

Sedbergh & District **LOOKAROUND**

March 2016

Issue 341

Donation £1

A very warm welcome to everyone in this, yet another Chapter in the life of Lookaround. This issue sees us being in production for 30 year and we would like to thank everyone for

their continued contributions and support over the years. Have a look at Page 88 which will bring back some memories to everyone.

Dennis & Jacky Whicker

7TH 18TH & 19TH MARCH
SEDBERGH PEOPLES HALL
7:30PM
SATURDAY MATINEE
2:30PM



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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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3	Mylo WADE	2
3	Luke HUMPHREYS	8
3	Finlay LAPPIN	11
4	Beatrice DEIGHTON	11
5	Willow ASHWORTH	9
10	Aaron KELLY	3
10	Leo KELLY	3
10	Alana WILLIAMSON	11
12	Evie STANLEY	8
12	Edward DEIGHTON	9
13	Isabel JOHNSON	6
13	Emily BAINES	11
17	Freya GARDNER	7
17	Fiona HOGGARTH	8
18	Danny HUNTER	11
20	Meredith WADE	9
20	Holly HAMLETT	9
27	Sophie WHITE	6
27	Zoe COWIN	1
27	Jack GARNETT	10
29	Zara GORNALL	7
29	Ellie-Ann STAINTON	7
30	Daisy ALLAN	5

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

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

MARCH GARDENING

The window box which holds my Christmas Rose plants is beginning to look a little end-of-winterish, as the flowers go over and set seed. I shall look for a few pots of spring flowering bulbs to place in there to extend the season of interest, until the whole lot comes out to be replaced by the Summer's Pelargonium plants.

Grape Hyacinths (*Muscari*) are some of my earliest remembered flowers so I have a particular soft spot for them. The commonest species – rich, blue flowered *M. armeniacum*, is already growing in the border but there are several other species and cultivars to look out for. 'Cantab' is a lovely pale sky blue and 'Siberian Tiger' a pure white. 'Mount Hood' has

Suffragette

Carey Mulligan, Meryl Streep, Ben Whishaw
Helena Bonham Carter, Brendan Gleeson
Romola Garai. 104 minutes. Certificate 12A

**Saturday
5th March**

film starts **7.30pm**

Sedbergh People's Hall
Flicks in The Fells

blue flowers lower down on the spike, but those at the top are white, and 'Blue Spike' has double flowers. 'Saffier' flower spikes stay tightly closed – and hence remain grape-like for the longest of all. Of the species, I like *Muscari latifolium* (Broad leaved Grape Hyacinth) which has two tone flower spikes – violet blue at the top and blue black at the bottom. For those gardeners who like to grow something more arresting, two cultivars fit the bill. *Muscari 'Fantasy Creation'* flowers resemble small blue green cauliflowers, and those of *Muscari comosum 'Plumosum'*, miniature violet pink feather dusters.

Added to these, some pots of *Anemone blanda* whose starry flowers – sometimes known as Winter Windflowers – make a welcome contrast to the mix. *Anemone banda* flowers are most often a soft blue, but pale blue, pink and white cultivars are also available.

All of the bulbs can be planted out in the garden after they have finished flowering, though the more unusual *Muscari* cultivars tend not to be so persistent as the common species.

Elaine Horne

You're invited to our **DISNEY PRINCESS SHOW!**



The dancers of Danceworks Kirkby Lonsdale are coming to People's Hall, Sedbergh **Saturday 5th March at 3:45pm** to showcase all their hard work and dancing talent to perform for you!

Come along and meet your favourite Disney Princesses, and sing along to your favourite Disney songs!

Our show is suitable for children and adults of all ages, and will leave you with a warmed heart and a smile on your face.

Buy your tickets online to reserve your space:
www.trybooking.co.uk/NV or phone 07983 000450
Adults £5.50 ~ OAP (65+) £4
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See YOU there!

COUNCILLORS CORNER

Twelve months ago I first learnt of the serious impracticalities of the new "Basic Payment Scheme" being introduced to transform the payment of agricultural subsidies. After my own astonishing problems from a system which demanded that my deceased father personally confirmed that he had indeed died it soon became apparent that this was a computer process designed by the incompetent to be implemented by the stupid. A year down the line very few local farmers with common rights have actually been paid the money they are owed and very soon we will all have to be lining up to attempt to make a 2016 claim. I doubt there will be many who will be looking forward

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to that.

For the first time in about six years both county and district councils will be voting on budgets which propose an increase of between two and three percent. The two costs cited are elderly care and dealing with the aftermath of the dreadful December floods. I imagine most people will recognise the justice of these increases. However, neither of these are costs which local councils can stand alone and negotiations are taking place with national government as to how much of the burden ought to be borne centrally.

We are now ten years on from when South Lakeland ceased to be a "balanced" council and when I ceased to be in the cabinet. Back then one of our biggest problems was the outrageous way in which the then national government was skewing Rate Support Grant away from rural areas into the inner cities. Of course



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the needs of deprived areas are different and greater but it was not until the Coalition came into power in 2010 that there were any attempts to redress this gerrymandered inequality. Even now, after six years of fairer dealing there are urban areas which are given £2.50 for every £1 received by South Lakeland. Bear this in mind when you pay your council tax !

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

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

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

*Telephone 015242 71644,
07957868256
email mel.mac@uwclub.net*

COUNCILLOR CORNER

It's that time of year again when I put on a bright yellow hi viz jacket, pull on a pair of gloves, grab a handful of black bin bags and wield a pair of 'grabbers' picking up litter along the verges of roads and lanes in the Sedbergh & Kirkby Lonsdale area. As a regular cyclist I travel slow enough to see all the trash that lies in the grass alongside the road.

Recently I started from Rawthey Bridge, along the Cautley Road at the district boundary with Eden, and over a couple of sessions walked back

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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

along the A683 to Sedbergh, filling up some 10 bags of litter. Most of this is drink cans and bottles, crisp packets, sweet wrappers and cigarette packets, all thrown out of cars by people who can't be bothered to take it home with them.

The good news is that this now being the third year that I have done this, there is less litter this year than last year which in turn was better than the previous year.

It also gave me a chance to seek out all the drains that were covered over with debris by the winter floods. More good news - the vast majority of these gullies are in working order, they just needed a scrape with a boot to clear the top of the grating.

However, a chance meeting with Dr

Gina Barney at Straight Bridge gave me all the information I needed about why that particular bridge is subject to standing water and flooding during heavy rainfall. I have forwarded her observations to Cumbria Highways and await a site visit to pass on this vital local knowledge.

I have a stack of hi viz jackets, grabbers and bags so if anyone wants to organise a litterpick around Sedbergh I can supply this kit and will do my best to help out if I am free. Or maybe there are individuals who go out regularly who would be happy to keep a section of the town or its surrounding roads free of litter who'd like a permanent loan of litterpicking kit. Please let me know.

Cllr Nick Cotton

Settlebeck School

Senior Citizens Concert

Tuesday 8th March
5.00pm – 7.00pm
at
Settlebeck School

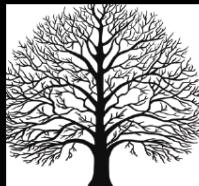
Please don't wait to be invited.

The concert is for all local senior citizens, you don't have to have grandchildren in school.

Telephone Settlebeck
on 015396 20383 to book a place.
There is no charge for this event

- ◆ Three-course meal provided
- ◆ Transport available from various
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TIM FARRON MP

It has been a busy month.

Much of it has been taken up with the continuing problems created by the flooding in December. Roads across our area are in a mess, Cumbria County Council is doing what it can but they face a massive task and they really don't have the money needed to do the job. The accounting firm KPMG estimates that the damage done amounts to about £5 billion worth.

We were visited by the Prime Minister but all he offered was £3 million. That is barely enough to pay for the cost of his helicopter visit. He didn't even seem to have the time to go and look at the place, north of Grasmere, where the A591 is meant to be. To make things worse the Government has not had the time to even fill in the application for the money the European Union has in place to help countries facing the sorts of natural disasters that we saw

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at the end of last year. The £125 million that we estimate that fund would provide us would go a lot further than the miserable amount that Mr Cameron was offering.

I have been keeping up my pressure on Ministers on all these issues and even flew over to Brussels to talk to some MEPs about what can be done. I know that the next over the next few months we are all going to hear more than we want about the European Union but one benefit of it is that if you disagree with any decision reached by our Government there is at least one more place you can take your issues to.

Outside flooding I have been pressing the Rural Payments Agency



The Sedbergh and District
Christian Aid Committee

Coffee Morning

Wednesday 9th March

10am – 12 noon

URC rooms Sedbergh

coffee ~ biscuits
homebaking ~ stalls

All welcome



to get on with making releasing the money that farmers are due from the Basic Payments Scheme. They had promised that most payments would be made before the end of January but we are now well into February and still about a quarter of farmers have not received the money they are owed. We all know the problems farmers are facing at the moment, the milk price is at a cripplingly low level, supermarkets are moving their contracts between milk processors to get even lower prices, livestock are achieving stupidly low prices at auction. In the face of all of this the last thing farmers need is for a Government Agency to make things worse.

Finally, I have just received a report

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on broadband speed in this country. According to this this part of the world lies 628th of 650 constituencies across the country for broadband speed. Not a record that I am particularly proud of and one that I am doing all I can to address. I have been meeting with BT along with other groups to see what can be done to improve the rate at which the Connecting Cumbria Scheme is being rolled out and to make the improvements that it provides worthwhile. The report says that 10 MBs is the minimum speed that any household needs for a decent experience. Many of us can only dream of that sort of level.

As ever if I can help with these or

any other issues please do get in touch by emailing tim@timfarron.co.uk or calling 01539 723 403.

Thanks for your support

Tim Farron

SEDBERGH PARISH COUNCIL

This short report covers items from the monthly meeting held on 11th February 2016. The next Parish Council meeting will be on **Thursday 10th March at 7.30pm** in the People's Hall, Sedbergh.

SKATE PARK

Sedbergh Community Trust had submitted a lease request in connection with the Skate Park proposal on the playing fields previously rejected by Sedbergh

Parish Council. A short presentation was given by the Trust and residents from the area also spoke, wishing to share their concerns relating to noise/nuisance. The Chair reminded those present that the Council had resolved in November that 'there was not a suitable site for a skate park on the playing field' and that, under Standing Orders, the Council could not reverse a decision within six months unless certain measures were met. All present agreed that Sedbergh would benefit from a skate park, but it was a question of location that gave some cause for concern. One member of the public requested that the Trust give a full and frank report of all their research into potential locations/ surveys etc and make this available

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to the public for inspection.

PLANNING & TOWNSCAPE

The Planning Committee report detailed applications and related matters, full details can be found on the Parish Council Website/Yorkshire Dales National Park Website and included discussions on Ingmore Caravan Park and the proposed development at Kings Yard.

SEDBERGH TOWNSCAPE

PROJECT

Following a recent meeting of the Project Board, it was noted that representatives from the Community would continue to develop a 'Vision Statement' for Sedbergh. It was also noted that restoration works would be carried out on Jubilee Fountain, Finkle Street in March and this would

GRAHAM J MOFFAT



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require the use of temporary traffic lights.

Other matters included, the recent flooding on Joss Lane car park (now resolved), the temporary bridge at Middleton Hall, the provision of sand bags in Sedbergh in regard to the continuing development of an Emergency Plan for the town, the provision of a new 'interpretation panel' for Sedbergh to replace the old information board situated in the gardens at 72 Main Street and also the current appearance of some buildings along Main Street and it was agreed this should be an Agenda item in March.

Please note that members of the public are invited to our monthly Meetings where, as always, they are able to comment or ask questions at 8.30 pm. 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



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Saturday 5th March

10am to 4pm

Meditation for Beginners

Saturday 12th March

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GARSDALE PARISH COUNCIL

Superfast Broadband In Garsdale

At the last meeting of Garsdale Parish Council on the 21st January, the community B4RN project, which is presently eating up the miles towards Barbon and Middleton at great pace, was discussed in depth as there are proposals that they would be effective in providing superfast broadband in Garsdale and Dent. This would 1000x faster than anything provided by BT and much more cost effective. The B4RN project is truly community led and all work is carried out by local farmers or contractors. Farmers willing to dig in the cable themselves will be issued with shares for their wayleaves and for the digging, yielding a 5%

dividend after 3 years. Any landowners unwilling to sign wayleaves will simply be bypassed.

The Council have asked representatives from B4RN to present their proposals at a public meeting to which they have agreed. This is to be held at **Garsdale Village Hall on Tuesday 1st March at 7.30pm**. Although specifically aimed at farmers and landowners, any resident of Garsdale will be able to attend and there will be sufficient time to ask any questions they might have. At the meeting there will be a call for volunteers to help with digging, organising, tea making or any other tasks that come to mind. Maps and wayleave forms will be on hand for perusal and for suggestions of

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proposed routes.

Garsdale Parish Council would like to see as many residents and landowners at this meeting as possible and to spread the word out to friends and neighbours so that as broad as possible concession of opinion can be achieved.

Philip Johns

NATIONAL PARK NOTES

1st August 2016. This is the date when the boundary extensions to the Yorkshire Dales National Park will legally come into effect as no appeal against the Extension Order was made by mid-December the final date for lodging such an appeal. So it is all systems go at the moment with a great deal of work to be done by

members and officers of the Authority before August. Naturally local people who now find themselves likely to be living in the National Park have concerns and reservations about what living in a National Park will mean for them particularly with regard to Planning matters. In an attempt to address these concerns meetings have already been held between officers of the Authority and those new local government areas most affected by the changes viz Lancaster City Council, Lancashire County Council, Eden District Council and South Lakeland District Council. In addition on the 12th April the YDNPA Chairman, Peter Charlesworth, together with other members and officers will be meeting with

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representatives from all Parish Councils and Parish Meetings within the extended Park to present and discuss the implications of what the changes will mean for them and their local residents.

A partnership led by Cumbria-based charity Friends of the Lake District (for whom that part of the Yorkshire Dales National Park lying within Cumbria is within their remit) known as the Orton Fells Landscape Partnership – and including the YDNPA – is also being formed to work with local people, community organisations and interest groups to deliver an ambitious programme of landscape-related projects. A series of public drop-in events has been organised as a first step to gather

views and ideas as part of the development of the scheme, which will cover the soon-to-be-designated northern extension of the YDNPA. The programme area is likely to extend from the headwaters of the River Lune, across Great Asby Scar to Maulds Meaburn. To the west it will be bounded by the M6 and to the east by the Eden Valley.

Staff from the National Park Authority will be at all the drop-in sessions so that people from local communities can also talk about their hopes and concerns regarding becoming part of the National Park. The events will be held at:
Orton Market Hall (March 1)
Great Asby Village Hall (March 3)
They will all run from 6pm to 8pm



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A small working group has been set up to establish the partnership and includes: Cumbria County Council, Cumbria Wildlife Trust, Friends of the Lake District, the YDNPA, Natural England, The Woodland Trust and Lunesdale Archaeology Society. It is hoped that its work will be funded through the Heritage Lottery Fund's Landscape Partnership programme with a first-stage application due to be submitted by Friends of the Lake District in May this year.

Anyone with particular local issues that they would like to discuss are, of course, as always, welcome to contact me at any time either on 015396 20648 or at ianmcpherson24@hotmail.com.

SEDBERGH & DISTRICT HISTORY SOCIETY

Wednesday 2nd March

Telling it like it was!

Anthea Boulton

7:30 pm Dent Memorial Hall

Wednesday 16th March

The Highland Clearances

Dr Mike Winstanley

7:30 pm Settlebeck School

Saturday 19th March

Annual General Meeting

7 for 7:30 pm Settlebeck School
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Have a good March and let's hope that Spring will truly be on the way before by next set of Notes. Best wishes.

Ian McPherson

YORKSHIRE DALES NATIONAL PARK

Yorkshire Dales Local Plan to go under Whitehall microscope

New guidelines that will affect future planning decisions in the Yorkshire Dales National Park moved a step closer today (February 1) when they were formally submitted to the Secretary of State for Communities and Local Government.

The Yorkshire Dales National Park Authority (YDNAP) Local Plan is its 15-year strategy for sustainable development in the National Park.

It will guide planning decisions worth tens of millions of pounds and respond positively to some of the challenges being faced by

SEDBERGH MEDICAL CENTRE

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

Thursday 17th March
Wednesday 20th April
Thursday 19th May
Wednesday 22nd June
Wednesday 20th July



communities in remote rural areas like the National Park.

Submission is one of the final stages in the preparation of the Local Plan, which began in 2013. The National Park Authority effectively hands it over to an independent inspector to examine whether it is justified by the evidence, conforms to national policy and is otherwise effective and fit for purpose.

Carl Lis, the Authority's Member Champion for Sustainable Development, said the YDNPA has carried out a comprehensive review of all its planning policies over the last three years and remained committed to the provision of local, affordable housing within the National Park.

"The new Local Plan is now a powerful tool to implement the development objectives that we and our partners first set out in the National Park Management Plan," he said.

"It's an important part of the Authority's response to the issues that have been raised by our local communities about the long-term social and economic challenges facing the area. It contains a positive

strategy for new housing, stronger businesses and support for local services, all of which are vital for sustainable communities.

"At this final stage we have received a relatively small number of formal objections, which should mean a quicker examination. Predictably, most of the objections concern our new housing target, our new policy on crushed rock quarrying and some of our new flexibilities for visitor accommodation.

"In undertaking such a comprehensive review of policy and changing our direction in some key areas, we will face some new risks. The purpose of the examination, however, is to explore these, and I am confident we are heading in the

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right direction and can show that our plan is backed by evidence.

"In fact, we are confident enough to have already started using the new Local Plan to permit roadside barn conversions and support other forms of beneficial development. I believe we are starting to get a positive reaction from the early applicants, who are seeing some of the new benefits."

As part of the examination, the inspector will chair a series of public round-table hearings in spring with objectors and officers of the Authority.

The inspector will then write a report of examination that will be published by the Authority, probably during summer. The Authority is hoping for a

positive outcome so it can adopt the new plan and fully implement it to support sustainable development in the National Park.

YORKSHIRE DALES NATIONAL PARK

National Park says goodbye to stalwart

One of the longest serving members of staff at the Yorkshire Dales National Park Authority is calling it a day – after clocking up 32 years of service.

And Senior Historic Environment Officer Robert White is planning a long break in South America to unwind after he retired on Friday February 19th.

But he says he will still keep his hand



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in helping to look after historical features in the Yorkshire Dales. National Park Authority Chief Executive David Butterworth said: "Robert joined the National Park Authority as a temporary planning assistant in 1984 and he has become the driving force behind the Authority's work to conserve and enhance the extraordinary historic environment of the National Park. "He has championed new ways of working and, in his spare time, he even managed to write a book – 'Yorkshire Dales: A Landscape Through Time' – which has become the definitive, popular guide to the National Park's archaeology and landscape history.

"He has been a constant source of

inspiration and he will be sorely missed."

Last December Robert and the Authority's Head of Ranger Services, Alan Hulme, received an 'Order of the National Parks' for their outstanding contribution to national park purposes. The awards are run by the UK's 15 national parks and the winners are announced at the National Parks Conference, which is held every two years.

Nick Oldham

YORKSHIRE DALES NATIONAL PARK

Money still available for National Park projects

Nearly £50,000 is still up for grabs for communities, individuals, businesses and organisations

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wanting help with projects in the Yorkshire Dales National Park.

So far this financial year more than £90,000 has been given out by the Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF) and there is still some money left.

Andrea Burden, the Authority's Sustainable Development Officer, said: "We would like to hear from any local projects that will bring economic, social and environmental benefits to the National Park.

"Ideally they need to submit an application within the next week or so to be eligible for this last round of grants in the 2015/16 financial year.

"The money is there for individuals,

businesses, community groups or voluntary-sector bodies who have great projects that need some financial help.

"The only condition is that the project should contribute in some way to looking after the National Park's natural beauty, wildlife or cultural heritage, or it should promote opportunities for the public to understand and enjoy those things – while at the same time providing some local economic or community benefit."

More details about the Sustainable Development Fund can be found on the National Park Authority website at yorkshiredales.org.uk/sdf.

In the first instance enquirers are

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recommended to get in touch before they submit an application. They can do this via email to SDF@yorkshiredales.org.uk or by phoning 01969 652337. Prospective applicants can also download an electronic application form and guidance notes via the website. Recent SDF grants include: £3,000 towards improving thermal efficiency at the People's Hall in Sedbergh.

YORKSHIRE DALES NATIONAL PARK

LEADER Funding Available

Grants are now available from the new LEADER programme with applications sought from enterprises and farming businesses with a focus on job creation and business growth.

The Yorkshire Dales LEADER Programme will distribute £2.232 million over the next five years for rural projects benefiting the area and its communities.

Funding is available for projects that are distinctive, innovative, involve partnership working, represent good value for money and have the potential to leave a lasting legacy to the Yorkshire Dales LEADER area. Successful projects will bring

economic benefits to the local area within three key areas - tourism development, farm diversification, and micro/small business projects.

Rima Berry, LEADER Co-ordinator in the Yorkshire Dales, said: "LEADER is a very competitive grants process, and we expect to receive applications for new and innovative projects that can really make a difference to the local community. Each project will be assessed, and funding will be awarded to those that make the greatest contribution to our local strategic objectives, and offer best value for money by creating new jobs and helping the rural economy to grow."

There are two funding windows scheduled for 2016, with deadlines for outline applications on 9th March and 25th July.

If you have a project idea please visit www.yorkshiredalesleader.co.uk in the first instance for details of each funding call along with information on how to apply, the Outline Application Form and guidance notes.

If you would like to discuss a potential application, please contact Rima Berry on 015242 51002 or email rima.berry@ydmt.org

The Yorkshire Dales LEADER Programme has been set up to address the problems of 'rurality' within the Yorkshire Dales. Yorkshire Dales Millennium Trust is the lead partner in this multi-agency partnership which brings together representatives from voluntary sector organisations, public bodies and private businesses working in the Yorkshire Dales LEADER area.

Sarah Pattifer

Sedbergh Walking & Cycling Group

The Dales High Way

An illustrated talk

by Chris and Tony Grogan

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More details and appointments can be booked at www.blood.co.uk or by calling 0300 123 23 23. You can also manage appointments via our app for Apple and android phones. Every unit could save the lives of three people.

Joanne Leeman

Sedbergh Red Squirrel Group

Spring Meeting

Wednesday 23rd March

7.30 pm at the United Reformed Church

This meeting is for anyone who wants to find out more about red squirrels and what is happening locally to promote them.

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SEDBERGH LABOUR GROUP

I wonder if any of you remember Beer in the 1960s? At that time I was a young, very young apprentice seaman sailing out of Liverpool for the Gulf of Mexico and I remember it well.

Britain, in the sixties, boasted a thriving brewing industry, most cities and regions boasted their own variation on the theme of a flat concoction served in straight glasses at room temperature that was generally vile, but it was ours and we loved it because we knew no better. Then came a change: Breweries were taken over or closed down until only a few mega breweries were left.

Someone in marketing had the bright idea that we wanted fizzy modern beers to go with the mini car and skirt; the Beatles and the Mersey sound. The arrival of these new, 'modern' brews were greeted with enthusiasm for they were served cold, fizzy, in 'tankard' glasses and all tasted exactly the same. You remember them? There was, let me see, Watney's Draft Red Barrel, Whitbread Tankard and, of course, Double Diamond which, you will need no reminding, 'worked wonders'. Plastic pubs in which these beers were drunk were all the rage, you couldn't even avoid them on the telly or in the cinema, they were

advertised in every newspaper and plastered on billboards.

Then, something stirred. A revolt against the received wisdom took place. A group of wild eyed idealists fought back against the insipid tide of Worthington E and the rest. These revolutionaries demanded real beer, beer that tasted of beer, beer that was made with hops and water and not carbon dioxide and mono sodium glutamate. The Campaign for Real Ale was born.

Until the election of 2015 British politics was like the characterless beers of the sixties. We had three parties all espousing the same message; colourless, fizzy, weak and over advertised. They were all

products of the same sort of advertising agencies and all very much the same; taste one and you have tasted them all.

But as with the revolt against plastic beer, so there is happening a revolt against plastic politics. 'Wild eyed idealists', pilloried for suggesting that there is 'something rotten in the state of Denmark' are arguing for a new, people centred politics, a politics where your voice counts. The Campaign for Real Politics has begun. Join us at the Sedbergh Labour Group which will hold its next monthly meeting on Wednesday 2nd of March at 7.30 pm at Gladstone House.

Nick Cross

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FARFIELD MILL GETS WEAVING!

The development of a Sedbergh Tweed by resident designer Alison O'Neil using wool from local sheep – to be woven at Farfield Mill by our master-weaver David McDowell – has provided the impetus for the long-needed re-structuring of Farfield's weaving department. This exciting initiative which has already attracted considerable media interest will also benefit Sedbergh's economy! All the wool will be sourced from local farmers and Farfield is exploring opportunities for local people to become involved in the production of the cloth, as they are in Harris. However, our first priority is to establish a weaving department with looms capable of meeting future production targets with demand for commission weaving in addition to our own rugs and throws.

As visitors to Farfield Mill will know, we have had two Dobcross looms dating from 1936 which were



acquired from Mealbank Woollens Ltd. in 1965. It has never been possible to run them both together by one weaver because each requires constant attention; frequent



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breakdowns and the difficulty of sourcing spare parts add to the problem. We needed to bring in a loom which would run un-attended at significantly faster rates, allowing for more efficient use of man hours in the department and thereby achieving greater profitability. We have now managed to obtain a second-hand Somet loom from Scotland at an excellent price.

We did not have room for all three looms, but we were fortunate to find a new home for one of our Dobcross looms when we set up a relationship with a start-up enterprise similar to Farfield – Dartmoor Tweed in Devon. The other Dobcross loom remains, vitally maintaining the original heritage link, and continuing to be



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chosen by many customers for the specific jobs which require it.

Conscious of the need to maintain the heritage ‘balance’ we are delighted to have been offered a Dunfermline Foundry Co. Loom (see pic) which dates from the 1880’s. This links with the arrival of a new member of our weaving department, Juliette Labourne. A weaving graduate from the University of the Highlands and Islands, she is currently based in Shetland, designing fabrics using organic Shetland yarns. She will join our weaver David McDowell in approximately 3 months time and we are excited at the prospect of moving the weaving department into the next generation.

For further information about weaving developments at Farfield Mill please contact Anne Pierson Director or John Barracough Volunteer Textiles Adviser at admin@farfieldmill.org

DOBCROSS LOOM

Farewell to the Dobcross Loom

Google Dobcross Looms and it produces: Farfield Mill is the home of two magnificent working **Dobcross Power looms**

Toyota cars are common sight. Did you know they started out in the 19th century as one of Japan’s leading manufacturers of looms, then under the name of Toyoda? The Japanese highly value weaving and a bride to be will pay £20,000 for a piece of cloth to put in her bottom drawer for her wedding kimono. Yet it was to the UK they came for our expertise in power-loom weaving. Toyota came to Platts of Oldham nearby to Dobcross

who were making looms. Platts sent men over to help Japan set up its first power weaving mill. The Japanese even improved on it and Platts paid £100,000 for a new Japanese patented idea - an automatic stop for a breakage. With that £100,000 they started the Toyota car industry.

The Dobcross were the looms that were the workhouse of the woollen mills of Yorkshire for 150 years and they wove fabric in the mills of Sedbergh, fabrics that made Sedbergh famous. In the nineteenth century they made horse blankets for Queen Victoria's horses. In the twentieth century they produced fabric for the Dior fashion h

So perhaps it is not surprising that when I visited Farfield Mill in

November 1992 and I saw Bryan Hinton of Pennine Tweeds breaking up the Dobcross looms to go to the scrap merchants, I stopped him. With a number of others I felt there had to be some way of saving those looms, even if it meant buying Farfield Mill to put them in! These were the last working machines that were a reminder of the days when Sedbergh was famous for the products of its mills.

These were not static pieces of ironwork, they were machines that produced cloth even better than the machines of today - although perhaps only half as fast in operation. Did you know that Dobcross loom produces a proper selvedge edge because the yarn is continuous. On modern rapier

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looms each weft thread is a single piece of yarn, so a fringe is left at the edges which has to be cut off later. The Dobcross looms are so versatile they can work the finest silk, much prized in Japan as well as carpet wool. They are a miracle of British engineering and design.

The Victorian Mills of course had hundreds of these looms in a single room, but they were always worked in pairs, two looms facing each other. This enabled the weaver to work on the two looms at the same time. This was the set-up at Farfield, which enabled the visitor to see just how it worked.

As it happened, we did not have to move Bryan's looms out of the mill (I think we were going to take them to a

place near the old auction mart if we could not get the mill) but we managed to buy Farfield and re-install them there, set up as they always would have been, one facing the other; and since 2001 they have been producing traditional fabrics and attracting visitors.

Now overnight, one of them has gone, down to Dartmoor I believe, leaving the other looking somewhat forlorn without its partner. I understand that the management at the Arts and Heritage Centre have brought in a rapier loom, called a Somet. It is not exactly a modern machine but it works a bit faster than the Dobcross. It is good in its way, but for me it is like cutting a Van Gogh masterpiece in half and attaching to it an Andy Warhol picture of a can of beans.

Perhaps it is just sentimental but to me but the loss of these machines is a crime, a complete failure to understand how important it is to allow future generations to know about our heritage: to see machines dating back to the early nineteenth century still alive and working as they always did, and producing beautiful things.

I fear the other Dobcross loom will be the next to go if there is no-one left to appreciate its value. There are plenty of spares still available. Do go and see the lonely twin! And while you are there do have a look on the far wall of the studio of Dimitris Dimitropoulos, the jeweller, the second studio on the right on Level 3, where you will see something scrawled by Bryan Hinton in 1992.

Maureen Lamb

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HOWGILL WI

We had a good turn out of members at the February meeting. Bridget Postlethwaite presided giving everyone a warm welcome. It was good to see Sheelagh Denniss back with us following her stay in hospital. A special welcome to our visitor Christeen Knipe, a prospective new member.

Judith Capstick was thanked for keeping us updated on road conditions in Howgill during and after the floods.

Members are interested in forthcoming Federation events. The highlight was on February 26th at Kendal Town Hall when around 50 Centenary Scrapbooks went on display at a public exhibition. These

illustrate important events that have taken place within each W.I., during the year.

Bridget is to be our delegate at the Council Meeting on March 21st. We are hosting a Group Meeting in May. The Lune Valley Group of W.I.s are invited to request two members to attend a Planning Meeting at Firbank Church Hall at 2pm on 9th March.

The January Walk was cancelled due to the weather. Lesley Hennedy will lead the next walk in Little Salkeld near Penrith. As our speaker and antique expert had to cancel due to illness it was down to members to recapture the bygone days. Those of us who had bought family heirlooms to be valued spoke about the history

Sedbergh and District Community First Responders

Annual General Meeting

All welcome!



Wednesday, 2nd March at 7.30 pm
Committee Room, Peoples Hall
followed at 8.00 pm by an

Open Meeting

- * To celebrate our achievements over our first year of operation
- * Explain what we are able to do
- * Show the equipment which local people have enabled us to buy
- * Demonstrate how a defibrillator works
- * Consider how you might help us – could **YOU** be a First Responder?



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This Team Leaves It Clean

and background of their treasures and what they mean to us, revealing some interesting stories.

The competition for an old household object was won by Mary Stainton with her brass toffee pan. Anne Kendals flat iron was second. Bridget went home with the raffle prized. Social time was a card game won by Mary Silva.

We were pleased to see Lesley drop in during the meeting. We were given a treat to round off the evening to help support our health and well being. We were introduced to some basic yoga moves leaving us relaxed in mind and body following a most enjoyable evening. Tea and cake were served by our hostesses.

We meet again on 3rd March when Andrew Lowe will be speaker on "Power from the Fells". Visitors and new members are welcome. A.H.

**KILLINGTON WI
THE AFTERNOON WI FOR THE
ENTIRE DISTRICT**

Well! Today's reminder is the newspaper – 'The Torygraph' which tells me that today is the nineteenth of the month. Surprisingly, as I look out of the window I can see that it is pouring down (or 'raining cats and dogs', if you prefer). Poor little lambs being born into this sodden world, although by the time you read this we might be in the middle of a heat wave. (Some hope!) As an erstwhile

geography teacher I often hear folks wondering about whether Global Warming is a mere figment of imagination. For my two penn'orth, IT IS A FACT. There is more energy in the atmosphere so extremes of wind and rainfall are to be expected. (I shall dismount from this hobby horse and return to the subject in hand, namely, what we have been up to at Killington WI! Fortunately I have minutes for reference, so that should keep me on the straight and narrow)

Our February meeting followed a normal course, though unusually it was chaired by Susan Sharrocks with added extras from our president, Maggie l'Anson. There were lots of birthdays this month with Susan herself celebrating a cake-worthy

one. Another special item was congratulations to Margaret Joice, one of our new members, and her husband Gordon, on their Diamond Wedding Anniversary! Well done! I can hear Cliff Richard singing as I write!

Our Centenary Scrapbook which, along with others from our Federation, will be on show in Kendal Town Hall on February 26th, was there for members to peruse. Members added their names to lists for future activities. I can see that this year is going to be as busy as the last one!! We were delighted to hear that our last month's speaker, Marion Wood, has purchased four trees with her speaker's fee. These will be planted in Dundreggan Forest in

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wildest Caledonia. When they are grown we shall go and serenade them,

"I think that I shall never see
A poem lovely as a tree."

(with apologies to Paul Robeson!)

This leads me to ponder the answer to the question, "Which is your favourite tree?" After several seconds reflection I come up with –Beech – followed by Birch and Larch. It's rather like being asked for my favourite colour – It depends how I am feeling. I think our Scottish trees are likely to be the latter, so thank you Marion for your generosity.

Our speaker this month enlivened a topic which is close to all our hearts, "The Yorkshire Dales". Malcolm Petyt of Killington has been exploring the

Dales since he was a youngster and illustrated his talk with photographs from the entire area. What a wealth of memories he awoke in us all. It really encouraged us to venture forth in our beautiful area (but perhaps we shall wait until the rain stops!). Many thanks.

Our meeting drew to a close with a wonderful tea, for which grateful thanks to our hostesses. As it was Shrove Tuesday, Barbara Hollett made it even more special by cooking pancakes for us all – lashings of lemon juice and sugar. (though I understand that 'sugar' is now a bad word - whatever next?). The competition –starting with the letter F, was won by Marion Wood with her Fair-Isle knitting and the raffle was

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won by our speaker.

So ONWARDS & UPWARDS! (copyright or voice-right, Eric Robson). Next month we shall meet on Tuesday 8th March at 2-00pm in the Committee Room of the People's Hall to hear about "Our Disappearing Swifts", from expert Tanya Hoare. They will have been half a world away since we last saw them. It's much nearer for you so why don't you fly to our meeting?

Wendy Fraser-Urquhart.

SEDBERGH WI

It was a frosty, starry night for our meeting on 10th February, but we were soon transported to the promise of warm May days to come by Tanya and Edmund Hoare. Their

presentation, entitled 'Our Disappearing Swifts', had a dual message: sadly, swift numbers are in decline, but there are ways of attracting them back so we should look seriously at those possibilities if we are not to lose these wonderful birds altogether.

Tanya told us that their interest in swifts increased dramatically when they bought an old house not far from Sedbergh. There were several pairs of swifts nesting in the eaves. Renovations needed included a new roof. They didn't want to discourage their temporary summer winged 'lodgers' which always return to the same nests so, the birds being conveniently absent for 9 months of the year, the roof was rebuilt to



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include several possible nesting sites around the house. Four of these were under the eaves overhanging the bathroom. One wall has been cunningly fitted with 4 small double-glazed windows which look into the nests, giving access for a camera and for maintenance. On the bathroom wall, these windows are covered by doors which look just like cupboards. Downstairs, footage from the cameras can be seen on a TV screen so the birds' lives can be monitored from nesting and egg-laying to hatching and fledging. It was fascinating for us to see the birds at different stages.

The decline in swift numbers may be due in part to old buildings becoming derelict (no roof spaces any more)

and to renovations of old buildings which leave no space for swifts to nest. Swifts can't nest in trees because they have very short legs which don't allow them to perch. They need to nest on the top of a wall protected by eaves because they have to be able to swoop up into the nest. They eat, drink, mate and sleep on the wing except when they are actually nesting and they can fly as high as 2000 feet. Most of the year the swifts we see here between early May and early August are in Southern Africa. The breeding season is short so swifts only lay one or two eggs. Once fledged, the young birds have less than two weeks of flying with the adults before they start off for Africa again.



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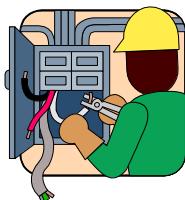
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So what can we do to encourage swifts? On new-build properties it is possible to include nesting bricks designed for swifts, as has been done in the wall of the new gym at the People's Hall. Nesting boxes with camera space are being built to go behind the louvred doors at the top of St Andrew's Church tower in Sedbergh. Barn conversions can be organised to incorporate nesting space for swifts. And how can you encourage the birds to new nesting sites? By playing recordings of the swifts' screaming calls when they are out prospecting for nesting sites! (Tanya was anxious to point out that swifts don't make a mess like swallows and house martins are prone to do.)

We were fascinated by Tanya's excellent presentation which encouraged lots of questions. I'm sure we'll all be looking out for swifts when the early summer comes. If you would like more information, Tanya and Edmund can be contacted by email at: ta.hoare@btinternet.com or by phone at 01539 824043. They would like information from you, too! If you know of swift nesting sites in the Sedbergh, Dent and Garsdale area, please let them know. (The website www.swift-conservation.org gives more details about swifts and nest boxes if you are interested.) The book club met at Sandra Kemp's home on the 11th. We had a memoir to discuss this time: 'Giving up the Ghost'. Hilary Mantel, author of 'Wolf

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Hall' which has been superbly televised recently, writes about her Irish Catholic upbringing in Lancashire shared with both her parents and mother's boyfriend and two brothers in an often amusing way, though there are serious undercurrents at work too. Her teenage years are barely mentioned – she doesn't feel able to confront those in public yet, she says in an interview. She quickly goes on to describe her days as a law student

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and her marriage and years abroad, painful years spent with a chronic illness which is not diagnosed and therefore not appropriately treated for many years. We enjoyed the descriptions of Hilary's childhood but the second part of the book was heartrending. The average mark given was about 7. We can only admire Hilary's fortitude in persisting with her brilliant writing career in the face of all her physical difficulties.

The walking group are planning to meet Pat Ramsden at her new home in Grange-over-Sands on February 18th for a walk up Hampsfell hill (over 800 feet of ascent is promised!), finishing off with a walk along the promenade. With a sunny day in prospect, the views should be wonderful!

Andy Lowe will make a welcome return for our next meeting on Wednesday 9th March, when he will be giving a slide presentation on 'Lakeland Architecture'. Visitors will be most welcome in the committee room at the People's Hall at 7.30pm.

Moira Folks

DENTDALE WI

Our February meeting saw 17

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members plus 3 visitors braving the cold, damp weather and joining us for the evening.

Business issues were dealt with first and Marion our president described her visit to Manna House in Kendal where she handed over a cheque for £350 raised from our Family Quiz Night back in October 2015. The Centre has been victim to the recent severe flooding, resulting in temporary closure of the premises. The good news was that volunteers who provide the support services at Manna House had worked tirelessly transferring equipment and goods to alternative premises in the town so enabling them to continue providing for the needs of homeless people. Further good news followed with

three of our members planning to attend courses at Denman College during 2016 always a good experience. We look forward to hearing of their exploits later in the year

Kate our Treasurer will this year be our representative at the NFWI AGM which takes place in Brighton in June. Again we look forward to hearing all the news and ideas from this event including the report back on the successful Resolution for 2016.

We were reminded that the annual Dent Run will take place on Saturday March 12th. Donations of home baked cake and scones are needed and helpers are required to prepare and serve teas for all the runners after they complete the race. Always a

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great venue for runners from all over the country we look forward to assisting the Run committee with the event.

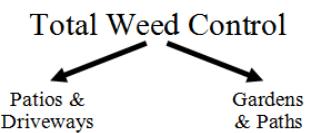
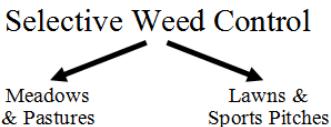
Marion drew attention to the results of our Craft Workshop which were prominently displayed. Small green hearts all individually decorated and crafted in recognition of the W.I. Climate Change Campaign.

The final item on the business agenda was the planned visit to the exhibition of all the Centenary diaries and scrapbooks compiled by many of the individual institutes within the Federation throughout the past Centenary year. This should be a great event taking place in Kendal Town Hall on Friday 26th February.

Business completed it was now time for our speaker Ann Wright who entitled her presentation 'Craft miscellany – A little of what I do'

Anne kept us entertained for a full hour, describing her many talents for all types of craft work. From pottery –

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painting – woodwork – book making – photography – patchwork – knitting, you name it and Ann could and had done it. Four trestle tables groaned under the weight of the many and varied examples of her work. Skill, talent, enthusiasm and satisfaction – it left many of us breathless and full of admiration, vowing to go home and finish our own unfinished pieces of craft work and then try something new.

Tea with homemade biscuits and flapjack made by Marjorie ended our evening. Our lucky competition winner was Dorte-Lis (herself a very talented patchwork expert) and the raffle prizes were won by Gill Newport and Diane one of our visitors of the evening.

Our next meeting is on Wednesday March 9th, visitors and new members are always welcome to our friendly group.

Thelma Belfield

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CHURCHES TOGETHER

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



Last month saw a clutch of baptisms, including one adult. At Dent, many friends came to support **Laura and Connor Thornley** for a very joyful baptism and at Cowgill we welcomed **Hermione Gornall** into the church family. We congratulate all of them and wish them every blessing as they begin this new stage in the pilgrimage of faith, as members of the body of Christ - "we welcome you!"

Many thanks to all those who paid their respects to the late **Neville Balderston** at his funeral. It was wonderful to see so many of you there - thank you for coming.

The contractors began work on the new facilities at St Andrew's, Dent on February 22nd. it is hoped the new kitchen and disabled toilet in the old bier room will be ready for use by the end of April. Archdeacon Penny Driver will be coming to Dent on May 8th to dedicate and bless the new facilities. St John's Cowgill has a longer wait in their efforts to renovate the church and the organ after the Heritage Lottery Fund said no to our grant application. We are approaching other grant making bodies, who have helped in the past

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The churches continue to celebrate Lent with the Ecumenical Lent Group each Sunday evening at 6pm in Methodist School Room. The churches explore and celebrate the events and meaning of Holy Week at the end of the month, with special extra services on Maundy Thursday and Good Friday, as set out below:

Church Services in March

St John's Cowgill

March 6th: 2.30pm Mothering Sunday Family Service

March 20th: 2.30pm Palm Sunday Evening Prayer

March 27th: 9am Easter Day Holy Communion

St Andrew's Dent

March 6th: 10.30am Mothering Sunday Family Communion

March 13th: 10.30am Holy Communion

March 20th: 10.30am Palm Sunday Holy Communion

March 24th: 1.15pm School Easter Service in church

March 24th: 7pm Maundy Thursday Communion of the Last Supper

March 25th: 10.30am 'A Quiet Hour at the Cross' - a Good Friday Meditation

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March 27th: 10.30am Easter Day Holy Communion

News from the Pews



The Vicar's latest photograph of the church with the snowdrops flowering is one of the wonderful sights that tell spring is on the way. A spring in all our steps would be very useful giving an extra boost to tackle those jobs we promised ourselves that we would do when the weather gets better and the days brighter and longer.

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The church building has not escaped from the winter's excessive rainfall. Some of the problems have been spotted and sorted very quickly whilst others are not so straightforward. The tower takes the brunt of the weather; the walls, which are however many feet thick were running with water on the inside and our beautiful red carpet in the ringing chamber looked very sad in its saturated state. When ringing we are accompanied by a steady drip of water from the top of the mediaeval window on the west wall. It will take time for the walls to dry out and whilst no harm has been done to the bells the damp atmosphere does not have a good effect on the ropes. Recently one snapped whilst in use rendering it

beyond repair. A spare is in use until a replacement arrives. Elsewhere the problems will be addressed in time.

Have you walked past the church on Thursday evenings and heard orchestral sounds issuing forth? Come to the Sedbergh Orchestra's spring concert on Thursday 3rd March at 8pm and hear the full programme...cushions provided!

It is the turn of the women of St Andrew's to host the Women's World Day of Prayer on Friday, 4th March at 2pm. Begun in 1887 by Mary Ellen Fairchild James in the USA; Britain became involved much later in the 1930's. The service takes place on the same day around the world, all with the same theme. This year the service has been written by Christian

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women in Cuba and the theme is “Receive Children, Receive Me”. It promises to be a colourful, tuneful service followed, naturally with tea and cakes. A welcome is extended to every woman of any age to come and join with us.

We have a very full diary for the month of March culminating with the wonderful celebratory Easter Services on Easter Day, Sunday 27th March at 10.30am and Choral Evensong the last service of the day at 6.30pm.

If you have not been along to our Lent Lunches do try and join us on Wednesdays between 12noon and 1pm in the church room where for £3 soup, roll and fruit is served with

plenty of company and chat and know you are helping support St John’s Hospice and an Alzheimer’s charity. Following the lunch on Wednesday 9th March at 1pm we are looking forward to being entertained by Jean Dixon and Maureen Hinch with a short concert entitled “Broadway for Two” on the piano.

Wishing a joyous, sunny Easter to everyone.

Susan Sharrocks
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We have changed the date of our Quiet Day to Saturday 16th July, as the previous date chosen clashes with the Spring Show. There will be more publicity for the Quiet Day nearer the time.

On Easter Day (Sunday 27th March) we will be holding a service of Holy Communion by extension at 9.30am, to which all are welcome.

SEDBERGH COMMUNITY SWIFTS

Only 2 months to go now until our swifts return at the beginning of May!

What has SCS been doing during our first year? Firstly we started to survey the area to find out where swifts are nesting, to see how many pairs of swifts are breeding here.

Doing this each year means that we will be able to monitor the population, and protect existing nest sites so that we do not lose any more of these remarkable birds.

What have we discovered? The main nest site locations that we have found so far are Sedbergh School library, Bainbridge Rd, Highfield Rd, Farfield Clothing (the Old School), the URC/Joss Lane area, and Back Lane. Swifts have been seen around

Guldrey and Farfield Mill too. Do you know of any more swift nesting places? It will help us enormously if you could let us know where you think you have seen swifts swooping into any eaves, then we can check it out.

Another aim of SCS is to encourage people to put up nest boxes and bricks. We're pleased to say that at around 10 properties around 40 boxes have been put up so far, and we hope there may be more in the pipeline. For some buildings advantage was taken of scaffolding being in place, while at others it was possible to put up the boxes from ladders. At Bainbridge Court, 8 boxes were fixed on the gable end wall, although they are usually positioned



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under overhanging eaves. Luckily we heard that a cherry picker was being used to carry out some maintenance, and with the owner's support we acted quickly to get them up.

In addition it is excellent that some people have installed swift attraction-call systems, which is the nearest thing we have to a silver bullet to tempt swifts towards a new nest site. Swifts are colonial birds and they call out from their nest sites to non-breeding swifts that may be flying around in the vicinity, indicating that it is a suitable nesting place. Swift calls are available as MP3 files, so by playing calls from an amplifier, the birds that are not yet old enough to breed, but who are prospecting for potential future new nest places, are

attracted to the site. Playing calls via a 'tweeter' fixed to the box - especially in the mornings and evenings - is the very best way to attract swifts to new boxes and bricks. It is a very simple system and we know that some places have had success in the first year whereas in others they have had to wait a while longer.

At the People's Hall we organised a project to incorporate four hollow swift nest bricks into the gym extension while it was being built. They are in the far end gable wall and when standing in the playing fields, with your back to Woodside Rd, you can see the small entrance holes high up near the barge boards. An attraction call system has also been installed so



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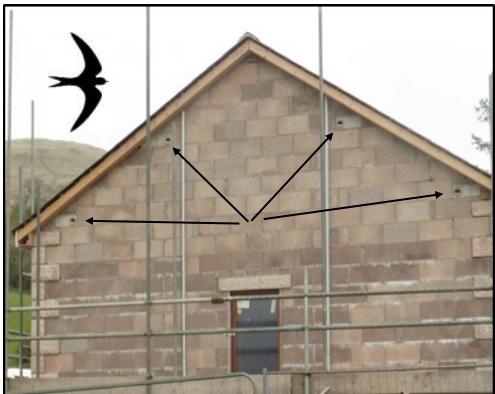
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the plan is to play the calls after the swifts arrive in May and watch and wait! The project was funded by the YDNP Sustainable Development Fund, and we would like to thank the architects, the Project Manager and Committee for their enthusiastic support.

Swifts are often seen flying high over the playing fields, feeding, so we hope this will be a success. When the swifts are here please keep your eyes open and let us know if you see any swifts flying up to, or into, the holes.

The picture shows the swift bricks in the gym gable wall before it was rendered.

If you are lucky enough to have swifts at your house, we urge you to look after these special birds. Please



preserve the nest site and don't block up the entrance hole if you have to do any repairs. One of our aims is to help with this, by advising on how it can easily be done without damaging the nest site and without any detriment to the structure of the

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building. We would like to spread the word to all builders to raise awareness of how, unintentionally, swift nest sites can be lost. Get us along to talk to them!

Swifts are not messy birds (unlike swallows and martins), don't cause any damage and don't enter the loft or roof space of a building itself. It is amazing that they only need a tiny crevice to rear their chicks: in eaves for example, they build a nest on the wall plate, ie. on top of the wall where it joins the roof.

The problem is that swifts are faithful to their nest site, returning to the exact same place year after year, so if they find it has been blocked up they become homeless! Unfortunately they are not very adaptable, and yet another breeding pair may be lost. This is the major reason for the huge decline of over 40% in the swift population.

Many people tell us how there are far fewer swifts than there used to be,

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that screaming parties of swifts used to hurtle down New St. towards Main St., and along Main St. But up to now we have only found one nest site in Main St. It is a similar story in Dent.

Our underlying aim is to raise awareness of the plight of swifts. We give talks to groups about the amazing life history of these special birds, illustrated with video clips from the nests sites of our own swifts at Lowgill. If you would like to 'book' us, our contact details are below.

Finally, there is still time to put up boxes before the swifts arrive – any type of house of 2 storeys or more should be fine. The aspect (north/south etc) doesn't matter, so long as there is a clear flight path in for the swifts, ie. no big trees right in front. We have a stock of boxes and it's a simple job to fix them. If you spot any scaffolding up, let us know so that we can discuss swift boxes with the owners. Together let's all do our best to help our swifts and make Sedbergh and the surrounding area once again a swift-friendly town.

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01539 824043. *Tanya Hoare*

SKATEBOARDING PARK

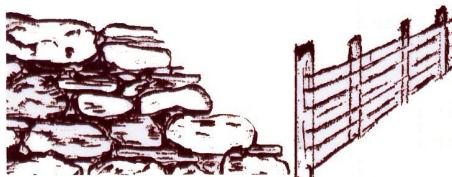
Where Next?

In 1928, when the Town acquired the four acre field on Howgill Lane, by public subscription, for a Recreation Ground, its use was specifically aimed at children. It now seems that we are in danger of denying a large proportion of our children a facility which is theirs by right. For a generation the young people of Sedbergh have been asking for a skateboarding park, but the response has been a deaf ear. They now have a champion in the Community Trust and we are determined that there will be a skateboarding park in Sedbergh in common with towns like Kirkby Lonsdale.

In 2015, having successfully launched the Sedbergh First Responders, the Trust sought to do something for the young people of Sedbergh and ascertained through surveys carried out by the Youth Forum that the provision of a

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skateboarding park was their most wanted facility. Visits were made to various parks and specialist contractors asked for advice.

At their April 2015 meeting the Parish Council agreed in principle that a park could be accommodated on the Recreation Ground and in June 2015 a submission was made to Sport England to assist with funding. A working group consisting of members of the Council and the Trust met in July to consider the detailed siting of the Park. During this meeting the Trust was persuaded to site the Park on the southern (Gym) side of the Recreation Ground, because of concerns over encroachment on the football kick around area and the bonfire site, instead of the Trust's original proposal for a northern site adjacent to Howgill Lane.

In September 2015 a public consultation took place when it became apparent that there was considerable resistance to the proposed site from the occupants of Highfield Road and Maple Close and Woodside. Subsequent to this meeting the Parish Council took advice from the SLDC Environmental

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Health Officer to assess noise concerns, who favoured the Howgill Lane site, and the National Park Planning Authority advice on planning implications, which favoured the Gym site.

In October the Trust was advised by Sport England that the funding bid had been unsuccessful primarily because security of tenure had not been addressed. The Trust requested a 7 year lease from the Parish Council at their November meeting. At the end of this meeting, when the Gym site was the subject of much criticism, the Parish Council concluded that there was not enough room for a skateboarding park on the Recreation Ground. The Trust

believes this is a spurious argument especially in the aftermath of the 2015 bonfire, which was visibly outside the area of the proposed skateboarding park and which, once built, would provide an excellent hardstanding from which to view the bonfire.

At the Parish Council meeting on 11 February 2016, the Community Trust asked the Council to review the decision made at their November meeting not to support the development of a skateboarding park on the Recreation Ground.

Unfortunately, a review was not possible because under statute six months must elapse before a decision can be overturned. However, the Council received a presentation from the Trust, which described a proposal to build the Skateboarding Park on the Recreation Ground adjacent to Howgill Lane, to the west of the Children's Play Area and the Youth Shelter. It also included a recent survey of approximately 100 young people showing their overwhelming support for such a facility.

After the ensuing discussion it was suggested by the Council that the Trust could submit a planning application to the National Park. This we intend to do and hope that during the process the Trust will gain the support of the Parish Council for the skateboarding park. The Trust hopes that we will be able to move forward with the Howgill Lane site and provide for the young people of Sedbergh a facility in the heart of the community.

Tony Reed Screen
Chair, Sedbergh Community Trust

SEDBERGH SCHOOL NEWS

Running

The Rawthey Run took place on 21st January hosted by the Upper School in mud, ruts and cold rain, which has been the story for most runs. In the U13 girls Maddy Harrison came in 2nd after a long tussle, with Maisie Gough from Settlebeck 8th. Millie Gunning was 11th in the U11 girls, with Rhianon Winder from Dent Primary 8th and Grace Wells from the Primary School 15th. But the star of the show was Elsie Barker who is only Year 3 and came in 24th in the U11. As for the boys, not surprisingly Fraser Sproull won the U13 boys by over a minute. Sam Gunning came 8th in the U11 boys with Stanley Allen from the Primary School 17th.

The Morgan Run, is a race involving the School, the Old Sedberghians, Staff and guest runners, took place on 30th January and was won by guest stars Tom Addison (international runner from Helm Hill Runners) and Victoria Wilkinson (British Fell Running champion 12013 and 14). The race was started by Kenny Stuart (British Fell Running champion 1983/84/85) The first in for the School was Joe Bird with Phoebe Whatoff leading the girls.

On 3rd February the School ran in the King Henry VIII Relays in Coventry and came 2nd in a field of 44, only 7 seconds behind the winners, The Judd School. Joe Bird ran the 7th fastest time ever to come second. The second XI came 19th out



SEDBERGH SCHOOL



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

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

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

We look forward to hearing from you.

of 46 teams . The girls came 5th overall beating their previous fastest time by 2 minutes.. The B and C girls' teams were also in the top 16 out of 29 schools.

On 3rd February the Prep School hosted 39 visiting schools for the Cumbria Cross Country Championships, and again were very successful. The School also contributed greatly to Cumbria's victory in the Northern Schools Trials on 6th February, winning six out of the seven events. Joe Bird and Fraser Sproull won their events. The Prep School potentially has 6 runners in the Nationals as a result.

The first Wilson run qualifier was on 10th February and the second on 24th February (when the whole School ran

to Cautley). The third will be on 2nd March and the final one on 9th March. And of course the Run itself is at 2.30 pm on 15th March. A House competition in the form of 10 mile relays will take place on 1st March at 4 pm.

Other sports

Other sports highlights included Evans winning the junior House rugby, at Durham the U14 7s team winning, the Shooters beating Edinburgh University, wins at North Allerton for the Equestrians..

The Under 16 Rugby Sevens tournament will take place at Sedbergh on 2nd March. The Ladies Winchester Fives tournament will also be at Sedbergh on 5th March.

Events

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Last October a group of pupils went to Germany on an exchange trip to Graf Munster Gymnasium. The exchange pupils from Germany will arrive in Sedbergh on 9th March and will stay until 16th March

The School took part in the Institute of Ideas Debating Matters Competition against Cowley International College, debating whether the BBC television licence should be abolished. They were successful, impressing the judges with their quick witted and astute arguments. A brilliant speech is not sufficient in this competition. Megan Kenyon, a local girl, particularly impressed the judges. Katherine Fleck from Sedbergh and Mollie Richmond from Kirby Stephen also

took part.

The Jazz & Swing evening on 5th February was very successful, and the singers put on a "magnificent" performance. It was a sell out event. The Choral Society concert will take place on Sunday 13th March at 7.30 pm in Powell Hall

Two scientists from Newcastle University's Centre for Mitochondrial Research Department visited the School to talk to sixth formers. The author of the Spooks series of children's books, Joe Delaney, visited the Prep and spoke to years 6 to 8.

Rosie Hattam, year 6, did a biology presentation to a large audience of sixth formers in the Senior School biology lab

The Senior School will host a

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Modern Foreign Languages Conference on 4th March, attracting a host of guest speakers including Lancaster University's Professor Allyson Fiddler, Wendy Adeniji, Nick Mair, Rene Koglbauer, Liz Black, Florine Libermann and Francisca Garcia Ortega. Anyone wishing to attend should contact Andy Loughe on ajl@sedberghschool.org.

Old Sedberghian Al Biggar, who played rugby for Scotland and the Lions, and was in the 1sr XV back line in 1963/64 with my brother and John Spencer (who played for England,) has died aged 69.

Holidays

The second half of the term is extremely short – what with half term finishing on 21st February, which is a

short month, very early Easter, and the term finishing on 18th March, it is less than four weeks. But there will be considerable activity during the holidays. The equestrians will go to the County Challenge at North Allerton. There is a Duke of Edinburgh practice expedition. The Sedbergh Super Tens Rugby Tournament is on the 20th and 21st March as well as the Sevens at Rosslyn Park on 17th and 18th March. The National Schools Fives Championships at St Paul's School are on 29th, 30th and 31st March. In addition there are several courses running in the school during the holidays as mentioned last month.

The summer term starts on 19th April.

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APPLICATIONS should be in writing and addressed to:

The Honorary Secretary of the Trust
6, Guldrey Fold, Sedbergh LA10 5DY
and should be made without delay.

Mrs Jean Cope Hon. Secretary

SETTLEBECK NEWS

Gifted and Talented Event

On Friday 5th February we had a fun



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day out at Kendal Museum organised for gifted and talented students. A group of Year 7 and 8 students learnt about historical and modern aspects of human and animal life. We got to look at the most realistic model of a dodo bird in the UK, we studied a 3d printed skeleton of the dodo and in groups we discussed the ethics of bringing extinct animals back to life. We also learned about the mystery of the Neolithic spheres and speculated on why they might have been carved before producing our own versions. It was a good day out and we enjoyed the opportunity to meet with students from other schools.

Maisie Gough Y8

County success

Congratulations to Kate Thompson and Cj Middleton who have been selected to represent Cumbria at hockey. The girls have shown great commitment to the sport and as a result have been rewarded for their hard work.

Kate Thompson continues her sporting prowess by being selected to play for Cumbria in the U15 girls' rugby union team at a match against Northumbria on 14th February. Kate is

utterly committed to our school teams, attending every practice and fixture we run for every sport. She also plays for two clubs out of school, consolidating her knowledge and game play. She is a true example of how commitment to sport can pay off. Well done Kate.

Other Sport

Settlebeck are district champions for another strand of Rugby. Some students were selected to represent the school at a recent tag rugby festival held at Queen Katherine School. The students played fantastic tag rugby, showing off their skills, and are now District MLD/SLD Tag Rugby Champions. We look forward to representing South Lakeland in the County Festival at Penrith in March.

The number of extra-curricular clubs at the school is forever increasing, most recently the introduction of a cheerleading club. This isn't the normal pom-pom throwing club, but something far more gymnastic. The students choreograph moves to music, with complex formations, using their bodies as the supports for their peers. It's a great opportunity for the more dance and gymnastic focused students to come together and produce some fantastic pieces.

Senior Citizens Concert

A reminder that our Senior Citizens Concert is at 5pm on Tuesday 8th March this year. The concert is for all local senior citizens, you don't have to have grandchildren in school. Please don't wait to be invited, just



Four New Membership Categories introduced at Kirkby Lonsdale Golf Club

Kirkby Lonsdale Golf Club is offering the more opportunities for local people to join the club by introducing four new membership deals from 1 March 2016. The club have invested in creating a new shorter course layout called the "Lune Course", aimed at the beginner golfer, seniors and ladies.

A membership package specifically for the Lune Course is available at just £395.

A Nine Hole Membership has been created to target the golfer who doesn't have the time to regularly play a full round. Nine hole members will still be able to play in Nine hole competitions and have an official handicap. This membership category also includes a number of lessons in the package for just £350.

The Game Improvement Membership package has golf lessons included in the price. You will receive a series of five group clinics and five individual lessons to get your game into shape for an annual fee of just £450.

A Family Starter Membership allows young families to spend quality leisure time together using the club's Academy Course and practice facilities.

The traditional golf club member can use this Family Starter Membership to play competitive golf, but still enjoy family time with their partner and children.

All new members will have the option of a two month trial period before they commit to taking out membership, and all packages are available on a monthly direct debit payment.

To enquire about any of the new membership deals call the Secretary, David Towers on 015242 76365.



give the school a ring if you would like to come. There will be a three-course meal and entertainment provided by Settlebeck students. Transport is available from various Sedbergh pick-up points. Telephone Settlebeck on 015396 20383 to book a place. There is no charge for this event.

Juliet Proctor

TAEKWONDO WINNER

Luke Troughton received the honour of being awarded the Cumbria Taekwondo Fighter Of The Year trophy 2015 at the clubs annual awards night.

The fighter of the year trophy has been doing the rounds at the Cumbria clubs for over 40 years, and Luke (who trains out of Milnthorpe) took top



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place over all contenders, to take the trophy home.

The award winner is determined by a points and league system that all Cumbria Taekwondo fighters of all ages are entered into. Through out the year points are earned for the number of competitions attended, level of competition, with extra points for a win and for a knockout.

Luke had a very good year on the competition circuit, travelling the country facing high level competitors and had a good few successes along the way.

'Luke is a real asset to our Milnthorpe club and his standard and dedication have shone through this year, displaying the true determination and spirit of a martial artist.' said his coach Steven Grabek.

With his sights firmly set on 2016, Luke hopes to build on his successes of last year and compete at the British Nationals.

Steven Grabek

MOORCOCK SHOW

The Moorcock show is one of the oldest and leading sheep shows in the Yorkshire Dales, held by the Moorcock agricultural society. See and learn about breeds such as Swaledale, blue faced Leicester's and Rough Fell sheep. Have a great day out looking at vintage tractors, joining in the competitions and meeting the sheep. Also buy local produce from local stalls, and if you are young enter the Young Handlers Competition. Music on the show field will be provided by the Hawes Town Band.

The 2016 show will be the Centenary Show and will have a Special Guest with 'Peppa Pig'. It will be held on

Sunday 4th

September with the gates opening at 10.30 am and ending at 4pm. The sheep judging starts at 12noon.



Colin Luckett



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JANUARY WEATHER

A slightly drier month with only 5 ½ inches (150mm) of rain! Still more than enough to keep everywhere a quagmire!! Even so the longest period without measurable precipitation was 3 days. Again it was quite a breezy month with only 6 days without gusts in double figures. We had a prolonged period of low pressures with 9 days being very low in the first fortnight though the winds were not significantly stronger during

this period. A maximum of 26.6mph was recorded. On the temperature front it wasn't a typical January with a maximum of 54.9F (12.5C) and a minimum of 23.4F (-4.5C). Only 11 nights were at or below freezing though when the wind-chill factor was added on one night stayed above freezing.

The feeding station is still rather quiet with the only variations being visits from long tailed tits and the odd nuthatch. Nothing exotic and even the house sparrows are still down in numbers. The odd ring-necked pheasant gives the dogs a bit of sport. Across in the field we have a last season's buzzard hanging around. It is occasionally joined by a partner. Not the best birds to be around with lambing time on the horizon! The Tawny owls are well on with their territory staking calling regularly when it is fine. Badgers continue to visit with signs of their diggings. Another animal not welcome around lambing time!



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Access is available via the lift in the main entrance.

Tickets: £21.00, available from the Sedbergh Information Centre
from Monday 14th March or phone David Parratt on 015396 20964.

No alcohol is served at Weaver's but guests are welcome to bring their own.
Guests limited to 35, so please book early to avoid disappointment.

Members & non-members welcome and

anyone needing transport, please contact David Parratt



SEDBERGH COMMUNITY MEALS

If you live in and around Sedbergh and are finding it difficult to make meals, you may be able to receive a hearty, healthy and hot meal delivered to your home.

This service was provided for several years by Carole and Jonathan at The Red Lion, until the licence changed in early January. Soon afterwards, Mike at The Dalesman took on the task of producing and providing the meals,

working alongside Community Meals Volunteers to provide a meals service for people living in the Sedbergh area. The Dalesman uses great fresh food.

The community meals service is available on Tuesdays and Thursdays. A hot and tasty two course meal costs 5 pounds. This is subsidised by Cumbria County Council, and coordinated by Cumbria CVS. Meals are currently delivered by volunteer drivers to approximately 10 regular customers. There are 6 volunteer drivers operating at the

moment, and two Settlebeck School pupils join the drivers to assist with the distribution of meals.

If you, or anyone you know, would appreciate receiving hot meals delivered direct to the door once or twice per week, please contact The Dalesman on 015396 21183 or Colin Cowperthwaite on 015396 20659.

More volunteer drivers are also very welcome, if you are able to spare 3 or 4 hours per month.



Cowgill Church

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SLOVENIA SINGS

Our activities involving our twin town in Slovenia and places nearby continue this year with our singers once again visiting Zrece to sing with local choirs there and learning more of the delightful songs of Slovenia. Our Lep Pozdrav is Sedbergh group meets regularly and anyone from Sedbergh and the surrounding district who would like to join us is most welcome.

Singers can come just to enjoy our singing together - or join our visit to Slovenia at the end of May. We will be flying to Slovenia with a tour which, as in previous years, includes the fabulous wild flower festival in Bohinj singing alongside a local choir in this beautiful valley (and several of it's welcoming pubs), meeting singers in the capitol Ljubljana, and singing in places of great beauty and interest throughout the country.

Many of our meals are alongside our Slovenian friends, we stay together in

luxurious guest houses where we are part of the family who run them, and have one night staying in the homes of local singers - as always we make a great effort to make sure everyone gets to know each other so that there can be an exchange of our cultural differences.

Contrary to popular belief Slovenian is not a difficult language to learn. The myth stems from the fact that only 2 million people speak the language so few people feel it is worth learning. Slovenians are extremely hospitable and polite and don't want anyone to feel guilty about not speaking their language so they have invented this idea that the language is too difficult for most people to learn.

It is true that some aspects of the grammar is complex - but other aspects are much simpler than English such as there being only past, present and future tenses - no subjunctive or pluperfect. And



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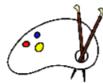
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pronunciation is regular - much easier than our own language which has so many different roots that words with similar spelling such as tough, bough, cough, hiccough, and dough all sound different. Learning Slovenian songs can help with learning the language - I have found parts of songs extremely useful as phrases in conversation: such as "Glejte ze sonce zahaja, slora za goro bo slo" ("Look the sun is setting over the distant hills,") and "pojdimo veselo domo" ("Let us go joyfully home,") - although perhaps less useful with practical questions like the whereabouts of public toilets.

Many young people in Slovenia do speak English - but there are still

hundreds of thousands of people who don't - and speaking the language of the country you are visiting is a great sign that you respect those who live there. There may be few people who speak the language - but my experience has been that they are all worth talking with! If you want to join our language group in which we have visiting Slovenian speakers who live nearby and friends visiting from Slovenia helping us with the language - as well as a structured course - do please get in touch. Even if you aren't joining our groups who visit the country but wish to travel independently you will find it a very worthwhile experience.

We have a group of artists visiting

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us later this year from Zrece. I had started to organise this visit, but then we discovered that Susan Garnett from the town twinning committee is part of a local art group so it made more sense for her to make the arrangements. The Slovenian art group is used to exhibiting their work in Zrece so that others can enjoy the fruits of their creativity. One of the things I always enjoy about meeting our visitors is finding out how they see our community and the place where we live - giving fresh insight to what has become familiar. With these visiting artists it is hoped that we will be able to see their paintings so that we can literally see Sedbergh through their eyes!

We are also making plans for more Zrece singers and other musicians to visit Sedbergh later in the year, and work continues with importing Zrece wine.

Finally, while we are extremely grateful to the many local dignitaries who have come and welcomed our visiting singing groups and given their official blessing - our greatest thanks, and our own achievement awards, go to the many people here in Sedbergh and nearby who have given practical

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help and assistance to the visits: providing accommodation in their homes, driving our guests to and from the airports and on excursions, helping with preparing meals, organising concerts, helping these events to run smoothly, and buying tickets so that we have money to provide hospitality for our guests. Often these are the unsung heroes in our town twinning cultural exchanges but without you none of it would happen.

David Burbidge

COUNTRY HARVEST

Blowing our own trumpet!

Sedbergh Town Band will be making a welcome return to Country Harvest, near Ingleton, in June to perform at a popular Buffet & Brass evening. When the Band last appeared at the venue, the event was a sell-out so anyone interested should book their tickets early.

Tickets for the concert on Wednesday, June 15, cost £18 and include a tasty buffet supper while the band performs a mixed programme on the Coffee Shop patio (under a marquee if raining).

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Michael Roberts, of Sedbergh Brass Band, said: "We are delighted to be returning to Country Harvest. The band had a **really enthusiastic** response last time we played there and hopefully the sun will shine. It's a wonderful location overlooking Ingleborough and, **with many new pieces this year**, the band is **certainly** looking forward to performing there again."

Country Harvest store manager Steve West added: "We are thoroughly looking forward to the

evening which was such a success in 2014 that lots of our customers demanded we put it on again!"

To get tickets pop into Country Harvest, a combined coffee shop, food hall and gift shop, on the A65 near Ingleton. www.country-harvest.co.uk

Sue Riley

SING FOR WATER

..... and for flood relief

Many thanks to everyone who joined us for our day of Singing for Flood Relief on February 6 in which 60 singers came together to learn songs alongside each other, taught by local choir leaders Clare Mee and myself - and Allison Irvin from Dunblane in Scotland.

We had a great day - our songs included Wade in the Water, Let the River Run and Singing in the Rain - and after the Gift Aid contribution is added, we raised £942 for the Cumbria Community Foundation's Flood Relief fund which provides aid



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to families and businesses which were devastated by the December floods.

The foundation's director Andy Beeforth, who sang in our singing groups, said: "Please thank all the singers involved on our behalf and let them know that the money raised will be put to very good use. We are currently processing between 35/50 applications a day for help. To date we have helped 1,700 local families and distributed over £1.5 million. We know that we will continue to support these families for many months to come."

Although in this instance charity begins at home, many of our singers feel that it doesn't need to end there.

Last year we were part of a large massed sing in Kendal and Manchester raising over a £1,000 for the charity WaterAid who provide clean drinking water in places around the world where none is available (as many people said, connecting Sing for Water with the floods: "Clearly we were too successful!"). The charity estimates that £15 is what it costs to provide clean water for one individual for life - saving thousands of people from the danger of polluted water.

This year we will be doing the same again on May 7 - songs can be sent in advance for home study - although they will be taught on the day by a team of 6 volunteer tutors including myself. The event can either be enjoyed just for itself and the pleasure of singing with singers from several local community choirs - or it can be a preparation for a massed sing with several hundred singers in the centre of Manchester. Lift shares are available to both events.

Singers are also taking part in the WaterAid Wainwrights Challenge on June 11 in which many teams of 4-7 people will be doing routes which include one or more of the 214 Lake District hills described in Wainwright's famous walkers' guide books - ranging from simple and easy, to strenuous and challenging. Do please get in touch if you would like to join our teams - either as a singer, or just as a walker. Participants donate £10 to the charity to take part, and then collect over £75 worth of sponsorship from friends, family and acquaintances.

*David Burbidge,
www.lakelandvoice.co.uk*

PEOPLES GYM & FITNESS CENTRE

The BIG EVENT in March is the Formal Grand Opening on Sunday March 20th from 3:30 to 5:00pm! Although the gym doors have been open since October we never really cracked open the fizz to recognise the hard work of those individuals who, over many years, have taken the People's Gym and Fitness Centre from an idea to our purpose built space. All members are welcome, but please remember that the gym will be closed for training during this event.

The second date for your diary is the club AGM to be held at The People's Hall on Thursday April 28th at 7:30pm. Current and new members welcome

We continue to recruit new members and our new items of fitness equipment are getting plenty of use. Training with a friend or partner is a great way to keep motivated. With membership

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membership@sedberghgym.club

WALKING & CYCLING GROUP

The Sedbergh Area Walking and Cycling Group are continuing their series of free public talks at the People's Hall with one on Monday the 21st of March at 7:30pm.

Chris and Tony Grogan will give an illustrated talk entitled The Dales High Way – the making of a long-distance walk. It's a 90-mile route that starts at Saltaire, passes through Malhamdale, Dentdale and the Howgills, and finishes at Appleby.

For information about the Dales High Way see www.daleshighway.org.uk.

For details of talks and other events of interest to cyclists and walkers in the Sedbergh area, see



FAMILY MUSINGS

There does seem to be a certain growing apathy in our community, some people work very hard on a committee and are often on more than one but others are not on any and seem to be indifferent to a request to help with certain events or fundraising. Of course some people can't. Those who look after little family members or elderly or ill or disabled ones, those who work full - time, but surely if you look at the help that is given it is often by already busy people I guess the old adage "ask a busy person " is so true! Even a few hours help at an event can make such a difference, or bake a cake, talking of cakes I have just made up a recipe and called it Speckled Hen cake, so look out for it folks, I promise no hens were damaged in the making of the cake!

Our cat loves stretching out besides the fire so I decided to try it myself, perhaps because some of my padding has gone it was rather uncomfy and of course cat was not very impressed, the grandchildren love my cat, they stroke and pat and want to go find cat if she is not in sight. Mitts is very patient and allows

a lot of touching but doesn't go with tail tugging which one little girl found to her cost, she still chants "at at cat" and beams with enthusiasm at the sight of the teddy with fur on that moves!

One old wives tail is that if expectant mum has bad heartburn the baby will have a lot of hair ... I have a big problem with heartburn and as am certainly not an expectant mum does that mean I have a hairball?? We are certainly expectant grandparents and very excited ones at that. And while diagnosis of Hiatus Hernia is not the best news ever it is more classy than a hairball!

Meeting new people and being encouraged to delve into my family memories are just part of the WI writing course I am enrolled onto in Kendal, the tutor, herself a writer, is kind and amusing, everyone else is lovely too and I will be sorry, but very much inspired, when it comes to an end. Delving into early childhood and writing about school dinners brought back memories of cold sago lumping from the ladle onto the dish and "looking" at you with dozens of 'eyes'. Enjoy your puddings folks.

Sarah



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SEDBERGH & DISTRICT ART SOCIETY

On Friday 12th February, we held our AGM in the People's Hall committee room, whilst in the main hall the Young Farmers were enjoying a quiz, entertainment and a pie and pea supper! This worked very well, except that the farmers didn't save us any of the pie, which looked delicious!!

The meeting was very enjoyable. It was good to get together to celebrate successes, discuss concerns and to re-establish and reorganise our committee. Our thanks to our chairperson, Helen Shields who orchestrated the whole meeting with sensitivity, humour and charm! We welcomed Ruth Kidd, who will join the committee as secretary, whilst Mike Morrison takes on the post of treasurer. Ruth Gamsby was invited to be our new president and accepted, to our delight. We had all been so sad to lose our former long-standing president, Joan Chamley, who sadly passed away early in January.

After the break, we were captivated by an illustrated talk by Dr. Ron Ward.

Ron was a GP, who retired after 30 years service in the Scarborough area. He loved this work, he told me. He then moved with his wife to this area, something they had both always wanted to do, and is now settled in Grange-over-Sands.

Ron then pursued his passion for the Arts , studied with the Open University and gained a degree in Artistry. Seven years ago he became a volunteer at Brantwood, the home

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of Ruskin. This is very apt, as the talk he gave was entitled "Ruskin, Turner and the Pre-raphaelites". This was a highly skilful, yet relaxed presentation accompanied by Ron's projected pictures. Speaking for myself, I was totally absorbed by his very informative and inspired storytelling. I could have listened for a lot longer. This was echoed by everyone I spoke with afterwards.

We now look forward to the two last events of this season. Bob Henfrey is running a workshop entitled, "Towards abstraction in Landscape painting, with an emphasis on colour. This is a mixed media workshop, so bring your pastels, acrylics etc. I will stick to my watercolours! This will be in the Methodist Hall, Saturday 5th March from 10am – 4pm.

If you would like to come, please contact Jenifer on 01539 824666.

Greg Howard will round off the season with his demonstration with soft pastels, entitled "The beach, sunset and reflections." this will also be in the Methodist Hall on Friday 18th March from 7.30 – 9.30. We look forward to the usual good turn-out!

Jenifer Alison

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After Storm Desmond

In the weeks and months ahead as our homes dry out, many of us will be trying to repair the damage caused by Storm Desmond. Help is available, so please do use it.

Your local Citizens Advice can help you find out about your options and support you with filling in form, making phone calls and so on. Apart from housing issues, there might be problems with benefit payments, problems with your job or money worries. Whatever the problem, we are here to help for free and in confidence.

The Cumbria Community Foundation's Flood Recovery Appeal

raised almost £5 million in the 6 weeks that followed 5 December and helped more than 1300 Cumbrian families in need.

Support is available to individuals or families whose homes have significant structural damage or flooding and employees who have lost work or income because of storm or flood. Grants are also available to voluntary and community group. Check the website for details and forms.

www.cumbriafoundation.org. The charity is still raising money and you can donate online or telephone 01900 825760.

The government has introduced several measures to help those hit by the floods. They include a £5,000 repair and renew grant for all affected homeowners and businesses and compensation to local authorities that exempt residents from paying some or all of their council tax because they've had to leave their home. Details of all the measures are available at www.gov.uk.



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If you have difficulty getting flood insurance in high-risk areas, information and advice is available on the National Flood Forum website www.floodforum.org.uk or telephone 01299 403055. DEFRA has published a guide entitled 'Obtaining flood insurance in high risk areas' giving information on how to obtain a suitable policy, it can be downloaded at www.defra.gov.uk

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

Karen Evans

DENTDALE CHRISTIAN FELLOWSHIP

Plans are already coming together for the festival in August and thinking ahead to celebrations for Passover, Pentecost and tabernacles, as ever, everything is open to everyone and we advertise (here) and on cards and posters. Our gatherings are informal, no obligation to 'do' anything, we enjoy being together and knowing God is with us, that after all is what "fellowship" is, isn't it?

FFWF.. Friday Fellowship with Food or Food with Fellowship is when we sit down together and share a hot meal, chatting and laughter are very much part of it, we do have communion but in a very relaxed way as part of the meal, passing around the bread and juice to each other

after a short prayer. Some Fridays we do have a time of prayer where we remember the local clubs and organisations, the businesses, the school and any particular needs we are aware of, sometimes we don't do this, we have been known to play I spy or some other game ie Names for God but someone cheated, they wrote down all the answers! It is a bit like "I went shopping and I bought .. apples, bread, cake, dolls,.." and so on through the alphabet with having to recite what has gone before! Rather too much like hard work for my poor brain.

Fellowship is about being together with each other and Jesus and through Him, God, it really doesn't have to be complicated or expensive or full of rules, if joining in in our home is difficult (the early church met in peoples homes, see Acts in the Bible) then come to the events we have in the Memorial Hall.

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ROSE COMMUNITY THEATRE

Rehearsal time has slipped away all too soon and the adult members of the RCT are having their cue cards surgically removed ready for the first performance of 'Tantrum of the Soap Opera'. Be prepared to be afraid, very afraid, as the 'Tantrum' stalks the People's Hall and the massed ranks of Dirty Den's East End Deserters march about sooting the place up. Children all over the town are wishing they could have a wash. Now that's unusual.

Your presence is cordially requested at the People's Hall on the evenings of Thursday, Friday and Saturday at 7.30 pm March 17/18/19 or at the Saturday Matinee beginning at 2.30

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pm. The cast will be singing its way through an assortment of songs old and not so old; provoking memories from the late 1950's (the decade when the show is set) to the 1990's. As always the show is for all the family and audience participation is encouraged.

Tickets remain at the affordable price of £5 adults and £3 children (under 14) so you can bring all the family. You can purchase tickets in advance from the Information Centre and at No.6 Finkle Street. Naturally there will be refreshments, a bar and a raffle. Proceeds this year, a unanimous decision by the cast, will go to the Cumbria Flood Relief Fund.

Sandra Gold-Wood

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LADIES N.F.U.

What a brilliant start to the New Year when members enjoyed our Annual Dinner at The Cross Keys Hotel -what a feast - smiling faces all round!! Later Chris Clowes came round from table to table wishing us a Happy New Year and checking that we had enjoyed our meal. 16th February our new President Marilyn Leckie welcomed Members and introduced

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our Speaker Mrs. Linda Allan from Beck House Farm, Killington.

Mrs. Allan, formerly Linda Watson a farmers daughter, explained how she went to University and gained a Degree which included Arts, etc. then returned back home to farming. Linda married Neil Allan and had a family and worked alongside her husband Sheep Farming. A good few years ago a friend asked Linda if she would take the photographs at her wedding, she agreed putting her Uni knowledge to good use and now as Lifestyle Photography she undertakes 6/8 Weddings a year, mainly for friends. Enjoying filming, when farming permitted, Linda decided to film at local farm sales etc. and now

Bonny sheep was formed and she makes DVDs each year which are popular. We watched a couple of interviews with farmers from first a small farm and then to quite a large one with Swaledale Sheep, masses of them.

Marilyn thanked Linda for giving us a fascinating insight into her busy life. A short teabreak followed. The lucky Raffle winner was Jean Dobson. Jean Handley gave out copies of the 2015 Balance Sheet and it was nice to see we are in funds.

After a quick ballot our 2017 Vice President will be Barbara Escombe.

Our March meeting is on the 8th, a week early due to a booking at the Hall on the 15th. Jacqui Fere day is our Speaker, her talk " Enjoy Mull" Do join us a warm welcome awaits you.

Marlene Mason

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WELL BEING

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

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yourself? Do you ever find yourself lost in an inner world of thoughts, of self-doubt, worries about the future, going over past events or just wishing things in your life were different? Would you like to be as **happy** and as **healthy** as you can be? Would you like to live your life with **greater calmness, ease and kindness?**

Although we all have the innate capacity to be mindful many of us spend our lives on autopilot, lost in the trance of thinking. We wake up

each morning and yet sleepwalk through life!

There is however another way ...

Mindfulness is simply “present moment friendly awareness” and is a way of being in the world that allows us to live with greater ease, clarity and kindness.

Much of the “suffering” in our lives, ie the mental and emotional torment that we experience, is often the result of wishing our lives were different in one way or another. When the mind becomes preoccupied thinking about how things used to be or how we would like things to be then we begin to lose touch with our immediate reality and we can very quickly miss out on the richness and potential of our own everyday life experiences.

Practicing mindfulness, i.e. shifting attention back to the present moment without judgment, can lead to improved health and wellbeing. We can cultivate Mindfulness in numerous ways, including formal techniques like meditation and yoga, and informal practices such as using the breath or body to gently bring your attention back to whatever you are doing as you go about your daily

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activities. Mindfulness has been taught and practiced for thousands of years and its many benefits are now being verified by a growing field of scientific research and study. These include:

- Reduced stress, anxiety and depression
- The ability to relax more easily and sleep better,
- Feeling more resourceful and resilient when dealing with difficulties
- A greater sense of ease and enjoyment,
- Greater self-awareness and self-compassion,
- Greater enthusiasm, creativity and increased energy levels
- Improved health and immune functioning,
- Improved relationships with family, friends and colleagues

There are tremendous benefits that arise from mindfulness practice, but it works precisely because we *don't* try to attain benefit. Instead, we befriend ourselves as we are. We learn how to drop in on ourselves, visit and hang out in awareness.

Mindfulness anchors us into the

present moment which is where our real lives are unfolding so that we can make more skilful, life-enhancing choices. It won't eliminate life's pressures but it can help us become more aware of the activities of the mind and unhelpful thinking patterns so that we can then respond in a wiser, calmer and kinder way.

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This course is based on the 8 week Mindfulness Based Stress Reduction (MBSR) programme devised by Jon Kabat-Zinn over 30 years ago and delivered to over 22,000 people. Each session includes guided meditations, group discussions and practical exercises in a warm, safe and friendly atmosphere. This course is not designed to be a relaxation class or group therapy session. Instead it offers the opportunity to learn, practice and embed valuable life skills, the development of which requires a personal commitment to maintaining a regular meditation practice during the course. To help with this a workbook and audio recordings are provided to facilitate independent practice and the integration of mindfulness into daily life.

The course is suitable for those that are new to meditation, as well as those wishing to refresh their mindfulness practice. Participants join

for a variety of reasons; from simply taking the time to prioritise their wellbeing, to those who wish to adopt a complementary approach to managing health concerns such as high blood pressure, IBS, CFS/ME, fibromyalgia, anxiety and depression.

An informal phone call is required before you enrol on the course to answer any questions you may have and to discuss whether the course is right for you at this time.

Suggested donation: £240 /£220 (Early Bird if booked and paid for 1 month prior to the start of the course). We are committed to making these practices accessible to all, please ask us about concessionary places.

To find out more please contact either the meditation team on 07582 017396 or Lisa Milnor on 07803 721135 or lisa.milnor@shapingclarity.com You can also find out more on The Meditation Centre website www.meditationcentre.co.uk & Lisa's website www.shapingclarity.com

"The present is the only time that any of us have to be alive - to know anything - to perceive - to learn - to act - to change - to heal."

Jon Kabat-Zinn

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HOW THE OTHER HALF LOVES

Congratulations to *Spellbound* for the excellent production of *How the Other Half Loves* by Alan Ayckbourn on the 18 - 20 February. The direction, acting, costumes, scenery, lighting and sound were wonderful and the hard work of all were much appreciated by the audience. We look forward to next play.

Elspeth Griffiths

I would also like to say what a fantastic production and performance.

Congratulations to everyone that prepared and took part in the Play which was so professionally played out. Looking forward to any future production.

Ed.

SEDBERGH & DISTRICT HISTORY SOCIETY

The Evacuation of Civilians from Burma, January to May 1942. A Horrible Mess. Talk by Dr. Mike Leigh.

In 1942 half a million people left Burma. Dr. Leigh's talk covered the early months, before the rainy season. He is a grandson of William Dawson, coal merchant of Sedbergh. His mother went from Sedbergh to Burma as a Methodist missionary and married there. Dr. Leigh was born in Burma and was a baby when the family left on leave shortly before the invasion.

In 1941, the Japanese invaded Singapore and Malaya. People thought they could never move through the jungles of Burma but they invaded through Tavoy and swept north in a few months. Dr. Leigh's interest in the civilian evacuation was sparked when, visiting Rangoon, he

chanced on pages of a register of evacuees. In his book on the evacuation, he describes Rangoon as an opulent city, laid out on a grid system, with large colonial buildings and a busy port exporting teak and rice. The Governor's wife kept a diary, describing parties and race-going which continued until the start of hostilities. Bombing began suddenly on 23rd December 1941 and continued relentlessly, targeting the port and the areas occupied by Indian labourers, imported by the British to do menial jobs. Thousands of Indians left the city on foot, in bullock carts or by boat. Meanwhile, the British authorities carried out a scorched earth policy, destroying oil installations, factories and communications. After the port was closed down, the only way for Indians to leave Rangoon was by land. 75,000 walked over the Southern Chin Hills, many dying of thirst on the way. From Taungup, some crossed the Bay of Bengal in boats, although exploited in the process.

The Japanese caught up with the fleeing people and closed the Taungup route, so the refugees continued northward up the Chindwin

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Valley and gathered at Monywa to go on by river boat. Evacuation camps were established but cholera struck. An Indian Army doctor, William McAdam, reduced the spread of cholera by enforcing vaccination and hygiene rules and insisting on the burning of corpses. Major McAdam's son, Dr Archie McAdam, who was in the audience, had loaned his father's diaries to Dr Leigh.

People thought that Upper Burma was safe but on Good Friday 1942, there was a sudden air raid on Mandalay. A bomb hit a train loaded with munitions and the blast rocked the town, its wooden houses consumed in a fireball.

Europeans who could afford it flew out of Burma. There were few reprisals by the Burmese against the British as they left. Dr. Leigh quoted from the diary of a English lady, Phyllis MacIntyre, whose relative Rosemary Challoner was also in the audience. Phyllis described leaving everything and travelling to the airstrip at Shwebo. While Brigadiers' wives were taken to bungalows, the other evacuees slept in terrible barracks. Luggage on the plane was

subject to strict weight limits, so the passengers wore many layers of clothing, despite the heat. After an uncomfortable flight to Chittagong, they were taken to the European Club and given drinking water in gin bottles, to the embarrassment of the Methodist missionaries.

Judith Robinson

CUMBRIA WILDLIFE TRUST

Wildlife in sacred places

Many native plants, lichens and associated wildlife now only survive in church yards. This is largely a result of the loss of traditional unimproved meadows and pastures.

Churchyards have escaped widespread changes in the



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countryside. These sacred places offer havens for wildlife and many are refuges for old hay meadow flowers, such as meadow buttercup, pignut, oxe-eye daisy and yarrow. Shrubs, hedges, areas of longer grass and trees all provide a variety of homes for small mammals and birds and walls and tombstones provide crevices for insects and homes for lichens and ferns. Many varieties of unusual fungi have also been found in South Lakeland churchyards.

A well-managed churchyard should be a pleasant, reflective place for congregation and visitors with an atmosphere of respect and commemoration for the departed but it should not be unwelcoming and gloomy. Careful management can also show a concern for conservation, both of our wildlife and of our cultural heritage, concern for solitude and beauty away from the pressures and stresses of life.

In 2009, following an initiative by the Cumbria Wildlife Trust, local members visited the churchyards of Watermillock and Greystoke and were amazed at the variety of wildflowers to be found there, some

very rare, where careful management had left paths mown and other areas with short or medium cuts resulting in the return, in one case, of owls who had previously lost food sources living in longer grassed areas when these disappeared. A proliferation of orchids was found in both.

Inspired by these visits a wildflower survey was arranged for Sedbergh St Andrews churchyard resulting in an impressive list of species. Mowing regimes are now in place for different areas. Displays in the church give more detail. Many of these plants were listed by Culpepper, a 17th century herbalist as cures for a very wide range of ailments, usually combined with large draughts of alcohol. He died comparatively young.

St John's churchyard at Cautley had already been managed in this way for some time. From May to mid September the grass is mown fortnightly around the more recent graves and also directly in front of the church. Low-growing and rosette-forming plants flourish in these areas. Other parts of the churchyard are allowed to grow long, with an annual cut in July or September. The rare

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"Town Hall Clock" flower *Moschata* is a recent find there. The churchyard at Dent has also been surveyed and a management scheme is being implemented.

Wildflowers and grasses attract insects, butterflies and food for many species of birds. Several churches in the UK have attracted swifts to their towers. Nesting boxes will be installed in St Andrews church tower before they arrive in April/May after their long flight from South Africa. These endangered birds are

constantly on the wing and only land to lay eggs and raise their young. We hope to be able to attract pairs from their present nesting sites in the Sedbergh School Library by playing recordings of their calls. Should any take up residence we will install cameras connected to a screen in the church itself.

For further information on churchyard management or to book a talk please contact Susan Garnett msg@wardses.org.uk 21138.

Susan Garnett



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Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

SIGHT ADVICE SOUTH LAKES

At our meeting on the 16th February, after tea and biscuits, volunteers and members took part in a quiz on the theme of "Famous People, Past and Present", which caused a great deal of hilarity and a very competitive spirit!

We learned that there were some people in our midst who had famous connections themselves - a relative of George used to deliver milk to Beatrix Potter in the Lake District and Elizabeth is distantly related to Tommy Handley of wartime "ITMA" fame.

Other snippets of information were disclosed as time went on. For example, the bowls used by Sir Francis Drake before the Spanish Armada landed are preserved in Levens Hall, the cricketing legend Fred Trueman once played at Sedbergh School, America was discovered by "Chrissie" Columbus and as we all know, Sir Walter Raleigh invented the bicycle, whilst smoking a pipe of tobacco!

It was good to welcome Zander to

our meeting. Our best wishes for better health soon go to Margaret, Rosemary and Winifred, who sadly could not be present.

Our next meeting is on the 15th March, when everyone is asked to bring with them a favourite poem, story, article, song etc., please.

Sue Harper

THE BIG WINTER QUIZ

Despite a heavy snowfall, the Quiz Night on Saturday 16th January raised £1305 which will be donated to the North West Air Ambulance.

Thanks go to Mrs E. Middleton of Dent who has arranged for this amount to be matched by Barclays Bank making a grand total of £2610!

Big thanks to all of you who supported it. Thanks also to The Green Door for selling tickets, and The George and Dragon for their hospitality, donation, and a rather splendid meal.

Kate Thexton

COMMUNITY OFFICER REPORT

16/01 RTC at Killington caused by snow and poor driving conditions.

20/01 Attempted burglary of farm outbuildings.

22/01 Theft of a passport and other identification documents on Loftus Hill.

23/01 Report of 20 scramblers on private property in Cautley.

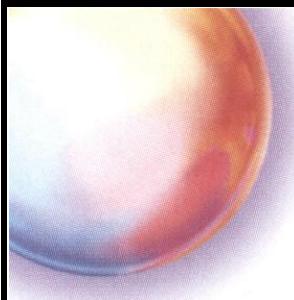
08/02 Cold callers in the area claiming to be ex-prisoners.

08/02 Nuisance callers harassing elderly residents.

14/02 Reports of disorder on Main Street.

16/02 Theft from a motor vehicle on Fellgate.

Kyle Bateson, CSO 5361



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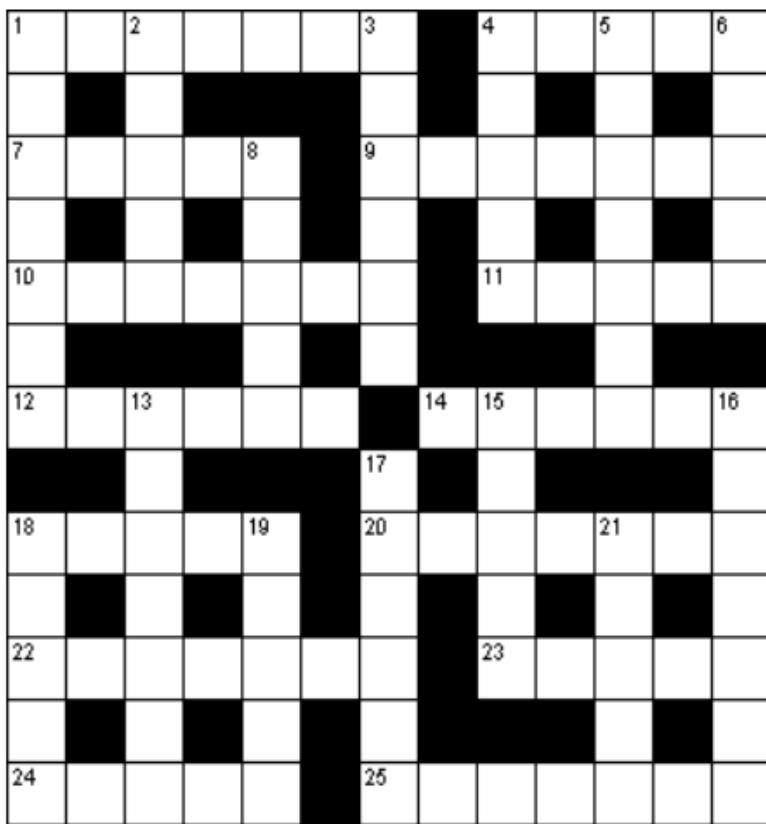
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Across

1. Seafarer (7)
4. Attain (5)
7. Catlike mammal (5)
9. Type of rock (7)
10. Respire (7)
11. Gaze (5)
12. Resembling a horse (6)
14. Unit of time (6)
18. Pandemonium (5)
20. Melodious (7)
22. Elusive (7)
23. Fibbing (5)
24. Foe (5)
25. Distinguished (7)

Down

1. Gruesome (7)
2. Variety show (5)
3. Elevated (6)
4. Parts of a ladder (5)
5. Fruit (7)
6. Precipitance (5)
8. Colossus (5)
13. Unwitting (7)
15. Tripod (5)
16. Joy (7)
17. Hinder (6)
18. Pancake (5)
19. Glossy (5)
21. Percussion instrument (5)

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PERSONAL & SMALL ADS £1

HELEN BELL

2015 did not start at all well. On Saturday 13th January, while getting lunch in my kitchen, both of my legs fractured! I held myself up but in the end had to lower myself to the floor. Pressed my alarm button and waited for the ambulance to come. It ended with two ambulances and a trip to A & E at Lancaster. I did get to have blue lights flashing and laughing gas. All together I was in hospital at Lancaster and Preston and caught four blood infections and three virus's. I wont go in to any more details, but my last few weeks I spent at Heron Hill, eventually coming home on 7th December 2015. I could write a book about all that went wrong, but enough. I would just like to say a big thank you to these people, who helped me and continue to support me. My adopted family who I would be lost without. Tina and Michael Leddy, Diane and Carol who looked after Mylo for me, Vickey and family, my two house elves Bryony and Jade. Also Janet Mudd and Janet Postlethwaite, Sandra Brown, Wyn Conway. Mylo died on 26th June 2015 while I was still in hospital. And last of all my carers who come every day to help me, and the vets of Sedbergh Practice Jim and Nick. Jim saw to Mylo for me. I miss my clever little Mylo so much. My grateful thanks to the ambulance men and women and A & E Lancaster.

JOYCE BURROW

Joyce would like to thank everyone who has been to see her at Westmorland Court, Arnside, and everyone who has sent letters and cards, and everyone at Tea & Company. She appreciates everyone's kindness and she is well looked after.

=====

LAURA GARNETT

Happy Birthday from Nigel, Ann-Marie Ben, Jenny, Dawn and Georgina. With Love xx

=====

MARTIN LEWES

On Wednesday 3 February, a very kind lady rescued me after I had a cycling accident at Middleton. I'd very much like to thank her properly. I suspect her car may also need professional cleaning. Could anyone who knows her please pass this on: Martin Lewes 015396 - 20052.

=====

JANET MASON

Happy **60th Birthday** Janet on 1st March. Lots of Love Mum x.

=====

JANET MASON

To Janet on March 1st. Happy Birthday. Hope you have a good one. Love from Helen xx

=====

MAM MITCHELL

To Mam. Happy Mothers Day. Love you lots. Floss xx

=====

FOR SALE

White Knight Tumble Dryer. 6kg. Nearly new. Needs to be vented. £175. Call 015396 - 21467.

FOR SALE

Two arm chairs. Patterned at back and seat. Arms Beige. Good condition. Telephone Mrs Barnes on Sedbergh 22192.

Regular Events/Meetings				PLACES OF INTEREST TO VISIT IN THE AREA
1000	Every Sunday	Free Entry to Locals	FM	Bowling Green, Queens Gardens
1000	Every Monday	Wild Goose Qigong	URCR	Bruce Loch Nature Area, Busk Lane
1330	Every Monday	Knit 'N' Natter	DHC	Cautley Spout, A683 towards Kirkby Stephen
1400	1st Monday	Bridging the Gap	MC	Community Office, 72 Main Street
1930	1st Monday	Dent Parish Council	DMH	Cumbria Wildlife Trust, Community Office
1930	1st Monday	People's Hall	PH	Dent Heritage Centre, Laning, Dent *
1900	3rd Monday	Chamber of Trade	PH	Farfield Mill, A684 Garsdale Road * <i>Free to LA10 Residents on Sundays</i>
1300	Every Tuesday	Howgill Toddlers	HVH	Friends Quaker Meeting House, Brigflatts.
1300	Every Tuesday	Knit & Natter	FM	George Fox's Quaker Pulpit, Firbank
1830	Every Tuesday	Cub Scouts	SHQ	Golf Club, Catholes, Sedbergh *
1930	Every Tuesday	Bridge Club	WHC	Information Centre, 72 Main Street
1930	Every Tuesday	T'ai Chi	URCR	History Society, Community Office
1330	1st Tuesday	Age UK Games	GH	Holme Working Farm, Middleton *
1400	2nd Tuesday	Killington WI	PH	Holy Trinity Church, Howgill
1400	3rd Tuesday	Sight Advice Group	PH	Jubilee Wood Nature Area, Castlehaw Lane
1930	3rd Tuesday	Ladies NFU	PH	Langstone Fell, A684 Garsdale Foot
1000	Every Wednesday	Coffee Morning	URCR	Methodist Church, New Street
1315	Every Wednesday	Art Society	PH	Motte & Bailey Castle, Castlehaw Lane
1315	Every Wednesday	Zebras	SMCR	Pepperpot Folly, Busk Lane
1730	Every Wednesday	Sedbergh Juniors	PH	Picnic Site, Ghyllas, Cautley Road
1730	Every Wednesday	Brownies (term time)	SMCR	Picnic Site, Settlebeck New Bridge
1730	Every Wednesday	Beaver Scouts (Term Time)	SHQ	Play Ground, Dent Village
1900	Every Wednesday	Sedbergh Town Band	SSBR	Play Ground, People's Hall
1930	Every Wednesday	Sedbergh Seniors	PH	Play Ground, Maryfell
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT	Queen's Gardens, Station Road
1915	2nd Wednesday	Dentdale WI	DMH	St. Andrew's Church, Dent
1930	2nd Wednesday	Sedbergh WI	PH	St. Andrew's Church, Main Street, Sedbergh
1400	3rd Wednesday	Age UK South Lakes	Library	St. Gregory's Church, Vale of Lune
1400	1st & 3rd Thursday	Child Health/Baby Club	PH	St. John's Church, Cowgill
1930	1st Thursday	Howgill WI	FCH	St John's Church, Firbank
1200	2nd Thursday	Lunch Club	Red Lion	St. John's Church, Garsdale
1915	2nd Thursday	Royal British Legion	WHC	St. Mark's Church, Cautley
1930	2nd Thursday	Sed. Parish Council	PH	Sedbergh Embroidery, StAS
1800	Every Friday	Cub Scouts	SHQ	Tennis Courts, Guldrey Lane
1930	Every Friday	Scouts & Explorers	SHQ	United Reformed Church, Main Street
1330	1st Friday	Age UK Dentdale Club	DMH	Winder Fell, above Sedbergh

See Group Page for contact details & Diary Page for Keys

* = Entry Fee Applicable

Organisation	Updated	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
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 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
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	01/09	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907

Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
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	04/14	Mrs Hassam	Sed:	20125
People's Hall	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	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

My error for last month was putting in that the History Society Talk was at Settlebeck on Wednesday 17th when it was actually in the People's Hall. I had been reminded but my mind was on other things!

A new Advertiser this month is Holme Farm which is a great exciting place to go to see a Working Farm with many activities for the family.

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.

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.
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.

DJW

Last Month's Wordsearch Answers 1

BLACK
BLUE
CRIMSON
GREEN
GREY
MAUVE
ORANGE
PINK
PURPLE
RED
TURQUOISE
WHITE
YELLOW

Last Month's Wordsearch Answers 2

CHESHIRE
CORNWALL
CUMBRIA
DEVON
DORSET
DURHAM
ESSEX
HAMPSHIRE
KENT
SUFFOLK
SURREY
SUSSEX
YORKSHIRE

HISTORY OF LOOKAROUND

The first issue consisted of 4 pages. The quality is poor by today's standards as we had to print it out onto plain paper, cut it out then place it on a Master Sheet. The sections were then stuck down and the whole lot photocopied on both sides. In the early days, photocopiers did not like copying on both sides and many sheets either crumpled or got stuck in the machine. This added many hours work to the already lengthy process and many nights were spent producing the Newsletter this way.

Issue 2 consisted of 8 pages and

Personal Ads were 25 pence.

Issue 3 had 8 pages with an insert.

Issue 4 grew to 12 pages. Personal

Ads increased to 50 pence.

Issue 8 in October was 16 pages.

Issue 9 included page numbers

because with 16 pages, we were becoming confused - not very difficult at the time. The details of local Children's Birthdays up to the age of 11 appeared.

Issue 10 had the Issue number on the front page.

Up to Issue 12, they were all printed black ink on white paper. There was confusion as to whether the new copy was in the shops.

From Issue 13, which celebrated our First Birthday, we printed on coloured paper to differentiate between each issue.

Issue 14 went to 20 pages, Issue 17 to 24, Issue 18 to 28.

In June 1987, I was interviewed by the local TV station Border TV about our Newsletter which was becoming famous locally.

Issue 22 in December 1987 saw a change in format. Coloured ink on white paper. Again, this was to differentiate easily between issues.

Issue 25 featured the local fight to keep the Secondary School open in the light of educational cuts. The Lookaround was instrumental in keeping everyone informed of the progress. Because of the local support given to the school (95% of the letters sent to the Education Department were for Settlebeck). It remained open.

Issue 27 in May 1988 was to be our last as work moved us away from Sedbergh.

Issue 28 was produced by 'The Lookaround Support Group' who kept it going. The Group did a very good job and put their own personalities into each production. The Team was Michael Rutter, (Editor); Kath Hetherington (Treasurer); Joy Rutter, Dorothy Blair, Angela Jones & Trevor Martin (Production Team) and David Lord & Susie Thurlby (Distribution).

In July 1988, The Lookaround won a Top Award in the News & Publications Section of the local Cumbria Village Ventures Competition.

Issue 45 reached a massive 40 pages.

The Lookaround Support Group kept Lookaround going and in February 1990, we were invited back into the driving seat and produced Issue 46 which was

<p>32 pages.</p> <p><u>Issue 61</u> in May 1991 saw a full colour cover which featured the visit of Her Majesty The Queen and His Royal Highness The Duke of Edinburgh to Sedbergh to present a new Coat of Arms to Sedbergh School. This issue was 48 pages plus the colour cover.</p> <p>Another Milestone was in August 1994 when we celebrated the <u>100th Issue</u> with a full colour cover.</p> <p>The Advertising Rates were updated in August 1999 and have stayed the same <u>till this day (March 2016)</u>.</p> <p>The next Milestone was the <u>200th Issue</u> when we were in Full Colour throughout.</p> <p><u>Issue 240</u> in December 2006 saw 96 pages, the biggest issue ever to date.</p> <p><u>June 2002</u>, We began to produce a 'Large Print' version of the Lookaround for the partially sighted in the area and appears in A4 size. This is available to anyone and is free of charge. A Donation may be made if you wish.</p> <p>Under the leadership of Elspeth Griffiths, an Audio version Lookaround called 'Talking Lookaround' is produced which is an abridged version of some of the articles which is recorded onto Memory Sticks to be played on special USB Speakers and distributed to the Visually Impaired members of our community. This is also a free service</p>	<p><u>Issue 251</u> in December 2007 consisted of 104 pages which was the largest ever and printed in Full Colour.</p> <p><u>Issue 254</u> in April 2008 consisted of 100 pages, the biggest ever for a single month issue.</p> <p><u>Issue 265</u> in March 2009 saw the largest ever issue for a single month with 104 pages.</p> <p><u>Issue 266</u> in April 2009 saw the transformation of the presentation of every copy being 'Perfect Bound' with a colour picture cover.</p> <p><u>Issue 267</u> in May 2009, we included a regular full colour photograph on the cover. This issue also saw the introduction of the details of individuals in the community who have attained 90 years of age.</p> <p><u>Issue 268</u> in June saw the cost of Lookaround being increased from 50 to 70 pence, the first increase since March 2001 then increased to £1 from issue 273 in December 2009. This is still maintained.</p> <p><u>Issue 306</u> in December 2012/January 2013 became the biggest ever issue with 112 Pages.</p> <p><u>Issue 328</u> in December 2014/January 2015, another record of 120 Pages.</p> <p><u>Issue 334</u> in August 2015. The Lookaround Office took up residence in Sedbergh Information Centre at 72 Main Street.</p> <p><u>Issue 341</u> March 2016 celebrates 30 years of Lookaround. <i>Dennis & Jacky Whicker</i></p>
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BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Mrs 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)	01969 667356 <i>Sleeps 2; D; CH; TVL; P; NS; DW</i>	
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

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA =
 Disabled Access; NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs
 Welcome

DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening
 Meal

CW = Children Welcome; TL = Table Licence; DFB = Dairy Free Breakfast

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	564A	WDB
0815 (M)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (M)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (M)	Sat	564A	WDB
1338 (M)	1415	Sat	564A	WDB	1615	1652 (M)	Sat	564A	WDB
1528 (M)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: March 2016				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1038	1732	1920						

L = Library : M = Maryfell

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)

SEDBERGH CHURCH SERVICES					
St. Andrew's Sedbergh	6th	13th	20th	27th	
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	2nd	9th	16th	23rd	30th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
	6th	13th	20th	27th	
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					
	6th	13th	20th	27th	
Holy Trinity Howgill	Closed for Winter			2pm Easter HC	
St John's Firbank	10.30 am Joint MP		2pm Joint HC	10.30 am Easter HC	
All Saints Killington		2pm Joint HC		10.30 am Easter HC	
DENT & COWGILL PARISH SERVICES					
	6th	13th	20th	24th	24th
St. Andrew's Dent	10.30 am Mothering Sunday Family Communion	10.00 am Holy Communion	10.30 am Palm Sunday Holy Communion	1:15 pm School Easter Service	7 pm Maundy Thursday Communion
St. John's Cowgill	2:30 pm Mothering Sunday Family Service		2:30 pm Palm Sunday Evening Prayer		
worship@peopleshall					
	6th				
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

Lookaround Advertising Rates

Single Column 2.56" x 1"	= £7.50
Single Column 2.56" x 2"	= £10.00
Single Column 2.56" x 3"	= £12.50
Single Column 2.56" x 4"	= £15.00
Double Column 5.2" x 2"	= £15.00
Double Column 5.2" x 3"	= £20.00
Double Column 5.2" x 4"	= £25.00
B & B and Camp-sites	= £2.00
Personal & Small Ads	= £1.00
Postal per month to Britain	= £2.00
Postal per month Overseas	= £4.00

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

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

All else by 19th of every month

Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 22nd March 2017

MARCH			
1	St David's Day	25	Good Friday
1 1930	Garsdale Parish Council (13)	GVH	Clocks Go Back
2 1000	Coffee Morning - Vacant	URCR	Easter Monday
2 1100	Reopening of Craftworkshop (Feb)	Main Street	28 1000 StAD Easter Monday Sale
2 1200	Lent Lunches (23)	StAS	30 1000 Coffee Morning - Garsdale Churches
2 1930	HS Telling it Like it Was (16)	DMH	APRIL
2 1930	Sed First Responders AGM (30)	PH	2 1000 Spring Coffee Morning (59)
2 1930	Sedbergh Labour Group (24)	GH	2 1900 Flicks in the Fells (5)
3 1930	WIH Power from the Fells	HVH	6 1000 Coffee Morning - Ladies NFU
3 2000	Romantic Era Concert (Feb)	StAS	7 1930 WIH Jewellery Workshop
4 1345	Blood Donor Session (23)	PH	8 1930 British Legion Annual Dinner (59)
4 1615	Blood Donor Session (23)	PH	11 SS Term Starts
4 1930	Tattie Pie Supper & Domino Drive	HVH	12 1400 WIK Why Can't you play golf?
4 1900	Ello Ello Enigma (Feb)	CGHK	13 1000 Coffee Morning - StAS Mission
5 1000	StAD Coffee Morning	DMH	13 1930 WIS Craft Miscellany
5 1000	Meditation for beginners (12)	MCD	14 1200 Lunch Club
5 1000	Art Society (67)	SMCR	14 1915 Royal British Legion (59)
5 1900	Flicks in the Fells (5)	PH	16 1930 Old Time Dance (97)
6	Mothers Day	PH	17 1300 Medical Centre Closed for Training (17)
8	WIK Our Disappearing Swifts	SSAT	19 1400 Sight Advice South Lakes
8 1700	Senior Citizens Concert (8 & 54)	FCM	20 1000 Coffee Morning - North West Cancer
8 1930	Domino Drive	URCR	23 1000 St George's Day
9 1000	Coffee Morning - Christian Aid (9)	URCR	23 1000 DMC Coffee Morning
9 1200	Lent Lunches (23)	StAS	23 1030 Quiet Day (Feb)
9 1930	WIS Lakeland Architecture	PH	23 1300 Spring Show (61)
9 1930	CWT Arnhemland to Vanuatu	URCR	27 1000 Coffee Morning - Garsdale Village Hall
9 2000	Tennis Club AGM	GCRH	28 1930 Gym & Fitness Centre AGM (65)
10 1200	Lunch Club	Red Lion	MAY
10 1915	Royal British Legion (59)	WHC	2 May Day
10 1930	Sedbergh Parish Council (11)	PH	4 1000 Coffee Morning - Cameo
12 1000	Living Mindfully (12)	MCD	5 1930 WIH Genealogy
12 1300	Dentdale Run	Dent	6 SPS PTFA Auction (Feb)
13 1900	Mozart's Requiem (Feb)	SSPH	7 1000 StAD Coffee Morning
13 1930	Appleby Concerts (Oct)	APH	10 1400 WIK Resolutions & Hedgehogs
15 1430	SS Wilson Run (50)	APH	11 1000 Coffee Morning - Oral History Society
15 2000	Sing Joyfully	Back Lane	11 1930 WIS Resolutions & Jacobs Join
16 1000	Coffee Morning - MS	Casterton Ch	12 1200 Lunch Club
16 1200	Lent Lunches (23)	URCR	12 1915 Royal British Legion (59)
16 1930	HS Highland Clearances (16)	StAS	13 1930 Belshazzar's Feast (Feb)
17	St Patrick's Day	SSAT	14 0900 Open Day (Feb)
17 1300	Medical Centre Closed for Training (17)	MC	14 1900 Flicks in the Fells (5)
17 1930	Tantrum of the Soap Opera (1 & 70)	PH	15-21 Christian Aid Week (Feb)
18 1930	Tantrum of the Soap Opera (1 & 70)	PH	16 1930 WIH Group Meeting
18 1930	Wildflowers of Mansergh	MCH	17 1400 Sight Advice South Lakes
18 1930	Art Society (67)	SMCR	18 1000 Coffee Morning - Christian Aid
18	SS Term Ends	MC	19 1300 Medical Centre Closed for Training (17)
19 1000	DMC Coffee Morning	DMC	21 1000 DMC Coffee Morning
19 1430	Tantrum of the Soap Opera (1 & 70)	PH	21 1200 Sedbergh Gala
19 1900	HS Annual General Meeting (16)	SSAT	25 1000 Coffee Morning - Firbank Church
19 1930	Tantrum of the Soap Opera (1 & 70)	PH	27 SS Half Term Begins
21 1930	The Dales High Way (21 & 65)	PH	29 Sedbergh Music Festival Starts
20 1100	Drop In Meditation (12)	MCD	30 Spring Bank Holiday
20 1400	Living from Essence (12)	MCD	30 1900 Howgill Duck Race
20 1530	Gym & Fitness Centre Opening (65)	PH	JUNE
20 1600	Messy Church (20)	SMH	1 1000 Coffee Morning - Middleton Church
22 1400	Sight Advice South Lakes	PH	2 1930 WIH Members Evening
23 1000	Coffee Morning - URC	URCR	4 1000 StAD Coffee Morning
23 1200	Lent Lunches (23)	StAS	4 1900 Flicks in the Fells (5)
23 1930	Red Squirrels Spring Meeting (23)	URC	5 SS Half Term Ends
			8 WIS Summer Outing

COVER PICTURE
Maryfell
Stuart Manger

8	1000	Coffee Morning - Garsdale Church	URCR
9	1200	Lunch Club	Red Lion
9	1915	Royal British Legion (59)	WHC
12		Sedbergh Music Festival Ends	Sedbergh
14	1400	WIK How to Drop a Brick	PH
15	1000	Coffee Morning - WIH	URCR
15	1900	Town Band Concert (Text)	CHI
18		Sedbergh Cycling Festival (Nov)	Sedbergh
18	1930	Old Time Dance (97)	PH
19		Fathers Day	
19		Sedbergh Cycling Festival (Nov)	Sedbergh
21	1200	Sight Advice South Lakes Lunch	TBA
22	1000	Coffee Morning - Town Band	URCR
22	1300	Medical Centre Closed for Training (17)	MC
25	1000	DMC Coffee Morning	DMC
29	1000	Coffee Moring - WIK	URCR
30		WIH Summer Outing	
		JULY	
2	1000	StAD Coffee Morning	DMH
2	1900	Flicks in the Fells (5)	PH
6		SS End of School Year	
6	1000	Coffee Morning - URC	URCR
7	1930	WIH Tai Chi	HVH
13	1000	Coffee Morning - British Legion (59)	URCR
13	1930	WIS Is It True Miss?	PH
14	1200	Lunch Club	Red Lion
14	1400	WIK TBC	PH
14	1915	Royal British Legion (59)	WHC
20	1000	Coffee Morning - People's Hall	URCR
20	1300	Medical Centre Closed for Training (17)	MC
23	1000	DMC Coffee Morning	DMC
25-29		Holiday Club (Text Feb)	PH
27	1000	Coffee Morning - Garsdale Village Hall	URCR
		AUGUST	
3	1000	Coffee Morning - Vacant	URCR
4	1930	WIH Quilling Demonstration	FCH
6	1000	StAD Coffee Morning	DMH
10	1000	Coffee Morning - Howgill Church	URCR
10	1930	WIS Balancing a Pulse of Life	PH
11	1200	Lunch Club	Red Lion
11	1915	Royal British Legion (59)	WHC
17	1000	Coffee Morning - StAS Mission	URCR
20	1000	DMC Coffee Morning	DMC
24	1000	Coffee Morning - North West Cancer	URCR
29		August Bank Holiday	
31	1000	Coffee Morning - Vacant	URCR
		SEPTEMBER	
1	1000	Coffee Morning - Garsdale Church	URCR
1	1930	WIH Footcare	HVH
3	1000	StAD Coffee Morning	DMH
3	1900	Flicks in the Fells (5)	PH
4	1030	Moorcock Show (57)	Moorcock, Garsdale
7	1000	Coffee Morning - Talking Lookaround	URCR
8	1200	Lunch Club	Red Lion
8	1915	Royal British Legion (59)	WHC
9	1000	Coffee Morning - Talking Lookaround	URCR
13	1400	WIK Britain in 50's & 60's	PH
14	1000	Coffee Morning - Vacant	URCR

DIARY KEY

APH	= Appleby Public Hall
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CGHK	= Castle Green Hotel, Kendal
CHI	= Country Harvest Ingleton
CO	= Community Office, Main Street
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
GCRH	= Garden Cottage, Randall Hill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLGC	= Kirkby Lonsdale Golf Club
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)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIO	= Sedbergh Information Office, Main St
SSAT	= Settlebeck School Academy Trust
SSPH	= Sedbergh School Powell Hall
URC(R)	= United Reformed Church (Rooms)
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

HALF-DAY CLOSING THURSDAY