at least two occasions now, our differences in time and place seem to melt away in the camaraderie and the enthusiasm of the singing.

In a conversation with the British Ambassador, Her Excellency Sophie Honey, she apologised for not being able to come to our concerts in Zrece and Ljubljana - as well as having a

new baby, she has recently taken on the post and has a very busy schedule so was sadly unable to join us. But she did send her best wishes to everyone and congratulated us on our efforts in making such a good connection with our twin town. In an interview which can be seen on the Government website, she says how much she enjoyed hearing our group from Sedbergh singing Slovenian songs, and that it is human links like the ones between the good people of Sedbergh and Zrece which are most important in the relationship between our two countries.

We are now off to sing alongside Slovenian choirs on a tour of Triglav, Slovenia's highest mountain, with concerts in mountain refuges on the



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David Burbidge

TOWN TWINNING CELEBRATIONS

In the last week of June, Sedbergh was delighted to welcome a large party of Slovenians from our Twin Town of Zreče in Slovenia to celebrate ten years of twinning. In readiness, a welcome banner in both languages was hung on the church railings and the Zreče pennant suspended from the church flagpole. Late on Sunday night thirty students from the Zreče school with their teachers came by bus collecting Mayor Boris Podvršnik, head teacher

Peter Kos and seven musicians from Stansted airport en route. The next day UK Ambassador Tadej Rupel, his wife Valentina and family arrived by car. Meanwhile the students enjoyed activities with their contemporaries at Settlebeck School and a splendid picnic lunch provided by the catering team at St Andrew's. Mayor Boris and musicians sang their way to Ambleside and back on the historic motor vessel 'Tern having' on Lake Windermere travelled to the Lakes in a Sedbergh School minibus appropriately trimmed with Zreče regalia. All came together that evening with a grand hog roast and concert in St Andrew's Church.



Pictured is the Ambassador Tadej Rupel with his wife and children

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Sedbergh Town Band entertained everyone in their usual rousing and professional style then, fortified by roast pork butties (with all the trimmings) and the splendid wine which our guests had generously provided, we gathered inside the church for a concert by the students and musicians. A medley of instrumental virtuosity, harmony singing and poetry read in impeccable English by the youngsters exceeded all expectations. The warmth and charisma of our Slovenian friends reminded us why we had voted for them so overwhelmingly 10 years ago. The evening was rounded off in style by Sedbergh's renowned Early Music Group, Cornucopia.

The next day the school party left to visit various Liverpool attractions and Ambassador Rupel and family heard Slovenian sung at our primary school

then visited Holme Farm for an opportunity or the children to meet and feed a wide variety of friendly animals. An informal lunch at the Cross Keys followed.

On Tuesday evening David Burbidge presented a concert of music and singing in both languages including the young instrumentalists of Sedbergh Primary and Settlebeck schools and the impressive "Dignity in Dementia" local group.

On Wednesday and Thursday the students visited Carlisle Castle, Hadrian's Wall and walked in Rydal and Grasmere accompanied by their new friends from Settlebeck who also joined us all for a farewell evening at Howgills Bunk Barn.

None of this could have happened without the support and sponsorship of so many generous people in Sedbergh including Howgills Bunk Barn, The Bath House, Romney's Kendal Mint Cake, Sleepy Elephant, Sedbergh Soap Company, Sedbergh



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Lookaround, Sedbergh Parish Council, Sedbergh Community Fund, Sedbergh School, St Andrew's Church, Winander Leisure Windermere and the many individuals who erected and dismantled tents, provided equipment, posters, accommodation, funding, nourishment and encouragement and so much more.

We presented Mayor Boris with a photograph album of ten years of Twinning and a copy is in the Information Centre. Please go and have a browse.

Here's to the next ten years!

Susan Garnett

SLOVENIAN AMBASSADOR'S VISIT

Many thanks to everyone who helped make the visit of the Slovenian Ambassador Tadej Rupel and family to Sedbergh so special. He wrote a letter saying how much he enjoyed his visit:

"We were most impressed by the beautiful countryside and the friendliness and kindness of the people.

"We very much enjoyed the whole trip and the programme prepared for us. The concerts were delightful, and we were deeply moved with the brilliant rendition of the Slovenian National Anthem so well learned by the children of the primary school and your choirs in the evening concert, especially as Slovenian is not the easiest language to learn.

"I look forward to our future cooperation."

Many thanks to Rosemary Handley who provided accommodation in her

home for the ambassador and family; David Metcalfe who showed them round Holme Farm and helped the children to feed the animals; the Town Twinning Committee who arranged a lunch for us all at the Cross Keys Inn; to Anne Pierson who showed the ambassador and family round Farfield Mill; the teachers at Sedbergh Primary School who made them so welcome, and the children who asked the ambassador so many interesting questions - Slovenian bears was a very popular subject!

And finally thank you to everyone who made the Tuesday evening concert such a success - the kind help given by the People's Hall and Steve who provided lighting, the 150 of you who came to join the audience

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and were so enthusiastic in your applause, Dennis Whicker who MC'd so expertly, Garth Steadman who roasted a pig which Tony Reed Screen helped to serve during the interval - and all those who played and sang - a wonderful showcase of the talent in Sedbergh with performers aged from 8 to 90.

Lep Pozdrav iz Sedberha sang their Slovenian songs - some of them with Lakeland Voices community choir who also sang a number of English folk songs; the Sedbergh primary school choir, who although small put on a fantastic show with movement, song and harmony led by Jane Lawrence; Carole Marsden and her Settlebeck Band; Carolyn Francis with her Sedbergh Common Ground

Ceilidh Band and Lakeland Fiddlers - and a special and very welcome performance by her student fiddlers from the primary school; and finally the recently formed Sedbergh Songsters who sang a couple of songs from those sung at their weekly singing session on Monday mornings at Gladstone house.

One member of the audience was the mother in law of Maureen Lamb's son who was visiting with her family. She is Slovenian and said how delighted she was to come to this green and leafy corner of England and hear Slovenian songs being sung. She was especially pleased to meet the ambassador because she had been taught English by his mother in Slovenia. *David Burbidge*

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SEDBERGH COMMUNITY SWIFTS

In July more swifts were seen flying over Sedbergh and Dent, particularly on fine evenings or in muggy weather when the insects were lower. It was a busy month for swifts, feeding their chicks for the final weeks in the nest.

Each day a swift catches many thousands of insects, such as midges and mosquitoes, which should please most people! Insects collect in the swift's throat, distending it into a pouch, and the contents are then disgorged into the beaks of the hungry chicks. At Lowgill, even in poor weather, we have recorded an adult coming back to the nest with a full pouch after only 10 minutes.

They often fly very high in search of insects, and can sometimes be seen hurtling around on the top of the Howgills and other fells. They can also fly a few hundred miles away in search of food if the weather is bad.

Screaming parties of swifts were also seen in July and many of these are non-breeding birds that are prospecting for suitable nest sites for the following year. They zoom up to eaves and gable ends, practising how to access the crevices.

At the end of July, or beginning of

August, the chicks make that momentous maiden flight from the nest. Unlike many other birds, they will not return to the nest, and must feed on their own and be fully independent of their parents. They join other swifts in the air, and astonishingly, in less than a week or so, will embark on the long migration back to Africa.

Swifts are one of the first summer migrants to leave. Usually our swifts will have departed by the first week of August, so as you read this our skies may be silent once more. They will spend the winter in Africa, and amazingly, will stay entirely on the wing until they come back here next May.

Swallows and house martins differ from swifts in that they stay here longer, into September and even early October. They also differ from swifts in that they have more than one brood, and the chicks continue to be fed by the parents after they fledge.

When August comes I always miss our wonderful swifts and never cease to marvel at their incredible life in the air. But it gives time to plan for what we can do to help them, ready for their return. Don't hesitate to get in touch for help and advice and make Sedbergh, Dent and all the surrounding area swift-friendly:
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WALK FOR ANITA

LANDS END TO JOHN O'GROATS

After a couple of days rest, I returned to a cold, windy and very wet Glasgow to initially follow the Clyde and then the Kelvin Walkway to the start of the West Highland Way at Milngavie. I had taken a gamble that my boots would see me all the way to the end, but by early afternoon my feet were awash and closer inspection revealed that they had worn and torn more than I realised. Cue outbreak of panic before my daughter came to the rescue by parcelling up my spare pair and forwarding them to my next B&B.

The first two days on the WHW to Rowardennan are relatively easy walking on good and well signed

paths .I saw Loch Lomond for the first time from a forest track just out of Drymen and walked along or above it, often through forest for the next two days until reaching the eccentric Drovers Inn – with its stuffed animals -at Inverarnan. An easy day to Tyndrum followed and then in welcome sunny weather I had a magnificent day's walking first to Bridge of Orchy and then over remote Rannoch Moor and onto Glencoe. I reflected that this was my third visit to Glencoe and first when it had not been shrouded in low cloud and rain. It made up for it the next morning when, after an initial steep climb, I made my way on to the former aluminium town of Kilochleven. I finished the WHW when I arrived in



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Fort William the next day after comfortably the most scenic – and possibly wettest – few days of the walk, and two days rest (and more rain).

I left Fort William early on a wet Sunday morning on the Great Glen Way and picked up the Caledonian Canal at the famous Neptune's Staircase, a flight of sea locks, where I saw a handsome high masted boat waiting patiently to "climb the staircase". I had over 23 miles to walk to Laggan, some of which was improbably spent in a telephone box sheltering from torrential rain, before a drier afternoon by Loch Lochy. There was yet more rain the following morning as I made my way along Loch Oich and then the Caledonian



Canal again to a busy Fort Augustus: busy with tourists and also boats waiting to enter the locks to enter or exit Loch Ness. My best views of Loch Ness came from the high forest track I followed to Invermoriston, though not as spectacular as the next day when there were more gaps in the forest and the sun was shining on a very still loch with no obvious monster activity.

I was pleased to leave the unbelievably tacky Drumnadrochit and head over more high forest tracks, before leaving the GGW to walk lanes to Muir of Ord on the Black Isle .In fact apart from a little beach walking, the rest of the walk was to be spent on roads and lanes. The day started hot and humid; by afternoon I was sheltering under a hedge to escape the worst of a violent thunderstorm. The next day – in more agreeable weather – saw me pass through Dingwall and along a road above the Cromarty Firth to Alness and my last rest day before the final push to JO'G.

Just when I thought the weather couldn't get any worse, it did. My waterproofs failed me and en route to Dornoch I stopped in Tain for a coffee and shelter, making an embarrassingly large puddle (from my waterproofs!) on the café floor.



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This was the day I was also introduced to the dreaded A9, on which I was to spend much of the next three days. The complete absence of any footpaths, trails or even convenient lanes leaves you no alternative but to take your life in your hands. The next two days to Brora – via the delightful Loch Fleet and its seals- and Helmsdale were bad enough, but the following day- the 23 miles to Lybster via The Ord of Caithness and Durness- was truly terrifying. Low cloud andizzle at times reduced visibility to less than 75 yards, and with often no verge or refuge, dodging the oncoming traffic required concentration and nerve (both of which just held out).

I knew that once I reached Lybster the hard work was done and I could even allow myself the luxury of thinking about the finish. Busy roads and steep hills were left behind for the remoteness and solitude of the Flow Country and winds of Caithness

as I walked via Watten, and on the last day, with increasingly heavy legs, onto John O'Groats to be met , most happily, but quite unexpectedly by my children Richard and Jenny.

So it was over. 1009 miles over 64 walking and 16 rest days through some of the best scenery the UK has to offer. I have been overwhelmed by the kindness and generosity of those who sponsored me, supported me with messages and the people I met along the way. I had also fulfilled my personal challenge of walking the length of the UK in memory of my late wife Anita whilst raising over £10,000 for Genesis Breast Cancer Prevention. To answer the question I have already been asked a few times, no, I don't have another walking project planned. Yet.

Thank you for reading these articles. You can read the full account of my journey at
www.walkforanita.wordpress.com

Peter Lindsay



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or please turn up & give it a go!

See www.gohealthysteps.com



CHURCHES TOGETHER

News from St Andrew's Dent and St John's Cowgill



Many friends from Dent and Cowgill attended the licensing of the Rev'd Andy McMullon (Vicar of Sedbergh,

Cautley and Garsdale) as the new priest in charge of the Lune Parishes on July 5th. With him are the Archdeacon of Westmorland and Furness, Penny Driver, and Rev'd Christine Brown who is now licensed as Hon. Assistant Priest for Dent and Cowgill and the new Western Dales Mission Community. In June, representatives from all the Anglican, Methodist and URC churches in the area met together and decided unanimously to work together as churches committed to mission in the following declaration:

"We commit ourselves to being part of and developing the Western Dales Mission Community, to work out the details and pray for guidance as we go forward together."

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Soup, Sweets and Songs at Cowgill Church

As part of an initiative to raise nearly £6000 to restore Cowgill Church organ a most enjoyable lunch was organised by Rita Corpe last June at Cowgill Church. A wonderful selection of delicious soups and sweets were enjoyed by about 30 people in a lovely atmosphere of friendly community spirit. Once we had finished feasting, Roger Bush gave the organ a good work out as he led us in our favourite hymns, each one selected by those attending. We were also very pleased to meet our new organ builder, Mr Derek Matthews at the event, who explained to us how the organ would be restored. Thank you to Rita and the helpers for this

amazing effort which raised an extremely good £381 for the organ.

Bringing the music of Taize to Dent

A large number of visitors from the Music Festival joined locals to experience a special service which introduced everyone to the simple but beautiful chanting of the Taize community in France at St Andrew's Dent. It was completely different to our normal services and helped us to enjoy God's presence and peace. Thank you to Roger and Judith Bush for helping to organise the service.

Services in August

St Andrew's Dent.

Holy Communion is celebrated every Sunday at 10.30am in August. On August 23rd, Dent hosts a Joint Communion Service for Cowgill and

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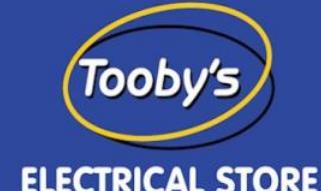
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St John's Cowgill.

August 2nd: 9am Holy Communion
August 16th: 2.30pm Evening Prayer
August 23rd: 10.30am Joint Communion Service at St Andrew's Dent

St. Mark's Church, Cautley

Crumhorns, psalteries, shawms and gemshorns – these were just some of the instruments which Sedbergh's early music group, Cornucopia, played in their concert at St Mark's on July 18th. An enthusiastic audience was treated to a varied programme of instrumental music, songs, readings and even a dance, ensuring that there was never a dull moment. The event raised £250 for church funds.

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On August 9th St Mark's will be holding a Celtic Communion service at 2.30pm. If you like the celtic style of liturgy you will enjoy this service. Our other afternoon service will be Prayer and Meditation on Sunday 23rd August, also at 2.30pm. All are welcome.

News from the Pews



Relief all round ... the day of the Summer Fair stayed dry. We had heard all week how it was going to rain on Saturday. Yes, it did rain, but not until the evening when we had all gone home to recover from the days' events. All the coconuts had been won, the last football kicked, or thrown, at the loo, raffle prizes distributed, the food eaten and the church left tidy for services the following day. A very tiring but satisfying day.

We could not manage such an event without the generosity of time and help given by kind friends not always connected to church. They each went

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out of their way to make sure we had as successful a day as possible. Our sincere and grateful thanks go to them for their personal contributions before, during and after the Fair.

Two weddings are booked to take place in St Andrew's during August. We send our good wishes to the two couples concerned and hope their special days are blessed with sunshine followed by many happy years together as man and wife.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

CHURCHES UPDATE

Methodist/URC Update

The summer is now upon us but work by the joint steering group from the churches continues as does the work of our Project Enabler, David Crouchley.

At our last meeting we discussed the timescale, planned consultations and made arrangements for meetings through the autumn so that everyone can share their views about the proposed new building to replace the URC on Main St. We have a long way to go, many hoops to jump through but we are on our way.

We would like to ask everyone for

their "two penneth" now we have decided to move forward together as whatever we build is for everyone. All the churches, community groups, shoppers and traders alike. If you would like to share your vision for the new building then please feel free to drop letters through my door at the URC manse on Main St or email David at david.crouchley@btopenworld.com by the Sunday 6th September in time for our next meeting.

All the best, Carole Marsden on behalf of the Joint Steering Group.

DENT MEDITATION CENTRE

New Weekly Classes At The Meditation Centre, Dent.

This Autumn we launch our new

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"Drop in and Relax" weekly classes which will run in the Centre every Friday morning from 9.30am to 11am starting September 11 until and including October 9. The classes will offer a breathing space with gentle exercise, mindful movement, breath and body awareness and maybe a little guided meditation to ease us into the weekend. No previous experience of meditation & relaxation is necessary to take part in these classes, all are welcome, whatever their experience or practice.

The classes will be run by Helen Towers who has been practising meditation and yoga for over 10 years and founded her company 'Relax and Just Be' in 2014. Helen is currently running Relaxation and Mindfulness

workshops throughout the South Lakes and for Cumbria Adult Education. She is a relaxation and Mindfulness Coach for Dignity in Dementia - a local social enterprise, and is also sharing Relaxation, Meditation, Mindfulness and Movement sessions with local charities and organisations such as Age UK, South Lakes Carers, Unity and St Johns Hospice. The classes at The Meditation Centre will cost £7 drop-in or £30 for all five sessions.

RELATIONSHIPS

This month my parents celebrate their golden wedding anniversary... Just over 50 years ago a young rocket scientist & a young secretary met in a launderette in Leamington

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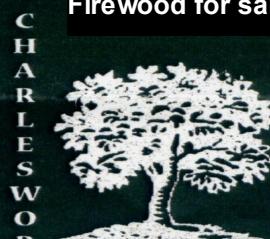
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Spa. The young rocket scientist somehow managed to mix up his washing, putting red socks in with his white shirts. The result: pink shirts! The young secretary took pity on the rocket scientist & helped him bleach his shirts white again. (I mean it not rocket science!)

Who'd have thought that that "chance meeting" & a simple act of kindness would have lead to a marriage that has grown & flourished for 50 years; resulted in 7 children, numerous fostered children & 9 grand children so far. Has survived & grown through 6 changes of address, a major change in career (scientist to vicar), numerous situations with children, educational, emotional, undiagnosed disabilities & illness's, & the loss of both of their parents.

How does this marriage not only last, but thrive & grow through 50 years?

To answer that question, let's return to that launderette. From the pink shirt disaster grew an friendship & with any friendship you start to talk about things that are important to you, things that you hold dear. So eventually the secretary began to talk about her faith in Jesus Christ. Well, to the scientist Christianity appeared nonsensical, illogical & foolish. He tried to convince her of the error of her thinking. But however persuasive his arguments, she wouldn't change her mind, & would say, "It doesn't matter what you say or how good your arguments, I know that I'm right & you're wrong!" Frustrated, I'm sure the scientist thought, "How could this secretary continue to ignore all my reasoning & compelling arguments?"

And then he had a Eureka moment... He would use the Bible against her. He'd read it & knowing all the weakness's of her faith - he'd be able to convince her that she was wrong from the very book she read... She'd have to believe him then!

So he set out to read the New Testament to prove her wrong, but something happened along the way. Somewhere between Matthew's gospel & the book of Revelation, his heart changed & he became a Christian. It wasn't rocket science, it was a miraculous act of grace!

And so began the relationship that would define my parents marriage - a relationship with God. Does that mean that everything was hunky-dory from then on? No, but the

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relationship that they had with God, a covenant relationship based on the promises of God was mirrored in the marriage promises they made before God to each other. Although it was tough sometimes they have managed to keep their promises to each other, because God has kept His promises towards them.

So, you're probably wondering, how bad did the marriage get? What major hurdles did they have to overcome? Well my parents have always been open about everything, & in serious conversations with parishioners would humorously put it this way, "If difficult or trying situations arouse, that caused us to argue, we would never think about divorce! Murder, on the other hand! "



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How about raising children? Well Susan used to say to me that as I was their first child, they experimented on me. That's why I've always been a supporter of the vivisection lobby... Any experimentation on animals or children should be outlawed ;)

Seriously, how do you support with a child, adopted from Vietnam, who has bullet grazes on her scalp & PTST which causes her to scream & cower every time she hears a pneumatic drill. Or a child who seems to be a normal healthy child when born, although a bit quiet, only to discover he's got a diseased kidney that is killing him & he has to have it removed in the next 2 weeks, otherwise he'll die. What about a cheeky little son who grows up to be more cheeky & just a little bit rude, but at aged 14 is diagnosed with 90% hearing loss & all those times you thought he was cheeky or rude - he couldn't hear you. What about the extra blessing of pregnancy in later life that brings about such a wonderful little chap, but who isn't diagnosed until his teenage years with dyspraxia - & now turns out to be

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Paul writes to the Corinthian church that God's grace is made perfect in weakness. My parents, in their weakness, have grown in their relationship with God & with each other. You see it's not rocket science, it's God's amazing grace at work in weak prayerful people.

*David Hendrickse
Sedbergh Christian Centre*

DENTDALE CHRISTIAN FELLOWSHIP

*Weekend Festival in the Dentdale
valley: All welcome*

Dentdale Christian Fellowship would like to invite you to join our Christian Festival from Friday 7th - Monday 10th of August 2015 at Dent.

This festival is an expansion of our gatherings, where we meet monthly to encourage each other in our Christian walk. We will also be holding a number of different events designed to ignite, encourage and to develop your relationship with God and each other. We have put together a programme of activities to suit all and here is a taster of them

Perhaps the Saturday morning,

Men's breakfast or the Ladies garden party will bless you? The speaker at the Friday evening meal and Saturday afternoon tea party will be sharing stories from her very successful recent "Laughter Tour" What medicine laughter is for lifting our spirits!

If you have young families you may want to come along to the Saturday messy craft session and pizza and ice cream tea or to the bouncy castle and soft play area on Sunday and Monday afternoons.

Come along and see the CMA bikers and their display of bikes on Sunday morning and join in Church with a difference!.

Saturday evening's speaker will surprise and intrigue you with his personal story of power and healing, redeeming him from crime to preacher.

Sunday evening we have a very talented local musical family, who will lead us into a time of exciting worship and fellowship and Monday evening we welcome back a familiar local preacher to the area.

Or perhaps you just want to relax and unwind in our café and meet and chat with others. There really are sessions for all; men, women and children.

For full details of our events and programme please see Page 12, our website www.dentdalecf.co.uk or ring 015396 25212.

Camping is available at the Millbeck site at Dent. Bookings can be made for the festival and / or camping on the website or tel no above.

Heidi Boardman



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DENT EDUCATIONAL GRANTS

Students or potential Students under the age of 25 years are invited to apply for a grant in respect of the academic year 2014-2015.

You must have attended Dent C of E Primary School or your parents must presently live, full time, in the Parish of Dent with Cowgill.

Grants are made in respect of study at any School, University or Institution of Further or Higher Education approved for the purpose by the Governors. The money awarded may go towards, for example: accommodation, equipment, reasonable travel expenses, field courses and placements essential to the course of study. Governors have the power of final decisions under the rules of the Charity.

The number and size of grants will be decided at the September Committee meeting, when the amount of funds will be confirmed, and grants made available in October 2015.

Applications forms can be downloaded from <http://www.dentdale.com> or directly from the Clerk:

Miss D M Vernon, Clerk, Dent Grammar School Educational Foundation, The Laning, Dent, Sedbergh, Cumbria, LA10 5QJ
Email dgsef1@yahoo.co.uk

Closing date- completed applications to be with the Clerk by midnight Friday 11th September 2015
NB – applications arriving after this deadline will not be considered.

PEOPLES GYM & FITNESS CENTRE

We are now getting so close to opening the Gym to all you people out there desperate to have access to this wonderful brand new facility.

BUT as the final bills start to come in and we realise what other equipment we need to actually be able to open, we can see that there is still a shortfall.

Certain individuals are being extremely generous and one such is Simon Shaw. His business, Lakes Scaffolding, was contracted for the scaffolding for the construction of the Gym. Amazingly he has made a donation of the cost of the scaffolding of £2,500, and not only that, the People's Hall can claim Gift Aid so

Simon has enabled us to claim a further £625 from HMRC – that has to be a good thing! This is such a kind gesture and we are very grateful.

However, even that will not cover the final shortfall and we REALLY need more people to get on board with some serious fundraising. You will remember from last month's newsletter that we have raised a total of £1,180 from GymAid2, a generous donation from Howgill Harriers and a coffee morning at No 6. Gina has matched this to bring our funds up to £2,360, but her offer is still there to match our fundraising up to a total amount of £5,000. Therefore we still need to raise £3,820 and with Gina's match funding that will be doubled to £7,640! SO GET YOUR THINKING

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SEDBERGH MEDICAL CENTRE

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

Thursday 17th September
Wednesday 21st October
Thursday 19th November
2016
Thursday 21st January



CAPS ON AND GET ACTIVE!!!

Even the simple solution of taking out an advance membership of £10 per month will help. We have quite a few doing this now but every little helps and if enough sign up these small amounts will add up. Remember you will get one month's free membership of the gym once it is open for every £10 you have paid in advance – it is not too late. Contact Rosemary NOW for the bank details to set up your standing order.

Important dates for your diaries

Open Day 16 August - The Open Day is on Sunday 16 August, from 10 a.m. to noon and from 2 p.m. to 5 p.m. This is a day for you to come on down to the Gym, see what a great facility has been built for us, see what equipment we have, see what equipment we still need and how much money we still need, and find out about subscription rates and how to join.

Quiz Night 25 September – There is a Quiz Night on Friday 25 September 2015 at 7.30 p.m. in the People's Hall, when our quizmaster will be none other than our very own Woody (who else?!). Please phone Sandra

on 07850 378 370 for further details.

We are hoping to have the gym open for business on 1 September, but this date is still to be confirmed. We will be able to tell you for certain at the Open Day, you will also be sent a newsletter with the date in and it will be announced on Facebook.

Sandra Gold-Wood (Chair)
sangold.kwood@virgin.net

Tel: 21808

Rosemary Lewes (Treasurer)
rosemary@rlcaccountants.co.uk

Tel: 20088

SKATEBOARDING PARK

Last month we reported on progress towards the establishment of a Skateboarding and BMX facility on the sports-field. At that time a site adjacent to the children's play-park on the Northern side of the field was the preferred option. In subsequent discussions with Council representatives it has been decided that a better site would be on the South side of the field to the West of the new Gymnasium. Plans are being drawn up on this basis for the park which will be less obtrusive and impinge less on the football pitch and associated areas.



There will be a public consultation on Wednesday 9 September. During the day from 9.30 am - 1.00 pm there will be a manned stand in the Joss Lane Market. From 6.00 pm - 7.30 pm the stand will be in the People's Hall and at 7.30 pm there will be a presentation followed by a question and answer session.

Tony Reed-Screen

neighbourhoodalert (Scam)

The National Fraud Intelligence Bureau (NFIB) has received intelligence regarding two new Lottery Fraud letters/email attachments (Scam 1 & Scam 2) using the 2016 Rio Olympics as a theme.

The scams try to trick people into believing they have won the following:

Scam 1: An online lottery prize of £650,000 and a trip to Brazil to watch the Olympics as the recipient's email address was chosen out of a possible ten million at random.

Scam 2: An online lottery prize of £820,000 and a trip to Brazil to watch the Rio Carnival and the Olympics as the recipient's winning numbers 8 17 34 38 42 and 51 were selected.

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Scam 1:

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Protect yourself from lottery fraud

- Never respond to any such communication. If you have not entered a lottery then you cannot have won it.
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- the UK's National Lotto.
- No official lotteries that we know of contact people to tell them of their win.
- We do not know of any official lottery operators who ask for fees to collect winnings. Any request for a fee payment is a good indication that someone is trying to defraud you.
- Never disclose your bank details or pay fees in advance.
- If they have provided an email address to respond to, be very suspicious of addresses such as @hotmail.com or @yahoo.com or numbers beginning with 07 because these are free to get hold of.
- Genuine lotteries thrive on publicity. If they ask you to keep your win a secret, it is likely to be a fraud.
- Many fraudulent lotteries have bad spelling and grammar – see this as a warning that fraudsters are at work.

If you believe that you have been a victim of fraud you can report it online http://www.actionfraud.police.uk/report_fraud or by telephone 0300 123 2040.

neighbourhoodalert (Fraud)

People looking for a cheap designer bargain online are being targeted by fraudsters advertising fake designer goods. The items received are usually cheap and inferior counterfeits of handbags, clothes and sunglasses amongst other things. The general rule is 'if it looks too good to be true then it probably is.' Designer products sold at heavily

discounted prices are an immediate sign that something isn't quite right.
What can you do to protect yourself?

- Where possible, buy from well-known, High Street retailers. If you've never heard of a firm, or it is based overseas, be sceptical.
- Avoid paying by cheque or bank transfer. Use PayPal or a credit card as they will give you additional protection.
- Search the internet. Type the website you are buying from and look for reviews of what others customers are saying about the company. Bad customer service feedback usually finds their way online quite quickly.
- Check for spelling mistakes or poor grammar on websites as this may suggest the website has been put together by a fraudster.
- Sign up to Action Fraud Alert at <https://www.actionfraudalert.co.uk/> to keep you updated with what's going on.

If you believe that you have been a victim of fraud you can report it online http://www.actionfraud.police.uk/report_fraud or by telephone 0300

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Neighbourhoodalert 2

Courier fraudsters have been identifying themselves to victims on the telephone as "**Detective Constable Martin Benton of New Scotland Yard Fraud Department**".

The fraudsters will invent a story regarding fraudulent activity on your card and request your bank/card details. **No such person exists at the Metropolitan Police**. If you receive a call from someone purporting to be this individual, terminate the call immediately.

Protect yourself against courier fraud:

- Your bank will never send a

courier to your home

- Your bank and the police will never collect your bank card
- Your bank and the police will never ask for your PIN
- If you receive one of these calls end it immediately

Victim Advice:

- If you have handed over any details to the fraudster, call your bank and cancel your cards immediately.
- If you want to call your bank, then do it from another telephone.

If you believe that you have been a victim of fraud you can report it online http://www.actionfraud.police.uk/report_fraud or by telephone 0300 123 2040.

FIRST RESPONDERS

It was a very enjoyable afternoon at Finkle Street Fun, speaking with people to raise awareness of what we do and some showed an interest in joining the team. Many thanks to those from St Andrew's Church who kindly allowed us to be in the churchyard, where we raised funds with a small raffle and a sale of delicious cakes. We cannot function without donations from generous groups and individual people, and because of this generosity we have purchased more vital equipment. There have been significant donations from the British Heart Foundation, Sedbergh W.I., Sedbergh Parish Council, Sedbergh Community Trust. We have been fortunate in

receiving private donations too, and these will be acknowledged in due course. The red collection boxes dotted about town have yielded wonderful amounts. Thank you all so much.

Now we are well and truly ready to go. Nine volunteers have been successfully trained and passed the assessment by North West Ambulance Service, three more are awaiting training and one person is to be interviewed. Anyone who is interested in finding out more, either as a responder or in a supporting role, please phone Andy Cobb (22541). All will be very welcome.

We are commencing monthly training sessions this month to maintain learnt skills and gain support from being part of a team. Community First Responders are deployed at the same time as an ambulance and assist the patient and family if they wish. These patients are classed as a high priority, so it is important to keep up the techniques we were taught and practice them on a regular basis. We will have the opportunity to learn from each other's experiences but always bearing in mind we are strictly bound by confidentiality at all times.

Helen Doyle

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FAMILY MUSINGS

Life can be odd at times, everything can go smoothly and then suddenly WHAM nothing goes smoothly, a bit like that saying, " Life is queer with it's twists and turns, as all of us sometimes learns". In a supermarket recently I saw a small child overcome with frustration fling themselves on the floor and scream, know what? I felt quite envious, they had no inhibitions about venting their feelings.

We live in a beautiful part of the country, some of us were born here, others have made the choice to come and live here, there has to be a certain amount of care over future development but surely not to the detriment of the future of the area? I

do wonder if some of the people who sit on planning committees see further than the Now or see the area as some sort of museum in the future. No future for young people, no businesses, no expansion, just green fields and tumbled down barns and possibly an aged population. A sad thought.

Caring is hard. Whether it is looking after a person, a building, a committee, yourself or your family there are sometimes hard decisions to be made and difficult choices. Gardening is a relaxing hobby and my writing takes me into a different world, not that there are no difficult situations or people in my writings for they have to be true to life, mores the pity sometimes!

Going to M's at Hull I drive past a business which has a couple of Giraffes looking over the fence, what a great landmark, no one would ever get lost again if we had them near the road. . I wonder. . probably couldn't afford them or what it would cost in transportation!

School is out for summer, people are on holiday and others juggle childcare and work, enjoy your family times.

Sarah

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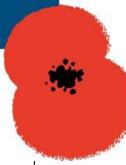
ROYAL BRITISH LEGION

The local Sedbergh branch of the Royal British Legion thanks everyone who has worked to make the Poppy Collection an increasing success over the years. You can see how well you have done at <http://branches.britishlegion.org.uk/branches/sedbergh>

If you have collected for 5 or more years, we would like to say thank you with "a bit of a do" where we can present you with a thank you memento.

Our records are not accurate enough to be certain that we do not miss someone who has collected for the cause so it is important that you let me know either by old fashioned letter or email, with full contact details, to id@jidfa.co.uk or to John Douglass, Uplands, Winfield Road, LA10 5AZ. (telephone calls can come at inconvenient times and scribbled notes lost)

We will soon be relying on you again so please confirm or otherwise, that you can help again this year. **We also need new collectors** as Father Time deprives us of some of our best collectors each year. The warm welcome and generosity of local households more than offsets the cool October weather. Most people believe that veterans who have served in any of our armed forces and therefore maintained our freedom and who now may be in need, deserve our support if they are in need, and those who made the ultimate sacrifice must be remembered. We will remember



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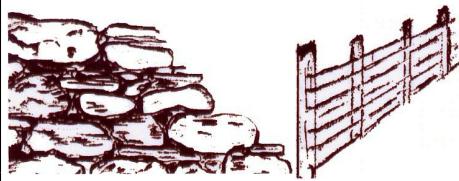
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NOW! We are wasting our time if you or yours are in need and do not do so. All requests are totally confidential, we the local committee

have no idea who benefits from your and our efforts.

We also need new committee members. Being on the committee is not onerous and many of us have enjoyed our meetings and other tasks for many years, but Father Time creeps up on us again, or sometimes people move away. Our meetings are open and held in the White Heart at 7.15pm. on the second Thursday of each month except August. Contact any committee member or just turn up.

John Douglass

Oliver Higginbotham

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The Western Dales Bus is now in its third year of operation and is becoming a regular feature on local roads, running three services a week on Tuesdays, Saturdays and Sundays. Time-tables for all these routes, including the new Sunday service to Cautley, can be found on our website:

www.westerndalesbus.co.uk as well as at bus stops, libraries and information centres.

This community bus service is run entirely by volunteers. Barbara Allwright is one of our volunteer drivers, and has written about three shifts she drove recently. Her Driver's

Diary gives you a flavour of what it was like:

Service 564A 27th June: Saturday morning Shift.

What a busy day: Dent Music and Beer Festival, Sedbergh Street Market, the Coast to Coast Cycle Race as well as the usual number of passengers wanting to go into Kendal. At Dent Station there was more than a bus load of passengers waiting to go to the festival, but another minibus laid on by the festival organizers picked up the ones we couldn't carry and so nobody was stranded. Going into Kendal, we passed lots of cyclists, spotting cyclist number 997, and then we had to overtake them on the way back! But they helpfully pulled across even on the steep hills to allow us to pass. The weather was good all day, and even though the going was sometimes slow, everyone got to their destination.

Service 564A 4th July: Saturday afternoon shift

Much calmer than last week, and it was much easier to keep to time. A new driver Scott accompanied me for the first part of the journey to get used to using the ticket machine, ready for his solo drive on Sunday. The hedgerows were benefiting from the rain and lots of flowers and new growth on the trees made it a wonderful day. A huge group went back to the station for the evening train, having walked to Sedbergh. They were a happy lot.

Service 564A 12th July: Sunday shift

Lots of people on the roads, bikes, walkers and drivers. Unusually I met

someone coming down the station hill as I was going up, and a massive 54 seater coach on the narrow roads en route to Sedbergh. My last passenger from the train was carrying two enormous bags of plants which he had bought at the market in Kirkby Stephen. It looked like the flowers of the hedgerows which he was going to try and create at home.

Would you like to join Barbara as one of our drivers, or become one of our helpers behind the scenes? We welcome help from anyone with a few hours to spare, and we offer training and support to all our volunteers.

For information on how to become a volunteer with WDB contact Liz Nuttall on 015396 25571 or by emailing liznuttall@talktalk.net.

PEOPLE'S HALL NEWS

We are pleased to announce that Bill Lowis has been co-opted to our Committee. He is our caretaker and we are delighted to have his input at our meetings. Hirers beware as Bill has an eye for things being out of place after a hiring. We shall know all!

IMPORTANT - Changes to booking arrangements

As announced last month we are changing the agency arrangements to hire the Hall. As from 1 August, Smart Office will pass over the booking arrangements to the **Sleepy Elephant** at 41 Main Street, Sedbergh, LA10 5DE (Tel: 015396 21770).

We welcome Carole, Jacky, Sarah and Nick to our team. They all have been shown the complexities of our



SEDBERGH SCHOOL



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

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

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

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

We look forward to hearing from you.

system and its whims. They will try not to book a brass band concert in the Main Hall, when there is a meditation session in the Committee Room. Your patience is requested.

The arrangements are a little changed. We suggest the following: Preferably obtain and print out a booking form and other particulars from our website

www.sedberghpeopleshall.org

Bring the completed form to the Sleepy Elephant to confirm the booking is made in the master folder and receive a receipt of the booking and money paid.

Availability can be checked by following a link on the website above to our old site. This availability is updated each week end.



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www.laurasloom.co.uk

If you are unable to download the forms these will be available at the Sleepy Elephant and the Team will answer your queries. They have a "phone a friend" list, if they are stuck.

The People's Gym & Fitness Centre

One of Sedbergh's sons has donated £2,500. Instead of charging for his work on the Gym annexe he has donated the cost of his work to the building fund. We are extremely grateful to Simon Shaw of Lakes Scaffolding for his generosity. Please see the Gym pages in Lookaround for more details and a progress report.

Other News

The Old Time dance on 20 June raised nearly £200 for the general funds. The next dance is on 24 October 2015 with Brian Griffin playing. The Coffee Morning held on Wednesday 8 July 2015 was well attended and netted over £300 towards the general funds. Many thanks to the baking ladies and the helpers.

The remaining wooden cladding between the refurbished front and side entrances has been removed and wet dashed to match the rest of the building. The Hall's side elevation from Howgill Lane is now matching and smart. This work was paid for from the donations to meet the shortfall in funding of the refurbished main entrance area.

Diary events

Old Time Dance is on 24 October 2015.

Touring Highlights "Baghdaddies" on 4 December 2015

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

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AGRICULTURAL INSURANCE

The agricultural industry has found itself under increasing scrutiny from regulatory bodies and governing agencies. Agencies have become more robust in their investigations, and customers and suppliers more inclined to make a claim. Yet the protection available to the agricultural industry and specifically managers, owners and directors, has remained at an inadequate level.

Legal expenses policies offer only a partial solution, leaving partnerships and sole traders without the insurance essentials management liability offers. This can make pursuing a trespassing offence or defending against regulator action for example difficult.

Already under financial constriction due to large operation costs, overheads, and the need to be competitive, this presents a big problem in the industry.

By working towards a product that is designed exclusively for rural businesses, they are able to keep the kind of risks faced by the industry, such as the costs of investigations from DEFRA, Environment Agency

and other major UK enforcement agencies, firmly in their focus.

The result is Rural Protect - an invaluable, market leading product developed alongside globally renowned insurance provider AXA, which is now available in your area via J N & E Capstick Insurance Consultants.

Featuring free and unlimited legal advice from leading law firm rradar, it's anticipated that Rural Protect will strengthen the level of insurance protection for rural businesses, giving those operating in the sector the strength and support to tackle any issue they may face in the future.

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AUGUST GARDENING

The garden in August is at its most exuberant with climbing plants such as *Clematis* and Honeysuckle sending out long new stems, and rambler roses finishing their flowering and preparing to put their energies into the new shoots which will bear next year's flowers.

I like to prune ramblers such as 'Albertine', 'Seagull', 'Blush Noisette' and 'American Pillar' immediately after flowering is over. This way plants can be cut back quite severely to keep them within a reasonable space, as there is plenty of time for new shoots to grow and be secured before winter's gales take their toll. Aim to prune out the oldest of the flowering stems to a new bud at their

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base. You should remove at least half of the flowered wood every year to encourage the formation of fresh new stems as these will produce the most flowers.

Whilst tying in the tomato plants in the greenhouse – a weekly event at this time of the year – I was reminded of an excellent piece of advice which was given to me by an experienced nursery man: Always secure plants to their support by tying the knot onto the support, and not onto the soft plant stem. I generally use garden twine (Fillis) to tie in tomatoes and other soft stemmed things, and attach them with an open loop around the stem and a twist twice around the supporting cane with a knot at the back. This way the tie stays firmly in its place on the cane but the plant is free to expand and move a little in its place.

The same technique can be used for roses and other wall plants, particularly *Clematis*, which resent being manipulated. Remember, if you wish to garrote something, always take it out on the trellis, wire or cane rather than the living plant material, and you won't go far wrong. *E Horne*

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KENNETH CRAGG born 1936

"I would sit meking rake teeth - you'd 'em all to hammer through, and I could put 'em in. You sharpened them, and you had the boules that you put in a head and through the handle, you had those to make and steam.

You used to set boiler on and put them in there till you could bend 'em. You were lucky if they didn't split, they were awful. They'd just let you get 'em bent and then split up! There was a lot to a rake and we only got two and eleven for 'em, didn't we? They were only two and six and two and eleven pence, and all that hours and hours of work that went into 'em... You bought



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[the shafts] as a square piece of wood and then you had to plane till they got round. That nearly had me beat, had that. It was a thin rake, we had to get the heads, stuff you med heads of, and teeth, you had to get 'em years before and saw 'em up. We sew [sawed] them up at t' workshop and dry 'em. Put 'em away and forgot about 'em till they got well dried up, very hard." - **MARY ELLISON** born 1909

well dried up, very ha
ELLISON born 1909

The quotes are taken from *Telling it Like it Was - Dent, Sedbergh and District in Living Memory*, to be published in September (see August Lookaround for details).

Anthea Boulton



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FLOWER & PRODUCE SHOW

To all Sedbergh & District Groups and Organisations

The flower displays for the Late Night Opening in St Andrews have been enjoyed so much that we thought it would be lovely to have a similar event using garden flowers at the Sedbergh Flower and Produce Show on August 29th this year in The People's Hall.



It would be really good if as many groups as possible could take part. Our theme for this first year is a garden flower arrangement. It could be a traditional arrangement of mixed flowers in a vase, bowl or bouquet or an arrangement on a theme. This year the school children are growing sunflowers so you could provide a fun display of sunflowers. The choice is yours.

These displays would be for pleasure only – so no prizes!! (But if you'd rather submit a display for the flower display category and win a

prize that would be great also – the more flowers we have the more enjoyable the Show)

Perhaps you could let Barbara know if you will be able to submit an entry for the display and we will allocate a space with a label to credit your organisation.

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DENT GALA.

Having been part of this much loved annual local family event since I was a little girl and my Mum would rig up step ladders each side of our garden wall so she had a short cut to the field, my love for it and my willingness to work hard has not diminished. I am well aware of changing times, new ideas and opportunities, it still remains the main fund raising event of the year for the Dentdale Memorial Hall, keeping room rents down and helping with upkeep. Recent work has really improved the Sedgwick Room as a meeting place and we plan to mark its refurbishment later in the year.

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Do come to the Gala. Last year the children's Fancy Dress was reinstated and well supported and we look forward to seeing all the creations this year. As well as teas and coffees, soft drinks and BBQ we hope to have a bar this year so the burgers can be enjoyed with a beer. WI teas are always much enjoyed and will again be inside the Hall, more activities for little people are planned as are places to sit for those unable to get up off the grass very easily! Do come, have a pillow fight, try to win a bottle of wine, buy the "white elephant" you never knew you needed and enjoy what I consider to be 'a grand day out'. (see Gala advert Page 31.)

Sarah E Woof Gala Chairman.
(25212)

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SEDBERGH GETS SPOOKED!

Now listen carefully: tell your friends, children, in-laws etc that you will *not* be available on the evening of August 21st 2015, because you will be at St Andrew's Church, Sedbergh to see and hear one of the funniest, most outlandish, most bizarrely enjoyable nights of truly excellent ringing harmonies you are ever likely to be

lucky to attend. Of course, you could bring the children, relatives with you. But for goodness' sake, be there - early: this group of Aussie Men with huge voices and mighty presences has a literally worldwide following, the place is very likely to be packed and gagging for more.

When **Spooky Men's Chorale** came to the Sedbergh Festival for the first time three years ago, it was one of the most memorable nights we have had in the Festival's history. We were truly gobsmacked both by the variety, fun and skill in their singing, the whole weirdly comic stage act, but also by the number of fans they brought with them from all over the North, and, of course, the number of new fans they made on the night.

The Chorale celebrates in dead-pan song what it is to be a man having tiny man-triumphs and the many man-crises. They get very hurt if you don't take them seriously. Which can be difficult.

Tickets are £15. They can be bought in advance at the Sedbergh TIC or online at:
sedbergh.org.uk/musicfestival

Seriously, do book early to avoid disappointment. *Stuart Manger*

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LAURA'S LOOM

Since opening at 16 Back Lane, Sedbergh in March, Laura's Loom has gone from strength to strength and has had many visitors drop into the Loom Shop on a regular basis.

This has been recognised by the BBC who in July, under the cloak of secrecy, filmed Laura - and others - which is scheduled to be aired in the Countryfile Programme on Sunday 2nd August.

SEDBERGH & DISTRICT HORTICULTURE SHOW

The Sedbergh and District Horticultural Show, which has been partly revived as the Flower and Produce Show this summer, began in 1951, according to Royal British Legion account books, and we believe it finished in 1981. Also, as Mrs Margaret Millburn says, the event was revived partly as the Sedbergh Spring Show in 1996. However, the vegetables are missing at this time of the year.

It was called the Sedbergh and

District Horticultural Show, and was staged in late August or early September, was run in aid of Royal British Branch Funds; 'all profit from the Show and Auction Sale afterwards go toward the local Branch Funds for exclusive use on local benevolent work. All this good work is done on a confidential basis, so that it is not known to the general public. It includes obtaining pensions for ex-Serviceman and their dependants, the granting of special financial aid in time of need, and other similar cases where assistance is needed.'

However in 1965 the 'Sedbergh Flower Show', organised by the Royal British Legion in the People's Hall, was in aid of the 'Over 60's Party Fund'.

Prizes amounted to over £50 and Silver Cups and Trophy Medals and special prizes were awarded. Also first and second prizes were won for adults and children in all classes. By 1981 entry fees were at 10p for adults and 5p for children. All classes were confined to residents of Sedbergh

SEDBERGH BRITISH LEGION HORTICULTURAL SHOW



Sedbergh and district branch of the British Legion held a horticultural show in the National School on Saturday. Left—Mr. R. L. Stainton holding the challenge cup given by Mr. G. Brantwistle (left) for the best kept garden. They are pictured in Mr. Stainton's garden at 20, Fairholme. The bronze medal for the best exhibit in the flower classes went to Mr. P. Winn (right). The right-hand picture shows Mrs. D. Hartley Dent with her children, Rosalie and Edward. She secured first place for the miniature garden shown, and had eight 1st prizes and four seconds in all.

Gazette Photos

The newly formed committee met immediately afterwards and decided to take measures for acquiring the four-acre field north-west of Highfield Villas and equipping it as a playing field for children up to the age of leaving school.

A special sub-committee was also elected consisting of Messrs. George Hall, A. Braithwaite, R. Metcalfe, H. D. Mountain and W. H. Wilson with authority to negotiate for the purchase of the field.

The two headmasters who are responsible for the education of most of the children in Sedbergh would wish to assure every parent that a playing field for children is a vital part of their life. With-out it they cannot have the full advantage of organised games, whose value for children all should recognise.

The committee wish to add their conviction that motor traffic is bad enough and will be worse. A central field will provide for the children a safer and better playground than the road.

We are endeavouring to raise locally a sum of at least £450. Towards this £150 has already been promised. We can count on the Carnegie and National Playing Field Funds between them to add £1 to every £3 contributed locally. The total thus obtained would cover the cost not only of purchase but also of a minimum equipment for the children's games (net-ball and cricket tackle, swing, sea-saw, sand-pit, seats, and shed).

Sedbergh is a growing town, fields become more difficult to find and more expensive to purchase. Will you



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help us to put this thing through now before it is too late? We appeal to all who would like to see the children of Sedbergh given every chance. Here is the opportunity of helping to secure for them a playing field that, once acquired, will be theirs for all time.

(*There follows a list of the 23 eminent members of the community*)

Dated: 17th May 1928.

(*With grateful thanks to Peggy Robinson and Elspeth Griffiths for the research and their interest.*)

SEDBERGH PLAYING FIELD

Rules and Regulations

1. The playing field shall be open for all residents of Sedbergh but no sports club as such shall be allowed to use the ground.
2. The field shall be open from 8 a.m. until one hour after sunset but no games of any description shall be played on Sunday.
3. The Children's (or Northern) Section shall be reserved as a playground for all children under 15 years of age, and the rest of the field shall be for the use of adolescents.
4. The small swings and seesaws and the sandpit are only to be used by children under 8 years of age, and the large swing and seesaws by children under 15 years of age. No standing up in any of the swings shall be allowed.
5. All appliances on the field shall be used in a reasonable and proper manner.
6. There shall be no improper behaviour or interference with the comfort or pleasure of any person using the field.
7. Every user of the field shall refrain from spreading litter and shall assist in keeping the field tidy.
8. Anyone climbing or damaging the fences or apparatus or doing any injury or damage to the field or property shall be held liable for such damage.
9. Any member of the Committee or other person duly appointed shall have power at his discretion to enforce these rules and regulations, and the Committee may exclude from the field any person guilty of any serious offence or of repeated breaches of these rules.

Approved by the Committee, 7th December, 1929.

H. T. HAGUE,
Chairman.

WILLIAM BATTY,
Hon. Sec.

Approved by the Parish Council of Sedbergh, 9th December, 1929.

EDWARD DOVER,
Chairman.

J. HAYGARTH,
Clerk.

London & Son, Printers, Main Street, Sedbergh

DENT INDOOR MARKET

August Bank Holiday Saturday 11am to -2pm in the Memorial Hall. Refreshments, soft-play and stalls of every possibility, come and buy bargains, meet friends for coffee, bring the little ones to play, come and support the Memorial Hall (Dent).

Enter your dog for the Gala Dog show on Monday and have a preview at the fun to come. Hire a table and reduce the stuff you possess.

S. E. Woof (25212)

COMMUNITY OFFICER REPORT

Logs of note for the Sedbergh area.

17/06 - Suspicious vehicle seen in the Killington area.

19/06 - Cash was stolen from a licensed premises in Sedbergh.

27/06 - ASB was reported in the area of Dent.

28/06 - Concern for safety of a male in Dent.

28/06 - ASB was reported in the area of Dent.

28/06 - Parking issues reported in the area of Dent due to the amount of vehicles attending/leaving the Beer festival.

04/07 – ASB loud music was reported in the Sedbergh area.

15/07 – Caller reported her door handle tried late on in the evening, this has happened on a few occasions. Make sure your house is locked and secured at all times.

16/07 – Criminal Damage has been caused at the play park, the window on the hut in the play area

has been broken. Litter has been left next to a bin which is provided for your children. We will be speaking to the children who are using the play area late in the evening and taking their name if engaging in anti-social-behaviour.

The ITS YOUR CHOICE scheme is a five stage process which the police use to deter youths from engaging in anti social and/or criminal behaviour.

The five stage process is as follows:
Stage 1 - sent a letter. The letter informs the parents/guardians when, where and why the police have had cause to speak with the young person. If within 6 MONTHS another incident occurs involving the same young person it will activate:

Stage 2- The second letter explains that the police have spoken to the young person on two occasions, it highlights the importance of trying to stop such behaviour.

STAGE 3- If within 12 months of the original incident there is cause to stop the same young person a third time, a home visit is carried out to speak with the young person and their parent. This may involve other agencies.

STAGE 4- If a young person has their name taken a fourth time, a referral will be made to the Prevent and triage Panel.

STAGE 5-If the young person is still coming to police attention after the intervention stage we will then look at enforcement.

16/07 – Caller reported a road rage incident on Main St.

CSO 5244 Mandy Coleman

Sedbergh Flower and Produce Show Trophy Winners



Sedbergh Flower and Vegetable Show was held in the People's Hall on Saturday. Top left — the president, Mr. G. Braithwaite, presenting the cup for most points in the flower section to Mrs. G. Rawlinson. Mr. J. T. Clough (secretary is in the centre). Top centre — Kathleen Brunskill, who received the cup for most exhibits in the children's section. Top right — Mr. J. T. Lund, most points in vegetable section. Below (left to right) — Miss E. A. Woof, most points in produce section; Mr. C. Hollett, miniature flowers; Mr. E. C. Moore, most points for horticulture; Mrs. A. A. Clough, most points handicrafts; and Mr. G. E. Woof, most exhibits in the vegetable section.

Gazette Photos.

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

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

September 14th 1981

Sedbergh Legion holds diamond jubilee show

In the year of their diamond jubilee, Sedbergh branch of the British Legion held a successful horticultural show in the People's Hall on Saturday.

In spite of poor growing conditions earlier in the year standards were extremely high.

Mr J. Park was the most successful exhibitor amassing a total of 59 points and also winning the best horticultural exhibit with his prize leeks.

Mrs M. Milburn was awarded most points in the flower and handicrafts sections and her *Sansevieria* plant was awarded a

At the end of the show exhibits that had been donated were auctioned by Mr R. Harpel.

Lettuce: 1 and 2 J. W. Park. HC Mr Foster. Wine (red) 1 and 2

T. Brooks; H.C. Souter.

T. Brooks; HC V. Souter.

NEEDLEWORK & HANDICRAFTS

Knitted garment: 1 Mrs M. L. Milburn; 2 Mrs. Teal; HC Mrs M. L. Milburn. Embroidered article: 2 Mrs M. L. Milburn. Photograph (black and white): 1 J. E. Sowerby. Photograph, colour: 1 J. E. Sowerby; 2 Mrs M. L. Milburn. Soft toy: 1 Mrs M. L. Milburn; 2 Miss Jean Moore; HC Mrs J. E. Sowerby. Pottery: HC Mrs M. L. Milburn. Crochet: 1 and 2 Mrs M. L. Milburn. HC Mrs M. L. Milburn.

CHILDREN'S SECTION

PRODUC



Mr J. W. Park who enjoyed considerable success in the Sedbergh and District Show organised by the local British Legion. Mr Park had the most points in the horticultural section, the most points in the show and a prize for his leeks,

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

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

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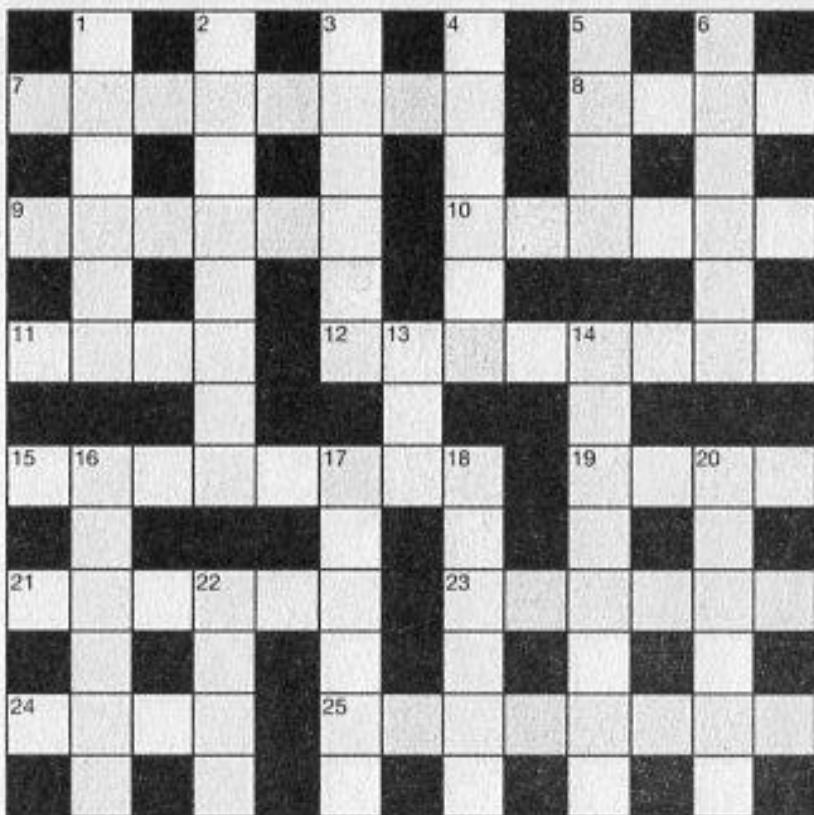
49 Bainbridge Road, Sedbergh

Tel: 015396 20972

1				8	5
4				7	
1				3	6
2				9	1
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GET TRIM AT SEDBERGH'S GYM !



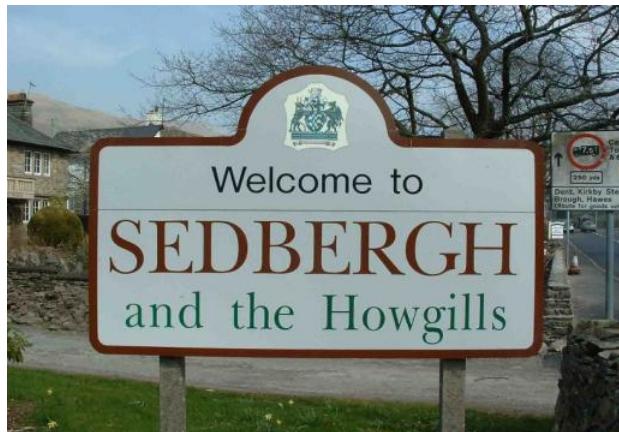


ACROSS

- 7 Unfortunately (3, 2, 3)
- 8 Roman emperor (4)
- 9 University award (6)
- 10 Transport overseas (6)
- 11 Tiny skin hole (4)
- 12 Superior (8)
- 15 Mountain peak (8)
- 19 Point on a hook (4)
- 21 Solemn promise (6)
- 23 Act as a link (6)
- 24 Card game (4)
- 25 Vegetable (8)

DOWN

- 1 Roof turret (6)
- 2 Caviar fish (8)
- 3 Move up (6)
- 4 London theatre (6)
- 5 Cut in small strokes (4)
- 6 Rehearsal (3, 3)
- 13 Engine lubricant (3)
- 14 American state (8)
- 16 Land encircled by water (6)
- 17 Squeeze firmly together (6)
- 18 Chocolate cake (6)
- 20 Slice of bacon (6)
- 22 Deceive (4)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB* e-mail: enquiries@theoldjoinery.com	20309
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) 1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW	21789
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) 1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;; Free Wi-Fi e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmcroft; Station Road, Sedbergh LA10 5DW (2013/11) 1D; 1T; 1S; TVL; CH; NS; NP*; P; DR Web Site: www.holmcroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356
	Sleeps 2; D; CH; TVL; P; NS; DW
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6-8
Mrs Tallentire	Ingmire Hall, Sedbergh (2013/02). 07944 859456 D & PB Flat; £395 pcm; References & Deposit required

KEY

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

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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

AUGUST CHURCH SERVICES					
St. Andrew's	2nd	9th	16th	23rd	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	5th	12th	19th	26th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's Cautley	2nd	9th	16th	23rd	
9.30 am	HC		HC Extn		
2.30 pm		Celtic Communion		P&M	
St. John's Garsdale	2nd	9th	16th	23rd	
9.30 am	HC Extn	MP	HC	MP	
LUNE PARISH SERVICES					
	2nd	9th	16th	23rd	
Holy Trinity Howgill	2.00pm Joint HC & Licensing of Priest-in-Charge by Archdeacon Firbank	2.00 pm Joint HC Killington	2.00 pm Joint HC Howgill	2.00 pm Joint HC Firbank	
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	2nd	9th	16th	23rd	
St. Andrew's	10.30 am HC	10.30 am HC	10.30 am HC	10.30 am HC Joint Communion	
St. John's	9.00 am HC		2.30pm EP		
worship@peopleshall					
	2nd				
People's Hall	1030				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		P&M = Prayer & Meditation			
PC = Parish Communion		Taize = Modern Chants & Choral			
MP NC = MP with Northumbrian Community		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00, 10.30 & 18.30
Wednesday 11.15

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP
Rhumes, Dent LA10 5QJ
Every 4th Sunday 1900
Sarah Woof Tel: 25212

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952
& Jean Dixon 20435

Howgill: Mary Stainton 20426
& Dorothy Parker 20493

Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079



CONFERENCE & TRAINING SUITES

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Email: sedbergh.conference@cumbria.nhs.uk

www.sedberghmc.co.uk

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DIARY OF EVENTS

Dates are held up to 18th October 2016

AUGUST

1 1000 StAD Coffee Morning	DMH	8 1915 Dentdale Choir Evening (28)	DMH
1 Meditation for Beginners (11 & 64)	DMC	8 1930 Domino Drive	FCH
2 1100 Group Meditation (11 & 64)	DMC	9 0930 Skateboard Park Presentation (71)	JLCP
3 Summer Bank Holiday	DMC	9 1000 Coffee Morning - A&LP Lookaround	URCR
5 1000 Coffee Morning - Howgill Church	URCR	9 1700 Healthy Steps Begins (60)	BVH
6 1930 WIH - Members Evening	FCH	9 1800 Skateboard Park Presentation (71)	PH
7 Mindful Yoga & Meditation (11 & 64)	DMC	9 1915 WID - Discover Lake District Villages	DMH
7 1330 Age UK - Reminiscing	DMH	9 1930 WIS - A Bee Keepers Wife	PH
7 - 10 Christian Festival (CF) in Dent (12 & 68)	Dent	10 Westmorland Show	Crooklands
7 1900 CF Nancy Goudie (12 & 68)	Dent	10 am Healthy Steps (60)	SMH
8 Digital Photography (*)	FM	10 1200 Lunch Club	Red Lion
8 0930 CF Events all day (12 & 68)	Dent	10 1915 Royal British Legion AGM	WHC
9 1000 CF Events all day (12 & 68)	Dent	12 - 20 Sedbergh Sheepfest Begins (15)	Sedbergh
10 1000 CF events all day (12 & 68)	Dent	12 1030 Heritage Open Day	FM
10 1100 Children's Holiday Craft Workshop (27)	FM	12 Telling it Like it Was (83)	DMH
11 WIS - Summer Outing	Salmesbury	12 1900 Flicks in the Fells	PH
11 1930 Domino Drive	FCH	13 1030 Heritage Open Day	FM
12 1000 Coffee Morning - St Andrew's Mission	URCR	15 1400 SASL	PH
12 1730 Sheepfest Workshop (15)	PH	16 1000 Coffee Morning - Town Band	URCR
12 1915 WID - Missed Cues	DMH	16 1330 Beginners Yoga Classes starts (40)	DMC
13 1200 Lunch Club	Red Lion	17 1300 Medical Centre Closed for Training (71)	MC
13 1730 Sheepfest Workshop (15)	PH	19 Telling it Like it Was (83)	Westwood Books
13 1915 Children's Orchestra Concert (36)	SSPH	20 Sedbergh Sheepfest Ends (15)	Sedbergh
14 1730 Sheepfest Workshop (15)	PH	23 1000 Coffee Morning - First Responders	URCR
15 1030 Sheepfest Workshop (15)	PH	25 0830 McMillan Coffee Morning	DMH
16 1000 Gym Open Day (text gym)	PH	25 1930 Gym Quiz Night (70)	PH
16 1030 Sheepfest Workshop (15)	FM	26 0800 Artisan Market (22)	Sedbergh
17 1730 Sheepfest Workshop (15)	SMC	26 1930 Town Band Concert (*)	Thornton
19 1000 Coffee Morning - North West Cancer	URCR	29 Age UK Walk (*)	Frostrow Fell
21 1930 Spooky Men's Chorale (21 & 85)	StAS	30 1000 Coffee Morning - Firbank Church	URCR
			OCTOBER
22 0800 Artisan Market (22)	Sedbergh	1 1930 WIH - AGM & WI Advisor	FCH
22 0800 Barbon Show (22)	BMP	2 1330 Age UK - Cumbrian Birds & Wildlife	DMH
22 1000 Mencap Coffee Morning (1)	Waterside Farm	3 1000 STAD Coffee Morning	DMH
22 1000 DMC Coffee Morning	DMC	3 1900 Flicks in the Fells	PH
23 1100 Wanderers JFC (19)	PH	7 1000 Coffee Morning - Utd Reformed Church	URCR
23 1630 Mansergh Sports & BBQ	MCH	7 1930 HS Carlisle Cathedral	SSAT
23 1900 Dentdale Christian Fellowship (12 & 68)	Rhumes	8 1200 Lunch Club	Red Lion
25 Age UK Walk (*)	Holme Fell	8 1915 Royal British Legion	WHC
26 1000 Coffee Morning - Bee Keepers	URCR	9 1930 Local Geology	MCH
27 1100 Children's Holiday Craft Workshop (27)	FM	13 1400 WIK - A Table Decoration	PH
27 1930 Summer Concert (40 & 92)	StAS	13 1930 Bingo & Potato Pie Supper	FCH
29 1300 Flower & Produce Show (1)	PH	14 1000 Coffee Morning - Christian Aid	URCR
29 1100 Indoor Market (29)	DMH	14 1915 WID - Gift Wrapping	DMH
30 1300 Flower & Produce Show (1)	PH	14 1930 WIS - Bibby's in a Nutshell	PH
31 August Bank Holiday	Dent	20 1400 SASL	PH
31 1200 Dent Gala (31)	Dent	21 1000 Coffee Morning - TBA	URCR
		21 1300 Medical Centre Closed for Training (71)	MC
		21 1930 HS Writers, Warriors & War Hospital	SSAT
2 1000 Coffee Morning - Garsdale Church	URCR	24 2000 Old Time Dance	PH
2 1100 Children's Holiday Craft Workshop (27)	FM	27 Age UK Walk (*)	Casterton
2 1730 Sheepfest Workshop (15)	SMC	28 1000 Coffee Morning - Garsdale Church	URCR
3 1730 Sheepfest Workshop (15)	SMC	30 1930 Domino Drive	HVH
3 1930 WIH - Grayrigg First Responders	HVH		
4 1330 Age UK - Age UK - Information	DMH		
4 1730 Sheepfest Workshop (15)	SMC	NOVEMBER	
5 1000 STAD Coffee Morning	DMH	4 1000 Coffee Morning - TBA	URCR
6 1030 Sheepfest Workshop (15)	FM	4 1930 HS Great Wall of China	SSAT
6 1030 Moorcock Show (55)	MFM	5 1930 WIH - Gift Wrapping Demonstration	HVH
7 1730 Sheepfest Workshop (15)	PH	6 1330 Age UK - Gardening for Bees	DMH
8 1400 WIK - Memories from the Coal Face	PH	6 1930 WIH - Domino Drive	HVH
		7 1000 STAD Coffee Morning	DMH

COVER PICTURE
Editors Dennis & Jacky
with the new Lookaround Post Box
which is situated inside 72 Main Street.
by Stuart Manger

7	1900	Flicks in the Fells
8	1930	Town Band Remembrance Concert (*)
10	1400	WIK - Film Show of Old WI Photos
10	1930	FC Domino Drive
11	1000	Coffee Morning - Ladies NFU
11	1915	WID - AGM & Sing Along
11	1930	WIS - AGM & Jacobs Join
12	1200	Lunch Club
12	1915	Royal British Legion
18	1000	Coffee Morning - The Bells
18	1930	HS North Craven
19	1300	Medical Centre Closed for Training (71)
19	2000	Sedbergh Orchestra Concert
20	1930	Domino Drive
24		Age UK Walk (*)
25	1000	Coffee Morning - TBA
28	1000	DMC Coffee Morning
28	2000	Masked Ball (*)
30		St Andrew's Day

DECEMBER

1	1930	Town Band Christmas Concert (*)
2	1000	Coffee Morning - TBA
2	1800	Late Night Opening
2	1930	HS Manorial Courts
3	1930	WIH - Christmas Party
4	1330	Age UK - Christmas Party
4		Baghdaddies
4 - 6		Dent Folk Carols Weekend
5	1900	Flicks in the Fells
8	1200	WIK - Christmas Lunch
8	1930	Domino Drive & Mince Pies
9	1000	Coffee Morning - TBA
9		WID - Christmas Lunch
9		WIS - Christmas Lunch
10	1200	Lunch Club
10	1915	Royal British Legion
16	1000	Coffee Morning - Town Band
22	1930	Christmas Domino Drive
25		Christmas Day
26		Boxing Day

JANUARY 2016

12	1930	Domino Drive
19	1400	SASL
20	1930	HS Evacuation from Burma
21	1300	Medical Centre Closed for Training (71)

FEBRUARY

3	1930	HS Sedbergh in the Past
9	1930	Domino Drive
16	1400	SASL
17	1930	HS Austrians & Germans in Cumbria
22	1930	FCH AGM
24	1300	Medical Centre Closed for Training (71)

MARCH

1		St David's Day
2	1930	HS Telling it Like it Was

DIARY KEY

BF	= Brigflatts
BMP	= Barbon Manor Park
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CTiS	= Churches Together in Sedbergh
CWS	= Craftworkshop 61 Main Street
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Chapel
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
MF	= Mossdale Farm, Moorcock
PH	= People's Hall
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
URC(R)	= United Reformed Church (Rooms)
WID	= Women's Institute, Dentdale
WIIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

01539 718191 (Option 1) 24hr Prescription line

Surgery and Dispensary Opening Hours

Monday – Friday 8am – 6.30pm
(Doors open at 8.15am)

Doctors Clinics

Monday – Friday

Open Surgery – 8.30am – 10.00am
(No appointment necessary)
Late Morning – 10.30am -12.30pm
(By appointment only)
Afternoon – 2.30pm – 6pm
(By appointment only)

Surgery by appointment only –
Early Morning Tuesday & Thursday
Late evening Monday & Tuesday

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm
(By appointment only)

Baby Immunisations/Travel Clinic – Wednesday afternoons **(By appointment only)**
Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm
(By appointment only)

Please telephone the surgery to make appointments for all the above clinics.

See our website www.sedberghmhp.nhs.uk for further details

When we are closed please contact CHOC 03000 247 247 or 999 if appropriate

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Wendy Thompson,
Katie McKay & Sarah Boum (Hygienist)
Monday to Friday 0900 - 1700
Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900
Wednesday 1000 - 1230 1400 - 1700
Friday 1400 - 1700
Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900
Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600
Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk
Tel: 015396 20125/20504
www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600
01539 795000 or 0845 6060265

Age UK SL @ Community Office

1st Wednesday every month
10 am to 12 noon
01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)
Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300
1400 - 1700
Consultations Monday to Friday 0900 - 1000 *
1400 - 1500 *

Other times by appointment only *

MARKET DAY WEDNESDAY

HALF-DAY CLOSING THURSDAY