

Sedbergh & District **LOOKAROUND**

May 2020

Issue 387

Donation £1

The deepest sympathies of the Lookaround team go out to Elizabeth Saunders and her family. Elizabeth's husband Paul passed away from cancer on the 13th April. Paul and Elizabeth were heavily involved in

setting up the Lookaround team and producing our first issues.

Those out exercising must have seen the Settlebeck stones. If you are self isolating you can see some of them in these pages. *Ed.*

LOOKAROUND

Would like to say

'Thank You'

To the N.H.S.

To all Key Workers

To our local shops and businesses

To the volunteers

To everyone staying at home

**And to everybody who has contributed to
this edition of Lookaround**

CLOSING DATE: 15th of every month for everything

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Robert Powell

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

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

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



Advertising in Lookaround

For advertisers key points to note are as follows :-

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

CONTACT INFORMATION

Email:

editor@sedberghlookaround.org.uk

Phone:

07464 895425

Address:

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

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

PAYMENT INFORMATION

CHEQUE

Cheques Payable to :

Sedbergh & District Lookaround

BACS

Account:

Sedbergh and District Lookaround

Account Number:

23388557

Sort Code:

20-55-41

Reference:

Invoice Number, your name or reference.

This account is valid from January 2019. No other account details are valid for current payments.

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

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

LOCK DOWN INFORMATION

Editorial

In the light of recent government announcements and likely future restrictions life will change radically for us here in Sedbergh. In order for the town we love to come through the other side of this crisis in as good a state as possible we, the population of Sedbergh must act to preserve the town, the life we have here and ourselves.

SHOPS AND BUSINESSES

Those of our shops and businesses who have been allowed to remain open have made a magnificent effort to serve the community. It's getting easier to arrange deliveries of food, and the bigger supermarkets are becoming better stocked but please **DON'T FORGET OUR LOCAL BUSINESSES**, now or in the future. Do continue to support them.

Details below were updated as at 25/4/20

Food

JMP Food Services

015396 20296

Food deliveries

Peats the butchers

015396 20431 New hours 8am – 2pm - deliveries possible

Powells

015396 20304

powellsfruitmerchants@gmail.com
Deliveries and at the door - write out your shopping list in advance

Nina's bread available Tuesday and Saturday from about 10am/11am, receipts going to local charity

Sedbergh Wednesday Market

Approx 8.30am – 1pm Wednesday

Green Grocer, bread, fish, eggs.

Nat West bank not attending

Supervised by Sedbergh Parish

Council

Spar

Open daily till 10pm

May close briefly during the day for re-stocking

Essential Shops and Services

Boots the chemist

015396 20270

9am - 5.30pm (lunch 12.30pm-1.30pm) Monday - Friday

9am - 1pm Sat

Buses

NOT RUNNING

Close's Garage

01539620260

Open normal hours for fuel and service but some spares etc not available.

Dawsons

015396 20210

For essential fuels and animal feeds

Sedbergh Dental Practice

015396 20626

Currently closed for all routine care and treatment.

But open for advice, analgesia and antibiotics, as well as urgent treatment only on a triage basis.

Morphet's

Fuel only 9am – 1pm

Post Office

8.30am-12.30pm and 1.30pm - 5pm

Monday/Wednesday/Friday

Sat 8.30am - 12.30pm only

For newspapers 8.30am – 10am daily but not Sunday

Rycrofts
015396 20420
Phone to pre order 9am-3pm
Monday – Friday

Takeaways

Al Forno
01539 634040/07557509370
For takeaways - Thurs - Sat 4pm-
9pm

Dalesman
015396 21183

7 days a week 3pm - 9pm for
takeaways – please give 2 hours
notice

Friday night Fish and Chips

Sunday Lunch

Red Lion
015396 20431 or 077622 05512
Tues to Sunday 12 noon-9pm for
takeaways - £1 for delivery

Chinese Takeaway Tuesday/
Thursday/Saturday 5pm-9pm

Santorini's
NOW CLOSED

EXERCISE

We are blessed with an abundance
of paths and access land to walk on
but there will be tendency to frequent
well known routes and paths at



07498
870267

*Tuesday drop in coffee mornings
are currently suspended.*

*In the meantime we will be offering a telephone
service; please call the Grief Share number above
if we can help*



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

2020

Thursday 11th June

*Training day on
Wednesday 20th May has
been cancelled*



routine times. This will increase the chance of encountering other people at kissing gates, stiles, gates, fenced paths etc. Try to vary your walk times and choose less frequented routes. Please try and avoid walking through farm yards wherever possible, it's a working environment and farm workers want to remain as safe as possible too. Similarly take as much care using gates and stiles as you would with doors in a shop.

ASSISTANCE - KEEPING IN TOUCH-DENTDALE

See the note from Sarah Woof on page 9 below.

ASSISTANCE - SEDBERGH AND DISTRICT COVID 19 SUPPORT GROUP

Use the Facebook group - Sedbergh and District COVID 19 Support Group. For those not on-line a phone Help Line is available (07872 017730) and those who prefer to use email rather than Facebook can contact the group on cvs@sedbergh.org.uk

However, please continue to ensure that your neighbours or

friends and friends are well and happy. Make contact with them by phone or online and check they are okay on an ongoing basis.

See the note by the Sedbergh and District C19 Support Group on page 9 below.

**ASSISTANCE –
CUMBRIA COUNTY COUNCIL
COVID-19 EMERGENCY SUPPORT
HELPLINE**

Emergency Support Helpline for vulnerable people needing urgent help with food, medicines and essential supplies

Cumbria County Council and partners have launched an emergency support service and 6 welfare coordination Hubs for people at high risk of becoming seriously ill, as a result of COVID-19, and who do not have support available from friends, family or neighbours. If they have no alternative support, these people will now be able to call the Freephone number to request help with getting food, medicines, essential supplies and home deliveries.

You can request support by: Calling the emergency telephone support line - 0800 783 1966.

Completing the COVID-19 online support form and emailing your request to
COVID19support@cumbria.gov.uk.

The telephone 'call' centre will operate Monday to Friday 9am to 5pm and 10am to 2pm at weekends and Bank Holidays. The service also accepts referrals from members of the public who may be concerned about people in their community

The helpline is there to support those at 'high risk' and includes people over 70 years old, pregnant women and those with underlying health conditions who should be protecting themselves by staying at home. The majority of these people will already be receiving support from family, friends or local voluntary groups with tasks like shopping or collection of medicines if they require it. But we know that a small number of people will not have this support. The helpline will also accept referrals from members of the public who may be concerned about people in their community.

Cumbria County Council has been working closely with District Councils, CVS, Cumbria Community

**COVID-19 EMERGENCY
SUPPORT HELPLINE**

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

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

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

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



Foundation, community and voluntary sector, private sector and military to establish these new arrangements. To support the new helpline every area is coordinating a supply of essential food, medicines and supplies which can only be accessed via the emergency helpline or email. The requests received asking for help will then be matched with local support and supplies being offered by community groups, volunteers, councils and businesses.

Cumbria is already seeing widespread community and voluntary sector support for the response to COVID-19 and informal support, including neighbourhood WhatsApp groups and community Facebook groups, alongside a commitment from

existing community emergency planning groups, local churches and faith groups and formal voluntary sector organisations who are working with the county council and partners including District Councils and NHS.

ASSISTANCE - THE YORKSHIRE DALES FARMERS NETWORK

“FARMERS – WE’RE HERE TO HELP”

The Farm Labour Emergency Support Scheme (FLESS) is now fully operational. Farmers needing emergency labour can link up with potential workers who are willing to go to the farm and ensure continued operation in a worse-case scenario.

Mr Day, Managing Director of the Farmer Network, strongly suggests all farmers should visit the organisation's website at www.thefarmernetwork.co.uk to view the Contingency plan template. "We hope farmers will pick the phone up, talk to the team and make a plan for the worst, in the hope that it won't be needed. Our message is clear, we are here to help".

The Farmer Network
The Ashness Building,
Newton Rigg College,
Penrith,
Cumbria,
CA11 0AH

SK DECORATING
Professional interior and exterior decorating

Stefan Kliszat
07971666785
015396 20524

01768 868615
info@thefarmernetwork.co.uk
We also have an office mobile for out of office enquiries. Leave a message on 07714 187034

KEEPING IN TOUCH, DENTDALE

Sarah Woof

Obviously all our Parish Councils stepped up and organised the most amazing support networks in our area, very huge thanks to them all. And thank you to all the volunteers who carted shopping around, delivered prescriptions and messages and so on.

If you would appreciate a telephone conversation from time to time then do let me know, that is something I can do.

Thank you those who got in touch to help "KIT" after reading the April Lookaround. Hopefully your kindness was channelled elsewhere. We can all do our best to help in a variety of ways. God Bless.

Sarah. 015396 25212

SEDBERGH AND DISTRICT COVID 19 SUPPORT GROUP

Myles Ripley/Ed Welti

Firstly a big shout out to everyone who is out there volunteering in any form – whether it be involved in a WhatsApp group in their road, or for the new NHS volunteer teams. But this article is about the Sedbergh Covid Support group, originally the inspiration of Judith Aston et al.

We have had 82 people contact us to offer their help and 89 people contact us in need – sometimes just for a chat or, more frequently, to collect prescriptions, food or deliver newspapers. But we have arranged lifts, delivered gloves, delivered cake, replaced light bulbs, and paid in cheques, collected hearing aid batteries, and taken hearing aids to

SEDBERGH & DISTRICT COVID 19 SUPPORT

**A VOLUNTARY SUPPORT GROUP FOR PEOPLE WHO ARE
SELF ISOLATING DUE TO COVID-19.**

WE CAN HELP WITH :-

PRACTICAL HELP AND ADVICE

A FRIENDLY PHONE CALL

COLLECTING PRESCRIPTIONS

SHOPPING

NEWSPAPER AND MAGAZINE DELIVERY

IF YOU NEED HELP PLEASE CONTACT US ON

07872 017730

OR

CVSG@SEDBERGH.ORG.UK

USE OUR FACEBOOK GROUP - SEDBERGH & DISTRICT COVID 19 SUPPORT

Staying Safe



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



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



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



Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:
Copeland and Allerdale 0300 303 3589
Carlisle and Eden 0300 303 3249
Furness and South Lakes 0300 303 2704
Out of Hours 01228 526690
In an emergency, call 999

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

the hospital. We're versatile! All in all we have more than 177 jobs listed on our database, but this by no means reflects everything that's been done, some of these jobs are simply initiating contact between a volunteer and a person in need, from that point on the volunteer has been doing everything requested.

Like so many other volunteer schemes, it has not yet been possible to take advantage of all the volunteer offers we have received. With all the excellent delivery services provided by shops and businesses in town the main service provided remains prescription collection and newspaper delivery. It has certainly taught us something about finding addresses in and around town with people

delivering regularly up Cautley, Howgill, Killington and Garsdale. Initially the Facebook group allowed us to put "call outs" into the general domain and for people to respond with offers, but we now tend to contact volunteers directly in a more targeted way trying to link people with those that they live close to.

With so much neighbourliness in our community, there is lots of support going on outside our group that we know little of and it was typical that there were at least 3 Easter bunnies going round delivering Easter eggs – but I must mention the generous donation of Easter Eggs by HF holidays.

If you know of anyone in need and are not in a position to assist yourself, please don't hesitate to get in touch and we will see if our team can assist in any way.

07872 017730

cvs@sedbergh.org.uk

Facebook – Sedbergh & District Covid 19 Support Group

AVOIDING CORONA VIRUS SCAMS

Alzheimers Society

Here are four ways to avoid coronavirus scams

1. Be wary of fake online companies

There have been reports of people who have purchased protective face masks or coronavirus testing kits online that have then not arrived.

They were purchased from fraudulent sellers who have stolen money from the victims.

Tip: Check you're buying from a real company.

- You can search for a company's details on GOV.UK. This will tell you if they're a registered company or not. If you're buying something on a site you haven't used before, spend a few minutes checking it – start by finding its terms and conditions. The company's address should have a street name, not just a post office box.

- Check to see what people have said about the company. It's worth looking for reviews on different websites such as Which? – don't rely on reviews the company has put on its own website.

- If you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases.

- Also, don't rely on seeing a padlock in the address bar of your browser - this doesn't guarantee you're buying from a real company.

2. Learn how to spot a phishing email

Fraudsters are also sending out coronavirus-themed emails that appear to be from a legitimate company, government department, utility provider financial service.

They attempt to trick you into clicking on a malicious link in the email then ask you to provide sensitive information e.g. personal and financial details. This is known as 'phishing'.

One common tactic used by fraudsters is to contact potential victims over email purporting to be from research organisations affiliated with the Centers for Disease Control and Prevention (CDC) and the World Health Organisation (WHO).

They claim to be able to provide the recipient with a list of coronavirus infected people in their area. In order to access this information, the victim needs to click on a link, which leads to a malicious website, or is asked to make a payment in Bitcoin.

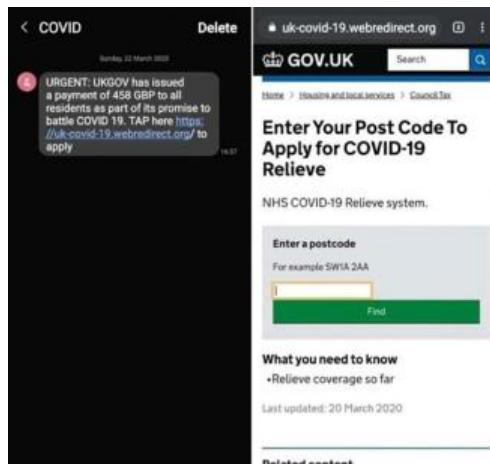
Tip: Be careful where you click.

- If you get an email from a company with a strange email address or one that has never emailed you before asking you for money/payment unexpectedly, don't click on links to download anything. Doing this could infect your computer with a virus. Make sure your antivirus software is up to date to give you more protection.

- There is also plenty of COVID-19 information available online from reputable sources, including Alzheimer's Society, GOV.UK, and the WHO.

Here's a photo of a coronavirus scam. Some scams look very realistic. This is an example of a fraudulent link in a text message impersonating GOV.UK.

3. Stay safe from 'do-gooders' who ask for money upfront





- Project Management
- New Builds
- Extensions
- Roofing
- New Fitted Kitchens
- Ground Works
- Plant Hire
- Drains

Unblocked/Cleaned/Repaired

Contact George on:

Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

Since everyone must now stay at home and avoid unnecessary travel, there have been reports of people using coronavirus as a guise to gain entry to homes and steal.

Whilst isolating, you may be approached by volunteers who you don't recognise, offering to do your shopping for you.

Don't feel pressured to accept help from, or answer your door to, a stranger. Tip: Remember it's okay to keep the door closed to strangers.

- Never hand-over money, bank details or bank cards to someone you don't know who is offering to help you. Offers of help for most things should be free of charge, for example dog walking.

- If someone offers to do your shopping, ask the person what organisation they are from. Make sure to request a receipt so that you can pay for the cost of the items once they have returned.

- If someone claims to be from a recognised organisation, then don't be afraid to ask to see proof (e.g. ID card) or check with the organisation itself.

- If possible, call a friend or family member to let them know that someone has come to the house you don't recognise and discuss the help you've been offered.

4. Keep away from bank or utility impersonators

There are reports of people receiving emails or phone calls claiming to be your bank or utility provider asking you to move money to another account, to make a payment or to provide personal or financial information.

Tip: Contact your provider to ask how they might contact you.

- Check your bank or utility provider's website or call them to see how your bank will and won't communicate with you. For example, find out what type of security questions they'll ask if they phone you. During this time you will notice that banks, utilities and other organisations are providing further support free to all customers.

DEALING WITH THE 21ST CENTURY PLAGUE

Sandra Gold-Wood

Keith and I have moved out of Number Ten after more than 20 years. Our house on Main Street meant a lot to us. However, no one grows younger, so recognising this, we felt it was time to downsize. While waiting to take up residence in our new little house we went to stay with family in Suffolk. The good Lord smiled upon us and we were able to move back to Sunny Sedbergh in early March just about a week before the lockdown. Phew!

A little while after we moved in Keith became quite ill. Bad enough for us to call 111. Yes, it was all a bit scary. We were both tested and stayed in while kind friends brought

us the supplies we needed. Also, I got sick with a temperature, headache and the shivers. However, the tests came back negative, so we must assume we haven't had Covid 19 and behave accordingly. Not sure which was best. Having had it or still hoping we won't get it.

Not having much to do during this time of quarantine a person tends to have time to research words like 'plague'. The definition surprised me a little. I had thought that was the name of the disease that ravished Europe from the 6th century onward. It turns out that the word plague is a utility name for all highly contagious diseases with a high fatality rate. The worse was the Black Death, which killed around 50 million people worldwide between 1346 and 1453.



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Everyday Keith and I go for a daily exercise as the government directs. Keith generally goes up Winder at about 7.30am. I go for a walk round the school, the river and lanes about 8.30am. I have to say that it feels a little strange to be out and about these days, it is almost eerie. It is almost as if I shouldn't be there. Walking into to Main Street I am reminded of the old western films where the hero rides into a ghost town. I keep expecting to see tumbleweed rolling along the pavement. Then, suddenly, you see a familiar face and, keeping your two metres distance, you have a chat of sorts. While at home, if I see someone I know passing by, I find myself rushing out to chat for a minute or two, always keeping a distance of course. Is this what Sedbergh's normally vibrant social life has come to?

Both Keith and I have noted, while out on our walks, that the wild life is

becoming more emboldened. I encountered two fearless blackbirds who were only a few feet from me but did not fly away as I passed. They seemed oblivious to my presence. The small birds seem to have multiplied. I have never seen so many in one hedge; there were dozens, I couldn't count them and they were all singing and chattering. Keith had a close encounter with a hare and then on Easter Sunday morning he bumped into a stag with antlers. Quite a surprise for them both. The wildlife certainly seems to be enjoying all this.

Keith and I meet back at the house around 9.30am and it is time for breakfast. Then after the run of the mill household chores. We ring a few friends, rather than emailing them; a rediscovered pleasure which I think many of us will continue when this plague runs out of steam. We have even learned to 'FaceTime' on What's App. It is not something we ever saw ourselves doing. I have to say that I have found it to be a great comfort. It is good to see the faces of our loved ones and grandchildren. Some of the more skilled 'Technos' among us are able to do something called Zoom, where they can get as many as 10 people all talking to each other. They are even organising virtual parties. We also enjoy the daily explosion of video clips from friends and family. In fact, it is hard to keep up with them all.

One thing I have noticed and others have mentioned this to me, is that despite the fact that we all now have time on our hands to catch up on all the household repairs jobs, or clearing out the garage that we have

been putting off for in some cases for years. Or, maybe, we could actually fulfill long held dreams. The ones we promised ourselves that we would do if only we had the time; like writing that novel or painting that masterpiece. Yes, all those things that have been nagging at the back of your mind for years. Trouble is for me, anyway, yes I have the time but I can't seem to drum up the motivation. Naturally there will be those, who will have found plenty of motivation, after all, because Mr Motivator is on the TV again.

I can hardly believe that I now have the time I so often craved to rest, think and complete some of those creative dreams I have harboured for so long. Or even focus on doing some of those practical jobs which I have put off for so long, like sorting out the photographs or making myself some clothes in a style I favour, rather than settling for what is on the rails in the stores. Then there are all the books I want to read, there's even time for War and Peace now. Easier to watch it on Netflix. However, I have done none of these things. Why? Perhaps 'being busy' in the first place is the greatest motivator.

Actually most of the time I have an odd sensation which feels rather like I am waiting for something to happen. Yes, for the lockdown to be lifted but it is more than that. Is it, I wonder, the collective consciousness of the masses trying to find a way out of this 21st century plague.



COVID-19 SCORING

Dr Gina Barney

You may have seen on the Covid-19 Support Group Facebook, posted on 14 April, that there is an NHS Covid-19 Decision Support Tool used by clinicians should you be hospitalised. It works on a triage method with three domains, each of which attract a score to select one of three pathways for treatment. I am familiar with this process as a senior Chartered Engineer, but we call it Risk Assessment/Method Statement or RAMS for short.

The domains are age, frailty and comorbidity. For age the score is zero if you are under 50 and 6 if you are over 80. For frailty, you score 1 if you are very fit and 9 if you are terminally ill.

For comorbidity the score looks at underlying conditions. You score 2 if you have had a cardiac arrest in the last three years, 1 for hypertension or COPD. You score minus 1 if you are female. When the score is determined you enter one of three pathways depending on your score.

If you score 8 or less you would be Group 1 and considered for ICU based care. If you score more than 8 you would be Group 2 and considered for ward-based care or Group 3 for very high scores, which offers palliative care.

Example 1: a very fit, 80-year old, female with no comorbidity would score $6+1+(0)$ minus 1 = 6 and assessed as Group 1.

Example 2: an unfit, 66-year, male, who has had a cardiac arrest, COPD and hypertension would score $3+3+$

$(2+1+1) = 10$ and assessed as Group 2

This is a basic description. A full version can be found at:

<http://prod-upp-image-read.ft.com/765d3430-7a57-11ea-af44-daa3def9ae03>

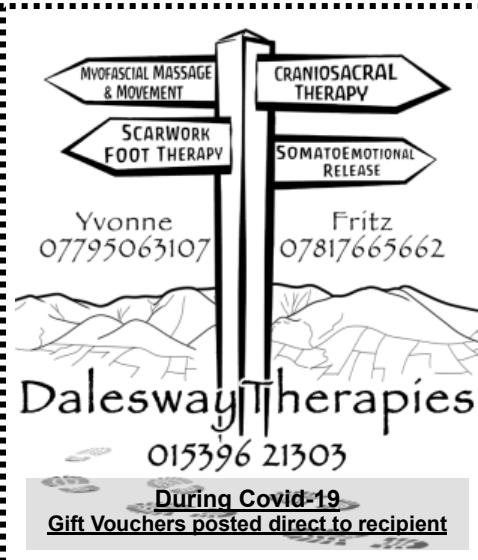
The frailty scoring is based on pioneering work in 2005 by Rockwood et al, who are based in Nova Scotia, Canada. It can be found at:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1188185/>

Some people, especially the older ones, may wonder how the Equality Act 2010 has been pacified where it says:

**CHAPTER 2 PROHIBITED CONDUCT Discrimination 13
DIRECT DISCRIMINATION**

(1) A person (A) discriminates against another (B) if, because of a protected characteristic [age in this case], A treats B less favourably than A treats or would treat others.



BILLY THE CATS VIEW OF THE CORONA VIRUS....

Wendy 7713

Billy the cat here.....Wendy's iPad appears to be available all day long at the moment, so I didn't have to wait for her to have a day off as she appears to be here all the time lately.

So, what's all this fuss about with you humans...? Food shortage, what food shortage.....? I've had at least 10 mice in the last week and they seem to be in abundance

Wendy working from home means there's always someone to let me in and out.....couldn't believe my luck to begin with so I tried it several times....in, out, in out.....yep, it really works...someone at my beck and call to keep me company all day long.....

A car on the drive all the time means me, and Toby have a good look out station for the action on the street.....

I keep hearing the words 'Socially isolating'well let them try and stop me going out.....me and my friends need to be out Hunting in the fresh air as and when we feel like it....to mix with our fellow species. Although I do like this keeping '2 metres' away as I often have to give Neil a slap if he comes to close and annoys me.....

It also means just more time just sitting and pondering and watching the world go by....we also keep to our own patch – none of this 'travelling round the country' for us.....and remember.....pets can't pass on this nasty virus so keep cuddling us....when we allow it of course.....you humans could learn much from me and my pals.....

CORONA VIRUS REFUNDS

South Lakes Citizens Advice

I bought tickets for an event which has now been cancelled because of coronavirus. Can I get my money back?

If an event is cancelled, your refund rights will depend on how you bought the ticket.

If you bought your ticket from an official seller, and the event is cancelled due to a government ban, you should get a refund. This is the case even if the organiser

reschedules, or holds an event behind closed doors. The official seller is the best person to ask about how to get a refund.

If you bought your ticket from a ticket-reselling website, refunds will depend on the site's terms and conditions.

If you bought from a private seller and the event is cancelled or rescheduled, then it is unlikely you will be able to recover your money. We recommend you contact the seller.

Unfortunately, we've found that in these situations scammers prey on those who are affected.

If people or companies offer their services to recover money on your behalf for a cancelled event make sure that you're looking out for the signs of a potential scam.

In happier times, if ticket holders simply change their mind about going to see an event, which is still going ahead, they have no legal right to a refund.

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

housing, employment or any other problems.

South Lakes Citizens Advice is still delivering a service by Telephone and Digital Advice

How to access:

Call 015394 46464 - this is being staffed from 9:30 - 12 noon (this line will open more in due course)

Adviceline: 03444 111 444

email advice via our submission page on our website
www.southlakescab.org.uk

Help to Claim (Universal Support):
0800 144 8 444

THANKS TO SEDBERGH

A Lookaround Reader

Sedbergh is a wonderful place as all of us know!

We would like to thank very much Sedbergh Conavirus 19 Support Group for all they do for so many so quietly; Powells and the butchers for being open and their deliveries; Rycrofts, Post Office, Boots and Health Centre, Spar, Dalesman and Red Lion for ready-meals, not forgetting the Meals on Wheels, which are still cooked at Queen's Hall and delivered by Colin Cowperthwaite and his team. Also, the market traders who still come to Sedbergh.

Also thanks to Lookaround team, St Andrew's Church, lovely cards from Settlebeck School and Sedbergh Primary School for key workers children, masks and scrubs makers, the Soap Company and Bath House for their donations.

Finally, the bakers and cooks and flower growers who put things on doorsteps and for all offers of help. We are very lucky.

COVID COMFORT COOKING

Catharine Driver

Cooking has always been a source of relaxation as well as a necessity for me. Luckily, I went into lockdown with full cupboards because a few days later I was feeling sick and self-isolating with my partner. My brain disintegrated, and the only thing I could do apart from sleep was go through the old family recipes that were firmly in my head.

First stop of the day was comforting soup. Thanks to a regular vegetable box from local nursery, Growing with Grace (<https://shop.growingwithgrace.org.uk/>) I had plenty to work with.

Curried Vegetable Soup

1 medium onion
1 tablespoon vegetable oil
1 parsnip
1 carrot
1 medium potato
450ml vegetable stock
 $\frac{1}{2}$ teaspoon mild curry powder
salt and pepper

Method

Peel and dice all the vegetables. Heat oil in the pan and gently fry the diced vegetables for 7 or 8 minutes until softened. Add the curry powder

and stir for a minute. Add the vegetable stock and simmer the soup gently for 25 -30 minutes until the vegetables are tender. Taste and add seasoning as required. If you have a hand blender, use it to make a smooth soup. You may need to add a little more water. Otherwise, just mash the vegetables up with a fork or potato masher.

Being keen walkers, we always like to have cake supplies in the tin ready for action. Of course, cake also compares well with paracetamol and tea in relieving all sorts of infection - so I decided to make another old family favourite:

Banana Bread

75g soft, unsalted butter
125g caster sugar
2 eggs
200g self-raising flour
2 to 3 ripe bananas (about 250g)
50g chopped walnuts
50g sultanas
50g chopped, dried apricots
50g chopped crystalized cherries
(you can vary the fruit and nuts according to what's in the cupboard)

Method

Heat oven to 160oC. Grease and line a loaf tin. Cream the butter and sugar until soft and fluffy. Stir in the eggs and then mash the bananas and stir into the egg mixture. Add the chopped nuts, sultanas and other chopped fruit. Sift the flour with a pinch of salt and stir into mixture gradually until smooth and blended. Add a tablespoon of milk if it is very stiff. Pour into the greased loaf tin and bake for 60 mins until brown. Use a sharp knife or skewer to check it is cooked inside. Keeps well in a tin and tastes good spread with butter.

a helping hand

Linda Greensmith



07919 152526

lindagreensmith1@aol.com

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Strangely, during our recovery, we found that our wholesome, vegetarian diet was not enough to get us back to full walking and cycling fitness. After 14 days of isolation, it was time to venture out to buy fresh food in Sedbergh again. First stop, minced steak from Peat's and next, the essential bulb of fennel from Powell's. My favourite Bolognese sauce has never tasted better.

Spaghetti Bolognese (enough for 4 or 5 people)

50g chopped streaky bacon or pancetta

1 onion
1 clove garlic
1 carrot
½ bulb of fennel
½ red pepper
1 tablespoon olive oil
500g minced steak (or 400g cooked lentils)
400g tin of chopped tomatoes
1 tablespoon tomato puree
1 bay leaf
dash of Worcestershire sauce
1 teaspoon of oregano, thyme, parsley etc
salt and pepper, water to taste

Method

Take a large, heavy pan or casserole dish. Fry the chopped bacon without oil until it releases the fat and starts to brown. Dice all the vegetables into small cubes and finely chop the garlic. Add the oil to the pan and then fry all the vegetables for 7 or 8 minutes. Then add the minced steak and continue to fry another 5 mins to brown the meat, breaking it up as you stir. Add the tomatoes, bay leaf, tomato puree, and sauce with a little water if needed

to cover the meat mixture. Add herbs, salt and pepper to taste. Simmer gently for at least 30 mins, longer if possible. Best made the day before and reheated so that the flavours have time to develop. I also hand-blend the mixture slightly to break up the mince before eating. Serve with spaghetti and grated parmesan cheese of course.

I cannot guarantee that any of these recipes will actually cure a serious virus, but they did keep us feeling optimistic during a difficult time. Perhaps it'll be time for restorative summer salads next month.

TOPICAL LIMERICK

Jennifer Thornley

I really don't know where to start
Isolation is bad for the heart
This coronavirus
Has rules which require us
To keep more than six feet apart.

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TIM'S LOOKAROUND COLUMN

Tim Farron

Sadly, I feel a bit more confident about predicting what will be going on when you read this than I did when I wrote my last column for Lookaround. I say "sadly" because I am pretty certain we will still be staying at home as much as possible, only venturing out for essentials and to get a bit of exercise. Getting the country back on its feet after this time will take a super human effort on all of our parts.

My team has been working amazingly hard dealing with the massive numbers of you who have been in touch looking for our help and support. The Government gave all MPs a grant of £10,000 to help during this time and we most certainly needed it. All of us are working from home now so we had to urgently set up an entirely new phone system to ensure that when you ring us with a problem your call gets answered. We have had calls from all sorts of people ranging from justifiably scared care home workers who have not got the protective equipment they need through to people who wanted us to put out a call to thank their postman who has been buying and delivering Easter eggs to young children on their round. In every case we have done all we can to help.

Meanwhile, I have been working with a whole range of MPs to call on the Government to address issues that have emerged as the lock down has progressed. So far I have written to the Chancellor of the Exchequer, the Business Secretary and of course the Health Secretary but I am sure that by the time you read this there

Domestic Abuse Support Services Cumbria during COVID-19

To report: Cumbria police non-emergency call 101 or online www.cumbria.police.uk, in an emergency always call 999

No one should suffer domestic abuse.

If you are at risk or experiencing abuse help and support is available.
For more information contact:

LOCAL

Safety Net
for women and men affected by
Domestic Abuse.

t: 01228 515859
e: office@safetynet.org

Gateway 4 Women (Carlisle)
t: 01228 212090
e: admin@cumbriangateway.co.uk

Women Out West (Whitehaven)
t: 01946 550103
e: contactus@womenoutwest.co.uk

Women Community Matters (Barrow)
t: 01229 311102
e: reception@womenscommunitymatters.org

CUMBRIA

Cumbria Victim Support
t: 0300 3030 157 (local)
Mon-Fri 9-5pm and 24/7 Support
Line 0808 1689 111
e: CumbriaAdmin@victimsupport.org.uk

Domestic Abuse Partnerships
Emergency accommodation
Allerdale t: 01900 702660
Copeland t: 01946 598300
Barrow t: 01229 876599
South Lakes t: 01539 73333
Carlisle t: 01228 617079
Eden t: 01768 817817

NATIONAL

LGBT Domestic Abuse Victims
t: 0800 9995428

Mankind Initiative
t: 01823 334244 and
Men's Advice Line
0808 8010327
National Child Line
t: 0800 1111



will be many more. To be fair they have been listening to what we have had to say. No one seems to want to make people's suffering any worse than it is already.

I even found myself in the strange but necessary position of telling people to stay away from the Lakes and Dales over the Easter Weekend. I know a lot of you depend upon visitors for your incomes but at this time we simply cannot afford to have people travelling here from outside the area. I saw some figures from Public Health England showing that Cumbria leads the country for numbers of confirmed cases of Covid-19 per hundred thousand residents. It is simply too risky to have anyone

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www.sedberghredsquirrels.org.uk



coming here. Leave aside the issue of spreading the disease, we all know our local health system barely covers our own needs without having to worry about visitors and second home owners. I was really pleased by the number of people who got in contact to tell me about their postponed plans. I promised them all that when the lock down ends we will give them a welcome they will remember for years to come.

If I can help you in any way please do get in touch. As ever the number is 01539 723 403 and the email is tim@timfarron.co.uk. Also, if you just want to stay in touch with what is going on please sign up to my Facebook page. We are working hard to keep it up to date.

Finally, I wanted to make a big shout out to the Lookaround team. I was amazed when they told me that they were carrying on publishing during this time. I look forward to seeing what this edition looks like.

Anyway let's hope that by the time I write my next column things are beginning to improve.

Stay healthy, Tim
What do you think Tim?

Ed.

COUNCILLORS' CORNER

Cllr Suzie Pye

At the time of writing, lockdown has just been extended after three long weeks. Two words I keep returning to are community and neighbourliness. Whether that is demonstrated through shopping for one another, delivering someone's paper, or phoning for a weekly chat, the local community here has certainly met the need.

Sometimes I think, for whatever reason, we can be a bit slow to ask for help when we need it – perhaps for fear of being a bother. When I had my babies, one of the best pieces of advice I received was to gratefully accept any offers of help. If some poor friend or relative said "Congratulations, let me know if you need anything", I would quickly reply "Thank you, can I give you a pile of ironing?" My point is: if you are finding it challenging to walk the dog, or pick up your prescription, or if you are running out of food – ask for help. There is a cohort of volunteers who have put their names forward as community helpers, and who are literally waiting for a call to action! Remember, if you are over 70 years old you especially should be protecting yourself by staying at home. The Sedbergh & District Covid Support Group contact number is 07872 017730, or email them at cvg@sedbergh.org.uk

Spanish & French lessons
in Sedbergh.

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Alan Marcus 07 3754 26095

Staff at SLDC have been working around the clock, alongside CCC in order to respond to the coronavirus crisis, as well as maintaining their usual services. You may find that you experience some council services in a slightly different way, but the vast majority of services are still there. The situation is constantly changing, so please do keep an eye on the website, or call 01539 733333 for up to the minute information.

I did just want to just point people toward a few places offering help around different areas:

Business

To date SLDC has processed £38 million in government grants for small businesses. There are still many businesses who have not applied though, so if you run a small business, please do visit the SLDC website to check if you are eligible, or call 01539 733333.

Families

Action For Children have a great website, actionforchildren.org.uk with some really useful resources for parents. They are a national charity but they have links locally as well.

Domestic Violence

Sadly, this is something that is exacerbated under the current circumstances. Help can be found at Springfield Women's Refuge (South Lakes) 01539 726171, email refuge@springfieldsupport.org

Also Victim Support 0300 3030 157 or out of hours 0808 1689 111

If you are in immediate danger, always call 999

Debt

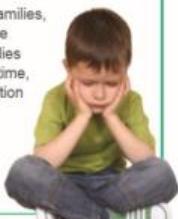
For advice on benefits, universal credit, and employment – Citizens

Cumbria Safeguarding Children Partnership 

Are you concerned about a child?

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

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



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

The Multi Agency Safeguarding Hub on 0333 240 1727 or NSPCC 0808 800 5000. 

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

cumbriasafeguardingchildren.co.uk

Advice South Lakes 03444 111444 or email via the contact form on their website.

Emergency Support

Cumbria County Council and partners have launched an emergency support service for any people and who do not have support available from friends, family or neighbours - 0800 783 1966 or you can email your request for help to COVID19support@cumbria.gov.uk.

Finally, I am always here to help in any way I can: 07584 528 462 or email suzie.pye@southlakeland.gov.uk

Stay safe

GARSDALE PARISH COUNCIL

Philip Johns

Following Government instructions, the Parish Council will not be holding open public meetings until the lockdown has been lifted. Normally, in May, the Council holds its Parish Meeting and AGM but these have been cancelled for this year. All the present councillors will continue in their roles until an AGM can be arranged at a public meeting. If there becomes a need for a regular council meeting, this will have to be done remotely. As clerk, I have temporary enhanced authority to deal with any issues that may arise and, if anyone wishes to contact me, this must be done by email or phone.

The Council and village hall committee were in the process of organising a barn dance on the 9th May to celebrate 75 years of peace in Europe. This is now postponed until later in the year. The Second World War was officially over on the 2nd September in 1945, and it may be possible to arrange this event around that time of year.

These are indeed very strange times. Garsdale is usually quiet, apart from the motorbikes at weekends, and now that we have become accustomed to the social distancing rules, Garsdale has an air of eerie calm and silence. Even the new-born lambs, that dot all over the fields, seem very quiet this year.

The first weekend after lockdown started, there were a large number of covidiot bikers who thought it was still alright to blast their way through the Dale, potentially spreading coronavirus germs along the way.

The second weekend saw a marked reduction but still a handful were out there recklessly defying the new rules, but, I am pleased to note that the message has finally sunk in and, over the Easter weekend, there has been a near complete absence of bikers. Thank you.

Cumbria is a hotspot for coronavirus cases, one of the worst in the country, and we would ask everyone to be mindful of the measures to reduce the infection rates.

Please get in touch if you or anyone needs help or assistance, there are people out there who are willing to help.

garsdaleparishcouncil@outlook.com www.garsdaleparishcouncil.com 07807 909860

SEDBERGH PARISH COUNCIL

Janey Hassam

The Council have not met in April, but hope to hold an online conference meeting on 14th May 2020 at 7.30pm. Any member of the Public that would like to attend, can be sent an invite to this video meeting closer to that time. Information will be posted on Social Media/online and the Parish Council notice board.

Coronavirus

Members of the Council have taken an active role in assisting with the Coronavirus crises and continue to assist the local Support Group. Sedbergh Parish Council is in constant communication with the Emergency Help Group set up by Cumbria County Council, as well as the local area Hub – based in Kendal. The community has seen some

wonderful acts of kindness, with an ever-increasing number of volunteers willing to help those that need it.

Amenities

The public toilets and the playing field at Howgill Lane were all closed for safety reasons and to help prevent the spread of the virus. Loftus Hill and Joss Lane car parks are currently free, to support key workers and to also help prevent the spread of the virus by use of the parking ticket machines.

Wednesday Market

Sedbergh Parish Council took back responsibility for the Wednesday market on 1st April 2020. Members are monitoring the situation weekly, and appropriate measures have been put in place to adhere to current

guidelines, including social distancing.

Other Matters

If you have any queries/thoughts/views at this difficult time, or wish to contact Sedbergh Parish Council, please email me at clerk@sedberghparishcouncil.org.uk

Under new guidance, the Parish Council will not be holding its usual Annual Meetings. The Annual Governance and Review documentation will also be delayed.

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

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

A VIEW FROM THE FELLS



THAT SPECIAL DAY

Sandra Gold-Wood

Liz reached over to her bedside table and turned off her alarm. She smiled and stretched with delight as she thought of the day ahead. Getting up she went to the window and looked out at a bright promising day. It had rained hard during the night but the sun had dried the pavements and the roof tops, making everything look clean and fresh.

Liz spotted her wedding dress hanging on the wardrobe door in its plastic shroud and gave a start. The shape of it struck her as rather sinister, all bunched up like that, it looked as if it was attempting to escape. She shivered as a feeling of foreboding washed over her. The feeling had been disturbing her on and off for a couple of weeks. It felt sometimes as if a hand had brushed her shoulder. Liz wondered why she couldn't seem to shake it off. Her mother had explained it as wedding nerves but all same it still troubled her.

At that moment Liz's mother came bustling into the bedroom with a breakfast tray complete with single red rose in a small vase. A tear slipped down her cheek as she thought of all her mother and father had done for her over the years. When she looked at her mother she spotted a tear on her cheek too. They laughed and embraced. Then sitting on the bed they shared the breakfast tray.

In the other bedroom Liz's father tried to rest. He'd hardly slept a wink all night but it wasn't that he was sad that Liz was getting married, as it was

all the rest of it that was driving him mad. He drank the tea, which his wife had left him and tried not to think of all the things that could go wrong on a day like today. The guest list had been the first problem, with this and that relative not getting on with another, so the table plan had been a nightmare. He sighed knowing he would be glad when it was all over.

Liz went down stairs to pick up the post, and her mother knowing how her husband worried went to talk to him. The doorbell rang. There was that feeling again. Liz brushed her shoulder as if there really was a hand there. She opened the door fully expecting to see her bridesmaid's Lucy and Anna. Instead, on the doorstep stood a man in a shiny suit.



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He was selling double glazing and went straight into his patter, all flashing teeth and colourful brochures, and addressing her as 'Madam', which almost made Liz laugh out loud. The phone rang and Liz tried to excuse herself but couldn't get a word in. So she just left him to carry on while she answered the phone. Checking the hall clock she hoped it was Lucy and Anna with an explanation as to where they were. It was the hairdresser, in fact. Liz heard the words, 'I'm so sorry' and tried not to scream. It was 11.45am and the wedding was at 2pm.

'It's my son he managed to shut his fingers in the door, I have been at A&E all morning, I've only just got home. I should be there in under an hour if I can get the children over to my Mother's. Are you there Liz?'

'Oh, yes, yes, never mind, Beverly, do your best and get here as soon as you can,' said Liz, while thinking that it would have been easier on everyone if she and Peter had eloped.

The front door was still open and Liz saw a motor cycle courier walking up the path carrying a parcel. What now she thought.

'Package for Trobridge, sign here please.'

Liz thanked him and watched him walk away while she just stood there holding the package. Suddenly, she noticed something at the corner of her eye. There in the sitting room was the Double Glazing salesman measuring the windows and tapping his calculator.

'What do you think you're doing?' asked Liz.

The salesman answered that he was just saving time as she seemed rather busy. At that moment Lucy and Anna landed all smiles and apologies.

'Who's he?' asked Mrs Trobridge coming down the stairs.'

'Jeffery Bungay at your service, Madam' as he spoke he pressed his business card into her hand and smiled his special, you know you like me, smile. It had always worked for him. Not on this occasion, however.

Mrs Trobridge saw him off without ceremony pressing the card back into his hand and closing the door with a bang. They all laughed which helped to break the tension. The kettle whistled in the kitchen and they all agreed it was a good time for a cuppa.

It was now 12.15pm and there was still no sign of the hairdresser. The doorbell rang. On the door step stood a very young man, a teenager in fact, with shoulder length hair, wearing scruffy jeans and T-shirt with lettering announcing how wonderful the band The Eagles were. He was the kind of young man Liz's father would have called a hippy. He was carrying a large square case the sort that touring bands use for equipment. Mrs Trobridge asked with trepidation what he wanted.

'You must be Mrs Trobridge, I'm Jake, Beverly is my Aunt, she sent me because she can't get away.'

'Sent you for what?'

Jake explained that he too was a hairdresser and he had come in Beverly's place. By now Liz, Lucy and Anna had gathered in the hall. They all looked at each other and shrugged but what could they do.

'Well Jake you'd better come in.'

Introductions were made. Lucy and Anne went and put on their dresses. Jake styled Mrs Trobridge's hair and then the bridesmaids. He seemed quite competent and the results were more than satisfactory, which eased their minds. That was when Liz remembered the box the courier had delivered. That hand was on her shoulder again and she felt a darkness wash over her. Lucy fetched the box while Jake put the rollers into Liz's hair.

'What on earth can it be?' asked Lucy.

'Yes, it's so exciting, quick open it,' said Anna.

Lucy struggled with the packaging and Mrs Trobridge had to fetch

scissors in order to get into the mysterious box. They all laughed when it was opened as it contained an electric drill that Mr Trobridge had ordered from a catalogue.

At 1.40pm the cars turned up and everyone departed for the Church with hugs and good wishes, leaving Liz and her Dad alone in the house. He stood at the foot of the stair and watched his daughter come down. Mr Trobridge was not the emotional type, but he found it hard to suppress the lump in his throat. 'Your Peter is a lucky man.'

Liz laughed and said she knew. It was time for them to go and a classic white Rolls stood at the kerb awaiting them. Neighbours had turned out to see them off and myriad of good

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CLOSED UNTIL FURTHER NOTICE
But pies, scones and eggs can be ordered

wishes followed them down the path and into the splendid car. That's when she remembered her bouquet was still on the dining room table. Her Dad got out of the car and gave the keys to a neighbour who retrieved it. The car purred into action and they headed off to the Church.

It was just after 2pm when the Rolls stopped outside the Church. Everyone was inside except for a number of local onlookers who cheered her and wished her well. Why then did Liz feel that hand on her shoulder yet again. Brushing her shoulder, she wished the gloomy feeling would go.

Liz and her father stood inside the Church porch and waited for the bridal music to begin. In truth all Liz wanted to do was run up the aisle straight into Peter's arms. And then the doors opened and the Church was revealed. It was a work of art with flowers everywhere, her work colleagues had done her proud. Gone were all the feelings of wanting a simple wedding. This was going to be her special day. Liz could hardly stop the tears spilling over, it was all so very beautiful and then she saw Peter. He was sneaking a look over his shoulder as she walked toward him. His smile told her that he felt the same joy as she did.

It was over and Liz and Peter stood on the Church steps having their photograph's taken. Liz could remember nothing much of the service. She knew that she must have answered, I will and I do, in the right places or she and Peter would not be standing there being blinded by flash bulbs. She looked down at

the ring on her finger and then smiling up at Peter she said 'We did it then.' Peter agreed that they must have done his gentle brown eyes smiling down into her happy face.

Across the road at the Hope and Anchor a pair of brewer's dray horses stood as the barrels of beer were unloaded, it was quite a sight and one that she knew Peter would not be able to resist. He had a passion for the magnificent horses.

Peter indicated to Liz that he was going to pop across and get a closer look at the horses. She waved him on blowing him a kiss. Just then a hand tapped Liz on the shoulder she almost jumped in the air. With relief she saw it was her old school friend, Mary. Mary introduced her husband Jim and apologised for turning up late. Liz didn't mind a bit she felt quite relaxed now. She could hear her father chatting to guests and laughter coming across the church garden. There was a peaceful feeling in the air. Liz told herself that those strange feelings she had experienced were just as her mother said simply wedding nerves.

Looking up at the church clock she was thinking it was about time for she and Peter to get off to the Belstead Hotel for the reception. Just then there was loud and prolonged screeching of brakes and the shocking sound of horses screaming in terror. A strange silence fell over the wedding guests and in the air there was a strong smell of burning rubber. Liz looked around her everything appeared to be in slow motion. She wanted to look across

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the road and see what had happened but hardly dared to.

Outside the Hope and Anchor a lorry was on its side its' wheels spinning in the air and smoke billowing around it. It had almost crushed the dray and the horses were fighting to get away, rearing up and pulling against the reins that held them. It was a terrible sight and those who watched from in and around the Church stared in shock and apprehension.

All Liz could think of was Peter, where was he? That feeling of foreboding came back to her with such force that she felt her knees buckle under her. There was that hand on her shoulder again. Looking up she saw her father heading across the road at a pace. Liz picked up her skirts and ran after him, careless of her wedding dress. 'Oh no', she cried seeing Peter lying on the ground. Dark liquid was seeping from under his body. Liz knelt beside him, fearing the worst, 'Oh Peter, Peter'. Peter heard her voice but it sounded far away. Mr Trobridge and other guests were helping to get the horses under control and they were at last quiet.

Half the wedding guests were now gathered at the scene.

'Oh Dad, he's bleeding so badly isn't he', said Liz. 'Well, I think he may have had a bit of a bump on the head.' At that moment Peter opened his eyes and smiled. 'Oh Peter you're awake, Dad get an ambulance please he lost so much blood, keep still Peter dear.' 'Liz dear' said Mr Trobridge, 'I think you will find that's not blood'. 'Not blood?' 'No,' said Peter sitting up, 'it's beer and I'm soaked in it, he licked his fingers "Timothy Taylors best if I'm not mistaken, a fine start to a marriage". Liz laughed through her tears as Peter announced that he was starving and suggested they all get off to the reception. Laughter filled the air.

The end.

MISSING PLACENAMES

Jane Fisher

Just for fun and to stretch your brains in these strange times, work out the missing 'middle word' to give two local place names

E.G. River (Rawthey) Gardens
(there is a little 'artistic license' used in some)

The first letter of all the missing words will also give you an anagram to solve -which is another local place name! Answers on page 67.

Settle (- - - -) Foot

Fell (- - - -) Manor

Gars (- - - -) Sway

Height of (- - - -) House

Woodside Ave (- - - -) Bridge

Ridd (- - - -) Mire Hall

Flinter (- - - -) Farm

Cautley Sp (- - - -) Gill

Holl (- - - -) Take Wood

ARTHUR BRAMHALL

My Tribute to Arthur, my husband and best friend

Rosemary Bramhall

We have had 61 and a half years of happy married life, 51 of which were spent in Sedbergh

Arthur was born and raised in Thurnscoe South Yorkshire and went to Wath Grammar School. On leaving school he joined the Midland Bank in Mexborough.

He did his National Service in the Royal Artillery and served in the Canal Zone for 12 months during the troubles and holds The Canal Zoners Medal.

After National Service he returned to South Yorkshire and re-joined Midland Bank at Wath, later working at Park Gate, Rotherham then at Doncaster where he was Chief Security Clerk. In 1968 he was promoted to Assistant Manager in Sedbergh and later became Manager. When Sedbergh became a sub office to Kendal he was on the management team there for a short while until he took early retirement.

A lot of people who now live here will not know how much Arthur contributed to Sedbergh Community

and how things he instigated still carry on today.

Arthur together with John Martin, Bob Udale and Harry Eastam resurrected the Chamber of Trade in around 1969 which had been defunct for many years. He was Secretary and Treasurer for very many years, instigated and organized Sedbergh Trade Week, late night Christmas shopping and Father Christmas. In those days Father Christmas distributed gifts to children on the Main Street from a horse and buggy all of which were paid for by the Chamber who raised the money by a Grand Raffle, prizes all donated by Sedbergh Trade people. Later after he retired from the bank and set up a small business restoring antique furniture, he became President of the Chamber.

He helped Settlebeck School set up a bank and several pupils joined the banks locally and made banking their careers.

He was Treasurer of the Peoples Hall for many years and with many others worked tirelessly to keep it in good shape, with regular work parties. There were not any grants in those days.

A Parish Councillor, actively involved in the Royal British Legion, being its President the year the Queen came to Sedbergh School (2000?). An advisor to the local Young Farmers Association, and member of the NFU. An active member of the Gala group, Sedbergh Conservative Association, Tennis Club, Badminton Club, Stage manager for Sedbergh Theatre to name but a few.

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After his retirement he took a back seat in local organisations and concentrated on Crown Green Bowling, which was his passion. At Sedbergh Bowling Club he was treasurer for many years and a very active member until his illness.

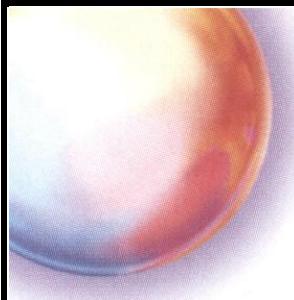
On the home front Arthur was a keen DIY man and between us we did most of our own work, especially decorating and laying out the garden. Arthur did the hard landscaping and I did the planting.

He loved travel and apart from the many winters in Florida at a Sports Complex where he was a competitive member of the Sun and Fun Bowling Club (Lawn Green Bowling) we travelled extensively independently throughout Europe and North Africa, the United States, Hawaii, Canada, Mexico and the Bahamas. We made some wonderful friends and cemented long friendships. As a lover of History and Architecture and the Natural World, he enjoyed exploring new countries and their customs and engaging with local people.

Arthur loved Sedbergh and it's people and was always pleased to come down Black Horse home. He gave back as much as he could. I am proud to have been his wife and to have supported him in all his hobbies and commitments as he did me in mine.

Lookaround sends its condolences to Rosemary, and I would like to add my own. Arthur and Rosemary were very welcoming when we moved to Winfield Road as their neighbours, and we will miss Arthur and his cheery sense of humour very much.

Ed Welti.



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RHUBARB ALMOND AND POLENTA CAKE

Jude Gaddes

2 large stalks of rhubarb, cut into small chunks

175g butter

150g golden caster sugar

200g ground almonds

4 medium eggs

1tsp vanilla essence

zest of 1 orange

juice of ½ an orange

75g polenta

1 tsp baking powder

pinch of salt (optional)

seeds from 10 cardamom pods, ground up

2 tbsp flaked almonds (to sprinkle on top)

2 tbsp brown sugar

Method

1. Mix together the rhubarb and brown sugar and set aside for an hour.

2. Grease the sides and base of a 9" cake tin and line the base with grease-proof paper.

3. After the rhubarb has macerated, drain off liquid and set oven to 160C (140C fan)

4. Beat together the butter and caster sugar until light and fluffy.

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5. Beat in the ground almonds, then eggs, one at a time.

6. Fold in vanilla, orange zest & juice.

7. In a small bowl combine the polenta, baking powder, salt and ground up cardamom seeds. Then fold into the main mixture.

8. Turn the mixture into the cake tin and arrange the rhubarb over the surface and sprinkle with flaked almonds.

9. Bake for about 75 minutes until the center springs back when touched or a skewer comes out dry. Cover the top with foil if it is browning too quickly.

10. Eat neat as a cake or gently warmed as a pudding with ice cream, clotted cream, or custard.

ROYAL BRITISH LEGION

If you or yours have ever served in any of our armed forces and you feel that the Royal British Legion can help you in any way, please call 0808 802 8080 (free phone).

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 £17.00 - call 20964
email: dmparratt@gmail.com for a form.

For more information, visit our website:

<http://branches.britishlegion.org.uk/branches/sedbergh>



DENTDALE CHRISTIAN FELLOWSHIP

John and Sarah Woof

Obviously none of our events are taking place. We all celebrated Passover and Easter in our own homes. At Easter a cross was erected in Rhumes garden at Dent; on Maundy Thursday a bowl and towel represented Jesus washing the feet of His friends. Friday saw a crown of thorns and on Easter Day flowers as celebration He Is Alive!

Churches empty and so is the tomb. Hallelujah!

We are here, praying and supporting, trusting God here and still loving us. Our events, which will resume, are just part of our walk with God and our sharing His love. God Bless.



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CHRISTIAN AID IN SEDBERGH AND DISTRICT

Anne Pitt

On behalf of the local Christian Aid Committee

Christian Aid Week runs from the 10th to the 16th May and this year because of Covid-19 it cannot take place in its usual form with house to house collections and other contact activities.

Many people in our local communities are hard hit not only by the devastation of bereavement and reduced health but by loss of income and financial stability. All these factors have subsequent impact on all charities which seek to support those who fall through the gaps nationally and internationally. As we are all

sadly all too aware, though we are an island what happens even at the most distant point of our planet can affect us here within months if not days. It is indeed a small world we live in. We need to enable people wherever they are to have a decent standard of living and access to the necessities of life and move them out of poverty to ensure some stability of life for all. So sad to consider that with our own health service stretched as it is what it must be like in countries like Sierra Leone where it was reported in the news this week that there is only one ventilator in the whole country.

So what is happening in Christian Aid Week? Well a message to all Christian Aid supporters is to be found on the website, www.christianaid.org.uk . Amongst other things it says: "Dear supporters...Christian Aid Week is moving online! We are building a vibrant, virtual Christian Aid Week so you can take part with our online community. We would love you to join in to show love for our neighbours near and far, as a global family. During Christian Aid Week it's more important than ever that we come together as a community to worship and to share fun and fellowship. That's why during Christian Aid Week we will be live-streaming worship each day, and hosting a fun daily quiz to join and raise funds. Our new resources are designed to help you pray, raise funds, and connect with friends and family during this time of coronavirus.

Our global response: Christian Aid and our partners already have experience of limiting the spread of

infection during the Ebola crisis, and we will build on this experience to continue to stand together with communities living in poverty during this period. If infection rates start to develop as they are in Europe, then people in poorer countries will be hit even harder. Many are already living with reduced health resilience because of extreme poverty, or in overcrowded humanitarian camps and in countries which do not have the healthcare infrastructures needed to combat widespread disease. We will be working on the ground to help prepare communities to limit the impact of Covid-19. Please pray for us in this vital work, and support us where you can by making an online donation.

We are praying for all those affected by this new virus, both in Britain and overseas, for all those working on the frontline and for wisdom for our leaders. We will continue to monitor the situation as it evolves"

If you able to go online you can click on links to gain access to the daily quiz and to other resources. Also, if you are in a position to help enable the work of Christian Aid, donations can be made via the website or over the phone by calling 020 7523 2269. Currently there is a delay to processing donations by post so these alternative methods are preferred.

As a local committee we'd like to thank all of you who have so generously supported the charity over the years and look forward to the time when we can get back to meeting you face to face again at future events.

FUNERALS – CALL FOR RESPECT

Rev Ashley Henderson

A Kendal clergyman has backed calls from a funeral director for the return of an old tradition and has appealed to the public to show a certain mark of respect for any passing hearses or funeral processions whilst lockdown measures are still in place. Local funeral directors have asked the public to resurrect the tradition of paying respect to a passing hearse, whether it be through bowing your head, stopping for a moment or removing your hat.

The request comes as funeral numbers are extremely limited to allow for social distancing measures,

as the country continues to fight the spread of coronavirus.

In order to protect staff and our clients limousines for families to travel to the funeral cannot be provided, so often there is a lone hearse travelling through the streets to the crematorium or cemetery, sometimes the family may be following behind in their own cars, but this may not always be possible.

Over the years, the old tradition of stopping as a mark of respect while a hearse travels by has mostly been lost. Some people still stop to pay their respects, but people often don't notice or are too busy to stop. With so few people being able to attend funeral services, it is lovely to think of people paying their respects in a different way, as a hearse passes by.

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SEDBERGH POETS

Carole Nelson

Hello Sedbergh Poets! Here are all your Haikus on the subject of Spring, 17 in total, which is a tremendous effort. Thank you all. When we started we were all still working, busy with every day stuff, well now there's no excuse everybody, you do have time now to try.

Now here's the very exciting part. When we have collected all the poetry from the next months, (one Challenge per month), Sedbergh is going to create a Poetry Trail featuring examples of your work. This will be plaques and carvings outside, calligraphy and illustrated verses framed and poems with photo illustrations inside all in the public spaces; there will also be a leaflet showing visitors how they can follow the Poetry Trail around our lovely area.

Come on now everyone, any age and ability. Try the April Challenge to write a TRICUBE on the subject LEARNING. (See all the details of the April Challenge in the Lookaround and on <https://www.sedbergh.org.uk/book-town/> and on Sedbergh Community Forum.)

NB You can continue to put your entries through the door at Sleepy Elephant, Main Street, Sedbergh or send it to booktown@sedbergh.org.uk. (If emailing please make your entry as correct and tidy as you can so it's easy to reproduce.)

POETRY NOT YOUR THING? – COMING SHORTLY – ‘STRANGE TIMES’ WRITING COMPETITION see page 79 for details.

Floods

Rain falls from grey clouds
Floods over the muddy fields
Lambs in macs

Woods

Celandine sunburst
Pungent white Ransoms explode
Bluebell rug

Lamb Springs

Lambs frolic in gangs
Racing along the field's edge
Springs for legs

Return

Longer days return
Feel warmth again on my skin
My mood lifts

Blossom

Fells still mist hidden
beck is brim full, sky clay-grey
While pink blossoms dance

Today

Today soft slant rain
displaces days of downpour
blackthorn heralds spring

Advent

Buds become flowers
lambs' tails lengthen
Spring is approaching

Spring

Spring has sprung, hoorah!
chance to dance your blues away
Live your life today.

Daffs glow golden light,
Crocus, purple, yellow, white
Snowdrops shining bright.

Bright nights, bright mornings,
Spring flowers bloom all a-knowing
herald Spring, no warning.

Spring to your feet, meet
Spring's coiled energy and
Spring's showers retreat.

Lambs in woolly vests
Baby birds in cosy nests
Young bunnies, leverets.

Spirits lift, sun warmer,
Birdsong rising, nests thriving
Brings Summer longing.

Crows

The crows catch the wind
They hurtle across the sky
What fun it must be

Shoots

Spring is sprung,
The grass is riss,
I wonder where my mower is?!

The Nature of Cats

Urgent mews downstairs
A fieldmouse rescue required
Time for the cat's bells.

First Signs on Crook

Lone clumps of frogspawn
Bitter wind. Can it be Spring?
The first skylark sings.

Equinox

Here, March Equinox
Bumble bee and railway arch
Sunshine lifts spirits



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MAY POETRY CHALLENGE 3

Carole Nelson

Write a short poem on the subject
'Sedbergh folk then and now', in
blank verse. Sedbergh has always
had its share of characters, please
describe one or some of them, or a
funny or dramatic incident involving
someone you know.

Blank verse is a type of poetry
written in a regular meter that does
not contain rhyme. Blank verse is
most commonly found in the form of
iambic pentameter, which has a
consistent meter with 10 syllables in
each line; unstressed syllables are
followed by stressed ones, making 5
pairs, a pentameter.

Michael by William Wordsworth:

Upon the forest-side of Grasmere
Vale There dwelt a shepherd, Michael
was his name;

An old man, stout of heart, and
strong of limb.

His bod'ly frame had been from
youth to age

Of an unusual strength: his mind
was keen,

Intense, and frugal, apt for all
affairs,

And in his shepherd's calling he
was prompt

And watchful more than ordinary
men.

(62 words)

Birches by Robert Frost

When I see birches bend to left and
right

Across the lines of straighter darker
trees,

I like to think some boy's been
swinging them.

But swinging doesn't bend them
down to stay

As ice-storms do. Often you must
have seen them...

(42 words)

Matthew Cook

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Frost creates a poetic melody
through the use of iambic pentameter.
You can measure this in any of the
lines, such as in the first:

"When I see BIRCHes BEND to
LEFT and RIGHT."

As di DAR di DAR di DAR di DAR
di DAR.

It sounds a little complicated but it
isn't really, e.g. 'My boy friend drives
the fastest, reddest car', and, as you
see, our two examples have very few
words.

Suggest characters you know, like
Freda Trott, Lester Garnett, Dennis
Whicker and so many more. Please
give this a go and you have plenty of
time. If you are mentioning someone
who is alive, please ask their
permission.

As before: post your efforts through
the door of Sleepy Elephant, 41 Main
Street, Sedbergh or email to
booktown@sedbergh.org.uk, closing
date May 30th 2020.

CHOCOLATE CAKE

Francesca (10yo)

Ingredients

- 5 mini flakes
- 65g cocoa powder
- 4 medium eggs
- 260g self-raising flour
- 260g caster sugar
- 260g butter (softened)
- 1 pack of maltesers

For the Buttercream

- 150g butter (softened)
- 300g icing sugar
- Cocoa powder to taste

Method

1. Preheat the oven to 180°c/160°c fan.
2. Cream together the butter and sugar with a fork until smooth.
3. Add in the eggs, flour and cocoa powder.
4. Beat until smooth.
5. Grease and line two sandwich cake tins (if you have them) or one normal cake tin.
6. Pour the mixture evenly into your cake tins (if using two).
7. If using two cake tins bake for twenty-five minutes. If using one bake for 40-45 minutes. Insert a skewer into the middle and if it comes out clean it is done. If not bake for five more minutes. Carry on doing this until it is baked.
8. To make the buttercream cream together the icing sugar and butter until smooth.
9. Add in the cocoa powder and mix.
10. Take out the cake from the tin and cut in half if using one tin. If not just take the cakes out.

11. Spread buttercream in the middle of the cake but only use half of it.

12. Spread the other half of it on top of the cake.

13. Decorate with malteasers and flakes.

14. EAT!

SETTLEBECK SCHOOL

S.Campbell

This time is challenging for all of us but for our young people it has presented the additional challenge of school closure. Without exception, we couldn't be prouder of the way in which Settlebeck School students have adapted to this new way of living. From creative marble runs, outstanding home cooking and homemade samba bands to online learning they have taken it all in their stride. This situation has given them the opportunity to explore learning in a different way and it has been a pleasure seeing their creations on the school Facebook page. Some of our students chose, without direction from the school, to send cards to some of the older generation in Sedbergh which I know was well received and has shown how caring and thoughtful young people can be. We are grateful to our parents who have also had to adapt to home learning whilst many are still working. We simply cannot say how long this situation will continue but what we do know is that during times such as these community is more important than ever. We are grateful for the continued support from our local community and look forward to when we can all return.

SEDBERGH SCHOOL NEWS

Karen Bruce-Lockhart

Halfway through March the Corona virus precautions began to bite. The Sedbergh U16 Sevens took place on Saturday 14th March, but on Tuesday 17th March all outside fixtures for the rest of term were cancelled, as were the Sedbergh National Rugby Tens at the end of the month. The Prep School play and the House Singing competition would go on but no parents would be allowed to attend. The BBC Young Choir of the Year due to take place on Saturday 22nd March was postponed.

Pupils and staff who ran a temperature were sent home and quarantined for two weeks.

Pupils from countries such as Kenya and Germany went home while it was still possible to fly.

On 17th March matters were carrying on as normal but on Thursday 19th March, following the Government's decision the night before, the decision was made to send the pupils home on Friday, 20th March at 2 pm, and this was carried out.

This, of course, meant that the Wilson Run had to be postponed. The weather since half term had meant in any event that no practice runs had been possible on the course as the ghylls and becks were too full of water to be safe. The weather, inevitably, turned clear and drying over the weekend creating what would have been perfect conditions.

A system of remote teaching following the normal school timetable (apart from Saturday) was put in



place. Saturday lessons will be moved to Wednesday and Thursday afternoons - normally games etc. This includes daily physical, academic, cultural and social activities to take part in. Contact with Tutors and Housemasters are daily events, and the chaplaincy team, School Counsellor and Wellbeing Coordinator continue to be available.

Unfortunately, on 20th March one pupil in Evans House was thought to have symptoms similar to coronavirus, which meant the School had to advise all Evans pupils to self-isolate for 14 days. However, all was well as the tests proved negative.

On Monday 23rd March the Headmaster delivered his first ever "virtual assembly" speech, and school began remotely. On Tuesday the upper School, the Prep and the Mulberry Nursery premises were shut down except for essential work – the nursery transferring to the Spotted Dog Nursery in Burton-on-Kendal. The staff would teach from now on from home. The Easter Courses were also cancelled.

The 1525 Lunches normally held in May have been put off but may take place in October, depending how things develop.

Term came to an end with special thanks to the technology staff and the teaching staff for the work done in setting up the remote timetable and teaching.

During the holidays various activities have been suggested by both Schools, such as a photographic competition, physical exercises etc were organised through the internet,

and challenges of various kinds each day – run up enough stairs to reach the top of the Empire State, do household chores, iron clothes, bake, write poems, make the best and longest marble slide, etc.

The School has set up a fund to help members of the local community and to help those who have been hit hard by the economic changes with school fees. It has also given assistance to the Medical Centre during the present crisis.

On Easter Sunday the School Chaplain, the Rev. Paul Sweeting, preached a sermon on social media, partly from in front of the chapel and partly from the top of Winder and High Winder. He also read the 121st psalm and played a recording of the award winning School Choir singing I Will Lift Up Mine Eyes Unto the Hills.

Soccer

The School's 1st XI finished the season on 14th March with an unbeaten history.

Netball

The first netball team travelled to Stevenage for the National Finals, the second time they had done so. They finished fifth but were pleased to have made it into the top ten in the country.

Running

Fraser Sproul was the first Sedberghian (and indeed the first from Cumbria) to win the English Schools Cross Country Championship

Combined Cadet Force

G Moss has been awarded a Lord Lieutenant's Certificate of Meritorious Service for cadets.

Future Events

There is not much to report under this heading! Term will have begun on 20th April with a full normal teaching timetable as above, although a "virtual" one.

On 2nd May there will be a virtual Open Day - for more information and to register <https://www.sedberghschool.org/senior/virtual-open-day>. And the Prep School will also have one on 8th May.

And finally

Reuben in Year 3 wrote the following prayer as part of his home learning:-

Dear Lord, we pray for all those people affected by the corona virus. We send our love to those people who have lost loved ones. We think about those people who are lonely just now. We pray for those who are in hospital or unwell. Please help them to get better soon. Amen



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THE TALE OF THE KIT-KAT

Sandra Gold-Wood

Way back in the decade of platform shoes and flared trousers I was working as a Store Detective. Strange occupation for me, considering I'm under 5ft tall or short depending on how you look at it. Nevertheless, it was my employment at that time. I had finished work for the day a little late, having caught a youth bunging a record up his jumper, as they do. Being late leaving work it meant a half an hour's wait for the bus home.

Having time to waste I decided to go into a café close to the bus stop and get a cup of tea, well, why not? As I recall the weather was fairly brisk and waiting outside at the bus stop had little appeal. Inside the café I joined the short queue. When it was my turn I ordered a cup of tea and a Kit-Kat. Looking round the café I noticed that there were no spare tables, so I should have to share - not life threatening but, like most people, I preferred not to, especially as this café was one of those masculine strongholds, frequented by builders. Luckily, not at this time of day. However, the clientele was still mainly

chaps, apart from one elderly lady whose demeanour was such that you felt sure she would not welcome a table share.

I sat down opposite a man in a crumpled suit, who was hiding behind a newspaper. He grunted his agreement when I asked if I might share his table. I took this as a yes and sat down. I sipped my tea and opened my Kit-Kat and I bit into one of the sticks, 'mm!' What happened next was a shock to say the least. As, quite uninvited, he also picked up a stick of my Kit-Kat and ate it. We looked at each other across the table, he glared, I glared, I mean what do you say? I moved the bar of chocolate closer to me. He turned an interesting shade of red and got up. In a state of bewilderment, I watched as he brought a doughnut and sat down at another table. I was relieved, I mean what next, my tea?

As quickly as I could I finished my refreshments and headed for the bus stop, laughing to myself. It would be a good story to tell the children when I got home. I was extremely glad to see my bus coming. Great, I wouldn't be too late getting home, it being

Monday the traffic was quite light. I rummaged in my handbag for my purse. Slight panic as I thought I must have lost it. When the bus came to a halt I climbed on, still looking for my purse that is when I found it. No not my purse but the Kit-Kat. Have you ever felt a fool? I'm sure the bus driver wondered why I was blushing. Worse than that whatever did the man at the table think? Why does the crackpot always sit next to me springs to my mind? The only thing I can hope is that he saw the funny side as I did. I laughed all the way home.

Poem by SGW 1988

Why does the crackpot always sit next to me?

I'm a very funny woman, no, don't laugh it's true.

I feel like all my life I have been living in a zoo!

I'm sure you know the feeling we're all a bit paranoid.

Just have a little patience and don't get annoyed.

I'll relate a little story that really happened to me

Talk about eggy faced, embarrassed, well who wouldn't be.

I went in to a café, by chance, just for a drink,

I'll buy myself a Kit-Kat, I fancy that I think.

I look around no spare tables, so I'll have to share.

I ask this guy if he minds, he doesn't seem to care.

I open up my Kit-Kat and bite it daintily,

And then to my astonishment, so does he!

I look at him, he looks at me, and not a word is spoke.

I smile a little as you do perhaps it's some kind of joke.

I move the biscuit close to me and eat it quick for fear,

he might take another bite, I think, I've got a right one here.

With that he gets up, buys a bun and sits away from me.

I'm happy, I mean, he might have pinched my tea.

I leave the café to catch my bus laughing with relief,

Thinking what a cheeky sort, a strange kind of thief.

Here's comes the bus, now where did I put my purse,

And digging deep trough pockets I begin to search.

And that's when I find it, oh God I am a pratt.

All the time it's been in my pocket; Yes, that's right I ate his Kit-Kat!

The advertisement for Smart Design and Print features a large blue teardrop graphic containing the text "GREAT QUALITY & SERVICE". Below this, the company name "smart" is written in a stylized pink font, followed by "Design and Print" in a smaller white font. A pink horizontal bar at the bottom contains the phone number "Call us today: 01539 620788" and the email address "Email: office@smartdesignprint.co.uk". A black banner at the very bottom states "FREE local delivery for orders over £20". To the left of the main text area, there is a collage of various printed materials and photographs, including a "WELCOME" sign, a "WEST POINT" sign, and several scenic landscape photos.

MY FAVOURITE DESSERT

Laura Reeves



Ingredients

300g of white chocolate

600g of soft cheese

284ml double cream

50 g caster sugar

200g raspberries

10 tbsp raspberry or strawberry jam

200g strawberries

Amaretti biscuits or chocolate chip cookies

Method

1. Melt the chocolate in a bowl over a pan of boiling water.

2. Mix together well the soft cheese, cream and sugar.

3. Fold in the chocolate once cooled considerably

4. Line a loaf tin with cling film and spoon in half the mixture.

5. Mix half the raspberries with half the jam and spoon this on top.

6. Spoon on the rest of the cheese mixture.

7. Press in the biscuits and put in the fridge to chill overnight.

8. With the rest of the jam and almost the rest of the raspberries (leave a few for decoration) heat in a

pan then blend until they make a sauce. Let it cool.

9. Turn the now solid cheesecake onto a plate and decorate with the sauce and the strawberries and raspberries.

10. If you had any melted chocolate left over you could drizzle that onto greaseproof paper and also chill and then you have chocolate shards to decorate with too.

IN THE KITCHEN QUIZ

Heather Pakeman

All the answers to the following can be found in the kitchen. And also on page 67.

1. First the worst, 2nd the best, 3rd the dirty.....

2. The wrestler decided he would concede and threw in the

3. The football team were first in their division and won the

4. The boss entered the room, he thought he was the big

5. The atmosphere was very tense, you could cut it with a

6. The young girl zoomed around the mountain bike course. She had a lot of

7. Popeye's girlfriend.

8. The old couple were always exaggerating and everyone took what they said with a pinch of

9. The boy was always happy to help. He was a good

10. The film star was very good looking. He was a real

GALA IN DAYS GONE BY



This month we would have been celebrating Sedbergh Gala, which will now, hopefully, take place later in the year.

Here are a few photos from Colin Cowperthwaite's collection to remind you of what you're missing. And some pictures of Sedbergh stones in the gaps!



CHAMBER OF TRADE

James Ratcliffe

A copy of the recent email sent to members of the Sedbergh & District Chamber of Trade & Business with added notes for other businesses and the community of Sedbergh from the Chairman of the Chamber of Trade;

Hi All,

Hope you, and your families are keeping well?

Quite a lot has passed since our last meeting. These certainly are strange, and challenging times, with no idea of timescales, and what this will bring once it's all over. Some of you will be closed, whilst others will be busy trying to make the best of the current and ever-changing situation.

As you are no doubt aware our business is closed, with no idea when

we will be allowed to reopen. As you might imagine it's heart-breaking watching a business you've built from scratch close its doors. The financial implications are huge and even when we do manage to reopen there will be a difficult period ahead of us. I've spent the last few weeks muddling through government information and advice, examining the best what's best for the business and best for the team, including furlough procedures, rate rebates, grants and business continuity loans and pretty much anything else that might just help.

Maintaining our motivation has been difficult at times, especially when there doesn't seem to be an end in sight, being proactive is sometimes hard but we continue to try. It's a difficult position to be in, but



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I'm sure many



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of you will have been faced with similar dilemmas.

From a business point of view, we've examined the possibility of providing takeaway meals and ready meals and even opening up as a deli type food outlet selling wines and beers but we took the decision not to, primarily to ensure our team weren't put at risk.

That said, we want to do something to support the community, which is why we've now started to bake bread again on a 'not for profit' basis (available in Powell's Tuesday and Saturday), and we are also looking at other charitable options to support the wider community. Aside from that we are now planning for the future and eventual re-opening whenever that may come. In the meantime, we are making the most of this time to be with each other as a family and value the people around us.

This really is a time that businesses in the town need to communicate and try and pull together. We all are confronted by this unprecedented event, there are no right or wrong answers in dealing with this, but we need to try to pull together as a community to do what we think is best.

It would be good to hear from you to find out how things are going, the challenges you have faced and continue to face, the successes you may have had and any concerns you may have for the future.

There are various ways we can do this, through email, WhatsApp groups, Zoom gatherings if people would like 'face to face' support or

just simply pick up the phone and call.

As I have said I've been exploring different options to help us, and although I might not have the answers, I'm happy to chat to any of you.

My mobile number is 07989564837 if you don't have it.

Best wishes to you all,

If you are not a member please don't be afraid to contact us if you have any concerns, or advice to give other businesses. The more input we can get from all businesses in the area the more effective we can be in representing Sedbergh & District's business needs and its potential impact within the community. If you do want to join, that's fine, but as I'm sure you may realise the more, we come together the more effective we can be, especially in uncertain times like these.

The community in Sedbergh needs to support its local businesses, and to support each other. Unlike many communities we are fortunate to have the range of businesses that we do, many have been invaluable in supporting us and the least we can do is continue to support them now and in the future.

Those that are open are providing an excellent service, doing their best for the community and keeping everyone safe too. It certainly can't be easy. For those businesses continued support, and patience, where needed, is vital. I hope that at least recent events have highlighted to us all how important they are, and our shopping habits will reflect this



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once we finally return to our ‘new normal’.

For those that are closed they have other adjustments to make, and inevitably are facing their own difficulties. They also need the support of our community; it might be helpful for people to think about how they can interact with these businesses once this is all over. Contacting businesses may be a good idea to allow them to begin to work out how they tailor their business to meet local needs and even begin to adapt. I’m sure like many they will want to be flexible, to listen and to change, especially as none us know how things will turn out. Every business is different so simply reach out, and I’m sure they’d tell you how you can support them.

The important thing is that we follow government guidelines, stay safe and fight this together as best and as quickly as we can. We’re very lucky to have a community like that of Sedbergh and District, and these events have certainly highlighted that fact even more.

B4RN FOR SEDBERGH

Douglas Thomson

Who would have thought that such a tiny thing could cause so much disruption. The virus has caused work on installing ducting to be stalled but planning for bringing B4RN into Sedbergh continues. I am working with B4RN staff to put in place those things that can be done while we are in lockdown. Whilst most B4RN staff are working from home their engineers are still working in the field when necessary. You may know that recently they quickly mended damaged fibre that caused parts of Cautley and Garsdale to lose their connection.

When lockdown ends B4RN volunteers will be running a market stall and public meetings so that residents will have the opportunity to hear what is proposed and ask questions. Of course, those who already have B4RN’s service will not be worrying about reductions in speed due to the present heavy demand on the internet as its 1,000 Mbps service is unaffected by heavy usage.

NEWS FROM THE T.I.C.

Laura King

Hello, my name is Laura and this is my very first post for the Lookaround. I will start by saying a warm hello and would like to take this opportunity to introduce myself as the new manager of the TIC.

I have taken over from Andi who, I am sure you will all agree, did an absolutely wonderful job at the TIC and for the local markets. So, my first and most important message is to say a really big thank you on behalf of the board of directors, the volunteers and myself for all of his hard work and dedication over the years. Thank you, Andi.

I also want to say a special thank you to Mike Clarke who has been working extra hard keeping our website up to date with all the local changes regarding the coronavirus. If you haven't already, please do be sure to check out the information provided on Sedbergh's website www.sedbergh.org.uk

Sadly, we had to make the decision to cancel the April, May & June Artisan Markets. We are hopeful to have the remaining Artisan Markets back up and running from July and once they are, we hope that the community will come and visit the market to support the local stall holders and enjoy the atmosphere which we all miss.

Covid-19 is obviously going to have a significant impact on our local Tourism Industry. Many of the businesses here rely heavily on tourists visiting the area, and as the Tourist Information Centre for Sedbergh, it is our role to promote

and entice as many of these visitors back. As soon as it is safe, and we have the go ahead from the Government, we want to be ready to encourage people back to our beautiful surroundings!

On a personal note, I have been so encouraged to see such an amazing community spirit throughout all these uncertain times. The community should be very proud of themselves and I will look forward to meeting so many of you when life can start returning to normal.

PEOPLE'S HALL NEWS

Dr Gina Barney, Hon Secretary/Treasurer, 20790

ANNUAL GENERAL MEETING

This was held electronically this year on, 6 April 2020, with all Trustees "attending". This is an abbreviated note.

The Chair's (erudite) report and Treasurer's Report were accepted. The following nominated Trustees

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were elected: Dr Gina Barney, Mr Ian Hutt, Mr Steve Longlands, Mrs Sandra Longlands, Mr Chris Wood, Mr Keith Wood and the following Representative Trustees were elected: Ms Pam Drower (Sedbergh WI), Mr Stuart Wetherell (People's Gym), Mrs Sandra Gold-Wood (Rose Theatre Group). There is a vacancy for a further nominated Trustee.

Following the AGM, all officers on the Management Committee agreed to remain in role: Chair, Mr Steve Longlands, Vice Chair, Mrs Sandra Gold-Wood, Secretary/Treasurer: Dr Gina Barney, Booking Secretary: Mr Chris Wood. Full minutes of the AGM are available.

COVID-19

It was noted in the Management Committee minutes that the Hall had progressively closed according to Government guidelines. It presently is "mothballed" and being checked regularly for condition. It is ready to open if required. The Hall, as most charities, has basic outgoings it cannot reduce to set against a no income scenario. The Committee has reduced outgoings to the basics of insurance, electric and broadband standing charges. In these circumstances it will be able to continue for six months, before looking to its reserves.

RE-ROOFING THE HALL ROOF

It is unfortunate that work cannot at the present time start on the roof. When lockdown is relaxed it is hoped this can start. The Government seems keen to see the construction industry returning to work at an early opportunity.

KILLINGTON W.I.

Wendy Fraser-Urquhart

What a wonderful meeting we would have had yesterday. I am writing this on 15th April, last day as usual. Unfortunately, as the sun was streaming into the committee room, it might well have been difficult to see the old films of Cumberland and Westmorland which Jim Bownass would have been showing us. Now, we might have the chance to view them on a duller day. Sadly, although the blinds in there are most attractive and sufficient to keep the sun out of one's eyes, they are certainly not blackout blinds. As we always meet in the afternoon I suppose we notice that more than most. Many talks nowadays include projecting information onto the screen from the speaker's laptop.

Although our meeting couldn't really take place, we are keeping together in spirit. The messages, sent by wondrous modern means, literally right round the globe, are maintaining contact. We were delighted when Avril and Sean managed to come back from their exciting trip to New Zealand, but we still have one valuable member marooned abroad, but happily with family.

COVID 19 is certainly wreaking havoc with all our lives. How lucky we are to be in Sedbergh and its environs. Our shops, services and friends are caring for us well. I never did receive a letter from Boris, or anyone else, to tell me that I'm vulnerable, but have had lots of offers of help and support. A BIG THANK YOU TO ALL THESE LOVELY FOLK

- FROM ALL THE MEMBERS OF KILLINGTON WI.

Our WI Federation, based in Kendal is continuing to "work from home", so it can still be contacted online for advice and members of our own committee can be reached by phone.

A word of advice for Sarah - next time you fall over make sure that you are standing on a bouncy castle. Seriously though, we send you our best wishes for a speedy recovery of your broken wrist. I have heard that super glue is magical.

When I was visiting my brother, Pete, just before the lockdown, we discovered a journal that my mother had kept as her household account book from the time they were married on September 11th 1933. It is fascinating so, instead of poetry, I might regale you from time to time with entries from the journal. After all, housekeeping has to be a relevant WI interest! For now, suffice it to say that their total income was £3-00 per week and the rent, for a terrace house in Liverpool, was 14 shillings and 11 pence [75p]

Keep safe and don't overspend!

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SEDBERGH W.I.

Moira Folks

Who would have thought just a month ago when I wrote my last report, how much our lives would change in a few weeks? We talked about so many plans for the coming months at our March meeting: several local WI Federation meetings, our walking group holiday to the Wye Valley, the VE Day 75th anniversary on May 8th, Sedbergh Gala. Two weeks later, we were in Lockdown and everything was swiftly cancelled. At first it looked as though our book group would be able to continue receiving our monthly set of books from Carlisle Library, which we could then review by email, but libraries were then closed too, so that was no longer an option. However, a set of books was distributed at our last meeting on March 12th at Angela's house and we were able to share our views by email for our 'Isolation Book Club' in mid-April,

'Tin Man' by Sarah Winman was our book for the month and could be described as a 'Marmite' book: one you love or hate! One problem was technical: a lack of speech marks in the punctuation annoyed most of us initially, but became less of an issue as we became engrossed in the story. It starts in 1950 with a young pregnant wife, Dora Judd, reluctantly going to a social with her bullying husband; she buys a raffle ticket and has first choice of the prizes. Instead of the bottle of whisky her husband orders her to choose, she defiantly picks a fairly large copy of a painting of sunflowers by Van Gogh to brighten their gloomy living room –

and thus influences the lives of her as yet unborn child and his friends for years to come. The rest of the book tells the story alternately through the words of that son, Ellis, and his closest friend, Michael, both of whom lose their mothers at a young age and have fathers who are bullies, so they turn to each other for consolation.

The two become a close-knit threesome when Annie arrives on the scene. Meanwhile the sunflower painting works its magic and Ellis and Michael are drawn to the sun, blue skies and sunflowers of the South of France, such a contrast to their lives in industrial Oxford. The book is well written with a good sense of place; it's also a beautiful, moving story about love, loss and longing – or so most of us thought. There was, however, more explicit description in certain scenes than we wanted, which resulted in the lowest score of 2/10, though three in the group awarded it 8/10; the overall average was 6.4/10. Interesting though it was to read everyone's reviews, I'm sure we would all agree that meeting together in someone's home with tea and cake is much more fun!

With no meeting to announce for the foreseeable future, how shall I end? Perhaps with an idea to fill some of the time we now find on our hands – and to help sort through some of those boxes of stuff we've accumulated over the years, as well as giving us a chance to reminisce. Here's a challenge: create a Memory Box. Sort through old photos according to name, date and place if possible and label them – a sticky label with people's details written on it

before you secure it to the back perhaps. You may know who the people are but your children may not, so think to the future as well as the past. I have old photos going back 4 or 5 generations and mere guesswork at who's who is frustrating! If you have an album handy, you could group things together in it, but just leave them loose for the moment in case you find other relevant photos later. If you don't have an album, just slotting photos between pages of an exercise book or file pad would help to keep them together till you're ready to mount them properly. If, like me, you've been over-enthusiastic with your snapping, this may be the time to get rid of the less successful shots!

Another suggestion: try having a go at making your family tree if you don't have one already. Start with yourself and go back to your parents, grandparents and further back if you can. Put in birth, marriage and death dates and places if possible. Then you can add your own children, grandchildren and great-grandchildren if appropriate.

Finally, our best wishes for a very happy birthday go to our oldest member, Jean Jones, whose 93rd birthday falls on 23rd April – St George's Day and Shakespeare's birthday! ..



POETRY CHALLENGE

Dr Gina Barney

The Sedbergh Literary Trust has set poetry challenges in the March and April editions of Lookaround. The challenge is to build poems to certain "rules". In March it was Haiku and in April Tricube.

My daughter Kaye wrote the poem below in about 1980, around 40 years ago, when she was 16. I have kept it since and sometimes re-read it.

It does not have a form that I can find. It is seven verses of four lines of prose the second- and fourth-line rhyming with a rolling meter.

It is apt to today's pandemic, as we are all seem closer to death. The second verse speaks of dire diseases and penultimate verse talks of famines, plague, war and flood, a world-wide curse. The last verse is a plea, as my daughter saw it in 1980, against human created death.

The Challenge is to re-write the seventh verse (or add an eight verse?) in the same style for today. The winner will get a bottle of wine (collect only). Why can't we live forever?

We sit here in the dark,
and we wonder why, oh why,
everything's so complicated,
why we have to die.
Why can't we live forever
never growing old,
no death from dire diseases,
or exposure to the cold.
Why cannot life be rainbows,
sparkling lakes and streams,
buttercups and dewy fields,
and lazy summer dreams.
Why can't we live forever,
on a happy carefree earth,

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plague and war and flood,
we blow the world with neutron
bombs,

shedding endless blood.
I doubt if man will ever learn
to live his life in peace,
to give up bombs and murder
and let the killing cease.

Kaye Barney, © 2020 Creative Commons

PS: She is writing a sequel.

BUTTERSCOTCH ICECREAM

Susan Garnett

Ingredients:

1 small tin evaporated milk (chilled)
100g brown sugar
40g butter
2 egg yolks
150ml water
Half tsp vanilla essence
1 heaped tsp cornflour

Method:

Melt the butter and sugar in a saucepan and bring to the boil.

Reduce heat and continue cooking for two minutes.

Mix the cornflour with the water and add to the saucepan. Bring back to the boil.

Whisk egg yolk until creamy and slowly pour the butterscotch mixture over the egg.

Return to the saucepan and cook for three to four minutes, stirring vigorously. Allow to get cold.

Whisk the evaporated milk until thick, add the essence, then beat into the butterscotch mixture.

Turn into trays and freeze then turn out into bowl and beat vigorously. Pour into suitable containers and refreeze.

Serve with meringues (from spare egg whites) and raspberries.

A SUDDEN AND FRAGILE WAY HOME FROM HIGH IN THE COLOMBIAN ANDES

Hugh Symonds

Pauline and I have been exploring the world by bicycle for roughly half our time during the last ten years. We retired in 2010 and our first trip took us south from Bolivia to Tierra del Fuego. It was on this journey that we met a Colombian cyclist from Medellin, which until fairly recently, was one of the most dangerous cities in the world. Carlos had convinced us of Colombia's beauty and also that its reputation for danger was simply unjust. And so it was in mid-December 2019 that we took the plunge and flew to Medellin to meet Carlos, nearly ten years after our first meeting in San Pedro de Atacama in Chile. Before leaving home we hadn't many ideas of where to ride our bikes in this mountainous country the size of France, Spain and Portugal combined. Carlos soon put this right. We met him three times in Medellin and he gradually delivered us a finely tuned 3000 kilometre route that would take us on quiet roads and tracks through the Andes to the border with Ecuador. Through the months of December, January and February we enjoyed fabulous cycling on near empty roads which passed through beautiful colonial pueblos, where we found fruits for sale which we had never seen anywhere ever before. The people were so welcoming and helpful.

This was our tenth post retirement trip and it was the first which had come to such a sudden ending. Others had been curtailed in a managed way for reasons such as

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children's weddings, the birth of grandchildren and for post cancer treatment courtesy of the NHS at Lancaster and Kendal. By mid-March we had become aware of Coronavirus spread across the planet. At this stage there had been no reported cases in the south of Colombia, and so we had thought that we shouldn't be stopped in our tracks heading south. We had been thinking that we would reach Quito by mid-April, from where we had hoped to end the journey. How wrong we had been. Our children had warned us that the world's airspace was closing down and that we really ought to get a move on. It was so difficult to make the decision to curtail the trip, particularly as we heard this the day

before we had planned to embark on reputedly "the most dangerous road in the world" – "El Trampolin de la Muerte" – also one of the world's most spectacular bike rides. We have reached the age where our children have more sense than us. Our decision to continue nearly cost us our escape from South America. After two days of riding the spectacularly high and wild route crossing the Andes we emerged to get connected with the world again, and to discover that it was in the process of turning upside down.

Ecuador was now only four days away by bike but the border had been closed, and it became apparent that Colombia was about to lockdown in a very tight way, closing all internal and

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external travel. We would not be allowed to ride bikes. A call to Trailfinders in London managed to buy us tickets for the last internal flight from the southern city of Pasto to the capital of Bogota with an onward connection to Heathrow. We breathed a sigh of relief and our children were happy but the comfort was short lived. We arrived in Bogota to find that the Avianca flight to London had been cancelled, as had all of the company's other flights until at least May 1st. At the El Dorado Bogota airport there were camp beds for stranded travellers and there was a German consul helping their nationals repatriate. Perhaps, we should look for such an English arrangement for repatriation. No such luck. After waiting on the phone for nearly an hour we were given no help. Having found a link via Twitter we eventually found a vague Foreign Office statement that there may be a special flight arranged through Avianca sometime in the next week if there was enough demand. We found accommodation at a hostel in the centre of the now deserted and unpolluted capital city. It was here that we heard from other stranded non-German travellers that there were two more flights available later in the week. One was an Air France flight to Paris and the other a KLM one to Amsterdam. We now knew of the state of affairs in cities such as Paris and London and we had feared for our arrival at either. Another call to Trailfinders and we bought two of the last five remaining tickets to Amsterdam with a connection to Manchester. We had been lucky, although the flights ended up costing

us three times the normal price. There were emotional scenes at the airport when the flight departed. All KLM's Colombian staff were flying home until an unknown date in the future. It was the last commercial flight out of Bogota. It felt good to be homeward bound but bad to be impossible to socially distance two metres on aeroplanes.

Writing this, two weeks after our packed flights, we are thankful that we escaped the very strict Colombian virus regime, and we are also hopeful that we escaped the high risk of getting something nasty on busy flights.

We are glad to be home in Sedbergh where we can at least go to the shops by bike. The fruits of Powells may not be as exotic, and we cannot go inside to look, but we are so grateful for their service and grateful that we can continue to eat well in this overwhelming global pandemic.

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GOLF CAN BE A DANGEROUS GAME

David Lord

Take, for example, the 13th hole at the Lost City Golf Club, Sun City, South Africa. You would notice the elevated tee, and the huge bunkers by the green, but that's not the dangerous bit..... it's the local residents! This 198 yards par 3 has a deep greenside pit, with an adjacent sign, "Beware! Adult crocodiles!" For obvious reasons, you are well advised not to attempt to retrieve any wayward golf balls.

Perhaps the Legends Golf and Safari, also in South Africa, is more your thing? Here, there is a par 3 that's just a little different. The tee box is 1400 feet above the green and requires a helicopter ride to get there!

Once up there, you are hitting from the very edge of the cliff, so if you're not too keen on heights, take plenty of golf balls and a spare pair of pants!

If golf "Down Under" appeals, try the Carbrook GC, near Brisbane. The water hazard at the 14th is patrolled by half a dozen man-eating Bull Sharks! A nearby estuary burst its banks a few years back and the hungry predators now call the on-course lagoon their home. They are now a major tourist attraction and visiting golfers can get as close as six feet from them! There's a reason why that lagoon has an estimated 14,000 golf balls in it!

From Brisbane, pop down to Rotarua, on New Zealand's North Island and visit the Arikikapakapa golf course. You would think the most dangerous part of this course would be spelling and pronouncing its name

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properly! It's a tough one certainly, but it's the exact location of this course that may give you cause for concern. Described as a unique geothermal golfing experience, playing the course isn't exactly dangerous.... unless you stray out of bounds and into one of the many active thermal areas of bubbling mud, or steaming sulphuric pits, (which stink!)

Fortunately, the delights of the golf course here in Sedbergh, come without crocodiles, bull sharks or volcanic activity. The main danger is probably the weather, even so, in normal circumstances, the course is playable all year round and an attractive experience for all standards of players. It's a great option for visiting parties, with the welcoming clubhouse and the Fairway Restaurant the perfect spot to relax and reflect on your day. Closed at the moment due to Covid-19 restrictions, but when we get through this, as we will, together, stronger, better, please come and try it yourselves, 015396-21551

You won't be disappointed.
Stay safe everyone!

WHAT IS IT LIKE TO BE OLD?

Maureen Lamb

"I'm ninety one today, ninety one
today,

I've lost the key of the door,
Never been ninety one before
And I say I can do as I like,
So shout 'hip, hip hooray,
For I'm a jolly good oldie,
I'm ninety one today."

(After a song by Alec Kendal 1911)

I am younger than I look and older
than I feel. That is the fate of most of
us. I have not tried to hide my age
with Botox, but I still feel I can hold
my own with the best of them in an
argument! I may put the pork chop in
the dishwasher and the empty plate
in the microwave, but I can still get up
in the morning at eight o'clock sharp.

Of course there are things you
once did without thought. Running
upstairs to the bedroom is no longer
an option. Hurrying to the bathroom is
a must. Driving to the supermarket
might be a distant memory. Forgetting
to put teabags on your shopping list
could be disastrous. As a three year
old you could do the splits, but you
would spill a cupful of water, while at
twenty three you could run a mile but
you had not yet learned wisdom.
Every age has its assets but also its
limitations, and who can put a value
on them?

To put it crudely, more often than
not, the limitations are those of the
body, the assets are those of the
mind. Old age is not as
Shakespeare's character, Jaques, in



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As You Like It suggested, “a second childhood and mere oblivion, sans teeth, sans eyes, sans taste, sans everything.” Mental as well as physical illness may occur at any age, and although they are more likely to be experienced as time goes on, the numerical age is not an infallible guide. The French lady, Jeanne Calment who at one time was verified as the oldest living person in the world, still rode a bicycle when she was a hundred years old and she was still mentally alert. She was exceptional in many ways.

So what is it like for me being over ninety? I am not sure I could still ride a bicycle and I do not intend to try. As I write this I am, like the rest of country and much of the world, in lock-down because of the Corvid 19 pandemic. Perhaps it has come less of a shock to me as I go out less now anyway, and because I can call on help if I need it for shopping or posting a letter (a hand written letter I suppose is something of a rarity these days but something to be treasured if I receive one, so I send them still).

May it also be because having survived past dramatic events, I feel

the effects of this pandemic, although unique in my lifetime, are less disturbing than others I have experienced. I vividly remember the day the Second War broke out, when I was twelve.

That at first was not so frightening, more like exciting, as I did not really know what war would mean. I mused that I would be able to tell my kids that I had been in a war!

However I discovered that there was less excitement and more terror living in Surrey during the 1940 daylight raids and then the night-time raids on London. I think I grew up fast when I stood with my family in the garden of our newly built suburban house during

the Battle of Britain as a fighter plane, within moments of being a speck in the sky, became a missile directed straight at us. At the very last moment it seemed to veer upwards and crashed a couple of hundred yards away at the top of the hill. It was only many, many years later that I learnt that we had witnessed the end of the glorious career of an ace British pilot.

Like those now facing up to the unexpected sickness and loss of

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people they loved and with whom they shared their lives, I too know the trauma of unexpected loss when I came downstairs one morning to find my husband dead in the chair. But although you may never really get over it you learn to live with it. There is no going back, but the memories stay. Death of a loved one does not take the memories away.

To be old is to have memories, many more memories than the young. These are not just a compensation, they are an asset. That is why more wisdom resides in the old, whatever the young may say.

PS As always with women they never tell the truth about their age. I am not actually ninety one but I was ninety three a few months ago.

HOWGILL HARRIERS (Cumbria's Friendly Running Club)

David Roper
Chair Howgill Harriers

I am very pleased to have this opportunity to update you with news from Howgill Harriers.

We have a new committee for 2020 and just before the lockdown we had full plans in place for our fell and road competitions. Unfortunately, this has had to be postponed and we will resume activities as soon as possible. There are no current organised running events.

A big thanks goes to Fraser Livesey, Brian Pennington and the 2019 Committee for organising the club last year. Also special thanks to our coaches and junior coaches and those who provide ongoing fitness activities. These will also resume as soon as possible and the plan is to commence with our round the Howgills Handicap race for all.

We have one of the best outdoor gyms in the UK, the Howgills and Fells; it's all around us. Young and old can use their outside exercise time to have a walk, jog or run to keep fit. I have seen many doing this around Sedbergh. The weather has been fantastic for a run on the roads and fells.

We cater for all age groups and abilities, young and old so keep fit during the lockdown enjoying your activity time, until such time when we can get together for club activities. New members are always welcome.

Please keep safe and keep running - within Government Guidelines.

BOOK REVIEW

The Outrun - Amy Liptrot

Catharine Driver

I was drawn to this book for several reasons. All the broadsheet papers reviewed it well. Will Self loved it! One reviewer said, "Amy Liptrot has lived her life on the edge of things, both literally and metaphorically. The Outrun, her beautiful first book, gives a wonderfully evocative account of both, blending searing memoir with sublime nature writing, and coming up with a unique piece of prose that amounts to a stirring personal philosophy of how to live." It also topped the bestseller lists and won lots of prizes in 2016, including the Wainwright prize for outdoors and nature writing.

Usually love these 'escape to the wild' or 'living on the edge' sort of books. Liptrot lived on the edge for several years in London, gradually descending into loneliness, desperation and alcoholism. Then she escaped to her birthplace and family farm on Orkney and wrote about her recovery in the wild.

The book is beautifully written and probably perfect for angst - ridden millennials living in cities, longing for empty places. The first section which documents her descent into chaos flows well, but once she returns to Orkney and tries to link her wild present with her addicted past the narrative feels somewhat contrived. The chapters have headings like, 'tremors, scattering, renewables.' You can guess how she hangs it all together.

But if you are dreaming of a trip to the far north...or you are an angst -



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*Every day we are engaged in a miracle
which we don't even recognize: a blue
sky, white clouds, green leaves. All is a
miracle.*

(Thich Nhat Hanh)

The Meditation Centre Team

email meditationcentreteam@gmail.com

Telephone 07582 017 396

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ridden millennial, or maybe just desperate to escape after 4 weeks of lockdown, I'd recommend this as a reminder of the world beyond. You'll also learn a lot about corncrakes, skuas, the merry dancers and the joys of living in small communities and you may even be hoping there are still flights to Papa Westray by the end of it.

(My copy is now available for home delivery in Sedbergh area- message me via Sedbergh community forum on Facebook.)



LUNG EXERCISES

Dr Gina Barney

COVID-19 affects the respiratory system. IS YOURS IN GOOD CONDITION?

Now is the time to improve it as it may help save you if you get Covid-19.

The first website below suggests four simple exercises: Abdominal Breathing, Pushing Out, Rib Stretch, Cardio exercise: <https://www.breathepa.org/1281>

Another site suggests: Pursed lip breathing, Belly breathing, Interval training: <https://www.medicalnewstoday.com/articles/323787>

These are worth a visit. Plenty of help available: google 'UK exercise to increase lung capacity'. Most exercises can be done indoors.



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NANCY RECIPE

Ed Welti/Nancy Murdoch

In the early days of Lookaround Nancy Murdoch regularly submitted recipes to the newsletter. In 1991 some of the recipes were compiled into a little Recipe Book, which was sponsored by and sold in local outlets.

Dennis had, in his archive, a box of the remaining copies of the book which he donated to us. The recipe below is one of Nancy's. We will publish further recipes if the current lock down continues.

If you would like a copy of the Recipe Book please let us know and you can have one for a small donation.

Churchwarden's Loaf

Ingredients

2½ oz of Porridge Oats
5oz Brown Sugar
5oz Dried Mixed Fruit
6fl oz Milk
1 Heaped Tbspn Black Treacle
4oz Self Raising Flour
1 Tspn Mixed Spice

Method

Mix the porridge oats, brown sugar, dried mixed fruit and milk and leave to stand overnight.

Add the treacle and mix well. Combine the flour and mixed spice then add to the mixture. Place into a greased and line 2lb loaf tin then bake at the centre of the oven for about 1 hour at 180C, 350F, Gas 4.

Serve as buttered teabread at suppertime.



SEDBERGH SLOVENIA FESTIVAL CANCELLED - BUT ONLINE SINGING CONTINUES

David Burbidge

It will be no surprise for readers to hear that our festival in late June has been postponed to next year - we had 20 choirs coming from Slovenia, and others from around the UK, coming to Sedbergh to celebrate our 15 years of international harmony and singing together, but due to disruption caused by the coronavirus we have had to cancel the event.

Although there is some uncertainty about whether free travel will be allowed in late June - many of the singers who were coming felt that after an enforced holiday of several months, even if things had returned to normal by late June they would need to be working rather than taking time off.

Many thanks to everyone who offered accommodation for visiting singers, and others who have helped

with planning the event. We are especially grateful to Tony Reed Screen who has given us permission to use the church for a concert on Friday night - a concert that might still happen in a much reduced and impromptu form depending on government orders and guidelines.

In the absence of meeting together in person, our choirs have been practicing their songs online via the live group video internet service Zoom. Ironically this has brought us closer to our many fellow singers in

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Slovenia with whom we have been singing together on Thursday evenings via Zoom. We used to only sing together once or twice a year when our choir was visiting Slovenia - now we meet every week.

Our Slovenian language class has also moved online, with a language tutor in Slovenia helping us with our skills. We have other Zoom sessions if you don't want to sing Slovenian songs.

Our Singing Together Monday sessions at 11:00 involves singing a number of very well known songs which were popular with this famous school radio program in the 1950's, 60's and 70's - as well as other songs of a more pop music variety.

On Fridays we have alternated between Salty Songs of the Sea, and Scottish Songs, with many well known ones for everyone to join in with, and others sung visiting singers.

The visual aspect of the online video groups means that we have included a "bring-and-show" element to the sessions with singers bringing paintings, books, models, whiskies and other exotic bottles of booze, maps, family tartans, and much more which they have show to others via the camera on their computer. And on Saturdays (when farm machinery hasn't run over the internet cables to our hamlet) we have been enjoying virtual pub singing - with many drinking songs in several languages, and other songs about different drinks - or just songs people like to sing when they have a wee dram in their hand.

If the Lockdown continues, our virtual pub will continue too, so please join us if you can. There's a free bar (just go to your kitchen and help yourself.) And you definitely won't lose your licence if you have a few drinks while you're singing - there are unlikely to be any police breathalysers between your computer and your bedroom. Singers who come to our Zoom sessions say they appreciate being in connection with others as well as enjoying all the other health benefits of singing together. The sessions are of course free, and open to anyone who would like to join us - there are more details on the Lakeland Voice website - or get in touch to receive the link necessary to join the session. 015396 21166 www.lakelandvoice.co.uk

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ART SOCIETY

Jenifer Alison

The workshop with Karen Lester reported in the last Lookaround turned out to be our last this season. Anticipating there would be a lockdown due to the Covid 19 virus for an uncertain time, we cancelled all further workshops and painting days until July at least. Hopefully we shall be able to start anew in the autumn.

We have, however, been very lucky that some of our own artists and visiting artists have offered on line courses free of charge! Others are available at a nominal fee. Below are some links to these people. Some of you might have them already.

Ruth Clayton,

Is a member of the Society and also has a studio with Stuart Gray at Farfield Mill. Ruth is recording art demonstrations and setting challenges.

You may have watched the excellent video Ruth recorded



demonstrating how to create a piece of art work Kandinsky style? She set a challenge open to all, children and adults alike, and not limited to members. All we had to do was to set up a still life - I used my gardening tools and wheelbarrow - and to draw the scene WITHOUT looking at the paper. It is very difficult to not have a peep! Then we were to look at the creation we had made and turn the patterns and lines into a work of art – abstract or otherwise. It was great fun. The pictures here show some of the results. Ruth has now put her second challenge on to YouTube, which is to paint a woodland scene. If you visit https://youtu.be/rLe_AGbyHHM you will find information about the challenges and see the results of the Kandinsky challenge.

John Harrison, who was due to give a demonstration on 23rd April, has put a demonstration on his website for us to watch. This gives us a good taste of what he was going to show us. Visit <https://www.youtube.com/user/johnharrison51>





Our friend and artist **Anthony Barrow**, who often visits Sedbergh Art Society, has kindly invited us to join in with a series of workshops he is running on-line.

Kate Bentley has an art competition weekly, and the prize winner wins a tutorial with her. Visit www.katebentley.co.uk and add facebook .

We appreciate greatly that these artists are offering their time and expertise free of charge.

Our president, Ruth Gamsby has informed me that Higham Hall is offering demonstrations and workshops given by well-loved artists on line. Their website, www.highamhall.com , gives details of some good coaching. One of our favourites there is **Frances Winder**. Have a browse through. The courses have a nominal fee but "all the tutors are top notch", says Ruth.

The Exhibition

For the first time in our long history we have felt it a wise move to cancel the August Exhibition for the year 2020. These are such uncertain times, which are worrying and sad for so many people. Let us instead look forward to a great exhibition in 2021!

LEARNING OF DRILLS

Susa Ellis with apologies to Henry Reed 1914-1986 re Naming of Parts

Today we have learning of drills.Yesterday

We had statistics. And tomorrow morning

We shall have what to do when feverish,

But today

We have learning of drills.

Camellias

Pinken like blushes in all of the neighbouring gardens

And today we have learning of drills
This is the safe distance stance. And this

is the elbow greeting, whose use you will see,

When you are allowed out. And this is a hazmat suit,

Which in your case you have not got. The green fells

Beckon, redolent of silent power,
Which in our case we have not got
This is a safety mask,which can be shed

With flick of the head. And please do not let me

See anyone touching their face.
The blossoms

Are fragile and motionless, never letting anyone see

Any of them touching their face And so you can see the drill. The purpose of this

Is to protect, as you see. We can change it

Rapidly upwards or downwards: we call it

Flattening the curve. And rapidly upwards and downwards

The Spring waters flood, sparkle and recede

They call it flattening the curve. They call it flattening the curve: it is perfectly easy

If you have any strength in your soul: against the loss,

and the fear, and the isolation and the mental balance

Which in our case we have not got. But the fells loom

Quiet overall of the gardens and the rivers sparkle and flow on

For today we have learning of drills

THESE I HAVE LOATHED

Susa Ellis

These I have loathed,
Slimy towels in downstairs loos
Dogwalkers swinging bags of poos
Glib pundits on the evening news
The ‘post fire’ grill pan left to soak ,
The liars claiming they “misspoke”
The obligation to be “woke”Bikes
speeding down the lanes ,
Knees in your back on aeroplanes
Refusals to walk “in case of rain ”
Pensioners with Corbyn whiskers
Airport girls who have to frisk us
all these I have loathed Coda: I
don’t know why I am so cross
I just like to be the boss
Of my life and all those in it,
Hard to bear another minute
Of Lock down!

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ELIZABETH'S QUICHE

Elizabeth Saunders

Grate together potato 750g, broccoli 300g, cheddar cheese 100g, line a greased pie dish with the mixture, pressing hard into base and up sides, bake 45 mins at 180 degrees until set and beginning to brown, fill with 6 egg + preferred onion /veg mix, grated cheese on top as for normal quiche and bake for further 20 mins or until set. This makes a large quiche to serve 8, reduce if necessary. Serve warm or cold.

MISSING PLACENAMES

ANSWERS

The Missing Placenames puzzle is on page 29.

Beck
Gate
Dale
Winder
Nue/New
Ing
Ghyll
Out
In
DOWBIGGIN

KITCHEN QUIZ

ANSWERS

The Kitchen Quiz is on page 44.

1. Dishcloth
2. Towel
3. Cup
4. Cheese
5. Knife
6. Bottle
7. Olive Oil (Oyl)
8. Salt
9. Egg
10. Dish

CUMBRIA WILDLIFE TRUST When does habitat destruction become conservation?

Myles Ripley

It often seems counter-intuitive that conservation of wildlife habitats requires the destruction of habitat! Conservation is often taken to mean preservation of an existing state of being such as artwork or a house. However when one considers the conservation of a habitat and its entire wildlife, then one has to carefully manage the habitat to avoid succession occurring and actually destroying the very habitat that one is trying to maintain. Succession is the predictable and natural series of events that changes a current habitat into a new one. One textbook

example is to consider bare rock revealed by a glacier retreating slowly but surely being colonised by lichens, followed by small non vascular plants and then via a series of herbs, via bushes to woodland. In Cumbria the likely "climax vegetation" is deciduous woodland so that if we left Sedbergh to its own devices (and removed all humans and their activities) it would turn into native woodland over the next few thousand years. In this area, deforestation and consequent agriculture from Neolithic times has kept the fells looking like they do now for thousands of years; so what is natural habitat in Sedbergh?

Cumbria Wildlife Trust has a responsibility to conserve valuable areas of habitat, to manage them and



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where possible to provide "corridors" to link existing habitats so that they become part of a coherent larger ecosystem that preserves (and often restores) biodiversity. Consequently hedgerows and rivers provide natural routes by which some species can move from one habitat to another. Their work comprises advice to land owners and other land managers, management (and acquisition) of reserves and of course the ever present fund-raising (and accompanying public education) to allow the former processes to continue. Farmers are invaluable agents of this habitat and government funds of various types help to make it financially viable to manage portions

of land in an ecologically valuable fashion.

In Sedbergh there are several areas of active conservation, whether it be removal of non-native invading species such as the removal of Himalayan Balsam from river banks, or the creation and management of Jubilee Wood. Sedbergh and Settlebeck School are both actively involved in conservation. Students from Settlebeck regularly work with Yorkshire Dales National Park rangers, and awards won have funded creation of a wildlife garden. Sedbergh School has created conservation areas; Bruce Loch and Old Peculiar Pool (part-funded by Theakstons!).

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Bruce Loch is an interesting example where a former small dammed area (for ice skating) was extensively dug out in the mid Eighties to create a permanent pond along with tree planting to shield the area from disturbance by passing dogwalkers. The pond area would, by now, be filled in with reeds and other fringing vegetation and have developed into marshland which, in turn, would develop into heath and woodland eventually. Teams of "enthusiastic" volunteers from the school enter the pond in the autumn and clear out a proportion of the new growth each year to preserve the open water. Slightly upstream of this area is Old Peculiar Pool which was created some 15 years later and includes an artificial otter holt and there is beginning to be evidence of otter activity near the pool, even if not

any resident breeding yet. There is an ever present conflict between public access and wildlife disturbance in any conservation area, and these small areas do not have the facility of creating walkways and hides unlike larger areas such as Burns Beck Moss up near Killington.

Should you wish to become involved in active conservation the Cumbria Wildlife Trust's website publishes a calendar of events. Sadly at present all such events are on hold but.... Perhaps you could do your bit in your garden (if you have one) to create a little bit of a conservation area? Create a pile of vegetation rubbish to act as a refuge for wildlife? Create a bug hotel? (good for kids) – just google "design a bug hotel". Order some wildlife seeds online and plant them.

A VIEW FROM THE FELLS 2

Jolyon hits on a clever way of ensuring that other people keep a safe distance.



JHN



Graham Lurcher. Frostrow

8 hrs

I wish I'd thought of that. Sedbergh initiative yet again!



Denise

4 hrs

Great idea Jolyon !



Robert Ninja-Turtle

35 mins

No it's not. He's just a public nuisance. The man has always been an idiot and a complete pain in the ***

SEDBERGH COMMUNITY SWIFTS

Edmund and Tanya Hoare

We are living in strange times! Yet Nature carries on oblivious. We expect our swifts to return at the beginning of May - one or two sightings have even been recorded in April up to now. No one has told them that we are in lockdown – the World is still working. Supreme fliers, entirely on the wing since they were last here nine months ago, they are truly the herald of summer.

At the time of writing (in April) the dry and sunny weather for the past few weeks has heightened our anticipation of the swifts return. It is often their screaming calls that first alert us to their return, causing us look up skywards and welcome them back once more. The first swifts to arrive are the breeding birds, going straight back to the exact same site that they occupied for previous years. At the end of May or so is when the non-breeders return - birds aged two to four years old. These are the birds who we hope will find a partner and nest site for life.

The current restrictions to our life are frustrating to say the least, but let us take advantage of this and get to know our patch better. Look upwards! Sitting in your garden, or as you stroll around for daily exercise, start looking up and take notice of where you see swifts and enjoy the spectacle of them wheeling around. Share the exuberance of a screaming party of swifts hurtling around close to buildings. These are an indication that swifts are nesting nearby. Watch for swifts disappearing into nooks and crannies (usually under eaves or

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gutters) as they return to their hidden nests.

Become a swift spotter! We are always interested to hear from you about when and where you see them. We would love to hear about what you find.

- What was the date you first saw a swift this year?
- Make a record of where you see swifts: high in the sky? Around buildings? Screaming parties? Darting into a nest site?

Areas you might survey are:

- Guldrey area, Around the Spar
- Haveras/ People's Hall field and gym extension
- Near St. Andrew's church, the Dalesman and Evans House
- Back Lane and Main St
- New Street
- Sycamore and Woodside Ave
- Bainbridge and Highfield Road
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Breeding swifts? From previous years we know where swifts nest – and if you're lucky enough to have breeding swifts in your eaves or boxes, let us know if you see them. Both adults always go into the nest site at night so around sunset is often a good time to look.

Can you also help the Cumbria Bird Club county-wide swift survey? This is its third year and you do NOT need to be an expert! An initial aim was simply to discover in which towns and villages swifts are seen. You could do as little as two observations.

- ❖ Choose certain a place(s) convenient for you and
- ❖ Estimate roughly how many swifts you see at any one time.
- ❖ The plan is to concentrate on certain weeks: end of May, late June and mid July.
- ❖ Dave Piercy is the organiser, and he'll email help sheets and forms

to you.
daveandkathypiercy@btinternet.com
017687 73201.

❖ But if you'd like us to do that for you, just jot down your paper or phone records, get in touch, and we'll do the rest.

The acrobatic flight of swifts has always given us immense enjoyment and many of us remember how much commoner this sight used to be. Swifts have declined by 57% in the last 23 years. Knowing where they are and where they nest is the first step to reversing this trend. So look up as you walk around town, and encourage others to do so too.

Finally, if you were watching BBC Breakfast TV on the 13th, about 45' 30" into the program one of our swift mugs featured; it was even zoomed in on!

To contact SCS: email ta.hoare@btinternet.com or ring 01539 824043



NATURE NOTES

Ian McPherson

I wonder how many of you have read 'Women in Love' by D.H.Lawrence? I read it for the first time probably about fifty years ago (and subsequently since then) and a particular passage in it struck me strongly then and has continued to do so throughout the years. One of the leading characters in the novel Rupert Birkin is explaining to his friend Ursula Brangwen about his idea of the perfect world in the following words: "Don't you find it a beautiful clean thought, a world empty of people, just uninterrupted grass, and a hare sitting up?"

To be frank, with the Covid-19 restrictions currently in place this is what it feels like right now when going for a walk in the Sedbergh countryside. Is this heaven? Well it certainly depends on the perspective one is observing from but I think that to the animals and birds it might seem like a very good deal indeed. The general quietness, the decreased toxicity in the air and fewer people walking in the countryside means that wildlife generally is less disturbed and therefore better able to lead more natural lives again. Birds in particular are better able to hear other birds (either possible mates or competitors) no longer drowned out by traffic or other countryside noises which is clearly likely to result in increased breeding success and, of course, their songs are wonderful for us to hear as well. We also have more time to enjoy them! Less people in the countryside means that animals are more likely to show themselves resulting in a better wildlife

experience for those who have the good fortune to see them during their permitted daily exercise.

In addition, April is probably one of the best months of the year for birding. Most of the summer visitors are now arriving, some simply passing through on their way to northern Europe, others to stay and nest here. At the time of writing (13th April) I have already had the good fortune to see and hear Willow Warbler, Chiffchaff, Blackcap, Swallow and a totally unexpected Ring Ouzel in the Howgills (the last time I saw one here was ten years ago). Amongst resident birds the Skylark is in full song, Meadow Pipit are thick on the ground and I am hoping any day now to see Wheatear and in early May the return of Pied and Spotted Flycatcher and Swifts (glorious harbingers of Summer). If you are lucky you may see a Kingfisher down by the river and, of course, Chaffinch, Greenfinch and Goldfinch are now singing strongly too.

So while I feel desperately sorry for those suffering from the Covid-19 virus and for their friends and relatives at this time and for those trapped in inner city flats I can still rejoice in the wonder of the natural world and feel deeply privileged to be surrounded by such stunning countryside. I do wonder whether or not in the longer term this may result in a more positive attitude to the conservation and care for our wildlife especially for those who with the time provided by the enforced restrictions may be experiencing nature in a deeper way.

There is also another side to this. Present scientific thinking suggests that pandemics similar to this may become the new norm and, in the worst case scenario, threaten the almost total extinction of the human race itself. The International Union for Conservation of Nature produces status ratings for species under threat of extinction ranging from Least Concern through to Vulnerable, Endangered and Critically Endangered. Human beings not unsurprisingly come into the of Least Concern category. Maybe however things are about to change. It is possible, just possible, that the animals might have the last laugh after all: just uninterrupted grass and a hare sitting up....

CARBON EMISSIONS TO BE 'PRACTICALLY ELIMINATED' BY 2030

Andrew Fagg

The Yorkshire Dales National Park Authority has adopted an ambitious new 'Carbon Reduction Plan', six months after declaring a climate emergency.

It requires the Authority to practically eliminate carbon dioxide emissions from its operations over the course of the decade. The plan had been due to come before Members at a full Authority meeting on 31 March (see item 5 of the agenda here), but with all committee meetings cancelled in response to the Coronavirus epidemic, the Authority's Chief Executive David Butterworth has used 'Urgency/Emergency' powers delegated to him from the Authority to formally adopt it.

The plan contains a new objective which commits the Authority to reducing its emissions by 95% by 2030, compared with a 2005 baseline. By March last year, the Authority had reduced its emissions by 62%, compared with 2005.

Over the next five years the Authority will install further renewable or low energy technologies across its estate, which consists of four office buildings, four National Park Centres (including the Dales Countryside Museum), four workshops and 10 public toilet blocks.

All the Authority's leased vehicles will be switched to plug-in electric, while carbon dioxide emissions from journeys made by car by officers, Members and volunteers will be reduced by at least 10% by 2025 and by 50% by 2030.

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The Authority will also maintain a £30,000 a year budget to directly fund new woodlands. This means that by 2030, the amount of carbon dioxide sequestered annually from woodlands funded by the National Park Authority will be at least 30 times the amount it emits.

The Chairman of the National Park Authority, Carl Lis, said: “The Yorkshire Dales National Park Authority has been moving to a low carbon existence for some time, but having declared a ‘climate emergency’ last September, we must show what we can do in deeds not words. It is called an emergency for a reason. “The Carbon Reduction Plan will take the Authority way beyond ‘net zero’. It will not be straightforward but we don’t undertake these actions because they are easy. We do them

because they are hard. We expect to be judged, by future generations, on our actions not our words, and we expect others to be judged in the same way.

“The Authority and its partners have already set out ambitions, in the National Park Management Plan 2019-24, for making the wider National Park more resilient and responsive to the impacts of a changing climate. We look forward to working with others to achieve the objectives in that plan. What we are doing with our Carbon Reduction Plan is demonstrating how we are going to get our own house in order.” The following table lists the National Park Authority’s premises. The actions in the ‘proposed’ column are contained in the new Carbon Reduction Plan.

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HAY TIME RESCUE

*Mike Appleton
Marketing and Communications
Officer
Yorkshire Dales Millennium Trust*

Hay Time rescue restores precious wildflower habitat - More than 13 hectares of wildflower meadows have been restored thanks to Yorkshire Dales Millennium Trust's Hay Time Rescue project.

In partnership with the Lancashire Environmental Fund and Forest of Bowland AONB, the scheme aimed to boost the population of some of the scarcer plant species in the Forest of Bowland, by extending and managing their habitats.

Engaged farmers, landowners and volunteers helped to introduce 1,100 plug plants of three plant species at eight different sites across the AONB. They were grown by volunteers and at Kew Millennium Seed Bank in Sussex.

Hay Time Rescue ran from September 2018 to the end of November 2019 and is part of a wider project of restoration stretching more than 14 years.

Carol Edmondson, YDMT's Hay Time Rescue Officer, said: "It's a sad

fact that 97 per cent of traditional species-rich meadows have been lost across the country since the 1940s. Wildflower meadows are important not only for pollinators and other insects but the identity of areas such as the Forest of Bowland.

"Since 2006, we have been working hard to reintroduce wildflowers to more than 700 hectares of degraded meadows across the Yorkshire Dales and Forest of Bowland, helping to safeguard meadows and the hundreds of species of native wildlife that they are home to.

"The Hay Time Rescue project's success has been testament to partnership working. We have been closely liaising with Lancashire Environmental Records Network (LERN) and those records were used to give an indication of suitable seed collection and re-introduction sites.

"We've also welcomed more than 80 people to our events, shared seed collection and propagation knowledge with landowners and educated local school children on the importance of wildflowers."

The project focused on four key species - bird's-eye primrose,

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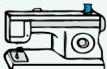
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globeflower, melancholy thistle, and saw-wort.

Children from St James' Primary School in Clitheroe helped to plant more than 30 melancholy thistle and 50 saw-wort plug plants at Stephen Park meadow at Gisburn Forest, whilst Swainshead Hall Farm near Scorton saw volunteers from Lancaster University help with seed propagation and plug plant fostering.

Carol added: "Bell Sykes farm in Slaidburn, the site of the Coronation Meadows and donor for much of the green hay in our restoration work, was both a donor of the melancholy thistle seed, and a receptor for globe flower, saw-wort and melancholy thistle plug plants in separate areas of the farm."

Hay meadow restoration work is continuing throughout 2020, focusing on green hay transfer on a larger scale to smaller nectar patches and community gardens.

FAMILY MUSINGS.

Sarah Woof

Easter came and went without the usual squeals of delight from the annual Tots and others party in our garden, no hunting for eggs etc or egg rolling, just me and the cat and 2 hens.

So much is different and such a lot has become difficult yet technology has come up trumps, things like Zoom and U tube to mention but two, enabling us to talk to our loved ones and listen to sermons /services/do school work etc. Facebook and email, texts and phone calls, all grew in importance. Just Keeping in Touch became vital, finding out how people are, are they fed and warm and so on.

For some families the grief of bereavement, be it directly caused by C-19 or by illness or age, accident or desperation, grief is grief and needs time and love to help us through. At such time love and companionship is so needed yet with the restrictions it wasn't possible. These are things it will take a long time to work through.

Challenges come in all shapes and sizes, response to what we have lived through and are still living through will affect us all in different ways, the most positive person we know has probably really struggled to remain upbeat. The children will remember being apart from friends, out of school, restricted to where they play probably all their lives, and like us looking back will just remember the fun. For children living on farms there has been the added 'helping' with lambing. I unfortunately fell the week before Easter and broke my right

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wrist.. and am R handed. Putting pain aside, and being plastered for 6 weeks (no, not alcohol related!) it certainly makes life very, shall I say 'interesting'? One handed food preparation never mind getting dressed, washed, and all the rest is challenging. Clothes have to be loose though not too much so for bottom part of me for obvious reasons. Veg gets cut with me putting carving knife into eg a carrot then banging it on bread board, part flies off and has to be found. Rinsed. Into pan. There are times I am glad I cannot know what Jn is thinking! My tum is useful to hold things steady, ring pull tins get held between my knees so my left hand pulls it open, only really works for cat food, definitely not for runny food. And I am VERY careful as I do not want another fall.

So, be careful folks, save the 'trips' for when we are all free to wander. Top of my list is a family party, Mother's day Aft Tea and another Afternoon Tea for a 16th b'day, hopefully before said friend is 17!!

Don't forget to "May Gosling" someone by noon on May 1st!

MARCH WEATHER

Brian Wright

We expect "March many-weathers" but a drought? We did not receive any precipitation during the last fortnight hence the drought!! I only recorded 4.68 inches (118.8mm) which is certainly not what you expect in a normal March. We had some very sunny days but usually a cool wind with it. On one sunny afternoon, I did record a maximum high temperature of 76.3F (24.5C). No doubt that wasn't affected by the wind-chill. The minimum was rather more seasonal at 24.2F (-3.6C). With the wind-chill added we went down to a low of 15F (-10.3C). The maximum gust I recorded was 24.2mph (39kph).



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With the spring-like weather the flowers in the garden have come on a treat. The forsythia has been magnificent! I must remember to cut it back, when it has finished flowering, so we have plenty of new growth for next year's blossom. The daffs and other narcissi have been very good this year. Towards the end of the month the blackthorn has been a picture. The early hawthorn has started to green up. I even cut the grass! Not something I normally do in March. Likewise my sheep stopped eating hay as they were obviously getting enough grass which they prefer!

We have had quite a bit of activity at the feeding station. We ran out of fat balls due to the different shopping regime. Long tailed tits have been regular visitors this month, as have what appears to be a pair of nuthatches, judging by their different sizes. Blue tits are by far the most numerous visitor. Two of our nest boxes have had blue tit activity so let's hope they are used this season. One non visitor this winter has been redpolls. For the last few seasons they have been around but not this year.

Robert Powell

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It's entirely your choice. Length from 250 to 1000 words. There will be 3 special edible and/or drinkable prizes and the chance for your story to appear in Sedbergh's own STRANGE TIMES creative writing anthology.

So switch-off the telly, and the radio and let your imagination run wild. Judges will be headed by Graham Carlisle. Ex-Story Editor of Coronation Street. Send your story to booktown@sedbergh.org.uk or post a hard copy through the door at Sleepy Elephant, Main Street, Sedbergh.

Don't forget to put your name, address and phone number, email address and age (if you're under 16) on your entry.

End date 30th May 2020

RICE KRISPIE CAKE

Georgina Devine

A really simple recipe for your children to make

Ingredients

About 150g Chocolate (any – even a mixture?)

About 100g Rice Krispies

Method

Melt the chocolate in the microwave

Mix with the Rice Krispies

Spread out in a dish

Put in the fridge

EAT IT

A VERY BRIEF HISTORY OF APPLEBY 'NEW' FAIR - ARCHIVE

Sedbergh History Society

Appleby Fair has a confusing and chequered history and one not made easier to relate because of the different names used to describe it and its locations. For the purpose of this article it is simply named Appleby 'New' Fair.

There is no charter specifically making provision for a horse fair in Appleby although one of 1685 makes reference to a fair and market for the purchase and sale of all manner of goods 'within the said town', including 'cattle, horses, mares, geldings'. However, this charter was never enrolled and was therefore void. In fact Appleby Corporation itself did not

operate under a valid charter until 1885.

It is known that the Mayor of Appleby approved a fair in 1750, in which year the Corporation agreed to a "show of horses and sheep and also of black cattle ... to be held on Gallow[s] Hill on 1st and 2nd June and 29th and 30th September". It should be noted that Gallows Hill was never within the boundaries of the Borough of Appleby. The first known advertisement of a fair appeared in an edition of the Newcastle Chronicle of 1776. Nineteenth century trade directories for Appleby mention this fair, along with others.

By 1885 there remained only the June Fair on Gallows Hill, which came to be known as Fair Hill. Use of

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this site continued until 1913 when it was enclosed by the land owners and later sold to the corporation.

From 1913 until 1966 the Fair continued but with the encampments on the roadsides and the showing of horses on public roads. It was threatened with abolition in 1946 but, in May 1948, a newspaper report stated that it was to be given a new lease of life and campers would return to Fair Hill. However, it was not until 1966 that this happened and only after much debate and further threat of abolition. On 30th April 1965 an article entitled 'Last year of Appleby Fair?' appeared in the Westmorland Gazette.

After the re-instatement of the Fair, problems seem to have rumbled on, not helped by the Fair being advertised as a tourist attraction. By late 1971, Westmorland County Council had opted out of the informal management structure of the fair, leaving it to North Westmorland Rural District Council and Appleby Borough Council. In 1975 a concerted attempt was made to manage it, which was largely successful. From then until 2008 there seems to have been a failure to repeat this with local authority interest in the fair declining almost entirely, leaving Appleby rather to fend for itself. In 2009, however, the fair was again managed with a degree of success in Appleby itself and this management was then extended to surrounding districts in the run-up to the fair.

Despite its lack of historical authorisation nobody can deny that the fair has a very firm place in

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custom and tradition which counts for so much in this country.

This was brought out in a very interesting, balanced and beautifully illustrated National Geographic article of June 1972 which, while allowing that "the mess they leave does not endear them to environment-conscious Britons" states that, "it is at horse fairs like Appleby that the wandering people find mutual support for their traditional way of life. Each year the road is less open, the heath less free. Should Appleby Fair close down a corner stone would be knocked from the foundation of the gypsy year".

An interesting sidelight is the business it obviously brought to Appleby in the past as can be seen in an application for extension of licences, reported in the Kendal Mercury of 28th May 1915 which stated that the "licensees in the neighbourhood of the fair considered those two days [June 8th and 9th], the occasion being Appleby New (or Brompton) Horse Fair to be their best two days in the year and travellers from a distance would be put to great

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inconveniences if the houses were closed."

Perhaps some business may have come Sedbergh's way too; in a case at Sedbergh Police Court, reported in the Westmorland Gazette of 14th July 1917, one Thomas Henry Ireland, hotel proprietor of Gisburn, was charged with using motor spirit contrary to the Defence of the Realm regulations. His defence was that he had no idea 'that he was doing any wrong in taking farmers to Appleby Fair, as they were all large farmers and went to the fair for the sole purpose of buying horses for harvest'. In fact they bought four. He was quite under the impression he was infringing no regulations in conveying farmers to and from markets... He would not undertake a "joy ride". However, he was fined 40 shillings.

Grateful acknowledgment is due to Richard Hall of the Kendal Record Office for his help and to the excellent articles researched and written by Graham Coles, Chairman of the Appleby-in-Westmorland Society; also to Diane Elphick for producing the National Geographic article.

AN EARLIER FLU EPIDEMIC

Karen Bruce-Lockhart

In 1957/8 I was a pupil in a small boarding school in New Zealand. I had had a bit of a struggle to work out when we were hit by the Asian flu epidemic, but for the majority of 1957 I was aged 14 and in the 5th Form. It should be remembered that in the antipodes the school year is the same as the calendar year, that is to say from February to December. When the flu hit I know I was not in the 5th form as in that year we lived in a separate part of the school, and I was definitely in the main school. So I think it did not arrive in New Zealand until the early part of 1958 when I would have been 15 and in the 6th form.

The school was a small one in a rather isolated part of the country, and there were 170 of us, all boarding. There was a Headmistress, about 8 – 10 teaching staff (all female!), two matrons, and a Sister in the sanatorium. In addition there were 3 or 4 Island girls from Raratonga who did the cooking.

The disease as I recall it hit us quite suddenly and with immediate results. Within days there were 150 in bed, and as far as I can remember almost all the staff as well. I slept in a dormitory of 12 girls and was the only one of the 12 who did not catch it (I never have had flu as far as I know). I clearly remember one patient telling me that I was very lucky as I was able to 'swot' for exams. I nearly hit her, ill or not.

The twenty of us who were on our feet had to take over. The Sister who we had at that time was a rather

strange lady whose usual reaction to any medical problem from broken bones to measles was to ask with her lips tightened over her gums, "Have your bowels opened today?". In any event she presumably had flu herself as I have no recollection of her taking any part in the proceedings.

Far from "swotting" for our exams, we worked an 18 hour day. We had to start the day by helping everyone to wash and brush their teeth. Then serve a basic breakfast (I don't think we cooked so at least one Rarotongan girl must have survived). Got the washing up done. We then turfed each patient out of bed to have a bath – without as regard to how high their temperatures were! – while we changed soaked sheets, pyjamas

etc . We served tea and other drinks in the intervals of this. Then lunch – little more than soup and bread, no one wanted more. Helped with the washing up. In the afternoon I remembered fetching a trolley-full of library books and pushing them round the dormitories. More changing of soaked sheets. Tea (little more substantial than lunch). Tidying everyone up and generally clearing up after the day's activities, seeing that everyone had drinks available, etc. meant we did not get to bed till about midnight, and were up again to organise breakfast etc at 6 am.

It was all very hard work and each activity took a long time for 20 girls to go round 150 making the beds, serving the meals etc. I can't say that

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we did much actual nursing, and although I do remember that some girls had high temperatures (hence the soaked sheets) no one luckily became dangerously ill – or if they did we didn't realise it.! The whole episode only lasted about a week. And we were probably lucky.

It was a serious outbreak of flu and anything up to two million died worldwide. It started in China in early 1957 and a second wave in some places hit harder at the end of the year and the beginning of the next.



THE SEDBERGH AND DISTRICT HORTICULTURAL SHOW - ARCHIVE

Sedbergh History Society

The Sedbergh and District Horticultural Show began in 1951, according to Royal British Legion account books, and we believe it finished in 1981. It was staged in late August or early September and 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 and District. There were classes for flowers, horticulture, produce, needlework and handicrafts and special classes for children. There were usually over 70 classes.

Margaret and Gary Millburn, Jack Park, S Teal, J Ashburner, Jennifer Thornely, RL Stainton, JR Mason and

Margaret Mason and many others were winners in the past.

The 1981 show in was honour of the Diamond Jubilee of Sedbergh Branch of the Royal British Legion.

A gift stall was available at the Shows, to which exhibitors and friends were invited to bring flowers, produce and handicrafts for sale by auction after the show.

The show took place in the National School and afterwards in the newly built People's Hall.

Sedbergh and District History Society has some newspaper cuttings about the show.

In 1996 Maureen Lamb appealed for funds for Farfield Mill and Margaret Millburn joined her in starting the Sedbergh Spring Show, which is now firmly established on the Sedbergh scene. The classes do not include vegetables and flowers etc may be purchased for the arrangements.

The Flower and Produce Show this summer is being held by Flower Show Committee with Barbara Hartley, its Chairman. Tom Attwood, an Old Sedberghian, will open the Show. All exhibits must be grown or produced by the exhibitor.

Norris Chamley and Rose Pease found the information for this article and Diane Elphick and Sedbergh and District History Society and Margaret Milburn helped as well.

Sedbergh Branch of the Royal British Legion



FAIR DEAL AT APPLEBY

*By the late John Cowperthwaite
who was raised in Garsdale*

Some time ago whilst holidaying in the Dales, I saw several horses with their caravan owners at the bottom of Mallerstang, obviously aiming for Appleby Fair.

This brought back to me memories of my own first trip to the fair. I blame my father for what happened. He was one of the finest horsemen in the country in his day. Everyone assumed he had passed his talent to me, which unfortunately he had not. It was late spring in 1937. At that time I was working for a local farmer/dealer named Butcher Bill. He was a well known character, I suppose one of today's 'yuppies' well before his time.

He had obviously been a butcher, also a newsagent, a lorry driver, and had done a spell in the Metropolitan Police. At the time I worked for him he farmed Ruecrofts Farm at the bottom of Howgill. We also did the milking at Sedbergh Auction Mart. He was a likeable chap and a generous boss when things were going well.

He said to me one evening: "You know that bay mare I bought is a wrong 'un. I have been done with it. I want you to get up early in the morning and ride it to Appleby. I have a couple of loads of animals to take in the cattle wagon. When I have delivered them I will return to take you and the horse the rest of the way in the wagon. Give it some stick and tire it out so that it will be quiet."

"We will then rub it down and I want you to sell it as if it was yours. I don't want anyone to know it is mine. Whatever you get offered for it

accept, cash only. Some of the gypsies will buy it."

In vain I pointed out I was not a very good rider. "When you get through Kirkby Stephen I will take you for a meal", he said.

It was a lovely morning when the horse and I left Ruecrofts Farm. The animal, some six years old, was a good looking horse, a bay, 14 hands high with one white stocking.

We cantered down Howgill Lane, trotting quietly through Sedbergh, most of the townspeople still being asleep. On the Cautley road we had both gained somewhat in confidence so started to speed up, making excellent time to Fell End. Here we had a break while I watered the horse and had a sandwich.

Eventually we reached Kirkby Stephen, Bill passing us in the cattle wagon calling "Get a move on !"

We were about halfway through the town approaching Harry Milner's drapery shop on the left hand side. I knew Mr Milner well, as he fitted me up with clothes when I went into farm service, to be paid for six months later when I drew my wages, a regular practice in those days.

Just as we were opposite the shop a motor coach came up behind us, blew a raucous blast on his horn and departed. The horse and I parted company, the horse on two legs along the road whilst I crashed head first through Mr Milner's plate glass window.

I remember Mr Milner, the kindest of men, picking me up from amongst his display of suits saying: "Have you come to pay your bill ?" He then turned out some friends who rounded

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up my horse, assisted me on to its back, and a crestfallen and shaken rider resumed his journey.

Bill was not a very happy employer when he eventually picked us up, learning that he might have a window to pay for. He contented himself by saying "Just sell it". Arriving by the riverside in Appleby there was a long row of horses tethered under the trees. I fed, watered and groomed my steed. She muzzled against my leg, seeming happy and docile. Eventually along came a bunch of potters and gypsies. They expressed an interest and had me run the horse along the bankside for them to see. Luckily she neither kicked nor jumped. They asked me my price, I said 16 pounds. They offered me eight. Finally we struck a bargain at 12 pounds. They paid with the biggest bunch of notes I had ever seen.

When they took her away I shed a quiet tear, as I had grown fond of her. About an hour later Bill came up. "Come on quick" he said, "Get in the wagon! She's just kicked a potter's cart to bits on the top of the hill !"

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A TALE OF JOHN LESLIE

Keith Wood.

A police life goes on for about 30 years and it can be said that one day is never the same as the last. In fact, as I have often been told I should write a book. Not being the pretentious type, I'm aware that all of us could. Nevertheless, I don't mind telling the odd tale or two.

In about 1979 I was a young motor cycle cop working out of Kendal with the kudos of access to a hugely powerful motorcycle. Sweeping around the Lake District I was aware that I had done something right to get so lucky.

The Assistant Chief Constable at the time was J. L. Gibson. Known to

everyone as 'John Leslie'. He was a man of some note. Well known as a good old buffer but with a reputation for sudden ruthlessness. He held a rather gristly claim to fame for being the last Detective Chief Superintendent to run a murder investigation that resulted in the defendant being hanged.

Men like John Leslie were not to be trifled with.

One summer afternoon I rode majestically into Windermere 'Nick' probably to see if I could scrounge a brew. Striding into the main office I was confronted by John Leslie who was surrounded by the usual entourage of Inspectors, or as we used to call them 'handbag carriers'.

John Leslie caught my eye and came squarely up to me. Caught by surprise I came to something resembling attention! (this level of rank was godlike in those days).

"And who are you, young man". "PC Wood, Sir" I quivered. "Hmmm. "and where are you stationed". "Kendal Traffic Section Sir." "And what were your previous stations". "Oh erm, well, I started off on Kendal Streets, then I went to Ambleside, Newby Bridge; then back to Kendal on Traffic Section Sir".

"Ah, he roared" with a degree of unsettling satisfaction. "All the plum spots eh?" Now it might have been the roar of the motorcycle that had affected my hearing but I replied "All the bum spots? Well, I wouldn't go as far as that Sir, but I know what you mean". He spluttered something else that escaped me and he headed out with the bag carriers.

For a few weeks after that I imagined that my transfer to the dreaded Millom or Maryport would be in the post, but nothing happened and I continued to serve in 'plum spots' or 'bum spots' whichever way you look at it.

**FAMOUS AMERICAN
ARCHITECT STUDIED PHARMACY
IN SEDBERGH**
*Sedbergh and District History
Society Newsletter 1982*

An interesting phone-call the other day came from an architect from Washington, D.C. on holiday in this country. He was researching the life of William Thornton, a Quaker who in 1777/82 was apprenticed to his Uncle, a pharmacist named James



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Birket, in Sedbergh. Thornton went on to study medicine at Edinburgh, became a doctor in the West Indies and later went to New York. Here he won several competitions for the design of public buildings, including the Capitol Building in Washington.

He became Commissioner of Patents in 1814, and published a treatise for the deaf and a work on an 'Universal Alphabet'; this latter was originally stimulated by a work on shorthand given to him in Sedbergh. His diaries, written in code and shorthand and covering his time in Sedbergh, are now in the Library of Congress.



MEMORIES OF SEDBERGH



Photos supplied
by Colin
Cowperthwaite



1. The 3 young men are named as Roy Stainton, Bob Winn and Jim Vickers.
2. Main Street with a 1954 Standard 10 plus motorcycle & sidecar travelling in opposite directions
3. The top of Howgill Lane, with the workshop of printer Gerald Law.
4. Joss Lane. The car park must have been recently converted from town's auction mart.
- 5 Long Lane before Castle Garth.

PERSONAL MESSAGES

OLIVIA

Happy 9th birthday Olivia hope you have a lovely day lots of love and kisses great granny and grandad Mac xxx

OLIVIA

Happy 9th birthday to our Beautiful daughter Olivia have a fabulous day love mummy ,daddy and Pippa xxxx

OLIVIA

Happy birthday Olivia love nana and auntie Claire xx

OLIVIA

Wishing Olivia a very happy 9th birthday love you lots grandma and grandad xx

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EDITORIAL

I was rather worried that we wouldn't be able to produce an edition this month. Much of our content is based around the many events and organisations which happen and exist in our district.

But I shouldn't have worried. This is the biggest edition that the 'new team' have produced, but, of course, it isn't down to us. It's down to all the people who contribute, and everybody has responded magnificently. And it's a reminder for us on the team that the community also views Lookaround as an important part of the local culture. Thank you all so much.

Another expression of that local spirit are all the painted stones outside Settlebeck School. Every time I go past there are more. Well done everyone who has added to their number. As I hope you've noticed I've printed photo's of a few in here. Not as many as I'd have liked! And I've just tried to take a representative selection, they all deserve inclusion.

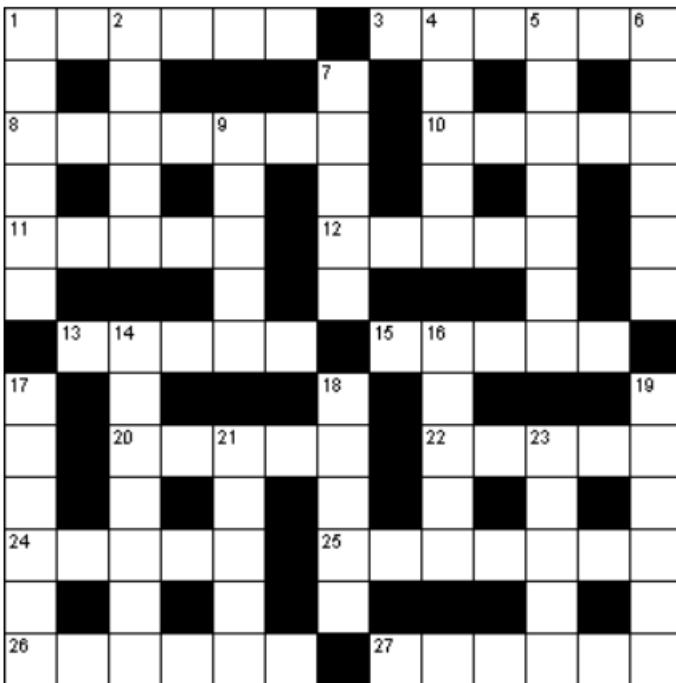
Please stay safe everybody. *Ed.*

Joss Lane & Loftus Hill Car Parking Charges

1 hour = £1.00	4 hours = £4.00
2 hours = £2.00	5 hours = £5.00
3 hours = £3.00	One week = £10.00
Annual Resident Permit, Day = £40	Annual Resident Permit, 24h = £60

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

PUZZLE 1 (SOLUTION ON PAGE 101)



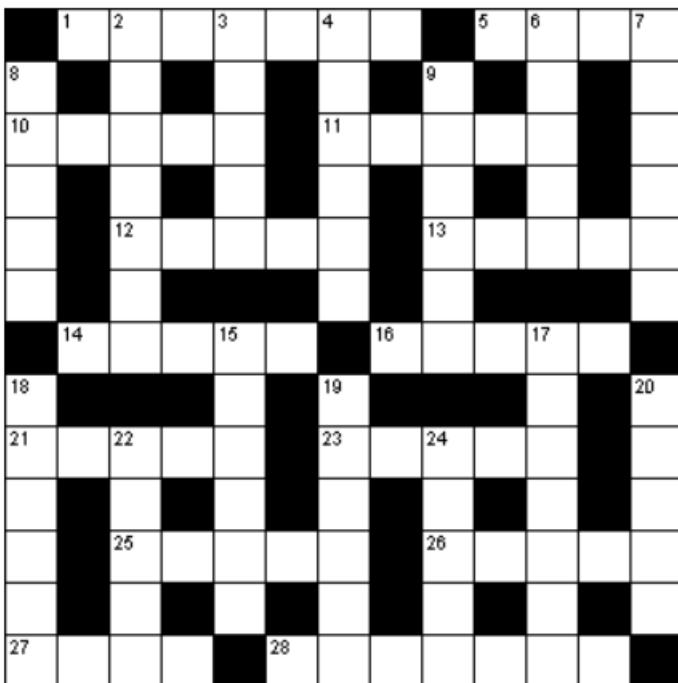
Across

1. Sounds like a panel on a ship (6)
3. Discovers escapism in poetry (6)
8. Found small ardent duck (7)
10. Something huge in Belgian town (5)
11. Turn stone into music (5)
12. Perfect notion, end of April (5)
13. Discover bunk in slumber theory (5)
15. Found a Greek letter on the table (5)
20. Instrument detects in ultra dark (5)
22. Courage shown in mariner venture (5)
24. Austere at the rear of a ship? (5)
25. Jumbled and unfathomable as my lab (7)
26. Main course in garden tree house (6)
27. Seaside tourist finds roundabout way (6)

Down

1. Edible nut contained in meal, Monday (6)
2. Young nocturnal creature in meadow, let out (5)
4. Bird under par on a golf course (5)
5. Evidence of injury allowed redness (7)
6. Was seated with vase, out of this world (6)
7. Confess and let in (5)
9. Something of value, sounds like a complete collection (5)
14. Sincere sense organ and bird shelter (7)
16. Useful set of cards at the end of the day (5)
17. Has slept despite some bother (6)
18. City found tour banned (5)
19. Sounds like an underground vendor (6)
21. Steps taken in Bermudan ceremony (5)
23. Character Italian city, beginning of October (5)

PUZZLE 2 (SOLUTION ON PAGE 101)



Across

1. Phone a restaurant, closest essential (7)
5. Surrounded by water in this lea (4)
10. Food in macabre advert (5)
11. Scam elements, involves desert mammal (5)
12. Sounds like individual borrowings (5)
13. Dog rescued, discovered monsters (5)
14. Finally, endless map collection (5)
16. Husks in mulch affected (5)
21. Instrument used in suburban jobs (5)
23. Notions or self direction last removed (5)
25. Weight of gem in replica ratified (5)
26. Mysterious guru inspects ancient buildings (5)
27. Expensive sounding ruminant (4)
28. Make a gift of writhing serpent (7)

Down

2. Graceful, a gentle refinement (7)
3. Extra diode contained communication medium (5)
4. Dismissed, it's in the bag (6)
6. Essentially also largely sun related (5)
7. Firstborn in yield estimate (6)
8. A ray of light across a ship? (5)
9. Oh most silky, when un wrinkled (6)
15. Sounds like a plank on a boat (6)
17. Change if has no style (7)
18. Discovered drab roads overseas (6)
19. Found Darwin terrific for the time of year (6)
20. Uncovered extra shed rubbish (5)
22. Recess revealed mini chest (5)
24. Brings in money from large vases, reportedly (5)

PUZZLE 3 (SOLUTION ON PAGE 102)

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LOOKAROUND DETAILS

LOOKAROUND INFORMATION

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

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

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

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

ARTICLES

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

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

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

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

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

CALLING ALL ADVERTISERS

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

New advertisers are of course always welcome too.

PUBLICATION DETAILS

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

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

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

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

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

ADVERTISING

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

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

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

BUSINESSES

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

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

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

CHILDREN'S BIRTHDAYS

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

COVER PICTURES

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

LOOKAROUND BY POST

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

CONTACT DETAILS

See page 4.

Lookaround Editorial Group



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellicottage.co.uk	21529
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 A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6 3D (1ES), 1T (PB), CH, NS, NP*, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Mr and Mrs McCririe	Daleslea, Station Road, Sedbergh, LA10 5DL (2019/11) Sleeps 6 3D (ES), CH, NS, TV, P, NP, VB e-mail: Daleslea@outlook.com	21789

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	07/18	Helpline	030 300	30003
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	04/19	Mrs Alison	jen.alison10@gmail.com	
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	11/19	Mr Alison	015398	24666
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Christian Aid	11/17	Mrs Thompson	Sed:	22023
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
Cobweb Orchestra	04/19	Mrs Blackwell	Sed:	20056
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community	10/18	Dr Ripley	mylesripley@btinternet.com	
Dentdale Choir	04/17	Mr Feltham	Dent:	25689
Dentdale Head to Foot	04/17	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Sedbergh Environmental Group	02/19	Mr Chapple	07891	908025
Farfield Mill Arts & Heritage Centre	10/18	Mrs Mowbray	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	11/17	Mr Todd	07979	569428
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Grief Share	02/19	Duty Team Member	07498	870267
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/17	Mrs Houghton	admin@howgillharriers.co.uk	
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	10/18	Dr Ripley	mylesripley@btinternet.com	
Labour Supporters Group	12/17	Mr Cross	Sed:	22566

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

* = Latest Amendments

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

Regular Events and Meetings				Regular Events and Meetings			
1000	Every Sunday	Free Entry to Locals	FM	1315	Every Wednesday	Art Society	PH
1600	3rd Sunday	Messy Church	CCCN	1400	Every Wednesday	Age UK IT Support	L
09:00	Every Monday	Senior Golfers	GC	1730	Every Wednesday	Sedbergh Juniors	PH
1030	Every Monday	Sedbergh Songsters	GH	1730	Every Wednesday #	Beaver Scouts	SHQ
1730	Every Monday	Brownies	CCCN	1900	Every Wednesday	Sedbergh Town Band	SSBR
1400	1st Monday	Bridging the Gap	MC	1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st Monday	Dent Parish Council	DMH	1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1930	1st Monday	People's Hall	PH	1915	2nd Wednesday	Dentdale WI	DMH
1900	3rd Monday	Chamber of Trade	PH	1930	2nd Wednesday	Sedbergh WI	PH
1430	Last Monday	Tea & Company	CCCN	0900	Every Thursday	Senior Golfers	GC
0930	Every Tuesday	Drop-in & Relax	MCD	1400	Every Thursday	Community Social	Gladstone House
1000	1st and 3rd Tuesday	Grief Share	CCCN	1830	Every Thursday	Swimming Club	SS
1215	Every Tuesday	Over 50's Swimming	SS Baths	1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1330	Every Tuesday	Knit & Natter	GH	1430	Every 2 weeks	Cameo Club	CCCN
1830	Every Tuesday	Cub Scouts	SHQ	1430	1st Thursday	Afternoon Cream Tea	Duo
1830	Every Tuesday	Swimming Club	SS	1930	1st Thursday	Howgill WI	FCH
1900	Every Tuesday	Environmental Group	Red Lion	1200	2nd Thursday	Age UK Lunch Club	Dalesman
1930	Every Tuesday	Bridge Club	WHC	1915	2nd Thursday	Royal British Legion	WHC
1400	2nd Tuesday	Killington WI	PH	1930	2nd Thursday	Sed. Parish Council	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH	0930	Every Friday #	Little People	CCCN
1930	3rd Tuesday	Ladies NFU	PH	1100	Every Friday	Mindfulness Course	MCD
0830	Every Wednesday	Sedbergh Market	JLCP	1800	Every Friday	Cub Scouts	SHQ
09:30	Every Wednesday	Coffee Morning	STAS	1930	Every Friday	Scouts & Explorers	SHQ
See Group Page for contact details & Diary Page for Keys				1330	1st Friday	Dentdale Club	DMH
				1000	Every Saturday	Swimming Club	SS
# = School Term Time Only							

DIARY KEY		PLACES OF INTEREST TO VISIT IN THE AREA
AS	Art Society	Bowling Green, Queens Gardens
BC	Sedbergh Bowling Club	Bruce Loch Nature Area, Busk Lane
BF	Brigflatts	Cautley Spout, A683 towards Kirkby Stephen
BVH	Barbon Village Hall	Community Office, 72 Main Street
CCCN	Cornerstone Community Church, New St	Cornerstone Community Church, New Street
CM	Coffee Morning	Cumbria Wildlife Trust, Community Office
CWT	Cumbria Wildlife Trust	Dent Heritage Centre, Laning, Dent *
DCMH	Dales Countryside Museum, Hawes	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
DCP	Dent Car Park	Friends Quaker Meeting House, Brigflatts
DCS	Dentdale Chapel Schoolroom	George Fox's Quaker Pulpit, Firbank
DHTF	Dentdale, Head to Foot	Golf Club, Catholes, Sedbergh *
DMH	Dent Memorial Hall	Information Centre, 72 Main Street
DMC	Dent Methodist Chapel	History Society, Community Office
FCH	Firbank Church Hall	Holy Trinity Church, Howgill
FM	Farfield Mill	Jubilee Wood Nature Area, Castlehaw Lane
GC	Golf Club	Langstone Fell, A684 Garsdale Foot
GH	Gladstone House	Motte & Bailey Castle, Castlehaw Lane
GVH	Garsdale Village Hall	Pepperpot Folly, Busk Lane
HS	History Society	Picnic Site, Ghyllas, Cautley Road
HVH	Howgill Village Hall	Picnic Site, Settlebeck New Bridge
HTH	Holy Trinity Howgill	Play Ground, Dent Village
JLCP	Joss Lane Car Park	Play Ground, People's Hall
KL	Kirkby Lonsdale	Play Ground, Maryfell
KPH	Killington Parish Hall	Queen's Gardens, Station Road
L	Library, Main Street	St. Andrew's Church, Dent
LHCP	Loftus Hill Car Park	St. Andrew's Church, Main Street, Sedbergh
MC	Medical Centre	St. Gregory's Church, Vale of Lune
MCD	Meditation Centre, Dent	St. John's Church, Cowgill
PH	People's Hall	St. John's Church, Firbank
QG	Queens Gardens	St. John's Church, Garsdale
RFC	Rugby Football Club	St. Mark's Church, Cautley
RR	Rawthey Room, 72 Main Street	Sedbergh Embroidery, StAS
SASL	Sight Advice South Lakeland	Tennis Courts, Guldrey Lane *
SCC	Sedbergh Cricket Club	Winder Fell, above Sedbergh
StAS	St Andrew's Church, Sedbergh	* = Entry Fee Applicable
StAD	St Andrew's Church, Dent	
StJCC	St Johns Church, Cowgill	
StJCG	St Johns Church, Garsdale	
StMC	St Mark's Church, Cautley	
SIC	Sedbergh Information Centre, 72 Main St	
SPS	Sedbergh Primary School	
SS	Sedbergh School	
SSAT	Settlebeck School Academy Trust	
SSL	Sedbergh School Library	
STC	Sedbergh Tennis Courts	
TBA	To Be Announced	
WHC	White Hart Club	
WID	Women's Institute, Dentdale	
WIHF	Women's Institute, Howgill & Firbank	
WIK	Women's Institute, Killington	
WIS	Women's Institute, Sedbergh	

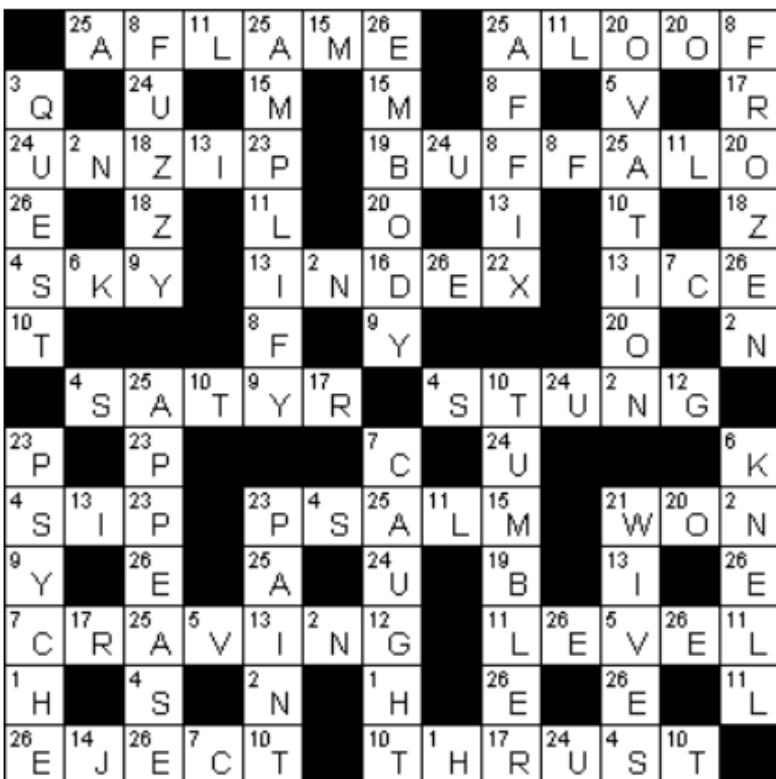
PUZZLE 1 SOLUTION



PUZZLE 2 SOLUTION



PUZZLE 3 SOLUTION



1	2	3	4	5	6	7	8	9	10	11	12	13
H	N	Q	S	V	K	C	F	Y	T	L	G	I
J	M	D	R	Z	B	O	W	X	P	U	A	E

PEOPLE'S HALL HIRE RATES

Main Hall

Session	Z	A	B	C	D	All day
Local Hirers	£10	£20	£20	£15	£36	£90
Other Hirers	£15	£30	£30	£22.50	£54	£136.50
Commercial	£20	£40	£40	£30	£72	£182
Committee Room						
Local Hirers		£15	£15	£10	£15	£55
Other Hirers		£22.50	£22.50	£15	£22.50	£82.50
Commercial		£30	£30	£20	£30	£110

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0754 (C, L)	0838	M - F	502	SCC	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1300	1330 (L)	Wed	564A	W
1015 (L)	1045	Wed	564A	W	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1705 (C)	1745 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0728 (C)	0754 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W
Last Update: May 2018									

L = Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

*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)

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

BUS SERVICES

Western Dales Bus S3 Dent/Sedbergh Tuesdays Winter 2019. From Tuesday 17th December 2019 ufn				
Buses From Dent to Hawes				
Dent Village		0942	1144	1421
Sedbergh Spar		0958	1200	1437
Sedbergh Dalesman		0959	1201	1438
Sedbergh Maryfell		1001	1203	1440
Farfield Mill entrance		1003	1205	1442
Garsdale Street		1012	1214	1451
Train to Carlisle		1054	1222	1448
Trains to Leeds			1205	
Coal Road (Garsdale Station turning)		1017	1219	1456
Moorcock Inn		1018	1220	1457
Hawes Creamery		1029	1231	1508
Hawes Market Place		1031	1233	1510
Hawes Dales Countryside Museum		1033	1235	1512
Buses From Hawes to Dent				
Hawes Dales Countryside Museum		1043	1320	1522
Hawes Market Place		1045	1322	1524
Hawes Creamery		1047	1324	1526
Moorcock Inn		1058	1335	1537
Coal Road (Garsdale Station turning)		1059	1336	1538
Train to Carlisle		1054		
Trains to Leeds				1559
Garsdale Street		1104	1341	1543
Farfield Mill entrance		1113	1350	1552
Sedbergh Maryfell		1115	1352	1554
Sedbergh Library	0915	1117	1354	1556
Sedbergh opp. Morphets	0916	1118	1355	
Dent Village	0932	1134	1411	
Western Dales Bus S4 Dent/Sedbergh - Kirkby Stephen/Brough Friday Winter 2019. From Fri 20th December 2019 ufn				
Buses From Dent to Kirkby Stephen/Brough				
Dent Village		1017		1454
Sedbergh Spar		1033	1300	1510
Sedbergh Dalesman		1034	1301	1511
Sedbergh Maryfell		1036	1303	1513
Cautley, Cross Keys		1043	1310	1520
Fat Lamb		1050	1317	1527
Kirkby Stephen Station arr		1057	1324	1534
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1106	1324	1534
Kirkby Stephen Town		1111	1329	1539
Kirkby Stephen Co-op		1113	1331	1541
Brough Clock		1121	1339	1549
Buses From Brough/Kirkby Stephen to Dent				
Brough Clock		1131	1349	1559
Kirkby Stephen Co-op		1139	1357	1607
Kirkby Stephen Town		1141	1359	1609
Kirkby Stephen Station arr		1146	1404	1614
Train to Carlisle		1106		1501
Train to Leeds		1146		1546
Kirkby Stephen Station dep		1151	1404	1614
Fat Lamb		1158	1411	1621
Cautley, Cross Keys		1205	1418	1628
Sedbergh Maryfell		1212	1425	1635
Sedbergh Library	0950	1214	1427	1637
Sedbergh opp. Morphets	0951	1215	1428	
Dent Village	1007		1444	

BUS SERVICES

S4/S5 Sedbergh – Kirkby Stephen – Ravenstonedale - Kendal via M6 Killington and Castle Green
Thursday Only commencing Thursday 21st June 2018 until further notice

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

DENT RAILWAY STATION TIMETABLE

Valid until 14th December 2019

Northbound to Carlisle For Garsdale times, add 5 minutes			Southbound to Leeds For Garsdale times, subtract 5 minutes		
M-F	Sat	Sun	M-S	Sat	Sun
06 48	07 52	10 34	07 05	09 09	10 40
09 16	09 15	11 01*	09 38	10 41	14 05
10 48	10 48	13 55	12 10	12 10	16 18 ~
12 17	12 17	15 52	16 04	16 04	18 41
14 43	14 43	17 48	17 32	17 32	19 03 *
16 46	16 46	20 20	19 38	19 38	20 27
18 15	18 15				
19 44 #	19 44				

* = To From Blackpool North—runs until 8th September

= Runs 3 minutes later on Friday

~ = From Nottingham

BUS SERVICES

Western Dales Bus S4 Kirkby Stephen Connect from Friday 22nd June 2018 ufn R = Request only				
	Fri	Fri	Fri	Fri
Dent		10.25		14.25
Sedbergh, Spar		10.39	12.44	14.39
Sedbergh, Dalesman		10.40	12.45	14.40
Sedbergh, Maryfell		10.41	12.46	14.41
Cautley, Cross Keys		10.48	12.53	14.48
Fat Lamb		10.54	12.59	14.54
Kirkby Stephen Station arr		11.01	13.06	15.01
<i>Trains from Leeds to Carlisle</i>		11.06	12.35	15.01
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.07	13.08	15.03
Kirkby Stephen Town		11.12	13.13	15.08
Kirkby Stephen Co-op		11.13	13.14	15.09
Brough, Clock		11.21	13.22	15.17
	Fri	Fri	Fri	Fri
Brough, Clock		11.26	13.27	15.21
Kirkby Stephen Co-op		11.34	13.35	15.30
Kirkby Stephen Town		11.35	13.36	15.33
Kirkby Stephen Station arr		11.40	13.41	15.38
<i>Trains from Leeds to Carlisle</i>		-	-	-
<i>Trains from Carlisle to Leeds</i>		11.46	-	15.46
Kirkby Stephen Station dep		11.47	13.43	15.48
Fat Lamb		11.54	13.50	15.55
Cautley, Cross Keys		12.00	13.56	16.01
Sedbergh, Maryfell		12.07	14.03	16.08
Sedbergh, Library	10.05	12.08	14.04	16.09
Sedbergh, opp. Morphets	10.06	12.09	14.05	16.10
Dent	10.20	-	14.19	-

Fri = Friday Only

Lookaround Editorial Team

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

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

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Parish Priest Kendal

Tel: 015397 20063

CORNERSTONE COMMUNITY CHURCH

New Street
Sunday 10.30

Rev. David Crouchley Tel: 20329

worship@peopleshall
1st Sunday each month 10:30 am
Rev David Crouchley Tel:20329

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Pam Coren (Clerk) Tel: 22586
Sally Ingham Tel:07939 569559

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. Andy McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

Howgill: Helen Hoggarth 20805
& Pauline Marshall 21651

Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. Andy McMullon Tel: 20018

Rev. Christine Brown Tel: 25418

Email: christinelucy2014@gmail.com

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Garsdale Street;
Garsdale Low Smithy; Hawes Junction
Rev. David Crouchley Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00

Amanda Reynolds Tel: 07545 375721

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

When we are closed please ring
111 or 999 if appropriate

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery

Monday by appointment only

Practice Nurses Clinics

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

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

Dressings Clinic – Friday afternoons
(By appointment only)

Blood clinic

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

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

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

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

Location of Public Defibrillators

72 Main Street

People's Hall, Howgill Lane
Fire Station, Long Lane

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

POLICE

101 or 999

Crimestoppers 0800 555 111

Community Officer

Kathryn Taylor

Telephone: 101

Email: 101@cumbria.police.uk

DENTAL SURGERY

Main Street 20626

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

Monday to Friday 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

VETERINARY SURGERY

14 Long Lane

015396 20335 (including emergencies)

Mr N. Preston & Mr J. Bramley

Dispensary Monday to Friday 0900 - 1300

1400 - 1700

Consultations Monday to Friday 0900 - 1000 *

1400 - 1500 *

Other times by appointment only *

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

POST OFFICE

Main Street - Phone 20406

Wednesday

Last Page Update:

March 2019