

Sedbergh & District **LOOKAROUND**

August 2016

Issue 346

Donation £1

Sedbergh & District still shines through all the rain that we have been having and some excellent events are planned by many organisations for the next couple of months. It's what makes this a great

community to live in so please support not only the events but local businesses too.

Thank you to everyone that contributes & supports Lookaround.

Dennis & Jacky Whicker

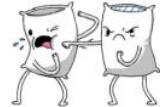
~ Dog Show ~ Bouncy Castle ~ Egg Throwing ~ Sideshows ~



DENT



GALA



11am to 4pm

August Bank Holiday Monday (29th)

"Book Characters" Children's Fancy Dress



New This Year

Gyroscope and Roundabout

Free Entry

For further information Tel: 015396 25212

Everyone Welcome



Continues if wet!

~ Pillow Fight ~ Live Band ~ WI Teas ~

Stalls ~ Treasure Hunt ~ BBQ ~ Drinks ~

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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August Birthdays

Day	Name	Age
1	Annie RAINFORD	10
2	Harvey CAPSTICK	3
4	Lucy ANDERSON	5
6	Malachi LONGFELLOW	5
10	Luke TROUGHTON	11
11	Lewis SEDGWICK	8
13	Elsa RAINFORD	8
15	Eva HOGGARTH	10
17	Luke LEWIS	5
19	Michael CHARNLEY	10
27	Thomas CASH	9
29	John-Lucas STAINTON	5
29	Izzy DECENT	11
30	Abbie WILSON	8
Nonagenarian & Over		
30	Arthur Porter	94

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

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

BOXES OF HOPE CUMBRIA

Launch of 2016 Shoebox Campaign



Reg. No 1153106

It may be the middle of summer, but it is time to bring you news of Cumbria's 2016 Christmas shoebox campaign, covering Eden, South Cumbria and Furness.

The benefits of being a "local" charity are that a team from Cumbria takes the shoeboxes and brings pictures and stories back of the

children who receive them and, as a small charity we have no staff to pay, so any surplus funding goes towards longer term educational support for these children. The boxes contain educational supplies such as pens and pencils, toys (such as dolls, cars and tennis balls), sweets and hygiene items such as face cloths and soap.

Children and adults alike love to fill a shoebox – it is a simple and fun thing to do, doesn't have to cost a lot of money, and it really does make a difference to a child who has none of the basics we take for granted. For these children there is none of the commercialisation we endure for weeks leading up to Christmas. Many of them have never in their lives had a gift. Many have never had a toy.

Please do start looking for empty shoeboxes and shoebox bargains such as toys, games, fun items, hygiene and stationary items, warm hat/scarf/gloves/socks, sweets, and pick up a leaflet from local shops and offices, or check out our website where you can download it.

The campaign runs from Nov 1st – 12th and more information will be released later in the Autumn as to where you can drop off your shoebox in November, together with the £2 donation for transport costs. There will be a drop off point local to you, in Sedbergh!

For more information, take a look at our website, www.boxesesofhopecumbria.co.uk and our Facebook page. You can contact us on info@boxesesofhopecumbria.co.uk.

Nicola Steadman

Friday 5th August
10 am to 4 pm

Mindful Yoga & Meditation: Letting Go

Saturday 6th August
10 am to 5 pm

Meditation for Beginners

Sunday 7th August
10 am to 4 pm

Retreat: Relax, Reflect & Renew

Saturday 13th August
10am to 1pm

Living Mindfully:

Enjoying Mindfulness & Movement

Sunday 14th August
11am to 1pm

Group Meditation Drop-In

All Welcome



To book:

E-mail meditationcentrteam@gmail.com

Telephone 07582 017 396

The Meditation Centre, Dent, Cumbria LA10 5QR

Registered charity no: 1076345

www.meditationcentre.co.uk

SEDBERGH WI

"Is it true, miss?"

Story time at the end of a school day: a class of seven-year-olds sit with rapt attention as their teacher, Carole Marsden, tells them the story of the gentle giant. On July 13th we too found ourselves hooked, and one of our members, a teacher who had once acted out the story with her own class as an end-of-year assembly for their parents, was close to tears because of the memories it brought back. Telling stories was obviously a favourite part of Carole's time as a teacher, as I'm sure it was – and still is for many of us – a favourite part of any parent's or grandparent's life. When the story is finished, the thing many a child wants to know is: "Is it

true?"

The last time she spoke to us, Carole (not to be confused with 'our' Carole Marsden, URC minister in Sedbergh!) had recently retired as Vicar of Shap and moved to Kirkby Stephen. She was soon snapped up by the Kirkby Stephen Team Ministry and now, for her sins (!?) she is working half time as Rector of Kirkby Stephen. She still has the opportunity to go into schools in her new role, but it's no longer the very close privileged relationship she had with the children she used to teach on a daily basis and whose characters she knew so well.

Carole recounted various humorous stories about her teaching experiences, involving parents as well



AWAKE AWAKE !!

my soul, Awake, harp and lyre! I will awaken the dawn. Psalm 57:8

Hosted by DDCF:- Dentdale Christian Fellowship

www.dentdalecf.co.uk or ring Sarah - 015396 25212

Friday 5th

7.00pm meal and evening of celebration at DMH (Dent Memorial Hall)

Saturday 6th

10.00am Mens Breakfast: Dr Kaye on "medical missions in Uganda" Meadowside Café

10.15am Ladies Garden Brunch at "Rhumes" led by Pauline Kaye

2.00pm Sports races and games (weather permitting) Café open at DMH

5.15pm George and Dragon Pub Quiz and pie/pea supper

7.30pm Café open at DMH

8.00pm Film night with hot chocolate :showing "War Room" at DMH

Sunday 7th

10.00am Bikers Breakfast CMA Speaker

2.00pm Café open and soft play/bouncy castles

7.00pm Speaker: Pastor Andy Woof: Carnforth Free Methodist

Monday 8th

Café open all day at DMH and soft play area

7.00pm Meal and music from the Ayrton Brothers DMH

Camping available at Millbeck



as their children, and illustrated her talk with drawings shown on an overhead projector. June Mudd thanked her for her entertaining talk before we settled down to enjoy tea and cake prior to our short business meeting.

"Could any of this story possibly be true?" wondered members of the book club, meeting at Sandra Kemp's home on July 14th, about some aspects of Ben Aaronovitch's first novel of five in his "Rivers of London" series. Billed as an 'urban fantasy', its hero is a probationary mixed-race police constable, Peter Grant, who is left to guard the scene of a brutal crime, when he meets a ghost who actually witnessed the crime. Combine this detective story with

magic, Punch and Judy shows, a feud between the personified rivers and streams of London, romance and plenty of humour, plus an intimate knowledge of London, and you have a heady mix which can become confusing at times. Readers who knew London well were able to follow the story better than those who didn't and are more likely to want to read the sequels. We felt that the book was well written, fast-paced and amusing, but members who are uncomfortable with magic and fantasy gave up on it. Overall, the average score given was about 7.5.

Rosemary Blanchfield is planning to lead the walking group on July 21st on a 6-mile ramble including a climb over Arnside Knott. We wish them a

H o l m e O p e n F a r m & Café



Come hold, touch and feed the animals on our guided tours, which run continuously during opening time.



INDOOR PLAY AREA



NATURE TRAIL
PICNIC PLAY AREA
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CLOSED TUESDAYS

Holme Open Farm, Sedbergh, Cumbria LA10 5ET
Tel: 015396 20654 www.holmeopenfarm.co.uk

fine day to make the most of the glorious views from the top across the estuary towards the Lakeland Fells.

We welcome all ladies to our next meeting on Wednesday 10th August at 7.30pm in the People's Hall Committee Room. Our speaker, Eileen Noble, will be giving a talk entitled "Balancing a pulse of life: a cranio-sacral approach". Do join us and find out all about it!

Moira Folks

KILLINGTON WI

Our Tuesday Meeting was conducted by our Vice-President, Margaret Denton, in the absence of our President. She introduced our Guest Speaker, David Smith, former Headmaster of Settlebeck School,

who since retiring has cycled round the British Isles. He showed us beautiful slides of some of his favourite views especially some unusual Lighthouses and objects he had seen on his travels.

We enjoyed a lovely afternoon tea before getting down to the business side of the meeting. Our coffee morning in June had been a success and on Friday 8th July four of our members visited Margaret Hodkins at her home in Church Brough and then went on to Barnard Castle. Some of the members attended the Holker Garden Festival. We are all looking forward to our annual Garden Party to be held on Wednesday 20th July at the home of Sally Cragg and to the outing to Browsholme Hall near



- UPVC Windows & Doors
- FASCIA BOARDS, GUTTERING, DOWN PIPES
- WET ROOMS, BATHROOMS
- GARAGE DOORS
- GARDEN ROOMS, GARDEN PODS
- KITCHEN
- REPLACEMENT GLASS
- LOFT CONVERSION

DAVID BAINES
015396 25346 07837 766 219
davidbaines@first4homeimprovement.co.uk

Clitheroe on 9th August.

The competition for an item beginning with 'D' was won by Shirley Richardson and the raffle prize went to Joyce Cox.

The next meeting will be on Tuesday 13th September at 2.00pm in the Committee Room at the People's Hall.

Barbara Kooper

LADIES NFU

On 21st June members enjoyed an fascinating evening outing to Sprint Mill, Burneside, home of Edward and Romola Acland.

The 3 storey historic water mill, still with the original turbine, houses a remarkable collection of old hand tools and memorabilia associated with rural crafts. Demonstrations and

courses in green woodwork are often run here.

We explored the organically run fruit and vegetable garden and lovely riverbank around the mill and house and were also lucky enough to have a conducted tour, by Edward Acland, of the meadows and woodland that they own and are managing...returning wild flowers to the meadows and replanting hedges.

The evening was rounded off by a delicious supper prepared by Romola Acland.

Do visit if you get a chance. The gardens are often open for the NGS scheme and during September there will be several artists in residence for the C-ART festival.

Caroline Clarke

Lunesdale Agricultural Show

Tuesday 9th August

from 8:30am

Underley Park

Kirkby Lonsdale LA6 2DS

A traditional local country show with classes for Cattle, Sheep, Horses, Poultry, Dogs, Sticks and Crooks and Home Industries

A great family day out

with catering and free parking on site, Children's Entertainment, Archery, Ferret Racing, Food Hall, Craft Marquee, Vintage Vehicles, Trade Stands & Cumberland & Westmorland Wrestling

Admission £8, Concessions £6
Children 15 & under £4, under 5s FREE

www.lunesdaleshow.org.uk
info@lunesdaleshow.org.uk
Tel: 07444 403982

CHIROPODIST

HCPC Registered

Kay Whittle

MSSCh DipPodMed MBChA MInstChP

Pedi-Care House, Howgill Lane,
Sedbergh LA10 5AD

Tel: 015396 22122



Open 09:00 - 4:30

**Please phone for appointments
Closed on Mondays**

*Supplier of
HJ Hall "Softop" socks
Argan oil & cream; Arnica gel & Aloe Vera*

THE CIRCUIT OR A DAWN CHORUS?

To bike or not to bike, is that the question?

In response to her letter to the editor in last month's Lookaround, whilst it is gratifying that Dorothy Blair has read, with interest, Garsdale Parish Council clerk's report on their opinion of the behaviour of some of the motorcyclists riding through the dale, I fear she is somewhat missing the point. She pertains that bikers should be welcomed even though they are loud and overtake at great speed in places that cars would never dare. I think that if she were to canvass the residents of Garsdale, the result would be overwhelmingly against her view.

STOBARS HALL Care Home



The aim of Stobars Hall is to offer our guests maximum independence in order that they can lead full and varied lives, cared for by trained staff who provide physical, emotional and social support every hour of the day.

STOBARS HALL RESIDENTIAL HOME

If you would like further details, or simply a chat about life at Stobars Hall, please telephone Shane or Beryl on

017683 71291

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The Parish Council has had many complaints about the bikers passed to them over the years and has approached the police on numerous occasions who have tried to mitigate their behaviour but unfortunately, the effect is short lived as bikers contact each other by mobiles warning fellow bikers of the hot spots. Most complaints are about the reckless way that some of the bikers ride along the A684. Some of our more elderly residents will not venture out at the weekends if the weather is good as they fear for their lives. Some residents cannot bear to sit outside because of the noise if their house is situated near the road. Every resident has had some altercation with a biker at some stage, some have had many. Just last weekend, I personally was driving to Sedbergh and coming round the bend at Whitbeck, came face to face with a biker on my side of the road as he/

she was cutting the corner. We narrowly missed but only by millimetres. Our house is in the 30mph zone but how many times over a weekend, when outside, we cannot engage in conversation whilst a stream of bikers speed past at over double the speed limit obliterating any chance of being heard?

Most of these bikers are aged boy racers, who should know better, trying to shave a few seconds off their timed circuits. Last Sunday I was awakened at 5.50am by one who no doubt was taking advantage of the quiet road to do just that. Sorry, but I would prefer a natural dawn chorus.

The point that Dorothy Blair is missing is that this is a National Park, a place of outstanding natural beauty that people like to visit, to sample the peace and quiet, a place to reflect and breathe in the purity of simple, outstanding landscapes, to commune with nature. I am sure that the majority of bikers are sensible and

enjoy the dales as we do but it is such a pity that a significant number of reckless, thoughtless and selfish bikers spoil it for the residents and visitors by their, quite frankly, stupid and dangerous behaviour. Garsdale would welcome sensibly driven, quiet, courteous motorcyclists but I fear that the reckless ones will continue to spoil it for others and if a ban was to be put in place, despite them having paid their road tax, then the Garsdale would certainly hang the flags out.

Philip Johns

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on 14th July 2016. The next meeting of Sedbergh Parish Council is on Thursday 11th August 2016 at 7.30pm in the Committee Room of the People's Hall, Howgill Lane, Sedbergh

SOUTH LAKES HOUSING

Alison Kinnon, Assistant Director of Customers and Communities, South



Kentdale Property & Garden Services Ltd

CONTACT DETAILS

Martin Whitaker

01931 716443

07415 869068

martinjwhitaker@yahoo.com

All year round garden work undertaken - including hedge cutting, leaf clearance and lawn maintenance. Bookings are now being taken for both private and commercial tenders.

Call for a free quote



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SERVICES

Examples of the services I can provide:

Internal Services

- Wall preparation
- Plastering
- Coving
- First & second fix joinery
- Basic plumbing
- Kitchen fitting
- Bathroom suite fitting
- Ceramic wall & floor tiling
- Laminate flooring
- Decorating

Terms & Conditions may apply

External Services

- Gardening Landscaping
- Grounds & grass maintenance
- Hedge trimming
- Decking
- Patios
- Driveway cleaning
- Decorating
- Conservatories
- Garage & porch construction
- Drainage works
- Paths & steps
- Paving
- Boundary & garden walls (brick & stone)
- Gates & fences

Lakes Housing, attended the meeting to give a presentation on the recently announced changes to Sheltered Housing Schemes, in particular Maryfell/Gladstone House here in Sedbergh. Various points were raised by Members and residents, including the lack of communication given to tenants, concern over availability of Scheme Managers under the new proposal, continuity of staff, lack of emotional support and potential isolation of individuals. Members agreed that they would continue to liaise with SLH over issues raised, including the possibility of lobbying Government, along with the National Housing Federation, for reconsideration of the way in which changes proposed to housing benefit

will impact on sheltered housing. It was suggested that a resident from Sedbergh could volunteer as a case study for future correspondence.

PLANNING

The Planning Committee report detailed applications and related matters, including approval of developments at the former Aqua Engineering site and Ingmore Caravan Park. Full details can be found on the Parish Council Website/Yorkshire Dales National Park website.

QUEEN'S GARDEN

A proposed music event to be held in the Garden on Saturday 3rd September was discussed and supported by Members. The proposed event would run from 2pm to 8pm in the evening. A grant



Inkanyezi ZeZulu (Heavenly Stars)

*This award winning
acapella ensemble
based in South Africa is
touring the UK in August and September*

They will be at
St Andrew's Parish Church, Sedbergh
7:30pm
Friday 12th August
An opportunity not to be missed
Tickets £8 available from
the TIC or on the door

application for this proposal was also considered and agreed, subject to formal offer/conditions. It was further agreed to hold a preliminary meeting with Hilary Taylor Associates (Historical Landscape Consultants) to discuss future development of the Garden, this was a continuation from the Annual Parish Meeting in May where the gardens had been the main topic on the Agenda.

SEDBERGH TOWNSCAPE PROJECT

Works had now commenced on the Jubilee Fountain and fencing works at the recycling site at SPAR were now completed. Further discussions had also taken place with The People's Hall in relation to the proposed boundary and entrance

Cowgill Church Summer COFFEE MORNING Saturday August 13th 10:00am - 11:30am at St John's Church, Cowgill Cakes Books Raffle Refreshments



improvements and it was agreed that Sedbergh Parish Council should submit the proposed design to YDNPA for determination as to whether or not the works constitute permitted development.

Other matters included the introduction of the donation boxes at the toilets on Main Street, the new flower boxes being designed and built by Sedbergh School for use by Sedbergh in Bloom, the ongoing discussions with YDNPA over the desire to have a Visitor Point in Sedbergh following the extended Park boundary, the Vision for Sedbergh and finally a meeting recently held with United Utilities following the recent flash flooding where various actions had been agreed. Further noted was an Emergency Contact number for United Utilities – 0345 6723 723, where the severity of the incident could be identified and appropriate actions taken as soon as possible.

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 has now been

COFFEE MORNING Saturday 13th August 10 am to 12 noon Waterside Farm, Firbank LA10 5EF



Usual Stalls
in aid of

derian house
children's hospice



Please come and support us

moved to 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

TIM FARRON MP

The past month has been a bit of a momentous one politically and tiring one personally. Inevitably the national events took up quite a bit of my time

rushing round television and radio studios and talking to journalists and discussing issues with other MPs.

However, I have tried as hard as I can to ensure that things did not distract me from my main job of being your MP.

Our battle to save the Kentmere Mental Health Ward at Westmorland General Hospital continues. The trust has been holding a consultation about the future of the ward. Something they should have done in the first place rather than simply leaping to the conclusion that they had to close it. It is too late for you to contribute to the consultation but if you are reading this before the 30th July it would be great to see you on our march through Kendal in support



SEDBERGH SCHOOL AUGUST VACANCIES

Sedbergh School are seeking motivated, enthusiastic individuals to join our growing Hospitality Department. We are now recruiting the new following positions:

Chefs ~ Trainee Chefs ~ Catering Assistants (various shifts) ~ Porters/Drivers

All the above positions are 40 hours per week, working 5 days out of 7. There may be the opportunity to work term time only or 52 weeks, depending on your commitments.

Sedbergh School offers:

- Generous salary package
- Benefits, including contributory pension scheme with life cover
- Staff benefits package, including staff cards discount
- Use of the School's sports facilities, including the indoor swimming pool

Further details can be obtained from: hadmin@sedberghschool.org

An application can be obtained:

- As a download from our webpage <http://www.sedberghschool.org/senior/Information/Vacancies>
- In email from hadmin@sedberghschool.org
- From the Sedbergh School Bursary either in person or by telephoning 015396 20303

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
- Attend annual in-service training provided by the School

Sedbergh School is committed to safeguarding & protecting the welfare of children.

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



of keeping the ward open (we are meeting at Abbott Hall at 1.30pm) and if it is after that date you can still want to sign my petition. Just search on "Tim Farron Kentmere ward petition" and follow the links.

The hospital has been coming under further threat. The trust who run it have told me that they want to make their "temporary" arrangements for cover in the Helme Chase maternity ward permanent. They removed overnight and weekend cover some time ago as a "temporary" measure in response to staff shortages. At the time I worried that this was a backdoor route to removing cover permanently and further that this was just part of a plan to gradually run down and eventually remove

maternity care from the hospital entirely, something they have tried to do in the past. The change to cover arrangements does seem to have resulted in fewer women choosing to have their babies in the hospital as there has been a decline in births there. We cannot allow this to continue if we are to avoid this area becoming purely a place people retire to or to visit for their holidays and weekends. We need to have a safe and easily accessible maternity ward at our local hospital and I will continue to fight to ensure that this happens.

Of course although local issues are my focus the national political scene will have an impact on us locally. The decision to leave Europe will impact

LAKES Scaffolding

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on the subsidies that our farmers will be receiving and the new ministers in the various departments will all bring with them different views on issues like schooling, energy and transport. I have written to Andrea Leadsom the new minister in charge at Defra to ask her to keep the promise she made during the Referendum that farmers would be unaffected by a decision to leave the EU. I am sure that there will be any number of exchanges with her and other ministers over the coming months and years to ensure that our needs in South Cumbria continue to feature **significantly** in their plans.

As ever if I can help you with any issues please do get in touch by emailing tim@timfarron.co.uk or

calling 01539 723 403.

Thanks for your support

Tim Farron MP

NICK CROSS CORNER

'A Home fit for Heroes'

The military wing of Musgrave Park hospital on the outskirts of Belfast was a bright, cheery place in 1976 when I was admitted there having been caught in a bomb blast that still impairs my vision and hearing. Even now I consider myself one of the

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lucky ones, for I remember that in my ward there were many suffering the effects of bullet wounds, amputations and burns in that now largely forgotten conflict that were the Northern Ireland 'troubles'.

We have just remembered the dead of the Somme and next year we have the centenary of Messines and Paschendaele, the latter in many ways worse than the Somme, but then comparisons of this sort border

on the fatuous. The dead are dead and the beautifully tended graveyards in Belgium and France attest to their sacrifice, but what of the survivors?

What happened to those who went through hell to return to what had been described as, 'A Home fit for Heroes'? Many were condemned to utter poverty; decorated officers forced to eke out a living as professional dance partners; limbless veterans reduced to selling matches or bootlaces on busy thoroughfares; war widows of men who had made the ultimate sacrifice left to bring up children on a pitiful pension grudgingly given by a Government intent on forgetting.

In 1926, on the tenth anniversary of the Somme a march past of the

'Salford Pals' was organized by the Mayor of that town. He was horrified when only a handful of veterans responded to his call. Immediately enquiries were made and the shocked Worshipful Mayor was told that many had only rags to wear; many had pawned their decorations to eat and none wanted to 'let down', (expressed by one veteran), 'the lads that died.' by appearing so shabbily turned out. The Mayor immediately launched a successful appeal to help these veterans.

Earl Haig, it is often forgotten, had been instrumental in founding the Royal British Legion in 1921, bringing together four national organisations of ex-Servicemen that had established themselves after the First World War.

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This was a welcome response to an evident need, but the organization could only scratch the surface of this overwhelming hopelessness.

We must be a society that cares. It is my view that if we as citizens have obligations to Society then, logically, that Society has obligations to us, its members. The Royal British Legion still supports the military casualties of conflict but, ultimately, it is the responsibility of us all to try to achieve that 'Home fit for Heroes'!

I have been surprised by the number of members of our Labour group who have contacted me over the past few weeks to offer their support and to encourage me to carry on in my role of organizer, which I will, with their support, do.

COUNCILLORS CORNER

"You know it's been a momentous day in British politics when the Prime Minister resigning wasn't the lead story on the Six O'clock News". So began the Channel Four News on 25 June. Of course it was the result Mel, Alex and I all voted for and as such we welcome it. But we were saddened that David Cameron chose to resign so quickly although we recognise his position was untenable.

The referendum had been promised in various forms since 1995. When it was first re-promised two years ago I had assumed that "Stay" would win by a landslide as I thought the time had passed: how wrong I was. Clearly the tactics of the Remain camp could not have been more

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inept. They had a legitimate positive case but chose instead to traduce their opponents as ignorant racists. In the event they fooled no-one but themselves. That Sedbergh and Kirkby Lonsdale were going to vote overwhelmingly for Leave has been obvious since Christmas so I was surprised that local Lib Dems with their endless leafleting and "surveys" seemed unaware of this.

The nation has voted and the result was more decisive than many council elections. No-one should be under any delusions that the road chosen is an easy one but now it has been chosen it is important that every elected member at every level works together to ensure the best outcome both locally and nationally. I

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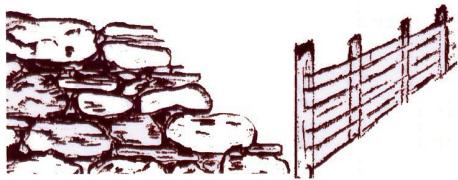
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undertake that Mel and I and all our groups on district and county will work for that end at all times.

So, we have a new prime minister, Theresa May, a person who like me is more inclined to sit and reflect than some of her more flamboyant rivals. Let us hope her example will spread outwards and that those who grandstand and wave shrouds are less able to subvert our politics than they have in the last ten years. The national press has mentioned the fact that she has always been willing to attend functions, party and other. They have made less mention of her willingness to campaign and knock on doors. I have introduced her to electors on two occasions and she has visited the constituency at least ten times. The first time I took her around Kirkby Lonsdale I was amazed by how warm she was face to face and how intelligently she listens to every word spoken.

We also have a new DEFRA Secretary and it is no secret that I welcome the passing of Liz Truss. That Andrea is an unknown quantity is self-evident. There has been interference in agricultural markets since the Irish Cattle Act of 1667. The Corn Laws of the eighteenth century are now infamous but commentators forget that the high prices they invoked were necessary as farming pretty well paid the entire bill for civil society with the Land Tax, the Poor Rates and the Bridge Money. Transferring from a Common Agricultural Policy to an All British Agricultural Policy need not be difficult; negotiating access to European markets will be. No-one has even raised the question of whether we go for high price low subsidy or a modernised version of the deficiency payments. I still remember those little green and pink cheques coming well into the 1980s.

Don't Panic ! Brussels wasn't built

BARBON SHEEP SHOW & SHEEP DOG TRIALS

**Saturday 20th August
BARBON MANOR PARK**



Dog trials from 8am
Sheep show 10am
Stick Show 11.00am
(enter on the day)
Marquee Lunch 1pm
(tickets from Secretary)
Children's Sports 2.30pm

Secretary:
Pauline Bainbridge 015242 76214

in a day. It will be ten years before we know whether we voted the right way on 23 June 2016 – having said that I'm pretty sure we did.

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

VILLAGE HARMONY CONCERT AND CEILIDH

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07957868256
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DENTDALE CHRISTIAN FELLOWSHIP

Recent gatherings have been very blessed times, whether hearing someone share their journey with Jesus or chatting over a meal or a time of praise and worship, we have been blessed and encouraged.

Now we are looking forward to the Festival in August, mainly in and around the Memorial Hall but also in



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20th August 2016

7.30 pm

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a local café, a local pub and a garden and we invite you to join us. There are posters around and little cards giving all the details and information can be found on our facebook page and our website, which is; www.dentdalecf.co.uk or by giving us a call on the usual number.

This year Sportsreach are coming on the Sat afternoon to have fun with the kids and the café will be open in the Hall where soft play will be available for tiny people. There really is something for everyone, come and see, have a brew and a slice of homemade cake with no obligation to join in anything else.

See advert on Page 6 and come and partake.

KILLINGTON SPORTS

After a cold and wet night last year, the 2016 Killington Sports, on Thursday evening, was held in glorious sunshine, with the Middleton Fells as a stunning backdrop. Record crowds were treated to a packed programme of events, including 4 fell races, track events, wrestling, pillow fight, and the ever-popular egg-throwing. The two highlights of the evening were seeing local boy, Jay Ferguson, crowned the World Champion in the Under 15, Under 8 stone, category, and a new record being set in the senior fell race, by Michael Kallenburg from Cardiff, in a time of 10 minutes 37 seconds.

The committee would like to thank all their sponsors for their continued

support, and in particular The Rural Law Practice, who gave all of the prize money for the Wrestling World Championship.

Results are as follows;

Senior Fell, 1. Mike Kallenburg 10:37, 2. James Hall, 3. Chris Richards, 4. Josh Jardine, 5. Tim Cowin, 6. Adam Perry, 1st V40. Tim Cowin, 1st V50. Mike Egnar, 1st Lady. Hannah Bateson 13:52, 2nd Lady. Katherine Lawson, 3rd Lady. Carol Evans, 1st Lady V40. Jane Rigby, 1st Lady V50. Carol Evans.

16 & Under Fell Race, 1. Joe Hudson 9:00, 2. Jacob Aubrey, 3. Thomas Nelson, 4. Tom Barrett, 5. Robert Askew, 6. Will Thomson, 1st Girl. Katie Atkinson 10:45, 2nd Girl. Abbie Allan, 3rd Girl. Emily Jones, 1st

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- * Out of Lancaster over the magnificent Lune Aqueduct taking in the breath taking views of the River Lune and Lancaster City
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- * At Hest Bank we stop for lunch
- * Hot Pot with mushy peas, cabbage and beetroot served on board
- * We then return to Lancaster and board our coach returning to Sedbergh around 4.30 pm

Local Boy, George Thomas, 1st Local Girl. Abbie Allan.

13 & Under Fell Race, 1. Fraser Sproul 7:06, 2. Tom Marshall, 3. Sebastian Segger-Staveley, 4. Olly Sanders, 5. Arthur Peel, 6. Will Atkinson, 1st Girl. Alice Jones 8:18, 2nd Girl. Lottie Beardwood, 3rd Girl. Lauryn Gregg, 1st Local Boy. Tom Allan, 1st Local Girl. Amelie Pennington and Katie Partington.

11 & Under Fell Race, 1. James Bowen 4:50, 2. Henry Hunter, 3. Harry Bowen, 4. Lewis Carr, 5. Evan Allan, 6. Sam Conroy, 1st Girl. Emily Swarbrick 5:42, 2nd Girl. Beth Roberts, 3rd Girl. Mia Petrucci, 1st Local Boy. Stan Allan, 1st Local Girl. Grace Allan.

11 & Under Tyre Race, 1. James

Bowen, 2. Sam Conroy, 3. Isaac Brewer.

16 & Under Tyre Race, 1. Ben Thompson, 2. Logan Hargreaves, 3. Thomas Nelson.

Boys 8 & Under 100 Yards, 1. Alex Graham, 2. Leo Ranner, 3. Finlay Petrucci.

Girls 8 & Under 100 Yards, 1. Anna Petrucci, 2. Hannah Haymes, 3. Jennie Strickland.

Mountain Bike Race, 1. Thomas Nelson 11:33, 2. Richard Greenup, 3. Alistair Dunn.

Boys 12 & Under 100 Yards, 1. James Bowen, 2. Vaughan Samson, 3. Harvey Lewis.

Girls 12 & Under 100 Yards, 1. Clara Samson, 2. Mia Petrucci, 3. Emily Swarbrick.

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Boys 16 & Under 100 Yards, 1. Jacob Aubrey, 2. Richard Burns, 3. Chris Stainton.

Girls 16 & Under 100 Yards, 1. Katie Russell, 2. Holly Dale, 3. Melissa Sproul.

Mens 100 Yards, 1. Tom Batty, 2. Dan Caton, 3. Beau Smith.

Ladies 100 Yards, 1. Gail Denny, 2. Emma Caton, 3. Mary Atkinson.

11 & Under Sack Race, 1. Heather Booth, 2. Evan Allen, 3. Maddie Walsh.

16 & Under Sack Race, 1. Logan Hargreaves, 2. Jack Gardner, 3. Annabel Corlett.

Mens Sack Race, 1. Tom Batty, 2. Beau Smith, 3. Joe Gorst.

Ladies Sack Race, 1. Mary Atkinson, 2. Connie Hodgson, 3. Emma Rowlinson.

Boys 11 & Under Potato Race, 1. Harry Bowen, 2. Archie Lawson, 3. Jack Strickland.

Girls 11 & Under Potato Race, 1. Isabel Corfield, 2. Mia Petrucci, 3. Heather Booth.

Boys 16 & Under Potato Race, 1. Elliot Wren, 2. Harvey Lewis, 3. Alex Thompson.

Girls 16 & Under Potato Race, 1. Sophie Waller, 2. Holly Dale, 3. Annabel Corlett.

Mens Potato Race, 1. John Waller, 2. Beau Smith, 3. Ian Willis.

Ladies Potato Race, 1. Gail Denny, 2. Connie Hodgson, 3. Emma Caton.

14 & Under Egg Throwing, Roman and Toby Wheatley.

Senior Egg Throwing, Toby and Roman Wheatley.

Mile Handicap, 1. Beau Smith, 2. Mike Kallenburg, 3. Rowan Ranner.
Half Mile Handicap, 1. Robert Askew, 2. Emily Swarbrick, 3. Abbie Allan.

Ladies 200 Yards, 1. Rowan Ranner, 2. Melissa Sproul, 3. Lucy Bailey.

Mens 200 Yards, 1. Tom Batty, 2. George Thomas, 3. Jacob Aubrey.

16 & Under 3-Legged Race, 1. Jacob Aubrey & Milly Sykes, 2. George Thomas & Abbie Allan, 3. Jack & Catherine Strickland.

Adult 3-Legged, 1. Tom Batty & Gail Denny, 2. Joe Gorst & Mary Atkinson, 3. Darrel & Connie Hodgson.

Ladies 400 Yards, 1. Melissa Sproul, 2. Emily Carpenter, 3. Maddie Pickthall.

Mens 400 Yards, 1. Martin Askew,

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2. Jacob Aubrey, 3. Beau Smith.
16 & Under Tug-of-War, 1. Sedbergh, 2. Sam Gorst's Team.
Senior Tug-of-War, 1. Sedbergh Young Farmers, 2. Sedbergh Wolves
Wrestling. 6-8 Year Old, 1. Elizabeth Wilson, 2. Josh Fothergill, 3. Devon Tannock.
11 & Under, 1. Connor Wharton, 2. Will Baines, 3. Myles Stainton.
Boys Under 15, Under 8 Stone, World Championships, 1. Jay Ferguson, 2. John Gibson, 3. Thomas Darwin.
Boys 17 & Under, 1. George Wilson, 2. Thomas Hayhurst, 3. Cameron Dale.
Girls 17 & Under, 1. Gemma Coulthard, 2. Anna Hindmarsh, 3. Anna Hindmarsh.

Mens 20 & Under, 1. George Wilson, 2. Allan Taylor, 3. Thomas Hayhurst.
Mens 13 Stone, 1. Ben Brocklebank, 2. Sam Wilson, 3. Tom Hayhurst.
Ladies All Weights, 1. Connie Hodgson, 2. Hannah Hodgson, 3. Vicky Beaty.
Mens All Weights, 1. Thomas Brocklebank, 2. Jack Ewart, 3. Graham Brocklebank.
Pillow Fight. Mixed 11 & Under, 1. Emma Peel, 2. Archie Lawson, 3. Molly Partington.
Mixed 16 & Under, 1. Logan Hargreaves, 2. Robin Schofield, 3. Alex Booth.
Mens, 1. Darrell Hodgson, 2. James Thomas, 3. Alan Taylor

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SEDBERGH & DISTRICT HISTORY SOCIETY

Programme for 2016/17

If you would like a lift to an event please ring a member of the committee. All talks will start at 7.30pm in the venue shown. There will be an admission charge of £1 for members and £2 for non-members to cover expenses and for the refreshments provided.

WEDNESDAY 5th OCTOBER

The archaeology of the A66: Greta Bridge to Scotch Corner

John Zant: An illustrated talk presenting the results of a series of archaeological investigations undertaken in 2006/7 by Oxford Archaeology North on the route of the A66. @ Settlebeck School

WEDNESDAY 19th OCTOBER

Making a grand entrance

Andrew Lowe: An illustrated talk looking at the range of historic doorways in the Lake District, in order to help people understand the

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architectural detailing and dating of buildings over the last few hundred years. @ Settlebeck School

WEDNESDAY 2nd NOVEMBER

The geology of the Dent marble industry

William Fraser: An illustrated talk covering the geology of the area, the location of known quarries that supplied the industry and their methods of working and transporting the stone and what remains of the factory site. @ Dent Memorial Hall

WEDNESDAY 16th NOVEMBER

Westfield War Memorial Village: a story of survival

Martin Purdy: An illustrated talk on the village in Lancaster and its unique and ongoing story of survival – incorporating original anecdotes and material about and from the philanthropists, militarists and residents who have been central to its existence. @ Settlebeck School

FRIDAY 25th NOVEMBER

The Annual Dinner, 7pm for 7.30pm. @ The People's Hall

WEDNESDAY 7th DECEMBER

North Craven in the early mediaeval period: an archaeological perspective

David Johnson: An illustrated talk which will summarise the newly-dated post Roman and pre Norman conquest sites in North Craven. It will also consider the wider implications of the excavation results and present a new hypothesis. @ Settlebeck School

2017

WEDNESDAY 18th JANUARY

The Evacuation of Civilians from Burma, 1942 (Part 2)

Mike Leigh: Almost half a million civilians escaped from Burma in 1942

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in the space of six months. This illustrated talk offers glimpses into episodes from the evacuation and is a continuation from his previous talk.

@ Settlebeck School

WEDNESDAY 1st FEBRUARY

The enclosure of Bluecaster: why Sedbergh hated the Stricklands

Kevin Lancaster: An illustrated talk describing how Sedbergh people successfully opposed the attempt of the Strickland family to enclose Bluecaster. @ Settlebeck School

WEDNESDAY 15th FEBRUARY

Dickens, charity and Cowgill

Jean Briggs: An illustrated talk concerning a plea in 1853 to Charles Dickens for charitable help from Mrs Matthews, wife of the Curate of St John's Cowgill. The talk also covers the history of Mrs Matthews and her Brazilian father who was an agent of the British Government during the period of the South American Revolution. @ Dent Memorial Hall

WEDNESDAY 1st MARCH

The Home Front, Sedbergh 1914-1918

Diane Elphick: An illustrated talk showing how the war affected the people of Sedbergh including the role

of children, fundraising events, working parties, regulations and the demands on farmers. @ Settlebeck School

WEDNESDAY 15th MARCH

Thomas Garnett: spa doctor and society scientist

Robert Fox: This illustrated talk follows the life of Thomas Garnett (1766-1802). Born in Barbon he was apprenticed to John Dawson in Sedbergh before going on to medical studies in Edinburgh. He became a national authority on medicinal waters and one of the great scientific lecturers of his day. @ Settlebeck School

SATURDAY 18th MARCH

Annual General Meeting

7pm for 7.30pm.

The AGM will be followed by a buffet meal on a Jacob's Join basis. @ Settlebeck School

For further information please contact the Winter Programme Secretary, Richard Cann 20771.

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GARSDALE STATION
Settle-Carlisle Railway
140th ANNIVERSARY OF OPENING
IN AUGUST 1876

Saturday August 6 and Sunday,
August 7, 2016

Local volunteers in Sedbergh are distributing copies of a programme of special events to mark the 140th anniversary of the opening of Garsdale station. Most stations on the Settle-Carlisle line opened on May 1, 1876 but Garsdale opened three months later, in August.

To mark the 140th anniversary, there will be daytime talks on Victorian Garsdale and Hawes (Christine Hallas, author of 'The Wensleydale Railway' on Sat Aug 6) and Rails in the Dales (David Joy, former editor of

The Dalesman on Sunday August 7). The talks will be followed by a rare Viewing of the Midland Railway's book of original engineering drawings for the bridges (viaducts) on the branch line from Garsdale to Hawes. This six mile line opened in 1876 and closed in 1959.

There will also be an Open Hour at the restored Hawes Weighbridge Hut - the former coal merchant's office in the Station Yard (now a car park). Both talks will be held at the Dales Countryside Museum in Hawes, starting at 11.45am and immediately followed by the Viewing and Open Hour.

Mount Zion chapel, which is less than a mile from Garsdale station, has close links with the Settle-Carlisle



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railway. The chapel's foundation stone was laid on the same day that passenger trains first ran on the line (May 1, 1876) and it is thought to be the only permanent place of worship on the line built by Settle-Carlisle railway contractors. The chapel's annual programme of community events includes a walk (Saturday August 6) and hymn-singing and a community tea (Sunday August 7). Details of these events are included on the printed anniversary programme and the chapel congregation extend a warm welcome to everyone to join them.

Copies of the free 140th Anniversary programme are available from Sedbergh Tourist Information Centre and other local outlets in Sedbergh



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RUSWARP

The Paw-Print That Helped to Save a Railway Line

In the 1980's Britain's most scenic railway line, the Settle to Carlisle, was under threat of almost certain closure. There were just two trains a day and no freight at all. Today, the line is busier than ever, open 24 hours a day and about to have its capacity doubled to cope with demand. An amazing turn-around.

Among the people who formed the group that was to save the Settle – Carlisle railway line from closure was Graham Nuttall a very modest Lancashire man who shared with a growing number of people a sense of outrage that the S&C seemed condemned. He became the first Secretary of the Friends of the Settle – Carlisle Line (FoSCL) – still going strong and now the largest rail user group in the UK. Graham Nuttall's tragic story cast a shadow over FoSCL's early days, but inspiration too.

He and his faithful Border Collie dog

Ruswarp (pronounced 'Russup') were inseparable. Ruswarp's paw print had the distinction of being the only canine signature of objection to the line's closure. He was deemed to be a 'fare paying passenger', about to suffer 'hardship' as required by the men from Whitehall, should the line close. Ruswarp was soon to suffer hardship indeed. Graham Nuttall lived just long enough to see the line's reprieve in 1989 for on 20th January 1990 he went missing. He and Ruswarp bought day return tickets from Burnley to Llandrindod Wells, there to go walking in the Welsh Mountains. But Graham never returned.

Neighbours raised the alarm. Searches by police and mountain

rescue teams in the Elan Valley and Rhayader found nothing. The case aroused national interest for a time. FoSCL produced Missing Person posters as did police in Lancashire and Dyfed Powys.

Then on 7th April 1990, lone walker David Clarke found Graham's body, by a mountain stream. Nearby was Ruswarp, so weak that the 14 year old dog had to be carried off the mountain. He had stayed with his master's body for eleven winter weeks.

Ruswarp was cared for by local vet Bertie Ellis of Beulah – fees paid by the RSPCA, who quickly decided to award Ruswarp their Animal Medallion and collar for 'vigilance' and their Animal Plaque for

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'intelligence and courage', on the nomination of Superintendent Ralph Rees of Dyfed Powys Police. Coroner Alfons van Hees recorded an open verdict and heard evidence from Home Office pathologist Professor Bernard Knight. Ruswarp lived just long enough to attend Graham's funeral, having been lovingly cared for by Graham's aunt and uncle, Gerry and Edith Maden of Clowbridge. The RSPCA had been inundated with offers to re-home Ruswarp.

Ruswarp's devotion to Graham has resonances of Edinburgh's Greyfriars Bobby – the Skye Terrier who remained at his master's graveside for 14 years until his own death in 1872. There are a number of similar stories on record but this level of devotion is rare. Through Ruswarp, the plight of the Settle to Carlisle railway leapt back into the public mind – for though reprieved, the line needed massive investment if it was

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to recover from years of neglect. A plaque was put up at Burnley railway station and a platform bench was dedicated at Garsdale station on the Settle-Carlisle line - Graham's favourite place. And life went on.

Garsdale station – remote and lovely – is about to be restored to its former glory by Network Rail. Their decision to do that restoration coincided with a letter appearing in the local press suggesting that FoSCL should consider a more permanent memorial to Ruswarp – at Garsdale.

So it is that we have decided to commission a life size bronze statue of Ruswarp, to be placed at Garsdale Station, under the watchful eye of the

signaller. Graham Nuttall would have been delighted that the signal box is now operational 24 hours a day, so busy is the line he fought to save. We have a number of photographs of Ruswarp as well as colour film of him crossing the line at Settle in a documentary about the then doomed S&C, narrated by Alan Bennett no less. Network Rail have given approval for the statue to be placed in a prominent location at the refurbished Garsdale, there to add to the history of the place and the line.

We have decided to launch an appeal for the work – the sculpture will cost around £8,000 but we believe that it will come to symbolise the struggle to save the S&C, the sacrifice and effort made by so many

to build it and its amazing recovery since it was threatened with closure – and the incredible devotion of ‘man’s best friend’.

If you would like to contribute to the Ruswarp memorial fund, send cheques, payable to The Ruswarp Memorial Fund, to FoSCL’s project officer Josie Perriman, at Foresters Cottage, 2 Howson’s Yard, Settle BD24 2EG. Should the fund be over subscribed, extra monies will go towards the Garsdale restoration scheme with a preference to enhancing the Ruswarp aspects. You can contribute online by going to the Friends’ web shop at www.settle-carlisle.com/webshop, and then clicking on Ruswarp Appeal.

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the power of final decisions under the rules of the Charity.

The number and size of grants will be decided at the September Committee meeting, when the amount of funds will be confirmed, and grants made available in October 2016.

Applications forms available directly from the Clerk:

Miss D M Vernon, Clerk, [DGSEF], The Laning, Dent, LA10 5QJ or via Email dgsef1@yahoo.co.uk

Closing date:

Completed applications to be with the Clerk by midnight Thursday 1st September 2016

NB – applications arriving after this deadline will not be considered.



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SETTLEBECK NEWS

Congratulations to our winning Year 8 team who were victorious at Salters Chemistry Festival. Maisie Gough, Isobelle Metcalfe, Zac Baines and Jay Kirby took part in the national festival at the University of Manchester. They won the afternoon competition, beating 20 other schools. The students had to develop a chemical reaction that could be used to time precisely 1 minute. The team managed to complete the task in only 15 minutes! Well done.

In June, 11 of our boys went to Yorkshire Cricket Club at Headingly for some intensive coaching. The boys undertook some fitness training and then set themselves up in the

indoor nets to look specifically at their batting and bowling technique. It was a great opportunity for the boys to experience professional coaching.

Due to the recent appointment of a Pro at Sedbergh Golf Club, we have been enjoying some golf coaching sessions during our GCSE PE lessons. Having the opportunity to do this is great and we are looking forward to setting up some other out of school sessions with the Golf Club.

The drama department has been busy this term. GCSE students went to London to see Matilda and had a great day out. Lower school students have done Shakespeare workshops and also went to the Dukes Theatre, Lancaster where they were involved in The Hobbit workshops as well as

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seeing a performance of Tolkein's classic.

Our Year 11 leavers held their annual Prom at Castle Green Hotel in Kendal this year. They all looked wonderful as they partied and said their final goodbyes. Good luck to everyone.

We are saying goodbye to Judith Greene after 9 years as Headteacher of Settlebeck. During her time here Judith became a leader in education which involved passing on her wealth of knowledge in school improvement to other headteachers. It wasn't long before her skills in this area were noticed and she was headhunted by an academy chain to lead the improvement of 3 schools in the north

east of England.

Under her leadership Settlebeck became one of the top schools in Cumbria for the amount of progress students make, particularly in maths and English. She gained a national reputation for her knowledge and understanding of the needs of small schools and she was invited to speak to the Schools Minister about new funding formulas.

Her creative timetabling skills have allowed a small school like Settlebeck to be able to offer 25 GCSEs plus courses in Outdoor Education, Landbased Studies and Additional Maths and our model is one that is being increasingly adopted in schools in the South Lakes and Cumbria.



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She has played an active role in music in the School, playing saxophone in the school orchestra and singing in the choir.

We will miss her hugely and wish her every success in her new role.
Sports Day results

Well done to everyone who competed in Sports Day. We managed to remain dry for most of the day.

Winner of the Andy Trull Achievement award went to Ellie McDowell for her fantastic team effort for Ghyll.

Winner of the Alison Gardner Memorial prize went to Harvey Beck for his enthusiasm and effort on the day.

Lower School Girls: 1st Carla Avery 31 points, 2nd Maisie Gough 30 points, 3rd Chloe Cowin 26 points

Lower School Boys: 1st Harvey Coates 39 points, 2nd Taylor Scarr 30 points, 3rd Finn Chorley-Parrington 29 points

Upper School Girls: 1st Cara Ellis 27 points, 2nd Megan Iveson & Sophie Waller 23 points, 3rd Jenny Lomax 22 points.

Upper school Boys: 1st Cameron Horner 57 points, 2nd Corben Haines 45 points , 3rd Dean Bennett 42 points
Overall House competition: 1st Beck 76 points, 2nd Ghyll 66 points, 3rd Tarn 58 points 4th Dale 55 points.

See Editorial Notes re last months report. Ed

SEDBERGH SCHOOL NEWS

August 2016

Harry Brook (17), whose 198 was reported last month, has been the first Sedbergh schoolboy to play for a 1st Class team while still at school – He played for Yorkshire against Pakistan A at Headingley. He scored over 500 runs for the School in the previous week despite the poor weather affecting the games. He returned to play for the School in the U17 and U18 Championships semi



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finals at Arundel. George Hill has been picked to play for the North of England U15 squad. The 1st XI became North of England T20 champions, winning by seven wickets. The Prep School U11 cricketers became Northern Champions and progressed to the national Finals in July. Beltran Larraz made his cricketing debut for Sedbergh Town.

A ten strong contingent went to the Blair Atholl Long Range Championships where years 9 and 10 learnt a great deal about shooting in wind, and among other School successes Freddie Cade scored an impressive 74 of 75 at 900 yards, and Struan Freeborn (year 10) was chosen to shoot for Scotland in the Laurence Trophy. The School came fourth in Ashburton Shield and the Cadet Pairs , and 2nd in the Cadet IVs at Bisley. The Prep School won the Prep School Rifle Association's Hammond Shield making a new record and raising the bar by 13 points

In the Prep School Regatta at Southport the Prep School Gold team, after a very close battle, came first in front of Windermere and Rydal. The School had a sweep at the Norther CCF Regatta

The Leavers Ball on the last Saturday of term seems to have been a "brilliant" success

The celebrated children's author Michael Morpurgo visited the Prep School at the end of term. He had been intended to be the speaker at their prizegiving but in the end could not attend on that day.

The School held an early morning

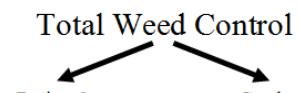
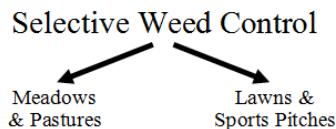
service – with bagpipes – at the Cloisters on 1st July in commemoration of the start of the Battle of the Somme 100 years ago, and the service was shown on the ITV Border news that evening

At the end of term a group from year 10 visited the Somme, remembering the Old Sedberghians who died there. Another group visited the Britannia Royal Naval College. A group of Old Sedberghians and others will visit the Somme at the end of September as part of the Old Sedberghians pilgrimage to visit all the known Old Sedberghian graves.

Those on the Duke of Edinburgh Gold expeditions at the end of term struggled through incessant bad weather. The conditions were “challenging”.

The Head of School for next term is Maria Medoza with James Horan as Deputy Head (and also Head of Choir with Santana Grimaldi head chorister).

WEED CONTROL



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The chapel choir visited Ely and Cambridge at the end of term
A House dance competition at the end of term caused a great deal of interest and excitement with Mr Wakefield and Mrs Want performing a "Strictly Special" in the interval.

Alastair Crossdale began his career with Saracens on 27th June, and Maxwell Davies (from Kirkby Lonsdale) will be joining Newcastle Falcons.

On 4th July the prep School gave a concert at which some very talented pupils performed. Many a secondary school would have been please with such a performance. They also gave three performances of A Midsummer Nights Dream

James Grey (year 9), who at one

stage thought he might never walk again when he injured his neck playing rugby, completed his Coast to Coast bike ride in three day with Emma Gray and Dr McMeechan, and raised £14,000 for the Rugby charity for those injured playing rugby.

The Madagascar trip has returned having enjoyed themselves and carried out a lot of work. The hockey teams in Malaysia have also had a good time and won several games but were defeated by Kuala Lumpur Sports Institute.

The Girls' hockey and netball tour to South Africa has departed and consisted of forty-one girls

Fraser Sproul won the IAPS 1500 making his fourth national title in one year.

Karen BL

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VILLAGE HARMONY

Saturday August 20

Village Harmony, and their sister choir Northern Harmony, are both from Vermont, USA and have been visiting Sedbergh and Dent for over 20 years, performing concerts and ceilidhs, and joining other local choirs in workshops here.

This group of 32 musicians - mostly aged 18-25 - perform to a very high standard as a choir, smaller ensembles, folk band and dancers. The singing includes American Shape Note, Balkan, South African and English folk harmony - the dancing include English country and ceilidh, Contra, and Balkan dances - with an excellent caller to let you know what to do, and over 20 dancers who already know the dances to help guide you along in the ceilidh dances.

The evening is split into two with a concert at 7pm where you can sit back and enjoy the fabulous harmony singing of the fine young voices - with



some instrumental ensembles as well. And then the ceilidh with more singing and dancing where you are invited to join in - or just sit and watch.

The group is led by Larry Gordan who founded the group in 1989. Although his first love was mediaeval and renaissance music, he is a vital figure in New England shape-note singing, and is the music editor of the popular Northern Harmony shape-note songbook. He is also a passionate dance teacher, with a special interest Balkan folk dancing.

Other leaders in the group include David Oliver who was for many years director of the folk music education organisation Folkworks based in Newcastle. David leads the ceilidh band The Hedgehog's Skin, lectures on folk music education at the Universities of Newcastle and Durham and has led different choirs throughout the north of England.

I hope you will join us for the evening which promises to be as enthralling as ever. Tickets are available from the TIC, by contact myself, or if any remain: at the door.

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helping with grief

tinnitus (a condition in which I have a special interest)

mild skin problems

eating healthily

improving sleep

replacing unhelpful habits

CANCER CARE

Despite the rain and cold the Open Garden held at Winfield Road on Saturday 9th July many hardy gardeners to look round the gardens of Rosemary & Arthur Bramham and purchase plants from which the proceeds went to Cancer Care Kendal which amounted to £200.

Grateful thanks to everyone that attended.

COAST TO COAST WALK FOR CANCER RESEARCH UK

Mission accomplished! We have completed the Coast to Coast walk from St Bees on the west coast of Cumbria to Robin Hood's Bay on the east coast of Yorkshire on 15th July to raise funds for Cancer Research UK. The distance covered, allowing for diversions due to maintenance was just short of 200 miles over 15 days. We followed the tradition of dipping

our walking boots into the Irish Sea, picking up a pebble from the beach, and then finally dipping our boots into the North Sea at the end and throwing our pebble into the sea. The customary photoshoot followed, then a celebratory drink in the Wainwright's bar, signing the Coast to Coast register and then heading home.

We were joined by family members and friends on various sections of the walk, including two dogs, which was great for morale and was much appreciated, particularly as some had travelled some distance to walk with us. Fiona's husband Jim and my wife, Ann also provided valuable support throughout.

The Lake District section was the most challenging and rewarding, but the beauty of the Yorkshire Dales, particularly Swaledale and sections of the North Yorkshire Moors were also



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particularly noteworthy. The weather was mixed with a combination of rain, wind and some sun. One of the best days was probably the 15 mile trek from Patterdale to Shap, past Angle Tarn and over Kidsty Pike, the highest point of the trail at 2,572 ft and then down to the northern shores of Haweswater. However, there were other sunny days too. Luckily there were no physical issues and we came through unscathed! We like to think that our training beforehand was a big factor.

We met some lovely people en route from all over the world who were also doing the C2C, including Australians, New Zealanders, Americans, Italians and so forth and we often came

across them on various stages of the walk, when we compared notes and progress.

To date, including Gift Aid, we have raised £2,635 for Cancer Research UK, the original target being £2,000. We are most grateful to all our donors who have contributed. Our fundraising website is still open and will remain so until the end of August. If anyone would still like to make a donation, the link is:

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Thank you for your support!

David Parratt & Fiona Scorer

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The GNAA receives lots of support throughout the whole of the north of England and Sedbergh would like to play a part in that.

At 10 am on Saturday 8th October, a "Preloved Table Top Sale" will take place in Gladstone House on Fell Close in support of the GNAA.

There will be many stalls with crafts, cakes, books, jams and much more. There will also be refreshments and a raffle.

Donations for the event are invited and if you would like to help or require any further information, please contact Liz on 20541, Melody n 20174 or Donna on 20570.

Further detail about the GNAA can be found on their Website at www.greatnorthairambulance.co.uk

B.E.A.T BIKE RIDE

Kim and Amy Baines are taking part in a 55 mile bike ride from London to Windsor on September 4th 2016. We are raising funds for the charities BEAT (beating eating disorders) and MIND (support for people with mental health problems).

We would be grateful for any sponsors. Sponsor forms are available at Dent Stores, George &

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CHRISTIAN AID

Thank you from the Christian Aid Committee for Sedbergh and District.

The committee would like to thank everyone for their support over the past year.

We held our AGM In July and once more our area has been tremendously generous in its support for Christian Aid and its worldwide work making it possible for many to create a way out of abject poverty. After the small expenses like adverts and hire of rooms for the coffee morning we have been able to send to Christian Aid the following amounts

from the events listed:

2015

October Coffee Morning

£255.30

2016

March Coffee Morning

£261.84

May Christian Aid Week Coffee

Morning £339.00

House to House £2997.55

Dent Coffee Morning £211.95

Organ Recital £157.25

TOTAL £4672.89

We take a little break for the summer but will look forward to meeting you at our next event in the autumn which is the Coffee Morning in the Sedbergh URC rooms on 12th October from 10am.

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The date for our annual exhibition is fast approaching and we are planning now for yet another successful and exciting display of paintings produced by local artists throughout the year.

You shall see work produced by participants in the regular Wednesday afternoon sessions and that of the portrait group, which meets on alternate Thursdays.

It will be interesting to detect the influence of artists who led our demonstrations and workshops since our last exhibition. Artists are always eager to learn from others.

Although this exhibition is intended



to be a pure celebration of our year's work, some framed pictures will be available for purchase, and also mounted pictures in the 'cradles'.

We are planning another stunning arrangement of cards for sale, many of which will be reproductions of the pictures in the display.

On the desk, amongst other interesting information, there will be copies for you to take of next year's programme of workshops and demonstrations, plus membership forms should you wish to join us.

We received many appreciative and encouraging comments in our visitors' book last year. Come and enjoy perusing our art works in a friendly atmosphere. This is also a rare occasion to be able to enjoy the beautiful and historic Library of Sedbergh School. See you there.

Jenifer Alison



SEDBERGH POST OFFICE

Are the rumours true?

It is hard to believe but it has been nearly three years now since Gaynor and I took over the Post Office after having done nearly 30 years each, teaching in Blackpool and Preston. We felt the time was right for a bit of a change, so we upped sticks and moved for an easier life in the country! However, what we didn't know, was that the Post Office was in the middle of a massive restructuring of the whole network. So in February of this year, we were given the option of either leaving the business altogether (and therefore possibly depriving Sedbergh of its branch), or transform into a "Local Branch". We chose the latter. There then followed many meetings where we argued for Sedbergh to have the closest possible match to the current arrangements, which to all intents and purposes we have succeeded in getting.

Whilst the P.O. was prepared to invest time and money into their side of the business, we decided to take the opportunity to update our, somewhat tired, retail section and invest our own money in a total shop renovation. So, we're having a complete clear out, back to bare walls, nothing is staying! A total transformation. The shop will be very different and provide a much improved shopping experience with the same level of friendly and helpful service you have come to expect. But crucially, the Post Office services will be remain virtually the same. You'll

still be able to do all the banking you currently enjoy as well as all the postal services you would expect, including currency. You just won't need to shout as it'll all be open plan!

There is, unfortunately, a temporary downside to this exercise. Because of the extent of the work, we will have to close the shop for two weeks. Therefore our last trading day will be Tuesday 16th August with a re-opening date of Thursday 1st September. We had considered the possibility of running a temporary service somewhere else, but the question of security meant that this was simply not possible. We do, however, hope to open the sorting office for a short while each evening to allow Franked mail to be dropped off and customers to be able to pick up undelivered mail.

We appreciate that having to close is not ideal, but it is necessary for the future viability of the branch and hence the service you now enjoy. We simply cannot complete the refurbishment any other way. The end result, we promise, will be worth the inconvenience. Gaynor and I extend our thanks to you for your understanding and look forward to serving you again in our new and improved surroundings. Thank you and we hope you all have a great summer.

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Close after trading at 17:30 on
TUESDAY 16th AUGUST Re-open at
07:00 on **THURSDAY 1st SEPTEMBER**.

Peter and Gaynor.



CHURCHES TOGETHER

St Mark's Church, Cautley



On July 9th we hosted a get-together for Cautley residents. We had planned for a picnic in the churchyard, but, due to the weather, we ended up in the vestry.

Nevertheless there was plenty of tea, cake and lively chat.

Our Harvest Service will be unseasonably early this year – Sunday August 28th at 2.30 pm.

Instead of harvest produce we are asking people to donate some money

for the Thandi Project, which was founded by Alan and Chris Clowes of the Cross-Keys. More information will be available on the 28th.

*Judith Bush
Maureen Hinch
Churchwardens*

News from the Pews



How lucky can we be? Following a chilly wet week Saturday 16th July dawned dry and sunny...and stayed that way all day for our annual Summer Fair.

Following a slow start in the morning people began to arrive and enjoy the

The Silver Workshop & Gallery Sedbergh Cumbria

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My name is Dimitris and I am a jeweller. I am from Athens and I live with my family in Sedbergh. I learned my craft in the silver workshops of Jaipur, India where I studied for 4 years. After 20 years spent travelling throughout Asia and Latin America I gained inspiration for my work from

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delights on offer, browse the stalls, enjoy the food and play the games. Who could resist trying their luck on the Coconut Shy with Nick wearing a colourful Hawaiian shirt, and a smart bowler hat doing his best imitations of a Cockney Barrow boy? Joel kept the children entertained on the front grass with his circus workshop, a job he clearly enjoys.

As always there are people in the background making these events work and to them go our grateful thanks. For all who donated items, those who prepared, served and cleared food, those who ran the stalls: Roger Bush making our feet tap with his accordion and Rawthey Rhythm (joined for the first time by Sue) for their magic music. Thank

you also to the primary school children who painted their best pictures for us to admire in the Art Competition.

Fingers crossed the sun will shine for the summer weddings taking place at St Andrew's. We send our very best wishes to the couples making their vows for their future lives together as man and wife.

Now for an advert.... Inkanyezi Zezulu (Heavenly Stars), an acapella group from South Africa will be giving a concert in church and is not to be missed. Make a note in your diary for Friday 12th August at 7.30pm.

Cushions provided for your comfort!

*Susan Sharrocks
Tony Reed Screen
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CUMBERLAND CCC

Cumberland play Norfolk in the Unicorns Championship Eastern Division at Sedbergh School in a three day game commencing Sunday 14th August and continuing on Monday and Tuesday.

Hours of play on the first two days are 11am to 7pm and on the third day 11am to 5-30pm whereupon an extra hour can be played.

Scores are available via the Minor Counties Cricket Association website for those wishing to know the state of play.

Cumberland enjoyed a highly successful season in 2015 and won the Championship for the third time in their history.

Their side is captained by Gary Pratt who last season at Sedbergh scored his 11th century for the County in the game against Lincolnshire.

In their last match Cumberland gave a debut to Sam Dutton, a former Sedbergh School pupil and son of former County Captain Simon Dutton.

Our annual visit to Sedbergh is always the highlight of the season and we are grateful to the Head and all the staff, including the wonderful ground staff who make the game possible.

Our visitors from Norfolk are also looking forward to the game and on the second day the Minor Counties President Rear Admiral Roger Moylan-Jones will be joining us for lunch.

Mike Latham, Chairman of Cricket

YORKSHIRE CRICKET

On Friday June 24th cricketers from Settlebeck School went to Headingley

for a day's cricket coaching by Pro Coach Yorkshire funded by the Yorkshire Ridings Society. The group enjoyed the coaching and a visit both to the Yorkshire CCC Museum and a look round the Headingley cricket and rugby grounds. This was a continuation of a coaching project which has previously seen Pro Coach Yorkshire visit Dent Primary School and also use Sedbergh School's facilities to coach juniors from Sedbergh CC. This was the first time Settlebeck School have directly accessed the coaching and it was so successful that it was immediately agreed they would return to Headingley in 2017.

The Yorkshire Ridings Society is a campaign group which promotes



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better understanding of the traditional county boundaries of Yorkshire and the coaching project aims both to promote cricket in the district and remind locals of their Yorkshire heritage.

Michael Pulford

LUNESDALE SHOW

The Lunesdale Agricultural Show will be held this year at 8.30am on Tuesday 9th August at its usual venue of Underley Park, Kirkby Lonsdale LA6 2DS. Schedules are available on the show website www.lunesdaleshow.org.uk for the Cattle, Sheep, Horse, Sticks and Crooks, Poultry, Dog and Home Industries sections.

The Craft Marquee, featuring all hand crafted items is already full, the Food Hall is promoting locally sourced produce and a wide variety of trade stands are booked in for the show. There will be plenty of children's entertainment to suit all ages as well as the popular Cumberland and Westmorland Wrestling competition. In the main ring the Vale of Lune Hunt will display their hounds before the Grand Parade of prize winners at 2.45pm

and this will be followed by the Parade of Vintage Vehicles and then the show jumping.

Email info@lunesdaleshow.org.uk for advance tickets at Adult £7, Child aged 15 or under £3, Concessions £5. Under 5s free. See Advert on Page 9.

HOWGILL DUCK RACE

A big, big 'thank you' to everybody who supported our Duck Race on Monday May 30th. The weather was kind to us and the ducks swam well considering there wasn't much water in the beck. A massive £950 was raised which will be spent on the planned improvements to the Village Hall. The evening is always good fun, enjoyed by young and old alike and your contribution towards both the evening and the fundraising are very much appreciated. Thank you.

Lesley Hennedy

SEDBERGH & DISTRICT HISTORY SOCIETY

Visit To Salkeld Mill

On a pleasant June afternoon 17 members gathered at Salkeld Mill for a guided tour of this historic working flour mill.

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It is likely that there has been a mill on the site since the 13th century, with the current mill having been built around 1750 during a period of peace, prosperity and population growth in the Eden Valley and prior to a run of poor harvests and the start of the Napoleonic Wars in 1793.

The original 18th century mill was much smaller than it is today, being one of several mills in the area each serving their immediate local community. However, this all changed in the 1870's with the building of the Settle – Carlisle railway and the enterprising millers deciding to produce more flour and using the railway to send their goods to Leeds and Glasgow.

The current mill is operated by two waterwheels, and these were installed in 1915 and represented a significant financial investment (about £100,000 in todays money). They were cast in iron sections by B. Henry of Aberdeen and then brought down by rail and assembled on site. Both wheels are what are known as overshot wheels, with water flowing in at the top and then running into a tail race and back into the stream. The

millrace takes the water from Sunnygill Beck at a weir situated half a mile from the mill itself.

The mill uses "French burr" millstones from Chalons in Northern France, composed of pieces of freshwater quartz. They are very hard wearing and resist cracking and breaking up. The millstones are of a ridge and furrow design and generally only require re-dressing every 2 years.

These stones are enclosed in a hexagonal box, called a tun, above which is a hopper for the grain. The grain flows down from the bottom of this hopper into an angled wooden 'shoe' and the 'millers damsel' then agitates the shoe to ensure a steady and even feed into the eye of the runner stone. The grain is then forced outwards between the two stones and nothing is taken away – whole grain goes in and wholegrain flour comes out.

Today the mill produces a wide range of stonground flours and, whereas modern milling utilises high speed rollers to separate the different parts of the wheat grain including the wheat germ, which is full of natural oils and vitamins, in stone grinding

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Every Wednesday - Jumbo Sausage £2

the wheat germ oils are mixed through all the flour giving it its nutty flavour and improved nutritional value.

The mill currently produces 1 – 2 tonnes of flour each week, that is eighty 25 kilo (56 lb.) sacks and it takes between 20 – 30 minutes to grind each sack of flour. Over half of the production is used within Cumbria, with customers including artisan bakeries, hotels, guest houses, restaurants, specialist shops and home bakers.

Having concluded the tour members then retired to the mill café where they enjoyed the organic vegetarian fare that was on offer with the opportunity to purchase a range of the stoneground flour produced by the mill.

Phil West

CITIZENS ADVICE BUREAU

Too good to be true? - be aware of scams.

If something seems too good to be true, it probably is just that. Citizens Advice estimates that UK consumers lose £5 billion every year to scammers - criminals who play on people's dreams, and their trust, to

trick them into handing over money. One in every ten people has been a victim. Don't be the next one - be scam aware, get advice and check before you hand over cash.

There is a huge variety of ways you can be conned out of your money, by mail, phone or online. Bogus agencies offering you a dream partner or job, pensions and investment schemes promising you untold riches, fake tickets, claims that you have won a prize ... they all ask you to hand over money in advance. Some scams pretend to be from your bank or computer operator, asking for passwords. What can you do about all this? Be scam aware, take your time, check things out. The Citizens Advice website (www.citizensadvice.org.uk) has lots of detailed information on scams.

Free, confidential advice and help is available from South Lakes Citizens Advice on any aspect of debt, consumer problems, benefits, housing, employment or any other problems. We have various outlets across South Lakeland and can also give advice over the phone – telephone 015394 46464 for an appointment and help. South Lakes Citizens Advice is a registered charity,



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HAPPY BIRTHDAY 'ON A ROLL!'

On the 26 August this year it will be five years since I opened 'On a Roll' on Sedbergh Main Street. The shop was an entirely new venture for me and to set up a small business in a new place has been exciting and rewarding, although not without its challenges!

Since I opened the shop Sedbergh has seen many changes, most notably the closure of all three banks and the relocation of the Spar store, all of which have had (in my opinion) a big impact on the foot fall in town, so I am immensely proud that 'On a

'Roll' is still going strong, in what has proved to be at times a tough place to run a small business.

The support I have had from so many of you in Sedbergh and the wider area since I opened has always been greatly appreciated and I would like to take this opportunity to say a **HUGE** thank you to you all for your custom and for the friendships I've made over the last five years.

Of course I also could not have done this without the tremendous support of my husband Simon and my family, namely my sister Deborah, my Mother in Law Kath, my Mum Anne and my sister in Law Liz; all of whom have done so much to help me along the way, especially since Stanley's arrival (who at the age of 1

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V2is already a big fan of his Mums butties!)

Thank you also to Kim Cragg for all her hard work over the last year and to the latest member of the team, Bryony Leddy, who started working for me in May.

To celebrate the occasion and to show my thanks all baguettes will be 'buy one get one free' on Friday 26th August to all customers throughout the day.

It would be great to see as many faces as possible popping in to see me that day, whether to buy or just to say hello! So thanks again everyone and here's to the next five years!

neighbourhood alert

With summer holidays fast approaching, individuals are often more exposed to travel booking frauds when looking for last minute package deals / cheap flights. Whether paying upfront for a family holiday or simply booking a flight, payments are transferred only to discover that the holiday / airline ticket does not exist and was sold to you by a bogus travel company. Fraudsters will often lure in potential

customers with low prices and 'one time only' offers that are simply too good to pass up, requesting payment by the preferred method of direct bank transfer.

Avoid

Paying for a holiday / airline tickets / accommodation via direct bank transfer. No reputable company will ever request payment via this method.

Responding to unsolicited calls, texts or emails offering holidays at incredibly low prices.

Protect Yourself

- Whenever possible, pay for your holiday by credit card as it offers increased protection.
- Always remember to look for the 'https' and locked padlock icon in the address bar before entering your payment details.
- Never feel pressured to make a booking for fear that you will miss out on this 'low price' opportunity. If you have never used the company before, take your time to do some online research to ensure they are reputable.
- Should you make a flight or hotel booking through a travel company, feel free to separately

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check with the hotel / particular airline that your booking does indeed exist.

If you have been affected by this, or any other scam, report it to Action Fraud by calling 0300 123 2040, or visiting www.actionfraud.police.uk

LUKE PITT PhD

Local man's Manchester University Success.

Luke Pitt attended the Degree Congregation Ceremony of the School of Electrical and Electronic Engineering in the Whitworth Hall on the 12th July to mark his graduation as a Doctor of Philosophy. His Doctoral thesis involved the design and installation of a building monitoring system in the University's



Sackville Street building.

Luke went to The University at Manchester to do a Masters degree in Engineering following his education locally at Settlebeck to GCSE level and then at Queen Elizabeth School for A levels where his absorbing interest and skills in Computer Science and Electronics were enhanced and fostered. After the Master's he was encouraged by the EEE School to continue for a PhD which the department gained European funding for. Whilst at Manchester he has developed practical knowledge in a wide range of electronic fields and has a particular interest and bent towards robotics.

MOORCOCK & DISTRICT AGRICULTURAL SOCIETY

MOORCOCK Centenary SHOW

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Sunday 4th September 2016

Enjoy a Great Day Out at one of the Yorkshire Dales' Oldest Sheep Shows.

Special Guest: Peppa Pig

- See and learn about local breeds such as Swaledale, Blue Faced Leicester, Texels and Rough Fell Sheep
- Young Handlers' Competition
- Music on the show field by Hawes Prize Silver Band
- Children's Fun Fair
- Local business, food and craft stalls - from 10.30am
- Vintage Tractor Display and Competition
- Jazz Band

Free Centenary Mug to the first 100 children through the gate.
Gates Open 10.30am -- Sheep Judging starts 12 noon
Admission: £5 Adults; Children: Free

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ROADPEACE

Mobile Phones

RoadPeace supports a ban on all phone use whilst driving, including hands-free.

Studies show that drivers using mobile phones are more dangerous than drink drivers.

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We ban first time drink drivers, so why aren't we banning drivers using mobiles?

The dangers of driving while distracted by using a phone involved *Hand held mobile phone*

- Drivers' reaction times are 50% slower than under normal driving conditions.
- Drivers using hand held mobile phones are worse at maintaining speed and maintaining distance with the vehicle in front (longitudinal control) than drunk drivers
- Drivers' using hand-held mobile phone missed significantly more road warning signs than when drunk.

Direct Line commissioned the Transport Research Laboratory (TRL) to research and quantify the dangers of using a mobile phone when driving. The TRL driving simulator was used by an experienced group of twenty males and females between the ages of 21 and 45. (2002).

Hands free (not risk free) mobile phone

- Drivers' reaction times are 30% slower than drink drivers.
- Drivers' concentration levels are reduced for as much as 10 minutes

after a conversation whilst driving. Direct Line commissioned TRL to undertake extensive research on the dangers of using a mobile phone when driving. The TRL driving simulator was used by an experienced group of twenty males and females between the ages of 21 – 45. (2007)

Texting is even worse

- Steering control deteriorated by as much as 91%.
- Reaction time decreased by 35% - almost 3 times that of drink drivers. RAC Foundation commissioned TRL to study the impairment caused by texting whilst driving. A CarSIM was used by 17 young drivers aged between 18 – 24. (2008).

Current penalties

- £60 and 3 penalty points although unsafe drivers can be charged with careless or dangerous driving if the driving is considered particularly unsafe.

There is more information on www.roadpeace.org

I am sure everyone has a tale to tell regarding this article, as well as speeding vehicles in and around Sedbergh.

Ed.

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BABY MASSAGE

Cumbria County Council are setting up 'Sure Start Children's Centre throughout the County and one of the South Lakeland Centres will be held in Settlebeck School every week from 1pm to 2:30pm on Tuesday commencing on 30th August.

This will be for first time parents with babies 0 - 6 months and will assist learning baby massage, finding out about baby developments and for your own well being.

Please ring 01539 734456 for more information and to book a place.

SEDBERGH ALLOTMENTS ASSOCIATION

Sedbergh Allotments Association's site at Birks Lane was developed in 2009 and has proven very successful with all plots producing good crops of vegetables and fruit. The boundary hedges are now well established and the appearance of the site attracts favourable comment from both residents and visitors.

There are now 27 plots of varying sizes with a mains water supply. The Association is committed to organic methods of cultivation, as far as is

reasonably practicable and, through its affiliation to the National Society of Allotment & Leisure



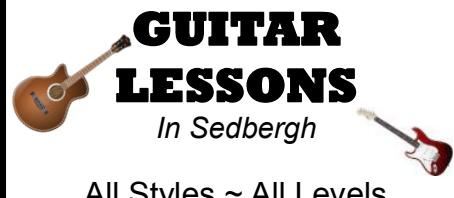
Gardeners, members may purchase seeds and gardening products at discounted prices.

Membership of the Association is open to all persons having a property address within the LA10 5 postal district. Whilst all plots are presently allocated, *the waiting list is now short* so, if you are keen to grow your own produce and would be interested in a plot if one becomes available, don't delay get your name down now!

For further information please contact the Secretary, Ann Parratt (tel. 015396 20964) or the Chairman, Jim Atkins (tel. 015396 20031) or visit www.sedbergh.org.uk/community/groups&clubs/allotments

SEDBERGH INFORMATION AND BOOK CENTRE

Hello again from everyone at 72 Main Street. It is that time of year again – if you have a parking permit for Joss Lane and Loftus Hill car



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permit, and £60 for the 24 hour one (if you regularly park overnight on one of the car parks, this is the permit you need). We will have the permits for sale well before the old ones run out – when we have the permits, we will put posters up round town and mention it on the Sedbergh Market Town Facebook page.

Best wishes,

Andi Chapple

parks, it will run out at the end of August so if you want to carry on using the car parks without buying tickets all the time you will need a new permit.

Once again, we are selling the permits on behalf of Sedbergh Parish Council. We are open every day: 10 am to 4 pm from Monday to Saturday and noon to 4pm on Sunday. You will need to know your vehicle's registration number, and you will need cash or a cheque to pay for the permit (I'm afraid we don't take cards for these payments). If it's for your business, we can do a VAT receipt, please ask.

The price has gone up a little this year: it will be £40 for the daytime

SEDBERGH & DISTRICT COMMUNITY FUND

At their meeting at the end of May the Grants Committee made awards to the following organisations: Lune Rivers Trust, Sedbergh in Bloom Volunteers, Sedbergh Town Band, St Andrew's Parish Church and Sedbergh and District Churches Together.

The next Committee meeting will be at the end of August. The closure date for applications for this round is Friday 12 August. Application Forms are available from the Tourist Information Centre.

MEDITATION CENTRE, DENT

People are being invited to submit applications to become a Trustee of



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The Meditation Centre in Dent.

The Centre is a registered charity and, as such, has a Board of Trustees to oversee its vision and development. Meetings are held four times a year and the post is voluntary. Anyone with an interest – and regular practice – of meditation who would like to play a part in the continuing success of the Centre is invited to apply by contacting the Centre Team via email:

meditationcentrteam@gmail.com
Please also email if you would like more information.

In the meantime, we have a busy list of courses lined up for August which starts off on Friday, August 5 when yoga teacher Lisa Milnor invites you to join her Mindful Yoga and Meditation Class to learn techniques of how to Let Go...

Learn how to meditate on Saturday, August 6 at one of our popular Meditation for Beginners Courses. The price also includes a free refresher day.

And then why not treat yourself to a special one-day retreat at the Centre where you are invited to Relax, Reflect and Renew on Sunday August 7? This is a lovely day spent

SEDBERGH MEDICAL CENTRE

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

Thursday 22nd September

Wednesday 19th October

Thursday 24th November

2017

Wednesday 25th January



in tranquil surroundings and a real escape from the pressures and demands of day-to-day life.

Local mindfulness teacher Helen Towers is offering a morning to enjoy Mindfulness and Movement on Saturday August 13 and we finish the month with a Group Meditation on Sunday, August 14. If you would like to meet like-minded people and enjoy a relaxed morning of meditation, then please do join us.

For more information on all our courses and events, please visit our website: [Meditation Centre](#) | [Meditation Courses UK](#) | [Meditation](#)
[Beginners Courses](#) | [Meditation](#)
[Teacher Training Courses](#) | [Yoga](#)
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SIGHT ADVICE SOUTH LAKES

The Sedbergh Branch of SASL met on Tuesday 19th at 'Malabar' at Garths Farm to experience the lovely Afternoon Tea hosted by Fiona & Graham Lappin and dog Pluto.

Dennis welcomed everyone which included Gladys on her first visit, Florence on her second visit along with Keith & Jennifer, Jenny & Jenny, Rosemary, Elspeth, May, Mary & Edward and Susan. There were a few missing due to other engagements so we hope to see them back soon.

Susan gave a resume of the Meeting that she had attended with Rosemary in Kendal.

We then tucked into the Afternoon Tea with plates and plates and plates coming out and enough tea to sink a battleship.

Sue had brought along a quiz to keep the grey matter ticking over and was based on 'Animals'. We were split into two teams appropriately named Aardvark and Baboons with



the former winning by a cat's whisker.

Afterwards, Dennis presented Fiona and Graham with a thank you gift for looking after us so well.

If anyone would like to attend any of the Meetings which are between 2 & 4pm on the third Tuesday of the month, please contact Susan on 20613. Transport can be provided.

Dennis J Whicker

SEDBERGH SONGSTERS

The Sedbergh Songsters have continued meeting throughout the summer in Gladstone House in Sedbergh - with some very fine singing of old songs which the singers remember from the 1940's, 50's and 60's such as How do you do what you do to me? Love me Tender, and Que Sera Sera - as well as folk songs which they sang at school including The Sally Gardens, the Ash Grove and Men of Harlech.

We have a terrific time singing, with words provided to help jog the memory, and copious refreshments of tea and biscuits (and occasionally cake) - but are now having a break during the school holidays until the first Monday in September. As always you are all most welcome to join us - but until then: "We're all going on a summer holiday, no more working for a week or two, fun and laughter on our summer holiday, no more worries for me or you, for a week or two."

David Burbidge 21166

B4RN

At B4RN Headquarters in Melling on July 7th there was what they call the Kick-off meeting for the actual construction of the Dentdale and Garsdale B4RN network. The team leaders and support workers assembled together with B4RN technical staff, and the event marked the concerted beginning of work on the ground. First, experienced B4RN staff gave a technical account of the task from start to finish, based on how the many networks before ours were brought into being. Then came details of arrangements for our network, and here are some of the more interesting aspects.

1) Fibre should be at the Dent School hub by the end of August, and late



summer will see it turned on. Gawthrop properties should be connected before Christmas. It will have taken just a little over six months planning and effort to establish this basis for the network.

2) In addition to having leaders in place for each section of the network, several necessary support services have been set up. Some interesting examples are:

- John Sibley has enthusiastic control of assembling all the materials and seeing that they get



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- to where they are needed and are accounted for.
- Jim Bolton is an example of a volunteer who has got himself trained for a particular task - in this case splicing fibre.
 - Jock Cairns will be in a position to give answers to digging teams when they need to be sure existing underground utilities are not in danger of being damaged.
- 3) A new work claims system has been agreed with B4RN whereby payment to landowners for work is made by a simple and, as they say, transparent procedure. There has to be maximum understanding and trust when it comes to work done and payment made.
- 4) While our community gets the



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ducting into the ground, B4RN installs the fibre and runs the service. There is no doubt that B4RN is financially solid with assets and income based on the 41 networks thus far successfully created. The B4RN broadband speed offered is well known; in addition, the track record of B4RN in customer service is all you could wish. A few days ago they solved a problem (few arise) the same day. The team is in Melling! At the same time a Dentdale resident waited over a week to be reconnected by BT. Incidentally Barry Forde, the B4RN founder and chief executive recently received an MBE for services to rural broadband.

So work is really underway, and the arrival of fibre in Dent School at the end of August should be an event worth celebrating. This is a community effort, not a commercial one as was the previous scheme, so interest, support and volunteers of all sorts are the life blood. If you think you might help in any way, enquire a bit by ringing 015396 25321 and you will be very much welcomed. And if you are wondering how, over the coming year, you sign up for the

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service, we have a Dent resident who is taking this job on and his details should appear before too long in Lookaround, on the Hyperfast Dales website and on Facebook.

For blow by blow detailed information (and pictures) on how it is all going do visit Ray Newport's excellent website hyperfastdales.org.

*From your Hyperfast Broadband for
Dentdale and Garsdale
Communications Team.*

ORGAN RECITALS

Two excellent and entertaining organ recitals have been given recently at Sedbergh Methodist Church, by Deryck Cox and Roger Bush. Both recitals were well attended and were much appreciated.

Thanks are due not only to the recitalists for the time and work so generously committed, but also to others involved in the preparation and presentation of the evenings, including the opportunity for conversation and friendship over light refreshments after each performance.

Donations were sent to Christian Aid from the first event and to Cancer Relief UK from the second. In total

the amount raised from both recitals was £ 348 – 79.

Deryck's varied programme included pieces by Zipoli, JS Bach, Haydn and John Stanley. His playing reflected the sensitivity, professionalism, humour and love of the instrument and its music which we associate with Deryck. Also included in the evening were informative short spoken introductions to the nature of Chorale Preludes by Stuart Manger, and of mechanical musical clocks, by Richard Thomas.

Roger's programme was equally varied and lively, including pieces by Burtonwood, Fauré, Young, Knevel, von Paradis, Ratcliffe and Dubois. While most of these names were perhaps generally less familiar, the

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programme was no less entertaining and Roger's skill, sensitivity, sense of fun and interpretations were warmly received.

We are very fortunate to have people of such talent in our community.

Of course the events would not have been possible without the third fundamental personality involved, the organ itself. In general terms a pipe organ is amazing in its own right for the tremendous range and versatility it offers to the organist and the listener. It is in some ways rather like a steam engine, it breathes, lives and seems to have a soul of its own which communicates with an audience or congregation, when partnered with a musician of sensitivity who not only

has ability but also respect and affection for the instrument.

I am indebted to Richard Thomas for the following information about the organ at the Methodist Church:-

In the mid 1920s, as a result of a generous bequest from Mr. William Handley of Garsdale Foot, the Trustees were able to provide a new organ for the Chapel and following long and careful negotiations the contract for the provision of the instrument was given to Messrs. Brindley and Company of Sheffield. The work was completed in October 1925 at a total cost of £950. The new organ was opened on 19th November 1925 by Revd. Albert H. Walker of Manchester and the opening recital on the instrument was

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given by Mr. Bernard Johnson, city organist of Nottingham.

In 1955 the organ was thoroughly cleaned and overhauled by Messrs Wilkinson & Co Ltd, of Kendal, at a cost of £218 10s 0d.

T. Percy Bryer

From The Sedbergh & District History Society Newsletter No 5 p 6:
History of Methodism in Sedbergh
Brindley & Co 1925
Possibly originally 1870 or 1892

Great

Open Diaposon 8
Dulciana 8
Flauto Amabile 8
Clear Flute 4
Swell

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Viola da Gamba	8
Unda Maris	8
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Martin Dodds

SEDBERGH & DISTRICT HISTORY SOCIETY

Local History Exhibition

This exhibition aims to share members' interests and research.

Members' researches may highlight particular people and activities but they also pay tribute to all the people: both those who stayed in the dales and those who moved on to wider horizons. Today, many people come from all over the world to consult the society archives, as they put together

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their family stories. Each story throws more light onto our collective history.

We can still see traces of the earliest settlers, the Celtic tribes who named Dent and some of our hills and rivers, and the Norse language that survives in many farm names. Mills, quarries, railways and the remains of other structures reveal our industrial heritage, and together with roads and tracks, show the ebb and flow of economic life. Documents, and more recently photographs, illustrate the lives of the people.

Our exhibition offers small glimpses of past worlds. It does not tell the whole story, or offer a chronological history lesson, but it provides snapshots that remind us that time

does not stand still. The clocks tick here just as in other cities and towns around the world.

The society hopes that everyone will find something of interest in this exhibition. The archive is available for you to look through or for your own research. The displays may be adapted to suit each venue.

We would like to thank all the people, too numerous to mention individually, who have helped to make this exhibition possible.

Please visit
Garsdale Village Hall
27 – 29 August 10-00am – 4-00pm

SEDBERGH COMMUNITY SWIFTS

As you read this in August our swifts may have already departed for Africa.

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They usually leave this area by about the 7th August. It is sad that the skies will once more be empty of their dashing arrow-like flight and we will miss their iconic screaming calls. It will be a long 9 months before we see the return of these wonderful birds.

The weather in the first weeks of July was dreadful, wet and cold, and very little swift activity was seen. In such conditions breeding swifts have to forage further afield to catch insects, so we see them less often, and indeed the non-breeders, who have no chicks to feed, can stay away until the weather improves. As a result of finding it harder to fill their



throat pouches with insects, the parent swifts may have been feeding chicks less frequently and this is known to delay their development. This means that instead of fledging towards the last week of July, it could be into August before they leave the nest.

Fortunately the weather improved and from mid-July we again had some of the most spectacular swift activity we have ever seen – in both numbers swooping in the skies and in screaming parties hurtling at top speed around the houses. On three particular days swift enthusiasts from different parts of the county and country contacted me to say that they

A landscape photograph showing several tall, weathered stone structures standing on a grassy hillside under a blue sky with clouds. A logo for Kilvington Solicitors is overlaid on the image. The logo consists of the company name "KILVINGTON SOLICITORS" in white capital letters, enclosed within a dark blue rectangular border.

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too were experiencing amazing swift days.

In their final 10 days in the nest the chicks peer out of their nest site, gazing at the strange new world they will soon launch themselves into.

The picture shows a chick peering out of a nest brick at our cottage in Lowgill.

At this stage they also perform vigorous press-ups, to strengthen their wings ready for that crucial maiden flight. The chicks then do not return to the nest and are fully independent of their parents, feeding and drinking on their own. They join other swifts in the air to fly around for barely one to two weeks before they all embark on the long 7,000 mile trip

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Josephine Lade LCSP (Phys)

to Africa.

It is very exciting to report a success at the People's Hall gym - swifts are roosting in at least two of the internal nest bricks. They go in late in the evening, around 9 – 10pm, and stay in for the night. This is typical behaviour of a newly formed pair, that are not yet old enough to breed, but are very likely to breed at the same site next year. Swifts have been seen entering, and staying in, all four of the bricks but at this stage we are not sure if they have all been occupied overnight. This is a wonderful result for the first year, and more than we could have hoped for. It is also fascinating to see how, when the attraction calls play, parties of swifts are attracted to swoop past close to the bricks.

Also exciting is the news that swifts were seen flying up to the boxes in the louvres of St Andrew's church tower and even clinging on to the stonework briefly. They targeted the right-hand side of the west-facing louvres, exactly where the boxes are and the attraction calls are broadcast from. This is a very encouraging sign and let us hope it this will be followed

by further exploration.

We are also able to confirm that swifts have continued to roost in two of the boxes at Settlebeck School, another great result, giving hope of breeding next year.

Furthermore it is a pleasure to talk to people who get in touch, to be kept up to date on swift activity around them, and on the progress of their boxes..

As I write this in July, the swifts are still with us, delighting us with their aerial acrobatics - they remind us of noisy teenagers as they hurtle around in screaming parties. Truly magical birds.

Tanya Hoare, Contact SCS:
ta.hoare@btinternet.com
or 01539 824043

KILLINGTON HYDRO PROJECT

A Six Year Struggle is Over

It is now over six years since the Killington and District Sustainable Energy Trust embarked on its first major project. K-SET was set up by a small group of people in Killington, population 160, with the aim of reducing their carbon footprint. The village might be small, but had big ideas and they believed that they could show other small communities in Cumbria that they could all play a part in countering global warming.

A survey showed that their carbon footprint was unusually high. It was 11.45kT per annum. This compares with the average for South Lakeland of 9.5kT. The average for the country as a whole is even lower at 6.7kT.



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Like many of the villages in Cumbria the residents have to travel many miles to school, to work, to shop or to the hospital and every farm has to have at least one tractor.

The answer to being able to lower the carbon footprint of the village seemed to be to use water power from a weir at Broad Raine on the River Lune which runs along the boundary of the Parish. Helped by Lancaster University, K-SET produced a Feasibility Study in 2010 that showed an Archimedes screw type turbine on the weir would produce enough electricity for at least half the houses in the village. The electricity would not go direct to the houses, which are very scattered but into the grid and the income from the power company and from the Feed-in -Tariff would be available for projects in the village. Most of the houses in the village are not only stone-built, with no damp-proof course and no cavity walls, but they were built over 200 years ago, before 1800. Only a very few have been built since then, although many of the old barns have now been converted to houses. The houses needed to be insulated and their power needs reduced.



Broad Raine weir is of particular interest to the fishermen. There used to be far more salmon moving upstream in the autumn and many people walking along the public footpath beside the weir would stop to watch the salmon trying to leap up the concrete barrier, which is why a fish pass was built in the last century. At the top of the fish-pass there is a fish trap, used by the Middleton Hatchery Group to capture the spawning salmon, extract their eggs and grow them on so they could be put back into the upper reaches of the river. This increased the chances of the salmon reproducing and living to migrate down-stream and across the Atlantic before returning to spawn many years later.

Building the hydro involved long negotiations with the Lune and Wyre

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Fishing Association as well as the Lune Rivers Trust to ensure that the hydro scheme would not damage the wild life. It was not easy to persuade the fishermen that fish, even large fish can go down the screw completely unharmed, like going down in a water lift. The Middleton Hatchery Group whose work we strongly support has been most helpful and supportive throughout the long process of getting the Environment Agency Licences, the right of way to the site, the planning permission (which was approved unanimously by the Planning

Committee), and the grid connection. Unfortunately, all this has taken time so that the income from the Feed-in-Tariff is now very much less than it would have been when we started.

To pay for the various studies, such as the Ecological study by Bowland Ecology and the Arboreal study by BHA Trees Ltd as well as the drawings, the permissions and the licences, we were helped by personal donations and loans, as well as grants from Cumbria County Council, the Local Area Partnership, Sedbergh Parish Council, the Cumbria Community Foundation and the Craven Trust. The purchase of the site from the EA was possible because of financial support from Energy4All, a not-for-profit

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organisation based in Barrow, that helps community groups. They also organised a share offer which raised £440,000 in just a few weeks last October.

Now at last all the hurdles have been overcome. The screw has been ordered from Spaans Babcock, an Anglo-Dutch firm, and the civil engineering will be undertaken by Askam's of Lancaster. The work is about to start so that in-river work can be completed before the end of September when the salmon start running, and weather permitting it is hoped the screw will be in place and commissioned by the New Year. A village of 160 people will have installed a 35kW screw turbine to

help combat climate change.

*Maureen Lamb
 K-SET Secretary*

SEDBERGH & DISTRICT HISTORY SOCIETY

The ten members who went on the Society's last visit of 2016 spent a fascinating and rewarding afternoon at Dalemain Mansion and Gardens. We began our tour of the house at the front door where we were met by Judith, our guide. As we stood in the entrance hall at the bottom of the beautiful cantilevered staircase surrounded by family portraits she told us about the history of the building and its occupants. The name 'Dalemain' means 'manor in the valley'. Surprisingly, it had been in the possession of only three families since the first structure on the site, a defensive peel tower which had been erected in the eleventh century.. Since that time various alterations and additions had been made until the impressive Georgian facade that can be seen today was added in 1744.

Dalemain is still a family home and the present occupants are very much 'hands on' in the running of the house

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and estate. A substantial part of the house is open to the public and Judith began her tour by taking us through several grand rooms at the front of the building. The Chinese room, so named because of its beautiful original wallpaper and the splendid dining room were full of antique furniture (including some fine examples from the local Gillow firm), a wealth of ceramics and many family portraits.

An interesting feature of the house tour was the way in which it incorporated different periods of Dalemain's development. As we moved from the front to the back of the house by way of the small Westmorland and Cumberland Yeomanry Museum we entered a maze of old passages, staircases and rooms some of which contained a variety of artefacts including an interesting collection of toys. In particular, we were shown a small room, currently used as a bedroom

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which boasted a magnificent plaster ceiling dating from the Tudor period.

Thanks must be given to Judith for her full and informative introduction to the house which was followed by the opportunity to explore the garden on our own. The majority of this is situated not in the front of the building but to the side of it. Nothing could have prepared me for its magnificent design and planting. It is easy to see why it was given a national award in 2013. The variety of perennial plants was huge and the selection of old fashioned roses was very extensive.

Lastly we enjoyed a scrumptious tea in the café where we were told that all the goodies on sale had been produced by one of the ladies who were serving us. We were also most impressed by another café employee who gave us an ad hoc history of the room in which we were sitting! It would be invidious not to mention the helpful staff in the shop where there are many examples (for tasting) of the different types of marmalade which had been entered in the annual competition for which Dalemain is justly famed.

Altogether, a very worthwhile and enjoyable afternoon. *Julie Leigh*

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NATIONAL PARK NOTES

At the moment, the Yorkshire Dales National Park Authority is a bit like an iceberg. On the surface everything seems like business as usual – but below the waterline there is a great deal going on! This is largely to do with the fact that in a fortnight's time (as I write this) on the 1st August the Park will be extended by a further 161 square miles to make it the second largest National Park in England (after the Lake District) at a total area of 841 square miles. Even though the name remains the same – the Yorkshire Dales – 28% of the Park will now be in Cumbria and 1% in Lancashire. As I am at present the Parish representative on the Authority for the Cumbrian part (currently Sedbergh, Dent and Garsdale) I have been asked to take on responsibility for the whole of the new area which takes me from just three parishes to twenty nine. No pressure then....! On the 1st August itself there will be a celebration at Orton where local people, councillors, stakeholders and partners are invited to mark what is effectively the end of a sixty year journey to bring these new areas into the Park and into the National Park family in this country.

There is clearly a great deal to be done by all officers and members of the Authority and one matter of importance was to introduce everyone to the extension area through the means of a series of guided walks over the last month or so. Some members and officers living over Grassington way, for example, have never visited the Westmorland Fells. Although I have

walked over the area myself quite a lot in the past years I was pleased to join others for an orientation walk on Little Asby Common and on another day a walk from Barbon over towards Bullpot. Everyone was very impressed by the beauty of the scenery and agreed that it provided a wonderful addition to the existing Park.

Sedbergh will, of course, remain the largest settlement in the Park and I have recently been chairing a series of meetings between local organisations and National Park officers to see what further benefits might accrue to the town as a result of the enlargement. At the least we would hope to see an extension of the tourist information that we already supply with a National Park Information Service in a shape or form yet to be decided. More on this in due course. We would certainly hope to see an increase in tourism generally and cycle tourism in particular which has been given a great boost by the Tour de France a couple of years ago and the annual Tour of Yorkshire – with consequent benefits to our local economy.

A couple of weeks ago at the AGM



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of the Authority I was delighted and honoured to be elected Deputy-Chairman of the Authority for the forthcoming year. I am expecting this to be an interesting and challenging role and I am very much looking forward to working with and supporting our new Chairman Mr Carl Lis who was elected at the same meeting. I carried out my first official engagement yesterday (Sunday 17th July) when I attended the dedication of a recently erected War Memorial in Hawes aiming to commemorate the fallen of Hawes and High Abbotside in both World Wars. The ceremony was an extremely moving one and ended by the Bishop of Ripon blessing the Memorial with the aid of

all the children present who were asked to come forward to place their hands on the memorial as a living connection between the children and young people of today and those members of the community who died in one of these two wars. The Last Post and then Reveille were sounded by a bugler from Catterick Garrison.

Please don't hesitate to contact me on any matter to do with the National Park either at ianmcpherson24@hotmail.com or on Sedbergh 20648. Best wishes.

Ian McPherson

YORKSHIRE DALES NATIONAL PARK

National Park planners agree barn



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conversions

More barns are to be converted into homes for local people in the Yorkshire Dales National Park after four schemes were given the thumbs up by planners.

Members of the Yorkshire Dales National Park Authority's Planning Committee decided to approve the applications subject to conditions.

They were at West Witton, Austwick, Otterburn and permission was also given to convert the former Deepdale Methodist Chapel near Dent into a local occupancy home.

Robert Heseltine, the Authority's Member Champion for Development Management, said: "Part of our vision for the National Park is that it should be home to strong, self-reliant and balanced communities, with good access to the services they need.

"The National Park Authority is committed to increasing the stock of much-needed local occupancy homes. The conversion of roadside barns is a vital element of our new Yorkshire Dales Local Plan, which sets out our planning strategy for the next 15 years.

"Without a local occupancy

stipulation these barn conversions could well end up being sold on the open market for second homes at the expense of keeping local communities together."

YORKSHIRE DALES NATIONAL PARK

Changes to Yorkshire Dales National Park Authority

The Yorkshire Dales National Park Authority has a new chairman.

Craven District Councillor Carl Lis has been elected to head the Authority for the third time, taking over from former barrister and circuit judge Peter Charlesworth, who is leaving as a Member after completing his term of office.

Mr Lis, who represents the

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Ingleborough Ward, has been Deputy Chairman for the past 12 months and has been an Authority Member for 20 years.

He is also Chairman of Ingleborough Community Centre Management Committee, Ingleton Rural Community Association, Ingleton Scout Executive and Ingleton Football Club, and is also chairman of the Ingleton Primary School Board of Governors.

Mr Lis, who was awarded an OBE in the 2009 New Years Honours for his services to the communities of North Yorkshire, said: "I am pleased that the members have shown their trust in me again by electing me as chairman.

"I love the National Park and I love

being involved in the National Park Authority and I'm incredibly proud of what we have achieved over the years in terms of the landscape, our local communities and visitors.

"Peter Charlesworth has done an absolutely fantastic job as chairman and my intention is to continue the good work. His work on the new boundary extension that comes into being on August 1 and his ability to guide us through quite a number of contentious debates has been tremendous."

At the same meeting, the Authority's Member Champion for Natural Environment, Ian McPherson, was elected Deputy Chairman of the Authority.

Mr McPherson is a Sedbergh Parish

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Councillor and the Secretary of State Appointee (Parish Member) representing Sedbergh, Dent and Garsdale on the Authority.

From 1 August, when the boundary of the Yorkshire Dales National Park is extended to take in parts of Cumbria and Lancashire, he will also represent the 26 'new' parishes.

The Authority also has three new Members.

Secretary of State appointee Neil Swain, from Upper Dunsforth near Boroughbridge, starts his appointment tomorrow (July 1) to replace Mr Charlesworth.

Mr Swain is a chartered surveyor who runs his own business specialising in rural estate management, reflecting his interests

in farming and land use as well as all kinds of country pursuits and walking.

Chris Clark is the Secretary of State (Parish) appointment for the Craven East parishes and replaces Andrew Colley. He is a Buckden Parish Councillor, Chair of the Dales Woodland Forum, Chair of Natural England Yorkshire Stakeholder Panel and founder member and past Chair of the Yorkshire Dales Farmer Network.

The Authority has also welcomed back North Yorkshire County Council appointee Stuart Parsons who replaces John Ritchie.

Mr Parsons represents Richmond West on both the town and district councils and the whole of Richmond on North Yorkshire County Council.

THIS TEAM "LEAVES" IT CLEAN!

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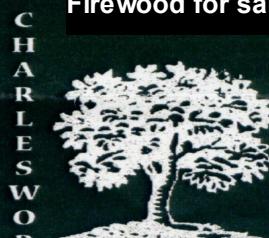
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email: gavin@g-charlesworth.co.uk

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Middleton, Kirkby Lonsdale LA6 2NE*

Firewood for sale



This Team Leaves It Clean
H

FAMILY MUSINGS

Today is so hot I need my favourite Cornish Beach and the lapping sea although I once got sunstroke on that beach and insisted the land just visible on the horizon was north Africa and the sea was the "Med" so maybe not do that again. I was put to bed covered in lashings of sun cream after a cold shower and a large bottle of water. I missed two days of my holiday as I was rather ill, so take care folks.



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Life seems full but as most things are enjoyable that's ok, we are getting ready for two major events we are involved in, the Christian Festival and local Gala, along with gardening and baking and all the usual stuff and looking after grandchildren. Every day there are raspberries strawberries and blackcurrants to pick and the two grapevines are earning their keep. Rather too much of the garden is wild but never mind the children enjoy themselves without anyone worrying about anything being damaged. They were thrilled to find a baby bunny one day and even hubby did a double-take.. no not a real one!

Some girl friends and I are off out for Afternoon Tea later this week at a really lovely venue, 5 of us so there will be some chattering amongst the dainty sandwiches and cakes. Will it be as good as where we went for Auntie's 98th birthday, I will let you know. Someone, seeing me at home last week and not in Hull said "Oh you're here, are you staying long?" Now, were they being sarcy or funny or do they think I live in Hull? I certainly feel I have a parallel life over there with friends and invitations to

visit and take part in things, but Dent is my home. I wrote a poem about it at school, along these lines "I come from Dent where the houses are bent, the people are old and in winter it is cold, but I would not swap my home in Dent for anywhere else I could be sent". And I still say that even if I am heading to be one of the "old" people! Stay young in attitude folks.

Sarah

AUGUST GARDENING

I have two old honeysuckle (*Lonicera periclymenum*) plants in the garden. One of them, 'Belgica' (often known as "Early Dutch honeysuckle) was looking so scruffy last summer, that I gave it a good going over with the secateurs, cut out the oldest

twiggy stems, and left a few of the new, long, flexible shoots, which I tied in to the fence. It rewarded me this May and June with the best crop of flowers in years.

I now have my eye on the second bush *Lonicera periclymenum* 'Serotina' ("Late Dutch") which came in to flower in July and is still blooming – but in a rather bitty way on shabby stems. A good, rejuvenating prune is obviously required here too, and I shall do this as soon as flowering is over.

'Belgica' and 'Serotina' both have highly fragrant, tubular flowers, apricot yellow on the inside and dark peachy pink on the outside. A little further along the fence, another cultivar, *L. p.* 'Graham Stuart Thomas'

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has creamy yellow flowers, also with a good perfume. This one is very similar to the wild honeysuckle found in the hedgerows around and about our roads. I notice that some plants of that flower quite late in the summer and wonder if this is to do with winter hedge trimming. This winter I plan to cut part of the plant hard back to see if it can be induced to produce a succession of flowers.

I find all three easy to grow and they thrive here with their roots in part shade, but their heads in the sun. They are usually trouble free, but will succumb to mildew if their roots get too dry and warm. This can distort foliage and flowers and cause leaves to fall prematurely, leaving bare stems with a sprig of leaves at their tips. Damage is not permanent but will occur year after year so if this happens, the best solution is to move the whole plant to a cooler, moister place where it can grow away in profusion.

Elaine Horne

JUNE WEATHER

It's official!! It was the wettest June on record!! It was certainly mine with a total of 14 inches (350.5mm)!! In

spite of that we did have some dry days. We had five at the start of the month and a further 4 in the 3rd week plus a few odd ones on the way. It was that we had some really torrential downpours. One morning we had almost 2 ½ inches in a very short time. The folk in Kendal and elsewhere, who had been flooded previously, must have had their hearts in their mouths. In spite of this we did have some typical June sunshine and a high of 75F(24C) but we also had a low of 39.7F(4.5C). That night the wind chill dropped below freezing at 28F(-2C)!! A breezy month with a maximum gust of 19.9 mph. During the first half of the month we had 10 days when the wind was not in the North West. These happened to be the warmer days.

This warm wet weather was good for grass growth but not for getting hay. I have had to resort to cutting branches from our hedges to feed to the tups to supplement their grass as they are eating it as quickly as it grows.

The swallow got a clutch going again with his new mate. Let's hope they are more successful this time! There seems to be fewer swallows

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about this year and I've only seen the odd swift and house martin around here. I haven't seen any sand martins at all. I haven't seen any bats this year and very few butterflies, only the odd white and orange tip. The bees are progressing steadily and some syrup has boosted the swarm I received. I have planted out several trays of bee friendly plants. It will be interesting to see what appears. At the moment there seems to be quite a bit of grass amongst it. We shall see what they turn into! The rabbits are still giving the dogs some sport. It is only a matter of time before they catch one. I've had one tup fly struck. Fortunately, if flystrike can ever be fortunate, it is not around his back end but on his sweaty bits so easier

to treat. Inspite of spraying them daily this warm moist weather has produced a lot of flies. I kill several cleggs on me every time I go near the sheep even though I spray myself first. They must think I am good meat or blood!!

PEOPLE'S HALL NEWS

A dishwasher has landed

Many of the Hall users have become used to having dishwashers at home and have been nagging the Hall to get one too. Well we have one in progress of being fitted. We are grateful to the Roger Stott Community Grants of the Yorkshire Dales Millennium Trust for funding this acquisition.

Frontage to the People's Hall

SEDBERGH
Sheepfest 2016!

Sat 17th and Sun 18th September

100 Strong Sheep Trail Competition
THEME: Book Titles or Characters

Craft and Wool Market • exhibitions • drama • heritage talks • guided walks • music • demonstrations children's activities • workshops • street theatre & food!

SEE OVERLEAF FOR YOUR FREE WORKSHOPS

Good job I booked that trunk replacement!

'ELMER THE PATCHWORK ELEPHANT' by David McGee

Sheep Workshops

AUGUST - PEOPLE'S HALL

Thurs. 11 th	Fri. 12 th
1.00 – 4.00 p.m.	1.00 – 4.00 p.m.
5.00 – 8.00 p.m.	5.00 – 8.00 p.m.

Sat. 13 th	Mon. 15 th
10.00 -1.00 p.m.	1.00 – 4.00 p.m.
1.30 – 4.00 p.m.	5.00 – 8.00 p.m.

The last opportunity to work with Donna and Emily to complete your sheep. We have returned to having a competition as we did in the first year.

The categories are family; business; society; clubs/group and individual.

**The winner/ runner up in each category to receive £50/£25
'Best in Show' £100.**

The Trustees of the People's Hall in collaboration with the Sedbergh Parish Council are proposing to improve the frontage and access to the Hall and to revamp the shared car park. Plans are in progress. It is intended to split the work into two parts as it allows the People's Hall as a charity and the Parish Council, who are a statutory body, to apply to different funding bodies. As the appearance of the Hall building has been transformed over the last three years it is only fitting to match this by improving the setting. Prospective tenderers should contact Dr Barney (20790) or the Parish Clerk (07966 134554).

60th Birthday plans

The Committee is progressing the arrangements to celebrate the Hall's Diamond Jubilee on 24 November 2016. Sandra Gold-Wood our Vice Chair is coordinating the programme. Ideas and suggestions to her please (21808)

FINALLY

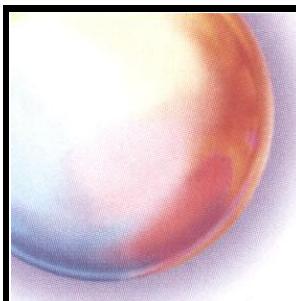
Just to add a sour note THE PEOPLE'S HALL STILL NEEDS A TREASURER

The work over a month occupies about 3/4 hours in dribs and drabs – I know because I am Acting Up at the moment. We can't carry on much longer like this and I certainly have lots to do! Help.

Dr Gina Barney, 20790

DENT GALA.

As you will see in the advert and on the posters the gala is undergoing a bit of a re-vamp and we are delighted that this year we will have a 'live band' playing for a couple of hours



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and also a roundabout for little children AND a Gyroscope for older ones and adults. Do come and try the rides and hear the band. The much loved BBQ, morning drinks, WI Teas, Pillow Fight and Coconut Shy are all continuing along with children's sports and bouncy castle, stalls and competitions .And the much loved Dog Show. For all the children the theme for the Fancy Dress is "Children's book characters" and every entry gets a prize. See you there! BH Monday 11-4. Please note not all the new attractions will be there all day.

Saturday 'Market'/Table Sale in the Memorial Hall on Aug BH Sat, just before Gala on the Monday, the opportunity to sell your own stuff, pay

£6 a table and support Hall funds. Food will be on sale, there will be a raffle and a soft play area for little people. To book or offer a prize or give help contact Sarah E Woof on 25212.

LAKE DISTRICT INVESTMENTS CLUB

For anyone interested in being a success in the Stock Market, the Club is being formed for members to share ideas and experiences.

The next Meeting is to be held in the Castle Street Community Centre, Kendal, LA9 7AD on a date and time to be arranged but if you are interested, please contact Peter Miller on 0743 734 3968 or e-mail Lakesic@gmail.com. You can sign up



Weavers Café

We are expanding the café at Farfield Mill, and this is an exciting opportunity to join our team. We have a new full time cook in position, and we are looking to find the following people to assist her.

2 x Front of House staff

9.30am – 5pm, (4.30pm during the winter)
12-3pm
Days to be discussed

Maternity Cover

Part time kitchen assistant/cook, two days a week
(Tuesday and Saturday)

Part time front of house, two days a week
(may include a weekend day)

(should the current member of staff choose not to return to this role
the position/s will become permanent the above role
could be suitable for 1 or 2 applicants)

Reception/Gallery assistant

One weekend a month, with possible week days for holiday cover 10-5.30pm (10-5pm in the winter)

Please contact Lesley on 015396 21973 or 015396 21958 to request more information, an application, or for an informal chat, or alternatively please email admin@farfieldmill.org Closing date: 8th August

for free on the Web Site <http://www.meetup.com/Lake-District-Investment-Club/>

COMMUNITY OFFICER REPORT

Logs of note for the area of Sedbergh for July 2016

- 10/6 – Break in on Howgill Lane, keys and a BMW stolen.
10/6 – Break in on Station Rd, various items recovered nearby.
10/6 – Report of suspicious males taking pictures in the area, no VRM given.
12/6 – Break in on Station Rd reported, a male was disturbed.
22/6 – 1 person was arrested under the mental health act.
23/6 – Criminal damage caused at Sedbergh School.
23/6 – Report of a male selling knives in the area.
3/7 – Criminal damage caused to a vehicle on Main St.
13/7 – Criminal damage caused at Sedbergh School, a window was smashed and padlocks broken.
Anyone with any information on any of the crimes above then please ring Cumbria Constabulary on 101.
CSO 5244 Mandy Coleman.
Amanda.coleman@cumbria.police.uk

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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 £16.00 - 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.brighthlegion.org.uk/branches/sedbergh>



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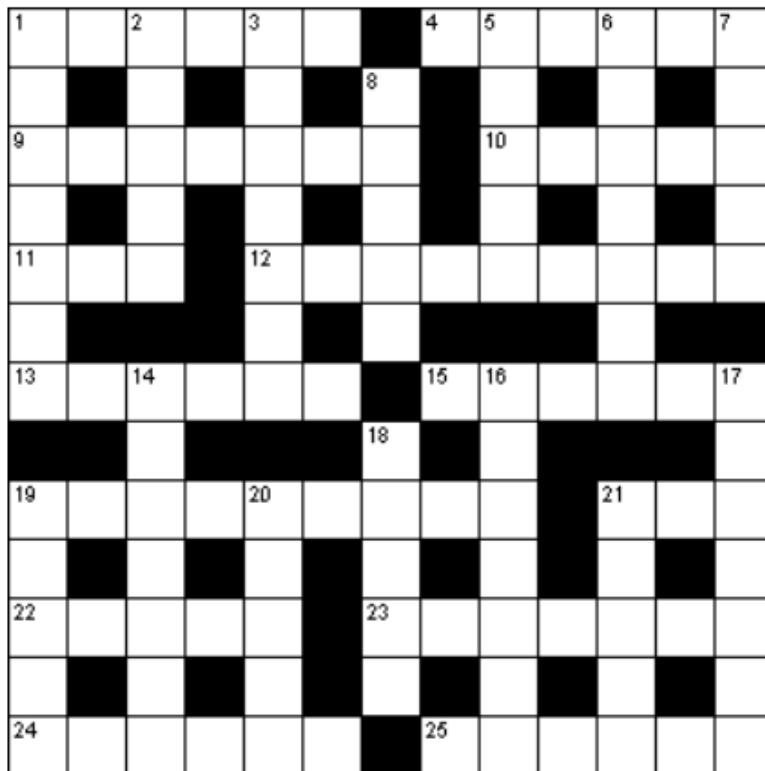
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Across

1. Afternoon nap in Spain (6)
4. Wide street (6)
9. Coherent (7)
10. Speak (5)
11. Playing card (3)
12. Exactly the same (9)
13. Not as strict (6)
15. Armed thief (6)
19. Set up or found (9)
21. Australian flightless bird (3)
22. Stories (5)
23. Chosen by vote (7)
24. Fervid (6)
25. Basement (6)

Down

1. Save from destruction (7)
2. Bird of prey (5)
3. Haptic (7)
5. Strongroom (5)
6. Observed (7)
7. Join up (5)
8. Hints (5)
14. Resolved (7)
16. Sports contestant (7)
17. Booming noise (7)
18. More judicious (5)
19. Additional (5)
20. Large shaggy bovid (5)
21. Exalt (5)

PERSONAL & SMALL ADS £1

PHILIP BAINES

Congratulations our Philip on achieving a First Class BA (Hons) Degree in English Literature/History at Northumbria University. We are so very proud of you. Love you lots, Mum, Dad, Amy, Nan and Rachel xxxxx

=====

EVA LABBATE

David, Rachael and George would like to thank all their wonderful family and friends for all the lovely gifts, cards and well wishes that they have received following the birth of Eva Elizabeth May who was born on 27th June 2016 at 3.32pm weighing 8lbs 2oz.



=====

ON A ROLL

On a Roll celebrates 5 years in business on August 26th
Congratulations and well done to Beccy Parkin. Love from 'The Parkins' of 'The Staleys' xx

=====

FOR SALE

19" Computer Monitor screen, USB mouse and keyboard, £15. Lowpro camera & zoom lens Case £5.
Telephone 015396-20869.

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FOR SALE

Kenwood Multi-Pro Food Processor - never used. £40 ono. Tel: 015396-20616.

WANTED

Copy of small but interesting book originally bought about 2006 from St. Andrews, Sedbergh. The book has drawings of churches in Sedbergh and Dent areas proceeding the history of that church. Although bought in St. Andrews, Sedbergh this book could have been sold from any of the other churches. As I am away several days at a time with uncertain planning at the moment please would it be possible, if a copy of this book is found, for me to buy/collect it from Sedbergh Information Centre at 72 Main Street. Thank You. D. Meakin

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Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1230	Every Monday	Sedbergh Songsters	GH
1330	Every Monday	Knit 'N' Natter	DHC
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
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	URCR
1330	1st Tuesday	Age UK Games	GH
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	URCR
1215	Every Wednesday	Age UK Swimming	Baths
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Brownies	SMCR
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
1400	3rd Wednesday	Age UK South Lakes	Library
1830	Every Thursday	Swimming Club	SS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
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	Age UK 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
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
Methodist Church, New Street
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
United Reformed Church, Main Street
Winder Fell, above Sedbergh

* = Entry Fee Applicable



BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

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

Organisation	Updated	Contact	Tel:	015396
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
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 - Dent	01/09	Mr Hyde	Dent:	25503
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
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	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	Sed:	21101
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	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh *	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
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
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	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
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

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

EDITORS COMMENTS

Well, the perfect Lookaround will never be produced but we have a good try.

Last month, the Settlebeck Report managed to morph last years report onto the back. One of the mysteries of Newsletters but on checking the original information from the School, it was sent correctly. Another one for Arthur C Clark methinks!!!

I also omitted an Advert for the Quiet Day on 22nd July at St Marks Church, Cautley. Sorry.

One new Advertiser this month with Gleam Clean. Please mention Lookaround if you make any enquiries.

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.

Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire). All items for Lookaround must be sent to the Sedbergh Information Centre at 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 16 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.

Lookaround Advertising Rates

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Double Column 5.2" x 3"	= £20.00
Double Column 5.2" x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month to Britain	= £2.00
Postal per month Overseas	= £4.00

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

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

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

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	0900	0935 (L)	Sat	S1	WDB
0815 (M)	0855	Sat	S1	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1245 (Mo)	1325 (M)	Sat	S1	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1130 (Mo)	Sat	S1	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (M)	Sat	S1	WDB
1338 (M)	1415	Sat	S1	WDB	1615	1652 (M)	Sat	S1	WDB
1528 (M)	1605	Sat	S1	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	S1	WDB	1020	1035	Sat	S1	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (M)	1510	Sat	S1	WDB	1930 (R)	1945	Sat	564A	WDB
1652 (M)	1705	Sat	S1	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	S1	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	S1	WDB
0950	1005	Sat	S1	WDB	1515	1528 (M)	Sat	S1	WDB
1705	1720	Sat	S1	WDB	1805	1820 (L)	Sat	S1	WDB
1855 (R)	1910	Sat	S1	WDB	1945 (R)	2000 (L)	Sat	S1	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: May 2016				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1038	1732	1920						

L = Library ~ M = Maryfell ~ Mo = Morrisons

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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

BUS SERVICES

S2 Cautley Flyer Sunday only until 25th September				
Cross Keys		1135		1715
Maryfell		1144		1725
Library	1000	1145	1615	1735
Spar		1146	1616	
Dent	1015	1200	1630	1750
Lea Yeat	1028			1803
Dent Station	1030			1805
Trains from Leeds to Dent Station				
Arrive Dent	1038			
Trains from Carlisle to Dent Station				
Arrive Dent	1040			1816
S2 Cautley Flyer Sunday only until 25th September				
Dent Station	1045			1820
Lea Yeat	1047			1822
Dent	1100	1210	1645	1835
Spar	1114	1224	1659	
Library	1115	1225	1700	1850
Maryfell	1116		1701	
Cross Keys	1125		1711	

S4 Kirkby Stephen Connect Friday only until further notice		
Dent	0945	
Spar	0959	
Library	1000	
Maryfell	1002	
Cautley	1007	
The Fat Lamb	1017	
Ravenstonedale	1022	
Kirkby St Station Arr	1029	
Kirkby St Station Dep	1039	
Kirkby Stephen	1045	
S4 Kirkby Stephen Connect Friday only until further notice		
Kirkby St Station		1251
Kirkby Stephen Arr		1257
Kirkby Stephen Dep	1235	1310
Kirkby St Station	1241	1316
Ravenstonedale		1323
The Fat Lamb		1328
Cautley		1338
Maryfell		1343
Library	0930	1345
Spar		1346
Dent	0945	1410R

S3 Hawes Hopper Tuesday only until further notice		
Dent		0930
Spar		0944
Library		0945
Maryfell		0947
Farfield Mill		0949
Garsdale Street		0957
Moorcock Inn		1004
Hawes Creamery		1015
Hawes Market Place		1018
Hawes Dales Centre		1020
S3 Hawes Hopper Tuesday only until further notice		
Hawes Dales Centre		1235
Hawes Market Place		1237
Hawes Creamery		1240
Moorcock Inn		1251
Garsdale Station		1253
Garsdale Street		1258
Farfield Mill		1306
Maryfell		1308
Library	0915	1310
Spar		1311
Dent	0930	1325R

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

AUGUST CHURCH SERVICES					
St. Andrew's Sedbergh	7th	14th	21st	28th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	HC CW SS	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	3rd	10th	17th	24th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
	7th	14th	21st	28th	
St. Mark's Cautley	2.30pm HC	9.30am MP	9.30am HC by Extension	9.30am HC by Extension	
St. John's Garsdale	9.30am MP	9.30am MP	9.30am HC	9.30am MP	
LUNE PARISH SERVICES					
	7th	14th	21st	28th	
Holy Trinity Howgill	10.30 am Morning Prayer @ Killington	2.00 pm Holy Communion @ Howgill	2.00 pm Holy Communion @ Killington	2.00 pm Holy Communion @ Firbank	
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	7th	14th	21st	28th	
St. Andrew's	10.30 am Holy Communion	10.30 am Holy Communion Open Air Service	10.30 am Holy Communion	10.30 am Holy Communion	
St. John's	9.00 am Holy Communion		2.30 pm Evening Prayer		
worship@peopleshall					
	7th				
People's Hall	1030				
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. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Mary Stainton 20426
& Dorothy Parker 20493

Killington: Jennifer Thornley 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

10:30 am 1st Sunday each month
Beth & Sandy Roy Tel: 20785

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal

Sunday 11.00

Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

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All else by 19th of every month

Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 1st April 2017

AUGUST

1 1000	Footsteps of Turner Exhibition till 28/09	DCMH	20 0800	Barbon Sheep & Dog Show (20)	BMP
1 1030	Lace Guild Exhibition till 18/09 (79)	FM	20 1000	DMC Coffee Morning	DMC
1 1030	Planted & Picked Exhibition till 13/09 (79)	FM	20 1000	Art Society Exhibition (19 & 44)	SSL
2	Drystone walling Demonstration	DCMH	20 1900	Concert & Ceilidh (20)	PH
3	1000 Coffee Morning - Vacant	URCR	21 1430	The Merry Organ (21)	STAD
3	1400 Lets Make a Meadow	DCMH	21 1000	Memorial Stone Dedication (21)	STJCC
4	1400 What does a Ranger do?	DCMH	22 0915	A Grand Day Out (22)	JLCP
4	1930 WIH Quilling Demonstration	FCH	22 1000	Art Society Exhibition (19 & 44)	SSL
5	Garsdale Station 140th Anniversary (28)		23 1000	Art Society Exhibition (19 & 44)	SSL
5	1000 Dent Meditation Centre Event (5 & 57)	DMC	23 1100	Drystone walling Demonstration	DCMH
5	1300 Make a Den	DCMH	24 1000	Coffee Morning - North West Cancer	URCR
5	1900 Awake Awake Festival (6)	Dent	24 1400	Whittling & Wild Weaving	DCMH
6	Garsdale Station 140th Anniversary (28)		24 1000	Art Society Exhibition (19 & 44)	SSL
6	1000 Dent Meditation Centre Event (5 & 57)	DMC	25 1000	Art Society Exhibition (19 & 44)	SSL
6	1000 Awake Awake Festival (6)	Dent	25 1330	Explore Wensleydale	DCMH
6	1000 StAD Coffee Morning	DMH	25 1400	Seeing Red - Squirrels	DCMH
7	1000 Dent Meditation Centre Event (5 & 57)	DMC	26 1000	Art Society Exhibition (19 & 44)	SSL
7	1000 Awake Awake Festival (6)	Dent	26 1100	In The Kitchen	DCMH
7	1300 Stonecarving	DCMH	26 1300	Make a Nature Collage	DCMH
8	a.m. Awake Awake Festival (6)	Dent	27 0930	Artisan Market	Main Street
9	0830 Lunesdale Show (9 & 49)	KL Rugby Club	27 1000	S&DHS Exhibition (64)	GVH
9	1030 Become a Weaver (79)	FM	27 1000	Art Society Exhibition (19 & 44)	SSL
9	1100 Drystone walling Demonstration	DCMH	27 1100	Indoor Market & Craft Stalls (27)	DMH
9	1400 Hawes Town Trail	DCMH	28 1000	S&DHS Exhibition (64)	GVH
9	1930 Domino Drive	FCH	28 1000	Art Society Exhibition (19 & 44)	SSL
10	1000 Coffee Morning - Howgill Church	URCR	28 1100	Hawes Rural Heritage	DCMH
10	1030 Become a Weaver (79)	FM	29	August Bank Holiday	
10	1400 Willow Flowers	DCMH	29 1000	S&DHS Exhibition (64)	GVH
10	1915 WID How to Drop a Brick	DMH	29 1000	Art Society Exhibition (19 & 44)	SSL
10	1930 WIS Balancing a Pulse of Life	PH	29 1100	Dent Gala (1 & 82)	Dent
11	1200 Lunch Club	Red Lion	30 1030	Age UK Walk - Hawes (July Text)	PH
11	1300 Sheepfest Workshop (81)	PH	30 1100	Drystone Walling Demonstration	DCMH
11	1700 Sheepfest Workshop (81)	PH	31 1000	Coffee Morning - Vacant	URCR
11	1915 Royal British Legion (83)	WHC			
12	1300 Sheepfest Workshop (81)	PH			
12	1300 Nature Printing	DCMH	1 0700	Sedbergh Post Office Re-Opens (45)	
12	1700 Sheepfest Workshop (81)	PH	1 1000	Coffee Morning - Garsdale Church	URCR
12	1900 SS u13 NCO Orchestra (June Text)	SSPH	1 1000	Footsteps of Turner Exhibition till 28/09	DCMH
12	1930 Inkanyezi ZeZulu Concert (12)	STAS	1 1030	Lace Guild Exhibition till 18/09 (79)	FM
13	0800 Howgills Triathlon	Sedbergh	1 1030	Planted & Picked Exhibition till 13/09 (79)	FM
13	1000 Cowgill Church Coffee Morning (13)	StJCC	1 1930	WIH Footcare	HVH
13	1000 Derian House Coffee Morning (13)	WFF	3 1000	StAD Coffee Morning	DMH
13	1000 Picnic & Painting (June Ad)	Leck Gallery	3 1400	Music in the Gardens (11)	QG
13	1000 Sheepfest Workshop (81)	PH	3 1900	Flicks in the Fells	PH
13	1000 Dent Meditation Centre Event (5 & 57)	DMC	4 1030	Moorcock Show (54)	Moorcock, Garsdale
13	1330 Sheepfest Workshop (81)	PH	7 1000	Coffee Morning - Talking Lookaround	URCR
14	1100 Minor Cricket Cumberland v Norfolk (47)	SS	8 1200	Lunch Club	Red Lion
14	1100 Dent Meditation Centre Event (5 & 57)	DMC	8 1915	Royal British Legion (83)	WHC
15	1100 Minor Cricket Cumberland v Norfolk (47)	SS	10 0930	Artisan Market	Main Street
15	1300 Sheepfest Workshop (81)	PH	13 1030	Planted & Picked Exhibition Ends (79)	FM
16	1100 Drystone walling Demonstration	DCMH	13 1930	Domino Drive	FCH
16	1700 Sheepfest Workshop (81)	PH	14 1000	Coffee Morning - Vacant	URCR
16	1100 Minor Cricket Cumberland v Norfolk (47)	SS	14 1915	WID Humanist Ceremonies	DMH
16	1730 Post Office Closes for Refurbishment (45)		14 1930	WIS The Baroness of Belsfield	PH
17	1000 Coffee Morning - StAS Mission	URCR	17	Sheepfest '16 (81)	Sedbergh
17	1330 Discover Aisgill Force	DCMH	18	Sheepfest '16 (81)	Sedbergh
17	1400 Fun with Feathers	DCMH	18 1400	Pudding Festival	DMH
19	1000 Art Society Exhibition (19 & 44)	SSL	20 1030	Collapsed Weaving (79)	FM
19	1300 Just Hanging Around	DCMH	20 1400	Sight Advice South Lakes	PH

21	1000	Coffee Morning - First Responders	URCR
22	1300	Medical Centre Closed for Training (58)	MC
25	1030	Birds in Watercolour (4)	FM
27	1030	Age UK Walk - Middleton Hall (July Text)	PH
28	1000	Coffee Morning - WIS	URCR
28	1030	Lace Guild Exhibition Ends (79)	FM
30	1930	Art Society - Abstraction with Watercolours	SMC
		OCTOBER	
1	1000	StAD Coffee Morning	DMH
1	1000	Art Society Workshop	SMC
1	1030	Autumn Glory in Batik (79)	FM
1	1900	Flicks in the Fells	PH
5	1000	Coffee Morning - Firbank Church	URCR
5	1930	HS Archaeology of the A66 (26)	SSAT
6	1930	WIH AGM	FCH
8	1000		
9	1030	Standing Wool - Quillie Rugs (79)	FM
11	1400	WIK How to Make a Fabric Pumpkin	PH
11	1930	Domino Drive	FCH
12	1000	Coffee Morning - Christian Aid	URCR
12	1915	WID Seasonal Flower Arranging	DMH
12	1930	WIS Lakeland Arts Trust	PH
13	1200	Lunch Club	Red Lion
13	1915	Royal British Legion (83)	WHC
18	1400	Sight Advice South Lakes	PH
19	1000	Coffee Morning - Bowling Club	URCR
19	1300	Medical Centre Closed (58)	MC
19	1930	HS Making a Grand Entrance (26)	SSAT
22	1930	Olde Time Dance (81)	PH
25	1030	Age UK Walk - Dent (July Text)	PH
26	1000	Coffee Morning - Garsdale Church	URCR
27	1200	British Legion Poppy Bus (83)	LHCP
28	1930	Domino Drive	HVH
30		Clocks Go Back	HTCC
31		Halloween	JLCP
		NOVEMBER	
2	1000	Coffee Morning - Middleton Church	URCR
2	1930	HS Dent Marble (26)	DMH
3	1930	WIH Bibby's in a Nutshell	HVH
5		Guy Fawkes Night	
5	1000	StAD Coffee Morning	DMH
8	1400	WIK AGM	PH
8	1930	Domino Drive	FCH
9	1000	Coffee Morning - British Legion (83)	URCR
9	1915	WID AGM + Sensory Quiz	DMH
9	1930	WIS AGM & Jacobs Join	PH
10	1200	Lunch Club	Red Lion
10	1915	Royal British Legion (83)	WHC
11	1330	Art Society - Bird Watercolours	PH
12	1900	Flicks in the Fells	PH
13		Remembrance Sunday	
16	1000	Coffee Morning - People's Hall (81)	URCR
16	1930	HS Westfield Village (26)	SSAT
18		Friends of Dent School Promise Auction	
18	1930	Domino Drive	DMH
23	1000	Coffee Morning - Vacant	MCH
24	1300	Medical Centre Closed for Training (58)	URCR
25	1900	HS Annual Dinner (26)	MC
26	1000	DMC Coffee Morning	PH
29	1030	Age UK Walk - Farfield Mill (July Text)	DMC
30		St Andrew's Day	WFF
30	1000	Coffee Morning - Vacant	URCR
		DECEMBER	
1	1930	WIH Christmas Party	TBA

COVER PICTURE
Garsdale Railway Station
By Dennis J Whicker

DIARY KEY

BF	= Brigflatts
BMP	= Barbon Manor Park
BVH	= Barbon Village Hall
CDC	= Community Development Centre
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
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HTCC	= Holy Trinity Church Casterton
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
QG	= Queens Gardens
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
STADS	= St Andrew's Church, Dent/Sedbergh
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIC	= Sedbergh Information Centre, 72 Main St
SSAT	= Settlebeck School Academy Trust
SPPS	= Sedbergh School Thornley Studio
URC(R)	= United Reformed Church (Rooms)
WFF	= Waterside Farm, Firbank
WID	= Women's Institute, Dentdale
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WIS	= Women's Institute, Sedbergh

PUBLIC INFORMATION

Sedbergh Medical Practice

01539 718191

Option 1 - 24hr Prescription line

Surgery and Dispensary Opening Hours

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

Doctors Clinics

Monday – Friday

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

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

Dent Surgery by appointment only - Monday

Practice Nurses Clinics

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

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

Blood clinic

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

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

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

When we are closed please ring 111 or 999 if appropriate

Collinge Optometrist

Friday only - 0900 to 1300 by appointment only

Bridging the Gap

First Monday - 1400 - 1600
Mrs Colpus 01228 595937

DENTAL SURGERY

Main Street 20626

Ben Houghton, Ian Dawson, Evan Hurst,
Katie McKay & Sarah Boom (Hygienist)
Monday to Friday 0900 - 1700
Saturday * 0900 - 1700

SEDBERGH LIBRARY Main Street 20186

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

DENT LIBRARY Main Street 01539 713520

Tuesday	0900 - 1900
Saturday	0900 - 1400

SEDBERGH & DISTRICT INFORMATION CENTRE

for resident & visitor information

72 Main Street, Sedbergh
Open Monday to Saturday 1000 - 1600
Sunday 1200 to 1600
e-mail: tic@sedbergh.org.uk
Tel: 015396 20125/20504
www.sedbergh.org.uk

SOUTH LAKES CITIZENS ADVICE BUREAU

015394 46464

www.cumbriaruralcab.org.uk

PENSION SERVICE SURGERY

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

Age UK SL @ Sedbergh Library

3rd Wednesday every month
2 pm to 3 pm
01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031
www.sedberghcdc.org.uk

POLICE

101 or 999

PUBLIC TOILETS

Main Street, Sedbergh
Main Street, Dent

VETERINARY SURGERY

14 Long Lane

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

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

Other times by appointment only *

MARKET DAY	WEDNESDAY
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HALF-DAY CLOSING	THURSDAY
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