

Sedbergh & District **LOOKAROUND**

February 2017

Issue 351

Donation £1

A very warm welcome to all our readers and contributors and a Healthy and Happy New Year to you all. By the time you read this, we are 1/12th through the year!! Where is the time going?

A massive thank you to all the contributors of text this month. We think it is probably the most ever received. It just shows that there is lots going on in our community.

Dennis & Jacky Whicker



Jill Colquhoun Exhibition until Sunday 4th March

A beautiful new exhibition from local artist Jill, who is inspired by nature and the landscape of Cumbria and the Yorkshire Dales. The main emphasis of Jill's work is vibrancy, pattern, and movement in nature. To achieve this, she has developed a novel method of combining wax resist batik techniques with acrylic paint. The resulting paintings are unique and rich in style and colour.

Celebrating Ceramics until Sunday 4th March

A group of 12 ceramacists from Cumbria and North Yorkshire displaying a wide range of work, from decorative pieces, to practical crockery, and some beautiful ceramic wall art. A must see for any pottery enthusiast.



Open 10.30-4.30 adults: £3.50, concs: £3, children: **FREE**
FREE ENTRY for LA10 residents on Sundays :
www.farfieldmill.org • 015396 21958

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

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

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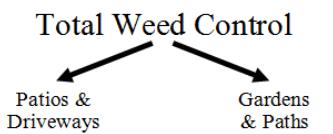
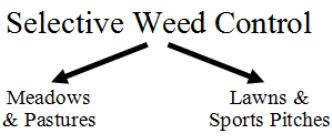
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WEED CONTROL



For quotations
Call Graham Milburn
07971 274095



KILLINGTON SPORTS

DOMINO DRIVE

Refreshments Good Prizes

7:30 pm

Friday 3rd February

Killington Parish Hall

SWIM SQUAD

Sedbergh Swimming Club

Tuesdays 7.30pm

30mins supervised/coached swim session
Sedbergh School Pool

A structured but relaxed swim session for those that can already swim but want to get a bit fitter and healthier. The session is aimed at those who have finished swimming lessons and want to become independent swimmers.

Age range is suggested at 10-16 years.

Membership and session fees apply but these can be discussed on your first session.

For further information contact
Sarah Holton sj.holton@hotmail.com
07910 635463

or talk to any of the poolside team

Sully

Miracle on the Hudson

Tom Hanks, Aaron Eckhart, Laura Linney
Certificate 12A

Saturday 4th February

film starts **7.30pm**

Sedbergh People's Hall

Flicks in The Fells

February Birthdays

Day	Name	Age
2	Amy JOHNSON	10
7	Lois LONGLANDS	5
12	Daniel HALL	10
13	Charlie SMITH	4
14	Evie DEAN	8
20	Kristian PRATT	7
20	Isabella HUBBARD #	8
22	Grace HODGSON #	7
23	Arlo LONGFELLOW	1
23	Evie HAYGARTH	4
28	George SMITH	7

Dent Grammar School Educational Foundation 2 bedroom ground floor flat to let in Dent

This unfurnished flat is situated in the historic grammar school building adjacent to the church in the centre of Dent.

It is in a very quiet spot.

The flat comprises of a lounge/dining area with a wood burning stove, kitchen, bathroom and two bedrooms (1 double and 1 one single).

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South Lakes Citizens Advice Bureau

03444 111 444

Pension Service Surgery

Stricklandgate House every Tuesday 1400 - 1600

01539 795000 or 0845 6060265

Sight Advice South Lakes

01539 769055

South Lakeland District Council

01539 733 333

Yorkshire Dale National Park

0300 456 0030

Police in any area

101

Electricity in any area

105

Medical in any area

111

Pension Service Surgery

Stricklandgate House every Tuesday 1400 - 1600

01539 795000 or 0845 6060265

*If you would like any numbers listed here,
please let us know.*

YIPEE DO!

On November 21st last year, as clerk to Garsdale Parish Council, I was cc'd an email originating from our beloved leader, Tim Farron and our very own Demi-God, Councillor Nick Cotton. It stated that a rolling set of road repairs in the form of patching had been started the day before on the A684 and would need a further 3 or 4 days to complete. My squeals of delight could have been heard from Hawes to Sedbergh and beyond. I ran out screaming into the garden and fell to my knees, lifting my arms to the heavens and shouted "YES, YES, YES".

That night, I could hardly sleep with excitement. The next day I was driving into Sedbergh and I could

witness at first hand the toiling workmen digging up the road, filling the holes with fresh, steaming tarmac and smoothing it over with big, heavy rollers. I couldn't wait. The prospect of being able to drive along the A684 without the bone jangling, chassis breaking ordeals of the past, of hitting pothole after pothole that you couldn't avoid, were nearly over.

I gently backed the car out of the garage, trying not to look it in the eye as it glared balefully at me, and tried to reassure it that the road will soon be like silk and its suspension will be safe from those sudden jolts. Cheerfully, we set off at 9.30am with great anticipation, gingerly steering round the bends, trying to avoid the, as yet, unrepaired potholes that

There is a

SALE!

@



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From now till Mid March

Because

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She would like to thank all clients and customers for their enthusiasm and support over the last 5½ years.

Good Hunting

would be, in a matter of days, a thing of the past.

Each bend came and went, one after the other, but where were these toiling workmen? I was becoming increasingly concerned as I was nearly at The Fell and there was no evidence of roadworks but then I spied a couple of traffic cones and an overturned "men at work" sign by the side of the road and there, in front of me was a repaired pothole, wow! But where were the toiling workmen, where were the machines, where was the pile of steaming tarmac? Absolutely nowhere.

With my bubble of joy well and truly pricked, deflated and dejected, I carried onto Sedbergh to do my chores. However, on the way back at

around 10.30am, coming off The Fell I noticed a strange red glow up ahead. As I got closer I realised that it was a temporary traffic light (just as an aside to this woeful tale, can



anyone explain why, when the car in front of you goes through a temporary traffic light the light immediately goes red and you then sit waiting for ages, getting more exasperated, for the light to turn green when there are no cars coming the other way?). Just past the light was a truck and a digger, my mood immediately

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes offer you a warm welcome



We are open daily for home cooked food,
(*a particular favourite is Ham 'n' Eggs*)
and offer an extensive menu for
residents and non-residents.

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and we can boast one of the finest views of
Cautley Spout and the Howgills.

Every Thursday is Pie Day

Any home made pie with chips and veg
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Bookings being taken for St Valentine's Day Meals

Closed Mondays unless a Bank holiday.

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louisethompsonphotography@yahoo.com



Sedbergh Area
Walking and Cycling Group

Annual General Meeting

Wednesday 8th February

7:30pm

URC/Cornerstone Rooms
Joss Lane

All welcome

www.sedberghgateway.org.uk/events

lightened, but where were the toiling workmen? As I went past the truck, I saw them, there they were, sitting inside, staring intently at their mobiles while having a brew.

My wife had cause to go to Kendal later that day and went past the toiling workers at 12.30pm and actually spotted one wandering around with a spade in his hand but the others were, you've guessed it, sitting in the truck, staring intently at their mobiles while having a brew. When she returned later at 2.30pm they had all packed up and gone home, leaving the cones and "men at work" signs face down in the verge. Two potholes had been repaired.

I wish I could say that there was a

happy ending to this tale, but alas, the toiling workmen are now just a faint memory as they haven't been seen since, although the signs and cones are still there.

One other thing has occurred recently, Highways must have found some more of those wonderful "temporary" bright orange barriers and have shored up some more holes in the restraining wall along the river, along with some alluring chequered tape and yet more traffic cones. The Yorkshire Dales are known for their outstanding beauty along with their unique drystone walls. Sadly, in Garsdale, these drystone walls now more resemble a line of festering boils strung out along the smooth,

Calling all PHOTOGRAPHERS!

Please consider donating images for the
Information & Book Centre's **2018 calendar**.

We would like to get a representative selection together, maybe with more emphasis on people (check your subjects are happy to be in ...)

Email images, Flickr links etc. to office@sedbergh.org.uk or drop your prints in at 72 Main Street by the second week of February 2017.

undulating grey ribbon of the A684. Storm "Barbara" was having none of it though and managed to blow quite a lot of it away.

Ah well, time for a break, I'll think I'll go and sit in my car and stare intently at my mobile while having a brew.

*Philip Johns, clerk to Garsdale PC,
ps.johns@btinternet.com,
www.garsdaleparishcouncil.com.
015396 22170*

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held in December 2016 and January 2017. The next meeting of Sedbergh Parish Council is on Thursday 9th February 2017 at 7.30pm in the Committee Room of the People's Hall, Howgill Lane,

Sedbergh COUNCIL VACANCY

Sedbergh Parish Council still has a vacancy and they are looking to co-opt a new Councillor. Closing date for letters of application is Monday 6th February 2017; please contact me for further information.

MARYFELL – PLAY PARK

Meetings have continued with South Lakeland District Council and partner organisations in Sedbergh and it is hoped that a consultation document, for proposed improvements to the Park, will be available in March for resident feedback.

COMMUNITY RESILIENCE PLAN

Consultations continue with the draft Community Resilience plan, these include considering places of safety,

Sedbergh and Casterton Sedbergh Prep School CATERING and HOUSEKEEPING ASSISTANTS

Sedbergh school are looking for Catering and Housekeeping Assistants working in Sedbergh or Casterton. Working for the School means working within the school as a valued member of the staff and as part of a close-knit team supporting the Staff and Pupils. We are looking to employ enthusiastic people who would like a vibrant working environment with support and encouragement for those who wish to develop their careers further through NVQ or other qualifications.

We are currently seeking both Housekeeping and Catering Assistants to work throughout the School. Very much respected and appreciated team members, the ideal candidates will be confident working in accordance with the changing requirements and needs of the School. Whether you will be assisting our in-house chefs to provide varied menus to the wider school community or working to clean and present the School in immaculate condition, your work with us will always be busy and wide ranging. There may also be opportunities to help out with the various events within the School from sporting fixtures to evening social events.

The School offers:

- Generous Salary
- Regular, sociable working hours.
- Benefits, including contributory pension scheme with life cover;
- Staff benefits package, including store discount cards;
- Use of the School's sports facilities, including the indoor swimming pool and gym.
- Various shifts available which could be tailored to suit existing commitments.

Please email **Maria Gallego-Calderon** on hadmin@sedberghschool.org (Tel 015396 20303) if you would like to know more about this or any other positions that may be available.

Safeguarding the welfare of children is of the highest priority to Sedbergh School. Every employee of the school has a responsibility to protect children from abuse, be aware of the School's safeguarding procedures, know how to access and implement the required procedures, keep a sufficient record of any significant complaint, conversation or event, report any matters of concern to the Safeguarding Officer and attend annual in-service training provided by the School.

All Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Disclosure and Barring Service.



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SETTLEBECK PARENT,
TEACHERS & FRIENDS ASSOCIATION

DOMINO DRIVE

Friday 10th February
7.30 pm at Settlebeck School

Fun for all the family!!

Entrance - £2 per person



access to sandbags, emergency communications etc. (residents are encouraged to consider preparing their own personal flood protection plans – please contact me for details of available guidance if required).

POLICY & RESOURCE COMMITTEE

Sedbergh Parish Council agreed their Precept request for 2017/2018 to South Lakeland District Council.

Members noted that there were still funds available within the Budget for Grant applications from properly constituted voluntary, not for profit organizations. Applications should be received by 28th February for this financial year.

PUBLIC PARTICIPATION

Garth Steadman attended to request for permission, in principle, for use of the playing field at Haveras. This would be subject to gaining enough volunteer support to continue the



Gala back on the playing field on a small scale. Monies raised could then be used for the annual Children's party. Members agreed to the request, however, highlighted the lack of volunteers that had come forward to assist the Gala with their pleas for help last year.

OTHER MATTERS:

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Various other matters were discussed, including Planning Applications, BT's proposal to remove the phone box at Millthrop (residents in Millthrop hope to 'Adopt the Kiosk'), Car parking, Sedbergh Wanderers FC's discussions with the Amenities Committee to try and improve the football field, proposals for Queen's Garden and the hope to have a 'Friends of Queen's Garden' Group (please see separate article on Page 83), potential to relocate waste bins to popular dog walking routes and a proposal from Sedbergh School to fund an additional bin (which would accommodate dog waste) on a footpath close to their grounds. Apologies were also received from the owner of some waste material

deposited at Straight Bridge (which is to be removed).

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions. Public Participation is now at the beginning of the Agenda and should anyone wish to speak, they would be welcome to attend from 7.30pm.

If you have any thoughts/views on any of the above, or wish to contact Sedbergh Parish Council, please email me at

clerk@sedberghparishcouncil.org.uk

Please also note that a full reference copy of all documents relating to meetings is held at 72 Main Street in the Parish Council Office.

Janey Hassam – Clerk



Linda Greensmith

A friendly and reliable service for older people in Sedbergh and surrounding areas.

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- Basic computer skills
- Help with paperwork

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or email lindagreensmith1@aol.com and I will be happy to help.

Current DBS check, references available, competitive rates.



COUNCILLOR CORNER

The litter picking season has started for me, although I am quite aware that some hard-working volunteers in and around Sedbergh continue litter picking all year round. I'll aim to clear litter from the verges of as many roads as possible in the Sedbergh & Kirkby Lonsdale area in the next few months while keeping an eye on my safety by choosing litter picking times very carefully on any of the busier roads.

So far I have filled up several bags of litter from the Cross Keys inn at Cautley down the A683 back into Sedbergh and done some work around Killington New Bridge. I will leave the A683 from Sedbergh to Kirkby Lonsdale for a few weeks until

it is lighter in the mornings - in the past I have found that it is reasonably safe to litterpick on Sunday mornings until about 9am when the traffic starts to increase.

Walking slowly with a black bag in one hand and some 'grabbers' in the other, picking up cans, bottles and crisp packets gives you the chance to see things close up - the first snowdrops coming through for example, or signs of damage from last winter's storms and the opportunity to clear away debris from the hundreds of drains that for some



Sedbergh Primary School

'Excellence in the heart of the community'



Is your child starting school this September?

We have places in our Nursery (for 3 year olds) and in our Reception class (for 4 year olds) starting school in September 2017. Follow the links on our website to apply online (www.sedberghprimary.org) or pop into school to collect a paper copy of the application forms. Don't forget, we're always happy to show you around the school and answer any questions that you have.



"Effective teaching and a well resourced and vibrant setting means that the children in the early years learn quickly and make good progress." Ofsted 2016

Contact Us...

Sedbergh Primary School, Long Lane, Sedbergh, Cumbria, LA10 5AL Tel: 015396 20510

Email: admin@sedbergh-pri.cumbria.sch.uk Web: www.sedberghprimary.org.uk

Look out for further information about 'Stay and play' sessions and our EYFS Open Evening



some reason are to be found in great abundance alongside the Cautley Road. All this against a backdrop of beautiful fells.

It has always intrigued me why there should be flooding on Straight Bridge when there is a drain on the bridge that empties directly into the river below. Last Sunday I found out one of the answers. The gully in question was blocked with leaves. Easy, I thought, I'll just poke them down into the river and all will be well. After prodding and rodding for about 10 minutes I still had no joy so I lifted off the grating (not hard) and used the litter picking 'grabbers' to pull out great piles of oak leaves. Eventually I had pulled out enough leaves to be able to poke the rest through and I

could see down to the river below.

Now here is the curious thing - the large square hole below the grating becomes a narrower round drain for the next section then a still narrower round pipe for the final section with a bizarre bend in the pipe (like a banana) at the bottom. So flood water and leaves do not fall directly into the river below but are channelled into a narrow pipe with a bend with a tendency to block with leaves. This is not the only problem - on the minor lane leading from Straight Bridge to Farfield there is a culvert carrying a beck under the road which overflows as there are a series of broken stone slabs in the beck which block it when in spate, causing it to run down the lane to Straight Bridge. It's amazing

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Cllr Nick Cotton

COUNCILLORS CORNER

For almost all local farmers December 2016 finally saw a good outcome to the tortuous progress of the 2015 Basic Payment Scheme. Surely there must now be a resolve within Defra and the Rural Payments Agency to reflect upon this unwholesome experience. For me the nightmare began in March 2015 with demands to speak to my deceased father: many others faced equally farcical requests. The worst aspect was that officials never conceded that their demands had been met and when payments were made in dribs and drabs it was never

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clear whether further payment was intended. For the last eighteen months we farmers have been wondering if we had failed to meet some secret conditions to which we were not privy.

Personally I would like to put on record my thanks to both the local NFU and Hawes Auction Mart for confirming that my own calculations were correct when Defra were apparently saying they were not. I know many others have been helped as well.



Thankfully the receipt in the first week of 2017 of the entire 2016 claim shows that the present ministerial team is determined to put the whole episode behind them. As I write this there has been no written explanation of this payment but if your claim was the same then the payment should be between 17 and 18% higher than the total of all the payments made for 2016. This difference is because in the fall in value of the Pound relative to the Euro. If that is not the case then please seek advice right away.

H & M
CRAFTSMEN

KITCHENS | BEDROOMS | HOME STUDIES | COOKSHOP

A photograph of a modern kitchen interior. It features light-colored cabinetry, a large island with a dark countertop, and a window above the sink. A pendant light hangs over the island, and a chair is visible at the counter.

OPEN : 9am - 5pm Monday - Friday
10am - 5pm Saturday

Industrial Estate | Ingleton | just off A65
015242 41535
kitchensandbedrooms.co.uk

On a much happier note the adoption of the New Yorkshire Dales Local Plan is excellent news for residents within the historic park, the old West Riding. Finally they have ditched the last remnants of the destructive policies taken up in 1989. Of course personally I am delighted to see the full adoption of the policy on conversion of barns into residential. When Roger Bird and I first promoted it in the early 2000s we were denounced as extremists intent on destroying the character of the Dales – now the park is boasting that fifty applications under this policy have already been approved.

This is a new plan and it is designed to enable appropriate development, not prevent it. Just because you

SEDBERGH & DISTRICT **HISTORY SOCIETY**

Wednesday 1st February

The Enclosure of Bluecaster.

Why Sedbergh hated the Stricklands!

Kevin Lancaster
@ Settlebeck School

Wednesday 15th February

Dickens, Charity & Cowgill.

An illustrated talk

Jean Briggs
@ Dent Memorial Hall

www.sedberghhistory.org

Chairman: Graham Dalton 25436

Secretary: Karen Bruce-Lockhart 20224

Treasurer: Chris Elphick 20605

Membership Secretary: Chris Elphick 20605

SEDBERGH MEDICAL CENTRE

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

2017

Thursday 16th February

Wednesday 22nd March



have been turned down for some proposal in the past that isn't necessarily the case now. You should always take professional advice before talking to the park planners but I always have been, and always will be willing to give an informal opinion either on or off site BEFORE plans are submitted.

I make no secret of my aspiration to get back on the National Park Authority in order to help implement this new forward thinking plan on behalf of the residents. Nor would it do any harm to have another farmer back on the park – in 1996 there were nine of us, now I think there are three.

As you will see elsewhere Sedbergh Parish has agreed a budget which will mean a parish precept of about £34 on a band D house. This is much less than Kirkby Lonsdale and in part reflects our relatively large council tax base. It is also because of the effective business management of our assets and the leases of the two car parks.



Finally, not all councillor meetings are a chore; sometimes there is genuine entertainment. For the Queen's Gardens sub-committee it was a pleasure to listen to Hilary Taylor Associates as they explained the rationale behind Thomas Mawson's design and layout of the Queen's Gardens. It was news to us all that the walk through the now blocked main gates was originally intended as a metaphor for the journey from death, through mourning and contemplation to acceptance, redemption and finally revelation and joy. (In essence the trees become lighter and more colourful as the journey is made.)

If you have any problems please contact either me or Mel.

*District Councillor Kevin J. Lancaster,
Fellgate, Dowbiggin, SEDBERGH,
Cumbria. LA10 5LS*

*Telephone 07980 844 695;
email Kevin@Sarthwaite.com*

*District Councillor Mel Mackie
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD*

*Telephone 015242 71644,
07957868256*

email mel.mac@uwclub.net

TIM FARRON MP

Happy New Year!

I know it is a bit of a while ago but Dennis' winter break means this is the first time I have been able to say that to Lookaround readers.

I shan't bother you with all of the things that I have been working on

The poster features a stylized illustration of a town with houses and chimneys emitting smoke. The title 'OUR HOUSE' is at the top left in large, bold, red and blue letters. A small graphic of three people is in the top right. Below the illustration, the text reads: 'Settlebeck School Presents Our House'. At the bottom, it says 'On the 15th, 16th and 17th February 2017 at 7pm.' and 'Adults: £6.00, Children: £4.00'. It also lists the school's address: 'Settlebeck School, Long Lane, Sedbergh, 015396 20383'. A small logo of a stylized 'W' is at the bottom right. At the very bottom, there is fine print about the original production.

OUR HOUSE by Tim Firth, music and lyrics by Madness. OUR HOUSE was first produced at the Cambridge Theatre, London on 28th October 2002. Producers were Tiger Aspect Producers, Rupert Lord, Andre Ptaszynski and Phil McIntyre in association with Madness. This amateur production is presented by arrangement with Josef Weinberger Ltd.

Designed by Amy Harper and Cara Ellis



over the past couple of months, it has been a busy few weeks. Instead I just want to focus on a couple of things – the hospital in Kendal and the plight of farmers around here.

Starting with the hospital.

During the run up to Christmas I heard lots of stories of ambulances having to wait to deliver their patients into the hospital at Lancaster. The record length of time was 3 hours and 45 minutes but I have been told by ambulance drivers that 2 to 3 hours is not unusual. I know that the staff at the hospital do an amazing job in dealing with patients as fast as they can but clearly they are struggling to deal with the numbers of people who need to be admitted at times at the moment. I suspect that there are just not enough of them and that there are not enough beds to put the patients

into.

Of course an ambulance that is waiting outside the hospital is an ambulance that is not rushing to collect someone who has rung 999 to get help. The other day I heard of one person who had to wait 2 hours for an ambulance to turn up and when it did it had come from Durham.

It seems to me and quite a lot of other people I have spoken to that there is a very sensible way to address this issue which is to upgrade the Primary Care Assessment Service at Kendal to an Urgent Care Centre. This would mean that a lot more ambulances could take patients to Kendal (the staff there estimate that only about 1 in 100 ambulance trips go to Kendal at the moment) taking pressure off Lancaster and keeping more ambulances closer to us should we need to call them out. I have had a lot of support for this idea so far,

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Sedbergh Young Farmers

Quiz Night

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Friday 17th February, 7.30pm

Peoples Hall, Sedbergh

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Proceeds raised is for Cancer Research in Memory of Ruth Elizabeth Armistead

including from the ambulance service staff themselves. If you think it makes sense then please do sign my petition, the more people who get behind the plan the better. Just search for Tim Farron Urgent Care Centre Petition on the internet and follow the links.

On farming I would like to say that I am surprised that there are still farmers waiting for the Single Farm Payments from last year (over 12 months late) but sadly I'm not. The Rural Payments Agency are a disgrace. I have raised the issue in Parliament with the Environment Minister, Andrea Leadsom, and the worrying thing is that not only are the agency clearly not in control of things but neither is she. She told me that with a few very minor exceptions every farmer had been paid. However, I had a letter from one of her junior ministers only a couple of days earlier saying that 45 eligible farmers were still waiting for their money. I can see I will need to keep up the pressure here.

As ever if there is anything I can help you with please email me at tim@timfarron.co.uk or call 01539 723 403.

Thanks for your support

Tim Farron MP

SEDBERGH INFORMATION & BOOK CENTRE

Happy New Year! This seemed like a good time to remind people of some of the information we hold here, and some we gather and pass on, which is as much for people who live in the area as for visitors.

The first things to mention are the files on sport and food in Sedbergh which we hold. Anyone can put in information about their sport club's fees, fixtures, etc. or about the menu and opening times of their cafe, pub, takeaway or what have you. Just drop stuff in and we'll make sure it's there for people to look at.

We also (working with the Lookaround team) collect information about events in the town and round about; this can show up as your poster on our notice board or around the shop, an entry on the weekly What's On that we produce or a listing (if you ask us to do it) on the sedbergh.org.uk 'Events' page. If you have something for us, drop it in or email us on tic@sedbergh.org.uk with the details.

Andi Chapple

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 21575 or 20964 or email: jd@jdifa.co.uk or dmparratt@gmail.com for a form.

For more information, visit our website:

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



NORRIS CHAMLEY

It was not my privilege to have known Norris for many years, but in the short time that I came to know him I appreciated his many fine qualities.

Norris was, like me, an old soldier and we were able to compare our experiences. He had served as a National Serviceman in Palestine just after the last war. It was a dreadful time, but Norris remembered it with an old squaddie's shrug of the shoulder and a wry tale or two.

He was a stalwart of the British Legion and latterly provided the escort to the Standard on Remembrance Sunday. I remember him remarking wistfully, as he had done the year before, "This is my

last."

"No Norris," I told him, "we'll see you next year."

He will be in our thoughts next Remembrance Sunday but, until then, I will leave you with a little piece that he wrote for 'Lookaround' which will, I'm sure, raise a smile!

Nick Cross

SNAKES IN THE GRASS

I am one of a small band of people who cut the grass in Sedbergh's churchyard. I find this a very exciting and somewhat dangerous occupation especially when making the first cut of the year, as concealed in the grass are a number of items deposited there during the winter months. I accept the fir cones as a natural hazard. Our machine will not cut

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these but at about 3600 r.p.m. the cutting rotor hits them up the base and sends them flying out like a cricket ball heading for the boundary from the bat of Ian Botham. However in this case the direction is uncertain. They have a habit of hitting one on the shin (very painful) but most fly off into the uncut grass there to await the arrival of the mower so that they may give a repeat performance. Crisp bags, chocolate bar wrappings and the like, go through the machine with a loud crack which can be very alarming to the operator, but they do at least end up in the grass box. Not so the tin cans. These impale themselves on the rotor, go round a few times and bring the machine to a halt with a noise that makes the

operator think that the engine has run out of oil. It is then necessary to lay the machine on its side and remove the can (not always easy). But the very act of laying the machine on its side brings about an interesting phenomenon, in that engine oil transfers itself from the sump to the top of the engine, so that when a restart is made, usually after a struggle, clouds of smoke appear reminiscent of a Black Five pulling a heavy train up the long drag. One day someone is going to think that the church is on fire and send for the Fire Brigade.

Tennis Balls. Our machine really loves tennis balls. It cuts them neatly in half and sends the two sections flying out in different directions at a

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greater speed than that attained by a Wimbledon champion. At least they are softer on the shins than the fir cones!



Then there is "the Dog". Believe me, there was plenty of that this year. When this hits the fan (rotor) it sprays out from under the back of the machine at a great rate of knots and it don't half take the polish off me shoes. Also, it prevents me going into the Club to get a well earned after-mowing pint, as I would surely be banned therefrom for introducing an unsavoury atmosphere to the establishment.

I also had two mystery objects on the first cut. Number one was, I think, an elasticated head/hair band which had belonged to a 'Master Lamberton -Butler' (or a name something like that). It wrapped itself round the rotor and screeching like an owl went round a couple of hundred times before I could stop the engine. As I fought to remove the tattered strip then struggled to make another smokey start, I reflected how lucky Master Lamberton-Butler was in that he had not been wearing the band at the time of the incident or he would have received a short back and sides and thus perhaps remove the need to wear one. Number two was the head of a badminton racquet. Why such an item should be in the churchyard grass, I have no idea but the strings of that racquet got to places in the

machine that even "the Dog" failed to reach. This did damage to the machine and a broken part had to be replaced.

All in all I feel that I am getting too old for all this excitement and would ask those concerned to keep their dogs out of the churchyard and not to deposit therein any extraneous objects as these can do nothing to lengthen the life of our machine. However, I will still be prepared to run the gauntlet of the fir cones.

Note. Since writing the above, a lady walking down the church path was hit by a collapsed drinks can, ejected by the machine. This could have caused a nasty injury and shows the danger of throwing this sort of thing into the grass.

Norria Chamley

The 'article' appeared in issue 50 June 1990 It was an article he was very proud to have written and he reminded me of it even up to the time of his departing. It could have been written today!

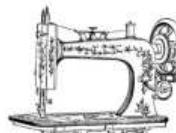
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SEDBERGH YOUTH CLUB

Sedbergh Youth Club was initiated by The Community Trust as a project to provide facilities for young people of the area.

A steering committee was formed and did groundwork (constitution, procedures, venue etc..) during 2016 and eventually launched last September. It held weekly sessions at the Cornerstone Community Church Rooms on Thursday evenings in term time until January 12th 2017.

Using funds obtained from South Lakes District Council and Sedbergh Community Trust and the time of three unpaid volunteers, it provided a safe space for young people to enjoy each other's company, refreshments, activities, talks, music and "hanging out". On average about twelve young people attended each week. Efforts were made to attract extra supporters with a view to changing from unpaid volunteers to a paid session worker supported by a rota of parents,

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friends and others.

Without such additional support, the operation began to be unsustainable and a special meeting was called to try and resolve the situation on January 12th. The meeting's meagre attendance resulted in a decision to shut down the youth club with immediate effect, until further notice.

Thanks are especially due to Nela Geuer, Adam Roberts and Sharon Russell for giving up their Thursday evenings - and more - time.

There are no current plans to reopen but I remain receptive to ideas and offers of support for the future.

*Keith Wilberforce, Chair Sedbergh Young People's Group
keithwilberforce1@btopenworld.com*

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A volunteer's point of view 1

I would just like to say that I'm quite sad and rather disappointed.

We gave it our best shot, spending a lot of time and effort to make it happen.

There is obviously a need for a youth club in Sedbergh and plenty of young people who would benefit from and enjoy it.

Unfortunately - as with so many other initiatives in this town - it lacks the commitment from its' citizens.

Nela Geuer

A volunteer's point of view 2

We seemed to have an endless number of meetings and never-ending requirements – a suitable,



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Sedbergh Bowling Club

A. G. M.

*White Hart Sports & Social Club
Committee Room*

Thursday 23rd February

7:30 pm

Everyone Welcome

affordable venue, policies to write and agree, setting up a pilot (in June), organising a start date...

And finally we were up and running. Young people having a good time, with space to be themselves, an opportunity to try something new. Briefly it seemed good – if noisy.

And we struggled to get any parent volunteers. Life with a family is so busy and complicated.

Then we needed to have a discussion on what was acceptable behaviour, as the young people were 'testing out the boundaries' just a little too much. This resulted in a Code of Conduct, agreed by all.

But it was still difficult. One or two – or three – behaving badly and rudely. I found it loud and unpleasant. It wasn't what the adults were aiming for. It was turning into young people v adults and the adults wanted out. They had other, more rewarding, things to do.

So now – due to lack of support and because no-one wanted to run it – the Youth Club has closed. Temporarily? Permanently? Who knows?

I just know that we did our best.

Helen Wilberforce

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CAROL SINGING IN GARDSDALE

Well, after a few "should we, shouldn't we" moments, and one "false start", we did eventually get three nights Carol Singing in Garsdale completed raising £310 for Action for Children.

A big Thank you to all who gave so generously, and to the singers (without whom there would be no Carol Singing) who are so willing to "venture out". It was good to have two new voices this year. We hope to see you next year!

Last but by no means least, Thank you to Auntie Agnes and David for the lovely warm hospitality on our final night. As one of our group remarked "the best cup of coffee of the year".

Thank you all, and may we wish you a Happy and Peaceful 2017.

William and Mary Airey

WOMEN'S WORLD DAY OF PRAYER 2017

The annual Women's World Day of Prayer will take place at Cornerstone Community Church, Main Street, on Friday 3rd March, beginning at 2 p.m. The organist will be Barbara Gorst and the speaker Revd. Carole Marsden.

The service is planned by the Christian women of a different country each year and very much reflects their local culture and concerns. This year the focus is on the Philippines, the theme: "Am I



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being unfair to you?"

Although the service is devised by women, it is open to ALL, so please come and join us for what is always an uplifting and thought-provoking act of worship. Refreshments will be served.

Pam Dent

BARBON DOMINOES

The Knockout Domino evening at the Barbon Inn was a great success, when the Jim Hoggarth Silver Rose Ball was competed for. The trophy and first prize of a turkey and champagne was won by Terry Bateman, the second prize by Shirley Metcalfe who received a goose and a bottle of red wine and the third prize

winner was John Barnes who won a duck and a bottle of white wine. £198 was made from the raffle and entry money.

Pete and Anne Burrow were there representing the North West Air Ambulance service and received the money along with £395, raised from the monthly quizzes held on the first Sundays of the month, throughout the year and a further £280 raised at Sandra and John's 10 th anniversary barbecue, held in the Summer, making a grand total of £873. Mr Andrew Mattinson of Sedbergh also presented a cheque from his family in thanks for an air ambulance that attended his father.

Anne warmly thanked everyone for

their support in now keeping 3 helicopters in the air responding to a great number of emergencies in our area.

Sue Thornber

DENTDALE HEAD to FOOT

Some of you may be aware of the Dentdale Over 60's club, which originally met weekly some years ago, then monthly over the last few years.

It then got involved with Age UK for its monthly meetings until April 2015 when this involvement fizzled out due to the demise of their Village Agent's scheme.

Since then we have continued running as The Dentdale Club.

Past general perception has been

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Sedbergh Wesley Guild ANNIVERSARY SERVICE

Sunday 26th February

10:30 am

Cornerstone Community Church
New Street

Preacher: Donald Marston
of Wharton, Kirkby Stephen

Jacobs Join Lunch

Everybody Welcome

that this was a small club only for retired people in Dent, but this is about to change.

From our AGM in January 2017 we have decided to become open to ALL adults in Dentdale, hence the new name of **DENTDALE, HEAD to FOOT** and we aim to provide interesting monthly talks and outings to places of local interest.

So, if any of them interest you, do come along and we will be very pleased to welcome you.

The programme for this year is:
February 3rd:

A Scottish YHA trip in the 1950's,
John Sugden.

March 3rd

Sedbergh Medical Practice- Your Health, Kate Cairns.

April 7th:

Recycling and WRAP, Jenny Robinson.

May 5th:

Bee Keeping, Elly Archer.

June 2nd:

Day's outing to Skipton.

July 7th:

Prosecco, Chocolate and Exotic Fruits

August:

No Meeting.
September 1st:
Cutting Ribbons, Zipha Warcup.
October 6th:
Stone Carving, Pip Hall.
November 3rd:
New York, New York! Susan Garnett.
December 1st:
Christmas Jacobs Join.

Meetings start at 2:00 p.m., apart from the June outing which is all day and a small charge of £2 per person is made to cover costs for the afternoon meetings. The only month we do not meet is in August due to the holiday period.

Each year we fund and host the Dentdale Over 60's Christmas Luncheon, which is usually attended by well over 100 people and during

the year any money we make on fundraising events goes towards this, which is free for attendees.

We are also very kindly supported by donations both from the Dentdale community and from several organisations, both local and charitable.

So please come along and we will be delighted to see you.

If you require any further information please contact the Secretary, Mike Steele on 015396-25054, or on mobile 07813-806209 or by e-mail on mds@pesdent.co.uk.

SCOTTISH DANCING

The 2017 Season of Scottish Dancing starts in Casterton Village Hall, alternate Tuesdays 7.30 to



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9.30pm. Next session 14th February.
NEW MEMBERS very welcome.

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do come and try it! Shared cars from
Sedbergh. For more information
contact Jenny Hildrew 20425 or
Lesley Alban 20233.

FAMILY MUSINGS

There is no getting away from the
age I will become during this year, it
will not be doubled, it has been
halved and it will be celebrated in
style!

Thinking back over the years I was
reminded of the days of "missionary
collecting" when, armed with a little
green book and a pen I would visit
the kind people who supported
missionary work overseas. I was

following in the footsteps of lovely
dedicated ladies like Alice, Gladys
and Elizabeth who would go around
once a year 'collecting'. Some people
wanted to know how much they gave
the previous year, others just gave
whatever and others just shut the
door. Eventually I was allowed to take
a collecting tin into which all the
donations were given and totalled at
the end. Does this still happen in
churches or has it been replaced by
"envelopes" or direct debits?

Thank you all for the good wishes
which come because of Musings.
They are a great encouragement as
is the WI writers group I belong to
and the course I am doing.

Enjoy however you relax.

Sarah



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CHRISTMAS LATE NIGHT OPENING

On behalf of Sedbergh & District Chamber of Trade and Business, we would like to thank everyone who came and supported our Late Night Opening event. Despite the rain, it was a lovely evening, enjoyed by many.

Father Christmas again delighted local children who visited him in his grotto, ably helped by the Gala Queen and her assistants.

Thank you to all those who took part in the Flower Festival in St. Andrew's Church. Several people commented on the lovely atmosphere in the church, complemented by Tony Reed Screen's organ playing. Thank you also to the bell ringers for adding to the evening's celebrations.

On Main Street, people were entertained by members of Sedbergh School Choir, Settlebeck School, the Cumbria Gaita Band and Sedbergh Town Band who this year were joined by Dentdale Choir.

It was lovely being able to use both the Hub and St. Andrew's Church for the craft market. Thank you to all the stall holders who were part of the craft and street food markets, and to

the shops and cafés who were open during the evening.

This year, Sedbergh Late Night Opening was kindly sponsored by local businesses and individuals, including: Andy Cobb, The Bathhouse, BDS Fuels, Boots Chemists, Eddie Lord Builders, Farmgate Veterinary Services, Garsdale Design Ltd., Gina Barney Associates, GJ Baines, Highfield Osteopathic Practice, The Haddock Paddock, JM Pratt Ltd., Kay Whittle, Malcolm Sedgwick, MK Conversions Ltd., Michael Mudd, Nigel Close, No 6 Finkle Street, R Lewes Chartered Accountant, R.S. Morphets, The Roof Box Company, Sedbergh C.D.C., Sedbergh C.I.C., Sedbergh School, Settlebeck School, Sleepy Elephant, Smatt's Duo, Stephenson & Wilson, Three Hares, White Hart Sports & Social Club and Woof's of Sedbergh.

We would also like to thank Sedbergh Parish Council and the Sedbergh and District Community Trust Fund for their generous grants to support this event.

Finally, a big thank you to everyone who helped make the evening a great success – it would not happen without you!

Gemma Suttle

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SEDBERGH PRIMARY SCHOOL

Children at Sedbergh Primary School who attend our writing club, led by Mrs Davies and Mrs Steel every Tuesday, have written these articles. We hope that they give you a flavour of some of the things we get up to in our fabulous school...

A busy term at Sedbergh Primary School

Last term at Sedbergh Primary School was extremely busy. One event in particular stands out in our minds; all the classes participated in a Christmas Enterprise Fair along with some of Sedbergh's local companies. This was definitely one of the highlights of the term.



Each class had to borrow money from Mr Towe (Sedbergh Primary School's very own Lord Alan Sugar!)

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and make their own products to sell at a profit. Everyone had a great day and we made some money between us to spend on new resources and books for our classrooms. Mr Cayley's Year 5 class made the most amount of profit with their 'Tinsters' and painted pots.

The Christmas plays and concert were very well attended. All of the events went very well and everyone enjoyed them. Nursery and Reception put on a very entertaining play and the infant play was very funny.

*Written by Molly and Eeva in Year 6
A Sedbergh Primary School
mystery...*

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between the Year 5 and Year 6 classroom hangs this painting.



Mr Cayley (the year five teacher who has taught in this school for 20 years) said that even he doesn't know where it came from! So we are asking all readers of the Look Around to say if they know anything about this picture. We look forward to hearing

from you so we can uncover the mystery of the painting in front of Year 5. Thank you very much in anticipation of your help.

*Written by
Anika and Meredith in Year 5
Our new climbing wall*

You may have noticed that in our primary school, a climbing wall has been constructed. The children of the school council have worked very hard to develop the wall. We would like to give a special thanks to the PTFA for helping us to raise the money for building our wall.

This wall was made to give the illusion that you are climbing along the Howgill fells; this gives our traversing wall a special feature like no other in Britain. The children use it

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daily and enjoy challenging themselves by only using certain holds. We think it is time that the teachers had a competition to climb it!

Many other events took place in school last term, please visit our school website (www.sedberghprimary.org) to find

out all about them.

Matthew Towe, Headteacher

SETTLEBECK NEWS

Settlebeck

School Governor

Settlebeck has a vacancy for a governor.

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If you are interested, please contact Myles Ripley, Chair of Governors at mylesripley52@gmail.com

Inter house cross country was completed by all of the students, following the traditional muddy river run, in the sunshine for once!

The overall all team prize was won by Beck house. Individual prizes were:

Lower school boys: 1st Henry Hunter, 2nd Declan Wellesley-Smith, 3rd Taylor Scarr

Lower school girls: 1st Carla Avery, 2nd Cally Lawson, 3rd Amelie Pennington

Upper school girls: 1st Maisie Gough, 2nd Rosie Berners-Lee, 3rd Cj Middleton

Upper school boys: 1st Jay Ferguson, 2nd Ben Fiddler, 3rd Corben Haines

A number of students have had some fantastic sporting success recently. Kate Thompson and Cj Middleton have again been selected for the County hockey team as well as Henry Hunter and Maisie Gough for the District cross-country team. A number of students have been put forward for county rugby trials; I look forward to sharing some good news on that front; a great achievement, well done!

Settlebeck's football teams have seen ever-growing numbers at training and we now have strong Upper and Lower school teams, all sporting the new Settlebeck kit. There has been success on the pitch this

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season with wins at home and away against schools from across the county including victory against Cartmel Priory and the Lakes School

At the end of November we had the chance to visit the Theatre of Dreams to watch Manchester United take on Feyenoord in the Europa League – a great experience for those lucky enough to go.

In the week beginning 30th January, Settlebeck celebrated Chinese New Year and the start of the Year of the Rooster. In assemblies students have learned about the Chinese attitude to good luck and how this cannot always be relied upon to achieve what you want in life, and our Canteen staff put on a special Chinese New Year menu which we all enjoyed very much.

Mr Beach, our Deputy Headteacher, worked with pupils in year 6 at Sedbergh Primary School to teach them about Chinese New Year traditions and help them learn how to greet people, introduce themselves and give some basic information in Mandarin. This involved learning to recognise some quite complicated Chinese characters, and we were really pleased with how much the pupils enjoyed doing this.

Our House

We are very grateful to the Freda Trott Musical Foundation for our very generous grant to support us in the development of music playing and to help with the costs of our forthcoming production. Rehearsals for 'Our House' are well and truly under way.



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Settlebeck high up in the County league table

Before, it was all about good GCSE results at A* to C. Now, it's all about filling buckets, and there are 8 of them!

Progress 8 (P8) is the new measure introduced by the government to judge the effectiveness of schools. I thought it might be useful to try to explain what it means.

Progress 8, as its name suggests, measures the amount of progress a student makes from year 7 to year 11. The better the P8 measure, the more progress individuals have made at secondary school. For example, if 10 students had target grades of Cs and they achieved those Cs that would mean a positive P8 figure. If those students got Bs, the P8 score would

be higher. If, however, they got Ds then that would be a negative P8 score.

P8 measures the numbers of students who achieve 8 GCSEs, but these 8 must be in a particular combination of subjects. They must have at least 1 GCSE in each of the 'Progress 8 buckets'.

Bucket 1 – English

Bucket 2 – Maths

Buckets 3, 4 & 5 – any 3 GCSES in science, history, geography, a language or computer science

Buckets 6, 7 & 8 – any 3 GCSEs in any other subject; these can include art, product design, drama, etc.

The league tables have just been published. Settlebeck is 2nd in the County in English and Maths and the top school in the region for subjects in buckets 6, 7 and 8. Overall, Settlebeck is 5th in the County for P8 and 2nd in the South Lakes region, only behind Cartmel Priory School.

It is very interesting to note that four



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of the top five schools in Cumbria are small schools – sometimes small is very good!

Congratulations to all the students and staff for such a positive result.

Juliet Proctor

SEDBERGH SCHOOL NEWS

FEBRUARY, 2017

Scott Carnochan, the Headmaster of Casterton, Sedbergh Prep School has been appointed Headmaster of Holewood House School, Kent, from September 2017; this prompts the search for a new Headmaster for the Prep School.

The Prep School U13 girls won the County Hockey finals, and their tennis team finished 9th in the County from a starting entry of 3,000 schools. Ed

Gray has been selected for the National Youth Choir of Great Britain Boys' Choir, and Blake Hulme (Y.4) has been acknowledged on national television (Blue Peter – Children in Need) for his charity work. The Prep School's Christmas Fayre was held on 3rd December, had 32 stalls and was a great success. Pupils at the Prep School contributed 97 boxes to the Christmas Shoe Box appeal.

In the Michaelmas Term Yr.3 designed, built and illuminated a whole city with Lego and pupils are now taking part in a national Lego competition, involving group sessions in the newly refurbished DT facilities. An impressive concert with about 10 songs by a massed choir of years 3-5 was followed by a delightful nativity

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play 'Nearly No Nativity' – complete with donkeys, and camels. It was a 'blend of hilarity and beautiful singing'. The singing was a feat of memory which was impressive in itself. On the final Monday evening of term, pupils gave an impressive concert in their sports hall, and as the final event of term on he Wednesday a very successful, atmospheric and enjoyable Carol Service in the chapel at Sedbergh – with some beautiful arrangements and solo

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performances.

David Chapman, the former Director of Music at Casterton School, has died.

The Senior School is very busy with mock exams. A series of dinners and House Balls take place during he first half of the term.

The Sedbergh School Foundation is changing its constitution from that of a charity by trust deed to a charitable incorporated organisation (a 'CIO') in

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order to support 'broader education initiatives' and encompass the Cumbria-wide STEM education project CECATS, to encourage science based activities from the age of three onwards.

The new Sports Centre was due to start being constructed in February and end in December, but has run into a badger hiding in the Sedgwick Mound, who may cause a six month delay.

SPORT

At the end of last term the 1st XV won against Warwick 27-20 but were defeated by Kirkham 9-15. They were however delighted to beat Millfield 28-6, followed by victory over Llandovery in Wales 48-3. The

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game against Wellington College was cancelled due to frozen pitches.

The girls' hockey team had a brilliant run of 15 wins in the Michaelmas term, and the girls were County Champions at all ages at both hockey and netball. The Sedbergh Dressage team won at County Championship level, qualifying for the County National Championships at Easter. Team founder, Storm Straker, now an OS, appeared with her horse on the cover of Horse & Hound, along with an interview where she refers to the training she is doing. She is keen to train younger pupils at the Prep School at the same time as competing.

The Duke of Edinburgh Award activities have produced more golds this year: Natasha Freeborn, Pippa Macdonald, Amy Mahon, Fergus Macmillan, Will Lewin (now OS), Ben Fawcett, Amelia Saunders, Candice Dobson and James Thomas will be going to St James's Palace (or

Holyrood) in March to receive their awards from the Duke of Edinburgh.

Training runs have been taking place on Wednesdays for this year's Wilson Run on Frostrow, Calf, Rise Hill and Calf Top, with a further one to come to Baugh Fell on 8th February, and then the first of the four qualifying runs will be on 22nd February. This will be the first time since 1993 that there is a new record to beat.

The Rawthey Run and the Morgan Run (Staff v Pupils v Old Sedberghians v Parents) will both have taken place between submission and publication of this article. Fraser Sprout, from Sedbergh, won at Ayr during the holidays and came third in Edinburgh. He also won at the Mid-Lancs.

The Prep School hosted the South Lakeland District County Cross Country trials on 11th January. 549 runners from 29 schools took part in deep slippery mud. The Prep School were well up in the orders in all the



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year groups and won the U9 race with Poppy Carnochan coming first.

The shooters won against the Old Sedberghians in a hard-fought match, and two of the team have been selected for the UK Cadet Rifle squad.

The House Rugby and Hockey Matches have begun – as said before they can be identified by the amount of noise from spectators.

ARTS

The Advent carol service in the chapel was well attended by Town and Gown, and the congregation were in excellent voice, led by the choir who put on an impressive performance. On 9th December the Choir sang Britten's Ceremony of

Carols. The combined Town and School Choral Society sang 'The Armed Man' – a plea for peace made all the more poignant by the film of the horror of war running throughout behind the choir. The Senior School Carol Service took place on the last Tuesday of term but has to be confined to parents only, because of the pressure on space in the chapel with the School now being well over 500 pupils.

Amelia Horan (Carus House) also gained a place in the National Youth Choir and attended a Cathedral Choirs of the UK recording event during the Christmas holidays.

The School put on four excellent performances, to wide audiences, of



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Charles Dickens's Christmas Carol in Powell Hall, with a central stage. Not least impressive was the falling snow – a full review is available on the Westmorland Gazette website or the School website.

The juniors have been auditioning for 'The Little Shop of Horrors' this term.

EVENTS TO COME

The Evening of Jazz and Swing will be on 5th February, but by the time this is published it is unlikely that there will be any tickets left, as it has been extremely popular in past years and priority is given to parents of performers.

The scholarships will take place in the week beginning 20th February.

The Wilson Run is on Tuesday 21st March.

Half Term is from Friday 10th February to Sunday 19th February.

Imogen Boddy (R) intends to do a 24-hour tri-challenge on 29th June, swimming 10k on Windermere, running the Windermere Marathon course and cycling 25 miles back to Sedbergh for charity. Her website link is on the School news pages.

Two Old Sedberghians, Dicky Taylor and George Biggar (with two others) intend to row across the Atlantic this year for MIND and Spinal Research.

This year's Sedbergh Pilgrimage to the cemeteries and battlefields of WW1 is intended to take place from 7th – 10th September. Karen BL

MEALS ON WHEELS

The provision of community meals ('Meals on Wheels') continues to operate in and around Sedbergh. Twice a week, a tasty and wholesome hot meal can easily be delivered directly to your door.

Meals are usually delivered to the homes of those who may find it difficult to make meals for themselves. This service is available each Tuesday and Thursday throughout the year. Healthy and nutritious meals are delivered by volunteer drivers, ably assisted by Year 8 students from Settlebeck High School during term time. This also provides a valuable social service to the community, as our recipients are usually delighted to have these regular visits.

The meals are prepared by Sedbergh School catering staff, and are cooked at Queens Hall. The cost of each meal is just 5 pounds for two courses.

Provision of community meals is subsidized by Cumbria County Council, the service being co-ordinated by Cumbria CVS.

As we currently only have 8 or 9 regular customers receiving meals, it would be great to encourage many more people to try them out. There is no obligation to continue receiving meals on a regular basis, just now and then or whatever suits you best. If you, or any of your friends, neighbours or family members would appreciate receiving hot meals direct to the door once or twice a week, please feel free to contact Colin Cowperthwaite on 015396 20659, or alternatively contact Sedbergh School Bursary on 015396 20303, and we will gladly organize this for you.

Additional volunteer drivers to collect and deliver the meals are always very welcome. If anyone can spare 3 or 4 hours per month to help with this vital task, it would be much appreciated.

Colin Cowperthwaite

Sedbergh Community First Responders

An invitation to all:

We will be holding our AGM on
Wednesday, 1st March at 7.30 pm
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SEDBERGH & DISTRICT HISTORY SOCIETY

The first talk of 2017 was given by Dr Mike Leigh on "The evacuation of civilians from Burma in 1942". He had given a previous talk on the subject which dealt with the evacuation in the dry season but this talk concentrated on the wet season during the monsoon.

Up to December 1941 Burma (now Myanmar) had not been involved in WW2 but then Japan started bombing Rangoon. This prompted an exodus of British and Indians who headed for India. However residents felt safe from invasion because of British command of the sea. This feeling ended with the sinking of the Repulse and Prince of Wales. In 1942 the Japanese army invaded from Siam through what had been considered impenetrable jungle. People fled north towards India by various means. The British army continually retreated never trying to make a defensive stand and by May there was one enclave left in northern Burma at Myichyina but from there it was well over 200 miles to Burma with no roads. The civilians arriving

there by transport were often totally ill -equipped to face the prospect of walking the arduous tracks to India. For example many young women would arrive in smart dresses carrying a small case. As a result thousands of people died on their journey.

There were two ways of walking to India from Myichyina one was via the Hukawng valley and the other via the Chaukan pass. Whichever way was chosen the problem was that there was a lack of food even though water was abundant due to the monsoon. Although the air force tried to help by dropping food it was not nearly enough for the number of people involved. The Hukawng valley route was through thick jungle and over



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barren hills but there was one camp on the route. In charge of this was 25 year old Cornelius North who in a space of five weeks had around 45000 people passing through and had to deal with an average of 50 deaths there a day. Apart from his efforts the reason many refugees eventually reached India was due to the help of tea planters along the route.

The track via the Chaukan pass was through a quagmire with thick jungle and rapidly rising rivers and was considered impassable in the monsoon. However it was the way chosen by Sir John Rowland and a group of about 60 others many of whom were elderly. This group included many important people and their survival was due to the help received from Charles Mackrell. He assembled a herd of 83 elephants which enabled the group to get across the swollen rivers.

Although Burma was eventually recaptured by the 14th Army the nature of its original catastrophic and humiliating loss led to independence in 1948. Dr Leigh answered questions and explained that his mother came from Sedbergh and had gone to Burma as a missionary where she met and married his father. They with their children had escaped by boat from Rangoon at the start of Japanese attacks when he was two. He was warmly thanked for a most interesting talk.

Richard Cann

**SEDBERGH & DISTRICT
HISTORY SOCIETY**
North Craven in the Early Mediaeval

Period: an archaeological perspective
At a time when much contemporary archaeology is adding to and sometimes even reshaping our knowledge and understanding of the distant past, Dr David Johnson's presentation about the exciting Anglo Saxon finds in North Craven provided a fitting conclusion to our autumn programme. David said that the large number of finds and the latest methods of dating them had revealed so much new evidence about the period 410-1066, following the departure of the Romans from Britain that it no longer merited the title of 'The Dark Ages'. He added that in addition to the findings from the North Craven excavations, wide ranging derivations of local place names have provided pointers to the diverse origins of those who settled in this part of the world.

He told us that until fairly recently it had been thought that most of the change and development in the early post Roman period had occurred in the Midlands and the South. Therefore, the North Craven archaeology is significant because it has revealed proof that concurrently there was also a thriving and complex society in northern England. Evidently, the first findings from Anglo Saxon excavations in the vicinity were from small sites and they included burials, a female skeleton, an axe head, a finger bone and a human tooth.

However, it was the discovery of sizeable settlements in the area which confirmed that a hitherto unrecognised community had existed. David described five such settlements

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that have been identified as farmsteads, sometimes with pastures, on the slopes of Ingleborough. Evidently the structure of the buildings within the enclosures follows a pattern of turf banks surmounted by walls composed of thick outer and inner stones with a rubble interior. Many of the artefacts uncovered within these settlements were unexpected. For example glass from a drinking vessel and a snaffle bit for a horse showed signs of prosperity and mobility. Iron ore which had probably been brought from West Cumbria was also found. Interestingly, a lime kiln which was found on one settlement may prove to be the earliest in the country.

Perhaps the most interesting part of David's introduction to Early Mediaeval Craven was the conclusions that he had reached about the inhabitants of these settlements. Analysis of their bones has revealed that their genetic make-up was very mixed and he says that they could probably be described as 'a multilingual, multicultural 'melting pot'. Furthermore, the absence of evidence which might have been symptomatic of pillaging or violent upheaval suggests that these communities were largely peaceable. All told, this was a most stimulating evening, leaving the audience eager to hear about further exploration in North Craven. *Julie Leigh*

HOWGILLS HARMONY & SINGING SLOVENIA

We are starting our harmony singing group again on the Monday after half term - at 7.30pm upstairs above the Sedbergh TIC on Monday February 27.

We will be learning songs in 2, 3 and 4 part harmony, from easy to learn rounds to more challenging harmonies - with folk songs from the UK and beyond, with words displayed and phonics (how foreign words might sound to English speakers) used for songs in other languages.

Everyone is welcome - there are no auditions - and in our group singing no one is singled out. We will start with some physical warm ups to prepare the voice for singing, and then move on to songs.

There is a subscription for the half term which will take us up to the Easter holidays.

SLOVENIA - If any singers would like to join our upcoming tour of Slovenia, we are leaving on May 26 and spending a week singing in Slovenia - with some first class accommodation in twin and double rooms in a farmhouse near Bled, and in a fabulous hotel surrounded by forests and hills just outside our twin town Zrece. As well as singing in the Bohinj Wild Flower festival, in the centre of Ljubljana under the iconic statue of national poet Franc Preseren, and on walks round the Bohinj and Bled lakes, we will be meeting and singing with choirs from Bohinj, Bled, Ljubljana and Zrece.

As on previous occasions we are making fabric squares showing local Cumbrian wild flowers and scenes

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which will be displayed at the Wild Flower festival. Many of our songs in English and Slovenian are about wild flowers - such as one about the Queen of the May who is crowned with the Lilly of the Valley. On one occasion we will join a tour of mountain village where our choir will sing with a Slovenia choir in the streets of the village, at the shrine to the Virgin Mary....and in the local pub.

There will also be free time to explore - with our three minibuses we are arranging walks for all abilities. We currently have 24 singers who have already booked their flights - as we only have room for 3 more singers will need to get in touch as soon as they can if they wish to join us.

We will be learning some of our songs in the Monday evening group in Sedbergh, as well as in our Tuesday evening choir in Kendal - shared lifts can be arranged. But even if you don't want to come to Slovenia, you will be very welcome to come and sing with us. There is a subscription for the term - and full details can be found on our website www.lakelandvoice.co.uk

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J. N. & E. Capstick Insurance Consultants announced as a Commercial Insurance Awards finalist following Storm Desmond

J.N. & E. Capstick Insurance Consultants, who have offices in Kirkby Stephen and Sedbergh, have been shortlisted for the Broker Claims Team of the Year award at the national Commercial Insurance Awards, facing tough competition from large national and international companies.

The award itself highlights businesses providing service above and beyond that puts clients' needs at the heart of the operation. The personal service offered at J. N. & E. Capstick Insurance Consultants was key in helping them stand out against the competition; especially in light of the busy year following the flooding in Cumbria last December.

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themselves.”

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Independently judged, the winners will be announced at Awards Gala Dinner & Ceremony on 9 March 2017 at the Millennium Hotel London Mayfair.

About J. N. & E. Capstick Insurance Consultants

A family business, J. N. & E.

Capstick was founded in 1968 by David's parents; John Norman and Elsie. The business was originally based in Newbiggin-on-Lune before moving to Kirkby Stephen in 1996. In 1998, David took over as Partner and ten years later purchased premises in Sedbergh due to a growing client base in the Dales. The business now employs 12 staff across the 2 sites.

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they will be arranging for an ambulance to respond. They will ask you some questions and, if they consider it is appropriate, they may call out one of our team of First Responders.

First Responders carry a defibrillator, oxygen and some first aid supplies. They are trained in assessing the patient, doing CPR, using the defibrillator, administering oxygen and handing over to the paramedics when the ambulance arrives. Most of the people they are sent to are experiencing chest pain and breathing difficulties, but they are also sent to other situations. They provide care and support until an ambulance arrives.

First Responders are all locally

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based volunteers. The team in Sedbergh try to provide cover twenty-four hours a day, seven days a week. Currently there are six active volunteers. Not nearly enough! We urgently need more people to apply, train and join our team.

We also need more people in the area to do the more basic HeartStart training. This familiarises people with the use of a defibrillator and teaches people (or refreshes the memory of) how to do CPR. We now have three defibrillators available to the public in Sedbergh. These are at:

- Peoples Hall,
- 72 Main Street and
- the Fire Station.

Back to that person collapsing on you – the ambulance control room may suggest that you send someone to fetch one of these. They are quite simple to use, but it's a little daunting if you've never seen one before. And if the person needs a defibrillator they will need CPR! Which you could do.

You might save a life! Possibly of someone close to you.

We are putting on some HeartStart courses. The first one is to be held on Tuesday, 7th February at 7.00pm in the Rawthey Room at 72 Main Street, Sedbergh. They are for everyone! Courses - which are free - last just a couple of hours. Our aim is to ensure that there are many of us locally who are able to use the three defibrillators effectively. Our secret hope (not very!) is to encourage more people to consider applying to join our little team of First Responders so that we will indeed be able to provide cover 24/7.

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will need to apply to North West Ambulance Service. They interview and train team members. www.nwas-responders.info You will not be asked to do anything that you have not been trained to do. We need ordinary people who:

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- We need people like YOU!

But – back to that scenario of someone collapsing – we would really, really, really like you to learn to use a defibrillator and do CPR.

To sign up for a Heart Start course, please e-mail us on sedberghfirstresponders@gmail.com or call Andy (22541), Jackie (0795 623 4698), Myles (21101), or Helen (21562)

Or come and meet us at our AGM on Wednesday, 1st March at 7.30, also in the Rawthey Room at 72 Main Street.

Helen Wilberforce
Secretary, Sedbergh
Community First Responders

WI HOWGILL & FIRBANK

We made a decision at the A.G.M., to make a proposal to change the name of our W.I. from "Howgill" to "Howgill and Firbank".

We were delighted the trustees thought this an excellent idea and have given their approval for the change.

We felt that by including "Firbank" in our title, we will be highlighting the W.I.s presence in both areas, particularly to new members of the community.

Audrey Hoggarth

SEDBERGH WI

On 14th December 2016, with the Supermoon, just on the wane, shining brightly over Cautley, we made our way to the *Cross Keys* for our

Christmas Dinner and soon settled round two tables in the lovely dining room, festively decorated. Once the crackers had been pulled, paper crowns put on, and jokes and riddles exchanged (accompanied by the inevitable groans as well as laughter!), the starters arrived for those who had ordered them and relative quiet descended. The main courses were beautifully presented and delicious, and amongst the desserts chosen the Dulverton Tart proved a particular favourite! After coffee or tea served with tiny mince pies (anything more than tiny would have been too much!) we squeezed into the cosy sitting room in front of a glowing fire to sing Christmas carols, accompanied on the piano or guitar



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by Valerie, who had thoughtfully provided us with carol sheets. It made a lovely ending to our evening and was much appreciated too by the staff who kept the kitchen door open to listen as they washed up! Many thanks to the hotel staff for their expertise and also to Ellen who had arranged it all.

Christmas festivities continued the following day at Anne Pitt's home for the book club members who were met by the appetising aroma of mulled wine and Stollen cake on their arrival. We discussed 'Into the Trees' by Robert Williams, who was brought up in Clitheroe and now lives in Manchester. One of our group thought that the fictional Bleasdale Forest where the story is set might



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have been based on the Forest of Bowland. A traumatic event suffered by a family is coped with differently by the husband and wife, causing great strain and division between them. It also impacts on two other lonely characters. In the author's words, "I think the book is about imperfect lives. How people strive and fail, but sometimes succeed, in living the life that is in front of them, not the life they would have chosen, necessarily, but the one that is there to be lived." The style is fresh, the characters are skilfully drawn and we can empathise with even the least attractive character to some extent. The marks we gave averaged at about 7/10.

Our 2017 programme started on January 11th with a visit from our close neighbours Janet and Martin Dodds who then transported us about 8,000 miles to the South Atlantic. This year they mark 50 years since they went out to work in a boarding school

in the Falkland Islands for 3 years. They showed us slides of their school as well as the windswept islands, vegetation and birdlife. There were also some much bleaker photos of the remains of their school after it had been bombed during the Falklands War in the 1980s, reminding us of that awful conflict; fortunately, that was after the school had been closed. Gaynor thanked Martin and Janet for their interesting presentation, then they joined us for tea and cake before we had our business meeting.

I think I can safely say that no *Lookaround* readers would have had any Christmas visitors like those the book club encountered in Simon Sylvester's novel, "The Visitors". On the fictional island of Bancree off the

west coast of Scotland, in the small town of Grogport (a name borrowed from a real hamlet on the Kintyre Peninsula), teenager Flora dreads the start of her final school year because her boyfriend and his friends have now gone off to university and she has no friends her own age. The islanders are surprised to see a mysterious father and daughter move into a dilapidated cottage on Dog Rock just off the coast; they have spent years travelling around the islands. The daughter, Ailsa, another loner, joins Flora on the school bus and they become friends. Flora's history teacher sets her class a project to research the background to myths or legends and Flora chooses the subject of 'selkies' (sometimes

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also known as 'silkie's', as in the Joan Baez song of the 1960s), a creature which is human on land but seal-like in the sea, associated with tragic love stories, some of them familiar to people she knows. Alongside this, there has been a string of mysterious disappearances and deaths among the Scottish islands, some of them people very close to Flora herself. We enjoyed the author's descriptions of the island and the sea, and his understanding of the young people on the brink of adulthood, in this coming-of-age novel combined with murder and mystery. The average mark given was about 7.

"Upcycling for Real!" is the subject of our next meeting on February 8th,

so we look forward to being enlightened by Emily Jackson in the committee room of the People's Hall at 7.30pm. Visitors and new members are always very welcome.

Moira Folks

KILLINGTON WI

The afternoon WI for the Entire District

It does not seem as if 2017 is any better behaved than 2016. "Slow down! You move too fast", is what I want to tell it. Nevertheless the EIGHTEENTH of the month has arrived so I must get busy again. I was listening to a programme on Radio 4 recently. An author was being interviewed and, discussing the

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difficulty of writing a novel. She said that however she felt, or whatever she was doing, she had to write at least 500 words **every** day, (even if she was at death's door, or the grandchildren were visiting!) and 2000 words each weekend day. Fortunately my task is not so onerous but I haven't yet abandoned my hope of writing a bestseller though I feel that I may not have the appropriate background for "Fifty Shades of Grey".

The virtuous ladies of Killington WI met at the Crooklands Hotel on December 13th to relax and enjoy Christmas lunch. A good time was had by all. (Nobody has told me otherwise!). An excellent lunch was followed by "Stand Up Bingo", (I won

a Chocolate Orange), a testing quiz devised by Margaret Denton, and then superb musical entertainment. For several months Margaret Fearnhead and Dilys Evans have been learning to play the ukulele, and with the help of visitor Joan Abbot, they led us in happy singing of folk songs and carols. It was wonderful and just what we needed to welcome the festive season. Our congratulations to them for their developing skill and our thanks for sharing it with us. Our recently elected President, Susan Sharrocks, drew the raffle for our well-stocked Christmas hamper. Guess whose ticket she pulled out! – but none more worthy. Our new Killington 75th Anniversary Silver Platter for most

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This Team Leaves It Clean

points in our monthly competitions was won by Anne Jones.

The afternoon of the second Tuesday in January saw us assembled again in our usual haunt – the committee room of the People's Hall. We noticed with satisfaction the alteration in progress to increase the height of the serving hatch between the kitchen and the meeting room. The People's Hall Committee certainly don't let the grass grow under their feet and continuous improvements are a credit to them.

The business part of our meeting was happily and promptly dealt with. We welcomed Ruth Gamsby as a visitor and prospective member. Susan then welcomed our guest speaker, local authoress - Jean



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Briggs, whose talk was entitled, "Mr Dickens, Murder and Mystery". Jean has spent a long time researching Charles Dickens' life and times. She has already published three books introducing Dickens as a sleuth and incorporating many of his characters into her stories. She told us much of his life which was enlightening as it clearly influenced the setting and characters of his own novels. Several of us felt inspired, not only to read Jean's detective stories but to go back to Dickens' books which we have not read since schooldays. Margaret Denton, who proposed our vote of thanks, said that she is currently reading Jean's third book and is looking forward to number four.

A refreshing and tasty tea ensued. The usual January competition for a Christmas card was won by Dilys Evans – first points toward the silver salver for the coming year. Pam Siddall carried off the raffle prize of a tin of tea from Fortnum & Mason, so you know where to go for a Classy Cuppa!

Next month we look forward to welcoming our celebrated local historian, Richard Cann, who will

show us wonderful pictures of Old Sedbergh. The History Society has a splendid collection. If you are disposing of any old photos do offer them to the society. They become rarer and more valuable as time goes by. We look forward to seeing you at our meeting at 2-00pm on Tuesday 14th February in the committee room of the Peoples' Hall. St. Valentine's Day kisses will be permitted.

Wendy Fraser-Urquhart

DENTDALE WI

January Meeting

In her welcome, President Marion Feltham wished us all a Happy New Year. She commented on the good singing of Jerusalem starting the 2017 programme on the right note!

However, the first item on the busy Agenda was a look back to the Christmas meal at the George and Dragon which with good company and good food, had brought the 2016 programme to such an enjoyable end.

Our first look into 2017 was a reminder about choosing the Resolution that we personally would like to put forward. The Resolutions were detailed in WI news along with a voting slip which needed to be given in at the meeting. Needless to say, many of us had overlooked this, but our very efficient secretary Thelma Belfield had photo copies and time spent over a cup of tea at the end of the evening meant that all forms were duly completed and handed in!

Then to various details of dates for



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the diary about forthcoming events.

Dementia is something we all worry about, and a coffee morning and talk on the subject by Myles Ripley, is being held in Dent Memorial Hall on Tuesday 21st February from 10.15am and is open to all.

To keep busy and creative, two craft days are being held on 19th and 26th January.

Lists were out for those who could help with baking or preparing the refreshments for the Dent Run on March 11th. Names were also needed for an exciting theatre trip to Keswick Theatre by the Lake, for the matinee performance on March 22nd.

Following a successful £10 challenge, we have been able to send

£56 to CWF WI and have kept 50% for Dent WI funds. All due, in part to the wonderful evening of exercise organised by Marion.

International Women's Day on 8th March is being celebrated by CWF WI at the Coronation Hall Ulverston, and a list is out also for anyone interested.

Our speaker for the evening was as our very own Rita Corpe, a fellow member who demonstrated a three course meal much of which could be prepared well in advance. Not only did we have the excellent demonstration but a small portion of each course made earlier and cooked in the Memorial Hall oven was given to everyone. In effect we all had a mini three course meal. Stuffed red

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pepper followed by a delicious fish pie and a dessert of lemon

Cheesecake. Rita went over the art of skinning fish as we watched, helped she said, by owning a very good knife. She told us that she always used a recipe and weighed the ingredients. Certainly it was all very tasty! Newly prepared red peppers and fish pies were auctioned off for 'WI funds.

The competition was to name a dream dinner guest and Catherine Sugden, the winner, chose Alan Bennett.

Kate Cairns won the raffle prize at the end of a really enjoyable evening.

The Next meeting is February 8th and new members and visitors are

always welcome.

Pat Allen

WI HOWGILL & FIRBANK

Christmas celebrations were held on 1st December at The Cross Keys in Cautley. We were given a warm welcome by the staff. There was a good party atmosphere throughout the evening. We enjoyed a lovely festive meal, followed by several rounds of dominoes, where we all take home a mystery prize. The competition for a home made angel was won by Jacky Hooley with Audrey Hoggarth second. A most enjoyable evening for all those present.

JANUARY

We met at Howgill Village Hall for

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the first meeting of 2017. President Bridget Postlethwaite opened the meeting by wishing everyone a Happy New Year, including our visitor Judith Stainton. We had news that Joan Luffman was not well and is in hospital. We sent get well messages for a speedy recovery.

Federation Trustees have given approval for us to change our name to Howgill & Firbank W.I. We had a pleasing outcome from selling our (Sheepish) Quiz sheets for the £10 Challenge by raising £109 for the Federation.

We would like to thank Helen Price for leading the singing group who took part in the Carol Service at Howgill Church. Anita Carey led the Hikers Walk in the Grange over Sands area in December.

Members cast their votes on their chosen topic from the six short-listed Resolutions on National Campaigns. We were each asked to select the one we would most like to go forward for further discussion and final voting at the Annual Meeting, in the Echo Arena in Liverpool in June.

Brigid introduced our speaker, Edward Lawton, who gave us an insight into his long musical career. Beginning in the Army, straight from school at 14 years of age, he was picked out by the Bandmaster to learn the Oboe. He has played with local orchestras including the Westmorland and Lakeland Symphonia. We were entertained with a selection of Oboe music focusing on nature and featuring famous composers. Sarah Syred thanked Edward for a relaxing evening of music.

The Competition: My Favourite Piece of Music and Why, was won by Dilys McCaffery with Audrey Hoggarth second. The raffle winner was Mary Stainton. Tea and cake was served bringing the evening to a close.

We meet at Firbank Church Hall on February 2nd when John Falkingham will be taking us on a Grand Tour of Peru. New members and visitors will be given a warm welcome.

Audrey Hoggarth



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INTEGRATED CARE COMMUNITY

An Integrated Care Community (ICC) is a team of health and care professionals and voluntary sector organisations working together with the public to improve health and wellbeing and to address the care needs of a defined community. East ICC is one of the twelve ICCs across Morecambe Bay and incorporates the local communities registered with GP surgeries of Sedbergh, (and Kirkby Lonsdale, Bentham, Milnthorpe and Arnside.)

In order to explore the best approaches to community engagement the East ICC held a public event on the 10th of November 2016 in the function room at Junction

36 Auction Mart, Crooklands. The aim of this first event was to encourage members of the public from the East community to come along and get involved, sharing their views about what makes their community “a happy and healthy place to live”, and how we can work together to improve the health and wellbeing locally. Those attending were introduced to the “Better Care Together” strategy and the vision of “Integrated Care Communities” and “Community Development”.

The main themes which came through from the workshop discussion were around the following:

- Transport concerns
- Locally led activities/initiatives –



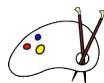
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- age specific
- Good access to health and social care services is important
- Maintaining quality of the environment to remain happy and healthy
- Communication/Hubs
- Housing - affordable housing and provision of local elderly care homes
- Isolation is a concern
- Mental Health

Across all of the communities it was identified that good affordable transport is a real issue for rural communities and can prevent people from being able to access services to improve their health and wellbeing. It was also made clear that the communities felt that they needed further more localized meetings to develop any ideas.

The actual feedback from each community on the evening included the following:

Sedbergh Community Outcomes

What makes people happy and healthy in your community?

- Employment
- Village hall run by volunteers
- Relationships in the community

- Good Transport Links
- Rambling in the village and landscape
- Good communications (Broadband, phone, TV etc)
- Younger people
- Safety eg when walking
- Ease of access eg disabled access to facilities
- Low cost housing (local occupancy)
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- Low crime
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- Walking
- Running
- Biking
- Good quality public footpaths (Yorkshire Dales National Park)
- Development of people's hall
- Employment at Sedbergh School
- Air quality

What's already available in your community that helps people be happy and healthy?

In Sedbergh

- Library
- People's Hall
- 3 Pubs
- 4 Cafes
- Cycle Festival

- Swimming Pool at Sedbergh School
- Settlebeck School
- Allotments
- Church
- Fine Walks by the river and up the fells
- Weekly Market

In Dent

- Health support when unwell for families
- Church
- Walks
- Over 60s lunches
- Football Pitch
- Library with volunteers
- Choir for all ages
- Walking/Cycling groups
- Schools
- Village green – play equipment
- Village hall
- Yoga
- Coffee Mornings

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Well, Gayle Mill, near Hawes in Wensleydale and Richmondshire could be the place for you! We are currently recruiting new volunteers to come and help us at our historic Georgian water-powered sawmill. Gayle Mill was built in 1780's as a cotton mill and after many reincarnations, is now open to the public as a preserved working sawmill. Gayle Mill Trust is a charity with responsibility for operating the mill and we are totally reliant upon

our volunteers. If you have a few hours each week to spare, we would be delighted to hear from you. We have opportunities for Tour Guides, Receptionists, woodworkers, craft people and much more. There is something for all, whether you would like to give guided mill tours or get physical chopping firewood – let us know - come and meet the team of volunteers at one of our Open Days!

We are throwing the mill doors open on **Thursday 9th March and Wednesday 15th March** from **11.00am – 4.00pm**, come and pay us a visit, talk to our volunteers, find out what we do at Gayle Mill, tell us what hidden talents you have and register your interest with us!

A warm welcome awaits and you too



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We look forward to meeting you at Gayle Mill on Thursday 9th or Wednesday 15th March from 11.00am.

Martin Stockdale

YORKSHIRE DALES NATIONAL PARK

Local Plan Adopted

Following a final positive report from the Independent Planning Inspector, Authority Members today unanimously adopted the new Yorkshire Dales National Park Local Plan.

Yorkshire Dales National Park Authority Chairman, Carl Lis, said: "This is a very important day for the Yorkshire Dales National Park and the people who live and work here. The new Local Plan has been developed to meet the long-term social and economic challenges being faced by the communities in the Park and will guide planning decisions for the next 15 years.

"It will help the Authority implement the development objectives that we and our partners first set out in the National Park Management Plan. For example, the Plan provides more flexibility for the reuse of traditional buildings.

"In fact, we have already started using the new Local Plan to permit roadside barn conversions for new local occupancy housing or to support the local economy as visitor accommodation. We are already getting a positive reaction from the

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Josephine Lade LCSP (Phys)

early applicants who are seeing some of the new benefits."

"It is excellent news that we have now reached the stage of being able to adopt the Plan. We look forward to fully implementing it to shape the future of sustainable development in the Yorkshire Dales National Park. It contains a positive strategy for new housing, stronger businesses and support for local services, all of which are vital for sustainable communities.

"One of the first things we will do will be to promote the development of the allocated sites, particularly in Sedbergh, Hawes, Grassington and Reeth. The new policies in the Plan make these existing sites more economically viable for development."

The adoption of the Local Plan is the culmination of a process which began in 2013. After rounds of consultation with local communities and other stakeholders, the Plan was submitted to the Secretary of State for Communities and Local Government in January of this year. Since then an Independent Planning Inspector has carried out a thorough examination of the Plan, including holding public hearings during July.

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Last week the Inspector confirmed that the Plan is sound and legally compliant, and that it provides an appropriate basis for planning development in the National Park.

Richard Payne

YORKSHIRE DALES NATIONAL PARK

National Park hedge laying results
The ninth annual Yorkshire Dales National Park Hedge Laying Competition was held on Saturday 7 January at Settlebeck School, Sedbergh.

Organised by the Yorkshire Dales National Park Authority (YDNPA) in partnership with the Lancashire and Westmorland Hedge Laying Association and sponsored by the Sedbergh Community Trust, the event attracted 17 entrants across four classes and was a great success.

YDNPA Head of Land Management, Adrian Shepherd, said: "It was good to see such a high quality of hedge laying in what has become a highly enjoyable and successful annual event. These competitions help preserve and promote the threatened

traditional rural skill of hedge laying and it is particularly pleasing to see the skills being learned by the next generation in the Junior competition.

"Hedge laying plays a key part in keeping hedgerows in good condition which in turn benefits the environment and bio-diversity as they act as vital wildlife pathways.

"We were grateful to Settlebeck School for providing an excellent site for the competition. As ever, the YDNPA Rangers and Dales Volunteers did a great job preparing the site beforehand and clearing up afterwards. The finished hedge will now link in with other conservation projects that the Authority has developed in partnership with the school.

"And it has been good to see our partnership with the Lancashire and Westmorland Hedge Laying Association further strengthened this year, following the National Park's extension into the Westmorland

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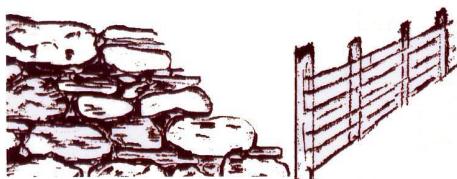


Photo by Colin Cowperthwaite



Dales and, for the first time, a small part of Lancashire.

"We are now looking forward to the 10th anniversary of the Yorkshire Dales National Park Hedge Laying Competition next year and I would ask farmers in the newly extended parts of the Park to contact Paul Wilkinson at the Ranger base at Orton on 01539 626104 if they can provide a hedge for future competitions.

"Finally, it was appropriate that we took a moment on Saturday, to mark the passing in September of Ted Morphet of Lockbank, Sedbergh. Ted was a great supporter of the hedging competition so it's fitting that next year's event will be held at his neighbour, Geoff Sedgwick's Lockbank Farm. Geoff is another stalwart supporter of this competition."

Association Chairman, Peter Gibson, said: "I am grateful to the Yorkshire Dales National Park Authority for organizing the competition, and I'd like to congratulate all competitors for their high standard of hedge laying on the day. It was a pleasure to watch the

younger and less experienced hedgers doing so well in the novice and junior classes - they are the future of the rural skill of hedge laying."

The results were:

Championship Class: 1st Peter Gibson & Best hedger on the field, 2nd Andrew Kirkwood, 3rd Heather Swift, 4th David Whitaker

Open Class: 1st William Bell, 2nd William Hodgson, 3rd John Gibson, 4th Steven Boyes

Novice Class: 1st John Handley, 2nd Duncan Goulder, 3rd Roy Barr, 4th Sally Capewell, 5th Aidan Handley, 6th Mike Kelly

Junior: 1st Danny Hodgson, 2nd James Yates-Bell, 3rd Andrew Bateman

2015/16 Regrowth winner: Andrew Kirkwood

The judges were Edward Capstick of Syke, Howgill, Sedbergh and Geoff Sedgwick of Lockbank, Sedbergh.

Richard Payne

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PEOPLE'S HALL NEWS

60th Jubilee

By the time you read this the Hall will have celebrated its 60th birthday (report next month). Some people will perhaps try to remember where they were on 24 November 1956. This writer was at Kings College, Newcastle (part of Durham University) in my first university year. Where were you?

As part of the Celebrations we have been busy enhancing several parts of the Hall.

Refurbishing the Committee Room

When you read this, the work should be complete of transforming our tired room to meet the higher standards required for business meetings,

besides coping with other social activities.

The heating, lighting, blinds, carpet, pictures and decoration have all been revamped. The lighting in the room has two levels. The brighter level is for meetings and close work such as the Art Group carry out. The other level is at a lower lighting level suitable for Jacobs Join suppers and celebration dinners and showing films, etc. Tell all your business friends the People's Hub is live. We managed this without disrupting bookings!

Kitchen

While we were doing the work to the Committee Room we also raised to hatch lintel to the kitchen to help tall

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people to see through and at the same time given the Kitchen a coat of paint.

Pepperpot paintings

The three paintings of the Pepperpot at the top right hand side of the Main Hall, which were created by the Sedbergh Art Group, now have explanatory plaques attached. These give the history of the Pepperpot from 1893 to 2015. These paintings enhance the appearance of the Main Hall.

Main Entrance Lobby Art

On the theme of art, we are pleased to display an acrylic painting of Main Street in the Main Entrance Lobby. This painting was created by Nilan "Didi" Lamovec during the Twin Town (Zreče) Artists Visit in September 2016. What we need now is something artistic to put on the large wall to the Main Hall. Any ideas?

The Jubilee Clock

The wiring is in, two slave faces are installed in the Main Hall and the Main Entrance Lobby. Two slave faces need to be fitted in the Kitchen and the Committee Room, when the refurbishments is complete. Commissioning now in progress

Frontage to the People's Hall

We are now raising funds to carry out the work on the frontage of the Hall. The Community Fund has awarded the Hall £3,000 and the Sedbergh United Charities have awarded the Hall £1,500 to the works. The Committee of the People's Hall is very grateful to these two local organisations for their support. This brings our funds up to £13,000.

Although we are applying elsewhere for funding we would like to give an opportunity to the residents of Sedbergh and District to offer donations to your Hall. There are certain aspects that can be individually sponsored. For example, the seat (to view the hills), the railings and handrails to the steps (for safety), the shrubbery and greened area (for beauty). There are bigger parts also available to sponsor. Please consider filling in the form below and sending it to PO Box 7, Sedbergh, LA10 5GE. Every little helps – you know it will be well spent.

Dates for your diary

Dances:

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14th October Dr Gina Barney/20790



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DRIVING TIPS

How to cope with a breakdown on the motorway, from Penrith & Kendal Advanced Motorists

Tips, from the IAM's director of policy and research, Neil Greig, are advising drivers on how to cope with a breakdown on the motorway. Read his essential tips to find out more.

1. Ensure the coolant and washer fluids are topped up, the oil level is correct and the tyres are in good working condition – they all help the vehicle maintain the higher speeds usually experienced on motorways.
 2. Keep a high visibility jacket, waterproof clothing and a charged mobile phone in your vehicle – you never know when you will need these,(but never use it while driving).
 3. If your journey is not going as smoothly as expected, stop at the nearest service station or pull over onto the hard shoulder (only in an emergency), parking as far left as possible to avoid slowing down traffic.
 4. Once you have pulled over, switch on your hazard warning lights so other road users are aware that you have stopped.
 5. Use the emergency roadside telephone when you need to call for help. The distance to the nearest phone will be marked on the white posts on the hard shoulder – the operator will know where you are if you use this phone.
 6. Make sure you and any passengers leave your vehicle by the left-hand side. Stay behind a barrier or up the embankment. If you feel threatened, get back in, lock the doors and call 999 for the police.
 7. If you are rejoining the carriageway from the hard shoulder, accelerate up to at least 60 mph before rejoining the left hand lane .
 8. On "smart" motorways the hard shoulder is used as an extra lane. If your car develops a problem on this type of motorway then leave at the next exit, or pull into a motorway service area.
- So long as you prepare for unexpected breakdowns you can avoid the experience of it becoming too inconvenient and be on your way as soon as possible.



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CHURCHES TOGETHER

St Mark's Church, Cautley

Our Carol Service on the 16th December was very well attended and made a good start to the Christmas season. Our thanks go to Tan Yows and the Cautley Carollers for singing, the organist and four wind players who accompanied the carols, and all who gave readings. Barbara Manwaring generously hosted the refreshments after the service, as she has done many times over the years.

Our service on February 26th will be Evening Prayer from the Northumbria Community liturgy, including a period of silent meditation. This service is simple in style, drawing on the prayers and spirituality of Celtic Christianity. Our winter services are held in the cosy vestry.

News from the Pews Feb 2017



The New Year stretches before us with all its challenges.

Some plans are already in place for 2017 as the church calendar rapidly takes shape with services, meetings, activities, fund raisers and of course the necessary jobs of work vital for keeping the Parish Church in the best possible condition not only for our present use but those who follow on living and worshipping here in Sedbergh and surrounds.

Briefly casting thoughts back to December and events leading up to Christmas the use of the church on Late Night Opening for craft stalls

proved to be a hit both for the stallholders and the shoppers. The wonderful flower arrangements made a colourful backdrop, much admired during the week by pop in visitors and the church congregations.

As always the Nativity was acted out with great enthusiasm by the Chameleons and supported by a hundred adults and children of all ages. Manna House gratefully received the collection to aid their valuable work with the homeless in Kendal.

Christmas Eve and Christmas Day services were extremely well attended. Children plus presents came along on Christmas Morning much to the delight of everyone, especially the vicar when a model helicopter was held up to view!

The first Sunday in the year was also New Year's Day. Those who would normally attend the 8am Sunday morning Communion had an opportunity for a lie -in as the first service of the day was held at the later time of 9.30am. This included the bellringers, as they were not needed to call the faithful to worship, the main service of the day (10.30am) being a Mission Community Service

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at Cornerstone Community Church (CCC) New Street where a good congregation, great singing and lovely fellowship were found.

As we look towards spring and brighter days encouraging us to emerge from our homes more and more please accept our annual invitation to join friends and neighbours for the ever-popular Lent Lunches at St Andrew's each Wednesday throughout Lent from 12noon until 1pm. Always on offer are homemade soup, bread roll and fruit plus plenty of chat and company. Ash Wednesday 1st March is not too far away and we hope to reserve a place for you at our table.

Susan Sharrocks

Tony Reed Screen

Churchwardens

St MARK'S CHURCH

Many people admire and comment on the loveliness of St Mark's church in Cautley and its' churchyard. The setting is sublime and there are about 160 graves-many of which are regularly visited and attended. We have a tiny regular congregation and work hard to maintain our little church

and grounds.

If you feel you could make a donation to help us then we would be very grateful indeed.

Please make payable to St. Mark's Church Cautley and send to me Maureen Hinch, The Barn, Dowbiggin, Sedbergh LA10 5LR. Many thanks in anticipation.

Maureen Hinch, Churchwarden

DENT DALE CHRISTIAN FELLOWSHIP

Here we are, beginning a "new" year and already praying about and preparing for the summer festival. Meantime we meet one Friday evening for fellowship around the table and then one Sunday evening to hear the testimony of the changing grace of God in someones life.

Often these people are very down to earth people with the same challenges and difficulties as you. Come and hear their stories. Come and share your own. Come and start your own journey with God.

We pray regularly for all aspects and parts of the community and all requests are handled confidentially.

Jn and Sarah Woof. Dent 25212

NOVEMBER WEATHER

Fortunately a bit drier than last year with a total of 6.38 inches

(162.05mm) less than half of last year's total!! It was a fairly typical November temperature wise with only 3 days making a maximum in the 50'sF, a high of 55.9F (13C), and plenty of frosts, especially towards the end of the month, with a low of 23.0F (-5C). Atmospheric pressure was more varied than usual with a

spell of low pressure during the middle of the month which was followed by a spell of strong winds from a more Easterly and Southern direction. It was from a South Westerly direction that we got our strongest gust of 31.3 mph (50.37kph). This night also gave us our lowest wind chill with a temperature of 9F (-12.5C).

Autumn really hit us with a massive leaf fall. A lot more clearing up to do!! Birds still keep visiting the feeding station though fat balls are out of favour it seems. They certainly prefer suet blocks but I'm afraid until they shift the fat balls no more suet will be going out! A cock woodpecker has made several appearances and likewise a nuthatch. I understand waxwings have been seen in Sedbergh but they haven't visited us yet. Since the frosts the blackbirds have made short work of the crab apples. I have a "tame" robin which follows me around especially when I am getting sheep feed ready begging bits. I have to be sure he has gone out before I close a door. I found him fluttering at an outhouse window having got shut in unless he had found a hole through from the shippon. The owls are still claiming territories and calling most evenings. The badgers are ploughing my field each night as they hunt for food. I must put my camera back out.

DECEMBER WEATHER

A drier month than last year with only 3.07 inches(78.1mm) of rainfall. It was also a fairly mild month with only 4 nights going below freezing with a low of 23.0F (-5C). Even with

the wind chill 14 nights did not go below freezing. We did have the fells white over with a snowfall. Some even reached ground level but did not last long. We had 7 days when the temperatures went into the 50sF (10+C) with a maximum of 55.8F (13C). On only 4 days did the wind not blow from the North West. The maximum recorded gust was 24.2mph (38.95kmp).

The mild wet weather has encouraged the bulbs to push up further. The grass has also seemed to have freshened up though the sheep look forward to their feed and hay as there isn't much else for them. A few fieldfares have passed through and also a party of long tailed tits. Sadly an unwanted visit by a fox took my last 2 ducks leaving me with only drakes. It managed to open a bob-hole door. I have caught the fox several times on wildlife camera set up in the chicken run.

FEBRUARY GARDENING

Winter – when deciduous trees are dormant - has traditionally been the time of year when most tree pruning work was done. However, a more recent study by the Arboricultural Advisory Service found that the optimum pruning time differed from species to species, depending on the tree's defence against wound parasites and decay fungi.

So far, research has concentrated on forest trees rather than garden varieties, but as many ornamentals are derived from, and closely related to woodland species, it does seem sensible to bear the research findings in mind when carrying out tree works.

The experiments aimed to demonstrate how trees would respond when wounded – how much dieback, wood discolouration and bacterial and fungal infection took place in each case.

The best pruning times were shown to be:-

Beech (*Fagus sylvatica*)
from June to August

English Oak (*Quercus robur*)
from January to April and November to December

Ash (*Fraxinus excelsior*)
January, February April and October

Sycamore (*Acer pseudoplatanus*)
from March to September and November

Cherry (*Prunus avium*)
from January to April and June to August

Hornbeam (*Carpinus betulus*)
June to October

Norway Maple (*Acer platanoides*)
April to June

Silver birch (*Betula pendula*)

from September to December Walnuts (*Juglans*) and Magnolias are best pruned in late summer and, traditionally, plum and fruiting cherry trees are pruned from April to July – when the spores of Silver leaf fungus are not present in the air.

Years ago we used to seal cuts with wound paint, but most professional organisations are now in favour of leaving the wounds open so that air can circulate around cuts. The exceptions to this are pruning cuts on plum and cherry trees which may be open to infection from Silver leaf disease spores. *Elaine Horne*

SEDBERGH IN BLOOM

There is one way to realise how quickly the year goes by is to garden. We as a group seem to split our year into seasons.

1. Deciding what is required for the existing beds.
2. Carrying out our decisions.
3. Watching the flowers/plants bloom/caring for them
4. Clearing up the beds

We have been delighted with the response to the new raised flower beds at the Community Office garden. Locals and visitors alike have taken advantage of the seats and the new garden layout to enjoy a little relaxation time. We thank everyone for their kind comments.

You will have notice that just before Christmas our group took delivery of four beautiful large planters which the pupils of Sedbergh School have designed and made for us. (My personal thanks to the rest of our group for undertaking delivery of these, planting them etc., as I was

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Hoggarth**



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otherwise occupied) They certainly make an impact and once the under planting flowers bloom they will look stunning. We must say a big thank to Simon Arnold, his staff and the pupils at Sedbergh School for their design and hard work in making of the planters. Thank you.

As we are a very small group we would welcome anyone who wishes to join us. No gardening knowledge is required. We meet as and when we feel we need to and no regular commitment is required, just as and when you can help. You will often see just one or two of us weeding etc., Most of the time it is a case of when and where the work is needed.

We look forward to a “blooming” 2017 and chatting to everyone as we tend the flower beds in and around the town.

Dorothy Blair

SEDBERGH COMMUNITY SWIFTS

Last autumn the Sedbergh Community Swifts group entered for the 2016 UK National Parks Volunteer Awards scheme, which rewards group and individual volunteering activities and achievements. Nominees were from all 15 of the National Parks, and we were extremely excited to discover that we had been shortlisted in the final three in the Group category. Although in the end we did not win, we feel very honoured to have had our efforts recognised nationally.

We are sometimes asked why we are especially interested in helping swifts, when there are other birds that are also in decline. What makes swifts special, apart of course from their wonderful aerial displays as they

hurtle around our rooftops in summer?

Currently swifts are Amber-listed Birds of Conservation Concern. Data collected since 1995 by the British Trust for Ornithology (BTO) show that over the last 21 years swifts have declined by a startling 47%. By 2020 it is estimated the population will have fallen by 50%, qualifying swifts for the Red List. But for the criterion that the decline has to be measured over 25 years, swifts would be on the Red List already.

Why is it that the far commoner house sparrows and starlings are already Red-listed - despite the sparrow population being relatively stable at over 5 million pairs, and that of starlings at 1.5 million? It is because there are records for these birds going back for well over 25 years. The Amber-listed swifts however number only around 80,000 pairs in the UK. With these numbers it is easy to see why there is such a great need to help our swifts.

The problem for swifts is loss of nest sites. While it is an offence to interfere with bird nest sites in the breeding season, which for swifts is May to early August, there is no protection at other times. Only the white-tailed eagle in Scotland has been awarded special protection of its nest sites throughout the year. Swifts are especially vulnerable because they are the most site-faithful of British nesting birds, returning to the exact same location year after year. So this is why it is so important to preserve their existing nest sites. Swifts that have not yet



bred can be encouraged to new sites so these should be created as well.

Calling all builders and householders planning building works! The planning process has a duty to enhance and promote biodiversity and providing for swifts is a straightforward and simple way of doing this. New buildings and extensions are ideal for creating new swift sites, as it is very easy to incorporate nest bricks into the walls during construction. British swifts need you!

Useful websites with lots of practical information:

www.swift-conservation.org.uk

<http://actionforswifts.blogspot.co.uk>

To contact Sedbergh Community Swifts:

email - ta.hoare@btinternet.com

phone - 01539 824043

Tanya & Edmund Hoare

SEDBERGH & DISTRICT COMMUNITY FUND

A reminder that the closing date for the next Grant Applications is Friday 10 February.

SEDBERGH TOWN BAND & TRAINING BAND

The band have had a busy few months.

We started off with a small number of members playing at St Andrews Christmas fair on Saturday 26th November.

On Saturday 3rd December we played at the Factory in Kendal, there were more band members than people around.

Tuesday 6th December was the Bands Christmas concert.

We played a varied programme to a packed Church.

In the second half four young members of the band played two pieces of music. They were fantastic especially as they had only been given the music the week before the concert.

The training band played at the end of the first half. Another great performance from them especially as we have had a lot of new members join since September.

There were the annual band awards.

Hannah Lappin was awarded the most improved player in the training band and Trish Woof was awarded the good egg for her contribution to the training band.

For the main band awards, Graham Lappin was awarded the most improved player and Sarah Lewis was awarded the presidents award for everything she does and has done for the band over the years.

Santa and his fairy popped in at half time with presents for the younger members of the audience and band.

Wednesday 7th December was late night opening in Sedbergh and the band accompanied Dent choir in their singing.

Saturday 10th December and Saturday 17th December saw a few members busking at The Birdcage in Kendal and Morrison's at Kendal.

The Training band joined Burneside Training band to play at The Parish Church in Kendal on Saturday 10th December. We both played some pieces on our own and we played a few pieces together.

This was a fantastic experience for

both bands.

Wednesday 21st December was the Bands coffee morning at Cornerstone community church, main street.

Christmas eve saw us round off the busy period with an hour's busking on the main street in Sedbergh.

We would like to thank everyone for their continued support of both bands. And also thanks to parents, grandparents and everyone who helped with rattling collection tins.

We started rehearsals at beginning of January nicely refreshed and ready for the next challenges.

Main band are busy rehearsing dance music ready for their dance night / concert. Date to be confirmed.

Training band have also started learning new music.

You can follow the band on facebook now.

A definite date for your diary is Tuesday 16th May for the Band's Spring Concert.

New members are always welcome on a Wednesday night.

Training band 6-7pm. Main band 7-9pm.

No music experience needed for Training band.

Thank you to Iwan and Carole for

challenging both bands with new music.
Trish Woof.

SEDBERGH ORCHESTRA

'Musical Firsts and Lasts' Concert

On a freezing November evening at St. Andrew's, church warden Tony Reed Screen gave his customary warm welcome to the Sedbergh Orchestra and a large, well-insulated and appreciative audience.

Weber's overture to *Der Freischutz* began the concert. The opening was suitably operatic in mood, hushed, dramatic, and ideally paced, with great attention to detail from the first violins. Expertly taken at a sensible tempo by conductor Roland Fudge, the faster sections were played with great commitment and zeal, with an impressive accelerando in the latter stages. Occasional prominent woodwind moments were pleasing to the ear.

The orchestra was then joined by Lancaster flautist Helen Bartosinski for Vivaldi's flute concerto subtitled "La Notte" (Night). As the orchestra was quite large, there were occasional balance problems, but this evocative piece was beautifully executed by the nimble-fingered and

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manager@fairbanksociety.com ~ www.fairbanksociety.com

expressive soloist, and featured some very neat interplay between string sections. Donald Smith's cello continuo was accurate and stylish.

Hummel's Partita for wind octet followed. A serenade-like piece well suited to the outdoors with midsummer cucumber sandwich accompaniment, it was in the circumstances wisely confined to the sanctuary of the church. Directed with aplomb by first oboist Pat Hopkins, the excellent ensemble worked up an enjoyable and impressive head of steam in the rollicking finale in 6 8, leading swiftly to interval refreshments.

In the masterpiece which is Haydn's symphony number 104, the Sedbergh Orchestra successfully showed what a fine work this is. During the faster movements the tempo was very well maintained, which cannot be done without a good and rhythmic leader, who as usual was the ever-dependable Sue Armstrong. Contrasting aristocratic and rustic moods were well portrayed. The strings in particular have developed their Viennese sensibilities under the guidance of Roland Fudge, whose deep purple corduroy jacket was magnificent to behold, and the orchestra continues its upward trajectory as one of the jewels of the Sedbergh community.

Congratulations to all involved.

Julian Cann

WELL BEING

A Mindful Way to Well-being

Taking an active role in your health and happiness with Lisa Milnor at The Meditation Centre, Dent

An oasis of calm awaits you at the Meditation Centre nestled in the tranquil village of Dent.

Many of us seek the benefits that Mindfulness offers – a greater sense of calm and ease amidst the busyness of life, the clarity to step back and respond more skilfully to the physical, emotional and mental challenges that life offers us and the cultivation of kindness towards ourselves and others that manifests as global happiness and wellbeing. Through these practices we learn how to support our own physical, emotional and mental wellbeing by mindfully connecting to the body, breath, emotions and the world we inhabit.

In 2017 I will be offering **Mindful Yoga and Meditation day retreats** and a 4□day **Mindfulness Course** at the Meditation Centre in Dent.

Join us on **31st March** for a day retreat of Mindful Yoga and Meditation that will focus on helping us cultivate greater **presence** in our lives.

"In the complexities of our minds and lives Sfr exercising toteem and confidenceon together. Jly to the song of a bird, to see deeply the glory of an autumn leaf, to touch we easily forget the power of attention, yet without attention we live only on the surface of existence. It is simple attention that allows us to listen truly to the song of a bird, to see deeply the glory of an autumn leaf, to touch the heart of another and to be touched." Jack Cornfield & Christina Feldman

At the heart of mindfulness practice is **kindness** and on **28th July** this will

be at the heart of our day of Mindful Yoga and Meditation together. To carve time out to come to the Meditation Centre is in itself an act of kindness, a willingness to take care of our health and wellbeing.

Suitable for all each of these days will include some gentle and restorative yoga asana (postures/movement), breathing practices, yoga nidra and mindfulness.

A new **4-day Mindfulness for Health and Wellbeing course** starts at **The Meditation Centre in Dent** on Friday 15th September 2017 10.0am until 4.30pm and continues on 6th and 20th October and 3rd November.

This course is based on the 8-week Mindfulness-Based Stress Reduction (MBSR) programme devised by Jon Kabat Zinn. Each session includes guided meditations, group discussions and practical exercises in a warm, safe and friendly atmosphere. This course offers the opportunity to learn to access and cultivate your natural capacity to actively engage in caring for yourself and to find greater balance, ease, and peace of mind.

The course is suitable for those who are new to meditation and yoga, as well as those wishing to refresh their mindfulness practice. Participants join for a variety of reasons; from simply taking the time to prioritise their wellbeing, to those who wish to adopt a complementary approach to managing health concerns such as high blood pressure, IBS, CFS/ME,

fibromyalgia, anxiety and depression.

"I could not recommend this course highly enough, it has been genuinely transformational. I feel more

emotionally and physically robust and not fearful of the future. Mindfulness is a gift and my friend." Recent course participant

To find out more or to book any of the above please contact the Meditation Centre team on 07582 017396 or Lisa Milnor on 07803 721135 or

lisa.milnor@shapingclarity.com You can also find out more on The Meditation Centre website www.meditationcentre.co.uk and Lisa's website www.shapingclarity.com.

I'd love you to join me in this special place with its calm and inspiring energy and to share with you the practices of Mindfulness and Yoga. Whether you are new to these or are looking for ways to sustain and support an ongoing practice, everyone is welcome.

WORKING TOWARDS A DEMENTIA FRIENDLY COMMUNITY IN SEDBERGH

I am pleased to be able to report on our progress towards helping to make Sedbergh more Dementia aware and more Dementia Friendly. We have run awareness sessions in several of the local businesses, and in the Lower 6th of Sedbergh School. We are also "booked" to run awareness sessions for both the Dent WI and the Dent First Responders which will enlarge our coverage to include Dent.



We have updated our information sheet relating to local events and contacts which is available in the library and community information centre. We can email you a copy if you wish. All the businesses in Main Street had a small information leaflet dropped in suggesting "Quick Tips".

Most importantly we are running a PUBLIC Dementia Awareness session upstairs in the Community Offices at 11am till approximately 12 noon on Sat 11th February to which everyone is welcome – (just in case we get inundated with people, could you possibly indicate your attendance to mylesripley52@gmail.com please?).

We will be marking Dementia Awareness Week 2017 by having a gazebo at the Wednesday Market on May 17th and will devise a questionnaire for those who drop in to complete to help inform us of needs and concerns in the community. We will be following that with a Wednesday morning coffee morning on June 7th.

Farfield Mill are exploring developing a heritage floor with dementia friendly presentations. The library can obtain and lend out "Memory Bags". The librarian can let you have a list of the topics available eg World War 2, The Sixties etc. Upstairs in the Library is a set of other information leaflets and resources. The Alzheimer's Society website is excellent.

If any of you are involved in organisations that would like to arrange an awareness session, we would be very willing to do so – just get in touch. OR.... Any other

enquiries

mylesripley52@gmail.com

We hope that the following tips will be of help to you:

- 1) Try to keep to a simple daily and weekly routine. Get to know your good times of the day and concentrate on getting things done when you're at your best.
- 2) Communication is key. Talk to your family, friends and professionals telling them how they can help and how you are feeling. Accept offers of help.
- 3) Try and eat regularly. Make sure you have small healthy snacks to hand so that you don't have to cook if you don't want to. Get enough fluids too.
- 4) Look after yourself and keep active. A walk every day will help you relax. Keep up with your hobbies and visit friends. Visit one of our local services and stay connected to the community.
- 5) Get regular check ups with your GP, dentist, optician, and chiropodist. Being referred to an occupational therapist could give you invaluable advice about ways to cope with memory loss as well as suggestions on how to adapt your home.
- 6) Keep all your essential items such as glasses, keys and money in one place so that they can be easily found.
- 7) Carry your name, address and phone number (and that of a friend or relative) with you.
- 8) Use visual aids to organise your day such as to do lists, a calendar, a reminder board or diary. Buy a clock that clearly

- shows the time, day and date.
- 9) Keep a visitors book with names, contact details and short descriptions of the visit. Add photos next to important phone numbers and keep by the phone.
 - 10) Label cupboards and doors making use of colour and contrast.
-

AGE UK SOUTH LAKELAND

At the December monthly meal in the Red Lion, Philip Whitely attended and presented Mary Gladstone with a Certificate for running the Sedbergh Lunch Club for the past five years which was met with acclaim.



Age UK are holding an afternoon tea at the People's Hall on Tuesday 28th February at 2pm with entertainment provided by Rawthey Rhythm, who will get you singing along to some old favourites. There will be information and advice on how you can keep safe and well from Age UK, the Police, the Fire Service and Alzheimer's Society just to name

a few. There will be information about hearing loss and if need some replacement hearing aid batteries, we can sort that for you if you bring along your book. You can even get your blood pressure checked too! So to give us an idea of numbers, please get in touch via the Age UK Helpline on 01539 728180 if you would like to book a place at this free event, or you can just turn up on the day.

The lunch club continues to meet every 2nd Thursday of the month at the Red Lion so come along and join them -you will be made most welcome. On the 1st and 8th Feb, the swimming class for beginners will run at the later time of 1pm- 1.30pm with the changing rooms being available from 12.50pm, but it reverts back to its old time of 11.45am on 15th February . Don't forget also to try our Afternoon Tea Group at the Sedbergh Café which takes place every first Thursday of the month at 2.30pm. Enjoy sandwiches, scones, cakes and as much tea and coffee as you can drink...I guarantee it is worth it!

Ruth Taylor

B4RN UPDATE

Last month we were able to report how fibre has been brought up from Barbon, with Dent School "lit up" and several private houses connected too. The system was put through its paces in Dent Memorial Hall on November 23rd in front of a full house. A wonderful conclusion to many committed people's efforts in 2016.

Over the Christmas break construction has naturally paused,

but early January B4RN gave the go ahead for the "Dent Ring"; this is the "main core" line of fibre from which individual property spurs arise. It starts at the cabinet in Dent School grounds, goes past the Laning, behind the church and over Church Bridge where it divides. In one direction it continues up to Shoolbred on the northern side of Dentdale; in the other it goes to Condor Barn and on along the south side of the dale and up Deepdale.

Work has continued steadily on the financial underpinning of the project. Local investment is now approaching £100,000. We need more, but this goes a long way and shows how the people of our dales have grasped the importance of the project and come forward with contributions large and small. If you have any inclination to help, read the leaflet available and decide if you can invest a little - there are several advantages. Next to mention is our application to Power to Change, a government-related body which, after putting us through many hoops, is to make its decision about a grant of £125,000, as we go to press. The indications given are encouraging. The application to the Social Investment Business is well advanced and there are hopes for a combination of loan and grant.

A word or two about B4RN, the organisation that supports our project. Some four new parish initiatives have just got under way -- evidence of the sustained vitality of the organisation. The network as a whole is being reinforced by a connection to the

Edinburgh hub, in addition to the Manchester one. This gives the growing rural network in the north of England maximum security and resilience. Financially B4RN is rock solid -- accumulating funds all the time.

A final note. Dent Parish Council is being invited to consider the provision of a Wi Fi facility for Dent Car Park. Visitors on arrival would be able to access information about local businesses and attractions, about timetables and YDNP details also. This would add value to the price of a parking fee, and probably put some money in local business pockets too. Over the years the presence of B4RN will lead to more such innovations useful to our community and hard to imagine just now.

If anything you are learning about this B4RN project and its development interests

you, then give in to the impulse to join in and lend a hand! Volunteer help takes many forms, so contact David Pilgrim on b4rninit@btinternet.com

Dentdale & Garsdale B4RN Group Communications Team



SUPERFAST BROADBAND IN SEDBERGH

Superfast broadband is in Sedbergh. Yes, it is! No, it isn't!

The pantomime season is over but the question of superfast broadband in Sedbergh is very much present.

Most of the green cabinets in Sedbergh now boldly state that superfast fibre broadband is here. Sadly for the town, 'here' only means the fibre gets as far as the cabinet,

not all the way to your house/office/workshop. This last part of the connection still uses your old telephone wire which reduces the speed from 1000Mbps to around 50-70Mbps (or lower) depending on how far you are from the cabinet. More than a mile away and your service speed drops significantly.

This is vastly different from truly 'hyperfast' fibre broadband where the fibre comes all the way to your house, and a true 1000Mbps is possible for everybody.

For many in Sedbergh the current speeds are very acceptable though many people seem to experience the line 'dropping out' at busy times. The current service is satisfactory for many homes and businesses but the world is changing.

The phrase "The internet of everything" is probably over used but in general it indicates how use of the internet will change perhaps rather faster than you might have imagined. In brief, while you may not wish to switch on your house central heating on from your mobile phone, the way you receive your TV and other information will increasingly come down the broadband wire.

This brings two problems for Sedbergh. As more people use these new facilities speed of the broadband declines. Something already noticeable with the line 'dropping out' at certain times of the day. The service currently supplied is going to continue to decline.

The second problem is the economic viability of the town. True fibre broadband is in Dent and is now spreading through Dentdale and Garsdale. To the south, fibre broadband is creeping up the Lune valley and there are initial plans to extend further north and include Firbank and Howgill. In a few years' time Sedbergh could be the 'backwater' as far as the internet is concerned. Incoming businesses, particularly IT ones, will locate outside the town where they can receive the broadband speeds they need. Local businesses may decide to move out of the town to get fast, reliable broadband. Even houses may be difficult to sell if the broadband is considered antiquated.

The organisation supplying fibre broadband in these areas is Broadband for the Rural North (B4RN). It is a non-profit community

EST. **SEDBERGH • MARKET** 1538

EVERY WEDNESDAY
ON JOSS LANE CAR PARK

Stalls from 8.30 am. Contents may vary! But currently greengrocery, cakes, fish, farm fresh meat and eggs, artisan bread, bric-à-brac and Greek food.

Try your retail idea with pitch and stall deal – £11 a week. Car boot pitches from £3.
Contact the Information and Book Centre: 015396 20504 / office@sedbergh.org.uk

benefit society. They work with local community groups to bring in the cables but the community must work strongly with them to achieve this.

Actually there is much to be cheerful about! B4RN has very advanced route maps to bring fibre broadband up from the south to a cabinet in central Sedbergh. Individuals are exploring the possibility of branch lines running to the east and west of Sedbergh.

The next step is to ascertain if there is an interest within Sedbergh town itself to have fibre broadband. Please can you convey your thoughts / interest to Douglas or David.

Douglas Thomson
cic@sedbergh.org.uk

or drop a note for me into the Information and Book Centre at 72 Main Street.
David Ryall
d.ryall@b4rn.org.uk

SEDBERGH PARISH COUNCIL

A proposal for forming a 'Friends of Queen's Garden' group

Queen's Garden belongs to the community. Although designated as a garden of national importance, it is in need of repair and protection. The Parish Council is anxious to ensure that the garden is managed in a way which will not only ensure its future conservation but also encourages greater use by the public.

To progress matters, the Parish Council has arranged for an accurate survey plan of the gardens to be prepared and has commissioned a landscape architect to assess the condition of the gardens, to identify the extent of remedial work required

and to develop outline management proposals. It is hoped that this work will support a bid to the Heritage Lottery Fund in due course.

The Parish Council wishes to encourage the formation of a 'Friends of Queen's Garden' group in order that residents' views and ideas help shape the future plans for the garden. Such a group, which would be independent from the Council, might also become involved in the care of the garden and advise on proposals for the public use and enjoyment of the garden.

The Parish Council has no fixed ideas as to how such a group would be structured and how it would operate. However, it is envisaged that the group would be informal and that members would be able to contribute as much or as little as they wish to the activities of the group. Participation might include being involved in discussions on evolving plans and ideas for the garden, activities 'on the ground' by joining in with small scale projects or events, or assisting with minor maintenance (planting flower beds, pruning, trimming, etc.).

A first step is to ascertain the extent of the support for the idea. If you are interested in becoming involved in a 'Friends of Queen's Garden' group (without any obligation whatsoever) please provide Janey Hassam, Clerk to the Parish Council with your name and contact details. If there is sufficient interest the Council will arrange for an informal meeting to discuss ideas and suggestions.

Janey may be contacted by email clerk@sedberghparishcouncil.org.uk,

by 'phone (015396 20125) or by calling in at the Parish Council Office (above the Information Centre at 72 Main Street).

ORAL HISTORY

"Oh yes, we had some good enjoyment wi' dancing yer know. 'T isn't like t' rubbish they do now! We had Lancers and t' Cottages an' Paul Jones, Eva's Two Step, in fact I do a bit of Eva's Two Step now if I can!" *Bessie Mason, born 1911.*

"There was a dance every week at Dent. We used to go on t' bike, no cars. They were in t' Memorial Hall. There used to be a band come from Bentham and there would be a piano player and an accordion. And they would play while about one o'clock, and then they'd go round wi' t' hat... Aye, there were some good do's then. And there was nobody fresh o' drink, neither. No, they didn't get t' pub, they went straight to t' do." *Jim Middleton, born 1913.*

"There were concerts up there [Tank House, Garsdale], and sometimes they used to have a dance after. I remember one time I thought 'I'm going to stop at the dance', and I did. I stayed and was dancing, and the next thing I knew Dad was at the door. 'Where's our Mary? Come home at once!' So I had to get on my bike and pedal home, and I got a really good telling off from mum and dad." *Mary Cowperthwaite, born 1924.*

"We had dances in Cowgill school, it were sixpence for a dance an' a shilling for yer supper. We did Two Steps and Three Steps and everything. An' when we got up into

our teens we all got together at 'ome and me and me pal we learned all t' lads t' dance. They wanted to go to t' dances but they couldn't dance. So they came in and we used to clear all away in t' house, and we 'ad thick lino down, an' we put gramophone on or played t' piano an' learned them all the steps. We used to 'ave some nice dance dresses. I had one, a blue one, oh I did like it, long one, satin it was with a little silver top to it. Oh, I thought it was smart! Seventeen!."

Mary Ellison, born 1909

From *Telling it like it was: Dent, Sedbergh and district in living memory* edited by Anthea Boulton and Veronica Whymant.

ROYAL BRITISH LEGION NEWS

Sedbergh & District Branch – News Update

A successful Legion Annual Dinner was held on 8th April in the Weaver's Café, Farfield Mill. This was the third dinner at this venue and 31 attended.

On 30th June, a service of commemoration for the 100th Anniversary of the Battle of the Somme was held in St Andrews Church and a two minute silence was observed at the town war memorial on 1st July to mark the start date of the battle in 1916. In relation to the Somme campaign, a unique UNESCO listed film was shown at the Arden Theatre, Sedbergh School on 20th October, a project involving the Imperial War Museum. This film was shot and screened in 1916. It was the first feature length documentary about war and changed the way both cinema and film was perceived by the public. In the year of its release,

around 20 million people, almost half the population of Britain at the time, watched the film. On 8th July 2017, a musical event will be held in St Andrews Church, with specific music composed in relation to the Somme film. Also on 1st July 2016, a First World War book was compiled and launched by the Sedbergh & District History Society and recorded the impact of the war on our community.

The Legion's Annual General Meeting was held on 8th September and Col Tony Reed Screen took over the role of President from John Pease. We thank John for his sterling commitment in this role.

On 3rd October the Legion arranged a talk by Stuart Eastwood, Curator of the Cumbria Museum of Military Life, Carlisle on the action of the 1st Airborne Battalion Border Regiment at Arnhem in 1944. The presentation provided fascinating detail about this daring operation during the 2nd World War.

The Great Cumbria Poppy Ride launched the start of the Poppy Appeal Campaign on 27th October. A 1940's Classic Coach decorated as a Poppy Bus, visited various towns throughout Cumbria, including Sedbergh. The bus was escorted into town by the Town Crier, Dennis Whicker and John Douglass with the Legion Standard and met in Joss Lane Car Park by members of the branch committee and Parish Council. Appropriate music was provided by the Town Band and refreshments were also provided. Organisers of the Poppy Ride commented on the excellent reception that they received in

Sedbergh.

The Legion wishes to thank everyone once again that have been involved in helping with the Poppy Collection. To date, over £7,500 has been collected although there are still monies outstanding and the final figure will not be known until later this year. Nick Cross has taken over from John Douglass as Poppy Appeal Organiser who has carried out such sterling service for the branch over a long period. (Please see a separate article in the Lookaround by John on the award of the Royal British Legion Poppy Day Rose Bowl to Sedbergh at the Annual County Conference at Penrith on 3rd December 2016).

On 6th November, a Poppy Collectors Award ceremony was held in the People's Hall Committee Room. 22 collectors were eligible for an award on this occasion and the awards were presented by the branch President, Col Tony Reed Screen. Tony also received an award which was presented by the Chairman, John Douglass. The awards were in recognition of a number of year's valuable voluntary service by collectors.

During the past year, two successful coffee mornings were held on 13th July and 9th November, raising a total of £572 for the Legion.

David Parratt, Branch Secretary and his wife Ann, attended the Festival of Remembrance at the Royal Albert Hall in London on 12th November. Anyone who has been to this festival will agree that this is an extremely memorable, moving and well organised event.

A Remembrance Service was held

in St Andrews Church on Sunday 13th November which was well attended as usual. The reading of the names of the fallen was carried out by Anna Prall and Ben Morgan with dignity and conviction. An Act of Remembrance and a two minute silence was observed at the town's war memorial following on from the service. The Remembrance Concert held in the evening was of a high standard as usual.

Very sadly, Norris Chamley died on 9th January 2017. Norris was a long serving and stalwart member of the Sedbergh & District RBL branch since 1948. He served as a Committee member for many years and had also been Chairman. He was extremely knowledgeable on Legion matters. In later years he also undertook the auditing of the branch accounts. He will be greatly missed.

Finally, the Royal British Legion has been rated 3rd, behind Cancer Research UK and MacMillan Cancer Support, in the annual ranking of UK charities known as the Harris Charity Band Index, based on public perceptions and awareness and willingness to donate.

The Sedbergh Branch of The Royal British Legion has existed since the early 1920s and needs volunteers and new members in order to keep up its good work and to ensure it achieves its impending 100th birthday and beyond. If you would like to become a member, please contact David Parratt on 015396 20964 or email: mparratt@gmail.com for a form. You do not need to have served in the Armed Forces to be a member. Our meetings are open and are held

in the White Hart Social Club at 7.15 pm on the second Thursday of each month except August. Contact any Committee member or just turn up. For more information, visit our website: <http://www.branches.britishlegion.org.uk/branches/sedbergh> The National website is: <http://www.britishlegion.org.uk>

*David Parratt, Secretary
RBL Sedbergh & District Branch*

ROYAL BRITISH LEGION

*Award of the Royal British Legion
Poppy Day Rose Bowl to the
Sedbergh Branch*

On the 3rd December 2016, David Parratt and I attended the RBL Annual County Conference at Penrith where I accepted the Royal British Legion Poppy Day Rose Bowl. The cup is awarded annually, to the branch with the largest percentage increase in poppy collection takings in the preceding three years for branches in Cumbria with 50 or more members.



Sedbergh has recently won this cup twice before in 1997 & 2013 and is currently on display in the Craftworkshop Window on Main Street.

As Chairman and poppy collection coordinator at the time, I was privileged to accept the cup on behalf of the town and branch. I must acknowledge and thank all who have

made this award possible, particularly Keith and Sandra Gold-Wood, the manager & staff at Killington Lake Services, David Parratt & the army of door to door collectors who went out, often in bad weather, the shops, pubs and retailers, Sedbergh School, Committee members for their hours of work for the cause, and of course my wife Barbara for her help & tolerance, but most of all of you who donated so generously.

You can see each year's totals on Sedbergh Branch Royal British Legion website.

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

While I hope to continue as Branch Chairman and Standard-bearer (if elected), I have now handed responsibility for the Poppy Collection to Nick Cross, who I hope everyone will support so that he can build on my efforts.

Lastly, may I appeal for new Committee members? You do not need to have served in order to join the committee, nor even be a Royal British Legion member to join us; about half of the current committee have not served in HM Forces.

All you need is belief that anyone who has ever served in any of our armed forces or their spouse or deceased spouse served, has a need of any sort.

If you or yours has a need, please call 0808 802 8080 (freephone). You do not have to be a member of the Royal British Legion. If you need something and do not call, an opportunity for valuable help will be lost.

John Douglass
Uplands, Winfield Road
SEDBERGH, LA10 5AZ
id@idfa.co.uk
01539 620536

Error by Ed in last report

In the December issue, the report on Page 60 showed that Elizabeth Skill had received a 35 year Bar. This was an error and Elizabeth writes:-

"I would like to correct the write up about Awards for the Poppy Collecting. It was my husband Zander who received the Award for 35 years and not myself. E Skill.

SEDBERGH ART SOCIETY

The last two sessions of the year 2016 for Sedbergh Art Society took place in November. There was a demonstration by our own secretary and professional artist Ruth Clayton, and a workshop, which was a chance for us to experiment with Ruth's ideas.

The demonstration on November 11th in the Committee Room of the People's Hall

Ruth demonstrated how she develops a watercolour depicting autumn trees by water. She worked 'wet in wet' to begin with. She showed us how she uses a sponge for the autumn leaves, and the effectiveness of painting on the dried paper when, in a stronger pigment, she adds tree trunks and other detail. Ruth created the effect of sparkling water by applying wax very lightly, and also by dry brushing. Everyone was totally absorbed as Ruth built up her picture, giving us a wealth of advice and techniques.

Using only four colours – (Cotman

watercolour) Ruth created a stunning picture depicting an autumn wood by a stream, with an ethereal effect. We were all struck by the beautiful glow. The demonstration was an unqualified success.

Autonomous Workshop on Saturday 19th November in the Methodist Hall. 10am – 4pm.

We call these workshops 'Autonomous' because we run the session between members, without a visiting artist. Ruth, however, very kindly came and gave brilliant support to each person. This was greatly appreciated by the participants, who spent the day creating their own paintings of Autumn Trees in the Landscape. With 12 participants, this was the best attended workshop of the year. Ruth is a superb teacher! The results were brilliant.

If you would like details about our programme next year and you are not yet a member, you are very welcome to get in touch with me, Jenifer Alison. Tel: 01539 824666 Email: jen.alison10@gmail.com

WALKING & CYCLING GROUP

The Sedbergh Area Walking and Cycling Group is holding its Annual General Meeting on Wednesday the 8th of February at 7:30pm in the URC/ Cornerstone Rooms on the corner of Joss Lane and Main Street, Sedbergh.

This will be an open meeting, and anyone interested in what we are doing is very welcome to attend – indeed the more, the merrier.

Over the last couple of years, and with the support of literally hundreds of local people in one way or another,

we have been instrumental in:-

- Getting Sedbergh into the national Walkers are Welcome scheme,
- Building a website for walkers and cyclists that attracts about 2,500 hits per year on the home page,
- Organizing evening talks on a range of walking and cycling related issues,
- Published a new edition of the "Sedbergh Geological Trail" leaflet, and devised and published a "Quaker Trail" brochure,
- Arranged donations and grants to local walking- and cycling-related organisations and schemes.

At our meeting in February we shall be reviewing these activities and thinking about where we go from here. If you have any ideas, please get in touch – and preferably come along to the meeting as well!

Robert Powell, on behalf of Malcolm Petyt (Chairman)
For the Sedbergh Area Walking and
Cycling Group

robert@robpowell.co.uk

015396 – 20482

www.sedberghgateway.org.uk

DENTDALE RUN

One of Dent C of E School's largest fundraising events, the annual Dentdale Run will take place on Saturday the 11th of March. This year's race is the 33rd running of the event and we are hoping to make it bigger and better than ever.

Last year we raised £4500 for the school and we are hoping for more this year. For 2017 we have introduced a shorter 7.9 mile race which takes in the first half of the

main course before turning back into the village. The run is supported by its main sponsors, Dent Brewery, along with DiscoverDentdale.com and receives the huge support of other local businesses who sponsor trophies and prizes as well as a number of local people and organisations who provide catering and marshalling.

Commencing at 1pm, the main run is just over fourteen miles and takes place around the lanes of Dentdale. Entries are invited from affiliated and non-affiliated runners. For affiliated runners the cost of entry is £14 in advance or £16 on the day with non-affiliated runners paying £2 more. Free car parking, showers and plenty of refreshments will be available to runners. Trophies and prizes will be presented, immediately after the race in the Memorial Hall, to the top runners in several categories including, ladies, teams and veterans categories. On this day, the village itself and the surrounding roads will be very busy especially between 12pm and 3.30pm with around 500 runners setting off from the village at 1pm. I would like to ask that if anyone is moving livestock or expecting large deliveries on this day could they please try to avoid these times. Spectators are very welcome on the day or if you wish to enter then you can enter online at www.racebest.com or obtain an entry form from www.dentdalerun.com. If you require any further information then please call 25185.

Scott Thornley,
Chair, Dentdale Run Committee

CHRISTIAN AID

in Sedbergh and District

As we get ready locally for our 2017 fundraising activities which begin on Wednesday 8th March with our Spring Coffee Morning in the CCC Rooms in Sedbergh at 10am it might be of interest to know how Christian Aid nationally has been getting on in its work over the past year by taking a look at some excerpts from the Annual Report for 2015 – 2016.

In the financial report it gave the following information:

“Total income for 2015/16 was £107.0m, up £7.6m (8%) on the previous year and our highest-ever level of income.

Our total expenditure for 2015/16 was £100.4m, up £6.2m (7%) on the previous year.”

These are tremendous sums and have enabled many developmental projects worldwide. Many are described in the Strategic Report which you can read in full online at <http://www.christianaid.org.uk/sites/default/files/2016-10/annual-report-15-16.pdf>

A description of some of the projects in Kenya, Malawi and Ethiopia are given below:

“Our work in Kenya and Malawi included the use of digital technology in improving uptake of health services. Community health workers have been provided with mobile phones equipped with software to register pregnant women and to be in regular contact with them; now they are using SMS to send reminders for antenatal clinic visits and immunisations for children, and to encourage women to deliver in

hospital. Local clinics have had systems installed that can send reminders for health visits, and also enable nurses to view dashboards that show attendance. Pregnant women are also able to get better response to emergencies from health workers by reporting them through mobile systems.

Increasing work on wider gender and social norms has led to positive changes in gender relations at household and community level. Our programmes report women's voices being increasingly heard and their participation in decision-making growing. Men are also becoming more and more involved in the health of their families.

In Kenya, women in mother-to-mother groups that our partners set up say they've grown in confidence to make decisions relating to their own healthcare and to raise opinions at community meetings. Work with 177 members of the Maasai Council of elders (traditional leaders) and 150 women leaders on gender equality has also significantly changed attitudes and practices driving inequitable gender and social norms. For example, three women leaders have been invited to join the Maasai council of elders to advise them on gender and sexual and reproductive health. This is the first time ever that women have been included in the all-male council, which we believe is an important step in shifting power and gender relations.

Male involvement approaches such as father-to-father groups and community sensitisation programmes in Malawi and Ethiopia have

improved the role of men in the health of their wives and children. In Ethiopia, more men are accompanying their wives for antenatal visits, and in Malawi, fewer men now demand that their spouses get their permission before seeking healthcare, suggesting improved gender relations and decision-making power in those households."

These projects are bringing about significant improvements in health care and community dynamics enhancing the lives of those involved. In a world of many uncertainties it is heartening to be able to help bring about the new stabilities which these projects of Christian Aid create.

Rev. Ann Pitt

TOWN TWINNING

Last year a group of students visited Zreče in February and we hope to welcome a return visit from their Zreče contemporaries in June this year.

In September 2016 we hosted a group of Zreče artists and now it is time for Sedbergh grownups to plan a trip.

Previous visits have been a mixture of planned outings, local hospitality and independent exploration and it would be good to do the same again this year. Slovenia is such a beautiful country with a wide variety of scenery and a rich past. With a population of just over 2 million, in a country not so much bigger than Wales, travel is easy on excellent roads. There are so many attractive opportunities for photographers, artists, historians and explorers and others and if preferences are expressed then the

holiday could be planned to suit everyone. There are also well marked walking trails all around the Zreče area.

We always enjoy generous discounts on accommodation and a very warm welcome from our hosts. In 2015 the cost was around £600 but this will depend on the current rate of exchange. All the seasons are attractive with a wealth of wildflowers throughout most of the year.

If you are interested please get in touch to discuss your preferences for dates and/or activities.

Susan Garnett

msq@wardses.org.uk 21138

Garth Steadman

garthsteadman@yahoo.co.uk 21210

SEDBERGH DARK SKIES FESTIVAL

20th – 23rd February 2017

Part of the National Parks Dark Skies Festival 2017

A Voyage Around the Universe

On Monday 20th February, Richard Darn, an expert in dark sky astronomy, (www.darks skies.org.uk), will guide us through the universe using an advanced computer program projected onto a big screen. Great for beginners, as previous knowledge is not essential.

People's Hall, 6.30 – 8 p.m.

Stories Under the Stars

Tuesday 21st February

Wrap up warm, bring a blanket and a hot drink, and listen to poems and prose read by John Rice (www.poetjohnrice.com) and Gareth Downes, Head of English at Sedbergh School. *

The Pepperpot, Sedbergh School

6.30 – 7.15 pm.

Astro-Photography

Wednesday 22nd February

Come and learn the basics of astro-photography with Pete Collins (www.diamond-skies.co.uk). Telescopes and binoculars will be available or bring your own. *

*Langstone Common Cark park, A684
6.30 – 8 pm.*

Stargazing

Thursday 23rd February

Enjoy an evening learning to identify constellations, planets and stars. Telescopes and binoculars will be available or bring your own. *

*Langstone Common Cark park, A684
6.30 – 8 pm.*

* Weather permitting. Please check www.sedbergh.org.uk/events on the day.

For full details, please see www.sedbergh.org.uk/events or email project.manager@sedbergh.org.uk

BOXES OF HOPE CUMBRIA

We really excelled ourselves this side of the M6 this time, contributing over 1,000 boxes to the final total of 11,040. The distribution team which went out before Christmas managed to give out 6,000 boxes to 6,000 excited children in Transylvania (yes, it really does exist!) within a week. This equals our total in 2013 and takes a lot of doing, as you can imagine, both the physical effort required by the team “on the ground” and the meticulous preparation and planning done in advance by our partner charity “People to People”. The remaining 5,000+ boxes were distributed by our Romanian partners.

Looking ahead to next time – this bit is for the knitters in our midst – we already have enough hats, but need scarves and gloves. I also have an intriguing pattern for a glove puppet, which is beyond me but may be of interest to those who like a challenge!



The educational project for Roma children in Tinca, which generous sponsors have been supporting since 2014, will come to an end in August 2017 – for the best of reasons: the school has been such a success that the Romanian government has agreed to take over the running and funding of it from September 2017. It's amazing what a difference it makes if children are clean (themselves and their clothes), well-fed and provided with a safe and secure environment with good teachers. Tinca school provides all these things for its pupils, thanks to generous donations in cash and kind from organisations and individuals in Cumbria.

It has not yet been decided what we will move on to next – there are various possibilities – but Shoe-boxes remain at the heart of all that we do and are the key to making contact with children and their communities – and to making 11,040 boys and girls feel that Christmas really had come for them this year. Multu mesc! Thank you!

Pam Dent

SIGHT ADVICE SOUTH LAKELAND

On Tuesday 17th January, ten members of the Sedbergh Branch met at Farfield Mill for our first meeting of the year. Our good wishes go to those who were unable to attend for various reasons.

First of all, Maureen Lamb kindly gave us a fascinating talk about the history of the mill and the heroic efforts she and others made, from 1992 onwards, to save the mill and its Dobcross looms from dereliction.

It was clearly an uphill battle, involving many tussles with officialdom but the end result is a real credit to all concerned. Some of our members had interesting memories of working at the Mill in the past.

We then enjoyed exploring the Mill and marvelled at the many wonderful displays of handicraft - lace, pegged rugs, wall-hangings and much more. It was also great to the "Sheepfest" sheep again, the amazing "Coat of Many Colours" and the fearsome "dragon"!

We concluded with a truly delicious Afternoon Tea, which was very much enjoyed. A real treat on a grey, misty winter's day and a great start to the year. A big Thank you to Dennis for suggesting and organising the entire event, which was much appreciated by all of us. We will definitely be returning to Farfield before too long! It was great!

Our next meeting is on Tuesday 21st February at 2pm at the People's Hall, when June Parker has kindly agreed to talk to us about complementary therapies, which will, I am sure, be both informative and interesting.

Sue Harper

LADIES N.F.U.

A big thank you to all who supported our Coffee Morning on the 7th December in aid of the Great North Air Ambulance Service. The huge sum of £388.95p was raised as well as £40 plus on the Air Ambulance Gift Stall. Many thanks again for your generosity.

Our Meeting on the 13th December was very well attended when Cynthia Fernhead from Abracadabra Flowers and Gift Shop demonstrated and helped us to make a beaded Xmas Bauble. This started with a small polystyrene ball having cord wound round it to make 4 sections with enough cord left for hanging on a Xmas tree etc. Then followed the tricky bit - special white glue which would dry colourless was painted on the ball which was then dipped into a huge tub of glitter, each section had more glue and then coloured beads were stuck on a section at a time. I have never seen as many smiling faces or heard such happy laughter at a meeting before! Some of us managed to get beads to stay on one quarter, one or two had beads stuck to their tights and the carpet. Then we ran out of time and would finish our baubles at home. Marilyn thanked Cynthia for her hands on Demonstration and also for having such patience with us. The lucky Raffle Winner was Jennifer Dawson. Our Tea Break followed with Mince Pies and goodies made by our President. Christmas Carols were sung with Barbara Gorst playing the Organ. A merry Christmas to all and a Happy New Year.

2017 Started with our Annual Dinner

on Tuesday 17th January when members enjoyed a most excellent meal at The Three Hares. Thanks were given by our President Marilyn Leckie.

Our next meeting will be on the 21st February when the speaker will be Laura of Laura's Loom. You are very welcome to join us.

Marlene Mason

COMMUNITY OFFICER REPORT

Logs of note for the area of Sedbergh

12/11 – An attempt burglary was made on Castlegarth. No entry was made, nothing taken.

14/11 – Theft of 4 x Swaledales off Howgill fell. Enqs still ongoing.

15/11 – Theft of a quad bike from the top of Dent. By working with Yorkshire police. 1 person was arrested. A good result.

16/11 – Criminal Damage caused to a vehicle on Castlegarth.

18/11 – Caller reported a FTS RTC on Highfield Rd.

5/12 – RTC reported on Birks Lane, no injury.

9/12- In the surrounding area 2 x chainsaws and a strimmer was stolen.

11/12 – ASB was reported on Bainbridge Rd, persons leaving a party.

14/12 – Criminal damage was caused to 4 tyres on Back Lane.

16/12 – Criminal damage was caused to a shed on Maryfell, 1 person arrested.

20/12 – Theft of 2 tyres on Maryfell.

20/12 – Highway disruption was reported on Highfield Rd.

20/12 – An assault was reported in the area.

21/12 – ASB was caused on Finkle St.
27/12 – An assault was reported in the area.
31/12 – 1 person arrested for assault.
31/12 – A domestic incident was reported in the area.
2/1 – RTC with minor injury on Blackhorse hill.
12/1 – Attempt theft of a trailer at Firbank.
15/1 – Theft of a mobile phone.

Be aware of persons purporting to be working for "Highway maintenance". 2 males seen trying to steal stainless steel items from Cowgill.

Lambing season is fast approaching, please keep dogs on leads where heavily pregnant or those ewes with lambs at foot are present.

Keep outbuildings and sheds locked at all times. Keep quad bike/farm vehicles keys out of sight, and do not leave them in the ignition or under the seat overnight.

Cross border criminals are still prolific in and around your area.

Kendal Police are looking for volunteers from your area to assist in targeting rural crime.

This is a multi-force operation held 4 times a year including Eden, Brampton and Kendal police, Durham police, North Yorkshire Police, Northumbria Police, Lancashire Police, and Cleveland Police.

The intention is to gather intelligence, identify and arrest any offenders, you will assist and have direct contact with the police via radio, take up static observation points in the area you know well. You

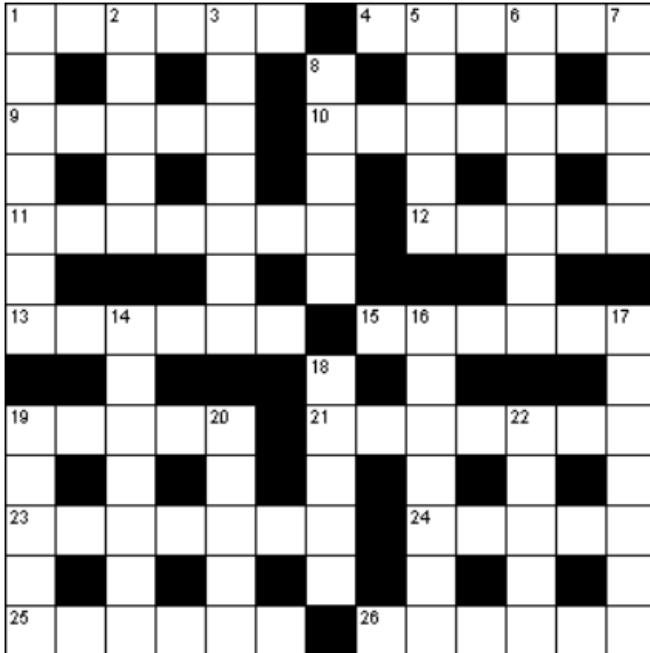
will be trained how to use a radio and be able to pass any suspicious activity direct to all the officers involved.

If you would like any more information then please contact myself on amanda.coleman@cumbria.police.uk

This is a great chance to work together to combat rural crime.
CSO 5244 Mandy Coleman

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Across

1. Counting device (6)
4. Forceful consequence (6)
9. Deport (5)
10. Relished (7)
11. Act of deliberate betrayal (7)
12. Movable staircases (5)
13. Easily handled or managed (6)
15. Lithe (6)
19. Device in a brass wind instrument (5)
21. Oval (7)
23. Slowly moving ice mass (7)
24. Large artery (5)
25. Throws out (6)
26. Sternutation (6)

Down

1. Turned away or aside (7)
2. Similar (5)
3. Kitchen implement (7)
5. Commissioned military officer (5)
6. Unfathomable (7)
7. Periodic rise and fall of sea level (5)
8. Deceive by mock action (5)
14. Assemble in proper sequence (7)
16. Scoundrel (7)
17. Promote (7)
18. Prolonged period of time (5)
19. Undefined (5)
20. Live (5)
22. Sum of money offered as a prize (5)

From this month, Answers to Crosswords & Puzzles will appear in the same issue which hopefully will help stem the frustrations of having to wait to get them. *Ed*



December Wordsearch Answers

RAKE	COMPUTER	WHISK
HOSE	MOUSE	LADLE
LAWN MOWER	PRINTER	PIZZA CUTTER
FORK	KEYBOARD	POTATO PEELER
LEAF BLOWER	NUMBER PAD	MASHER
SHOVEL	TABLET	SPATULA
WHEELBARROW	LAPTOP	BOTTLE OPENER
HOSE REEL	USB KEY	NUTCRACKER
STRIMMER	SCANNER	BEATER
TROWEL	ROUTER	GRATER
WATERING CAN	HUB	TONGS
EDGER	SWITCH	MIXER
SHEARS	MONITOR	BLENDER
GLOVES		CHOPPER
BRUSH		

RUBY	CARDS	CROP
DIAMOND	PARK	STRAW
EMERALD	PETS	HOUSE
PEARL	READING	TRACTORS
AQUAMARINE	PLAYING	LABORERS
SAPPHIRE	WALKING	WHEAT
TOPAZ	FOOTBALL	HORSES
JADE	GOLF	CHICKENS
OPAL	TOYS	PLOW
AMETHYST	EXERCISE	SILO
CITRINE	PUZZLES	OATS
GARNET	EATING	CATTLE
JASPER	DRIVING	DUCKS
KUNZITE	HOBBIES	PROPERTY
PERIDOT	POLO	HOGS
AZURITE	RUNNING	HAYLOFT
ONYX	POKER	SHEEP
	MOVIES	WATER
		BUCKETS
		BARN

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3	5	6	8	4	2	7	9	1

PERSONAL & SMALL ADS £1

MARION & CHRIS WOOD

Sedbergh Community First Responders would like to express their sincere thanks to Marion and Chris for all their work in providing us with a comprehensive, excellent set of maps to help us to get to where we need to be.

=====

VALENTINE CAT!!



Thank You - to the young couple who stopped to try & find my cat Rascal after an RTA on Feb 14th 2016. He's alive & well but only 2 lives remaining!!

Please contact me. Kay - Sed 22122

=====

FOR SALE

Panasonic Upright Vacuum Cleaner £20. Green & Maroon Rug 68" x 48" £10. Two Kitchen chairs £5 for the pair. All in very good condition. Ring 015396-20512.

Happy
Valentine's
Day



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448

fax 01539 730253

e-mail info@strampress.co.uk

website www.strampress.co.uk

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	09/16	Helpline	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
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	01/09	Mr Estensen	Sed:	21060
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
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Citizens Advice Bureau	12/16	Kendal	03444	111444
Community Orchard Group	06/16	Mrs Parratt	Sed:	20964
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	06/16	Dr Ripley	mylesripley52@gmail.com	
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	11/16	Mrs Labbate	Sed:	22114
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907
Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	mylesripley52@gmail.com	
Labour Supporters Group	10/15	Mr Cross	01539	634139

Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246	
Liberal Democrats	12/08	Mrs Minnitt	015242	72520	
Little People	12/14	Mrs Suttle	07810	833478	
Lunch Club *	02/17	Mrs I'Anson	Sed:	21757	
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	
Over 60's - Dent	09/16	Mr Steele	Dent:	25054	
Parent Support Group	01/09	Mrs Goad	Sed:	20402	
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487	
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170	
Parish Council - Sedbergh	08/16	Mrs Hassam	07966	134554	
People's Hall	08/15	Sleepy Elephant	Sed:	21770	
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196	
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662	
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125	
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826	
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885	
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808	
Red Squirrel Group - Sedbergh	09/15	Mrs Palmer	07584	285923	
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	
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	
Squash Club	10/15	Mr Bannister	Sed:	21664	
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com		
Tennis Club	01/09	Mr Robinson	Sed:	21014	
Town Band	01/09	Mrs Waters	Sed:	20457	
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138	
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773	
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428	
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869	
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770	
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808	
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775	
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663	
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754	
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733	
Yoga	11/16	Mrs Hennedy	Sed:	20899	
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	
Youth Club	09/16	Mrs Wilberforce	Sed:	21562	

* = Latest Amendments

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

EDITORS COMMENTS

The first apology must go to all the Children who had Birthdays in December. Guess who forgot to update their years?

Another new Advertiser this month is Dave Pickersgill Tiling & Decorating. Please mention Lookaround if you make any enquiries.

FUTURE OF LOOKAROUND

After very serious consideration, Jacky and I have decided to 'Retire' from putting the Lookaround together. After over 30 years of production, we feel that we should give up the reins and let someone else (younger?) take over.

If any person or group is interested in continuing Lookaround, please make contact with us.

Complete briefing and tuition would be given to the interested parties. It will not be easy for whoever takes over but we will always be on hand for help and guidance.

We are looking at our last issue being December 2018 which gives two full years for a new editor(s) to take charge. However, if the new editor is ready to take over earlier, this may be possible.

At this time, we would like to thank everyone for their continued and valued support of Lookaround since it started in March 1986 with a sheet of A4 folded. My, haven't we come a long way since then?

E-MAILS

One or two people are dropping me an e-mail to the old address of lookaround@whicker73.freeserve.co.uk. This is no longer in use and I cannot retrieve any messages from this address. Please use the current one on the front of every issue. Can you please check your system and remove the old address.

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & is printed

by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

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

Current Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). Back Copies are available at the History Society at 72 Main Street.

All items for Lookaround must be sent to 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to editor@sedberghlookaround.org.uk

ADVERTISING

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

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

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 is in full colour. All copies have a full colour cover to indicate a new issue & photographs are requested from our readers who will be credited.

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

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

You can supply the information & we can create an advert for you. You can supply

an example in hard copy & we will reproduce it (please mention if a particular Font is required). You can supply an original using Microsoft Publisher, a Word, a jpg or as a PDF. If you order numerous adverts, the content can be the same every month or it can change if you are seasonal.

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

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999. (over 17 years ago.)

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 - not on a business basis, & also make an appeal for wanted items.

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

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

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page,

but no text will be inserted.

BUSINESSES

Adverts for the Rent or Sale of property are not Personals & 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).

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

Payments by BACS can also be made.

Account: Lookaround

Account Number: 30940267

Code: 20-45-28

Reference: Invoice Number or
your name or reference.

CAN YOU PLEASE INCLUDE THE INVOICE NUMBER WHEN PAYING BY BACS?

Any receipts issued for Adverts will be left in the Lookaround Tray in the Information Centre for collection.

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday page until their 11th Birthday. Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it.

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

Dennis J Whicker

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	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)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent to Sedbergh				
1330 (L)	1345	Wed	564A	W	1000	1015 (L)	Wed	564A	W

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)

S1 Kendal Shuttle Saturday from 1st October R = Request only					
Kendal Morrisons			12:45		
Kendal Blackhall Road [opp bus sta]		09:00	12:50	14:20	16:15
Kendal Asda		09:06	12:56	14:26	16:21
Westmorland Hospital		09:07	12:57	14:27	16:22
Oxenholme Station		09:10	13:00	14:30	16:25
Killington M6 Bridge		09:20	13:10	14:40	16:35
Sedbergh Dalesman		09:35	13:23	14:53	16:50
Sedbergh Maryfell	-	13:25R	14:55R	16:52R	-
Dent village	09:50		15:10	17:05	18:55R
Cowgill	10:03			17:18	19:08R
Dent Station	10:05			17:20	19:10R
<i>Dent Station</i>					
<i>Train from Leeds</i>		10:16			19:23
<i>Train from Carlisle</i>		10:38		17:32	19:20
Dent Station		10:20		17:50	19:30R
Cowgill		10:22		17:52	19:32R
Dent village		10:35		18:05	19:45R
Sedbergh Maryfell	08:15	-	13:38	15:28	-
Sedbergh Library	08:20	10:50	13:40	15:30	18:20
Killington M6 Bridge	08:32	11:02	13:52	15:42	
Oxenholme Station	08:42	11:12	14:02	15:52	
Westmorland Hospital	08:44	11:14	14:04	15:54	
Kendal Asda	08:45	11:15	14:05	15:55	
Kendal Blackhall Road Bus Station	08:55	11:25	14:15	16:05	
Kendal Morrisons		11:30			

- At 1020 the bus will wait at Dent Station for up to 6 minutes beyond its scheduled departure time for a late running 1016 train from Leeds.
- R: The 1840 from Sedbergh and return 1930 from Dent Station runs only on request to the driver on the day.
- R: The bus will only stop at Sedbergh Maryfell at 1325, 1455 and 1652 on request to the driver on the day.

BUS SERVICES

S3 Hawes Hopper Tuesday only from 27th September R = Request only					
Dent	-	0930	-	13:35	15:35R
Spar	-	0944	11:14	13:49	15:49R
Library	-	0945	11:15	13:50	15:50R
Maryfell	-	0947	11:17	13:52	-
Farfield Mill (entrance)	-	0949	11:19	13:54	-
Garsdale Street	-	0957	11:27	14:02	-
Garsdale Station Arrive	-	-	11:32	14:07	-
Garsdale Station Depart	-	-	11:34	14:09	-
Moorcock Inn	-	1005	11:37	14:12	-
Hawes Creamery	-	1017	11:49	14:24	-
Hawes Market Place	-	1019	11:51	14:26	-
Hawes Dales Centre	-	1021	11:53	14:28	-
<i>Garsdale Station</i>					
Train to Carlisle		10:21	12:17	14:20	16:16
Train to Leeds		10:02	13:02	15:13	
Hawes Dales Centre		10:28	12:33	14:38	-
Hawes Market Place		10:30	12:35	14:40	-
Hawes Creamery		10:32	12:37	14:42	-
Moorcock Inn		10:44	12:49	14:54	-
Garsdale Station Arrive		10:47	12:52	14:57	-
Garsdale Station Depart		10:49	12:54	14:59	-
Garsdale Street		10:54	12:59	15:04	-
Farfield Mill (entrance)		11:02	13:07	15:12	-
Maryfell		11:04	13:09	15:14	-
Library	09:10	11:06	13:11	15:16	-
Opposite Morphet's Garage	09:11	11:07	13:12	15:17	-
Dent	09:25	-	13:26	15:31R	-

S4 Kirkby Stephen Connect Friday only from 30th September R = Request only					
Dent	-	09:45	-	13:40	15:50R
Sedbergh Spar	-	09:59	11:29	13:54	16:04R
Sedbergh Dalesman	-	10:00	11:30	13:55	16:05R
Sedbergh Maryfell	-	10:02	11:32	13:57	-
Cautley Cross Keys	-	10:10	11:40	14:05	-
Fat Lamb	-	10:17	11:47	14:12	-
Ravenstonedale	-	10:22	-	14:17	-
Kirkby Stephen Station arr	-	10:29	11:54	14:24	-
Kirkby Stephen Station dep	-	10:37	11:57	14:27	-
Kirkby Stephen Town	-	10:43	12:03	14:33	-
<i>Kirkby Stephen Station</i>					
Train from Leeds		10:34	12:30	14:32	
Train from Carlisle			12:49	15:00	
Kirkby Stephen Town	-	10:50	12:35	14:47	-
Kirkby Stephen Station arr	-	10:56	12:41	14:53	-
Kirkby Stephen Station dep	-	10:59	12:44	15:03	-
Ravenstonedale	-	-	12:51	15:10	-
Fat Lamb	-	11:06	12:56	15:15	-
Cautley Cross Keys	-	11:13	13:03	15:22	-
Sedbergh Maryfell	-	11:21	13:11	15:30	-
Sedbergh Library	09:25	11:23	13:13	15:32	-
Opposite Morphet's Garage	09:26	11:24	13:14	15:33	-
Dent	09:40	-	13:28	15:47R	-

February Church Services					
St. Andrew's Sedbergh	5th	12th	19th	26th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	Mission Community @ CCC Main St	HC	HC	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	1st	8th	15th	22nd	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
	5th	12th	19th	26th	
St. Mark's Cautley	Mission Community @ CCC Main St	9.30 am MP (NC)	No Service	2.30 pm Taize	
St. John's Garsdale	10.00 am HC by Extn	2.00 pm Low Smithy	6.30 pm Street Chapel	10.00 am HC by Extn	
Lune Parish Services					
	5th	12th	19th	26th	
Holy Trinity Howgill	10.30 am Ecumenical Service @ St Andrew's Church, Sedbergh	Please note that Holy Trinity Church, Howgill and St John's Church, Firbank will be in 'Hibernation' from January till March.			
St John's Firbank		2.00 pm Holy Communion	2.00 pm Holy Communion	2.00 pm Holy Communion	
All Saints Killington					
Dent & Cowgill Parish Services					
	5th	12th	19th	26th	
St. Andrew's	10.30 am Holy Communion	10.30 am Remembrance Sunday & Holy Communion	10.30 am Joint Communion @ St John's	10.30 am Joint Service for Mission Community @	St Andrew's Sedbergh
St. John's	9.00 am Holy Communion	2.30 pm Evening Prayer			
Cornerstone Community Church (CCCM/N) Services (Formerly URC & Methodists)					
	5th	12th	19th	26th	
10.30 am	CCCM/PH	CCCN	CCCN	CCCN	
Messy Church					
			19th		
4.30 pm			CCCN		
worship@peopleshall					
	5th				
10.30 am	People's Hall				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		M&P = Meditation & Prayer			
PC = Parish Communion		Taize = Modern Chants & Choral			
MP NC = MP with Northumbrian Community		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. Peter Campbell Tel: 20918

CORNERSTONE COMMUNITY CHURCH

New Street/Main Street
Sunday 10.30

Rev. Carole Marsden Tel: 22030

Rev. David Crouchley Tel: 20329

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

CHRISTIAN FELLOWSHIP

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058

& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952
& Jean Dixon 20435

Howgill: Mary Stainton 20426
& Dorothy Parker 20493

Killington: Jennifer Thornely 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. Peter Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. David Crouchley 20329

Rev. Carole Marsden 22030

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month

Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	= £10.00
Single Column 2.56" x 3"	= £12.50
Single Column 2.56" x 4"	= £15.00
Double Column 5.2" x 2"	= £15.00
Double Column 5.2" x 3"	= £20.00
Double Column 5.2" x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month to Britain	= £2.50
Postal per month Overseas	= £6.00

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

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

All else by 19th of every month

Last Advert Update August 1999.

Last Postal Update September 2016



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) 1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW	21789
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) 4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) 1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail: stay@drawellcottage.co.uk	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh LA10 5DW (2013/11) 1D; 1T; 1S; TVL; CH; NS; NP*; P; DR Web Site: www.holmecroftbandb.co.uk	20754
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh LA10 5AQ (2012/12) 1D; 1T; TVL; CH; DW; P; DR; VB e-mail:- wheelwright.cottage@homecall.co.uk Free Wi-Fi available	20251
Mrs J Hope	The Old Joinery, Garsdale, Sedbergh LA10 5PJ (2012/12) F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; DA; VB* e-mail: enquiries@theoldjoinery.com	20309

CAMPING, CARAVANNING & SELF-CATERING

Mrs Whitfield	Old Station Cottage. Station Road, Sedbergh LA10 5HP (2016/12) Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage www.oldstationcottage.co.uk	20799
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh LA10 5DH (2013/11) Self-Catering Sleeps 6-8	20360
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	Sleeps 2; D; CH; TVL; P; NS; DW	01969 667356
Borrett Barn Caravan, Marthwaite, Sedbergh (2017/02)	Sleeps 4 people; D; T; CH; L; P; NS	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2017/02)	Sleeps 4 people; D; T; CH; L; P; NS	21175

KEY

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

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	CCCM
1030	Every Monday	Sedbergh Songsters	GH
1330	Every Monday	Knit 'N' Natter	DHC
1730	Every Monday #	Brownies	CCCN
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1200	2nd Monday	Soup & Stay	CCCN
1900	3rd Monday	Chamber of Trade	PH
1430	Last Monday	Tea & Company	CCCN
0930	Every Tuesday	Drop-in & Relax (6)	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	CCCM
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	CCCM
1145	Every Wednesday	Age UK Swimming	SS Baths
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	CCCN
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All (5)	MCD
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1830	Every Thursday	Swimming Club	SS
1830	CANCELLED	Youth Club	CCCM
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	Every 2 weeks	Cameo Club	CCCN
1430	1st Thursday	Age UK Cream Tea	Sed Café
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

= School Term Time Only

See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable

DIARY OF EVENTS

Dates are held up to 20th December 2017

FEBRUARY				
1 1000	Exploration of Land & Nature Exh	DCMH	8 1200	Lent Lunches
1 1030	Jill Colquhoun Exhibition until 4/3 (1)	FM	8 1930	WIS Listening with Intention
1 1030	Celebrating Ceramics until 4/3 (1)	FM	8 1930	CWT - Flood Prevention
1 1930	HS Enclosure of Bluecaster (15)	SSAT	8 1930	Tennis Club AGM
2 1930	WIHF A Grand Tour of Peru	FCH	9 1200	Age UK Lunch Club
3 1400	Dentdale Head to Foot (26)	DMH	11 1300	Dentdale Run (88)
3 1930	Killington Sports Domino Drive (4)	KVH	12 1100	Monthly Meditation Drop-In (42)
4 1000	Saturday Coffee Morning	DMH	14 1400	WIK Queen Katherine Parr
4 1930	Flicks in the Fells - Sully (4)	PH	14 1930	Domino Drive
8 1930	W&C Group AGM (8)	CCCM	15 1000	Coffee Morning - Vacant
8 1930	WIS Upcycling for Real	PH	15 1200	Lent Lunches
9 1200	Age UK Lunch Club	Red Lion	15 1930	HS Thomas Garnett (15)
10 1900	Art Society - War Artists	PH	17	St Patrick's Day
10 1930	SSAT PTFA Domino Drive (10)	SSAT	18 1930	HS AGM & Jacobs Join (15)
10	SS Half Term Begins	SSAT	18	SS Term Begins
11 1100	Dementia Awareness (78)	CO	21 1430	SS Wilson Run Back Lane/Loftus Hill
14	St Valentine's Day		22 1000	Coffee Morning - CCC
14 1400	WIK Slides of Old Sedbergh		22 1200	Lent Lunches
14 1930	Domino Drive	PH	22 1300	Medical Centre Closed for Training (15)
15 1000	Coffee Morning - RCT	FCH	25 1000	Art Society Workshop
15 1900	Our House (16)	CCCM	25 1930	Olde Time Dance (67)
15 1930	HS Dickens, Charity & Cowgill (15)	SSAT	26 1900	Dentdale Christian Fellowship (Dec) Rhumes
16 1300	Medical Centre Closed for Training (15)	DMH	26	Clock March Forward
16 1900	Our House (16)	MC	29 1000	Coffee Morning - Garsdale Church
17 1900	Our House (16)	SSAT	29 1200	Lent Lunches
17 1930	SYF Quiz Night (17)	SSAT	APRIL	
18	Dark Skies Festival till 26/02	DCMH	1 1000	Saturday Coffee Morning
19 1600	Messy Church (19)	CCCN	1 1000	Exploration of Land & Nature Exh
19 1930	North Westmorland Arts Concert (Sept)	Appleby	1 1200	Spring Show (Ad)
19	SS Half Term Ends		1 1930	Flicks in the Fells - (may be changed. Ed)
20 1830	DSF Voyage Round the Universe	PH	1 1000	Exploration of Land & Nature Exh Ends DCMH
21 1830	DSF Stories Under the Stars	Pepperpot	5 1000	Coffee Morning - Ladies NFU
21 1930	LNUF Laura's Loom	PH	5 1200	Lent Lunches
22 1000	Coffee Morning - Town Band	CCCM	6 1930	WIHF Collection & History of Buttons
22 1830	DSF Astro Photography	Langstone Fell	7 1400	Dentdale Head to Foot (26)
22 1930	CWT - Madagascar	CCCM	11 1400	WIK The Tide's the very Devil
23 1830	DSF Stargazing	Langstone Fell	12 1000	Coffee Morning - St John's Hospice
23 1930	Bowling Club AGM (23)	WHC	12 1200	Lent Lunches
24	SS Term Ends		12 1930	WIS Last Voyage to St Helena
26 1030	SWG Anniversary Service (26)	CCC	12 1930	CWT - Butterflies in North West
26 1900	Dentdale Christian Fellowship (Dec)	Rhumes	13 1200	Age UK Lunch Club
28 1400	Age UK South Lakes Party (80)	PH	14	Good Friday
MARCH			15 1000	Saturday Coffee Morning
1	St David's Day		17	Easter Monday
1 1000	Coffee Morning - Vacant	CCCM	19 1000	Coffee Morning - StAS Mission
1 1000	Exploration of Land & Nature Exh	DCMH	22 1100	Monthly Meditation Drop-In (42)
1 1030	Jill Colquhoun Exhibition until 4/3 (1)	FM	23	St George's Day
1 1030	Celebrating Ceramics until 4/3 (1)	FM	23 1900	Dentdale Christian Fellowship (Dec) Rhumes
1 1200	Lent Lunches	STAS	26 1000	Coffee Morning - NW Cancer CCCM
1 1930	HS The Home Front (15)	SSAT	MAY	
1 1930	Community First Responders AGM (41)	CO	1	May Bank Holiday
2 1930	WIHF Voluntary Work in Gambia	HVH	3 1000	Coffee Morning - D&S Oral Society CCCM
3 1400	Dentdale Head to Foot (26)	DMH	4 1930	WIHF Cumbria's Fell Pony HVH
3 1400	Women's World Day of Prayer (24)	CCCM	5 1400	Dentdale Head to Foot (26) DMH
3 1930	Tattie Pie & Dominos	HVH	6 1000	Saturday Coffee Morning DMH
4 1000	Saturday Coffee Morning	DMH	6 1930	Flicks in the Fells - PH
4 1930	Flicks in the Fells -	PH	9 1400	WIK Resolutions PH
7 1930	North Westmorland Arts Concert (Sept)	Appleby	10 1000	Coffee Morning - Firbank Church CCCM
8 1000	Coffee Morning - Christian Aid	CCCM	10 1930	WIS Resolutions Meeting PH
			11 1200	Age UK Lunch Club Red Lion

COVER PHOTO
Howgill Fells Ponies
By Ann Middlemiss

15	1930	WI Group Meeting Going for a Song	PH
16		Town Band Concert	TBA
17	0900	Dementia Awareness	JLCP
17	1000	Coffee Morning - Christian Aid	CCCM
24	1000	Coffee Morning - Garsdale Village Hall	CCCM
27		SS Half Term Begins	
28	1100	Monthly Meditation Drop-In (42)	MCD
29		Spring Bank Holiday	

JUNE

1	1930	WIHF Members Evening	FCH
2	1400	Dentdale Head to Foot (26)	DMH
3	1000	Saturday Coffee Morning	DMH
3	1930	Flicks in the Fells -	PH
4		SS Half Term Ends	
7	1000	Coffee Morning - Dementia Awareness	CCCM
8	1200	Age UK Lunch Club	Red Lion
13	1400	WIK Making Lace	PH
14	1000	Coffee Morning - Howgill & Firbank WI	CCCM
15	1930	WIS Summer Outing	
17	1930	Olde Time Dance (67)	PH
21	1000	Coffee Morning - Town Band	CCCM
28	1000	Coffee Morning - Killington WI	CCCM
29		WIHF Summer Outing TBA	

JULY

1	1000	Saturday Coffee Morning	DMH
1	1930	Flicks in the Fells -	PH
2	1100	Monthly Meditation Drop-In (42)	MCD
5	1000	Coffee Morning - CCC	CCCM
5		SS Term Ends	
6	1930	WIHF Dog Obedience Demonstration	HVH
7	1400	Dentdale Head to Foot (26)	DMH
11	1400	WIK TBA	PH
12	1000	Coffee Morning - Royal British Legion	CCCM
12	1930	WIS On the Rocks	PH
13	1200	Age UK Lunch Club	Red Lion
15	1000	StAS Summer Fair	StAS
19	1000	Coffee Morning - Vacant	CCCM
26	1000	Coffee Morning - Garsdale Village Hall	CCCM

AUGUST

2	1000	Coffee Morning - NW Cancer	CCCM
3	1930	WIHF Failsafe Gardening	FCH
5	1000	Saturday Coffee Morning	DMH
5	1930	Flicks in the Fells -	PH
7		August Bank Holiday	
9	1000	Coffee Morning - Vacant	CCCM
9	1930	WIS Quiz Night	PH
10	1200	Age UK Lunch Club	Red Lion
13	1100	Monthly Meditation Drop-In (42)	MCD
16	1000	Coffee Morning - Red Squirrels	CCCM
23	1000	Coffee Morning - StAS Mission	CCCM
28		Late Summer Holiday	
30	1000	Coffee Morning - Garsdale Church	CCCM

SEPTEMBER

1	1400	Dentdale Head to Foot (26)	DMH
2	1000	Saturday Coffee Morning	DMH
2	1930	Flicks in the Fells -	PH
3	1100	Monthly Meditation Drop-In (42)	MCD
5		SS Term Begins	

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CCCM	= Cornerstone Community Church, Main St
CCCN	= Cornerstone Community Church, New St
CO	= Community Office
CTIS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
DSF	= Dark Skies Festival
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
PH	= People's Hall
QG	= Queens Gardens
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAd/S	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church, Cowgill
StMC	= St Mark's Church, Cautley
SIC	= Sedbergh Information Centre, 72 Main St
SS	= Sedbergh School
SSAT	= Settlebeck School Academy Trust
SWG	= Sedbergh Wesley Guild
SYF	= Sedbergh Young Farmers
WID	= Women's Institute, Dentdale
WIHF	= Women's Institute, Howgill & Firbank
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

Month in Bracket indicates when information appeared

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 by appointment only - Monday

Practice Nurses Clinics

Monday – Friday – 8.30am -6pm

(By appointment only)

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

Dressings Clinic – Friday afternoons

(By appointment only)

Blood clinic

Monday – Thursday – 8.20am – 12pm

(By appointment only)

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

See our website

www.sedberghmp.nhs.uk

for further details

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only.

Bridging the Gap

First Monday - 1400 - 1600

Mrs Colpus 01228 595937

Location of Defibrillators

72 Main Street ~ People's Hall ~ Fire Station

POLICE

101 or 999

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Evan Hurst,
Katie McKay & Sarah Boom (Hygienist)

Monday to Friday 0900 - 1700

Saturday *

SEDBERGH LIBRARY Main Street 20186

Monday 1700 - 1900

Wednesday 1000 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 1000 - 1230

DENT LIBRARY Main Street 01539 713520

Tuesday 0900 - 1900

Saturday 0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh

Open Monday to Saturday 1000 - 1600

Sunday 1200 to 1600

e-mail: tic@sedbergh.org.uk

Tel: 015396 20125/20504

www.sedbergh.org.uk

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

MARKET DAY

WEDNESDAY

Last Update:

February 2017