

Sedbergh & District **LOOKAROUND**

February 2016

Issue 340

Donation £1

A very Happy and Healthy New Year to all our readers and thank you again for making this another bumper issue of 112 pages.

Please mention Lookaround if you make enquiries on the strength of

something seen within our pages, especially the Event Adverts of which there are many again this month. Please support as many as you can.

Dennis & Jacky Whicker



International Textile Art Exhibition
43 artists 16 Nationalities
Farfield Mill
is the only UK venue
Finishes - Wed 17th Feb

Workshops in February
Overshot Weaving - Jan Beadle - 23 Feb
Come & make a scarf or a runner!

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

CLOSING DATES: NEW ADVERTS - 15th; OTHERWISE - 19th
S & D Lookaround 72 Main Street, Sedbergh LA10 5AD Telephone 015396 - 21960
e-mail: editor@sedberghlookaround.org.uk ~ Web Site: <http://www.sedberghlookaround.org.uk>

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February Birthdays

Day	Name	Age
2	Amy JOHNSON	10
7	Lois LONGLANDS	5
12	Daniel HALL	10
13	Charlie SMITH	4
14	Evie DEAN	8
20	Kristian PRATT	7
20	Isabella HUBBARD	9
22	Grace Louise HODGSON	7
23	Arlo LONGFELLOW	1
23	Evie HAYGARTH	4
28	George SMITH	6



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

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	Update	Contact	Tel:	015396
Age UK South Lakeland	08/13	Mrs Greensmith	01539	728180
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
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
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	10/15	Mrs Thexton	07752	748929
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

Sincerest apologies to Mary Gladstone who celebrated her **90th Birthday** on 7th January of which details should have been in the Birthday list in the last issue.

I have had an update for the Photograph on the cover of the December issue insofar as the location is given as "Greenwell, Howgill Bridge, Dentdale." I named it Slack as this was the location which appears inside the featured Phone Box. Thank you for those that made contact.

Another **three** new Advertisers this month are **The Churchmouse at Barbon**, Ian Higginbotham

Decorator & **Westby House Self**

Catering (B&B Pages). Please give them your support and mention Lookaround with any enquiries.

From this month, we will be receiving an occasional Advert from Castle Green Hotel in Kendal. The event they advertise looks good **BUT** if you make an enquiry for Tickets, can you please mention Lookaround to encourage them to advertise with us again.

Every now and then, I get an update with respect to the Contact Person listed on the **Groups Page**. If you are involved in any organisation, could you please check that details are correct.

Another big thank you to everyone that has sent photographs or put them on 'Facebook' which can be used for the Covers of Lookaround. There are many fine examples out there and I will use appropriate ones but these can also be directed to the Advert on Page 39 where they will be gratefully received.

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, Premier Store, 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

PERSONAL & SMALL ADS £1

MELLIE ALLEN

David and Lyn would like to thank family and friends for their kind thoughts, prayers and cards following the death of Mellie, they would also like to thank those who attended the funeral and the kind donations given for Low Smithy Chapel Garsdale, special thanks to Rev H Stuteley and Billy Thwaite for their uplifting service, grateful thanks to Brian Goad who took care of the funeral arrangements so sympathetically and to Dorothy for providing such a lovely tea following the service. The prayers and support given at this sad time are much appreciated.

=====

JOAN CHAMLEY

The family of the late Joan Chamley would like to thank everyone for their kind, thoughtful messages and support following their sad loss. Special thanks to Andy McMullen for helping us so well with the crematorium and church services, and to the choir for performing at the church. Also thanks to Brian and Dorothy Goad for carefully guiding us through the funeral arrangements and services, and for providing refreshments afterwards. Many thanks to Helen Clark and her carers at PPA, and the staff at Heron Hill Care Home for ensuring that Joan had the best possible care. Our gratitude for all who have donated to Alzheimer's Research UK and to St Andrew's Church, Sedbergh.

BETTY DARK

I would like to say Thank you to all the people who came to my aid after my fall. John for sending for the ambulance, David Airey for taking care of my dog, Harold for making trips to Lancaster to see me, Mary for my lovely pie and last of all a huge Thank You once again to Ann and Brian Wright for all their wonderful support. I just couldn't manage without it. I must say Thank You to the Primary School for my lovely card and good wishes. God Bless you all. Betty.

=====

KATHLEEN MARY DAY

1933 to 2015

On 29th November 2015, Kath Passed Away. Due to the unstinted and loving support we received her passing was gentle and without pain. I was humbled by the kindness and the ways in which our needs were managed. Help came from many places; from the Medical Practice's doctors, nurses and staff; district nurses; the funeral service; family; friends; and neighbours. I bless the fortunes that led Kath and me to this area of good people. Thank you all so very much, Dave Day.

=====

MARY GLADSTONE

A big Thank You for all the cards and good wishes I have received for my 90th Birthday. I am amazed at the wide variety of designs which you have found, with only a small handful of duplicates. Many thanks indeed. Mary.

PERSONAL & SMALL ADS £1

PETE MULLEN

Chris & Julian would like to thank all friends and neighbours for their cards, condolences and help after the Passing of Pete. Also thanks to Brian Goad for all his help at this difficult time. Pete and Phil enjoyed their time in Sedbergh where they made many friends and had made Sedbergh their home. Thank you.

LEANNE POSTLETHWAITE

Happy 18th Birthday Leanne on 18th February. Health and Happiness always. Love from Dad, Mum, Emma, Michael, Angie & Will. xxx

LEANNE POSTLETHWAITE

Happy 18th Birthday Leanne. Lots of Love from Gran. xx

LEANNE POSTLETHWAITE

Happy 18th Birthday Leanne, on 18th February. Love & Best Wishes. Nanna & Grandad. xx

DENNIS & JACKY WHICKER

I would like to wish my husband Dennis a very happy **Ruby Wedding Anniversary**. They say time flies when you're having fun and there has been a lot of laughter over the last 40 years so we must be doing something right! All my love Jacky XXXX (one for each decade!).

I would like to thank my very loving and supportive wife Jacky on the occasion of our **Ruby Wedding Anniversary** on 28th February 2016. The last 6 years has been a rocky road dogged with bad health

but you have always been there for me and got me to where I am today. Lots of Love. Dennis XXX XX X

FOR SALE

Beko WME7227W Washing machine, 7kg wash load, 1200 spin speed, digital display, excellent condition, hardly used £140. White Knight 76AW 6kg load reverse tumble dryer. Well used but in perfect working order £30. Tel: 01253 280217 or Mobile 07435 667063.

weavers @ **farfieldmill**

**SENIORS 2 COURSE LUNCH SPECIALS £7
AND FREE RETURN TRANSPORT!**

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SEDBERGH PARISH COUNCIL

This short report covers items from the monthly meetings held in December 2015 and January 2016. The next Parish Council meeting will be on Thursday 11th February at 7.30pm in the People's Hall, Sedbergh.

FLOODING

Following the recent unprecedented flooding during December in Sedbergh, the Parish Council has been in contact with various Agencies in connection with future plans/preventions, in particular the area of Guldrey and an interim meeting is scheduled. A general 'Emergency Plan' for Sedbergh is also on the Agenda for discussion in February to consider a draft/need for a plan in the

case of any future emergency in the area.

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.

NOTICEBOARDS

Following a letter from a resident, the town notice boards were discussed. It was agreed that the SPC should seek removal of a board on Main Street that was in poor condition. It was also noted that various groups / organisations often place their posters on lamp posts about town, but then do not remove them after the event. (*Eds Comment: It must cost at least £10 to produce and laminate the*



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Posters which look unsightly when left for ages and only reach the people that walk past them A £10 Advert in Lookaround leaves no mess and reaches everyone.)

Other matters included, the proposed enhancement scheme to the boundary and access at the People's Hall, the Parish Council website, the provision of Extra Care Housing/ Supported Housing in Sedbergh and recycling at Joss Lane car park, in particular the overflowing glass recycling. Whilst the area has now been cleared, SPC would like to ask residents to take their recycling home when containers are full and try again another time in an effort to keep this area tidy. Please also remember that there is now recycling for plastic and cardboard at Spar and kerb side recycling for glass/cans.

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

WHEN 2 BECOMES 1

Wow! What a few months we've had, weather wise. Garsdale, as with most of Cumbria and North Yorkshire, has been battered and blown by storm after storm. Fortunately, we have suffered less than those unfortunate to live in the flood areas. A few trees have come down, a landslide and minor damage to some houses has occurred. However, the main damage was inflicted on the already (virtually) derelict A684. Some verges have fallen away and numerous new potholes have appeared to add to the plethora that were already there. This has caused much discussion amongst the worthy councillors of Garsdale Parish Council. But the penny has finally dropped! They now realise how clever and thoughtful Cumbria County Council really are! By totally neglecting the road, the potholes have become deeper and wider until eventually they join up, then 2 becomes 1, thereby reducing the number of potholes by half. What

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a clever wheeze, well done CCC. Perhaps this policy should be adopted nationally and CCC could be up for an award for such innovative thinking and improving, at least on paper, the nation's highways.

Perhaps this policy is also being extended to the retaining walls along the A684 and Clough River. More and more gaps are appearing which are swiftly filled by the ubiquitous 'temporary' orange fences. Given time all the walls will be gone and there will be a continuous orange plastic fence lining either side of A684, so there would be just one 'hole' on either side, albeit 9 miles long, as 2 becomes 1. As these plastic monstrosities take about a billion years to biodegrade, lo and

behold, no maintenance, another clever wheeze, another award?

Imagine (John Lennon) the council worker who comes to count 10,000 holes in Garsdale, Cumbria, 'as they have to count them all' to paraphrase 'A day in the Life' (The Beatles) and only finds 5,000 as 2 had become 1 (The Spice Girls), and then 2,500, 1,250, 625 etc. What happens when he only has one to count, does he lose his job? Probably not, he'll probably be put to use making cabinets in which to display all the awards but 'he'll be all by himself again' (TV's Take Me Out aka Celine Dion). Still, you have to admire the poetry.

The other ongoing sagas that concern the erstwhile councillors: risk



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assessments for private water...not resolved, all hang tight, Post16 transport...not resolved, complaints are mounting about the increased number of cars parking near schools, reckless bikers...can't get through the floods so a temporary respite, superfast cable...some encouraging noises coming from FibreGarden. All these issues are ongoing and will be discussed at our next meeting which will be on Thursday 17th March in the village hall, Garsdale, at 7.30pm, all are welcome. Time is allocated for residents to air their views or concerns without prior notification and our councillors are well behaved and have not been known to bite anyone, at least, not yet, so come along.

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If you want to be added to our database and be notified of any changes or urgent issues that arise in Garsdale, email the clerk (me), with your email address and I'll add you to the list.

In the meantime, I'm going to dig out that Spice Girls record, 'When 2 Becomes 1' and play it loudly on repeat, it might just grow on me. I wonder if there are any vacancies at CCC, Highways, I'm good at counting...

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*Philip Johns,
Clerk to Garsdale Parish Council,
015396 22170,
ps.johns@btinternet.com*

COUNCILLOR CORNER

Water water everywhere. December 2015 was amongst the wettest since records began and there can be few people who do not have some flood story to tell about the storms running from Storm Abigail through to Storm Frank, with the worst brought by Storm Desmond on the weekend of 5th and 6th December.

In terms of houses affected, Sedbergh got off quite lightly, especially compared to Kendal where there are over 2000 flooded properties. The damage in and

around the town has been to the infrastructure, most notably to Birks Bridge, Fisherman's Bridge up Firbank and footpaths on the Howgills, but also to roads and road bridges up and down the Lune Valley. In the worst of the rain, many roads were temporarily impassable with floodwater.

The Bailey bridge to replace Middleton Hall Bridge, allowing most sorts of traffic to flow to and fro between Sedbergh and Kirkby Lonsdale, came about as a result of a pincer movement orchestrated by Michael Roberts, the Chair of Middleton Parish. He asked me to do what I could with Cumbria Highways while also highlighting the potential daily financial losses suffered by BDS

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Fuels at Middleton as they needed to send their HGVs all the way round via the A684 and the M6 if delivering to the south and east, adding considerably to time and costs.

The owner of BDS Fuels, Mike Smith, happened to know of a place in Keighley that had Bailey bridges for sale and gave me the details. I forwarded these to CCC Highways and within 2 weeks of Storm Desmond, the Bailey bridge was in place, the first in Cumbria following these floods. Many places still have bridges closed so we should count ourselves lucky that a temporary bridge has been installed so quickly. With regard to other flooding issues, if you are feeling community-minded

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and happen to be wearing appropriate footwear, please see if a few scrapes with your welly can clear a drain (grate) that has been covered with leaves, twigs and mud. Often this is all that is required to allow the drains to work properly. Or if you can take a picture of the problem during the course of heavy rain that too will be very useful for future reference.

Cllr Nick Cotton

COUNCILLORS CORNER

There has been bad weather before and the consequences for our forbears was commented upon as early as 1634. Floods on the Dee and the Clough regularly took out the corn mills in Dentdale and Garsdale and a

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summer downpour destroyed five main road bridges in Garsdale in 1889. However those events were usually cloudbursts and I doubt very much whether any weather event as serious, widespread or as prolonged as Storm Desmond has ever afflicted South Lakeland before.

By the accident of history, Sedbergh and Kirkby Lonsdale are Norman planned settlements adjoining motte and bailey castles so neither they, nor the intervening villages were constructed hard next to our fast flowing rivers. For that let us be thankful.

All of us must have suffered minor inconvenience and some great inconvenience but our thoughts and most profound sympathy must go to the two thousand families whose homes have been inundated.

Obviously the greatest impact locally was the closure of the Middleton Hall Bridge, a bridge so taken for granted that most of us didn't even know it

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was there. Thank you to everyone involved in installing the Bailey Bridge. Thank you also for the work in restoring the main road in Howgill. This last couple of months have shown how dependent we are upon our bridges, our roads and lanes and how easy it is to take them for granted.

As time goes on measures will be needed to restore, re-instate and improve resilience. We must ensure that every branch of government assists rather than stands in the way.

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

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

*District Councillor Mel Mackie
Beech Cottage, High Casterton, Via
CARNFORTH, Lancashire LA6 2SD
Telephone 015242 71644,
07957868256*

email mel.mac@uwclub.net

TIM FARRON MP

I know it seems a long time ago but Happy New Year, all the very best for 2016.

As you will know for many people 2016 did not start off as they would have wished. It is estimated that about 3000 homes across South Lakeland were flooded in Storm Desmond. In Kendal we reckon about one in eight houses were flooded which is an appalling number, particularly as many of them were houses of people who could least afford to face this sort of problem. In the run up to Christmas I and my office staff were working flat out trying to find homes for people to live in while theirs dried out or sorting out insurance problems or just listening to the stories that

people wanted to tell us.

It is amazing how fast the news moves on but we are left with the problems and will be for many months, possibly years, to come. Many bridges are not open, the main road through the Lake District is closed due to subsidence, the list goes on.

I have been pressing the Government to get on with the work needed to start the repairs as quickly as possible and, to be fair, things are starting to happen but not fast enough for my taste and for all of our needs. We need all of our roads open before the tourist season starts properly, we need people to get back in their homes as fast as possible and we need work to start on ensuring that

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we don't see flooding like that again for a very long time.

I have persuaded the Government to provide some money to run a campaign to encourage people to realise that Cumbria is still open for business and to encourage them to come and visit us. Too many businesses have been telling me about visitor bookings being down for 2016 and this money will, I hope, begin to address this but it is only a start.

One of my major frustrations is knowing that there are several million pounds in Brussels just waiting for someone in Whitehall to fill in the forms to apply for it. This money was designed to help places affected by the types of disasters that we have faced but for some reason, which I

can only think is politically based, the Government seems reluctant to ask for it. This really is madness, if you would like to support my call for them to get the application in before it is too late then please sign my petition, you can find it by searching on "Tim Farron Flood Relief Petition".

Just in case you were worried I have been working on things other than flooding, I have been pressing the Government to get on with providing the Radiotherapy Unit at the Westmorland General Hospital, I have been calling on the Government to reconsider its plans to sell off much social housing, before Christmas I enjoyed meeting Elsie Woof of Sedbergh Primary School to congratulate her on winning the competition to de-



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sign my Christmas card. But flooding and the problems it has created has been the focus of my time and will be for some time to come I am afraid. As ever if I can help you with anything, flood related or not, please email me at tim@timfarron.co.uk.

Thanks Tim Farron MP

One of our readers, Brian Wright, has taken issue with Tim over his report last month and requests the following comment - "Would you please amend an error in Tim Farron notes in the December / January edition of Lookaround. Tim wrote that the Rural Payments Agency had started making payments to farmers and goes on to say that" this money from Europe will help a lot of them through these diffi-

cult times". Tim knows full well that the UK does not receive one penny from the EU. In fact our NET contribution last year was £11.3 billions!!!!!!

I have also written to Tim about the paucity of HMG's contribution to the flooding in Cumbria pointing out to him that HMG give more than the £50 millions each day NET to the EU. Unless these politicians come clean folk will be voting on basically lies and part truths should there ever be a referendum. When you think that EU directives broke up our PO, Railways, Utilities, caused the flooding in the Somerset levels last year, and no doubt much of Cumbria's this year, with their various directives. The EU want us in to help pay the bills Ger-

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many pay most, France second and we are nearly at the same level as France in 3rd."

LABOUR GROUP

Welcome to 2016!

Looking forward to the new year, the Labour group will hold its February meeting at Gladstone House, Fell Close on Thursday evening the 4th of February at 7.30. Everybody welcome, we would particularly like to hear the local issues and concerns that matter to you so that we can campaign on your behalf. We have no interest in your personal politics but simply want to give local people a fresh voice in what happens here in Sedbergh.

People matter.

Nick Cross, Labour group coordinator. catotheelder@mail.com

LIBERAL DEMOCRATS

Yet another reorganisation of the District Council looms. The initial consultation period ended on January 11. The Local Boundary Commission welcomes the views of the ordinary voter; I have sent in my comments which are my own reflections, not any party line.

At present our ward is a three member ward, stretching from Sedbergh to Kirkby Lonsdale. This is a vast area, with many isolated houses and farms, although the concentration of electors is in Sedbergh and Kirkby Lonsdale. The flooding damage serves to stress the difficulty of travel around the



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ward, with roads and bridges cut. (One strange anomaly is Mansergh, included in the District Council and left out of the County Council ward. Why?)

The Local Boundary Commission wants 'electoral equality'—meaning the same number of electors to elect a councillor, 2500 per councillor.

By this reckoning Sedbergh and Kirkby Lonsdale with 4,958 electors should be split into 2 single member wards, not the present three.

Sedbergh and Kirkby Lonsdale should be spared a three member ward, which means in effect having elections every year, environmentally as well as electorally this is a disaster: think of the woodlands felled for leaflets, gallons of orange/blue ink,



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Richard Cann

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Dr Rob David

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and wear and tear on local activists.

The Lib Dem Cllr Craig Stephenson gave evidence to the last inquiry. He argued that Kirkby Lonsdale and Sedbergh were too diverse in identity and culture for shared councillors to reflect the interests and identities of two widely differing communities.

(*For readers of Lookaround who remember Craig, he is now the Dean of a Canadian college, still with family links locally and still on the electoral register. His legacy will be remembered as the man who helped to sort out the car parking in Sedbergh and worked with the Parish Council in the transfer of ownership of the car parks.*)

If you enjoy elections, 2016 will be a bumper year.

District Council elections May 5th
Police and Crime Commissioner for
Cumbria, also in May

The EU referendum probably in late
summer. *Anne Metcalfe*

SEDBERGH PRIMARY SCHOOL



Tim Farron Christmas Card Competition

Elsie Woof, a Year 1 pupil at Sedbergh Primary School, won MP Tim Farron's Christmas Card competition. Her design was chosen out of entries from Primary Schools throughout Cumbria.

Tim Farron attended our school assembly on Monday 30th November to present Elsie with the completed Christmas Card. It was very exciting to see her design in print. He told her that it would be sent to as many as 40,000 people across Great Britain.

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DENT PRIMARY SCHOOL

Thank you so much to everyone who supported the Friends of Dent School Promise Auction, your donations made a whopping £5246!

The Hall looked fantastic and the buffet was delicious, so also a big thank you to everyone who helped before, during and after. Without you it wouldn't have been such a fantastic night.

For those who missed it please check out our Friends of Dent School webpage www.dent.cumbria.sch.uk to see pictures and a video that was shown on the night, made lovingly by the pupils and teachers, using the skills they were taught on a FODS funded course.

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We also now have a Facebook page, which keeps everyone up to date with our events and a YouTube page, which we are hoping to keep updated with videos from school.

The Friends of Dent School Committee are always looking for new members, if you would like to join please get in touch with Laura Thornley on 015396 25185.

Laura Thornley

SETTLEBECK NEWS

Christmas Fair

Despite the horrendous weather, we had another good turnout for our annual Christmas Fair. Our GCSE Catering students' first pop-up diner was a sell-out, we'll definitely make

more food next year! A massive thank you to all the local businesses who brought such a wide range of unusual and quality gift ideas. A particular highlight of the evening was Lisa Alderson's Shetland ponies who looked wonderfully festive. The Year 7 and 8s ran a very enjoyable fun and games room with lots of really creative and original game ideas and the Christmas craft area was buzzing the whole evening. Another huge thank you to Santa, who took time out of his busy schedule to visit our grotto. Thank you to everyone for braving the weather and making it such a fun and festive occasion.

Cross Country

The County Trials were held on home soil again at Sedbergh School. The Pepper Pot route saw some fantastic performances from our runners: Lewis Garnett (35), Harvey Coates (61), Cj Middleton (27), Brenda Luffman (33), Carla Avery (20), Amelie Pennington (32), Bethany Beck (44). All ran really well with most competing against runners a year older than themselves. Congratulations to Declan Wellesley-Smith who finished 9th in his race and Maisie Gough 18th who were selected



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to represent the South Lakes at the County Trials.

At the County Trials the two students ran really well against a strong field from the rest of Cumbria. They were lucky to have home advantage as it was run at Sedbergh School again. Maisie, running against girls a year older, finished a fantastic 20th. Declan also ran well to finish 29th. Well done to both.

Netball

The girls' commitment to their teams yet again has been commendable. Their hard work and enthusiasm is really paying off and recent results have shown this. The Year 7s' start to their netball at Settlebeck couldn't have been better with a 0-6 victory over Kirkbie Kendal School. They then were narrowly defeated by Dallam School 5-4. Players' Player goes to Carla Avery and Bethany Beck. Many thanks again to Sedbergh Soap Company for sponsoring the team and giving the girls some lovely goodies as prizes. The U15s highlight so far has been a fantastic tournament result, finishing 6th overall, beating KKS and Cartmel and only losing by one goal to The Lakes School and Dallam. Players'



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**Saturday
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film starts **7.30pm**
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Flicks in The Fells

Player was Jenny Lomax. U16 netball has also seen a victory against KKS.

County Netball

Well done to Sophie Waller who has been selected to represent Cumbria in netball. She was selected for the development squad last summer but her determination and focus has meant she has made it to the first team. Well done Sophie.

Football

The Year 11s aimed to emulate last year's success of reaching the County Cup semi-finals. They beat Kirby Stephen in the first round through a penalty shootout, scoring all five penalties. They then faced the Lakes School in the quarter finals; the game didn't go to plan at first as they



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7th February ~ 5 - 7pm

were 2-0 down at half time. But two quick goals from Liam Mason brought us level. Lakes went on to score a third with 15 minutes to go, but Robbie Alderson scored with minutes to spare to take it to extra time. It was still level after the first half of extra time but the Lakes edged it in the second half.

The Year 11s also competed in the National Cup where every player played their socks off and can be proud of their performance.

Year 7/8 and Year 9/10 also competed in the County Cup and National with good performances from all.

Cycling

Tom Leivers from British Cycling

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came to Settlebeck again with his infamous Watt Bikes. These are stationary bikes that are electronically hooked up to a computer enabling the students to race each other over the equivalent of a 250m race, while remaining stationary. The event was much anticipated by the students who took part last year and it was great to see all the students take part in the tough event. Having such strong links with British Cycling is a fantastic thing for the school and we would like to thank Tom for all he has done for us.

Running Club

A massive THANK YOU to Lyon Equipment who very kindly donated a large number of head torches to the Settlebeck and Howgill Harriers running club. This means our students can safely run on and off road during the training sessions on a Friday. Not only can they see in the darker wintery conditions, but also be seen by other road users.

Senior Citizens Concert

A reminder that our Senior Citizens Concert is 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 give the school

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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.

SEDBERGH SCHOOL NEWS

What happened at the end of last term is so long ago that it is almost forgotten, but the production of *Les Misérables* was outstanding with some who watched the production commenting favourably about the standard in comparison to the West End. Seventy eight pupils were involved and kept audiences entertained for four sell-out shows.

The Prep School held a Christmas Fayre which "went like a fair". The Remembrance Day service above the cloisters was well attended despite "challenging" weather conditions. The 1st XV beat Wellington College 20-18, (having beaten Kirkham, Warwick Barnard Castle Millfield and Llandovery in November).

Storm Desmond caused the School some problems – not overlooking the interest caused by the sight of the Bursar's BMW floating(?) in deep water on TV. The closing of the road between the School and the Prep School could have been a considerable inconvenience, but the Army has come to the aid of everyone using that road with a Bailey bridge, however cyclists



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beware the ramps up trap wheels and some school cyclists have had near misses. As this term is the running term the loss of the Plank Bridge at Birks has caused the redirection of several standard runs. Water flooded the Thornley Studio and damaged the sprung floor, the basement in the old building flooded and a swimming pool appeared in front of the Thornley studio. Over all the School got off fairly lightly.

As said, this is the running term and training for the Wilson Run has begun. Each Wednesday there is a run gradually getting tougher as the weeks pass. The first was a relatively gentle one up Frostrow Wall. Next is Arant Haw around the north flank of Winder and up the punishingly steep

Nab (195 pupils and 35 staff completed this on 13th January). Next up the whaleback for five miles to the trig point on Rise Hill and five miles back (picking up stragglers on the way). Next is the Calf, and finally the summit of Calf Top in the Middleton Fells. There will be four qualifying runs in the weeks immediately before the Wilson Run. On 24th February the whole School will run to Cautley. On 13th January the Cumbria Cross Country Championships took place at the School which came second. On 30th January the Morgan run will have taken place at 2pm which is Staff v Pupils v OSs v Parents. On 28th February the Kendal Winter League series will be at Sedbergh

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The Prep School has been very busy running too. On 7th January they hosted the South Lakeland District Cross Country and won the overall team trophy. They were lucky with a fine day and 385 children from across the Lake District competed. The top 12 in each age group will go through to the Cumbria Cross-Country trials on Wednesday 3rd February, when the Prep School will again host the event. At Giggleswick on 13th January they won 3 of the 4 events in the Catteral Shield. Fraser Sproul once more distinguished himself by winning in the Cumbria Cross Country Championships in the morning, and then rushing to Giggleswick to win again in the afternoon. By the time this is printed the Rawthay Run championship for Prep Schools will have taken place at the Upper School on 21st January, and the Prep hopes to do well there too. The Prep School now has a new promotional video which can be found on UTube.

On BBC live cricket Sedbergh cricket pitch was put forward as one of the most beautiful cricket grounds in the world. Yorkshire CCC plans to share

the School's summer residential cricket courses for age 8-15

Over the next weeks the senior part of the School will be very busy with mock exams.

In the Staniforth Cup for small bore shooting, the School came 6th nationally, and Katherine Fleck, the Headmaster's daughter, scored the highest possible score of 100 (she has also been offered a place at Cambridge to read veterinary medicine).

The House rugby matches are played this term – it is easy to identify them by the noise! On 10th February starting at 11 am the School will host the Rugby U14 Sevens tournament, and on 2nd March the U16 Tournament.

The School will be organising the Sedbergh Sportive on 19th June – 35 miles or 70 miles (including the Cotes de Buttertub!). The Headmaster was the first to sign up for the 70 mile bike ride! It is hoped there will be entries from the Town.

There will be a choral concert (Mozart's Requiem) by the Choral Society on 13th March in Powell Hall. Tickets can be obtained via the School website or at the door. The

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Jazz & Swing Evening on 7th February has proved very popular in the past and this year is sold out. In addition, on 26th February there will be an exhibition of 6th Form Art and Graphics in the Art & Design centre at 8.30 pm.

There is to be a sports tour to South Africa later in the year and the Head of Girls' Sport, Lucia Sdao, is holding a silent auction to raise funds, through United Through Sports Charity, towards providing a sporting facility at a township school in Port Elizabeth (contact is@sedberghschool.org). Three years ago they built the only hard netball court in 80 township schools in Port Elizabeth.

There will be courses during the Easter holidays on cricket, horse riding, golf, rugby 7s and Gaming and Making

Some will have seen the report in the Gazette of local boy, Jack Morphet who left the School three years ago,

doing a 16 day trek on horseback with two friends in Mongolia. Another OS, Rob Luke, directed Sasquach, a local comedy film set in the Lake District which world premiered at the Brewery on 18th January – two friends with a Big Foot costume trick a town into believing it is real. Karen BL

SEDBERGH PRIMARY SCHOOL PTFA PROMISE AUCTION

On Friday 6th May, Sedbergh Primary School PTFA (Parents, Teachers and Friends Association) is holding an Auction of Promises and Items. If you are able to offer a promise or item to auction, we would be delighted to hear from you! Proceeds from the auction will be used to provide resources and experiences to enhance the children's time at the primary school. Please contact Gemma Suttle at gemma.suttle@outlook.com with your details by Friday 11th March.



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It's now the start of 2016 and the business is going from strength to strength. We still have a range of speciality cheeses (currently 50 local, British and International cheeses including Bright Blessed Crest, our own cheese which won "Best British Newcomer" in the World Cheese awards) and condiments, but we also stock:

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Pie and Pea Supper

7.30pm

Friday 12th February

Peoples Hall, Sedbergh

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Pie & Pea Supper

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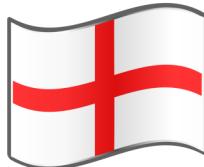
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Not only that, but we have reinvented our "Friday Social" from Kirkby Lonsdale days and open every Friday night as a Bistro. Booking is strongly



recommended as we do get full most Fridays. Our menu changes every week and can be viewed on our Facebook page facebook.com/churchmousebarbon

Barbon is open as usual after the flooding. So do stretch those legs and take a wander up to Barbon -you'll be in for a nice surprise! To entice you even further, bring along your copy of Lookaround and we will give you a complementary coffee with your lunch (once per person)

*John Natlacen, The Churchmouse at Barbon, LA6 2LL Tel 015242 76224
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SEDBERGH & DISTRICT CHAMBER OF TRADE & BUSINESS

The January meeting was well attended with several new members. We would always welcome more of you. You don't have to own or run a business - you just have to have an interest in maintaining Sedbergh's economic well-being. Contact Vic Sayner our secretary (mrssaynie@tiscali.co.uk) or Barbara Hartley (barbara@garsdaledesign.co.uk) the membership secretary if you would like to be involved.

The meeting reported on existing initiatives such as the Sedbergh Cycling Festival to be held over the weekend on the 18th and 19th June as

well the first stage of the Heritage exhibition which will be based on Sedbergh's own "Jericho" shanty town on Rise Hill and open in May. Look out for the The Cycling Festival Facebook page coming soon. It would be great if you could "like" the page so that we can have lots of visitors to the town in June. And don't forget the Sedbergh Market Towns Facebook page!

A new initiative to be organised by James Radcliffe (james@themoocher.co.uk), the owner of The Three Hares and our Vice Chairman, is a Sedbergh Food Festival to highlight all the good foodie things that come from Sedbergh and District. He will be visiting all of the food outlets in the



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coming weeks to see who would like to be involved. If we miss anyone who would like to be involved please contact James – he will be happy to hear from you. We plan a week -long event showcasing Artisans produce, restaurants, cafes and pubs and hopefully including cookery demonstrations and farm visits. A leaflet highlighting our good food will be produced to accompany the festival and advertise our produce.

The feedback on Late Night Opening has been very positive. We were of course favoured by the only dry December evening! Members discussed how the evening could be improved further and in particular help trading on Main Street beyond the Finkle Street Junction. It was resolved to investigate whether this part of the A683 could be closed for the evening making the whole of central Sedbergh traffic free.

Our next meeting is on the 21st March 2016 starting at 7.30pm in the

small committee room in the People's Hall. The meetings are open for any member of the general public to come and listen and if you are not a member you can also ask to speak if you want to raise any issue.

Barbara Hartley

CRAFTWORKSHOP

You may have noticed that we have been closed so far this year!

Our co-operative is a not-for-profit organisation. We did make a small surplus last year, so we decided to spend some money on redecorating and refurbishing the shop. It's a lovely small space, but was set out as a bookshop, and the floor in particular was looking 'tired'. And the counter was taking up a lot of space.

We have redecorated, put in a new floor and redesigned the shelving, combining the counter with a new, larger worktable, which we can use for small workshops as well as to do our own crafts. We have improved

craft work shop



Re-opening event!

We will re-open on Monday 15th February
with an 'official' re-opening on Wednesday 2nd March at 11.00 am.

Please come and join us!

We have locally made crafts for sale – they make excellent unique gifts.

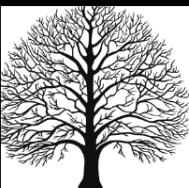
We can make bespoke items and we run small workshops – just ask.

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the lighting too. The shop will make a better use of space, and be more comfortable for the (now over twenty) co-operative members.

We shall be re-opening on 15th February with an official opening – to which you are all invited – on Wednesday, 2nd March at 11.00 am. The opening will be undertaken by Mark Allum, Recreation and Tourism Officer for the Yorkshire Dales National Park. The Yorkshire Dales National Park Sustainable



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collecting box for Sedbergh Community First Responders. We also made the bunting for Sheepfest and sold a lot of sheep!

We also contribute positively to the local community by providing locally made crafts for sale to both locals and visitors. We run small workshops, mostly on request, on painting, drawing, felting, knitting and crochet, and we hope to expand this aspect of what we offer. We also keep our twenty members gainfully occupied! Our members all live within a fifteen mile radius of Sedbergh, so we are truly local.

Do come and join us on 2nd March to celebrate our successes.

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SEDBERGH COMMUNITY FIRST RESPONDERS

Our first AGM was last March and will have been in operation for a year by the end of June so the new year seems like a good time for a round up. Over last year 11 (or maybe now 12) of us have been through the rigorous application and training process and are qualified as First Responders with the North West Ambulance Service. (Any more volunteers are always very welcome). Through generous local donations and grants we are equipped with life-saving first aid kits and pagers. We have a duty calendar and usually manage to cover the entire week, day and night. We are all volunteers, living in the community. We are called out by the am-

bulance service for a range of potentially life-threatening conditions and our role is to support patients while they wait for the ambulance, using the oxygen and defibrillators in our kit if necessary. On average we get around 6 or 7 calls a month in Sedbergh, Howgill, Cautley, Killington and surrounding areas. Sometimes, if the ambulance is close, we may get stood down en route but otherwise we turn up ready to help and we will not leave until the ambulance arrives.

First responders are important in communities such as ours, where the wait for an ambulance could be quite long. So far the paramedics have usually been quickly on hand from the Kendal ambulance station or closer but if these few local ambulances are



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busy with another call then ambulances may have to be sent from Lancaster, Carlisle or even further afield which could take considerable extra time. We all know that the NHS is sometimes under strain, especially in the winter and when the weather and roads are difficult and has to prioritise callouts to cover the most serious first. In these cases our local volunteer service may be crucial but in most cases we have just had to give a little support to patients and their relatives and to liaise with the ambulance service. Sometimes our role has simply been to help the professionals find the right address quickly! Over the past year there have been some clear lessons:

There has been some confusion

about our role. We are not first-aiders (with bandages and slings and the like) and do not attend the sort of events staffed by organisations such as St John's Ambulance. We are part of the ambulance service and are only called out after 999 calls. We are only called when the ambulance service thinks it may be necessary to have a rapid response, for example when someone dials 999 for chest pains, breathing difficulties or collapse. We are never called out to road traffic accidents or to children or to minor injuries or non-emergency situations.

There are also some lessons for you that we wish to pass on:

If you need to then do not hesitate to call 999. Some people are admirably



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the 2016 calendar is still on sale at no. 72 ...

reluctant to make a fuss but it is better to fuss early than become a critical emergency later. If it is not life threatening then the ambulance service may have to give priority to other more serious cases but they will turn up.

If you call 999 then give ALL of the information and symptoms that you can. It is very difficult to remember everything in stressful situations but it helps the ambulance service to prioritise and decide whether or not to call us out if they have all the facts.

If your house is difficult to find then please try to give a description of how to find it – it saves a lot of time. Put lights on if it is dark and if anyone is free send them to the roadside to direct. (You might think it is a good idea

to look at how easy it is to find your house and improve signage before you ever need us.)

If the patient seems to be getting worse or you are getting worried then don't hesitate to call 999 again to ask if the ambulance is on its way. If we are called out then that is one of the things we do.

If you are interested in what we do, our AGM will be held in the People's Hall on March 2nd at 7.30pm.

Finally, thank you once again to all of our supporters. Your donations may help save a life. Have a very happy and healthy new year and we hope not to visit you in 2016.

*Sedbergh Community
First Responder Team*



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DENTDALE WI

A New Year, a new programme but Dentdale opened the first meeting of the year in the time honoured way by the singing of Jerusalem. We are told in the press that Jerusalem might be in the running to be the English National anthem. Remember that the WI had it first!

In opening the Institute Business Agenda, Marion Feltham referred back to 2015 when she said that the feedback of comments from the Christmas lunch at the Old Dairy Widdale, had been glowing. Our fund raising effort for 2015 of £350 will be presented to Manna House in the days ahead.

Resolution voting time is coming up soon, and the Federation has held a

consultative meeting to discuss the relevant points of all eight resolutions put forward. Kate Cairns and Marion went along to the meeting and Kate was able to talk us through each resolution briefly. Dentdale membership must now make their choice. Marion reminded us that this was a core principle of WI membership that we all have a chance to vote.

On to something quite different, Sue Owen has been putting the finishing touches to our Dentdale Scrapbook for the centenary year of 2015. It is ready to send off to the Federation Office where it will join all other Cumbria Westmorland WI scrapbooks for a public exhibition on 26th February at Kendal Town Hall.



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Needless to say, all members present had a look through the well-filled pages. Always amazing just what Dentdale WI achieves in a year.

Naturally there were quite a few dates for the diary. The first being a craft workshop in the Sedgwick Room

during the morning of 4th February when the plan is to make a green heart as part of WI Climate change campaign The Dent Run is on 12th March and the half yearly council meeting is on 21st.

Plenty also to concern us outside the immediate Dentdale programme when Marion sought membership approval to donate £100 from funds towards new soundproofing that had been fitted in the hall.

Farfield Mill is exhibiting an international selection of patchwork from 16th January until 17th February. Members were reminded that entrance is free on Sundays for local people.

John Sibley from Neighbourhood Watch Emergency Planning wrote to ask, if maybe, there are any members from the Cowgill area who would be willing to have their names included on a list and to be called on in case of any emergency in the area.

Finally, it was time to welcome Rita Corpe in her capacity as speaker for the evening, Rita planned to talk through and demonstrate "Tasty Treats" We formed a companionable semicircle around the demonstration tables. First up, so as to be ready for



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4 to 6pm
Sunday 21st February
Sedbergh Methodist Hall

DRAMA
Bring your parents
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Walking & Cycling Group

The Roof of Europe



by Steve Smith

7:30pm

Monday 22nd February
People's Hall, Sedbergh

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the thirty minutes needed in the oven was a bread and butter pudding made with brioche and chocolate and cream etc. We were assured that there would be a taster for all at the end of the evening. Just as well as the taste buds were working well! Next a chocolate tart also needing a spell in the oven but in the case of the tart, there was one made earlier making it easier for cutting and then lemon creams. Rita was both entertaining and informative and I can only say the tasters were delicious. No doubt many of us will be using the recipes, thoughtfully copied out for us! A tart and some creams were auctioned off for funds.

Sue Owen took double honours

winning both the competition and the raffle prize.

It was a good evening!

Next month's meeting will be on February 10th and new members and visitors always welcome. Pat Allen

HOWGILL WI

Christmas celebrations were held at Cross Keys in Cautley. There was a good party atmosphere throughout the evening.

We enjoyed a lovely festive meal followed by several games of dominoes where we all won a mystery prize. Liz Moore won the competition for a home made Christmas stocking.

Mary Silva was congratulated on her special birthday. An enjoyable evening of fun and friendship plus a friendly welcome from our hosts.

January As Howgill was said to be a no go area the meeting was switched to Firbank. President Bridget Postlethwaite opened the meeting by wishing everyone a Happy New Year.

Our thoughts were with Sheelagh Dennis who was in hospital. We wished her a speedy recovery. We were delighted to welcome two new

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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

members, Anne Kendal and Pauline Robson.

The scrapbook compiled by Bridget marking special events we have taken part in during this centenary year was available for us to view. An exhibition is to be held on 26th February at Kendal Town Hall showcasing activities of all W.I.'s in the Cumbria Westmorland Federation.

The December walk and the Carol Service were cancelled due to flood damage in Howgills roads. Vera Hodgson lead the walk in January in the Killington area.

Members cast their votes on their chosen topic from the eight short-listed resolutions on national campaigns.

The speaker for the evening was Richard Matthews who has been the official Town Cryer of Kendal for seven years. He was dressed in traditional 18th century robe with lace Jabot and cuffs plus tricorn hat with feathers and of course his treasured handmade 300 year old bell to attract attention along with his loud voice. You will find Richard out and about on Kendal streets. It could be leading a campaign, opening festivals, or a celebration plus many more duties. During 2015 he has attended several W.I. events. In a wider role he has carried out duties from Chester to Scotland.

Sarah Syred thanked Richard for an informative and interesting talk presented with charm and humour.

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The competition for a 'bell' was won by Vera Hodgson with Audrey Hoggarth second. Raffle winner was Pauline Robson. Social time was 'Family Fortunes'. No one won a fortune but we enjoyed sharing the chocolates. The evening was brought to a close with tea and cake.

On Thursday 4th February Kevin Kendal will be taking us into the world of antiques and collectables. If this sounds interesting to you do join us at Firbank Church Hall at 7.30 pm.

Everyone is welcome.

A. Hoggarth

KILLINGTON WI THE AFTERNOON WI FOR THE ENTIRE DISTRICT

TWO THOUSAND and SIXTEEN ! I can't believe that it has started this way.

Today is Press Day. (Do you like that, Dennis?) All my resolutions seem to have gone to pot! - No last minutering, but at 8-00pm I recall

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SEDBERGH MEDICAL CENTRE

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Wednesday 24th February
Thursday 17th March



what I must do now. Actually, today has been a super WI day as several of us went for "a jolly", to Watershed Mill in Settle. Certainly we have to get rid of all that surplus cash we have left over from Christmas! Our day started with a leisurely morning coffee – the best cappuccino I have had in a long while. This was followed by a leisurely spend. Mine consisted of a fawn spotted fleecy, a clock with a picture of the Eiffel Tower plus 4 matching coasters, 2 packs of men's hankies, 1 pack of tulip bulbs (only 50p and tulips can be planted late) and that was it. (When I arrived home I told my husband how lucky he had been). Lunch followed, good food and great value. We sat and chatted and finally decided that tea and cakes were in order before the final shop. Mine was the extravagance of a fruit cake to bring home. We were sorry that our President, Maggie l'Anson had been unable to be with us as she was at a Federation Committee meeting in Kendal.

Working backwards in time, (is this as bad as saying "going forward"?) last Tuesday we enjoyed our first "normal" meeting of the year at the

Community Orchard Group

ANNUAL GENERAL MEETING

7:30pm

Thursday 25th February

People's Hall



New Members &
Everybody Welcome

People's Hall, hearing what we had all been up to over the festive season. Business was efficiently despatched including a consideration of the resolutions to be considered for the National WI AGM later in the year. This will be held in Brighton which is a long way away. We voted to submit "Ban the Microbead". For those of you who join me in ignorance, microbeads are tiny, tiny bits of plastic, often incorporated in cosmetics, which spread their way from our drainage systems and back into the food chain, poisoning marine life and ultimately back to us.

Delightfully, our speaker was one of our own members Marion Wood, who for several years has volunteered to help the organisation "Trees for Life" which is working to restore areas of native Caledonian Forest in sensitive areas of Scotland. Marion has worked for several years in Glen Affric, planting trees and enjoying the

company of like-minded people. Her talk and photographs were inspirational – magical – and, for me, reminded me of my teenage years when I 'Youth Hostelled' in this area. Thank you, Marion. What talented and giving people we have in Sedbergh.

Our competition – a Christmas card – was won by Susan Sharrocks, and Pam Fenton carried home the raffle prize of a box of chocolates. At this time of year we are all "chocolated out!"

Working backwards again, Our Christmas Lunch on 8th December at Sedbergh Golf Club was another happy occasion when we enjoyed the company of members and several guests. The Annual competition prize of a gorgeous plant was won by Anne Jones, who never fails to provide weird or wonderful items, and the famous Killington WI Christmas Hamper was drawn in favour of Cynthia Thompson (so she won't starve for a while!).

What a great year 2015 was (if a trifle too fast!) and 2016 will be just as good.

Do join us for our next meeting at the ever improving People's Hall, at 2-

Sedbergh Bowling Club

A. G. M.

White Hart Sports & Social Club
Committee Room

Thursday 25th February

7:30 pm

Everyone Welcome



00pm, on Tuesday 9th February, when our local expert Malcolm Petyt will enlarge our knowledge of our wonderful Yorkshire Dales.

Wendy Fraser-Urquhart.

SEDBERGH WI

The cosy, intimate atmosphere of Sedbergh Golf Club, festively decorated for the occasion, made a very welcoming venue for our Christmas Dinner on the evening of Wednesday 9th December, a haven from the wind and driving rain outside. The weather, indeed, provided a major topic of conversation because this was just four days after Storm Desmond had wreaked havoc in Cumbria, flooding Appleby, Kendal, Keswick and

Carlisle yet again with unprecedented rises in river levels. (At Honister, a record of nearly 14 inches of rain, equal to a normal month's supply, had fallen in 24 hours at the weekend.) Although the most recent flood defences had held (designed to combat what was expected to be a once-in-a-century flood!) the river levels overtopped them by an unexpected extra half metre of water, with devastating results for hundreds of Cumbrian residents who were forced to leave their homes and then clean up after the floods subsided. Some of our own members had stories to tell of problems in Sedbergh itself where water had poured down hillsides or lanes and through some people's houses, churning up

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gardens, filling basements, finding cracks in roofs and seeping through bedroom ceilings. The touring area at Pinfold Caravan Site had been under water, the river rising above the caravan wheels, and the Rawthey had burst its banks into surrounding fields. The Sedbergh to Kendal road was closed just outside the town because of flooding, the worst seen by a local resident in 54 years, and the little bridge near Middleton Hall on the Kirkby Lonsdale road was destroyed, causing great inconvenience until it was replaced with a temporary structure.

All that gave us food for thought until the starters arrived and we tucked in! Fortunately, we were given reminders of what we had ordered weeks before so we needn't be embarrassed by asking for the wrong thing. It was an enjoyable meal, though inevitably one or two people wished they had made different choices. Many thanks to the Golf Club staff for their efficient and friendly service.

Towards the end of the meal the raffle prize of a poinsettia was awarded to Sandra Gold-Wood. Bowls of daffodils were sent home with our Christmas wishes for Ruth

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SEDBERGH PEOPLE'S HALL

OLD TIME DANCE

with

BILL JOHNSON

Saturday 27th February

8.00 TILL 11.30



JACOB'S JOIN

BAR ~ RAFFLE

France and Jean Mitchell who have rarely been able to come to our meetings this year because of poor health. We hope to see them more often in 2016. The evening was completed with a rousing chorus of 'We wish you a Merry Christmas and a Happy New Year'!

Festivities continued the following day for book club members at Anne Pitt's home. Fortified with mulled wine (non-alcoholic for the drivers!) and cookies, we discussed 'The Holy Woman' by Quaisra Shahraz. An interesting study of Muslim culture in Pakistan and how it affects girls in particular, it is full of family intrigue, drama and romance. However, we felt it would have been better if more

Sedbergh Methodist Guild

ANNIVERSARY SERVICE

10.30am

Sunday 28th February

Preacher

*Rev. Janet Park
of Leyburn*



Followed by Jacobs Join Lunch
A warm welcome to everyone

concisely written, and the outcome was rather predictable. We gave it an average score of 6 to 7.

The walking group had planned a Christmas walk round Tarn Hows in December but, inevitably, the soggy weather put paid to that plan which has been postponed till January. Plenty more rain was to follow, Storm Eva on Boxing Day devastating swathes of Yorkshire and Lancashire as well as Cumbria again. As I write this, Storm Frank is causing havoc in

Scotland and Ireland and threatening other parts of the country. The last month of 2015 – the WI Centenary Year – will certainly live on in the memory of many people for bad reasons, but for us at Sedbergh WI it has been the culmination of a year of interesting speakers and memorable outings, notably to Tulchan in March, our garden visit to Grange-over-Sands in August, and our Centenary Day visit to Kendal in September. The walking group had an enjoyable holiday in Derbyshire in spring and the book club members have been entertained and informed by a variety of novels during the year. We look forward to sharing more interests, fun and friendship in 2016.

Stuart Manger was our welcome first guest speaker of 2016. On January 13th he regaled us with excerpts from some of his favourite poems on the theme of 'Magic and Mystery', increasing our appreciation and enjoyment by pointing out some of



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the techniques used by the poets to emphasise the magical and mysterious nature of their subjects. Stuart performed the poetry with obvious relish, especially in his excellent rendering of a long and bloodthirsty extract from 'Sir Gawain and the Green Knight'! I'm sure I wasn't the only one to go away vowing to look up those poems again, and indeed to read poetry more often!

The following day we woke to find sunshine at last, the Howgills

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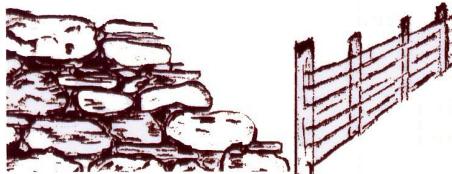
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gleaming with snow beneath a bright blue sky! I'm sure we all felt the better for it when we met at Gaynor's home for book club in the afternoon. We had a strange novel to discuss: 'Peony in Love' by Lisa See, a Chinese-American author. The book's cover led some of us to think that this might be what is sometimes disparagingly called 'chicklit', but it certainly wasn't! Set in seventeenth

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century China, the 'Peony' of the title is an educated 16-year-old girl facing an arranged marriage when she has already fallen in love with a handsome young man. Much of the book is about the Chinese view of their ancestors and the afterlife, so the cultural background is strange though interesting. We did find it hard to empathise with the characters, though, and gave an average score of between 6 and 7.

Our next meeting will be on February 10th at 7.30pm in the People's Hall when Tanya Hoare will give an illustrated presentation on 'Our Disappearing Swifts'. Visitors can be assured of a warm welcome.

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CHURCHES TOGETHER

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



The Dentdale community must be congratulated for their indefatigable spirit and determination to celebrate Christmas in very difficult circumstances. All the services went ahead as normal with record attendances at some of the services. Our appreciation and thanks to everyone who made this last Christmas a very special time, especially members of the Dentdale Choir. People not only managed to

come to the Christmas services, they were also very generous. Some £896 was raised for flood victims in Kendal and sent to Kendal Relief in Need before Christmas. Carols Singers in Cowgill and Dent also managed to raise a fantastic £327 for the Children's Society too. So thank you to everybody for your generosity to those in need. I am still receiving donations for flood victims, both in cash and in kind, and if you wish to donate, I will pass it on.

Both St John's Cowgill and St Andrew's Dent are well advanced in their projects to renovate the churches and improve their facilities in 2016. Dent has raised the money required and obtained the official permission to convert the old Bier

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House into a kitchen and toilet (suitable for wheelchair users and with baby changing facilities), with access to these facilities created at the north west corner of the Nave. Cowgill are waiting to hear whether the Heritage Lottery Fund will support their project to carry out much needed renovations and repairs.

Peter Boyles, Vicar

St. Andrew's, Sedbergh,

News from the Pews



As we headed towards Christmas St Andrew's hosted several concerts plus the Advent Carol Service, all different and all bringing people into the church to enjoy music in its many variations.

It is good to be a part of Late Night

Opening in early December and see people coming into church admiring the superb flower decorations provided by businesses and groups. Many folk just come and sit quietly whilst listening to Tony playing the organ.

Almost every pew was filled to capacity to watch the Chameleons aided by three narrators from BOF (Barrel of Fun) act out their version of the Nativity on Christmas Eve. The children were brilliant and it was obvious they all enjoyed taking part in such a special performance before their families and friends. Their little faces glowed as they took their bows and walked down the aisle towards the church room to get changed at the end. I am sure these memories will remain with them always.

The collection totaling over £300 was sent to Manna House in Kendal where valuable work is done to help people facing housing problems.

St Andrew's and the other local



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Anglican churches are now part of a covenant with our local Methodist and United Reformed congregations the objective being to work and grow more closely together.

At the launch service for this "Mission Community" on 29th November in St Andrew's the Anglicans were represented by the Bishop of Carlisle Diocese, Bishop James. Nicola Reynolds attended in her capacity as the Methodist Ecumenical officer for Cumbria and Sarah Moore who is the president of the Cumbria Area for the United Reformed Church. In the Carlisle Diocese we are the very first Mission Community to be formed. We are very fortunate that joining together for worship on special occasions has been part of church life

for us all here in Sedbergh and surrounds for many years. Although there will be all sorts of adjustments to be made by us all we are looking ahead in a positive way. However, like all things new it will be a challenge, one we are all part of and keen to see succeed.

Mrs Pam Dent led the first Mission Community service on the Sunday following Christmas Day in the United Reformed Church. The sun shining in through the windows just seemed to put the seal on this happy and relaxed service.

Perhaps you noticed the Easter eggs sitting by the shop tills when the Christmas trees were hardly packed away? A reminder that Easter is quite early this year thus Lent Lunches in

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?



the church room will begin in February...on Ash Wednesday, 10th February at 12noon and every Wednesday in Lent after that. The proceeds will be divided between two charities, St John's Hospice and one another as yet to be decided.

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

St Mark's Church, Cautley



Every seat was filled at our Carol Service on December 20th. The

carols were accompanied by a wind band made up of local players, and as well as scriptural readings and poems, we had four carols from the Cautley Carolers. Money raised from the collection was sent to the Cumbria Flood Relief fund.

Advance notice: following the success of the Quiet Day we hosted last year, we are planning to hold another one on Saturday 23rd April, 10.30 – 3.30.

*Judith Bush, Churchwarden
Dent Methodist Church*

Lent Course (Glimpses of God). This is a five session ecumenical discussion course starting on Sunday 14th February 6 p.m. at Dent Methodist Schoolroom, Dent. All welcome.

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Schubert Unfinished Symphony
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NOVEMBER WEATHER

After a dry start I went on to record my wettest month ever at 14.96 inches (380mm)!! There were only 5 dry days in the month and at the other extreme we had almost 2 inches fall in a deluge of $\frac{1}{4}$ hour!! The month started rather mild for the time of year in the high 50sF (14-15C) with a high of 59.7F (15.5C). On the low side we only had 2 nights with an air frost and 7 nights with a ground frost. The minimum temperature was 26.2F (-3C). In the second half of the month all bar one night went below freezing in the wind chill. It was also a breezy month with all but a handful of days not recording a gust in double figures. The maximum gust I recorded was a westerly of 39mph. Judging by the

damage that night there were even stronger gusts in less sheltered spots. The un-seasonally mild weather has created some abnormalities in the natural world. Many plants have come into flower again. We have viburnam, winter jasmine, winter cherry and green hellebores in flower and many bulbs well above the ground. Birds continue to visit the feeders. We have a couple of cock pheasants around the garden. A young buzzard is often perched on a fence post when I go across to feed the sheep. A party of long-tailed tits and a nuthatch are visiting fairly regularly. The sheep are surviving in the mud and not growing as they should and are dependent on the feed I give them.

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Allo Allo this is nighthawk calling! Listen very carefully we shall say this only once!

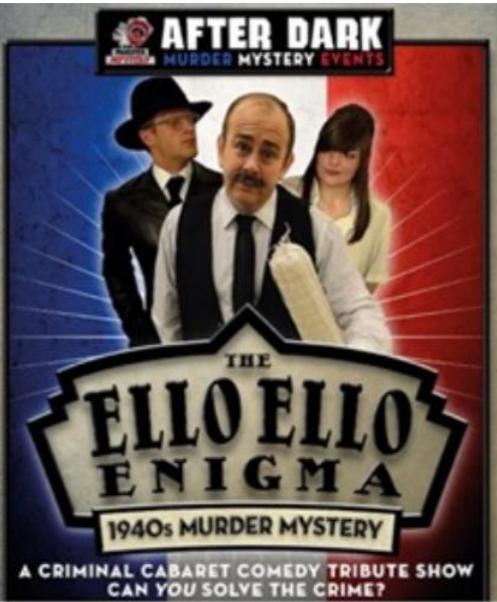
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DECEMBER WEATHER

December weather: Well having recorded the wettest month ever last month December has produced 50% more!! A total of 21.8 inches (550mm) fell in what turned out to be the wettest December on record.

Temperatures were still on the mild side with nearly $\frac{3}{4}$ of the month having highs in the 50sF (double figures in C). A temperature high of 58.8F (14.5C) was recorded. On the low side only 1 night recorded an air frost and 3 ground frosts. Again it was a breezy month with every day producing a gust in double figures. A high of 28mph was recorded on successive nights. On only 5 nights did the wind chill not go below freezing.

The year's rainfall totalled 71.26 inches (1805mm) half of which fell in November and December!! The wet Saturday, that caused all the flooding in Kendal and the Lake District, caused Sedbergh to be cut off as all 3 roads out of town were flooded. Due to the bridge damage at Middleton there is still limited access to Kirkby Lonsdale. I had to don waders to go and feed my sheep as even at the edge of the field it was above wellie depth!!

The number of birds feeding has dropped once again. The sparrows particularly are noticeable by their absence. We have a near feral cat sleeping in our shippion and visiting the chicken run at night vying with the fox for any casualties. Plants still don't seem to know what season it is with many in flower or being well advanced. There were daffodils in

flower in Loftus Hill around Christmas. Several fuschias that dropped their leaves in October have sprouted new ones. Geraniums/ pelargonium are still very green as we have had no frosts to speak of to knock them back. One cock pheasant is still around the garden giving our young collies something to chase as well as the young rabbits!



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CAROL SINGING IN GARDEN

The amount raised from Carol Singing in Garsdale over 3 nights came to £325. This has been forwarded to Action for Children. Grateful thanks to all who gave so generously and also to those who once again 'turned out' to sing in sometimes inclement weather (resulting in one or two of us feeling a big 'groggy' over the Festive Season!). It has been suggested that we compile a book on our Carol Singing experiences - but perhaps not!

A big Thank You also to Auntie Agnes and David for once again providing very welcome refreshments on our final night.

Mary Airey

WESTERN DALES BUS

Over the last few years, the county council has removed its subsidies from local bus services, resulting in a number of them being cut. Each time this happened, residents protested and local parish councils tried to find a solution to the problems it caused. Against this background, and in the absence of a commercial operator wishing to step in, a number of us started the Western Dales Bus as a practical way of preventing people becoming more isolated when their bus service was removed.

As many people will know, the Western Dales Bus is run entirely by volunteers. There are about 30 people who either drive the bus or work behind the scenes to run the company. None of us receives any payment for this work, which we do in our free time.

The company's aim has always been to add to the public transport available in this area, not to contribute to its decline, and so from the outset we have avoided competing with commercial bus companies by only running services on routes or at times not served by them.

One of the consequences of providing a service on these less profitable routes is that our overall passenger numbers are relatively low, even though we also bring visitors into the area by picking up at Dent Station, which benefits local businesses. The vast majority of local people who travel with us value what we are doing, but unfortunately our passengers' fares and the

reimbursement we receive when they use their bus passes do not bring in enough money to cover our costs.

In this situation, if we were running the bus to make money, we would probably stop running these services altogether. But because our aim is to find a way of meeting a local need, we choose to keep running them, and apply for grant funding to make up the shortfall in our income.

Receiving public money requires us to manage it responsibly, which we do. To ensure that this happens, the



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organisations that have given us grants have all scrutinised our finances before doing so, and in the case of the Lottery, will continue to do so for five years. As a registered charity, we have to work within the rules of the Charity Commission, and as a limited company our annual accounts are available for public scrutiny at Companies House.

In short, like many other community bus companies, we run our services at a loss for the benefit of those who rely on buses to retain their independence. Neither Sedbergh or Dent would now have a Saturday bus service to Kendal if we did not provide it. We are very grateful for the continuing support that our passengers give us, as it demonstrates a clear need for our services and reassures us that our efforts are worthwhile.

Jock Cairns

Chair, Western Dales Bus

www.westerndalesbus.co.uk

LADIES N.F.U.

Our Meeting on the 8th December was well attended when Sarah M showed us how to make edible trimmings for our Christmas Cakes. Sarah was quite impressed with our efforts -- Snowmen, Penguins, Christmas Trees etc. were made to quite a high standard.

A teabreak followed where Mince Pies and Cheese Scones were much enjoyed. During this break we elected our Committee for 2016.

President - Mrs. M. Leckie.

Vice President - Mrs. S. Bateman.

Secretary - Mrs. C. Sandys-Clarke.

Assistant Secretary - Mrs. B.

Escolme.

Programme Secretary - Mrs. M. Leckie.

Assistant Secretary - Mrs. C. Sandys-Clarke.

Treasurer - Mrs. J. Benson.

Assistant Treasurer - Mrs. J. Handley.

Tea Hostess - Mrs. H. Jackson.

Lookaround Rep. - Mrs. M. Mason.

Committee - Mrs. B. Gorst. - Mrs. C. Thompson.

Time was spent on deciding our choice of Menu for our January Meal on the 19th at the Cross Keys at Cautley, this was very difficult as we were spoilt for choice which was rather nice.

Christmas Carols followed with Barbara Gorst playing the Organ, what a lovely way to end the Year.

Our February Meeting is on Tuesday 16th when our Speaker is Linda Allan, her subject Photography.

Do come and join us you are most welcome.

Marlene Mason

CLUTTERBOOKS & CLOBBER

A Year in Review

2015 has been a good but challenging year for the two charity shops. Both the general shop and the book shop continued to have excellent support from the community, receiving generous donations of stock ranging from the usual (clothes, household items, DVDs and books) to the more esoteric (musical instruments, a drawing table and once a pair of wigs!) The shops' success has enabled the Community Trust to make donations of over £20,000 back into the community, supporting local clubs and organisations.

There have been two major challenges during the year. In July,

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
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There is no charge for this event

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the shops' manager, Ellen Morrison, stepped down from the role after a number of years' excellent stewardship. Ellen will be sadly missed (although our lure is such that she now pops in to volunteer her time – there's clearly no escape!) Simon, the new manager, has some large footprints to follow. Then, in December, storm Desmond flooded the cellar of the main shop resulting in the loss of some stock. Business has continued despite the chaos "below stairs" and thanks to Alan Steadman's loan of two dehumidifiers everywhere is now dry. The insurers have visited and will be footing the bill for a complete restoration of the cellar to avoid further flooding. In dealing with this situation, we are very grateful to the Methodist Church which has made a room available for storing and sorting merchandise while the cellar is being restored.

The shops can only function so successfully and support the community so well because of the commitment and support of the volunteers who give up their time and skill to help sort out the stock, staff the tills and serve the public. Without them, the shops would simply not be able to remain open, so the greatest thanks go to all of those who have helped out and who continue to help out: thank you, one and all.

And finally, what of 2016? Well, we will continue to provide a place to buy attractively priced unusual and useful items, and a place where you can just pop in and say hello. To do so we need you to keep donating! Not just your unwanted clothes and gifts and

household items but also your time – could you be a volunteer? We always need willing people to work in either of the two shops. We provide full training, a great place to meet people and a chance to help your community. If you can commit to a regular slot, or simply help us fill the occasional gaps in our rotas, please pop and in and leave your details, or call Simon Unsworth on 07981 689439 – we'd be delighted to see you!

Simon Unsworth

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BELLS RING OUT IN SEDBERGH

You may have heard the church bells ringing in Sedbergh on Saturday morning 19th December. If so you were sharing in a quarter peal organised to mark special events in the life of two Sedbergh ringers. Susan Sharrocks, the tower captain, celebrated the golden anniversary of her wedding to husband John, and ringer Adam Hopkins commemorated both his 50th birthday and his and wife Caroline's silver wedding anniversary. It was a comment from Susan which set the plan in motion. When the band heard her golden wedding



anniversary was approaching and casually asked what she was going to do to celebrate, she commented that she would love to ring a quarter peal, but knew this would not be possible. Her ringing friends at Sedbergh decided to make it possible. With 1260 different changes required to ring the quarter peal of Grandsire doubles, it was necessary to enlist the services of competent ringers from the nearby towers of Dent, Kirkby Lonsdale and Kendal.

The band of ringers comprised

- Susan Sharrocks, Sedbergh
- Hilary Atkinson, Kendal
- Antony Fisher, Dent
- Adam Hopkins, Sedbergh
- John Preston, Kirkby Lonsdale (conductor)
- Robin Hildrew, Sedbergh

The quarter peal was rung successfully in 42 minutes, to the delight of all involved.

New ringers are always welcome, so if you are interested in learning to ring please come along to our weekly practice at St Andrews at 6pm on Tuesday evenings. If you would like to visit the tower please contact Susan Sharrocks on 20754.

SPORTS CAP

In October 2015 Mrs Anne Friel donated to the Sedbergh and District History Society a cap of blue velvet with tassel and SFC embroidered on it; she thinks it belonged to her grandfather, Thomas Greenwood, and this has led to some research about the Greenwoods and 'football' in Sedbergh. More research has to be done. The cap might be a rugby cup or soccer cap..

Thomas Greenwood, her grandfather, was apparently a very gifted cricketer and a talented footballer so much so that he coached cricket at the Sedbergh School where he was also grounds man. (The census records the family as stonemasons or builders)

At least from 1920 (more research needs to be done for earlier dates) to 1929 the Sedbergh School Games Club accounts mention paying T Greenwood for labour and an allowance was made after that. Unfortunately, his name does not appear in the reports or photographs of the town teams, although two other Greenwoods do. These are James and William - Thomas's brothers. F Greenwood and W Greenwood also played for the town. According to a photograph W G Greenwood and J R Greenwood played for 'Old Sedbergh Soccer Eleven' when the team won the cup in 1906..

T Greenwood played for Sedbergh town cricket team versus the school May 1907 and J Greenwood also

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played cricket for the town. Mrs Friel's father was Harry Greenwood, who was also head grounds man at the School. J and H Greenwood feature in the Games Club accounts.

The early rugby and soccer played in Sedbergh is associated with the Town and Sedbergh School; they played each other and in early years some masters played for the Town against other teams, with sometimes some of the boys. For a long time the staff played for town teams. Also, the

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same players often played for both rugby and soccer teams.

The Football Association was founded in 1863 and eight years later, in 1871, the Rugby Football Union came into existence. It was in 1877 that the number per side was reduced to 15 players.

In Sedbergh School Frederick Heppenstall, the Headmaster from 1875-1879 tried to introduce some order into the 'chaos of football' by experimenting with rules of the Football Association. However, the Rugby Union law was gaining ground in the North West and Sedbergh

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School abandoned the Association rules. In 1879 Sedbergh School Football Club was founded and Sedbergh School abandoned soccer soon after.

The earliest found references to rugby or soccer in the town are in newspaper articles in 1879. In March a correspondent wrote to the *Craven Pioneer and Yorkshire Dalesman* expressing the view that the local football and cricket side lacked commitment and will to win, arguing that the School "have been in earnest practice during the whole season"



while "the majority of the members of the Town Club generally just "put in an appearance in the last few days to get into 'form' as they call it", and lacked perseverance. It could be about rugby or soccer but more likely rugby.

A report dated 5 April 1879 when the Town played Sedbergh School says

early in the game Thomas Greenbank managed to secure a goal and the town goalkeeper was 'Woodhouse' so it seems that it was soccer match.

The Sedberghian, the Sedbergh School magazine, dates from late 1879 and in 1880 it states that two matches against town were cancelled owing to snow and frost. Other fixtures are recounted in subsequent issues.

The Town raised a rugby side as above delete and, in 1885, Millthrop Rangers, and in 1890, the Town played the School. The photographs for Sedbergh Town teams in 1889/90 show 15 players most of them wearing the caps so they do suggest rugby. These are the only evidence for the caps so far apart from the cap

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itself. Sedbergh School had brown velvet caps with tassels embroidered with SSFC for first fifteen rugby players - see *Thread of Gold* by Michael Raw which tells the history of Sedbergh School Football [rugby] Club. The 'Greenwood' cap seems to be similar but of blue velvet.

A newspaper article states that in 1894 in Sedbergh "the Football Club have decided to have both a Rugby and Association Team this season owing to the inability to get sufficient matches on account of bad train service, for the 'handling' game. Both teams will play on the same field, it being large enough for two sets of posts. The Association team commenced practice on Saturday last in preparation for meeting Appleby on

22nd instant. Under both rules a capital list of matches has been arranged, every Saturday being filled till the end of the season. It is a rule that only one match can take place on a Saturday, so that the teams do not clash. The Rugby team will meet Penrith, Staveley, Burneside, Kirkby Lonsdale, and Sedbergh School. The Association meet Hawes, Appleby, Ingleton, Tebay, Sedbergh School, Barbon, Kirkby Stephen, and Kendal." Sedbergh soccer team joined the Westmorland Football Association competing in the cup and it entered Kirkby Stephen and District League playing the above teams and Brough. First mention so far discovered of the name Sedbergh Wanderers is in an article of 1904; in 1904 to 1906

The advertisement features a black and white photograph of a street scene from the early 20th century. On the left, a shop window displays various items. A sign hanging from the eaves reads "Open 7 Days". To the right, a horse-drawn carriage is pulled by two horses, with a person standing beside it. The building's facade has a prominent arched window. The overall aesthetic is vintage and classic.

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cuttings they played Kendal Grammar School and YMCA. In March 1906 they won a cup at Kirkby Stephen and District League against the North Eastern Railway team at Kirkby Stephen and SDHS has photographs but no caps are apparent.

There are reports of the games in 1907 Sedbergh Wanderers between the Masters of Sedbergh School, Hawes and Tebay, with four Sedbergh School masters playing for the Wanderers. Also they played Kirkby Stephen Harriers with Mr B C Harrison, Sedbergh School master, who was killed in WW1 and Kendal, YMCA and the Combined Mills. The team asked Dennis Marshall of the School to be Captain.

We do not know when rugby was

altogether abandoned by the Town. Ben Close of the present Sedbergh Soccer Team says the team is still playing in Division 1 in the Westmorland League although, as of 2012, it is now affiliated with the West Riding FA as apposed to the Westmorland FA due to a 'tug-of-war' between the two FA's based on historical county boundaries. There is not a reserve team yet. The team plays in four different cups; the High Sheriff's Cup which is the divisional cup and so consists of those teams in Division 1 only; the Benevolent Trophy and Senior Cups which both see us take on teams from the Westmorland League and the West Lancashire League and then the Craven Cup which is another cup we



EVENTS STAFF



Sedbergh School are seeking to recruit staff to work during the events celebrated at the School.

Hours:

Variable (depending on the events)

Rates of Pay:

Thursday, Friday, Saturday & Sunday (After 7:00pm) **Rate: £9.85**

(This rate includes a pro-rata holiday pay calculation)

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An application form can be obtained:

- in email from HAdmin@sedberghschool.org
- from the Sedbergh School Bursary either in person or by telephoning 015396 20303

Safeguarding the welfare of children is of the highest priority to Sedbergh School.

Every employee of the school has a responsibility to:

- Protect Children from abuse
- Be aware of the School's safeguarding procedures
- Know how to access and implement the required procedures
- Keep a sufficient record of any significant complaint, conversation or event
- Report any matters of concern to the Safeguarding Officer
- Attend annual in-service training provided by the School

Sedbergh School is committed to safeguarding & protecting the welfare of children. Applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Disclosure and Barring Service.

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are invited to play in each year due to historical boundaries. This sees us take on teams from anywhere between Ingleton and Skipton.

Our most recent success came in the Morrison Cup, a secondary cup to the Craven Cup which consists of team who lose their first round match in the Craven Cup, in 2010 where the Town team beat Barnoldswick Town 4-2 in the final. It is currently very settled in Division 1, although it has had a couple of relegation scraps throughout the last 4 or 5 years!

Thanks to Friels, Katy de la Riviere, Diane Elphick Mike Huggins and Ben Close

Sedbergh Football Club 1889-1890



Standing: James Greenwood, James

Bateman, Joseph Scott, Harry Park, David Senogles (Capt), Chris Iveson, Thomas Garnett, John Punch (Hon Sec), Dr Fred Proud, Sep Fishwick (Umpire)

Seated: Thomas Collinson (1/2 half back), Frank R Todd (3/4 back), Frank Greenwood (full back), Fred Douglas (3/4 back), Wilson Thirnbeck (3/4 back), Ed Swidenbank (1/2 back)



Standing: James Greenwood, James Bateman, Thomas Garnett, Dr. Fred Proud, D. Senogles (Capt) John Punch (Hon Sec), Christopher Iveson, Joseph Scott, Harry Park, S. Fishwick (Umpire)

Seated: Thomas Collinson (1/2 back), Frank R Todd (3/4 back), Fred Douglas (3/4 back), Frank Greenwood, (Full back), Wilson Thirnbeck (3/4 back), Ed. Swidenbank (1/2 back)

ROYAL BRITISH LEGION

News update.

The local Sedbergh Branch of the Royal British Legion thanks everyone who has worked to make the Poppy Collection an increasing success. Particular thanks must go to John Douglass as Poppy Appeal Organiser who has carried out such sterling service for the branch over a long period. The latest update for the Poppy Appeal collection 2015 stands at £10,188 so far, with a significant amount coming from the Killington Services Station collections organised solely by Keith Wood, who deserves a special mention for his efforts. A total of £9,888 was raised in 2014. There are still a few outstanding collecting tins and money

from wreaths to be accounted for, but the amount raised to date is a record and an impressive sum raised by a small community.

Sandra Gold-Wood also organised a very successful Coffee Morning on 4th November for the Poppy Appeal and an outstanding total of £535 was raised. In addition, St Andrews Church gave £443 as part of the collection from the Remembrance Service and the Remembrance Concert raised £202.

An excellent Remembrance Service was held in St Andrews on 8th November which was well attended despite the very inclement weather. The reading of the names of the fallen was carried out with dignity and conviction by Jake Cowperthwaite



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and Anna Prall and also the reading by Luke Robinson and the branch would like to thank them all. It had been noted that the Town Band marched and played with great commitment, considering the awful weather conditions which also did not put off those involved in the Act of Remembrance by the Town War Memorial. The young standard bearers carried out their duties extremely well in challenging conditions, considering that some British Legion branches abandoned their outdoor service. The Remembrance Concert held in the evening in the United Reform Church was of a high standard as usual.

The branch made donations of £300 each in 2015, to Byng House in Southport, a respite and holiday centre for serving and ex-service personnel and Lister House in Ripon, a rehabilitation centre for wounded service personnel. A further £250

donation was then made later on to Byng House to assist in providing funds towards purchasing a replacement coach.

Two presentations were made at the Branch Committee meeting on 10th December, firstly to Norris Chamley for his long-standing service and unerring support of the Branch since 1948 and secondly to Rose Pease for her sterling work as Secretary in



ROYAL BRITISH LEGION

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



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

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

Membership costs £16.00 - call 21575 or 20964 or email: jd@jdifa.co.uk or dmparratt@gmail.com for a form.

For more information, visit our website:

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

which she had recently stepped down after several years.

The Branch will be holding its Annual Dinner at The Weavers Café, Farfield Mill on Friday 8th April at 7.30 pm. Further details to follow

The Sedbergh Branch of The Royal British Legion has existed since the early 1920's and needs volunteers and new members in order to keep up its good work and to ensure it achieves its impending 100th birthday and beyond. If you would like to become a member, please contact David Parratt on 015396 20964 or email: dmparratt@gmail.com for a form. You do not need to have served in the Armed Forces to be a member. Our meetings are open and are held in the White Hart Social Club at 7.15 pm on the second Thursday of each month except August. Contact any Committee member or just turn up. For more information, visit our website:

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

The National website is:

<http://www.britishlegion.org.uk>

Finally, a reminder that we can no

longer offer assistance to deserving personnel and their spouses from branch level. Anyone in need, or knowing someone is in need should telephone **0808 802 8080** in the first instance.

David Parratt

RBL Sedbergh Branch Secretary

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BOXES OF HOPE CUMBRIA

When I last wrote about "Boxes of Hope", I was anticipating helping to distribute 5,000 boxes to children in the Constanta area of south-east Romania, instead of which we gave out boxes to 4,500 children in the south-west of the country – flexibility is the name of the game! Wherever they are, children are still children and poverty is still poverty, especially in a town like Petrosani, an already poor place where the major local employer, the coal mine, has recently shut down.

Distribution was done mainly through schools and churches, although we also visited some out-lying communities, where the level of poverty is just as dire as in the north-west, the home-base of our Romanian partner charity "People to People". In some places the children sang to us and in one extremely poor village the pastor and his family invited us to stay for a meal, treating us like royalty and showing us extravagant generosity.



On our last day, in yet another poor and dusty town still suffering the after-effects of the Communist regime, we visited a day care/after-school centre where the children are looked after in a loving, family atmosphere. They rejoiced in our visit and were



delighted to receive their boxes, the older ones helping the younger or less able to open them and examine the contents. The name of the centre was "Casa Speranti" (House of Hope), which we felt was a fitting conclusion to our week in Romania.

On a personal note, I found myself at various stages during the week giving out some familiar shoe-boxes, ones which I had made up from items donated by, among others, members of the "Knit 'n' natter" group. That means I must have given out some of yours too, as they all went up to Kirkby Stephen together to be checked and packed into cartons. Every box and every child is special, but I found that experience particularly moving.

For further details and pictures of our trip, as well as the January distribution trip to north-west Romania, why not have a look at the "Boxes of Hope Cumbria" web-site. Here's to the next time – and I've already found a bag of knitted hats hanging on my front door!

Pam Dent

SEDBERGH SPRING SHOW

April 23rd 2016

I know that your minds are full of Christmas plans. However as soon as that is over and you can breathe again, it will be time to get busy with your entries for the Spring Show. As you have shown, time and time again, our area is filled with talented people who produce wonderful work. We feel sure that the schedule includes something that YOU can do, so please enter as many classes as you can.

The Spring Show Committee greatly appreciated the community's support at the 2015 show and were delighted to have sufficient surplus funds to make donations to local organisations: First Responders,

Town Band, People's Hall, Sedbergh Primary School, Sedbergh Playgroup and Dent Playgroup. With your support we hope to continue to do this.

The schedule and entry forms will hit the shops in late January but in the meantime here is a list of all the available classes. If you have any queries please telephone Margaret Milburn -20610, or Wendy F.U. - 21902.

Handicrafts

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A metal item

A handmade card

A decorated spring hat (any style or material)

Any craft item not included above

Handmade Toys

A soft toy knitted, sewn or crocheted

A toy from scrap material

A dressed doll (the doll may be bought)

Any handmade toy not included above

Flowers and plants

A House Plant (not to have been exhibited before) Fascinating Foliage (60cm)

An exhibit using 3 flowers (W/D 45cm)

A country walk (60cm)

A Beatrix Potter story (petite)

A buttonhole for lady or gentleman

A hint of the sea (W/D 60cm) Garden on a Plate (Children up to age 16)

Garments

A hand knitted garment in double

knitting or thicker yarn

A hand knitted garment in 4 ply or finer yarn

A hand knitted scarf

A crocheted article or garment

A sewn garment Hat and scarf for a child

Home Produce

Sugar Craft

Fruit Pie

Savoury flan

Six biscuits of any variety

Six butterfly cakes

A novelty cake (judged for decoration only)

Fruit Cake

Four fruit scones

Gingerbread (not larger than 10" square)

Round shortbread

Six flapjack pieces

Victoria sandwich (filled with raspberry jam)

Swiss Roll

Pot of jam

Pot of marmalade

Pot of fruit jelly

Pot of lemon curd

Pot of chutney

Bottle of homemade wine, cordial or other drink

A white loaf (hand made)

A brown or wholemeal loaf (hand made)

Specialty bread - sweet or savoury (hand made)

Art

Artwork: still life

Art work: portrait

Artwork: landscape

Mixed media

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Local View (Cumbria or Yorkshire)

Other Landscape

People and portraiture

Sport

Photograph that does not fit into any of the above categories

Photograph taken by person under 16 years

Children

Pre school

Poster by group of children of a playground

A decorated egg

A drawing of a person

Reception

Animal made of fruit, vegetables or foliage

Fire engine made from junk

A picture of Daddy or Mummy

Years 1 & 2

A short poem (For the W Milburn and Sons cup for handwriting)

Illustrated letter

Spring picture (any medium)

Years 3 & 4

A favourite poem (For the W Milburn and Sons cup for handwriting)

Historical artifact

Foil sculpture

Years 5 & 6

Natural sculpture

Drawing or painting of local building

Bird made from buttons

Year 7 and above

A handcrafted article - any material including wood or metal

A cake of any sort

Computer generated poster for Sedbergh Gala

FARFIELD MILL

1998 A refurbished Farfield Mill opened its doors

The purchase negotiations for the Mill at Farfield had gone on for months with many unacceptable reservations by the vendor such as loss of the yard. No yard, nowhere to park! It was the 3rd of September 1998, when the sale contract was eventually signed, the day before we had advertised an Open Day for visitors. What a relief it was for us, but not possibly for the visitors. When they saw what we had purchased there was more than a little scepticism.

Funding raising then went on apace, locally and further afield - grant giving trusts and most importantly the



Regional Development Programme and the European Rural Development Fund but there was still a major hurdle to leap. Remember our old friend Tom Stockdale and the YDNP stipulation that there could be no redevelopment without an improvement to the road? Tom had still not agreed to let us improve the road, and he never did. In October 1996 he had died! It was December

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

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1999 before we were able to agree with the new owners a lease for 50 years which would enable us to repair and open up the exit onto the main road.

We now had to put in a revised planning application, and the protests were many, though quite understandable and sometimes quite amusing. Some complained they were sick of tourists. Others were worried about the noise of the looms, the banging of car doors, the lights in the car park at night and they said the place would smell of fish and chips. So far I believe there have been no complaints along these lines. Planning permission was achieved (with 18 conditions!) and then came the crucial task of finding the right



Gardening

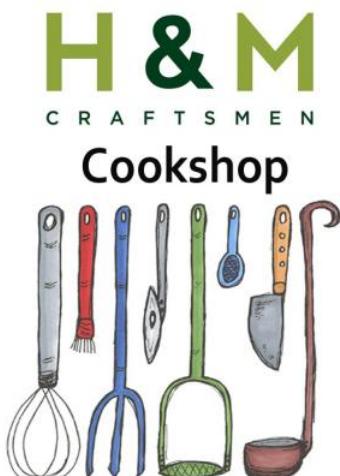
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architect and builder. Our choice of a project manager was not a good one, although he found an excellent architect. How were we to know that when we appointed a project manager, that he would appoint his own company for the building work? How were we to know that half way through our project he would take his men off site to another of his projects? How were we to know he would go bankrupt?

Work should have been completed in September 2000, but Christmas 2000 came and went and no sign of completion. The weeks went by and the project manager kept coming back for more money but no sign of the building ready to be opened. He then embarrassed us by not paying money we had paid him to pay local contractors. Then March came - the building would be ready! But it wasn't - it would be April; no sorry, it would be May 17th. Hurrah! Yes but only if you come up with £150,000 right away, thousands of pounds over the contract price.

We managed a compromise payment and informed the press and a number of others of the opening,



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but kept it low key fearing more trouble. There was, six days after we had opened. The building control inspectors identified 27 faults and ordered the building to be closed to absolutely everyone, including our first tenants. Reluctantly the builders returned and a new opening date was set for 19 June, except the work by that date was not quite completed. Well it would have to be 1 July!

The project manager then called another meeting with us for one purpose only; he wanted more money. We would discuss it with the Board, we said. He then decided on quite a different tactic. He arrived the next day with two 'heavies' demanding the removal of all internal doors which of course belonged to him (!) unless we paid him the thousands of pounds he was demanding. Enticing him out into the yard we had all the outside doors locked and called the police. He shouted as he went down the drive, "And you will never get this place open!" He had sent one of the heavies in through the fire escape to dismantle the fire alarm system.

The Farfield Arts and Heritage Centre finally opened on 1 July. It was a very low key opening indeed and although there have been more difficulties over the years, it has remained open ever since, thanks to the loyalty of the tenants, the work of many, many volunteers, the dedication of the staff, and in the background, but crucially important, the guidance of the trustees.

So why am I writing all this in the Lookaround just now? It is because we are at another crucial milestone in

the history of the Art and Heritage Centre. Farfield now has a new Board of Trustees. They take on a difficult job, and I wish them every success. I have every confidence in them. In the last few months the last of those who were involved in the restoration, Richard Thomas and Shirley Richardson have left the Board; Jennifer Smith too, a stalwart volunteer and trustee, in recent years. All have given years of their lives to Farfield and their work needs to be recognised.

This story is my tribute to those who saw Farfield through those crucial restoration years and all the others who have given their services since to keep it open and to welcome in an ever appreciative public. *M Lamb*

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MTB 93

A letter to the Good Citizens of Sedbergh from Jack Brown.

Jack was a crew member of His Majesty's Torpedo Boat 93 (HMMTB) In November the Sedbergh and District History Society received this letter by a somewhat circuitous route from Jack, who believes he is the last surviving member of this boat. His family are researching via the internet and are accumulating lots of information. He had vivid memories of the day the boat was sunk and remembers being in contact with Andy Thom from Sedbergh at the time, prior to the boat being hit. Some background information by Richard Cann.

WW2 was going badly for the Allies



in early 1942. Hitler had conquered the western part of Europe and invaded deep into Russia. Japan had destroyed a large part of the American fleet in the Pacific at Pearl Harbour in December 1941 and Britain was about to lose Singapore. It was against this background that the government decided to hold a

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Warship Week to raise money for building ships for the navy. As a consequence the Sedbergh Rural District formed a committee with the aim of raising £25,000. The fundraising which followed realised £60,381. The end product of the money raised was His Majesty's Torpedo Boat 93 (HMMTB 93). The boat was given the motto "INTO BATTLE FOR SEDBERGH & DISTRICT" and a metal commemorative plaque was received inscribed as follows: "Presented by the Lords Commissioners of the Admiralty to Sedbergh District to commemorate the adoption of HMMTB 93 during Warship Week March 14th 1942".

What follows is the copy of his letter to the Yorkshire Post, dated 20th August 2015.

Dear Sir/Madam

His Majesty's Motor Torpedo Boat 93

The good citizens of Sedbergh adopted HMMTB 93.

It is with grateful thanks that the crew received and warmly welcomed the knitted woollen garments so kindly sent us. In the initial stages after the boat was commissioned, it remained unheated below deck.

I was the Telegraphist and while the boat was afloat there was correspondence between Andy Thom and myself. There were usually two pages of foolscap in copperplate handwriting to read from him.

93 was sunk on 18th August 1944 by being hit amid ships by another craft, almost immediately causing an explosion in the engine room which killed stokers Edward Watson from

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Aberdeen and William Stokes from North Kensington, London. Derek Crane, the motor mechanic, was blown out of the boat into the sea ... and severely burned...

HMMTB 93 was built by Berthan Boat Company at Lymington, Hampshire. It was powered by three American Packard engines using 100 octane petrol. There were also two auxiliary engines. The main engines produced cruising speeds of 22.5 knots. Maximum speed, according to sea conditions, was somewhere about 43 knots.

I know that 71 years have elapsed since the sinking. It is my wish that the good Yorkshire people of Sedbergh should know that your kindness was so much appreciated by the crew of your adopted boat.

Yours truly,

Jack W Brown, Telegraphist HMMTB
Jack has a copy of the book
'Wartime Exploits of Coastal Forces
Crafts' which has a picture of HMMTB
93 on the cover. Jack now lives at
426 Bowes Road, New Southgate,
London N11 1NN.

*Submitted by
Tony Hannam, SDHS*

GARSDALE BROADBAND

Time to turn over the GarDen

Digital Dales Ltd, trading as Fibre Garden appears finally to have ceased trading, but not before it has prevented other operators, including British Telecom plc, (BT) from installing Superfast Broadband in the two parishes of Garsdale and Dent. BT is currently engaged on a number of small scale schemes in outlying areas which would not previously been considered, throughout the county. The neighbouring Fell End, Ravenstonedale is an example of the community working with BT to connect just 58 remote properties. The self-help community project was conceived just over five years ago with the laudable intention of providing Fibre to the Premises (FTTP) to each of the 540 properties in the two dales.

The project has, however, run into difficulties at every stage. We were assured that a backhaul (mains connection) was to be obtained from Network Rail at Dent station and Garsdale station. The "contract" on which the scheme relied turned out to be merely a "Memorandum of Understanding" which appears to have had little substance since, at that time Network Rail did not have the approval of Ofcom to provide such a service, hence the delay of "three to six months", at which point alternative backhaul providers were sought from the Sedbergh end of the route, adding mileage to the ducting required to carry the fibre cable.

The project was said to be costing £650,000. It has not been explained how this figure was arrived at when

no Backhaul contract existed, no Wayleaves had been obtained, the proposed route was "from the railway to the village hall" – by Christmas (2014). How could a contractor have quoted a price for installing a duct with so little information. More informed quotations are now around twice the original £650k.

Amazingly, the board members managed to convince bodies such as Defra and Cumbria County Council of their competence and *bona fides* whereby sums of £365,000 and £157,000 respectively were promised. These sums were, of course, conditional on compliance with progress stages, none of which were achieved. In addition, the Yorkshire Dales National Park



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Authority agreed to fund a Project Manager for one year at a cost of £36,000. The remainder of funds required would be raised from shareholders in Digital Dales Ltd.

The specialist firm ITS Technology was appointed to oversee the installation of the ducting and fibre with promise of additional funding if required. Did anyone look into that company's financial standing?

Having appointed a contractor, TS Trenching Ltd, to install the ducting from Sedbergh, ITS Technology failed to settle the contractor's initial invoice and consequently work stopped. Another contractor from Ashford, Kent, got bogged on Langston Fell and departed after just one day. Since then - nothing.

Two years ago, with new money provided by the government, Cumbria County Council appointed BT to cover the county with access to superfast broadband under the Connecting Cumbria scheme. At that

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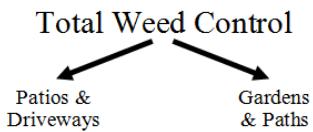
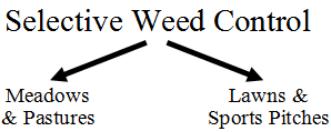
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time BT installed fibre as far as Dent village and has two new Fibre Cabinets, capable of connecting more than **190** properties within weeks. BT was forced to "descope" and not connect these facilities in favour of the Fibre Garden scheme. This cost CCC £36,000 to install and a similar sum to descope. At the moment BT is excluded from doing anything – effectively paralysed by the lack of decision making.

Incredibly, the board of Fibre GarDen still refuse to engage in any way with BT who have offered to include Garsdale and Dentdale in Phase 2 of Connecting Cumbria. **Availability of inclusion closes on 1st March 2016.**

It is noted that, as well as having fibre installed at Dent, they have a duct under the road from the Sedbergh Exchange as far as Garsdale Street, installed within the last twenty years, which is capable of accommodating a fibre cable without any digging or wayleaves required. All that is required is for the two Parish Councils to request of CCC that BT includes Garsdale and Dentdale in Phase 2 of Connecting Cumbria. **Time is of the essence.**

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DENT MEDITATION CENTRE

Dear friends

A very Happy New Year to you all from everyone here at The Meditation Centre.

We do hope that 2016 brings you peace and joy in whatever you are doing and wherever you may be in the world.

Here at the Centre we have pulled together a new calendar for you to enjoy which includes our favourites of Meditation for Beginners Days, Solstice and Equinox celebrations plus our regular monthly group meditations.

But we also have some new courses to inspire you to take special time out and focus on the most important thing

in the world – YOU!

Our lovely yoga teacher, Lisa, is this year offering her popular Mindful Yoga and Meditation Days, this time focussing on Acceptance & Letting Go and also: Learning to Bring Greater Calmness, Clarity and Compassion to our Daily Lives. If you are interested, please do book early as these workshops do get full very quickly.

Lisa will also be running a five-week Mindfulness Course at the Centre in the Spring and a new workshop based on a self-help practice called TRE® (Tension, Stress & Trauma Release Exercise) which involves a series of exercises practiced mindfully to assist the body in releasing deep muscular patterns of

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stress, tension and trauma.

On a lighter note, another of our teachers, Andy Weller, is looking forward to taking people on his Walking Meditation Day but is also planning a special week-long Pilgrimage in the Dales this Autumn to incorporate walking with meditation around sacred sites. Andy would love to hear from anyone who might be interested in taking part so do get in touch.

Helen Towers – who joined us this Autumn - has been practicing meditation and yoga for over 10 years and founded her company 'Relax and Just Be' in 2014. She will be running weekly classes at the Centre from the Spring but also has a couple of half-

day workshops in the diary - Living Mindfully: Mindfulness and Movement and Living Mindfully: Cultivating Self-Kindness and Compassion. More details on our website.

And another of our yoga teachers – Lesley Henney – is planning weekly classes in the Spring for those of you who live close to Dent.

In other news, our first Meditation Teacher Training Course is now well underway and the students will be graduating in the Autumn which is very exciting.

If you have ever fancied a change of direction yourself – or if you simply want to take part in a course which enables you to delve into your own spirituality and self-study as well as learning more about meditation – then we will be taking on new students this summer to start in the Autumn. More details are on our website but again, do get in touch, if this is of interest to you.

However, if you simply want time to sit back, relax and reflect in a beautiful space, then we have two day-long retreats in the year which you will love: Meditation Retreat: Relax, Reflect and Renew.... Or simply pop in and just be....

Enjoy our new Calendar, enjoy your meditation practice and do come and visit us again soon.

We look forward to welcoming you back.

Namaste

Annette and

The Meditation Centre Team

PS – If you would like to become a Friend of the Centre and support us in the work we do here, please have a look at our Friends website

KIRKBY LONSDALE GOLF CLUB

New Lune Course Membership

Kirkby Lonsdale Golf Club is offering the opportunity for local people to join the club on a new membership deal for their new "Lune Course" from 1 March.

The club have invested in creating a new shorter layout, aimed at the beginner golfer and ladies. Players in the "Senior" age bracket may also find the new course suits their game too.

The new Lune course is laid out over the same route as the established 18 hole course and using the same greens. The Lune tees have been located so that they take out the more demanding shots players would normally face, especially from the tee area.

The Lune course has been recognised by England Golf as being suitable for both men and women, and regular competitions will be held to enable Lune Course members to keep an official playing handicap.

Membership of the Lune Course will entitle you to all the benefits that other members enjoy at Kirkby Lonsdale and is available at £395 for 12 months.

The club will be holding an Open Day on Saturday May 14th, where you are invited to come and try the course. A five week course of group lessons called "Get into Golf" will also be starting in May.

To enquire about Lune Course Membership or register for the events in May, please call the Secretary, David Towers on 015242 76365.

Kirkby Lonsdale Golf Club

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www.kirkbylonsdalegolfclub.com



SEDBERGH COMMUNITY SWIFTS

During this wet winter it is easy for the swifts that hurtle around the sky in summer to seem a distant memory. British swifts should now have moved from their main wintering grounds in the Congo over towards south-eastern Africa, like Malawi.

There are 11 species of African swifts, of which four migrate to Europe. The swift that comes to this country is the Common Swift (but sadly they are far from being as common as they once were) and its Latin name (*Apus apus*) literally means 'no feet'. In fact swifts do have feet, and sharp claws, but extremely tiny legs. This means they cannot perch - so a bird on a wire is never a swift - and can only shuffle around their nest sites when they land to breed. If grounded it is very difficult for them to take off, and this can be fatal.

The Common Swift has a very wide summer distribution: throughout Europe and as far east as China, with Ireland being the western extremity of its range. Recently researchers attached tiny geolocator devices to swifts in Beijing so that their wintering grounds, and the long migration routes they take to and from Africa, could be discovered. Last summer swifts in Northern Ireland were also tagged, and it will be fascinating to compare the results from two such distant locations.

Although the incredible migration that swifts undertake presents many hazards, it is the loss of nest sites in buildings here that is believed to be the main reason for their serious decline. So once again, please help

our swifts by putting up boxes before they return in spring. We have a stock of these and are always happy to call and advise – just email or ring.

The picture shows boxes fitted under the gable end of a house.



These websites have masses of further information: www.swift-conservation.org.uk and <http://actionforswifts.blogspot.co.uk/>.

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



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YORKSHIRE DALES NATIONAL PARK

Partnership for the future of the Park
A long-standing partnership between two local organisations has been renewed – promising a positive future for the Yorkshire Dales.

Yorkshire Dales Millennium Trust and the Yorkshire Dales National Park Authority have signed a new Memorandum of Understanding, renewing their commitment to work together for the good of the local landscape, environment, communities and economy.

The document outlines the ways in which the two organisations will strive to obtain greater benefits for the Yorkshire Dales by sharing ideas and working to each other's strengths.

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National Park Authority Chairman Peter Charlesworth said: “The partnership between the Authority and the Trust has been a long and incredibly successful one – delivering local projects and programmes worth over £20 million. By working together and building on our respective strengths, we are both committed to supporting our local communities and this wonderful landscape.”

The agreement was signed by Mr Charlesworth and Carl Lis, the Deputy Chair of the Authority, and by Steve Macaré and David Shaw, the Chair and Deputy Chair of Trustees at the Trust.

This was the final official duty carried out by Steve Macaré as Chair of Trustees at Yorkshire Dales Millennium Trust, before he stepped down after six years in the role. He leaves the Trust in a very strong position, with several ambitious new projects on the horizon.

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The position has been taken over by David Shaw, with Karen Cowley taking on the role of Deputy Chair of the Board of Trustees.

David Shaw said: "On behalf of the Trust, I would like to thank Steve for all his support over the years. It seems very fitting that our new Memorandum of Understanding with the Authority – a declaration to renew one of the strongest partnerships underpinning our work - was signed by Steve and I on behalf of the Trust. It was an opportunity to reflect on the many great achievements overseen by Steve in recent years, and to look forward to exciting times ahead."

Sarah Pattifer

YORKSHIRE DALES NATIONAL PARK

£200k for the Dales

Yorkshire Dales Millennium Trust (YDMT) is delighted to confirm that players of People's Postcode Lottery

have awarded £200,000 to support the charity's work across the Yorkshire Dales.

The funding will allow the Trust to develop new projects that support the landscape, environment and communities of the Yorkshire Dales, as well as continuing successful long standing projects, such as habitat conservation, education and outreach.

David Sharrod, YDMT Director, said: "The fantastic support of players of People's Postcode Lottery enables us to continue making a difference in the Yorkshire Dales now and for future generations, through projects like our rural apprenticeship scheme which we hope to expand this year to provide life-changing opportunities to

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more local young people. There is always much more work to be done and I'd like to say a huge thank you to all players for their ongoing support, which has totalled an incredible £871,181 over the last seven years." Novamedia/Postcode Lotteries has been ranked as the largest fundraising private charity donor in the world by London business newspaper City A.M. in the City A.M. World Charity Index 2015.

This is the first year that City A.M. has produced a list of fundraising private charity donors and ranks the total amount awarded to good causes by private charity donors in 2014. Novamedia/Postcode Lotteries tops the inaugural list with £469 Million awarded to charities worldwide in 2014.

Novamedia/Postcode Lotteries CEO Boudewijn Poelmann, said: "We believe the world is better off with strong civil society organisations.

There is no change without them. Our mission is to raise funds for these organisations and to increase awareness for their work. Our fundraising lottery model with such a high contribution to charities of almost £5.5 Billion to date is unique in the world and we're extremely proud of it."

Sarah Pettifer

YORKSHIRE DALES NATIONAL PARK

No appeals against National Park extension decision

The clock has started ticking in the countdown to the enlargement of the Yorkshire Dales National Park.

In October last year Environment Secretary Elizabeth Truss announced that the National Park will be

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increased by nearly a quarter from August 1 when its boundary is extended to include a small part of Lancashire and an additional area of Cumbria.

It means the area covered by the National Park will increase by 24 per cent from 680 sq miles (1,762 sq kms) to 841 sq miles (2,179 sq kms).

The decision was subject to any legal appeal and none was lodged.

National Park Authority Chairman Peter Charlesworth said: "The fact there have been no appeals against the Government's decision is good news.

"It means we can now get on with the job of preparing for the extension of the National Park. We will be working with organisations, communities and

individuals to identify their hopes and aspirations so we can find ways of meeting them while conserving the natural beauty, wildlife and cultural heritage of the new areas.



YORKSHIRE DALES
National Park Authority

"In the run-up to the establishment date, we will be inviting people who live and work in the area to a series of meetings so we can explain what we do and ask how best we can help them.

"Being in a national park has many benefits, not least to the conservation of the landscape and the boost to the local economies that national park status can bring with it.

"Some people may have misgivings – often based on inaccurate information they have been given – and we hope to allay their fears."

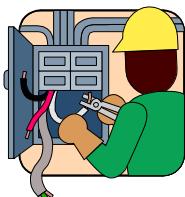
The new boundary for the Yorkshire Dales National Park will now include the Orton Fells, the northern Howgill Fells, Wild Boar Fell and Mallerstang to the north and, to the west, Barbon, Middleton, Casterton and Leck Fell, the River Lune, and part of Firbank Fell and other fells to the west of the River Lune.

Currently, 12 per cent of the Yorkshire Dales National Park is in Cumbria. That figure will increase to 27 per cent on August 1 and, for the first time, one per cent will be in Lancashire too. The National Park population is around 20,000 and this will rise to around 24,000 on this date.

Mick Oldham

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DECEMBER THE EIGHTH

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asks the heron
standing slim
blinking
non plussed
on a grey stone
by the rushing river water,
broken concrete and smashed rails.

Sodden carpets outside cottage doors
mudslide along the lane
unaccustomed litter
fields now lakes
Heron surveys his patch
and weeps silently.

RM

ART SOCIETY

On the 4th December, we welcomed our visiting artist from the Penrith area, Jane Ward. Her subject was, "Mountains and lakes in winter: watercolour techniques to create atmosphere". She most certainly did this, developing over the two hours a stunning watercolour of Striding Edge. It was the freshness of the paint in this exciting picture which was so stunning. If you wish to see it, do call in at the Fine Art Studio opposite the Post Office, where James Roberts displays our Sedbergh Art Society Folder. It is amazing how Jane could create such a breath-taking picture whilst giving us an interactive commentary filled with enthusiasm, humour and packed with useful information. It was a treat! Jane generously raffled her picture on the "Just Giving" website and raised £1,418 for the Cumbria Flood Appeal.

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You will find more of her work on her website: <http://janeward.co.uk> Greg Howard, from Dalton-in-Furness, came on the 15th January. Now this was adventurous! Greg demonstrated his impressionistic approach to painting the 'Streets of Sedbergh in Watercolour'. He worked boldly with a large brush for most of the time. Armed with this, his Stanley knife blade (safe use!), screwed up kitchen roll, a water spray and lashings of paint (limited palette of 6 colours), he reminded us what a rainy day in Sedbergh looks and feels like. After all - rain is so rare here! The end result was a great success as you can see in our folder. Greg's humour was infectious to many as he kept up a running commentary while he painted. He was concerned at one point that he was telling us what we already knew. But if we did, it was good to be reminded and to hear his angle on it. Examples of his painting can be found on his website: <http://www.derbyshirewatercolour.com>

Future sessions

February 12th is the date of our AGM, from 7 – 9.30 pm in the People's Hall Committee Room. The meeting will

be preceded by an illustrated talk by Ron Ward: "Ruskin, Turner and the Pre-Raphaelites". There will, of course, be refreshments.

On March 5th we will be a workshop day with Bob Henfrey, taking an abstract approach to landscape painting with an emphasis on colour. For more information, contact Jenifer Alison on 01539824666 (landline and answerphone), or email jen.alison10@gmail.com

On March 18th back comes Greg Howard, this time armed with his soft pastels. The weather in the planned picture will be better as you can see by his title "Beach: sunset and reflections". Will he use his razor blade? – I am on tenterhooks!

Jenifer Alison

ROSE COMMUNITY THEATRE

As the Winter weeks slip away and Spring becomes more of a promise than a wish the Rose Community Theatre prepare to take to the stage at the People's Hall with its latest extravaganza; '**Tantrum of the Soap Opera**'. All the gang are ready and willing to play their parts capably supported by a host of talented youngsters from Sedbergh Primary, Settlebeck and Sedbergh School.

This annual family show is packed with songs and fun where good over comes bad all with a bit of romance thrown in. The Dirty Dens are waging War and soap is on ration. Everyone is looking forward to a night out but will the dastardly Tantrum turn up and ruin it all.

Performances are Thursday, Friday and Saturday, March 17/18/19. Evening performances

begin at 7.30pm with Saturday Matinee beginning at 2.30 pm.

There will be refreshments, a bar and a raffle. Tickets will be on sale at the Information Centre and at No6 Finkle Street from early March. Proceeds to the Cumbria Flood relief Fund.

Sandra Gold-Wood

CAVE CONSERVATION

As somewhat of a departure from our usual wildlife talks, we were taken underground (in pictures only!) by Andrew Hinde, cave conservation officer for Natural England. Together with volunteers from Northern caving clubs, he looks after all of the caves in this region, many of which are SSSIs for their geological and archaeological features and of course wildlife.

We saw stunning photographs of strange and beautiful underground rock features and pools, all of which have taken many years (sometimes thousands) to form in flowing underground streams and dripping limestone-rich water. Some deposits in caves contain fascinating bones and fossils of animals (including human) from our ice-age past to more recent times. Bones had washed or fallen in or animals had taken shelter and died underground. Microfossils in the cave sediments allowed scientists to build a picture of the surface environment over the last half million years.

Wildlife was also covered. In the cave entrances ferns, liverworts and mosses exploit any available light. In the total darkness bacteria and fungi grow, supplying nutrients for bacteria

and moths. They in turn feed predators such as beetles and spiders adapted to the cave environment. Streams support trout, which turn white in the total darkness, and a tiny and very rare nymph, only $\frac{1}{2}$ mm long but the oldest unchanged animal in Britain and found only here. Larger animals use the cave entrances as dens and birds such as wrens and owls are often seen, together with 5 species of bats.

Caves are at threat from a surprising number of different sources.

Obviously mining and quarrying can destroy them completely, but landfill and tipping can also do huge amounts of damage, particularly when chemicals or agricultural runoff flow into the cave streams, killing all of the wildlife. Overuse from cavers, exploration and damage done during rescues can all destroy fragile features that have taken millennia to form.

Caves are beautiful but fragile environments and we are lucky to have such a rich resource in our area. Even though most of us will never see them in person, they need conservation and care.

Jackie Hooley

CHRISTIAN AID

Christian Aid in Sedbergh and District getting ready for 2016

The sunshine outside hints that 2016 is coming to life and the Christian Aid Committee has started to formulate this year's program of activities after the winter break. The main events start in March with our Coffee Morning in the URC Rooms in Sedbergh on Wednesday the 9th.

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Christian Aid Week runs from the 15th to the 21st May when nationally the society runs major awareness activities and encourages local involvement. This year it is promoting the idea of fund raising 'Big Brekkies' supplying packs to enable individuals, families or other neighbourhood groups to get together over a community breakfast to support its work. July will see the AGM meeting and October 12th will be the day of our autumn Coffee Morning.

Sedbergh and District has always been a generous supporter of Christian Aid and we look forward to another year of continuing good will.

Rev Anne Pitt (on behalf of the Sedbergh and District committee)

FEBRUARY GARDENING

Although things in the garden started into growth early this year (some of our snowdrops were in flower before the New Year), there is still plenty of time to plan for new things this coming year and to look over the successes of the year just past.

One of the most rewarding plantings in the garden was a collection of *Dahlia* tubers which flowered from

mid Summer through to late Autumn. I also put 30 mixed *Gladiolus* corms in a patch of ground which would otherwise have remained fallow (I am trying to eradicate the perennial weeds which have taken over that piece of ground and so did not want anything permanent in situ). I had weekly bunches of flowers from both Dahlias and *Gladiolus* and the original tubers and corms were so inexpensive that they can be counted as Summer bedding.

Inspiration in gardening often comes from a trip to a garden in another locality. Last year I discovered two new plants. The first, at Larch Cottage Nurseries near Penrith had all the available staff flummoxed (the owner was away) and I only chanced upon it again at Cath's Garden Plants near Sizergh Castle. It is *Abelia mosanensis*, a medium sized shrub which bears panicles of pale pink, wonderfully perfumed flowers (rich, fruity, lily of the valley fragrance). I am trying this one in the garden, but keeping it in a large pot for the time being so that it can go into the unheated greenhouse in the cold wet winter months. My second "find", which I discovered at Thorpe Perrow Arboretum (near Bedale) is a magnolia like shrub with the grand name of *Sinocalycanthus chinensis* (Chinese Sweetshrub) This has large, rounded, cup shaped flowers, whose white petals have a wonderful waxy appearance. The leaves are big and broad and dark green. At the moment this plant is quite rare in cultivation and only available from a handful of nurseries. I shall have to wait a few more years until I put it to the test in



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this cold and windswept garden, but in the meantime I shall look forward to the spring and summer of this year and a few more garden trips to seek out more unusual plants for my “wish list”.

Elaine Horne

SEDBERGH SCOUTS

Happy New Year from 1st Sedbergh Scout Group. Thank you for your support through the Christmas Post, we raised around £380 from the Post, Churches Together and Sleepy Elephant leaflets. This money will go towards activities for all the children in Beavers, Cubs and Scouts.

2016 is a big year for Cub Scouts as it is the Centenary of their beginning, 100 year birthday, many activities are being planned such as a trip to Blackpool Pleasure Beach with the North West Region of Cubs. This will be a fun party day. We have the Pleasure Beach to ourselves and Scouts are invited too.

Scouts have just enjoyed a great weekend at Wintercamp held at Kielder Forest Scout Activity Centre. We saw plenty of snow and had an amazing time driving Mini Tanks, Segway riding, Quad Bikes, Crafts, Discos, Wii games, Crate stacking, Jacob's Ladder, Canoeing, Backwoods Cooking and much much more. We are already looking forward to 2017. Many new friends were made and a good time was had by all.

Beavers is on a Wednesday 5.30 to 6.45 ages 6 - 8, Cubs is on a Friday 6.00 to 7.30 ages 8 – 10 1/2, Scouts (10 ½ - 14) and Explorers 7.30 to 9.30 (14-18), Please do come along

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to the Scout Hall and find out more. 1st Sedbergh aims to enable children to learn a wide range of skills and to have FUN.

Melanie Missenden

RAILWAY SINGING AND THE FLOOD RELIEF FUND

Many thanks to everyone who joined our annual singing on the Settle Carlisle railway just before Christmas. We had almost 100 singers with choirs coming from Penrith, Kendal, Langwathby, Settle, Bentham and Keighley - singing in Langwathby, Ribblehead and Settle stations, on the trains between them and in several pubs along the way. As well as seasonal songs, we sang several songs celebrating this wonderful mountain railway (currently having a bit of fame in the TV programme Jericho) as well as more general songs about railways and steam trains.

As with the Dent Folk Carols weekend we were affected by floods when all the trains home and bus replacements were cancelled due to floods - but had a fabulous evening singing in the pub in Settle while our

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drivers got lifts north to pick up cars. In Dent our 40 singers found ourselves marooned in the village for the weekend with all roads in and out blocked by floods - but as we had all our food with us, plenty of songs to sing, and pubs and other venues to sing them in, we still had a good time with a ceilidh band made up of singers playing instruments they borrowed in the village.

Our singers also did a fundraising concert at the National Trust property Acorn Bank and in Caldbeck Church and helped raised £1,640 in total for the Cumbria Flood Relief Fund. We are hoping to add significantly to this at our Fundraising Flood Relief Singing Day on February 6 (see www.lakelandvoice.co.uk for details and photos.)

Also many thanks to everyone who made the Cautley Carolers so welcome when we went singing round the cottages and farms between Farfield, Hallbank and Frostrow - we had a wonderful evening (helped by the storms taking a break) and even though we weren't collecting on this occasion we received another generous donation

to the Flood Relief Fund.

David Burbidge

SEDBERGH HOLIDAY CLUB
for your diaries!

The annual Holiday Club, supported and organised under the banner of Churches Together in Sedbergh & District, will be held once again in 2016. This year it will be held in the first full week of the school summer holidays, commencing Monday 25th July.

The Holiday Club will be held at the People's Hall from Monday 25th to Friday 29th July 2016, with a special event for children & families on the morning of the following Sunday 31st July. Open as usual to children of primary school age, notionally 5-11 years. Further details in due course. We hope to launch the Holiday Club week with a special united service, on Sunday 24th July, 10.30am at St Andrew's Church Sedbergh.

The Holiday Club team value the support we receive from the community in organising this annual event, and trust that early notice of the 2016 dates will be helpful in planning your arrangements for the

summer.

Sandy Roy, Sedbergh Holiday Club

PEOPLES GYM & FITNESS CENTRE

In less than four months since opening, membership at the Fitness Centre has gone from strength to strength exceeding 100! A big "THANK YOU" to each one of you who has joined and contributed to this great start. On Sunday March 20th we will celebrate this with our formal Grand Opening event at the gym and all members are invited. Due to this event the gym will be closed for any training purposes between 3:30 and 5:00pm. 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. More information on both events will follow in due course. Not only has membership increased since opening – additional equipment has been installed: Concept 2 rowing machine, seated leg press machine, lat pull down machine and additional free weights, bars and spring clips. Thanks to Lee for organising this. With a warm welcoming atmosphere on a cold winter's day there is no excuse not to kick start your 2016 fitness objectives! However, if you are struggling with those New Year Resolutions the Fitness Centre can help. Throughout February, Stuart will be hosting a series of open clinics – free to members – to answer your fitness questions and demonstrate how to use any of the equipment. For dates and times, see the poster in the gym or check out our Facebook page. No need to book, just turn up. And ... if

you have a friend or work colleague who is not a member and is interested in joining, these open clinics are also an opportunity for them to come and take a look at our facilities and discuss membership options. Training with a friend or partner is a great way to keep motivated. Membership packs will be available to take away or you can pick one up from No6 Finkle Street. From the committee of the People's Gym and Fitness Centre we wish you a fit and successful 2016.

*Sandra Gold-Wood Tel: 21808
membership@sedberghgym.club*

FLICKS IN THE FELLS

The Monthly Films will be featured in the People's Hall on the following dates on Saturdays so put them in your Diary.

6th February, 5th March, 2nd April, 14th May, 4th June, 2nd July, 3rd September, 1st October, 12th November, 3rd December.

Any enquiries regarding Flicks in the Fells can be made by ringing 20125 or e-mail flicks@sedbergh.org.uk

SING JOYFULLY

New Choral Group

Sing Joyfully! is a new choral group with a difference! It aims to bring people together to have fun whilst making music together and learning how to develop the voice. Choral sessions include training in vocal technique and repertoire covers a wide range of genres and styles from classical western traditions, pop, jazz, folk, world traditions and gospel. We guarantee that there will something for everyone!

Sessions run in Casterton Church on Tuesday evenings from 7:30pm-9pm and there will be a public performance on March 15th at 8pm. Beginners and experienced choral singers are all welcome, irrespective of experience or music reading ability! For more details and all enquiries, please email Anastasia on amicklethwaite@hotmail.com or call 07952 601568.

DENT DALE CHRISTIAN FELLOWSHIP

What a happy time we have shared together over the last few months with various events both in our home and at the Memorial Hall. In November Allan and Carol Maw came over from Hull and shared about the trip they and their daughters and the boyfriend of one of them made to Romania earlier in the year. It was lovely to see them back in Dent as we first met them here many years ago, we aim to keep closer in touch, they were pleased to meet ordinary people (quote) "stepping out with God and doing extra ordinary things". At the Sunday eve fellowships we are very much supported by Brian from Blackpool who plays his piano accordion to help the worship in song. Fellowship with Food on a Friday evening monthly varies, sometimes we have a time of prayer for the locality, the school, businesses and any needs brought to mind, other times we chat and enjoy each others company with food and drinks and if we have communion we do it in a very simple relaxed way. In January we had a lovely time in the Memorial Hall with a family

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christingle followed by a Gathering of Praise where Brian brought his electric piano along, in between the two events we served a jacket spud and filling supper with drinks and puddings. We will certainly be holding another gathering in the Hall and possibly moving our Friday events into the Sedgwick room. We want to be accessible, everyone is welcome, it is all free, sometimes we have a bucket for donations but place no one under any obligation to give. We want you to come and enjoy being in God's presence.

J and S Woof. 015396 25212

WALKING & CYCLING GROUP

The Roof of Europe – the story so far

On Monday the 22nd of February, Steve Smith will give a free public talk entitled "The Roof of Europe – the story so far", at 7:30pm in the People's Hall.

Steve will describe his attempt to reach the highest point in every European country:

"About ten years ago I made a traverse of Mont Blanc from the Cosmiques Refuge . . . but what

about the other European countries and their high points? It was the start of a personal project, still unfinished, that has already taken me on some exciting adventures."

For further details of the series of free public talks organised by the Sedbergh Area Walking and Cycling Group entitled "Talking the Walk – Adventures on Foot at Home and Abroad", (now in its second year), go to www.sedberghgateway.org.uk/events.

Robert Powell

FAMILY MUSINGS

Happy Feb everyone, and the rest of the months too. Good to be back again after the break in production, hope you all enjoyed your Christmas as much as we did, ours was something of a "train" time judging by all the toy trains of various shapes and sizes the little ones got given, when it was announced on the news about no trains running in Cumbria, Grandad commented that they were all at grand children's house!

For many the festive season was a difficult time spent in unfamiliar surroundings without their own things around them, it is sobering to drive through Sandylands in Kendal and see the damage caused by water as it is in many other places too some closer to home. Then roads closed, including briefly, our own main access when something was found amiss at Barth Bridge, thankfully it re-opened before the alternative routes were impassable by flooding.

Trips over to Hull continue but I had a week off between Christmas and the New Year, "auntie" is keeping well and told someone recently, in my

hearing, that being supported by me is her right because she is 97, then when the other person suggested she would show me appreciation, auntie replied "why?" It got me sympathetic responses from the other people present in our favourite café so I can't complain. It is a café run by a Methodist Church in Anlaby, all cakes etc are home made, it is welcoming and warm with friendly service and inexpensive prices, we both love going there and some of our happiest times together are in that place.

My late brother who died in 2007 would have celebrated his 70th birthday this January and to mark the event I have sponsored a Donkey at a sanctuary near Otley, there isn't one called Bruce so I choose Billy-o as our Dad was called Billy. My brother loved nature and animals and would have been very amused at my doing this. I often think how much fun he and our grandchildren would have had together, he loved little children and in his work as a volunteer for Avon Wildlife Trust he was happiest pond dipping and searching under stones with little people. He would sometimes dress up as a Water Vole or a Field Mouse to raise awareness of their problems. The Donkey Sanctuary has a charity shop and Coffee shop combined in Otley, what a good idea, it is a favourite stop - of place of mine as I come west from east. Enjoy your "stop of" places.

Sarah

SEDBERGH SWIMMING CLUB

The Christmas holidays are now over and the swimming sessions have restarted. The lessons are very

popular from the beginners through to the more advanced length swimming groups with just a few places still available.

The adult recreational swimming sessions are Tuesday 8.00pm to 9.00pm and Thursday 7.30pm to 8.30pm, children are welcome to swim with a parent from 7.30 to 8.00 on a Thursday evening. We also have the Saturday morning session 10.00am to 11.00am which is open to adults and children (under 8s must be accompanied by an adult).

Linda Winn

PEOPLE'S HALL NEWS

THE PEOPLE'S GYM & FITNESS CENTRE

In October, I reported that the Gym annexe was complete, BUT funds were needed to be raised to cover the costs of an improved specification and various extras to accommodate site conditions and refurbishments that the Hall Committee considered necessary.

To deal with this over run the People's Hall Committee applied for and has received awards, which cover the extra costs from:

- The Sedbergh Community Fund
- The Sedbergh United Charities
- Sedbergh Parish Council
- Lakes Leisure

The People's Hall Committee is most grateful for these generous awards, which have all come from local funders. These awards clear the "extras" bill

I offered a donation in August 2015, provided the Gym Committee matched it. Well they have! This now covers the retention monies due in

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The Gym has blossomed since it officially opened in September 2015 and now has over 100 members. This confirms that the need for a Community Gym in Sedbergh, which Sport England recognised with their award of nearly £40,000, was wholly justified.

During the whole process of planning and realising the Gym building, two members of the Gym Committee worked very closely with me, as Project Manager. They are Sandra Gold-Wood and Rosemary Lewes and their support and encouragement is gratefully appreciated. The Gym members owe them a tremendous debt of gratitude.

BAGHDADDIES

The Baghdaddies event held on Friday 4 December 2015 was a great success with over 75 people attending. The evening was the start of the Cumbrian floods with high winds and rain. If the event had been on Saturday 5 December it would not have happened, as Sedbergh was cut off that night. The event did not raise a great deal of money. The Hall Committee considers it to be a social

rather than a fundraising occasion. That said we have requested Rural Highlights for another group to come and entertain us called Belshazzar's Feast on 13 May 2016. Please come.

FLOODS & OLD TIME DANCING

The Mintsfeet area of Kendal suffered severe flooding and this has put the IB's club out of action. They hold many Old Time Dances. To help fill this gap the Hall has added another Old Time Dance to its programme on Saturday 27 February 2016.

DATES FOR YOUR DIARY

16 April 2016 Old Time Dance

13 May 2016 Belshazzar's Feast

18 June 2016 Old Time Dance

Dr Gina Barney 20790

SEDBERGH INFORMATION & BOOK CENTRE

Firstly, may I take this opportunity to wish you all a happy and prosperous New Year from all the volunteers at the Centre, from the directors of the CIC (our management, also volunteers) and indeed from me. We are settling back in to normality now that the holidays are over, and quite chuffed that we opened every day except Christmas Day and New Year's Day. We are open 7 days a week all year round!

The main thing I want to cover is a request from Karen Bruce Lockhart, who does great work putting together the 'What's On' list of events that we have on the desk at the Information and Book Centre and put out on our notice board as well. Karen asks you, if you organise or publicise something, to make a note to let us know about it next time you have

something happening! Simply write a little bit about the event and email it to tic@sedbergh.org.uk or drop it in to us at 72 Main Street (please mark it for Karen's attention in either case). We will then put it on the What's On list and help you publicise it. We will also be able to put it on the Events page of sedbergh.org.uk for you. All the best.

Andi Chapple

DENT & SEDBERGH ORAL HISTORY SOCIETY

"We'd 'ave t' clean our clogs, 'cause it was allus clogs, yer know, there was no slippers an' fancy shoes in those days. There was no wellingtons, it was all clogs wi' carkers on (metal strips on the soles). An' of course when it was winter time they would jus', what we call, ball up wi' snow - you know, they would jus' stick together and you would get big lumps on yer clogs an' you would jus' 'ave to go up t' wall an' give it a good kick an' knock it off, otherwise you would wobble over!" Cissy Middleton, born 1914.

"There wasn't wellingtons then. No, I had a pair of strong boots like lads' boots, and a pair o' puttees. I had me dad's puttees, that he had out o' t' army, what you wrap round and round your legs. Because for a year after I left school I went up t' top end o' Cowgill, right up to t' last house, for orders for t' shop and then Dad delivered it with a motor bike and side car. We took it out on the Wednesday and it was very wild sometimes. I remember getting a pair o' boots that came up to here, laces back and forward. They were alright. But that

was t' biggest relief when wellingtons came, of anything." "Aye, A.G. Street used to say - him that wrote all them books - that wellingtons was the biggest godsend to farmers that ever was because a lot o' labourers they couldn't afford a pair o' right good boots that would turn the weather and they were always working with wet and damp feet." Mary Ellison born 1909, and George Ellison born 1908. From "Telling it like it was - Dent, Sedbergh and District in living memory", edited by Anthea Boulton and Veronica Whymant.

LUNCH CLUB

The Monthly Lunch Club continues in 2016 and will be held on the second Thursday of every month at 12 noon in the Red Lion.

If you would like to attend this pleasant social occasion which is open to everyone over 50, please contact Mary Gladstone on 20438.

SPELLBOUND THEATRE

How the Other Half Loves by Alan Ayckbourn

Following the great success of our production of Calendar Girls in February 2014 , the Spellbound Theatre team is putting on a popular comedy for 3 evening performances in the Peoples Hall from the 18th February 2016 . The play " How the other half loves " by Alan Ayckbourn , is a comedy set in the 1970 s , exploring the age old themes of illicit romance and the comic pit falls which result . It is one of the playwright's earlier works and does not take itself too seriously, but manages to poke fun at just about everyone. It also

gives a hilarious glimpse into how different life was 40 years ago , before the advent of mobile phones ,videos surveillance and political correctness . So, memory lane for some of our audience and weird historical detail for others ! All the cast and technical support are from Sedbergh and the local area , but we have been lucky enough to secure the services of Hilary Stephenson as our Director . Hilary is an experienced actor and director with Grasmere players and has been for several years .

Calendar Girls was so well supported by the local community , that we were able to make substantial donation to Leukaemia charities . If we are well supported this time , we hope to be able to make a donation to the Cumbria Flood campaign .

Please see full details of the venue, dates and performance times in our advertisement on Page 38. Hope to see you there.

Susa Ellis for
the Spellbound Committee.

SIGHT ADVICE SOUTH LAKES (SEDBERGH)

Our meeting on Tuesday 19th January was our Annual 'Post Christmas' Party. Unfortunately, several members and volunteers were unable to attend so our good wishes for better health soon go to George, Keith, Rosemary, Winifred and Margaret.

The weather outside my have been cold and damp but inside the People's Hall the atmosphere was warm, friendly and festive.

Dennis welcomed everyone to the

party and after ‘catching up’ and sharing our experiences over Christmas and the New Year, we tucked in to a most delicious, ample and enjoyable buffet, provided by the ‘Three Hares’ bakery and restaurant on Main Street.

Two hours seemed to fly by and everyone agreed that it was a very good way to start the new year. It was decided that our next meeting on the 16th February at 2pm would consist of a quiz on the theme of ‘Famous People’. As always, new members are always welcome.

Sue Harper

CITIZENS ADVICE BUREAU

4 Steps to help tackle domestic abuse

Last year 1 in 15 women, and 1 in 33 men experienced domestic abuse at the hands of their partner or former partner. The Citizens Advice ‘Talk about Abuse’ campaign encourages friends and family to identify those at risk and where to seek help.

1) Pay attention to changes in behaviour

Abuse isn’t always easy to spot. Even if it’s physical it may be hidden. Domestic abuse is about one person seeking to control another, be it physical, emotional, financial, psychological or sexual. Changes in behaviour such as going out less, or seeming frightened, could be indicators of domestic abuse

2) Start a conversation

When a person decides to tell someone that they’re experiencing abuse, they are most likely to tell someone close to them. Don’t assume that someone else is better

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placed to help them. Make sure you are not overheard.

3) Listen, support and believe

If your friend does confide in you, help them understand that they are not alone and let them know where they can turn to for more support. You want to show them they are believed and raise their confidence to make it more likely they seek specialist help.

4) Suggest further help

There are many places to turn for further help, both for you and your Friend. Call the 24-hour National Domestic Violence Freephone 0808 2000 247 or online nationaldomesticviolencehelpline.org.uk.

Remember, abusers are dangerous people always call the police if you think anyone is in danger. Citizens Advice has online advice about dealing with domestic abuse - See citizensadvice.org.uk/talkaboutabuse for more information.

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.

COMMUNITY OFFICER REPORT

- Logs of note for the area are:
- 17/11 – 1 person was arrested for a fail to appear.
- 23/11 – An assault was reported at a licensed premises.
- 25/11 – A vehicle was broken into at Dent and a rifle stolen.
- 26/11 – A male was reported acting suspiciously in the Dent area. He was spoken and no offences disclosed.
- 27/11 – Theft of a Red Honda Quad bike from the Cautley area.
- 2/12 – A suspicious vehicle was reported in the Dent area, this was located and no offences disclosed.
- 5/12 – Numerous flooding logs were reported.
- 9/12 – A suspicious vehicle was rang in with 2 Irish males on board trying to sell generators and tools. The reg was given and logged for intel, (this means that their registration number when given is put on our data base if needed for future reference)
- 15/12 – A suspicious vehicle again was rang in, reg given and logged for intel.
- 15/12 – Theft of monies from a Licensed premises in Sedbergh.
- 18/12 – ASB was reported from a Licensed premises in Sedbergh.
- 24/12 – Parking issues were reported on Guldrey Lane.
- 25/12 – An assault was reported at a residential property.

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let me do the work whilst you relax

- 9/1 – A domestic related incident was reported in Sedbergh.
- 11/1 – Parking issues raised at the bottom of Black Horse Hill. There were numerous flooding logs in the area over Christmas, we worked closely with Highways and resolved these as soon as we could. It is important to regularly review your security. If you need any crime prevention advice I can provide further information and advice regarding all of these issues.
- A black/red CUDA childrens scooter has been handed in to the office. If this is yours then please email amanda.coleman@cumbria.police.uk
-
- CSO 5244 Amanda Coleman
CSO 5361 Kyle Bateson

FROM THE ROMANTIC ERA

The composers featuring in the next Sedbergh Orchestra concert all lived during the Romantic Era.

Romanticism was a movement which began in Europe towards the end of the 18th century when new ideas emerged in literature and art. These ideas affected the music of the century which followed; form became less important and the literature of the period was particularly influential. The works being played are not those which are most obviously in the new mould.

Overture di Ballo, first performed in 1870, was composed by Arthur Sullivan. His opera Ivanhoe, based on the romantic Waverley novel by Walter Scott, is a work more typical of the period.



Richard Strauss's first concerto for French horn was one of his early works, written in 1882/3, at a time when his style was very much influenced by Schumann and Mendelssohn. Steve Messam is the soloist in this work. Not only is he a talented French horn player, but he is an artist on a large scale, having designed a paper bridge in the Lake District and another capable of supporting a Land Rover in China. He also designed a light sculpture in Honister Slate Mine for a concert

Oliver Higginbotham

FIREWOOD - LOGS

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www.treeservicesfgc.co.uk

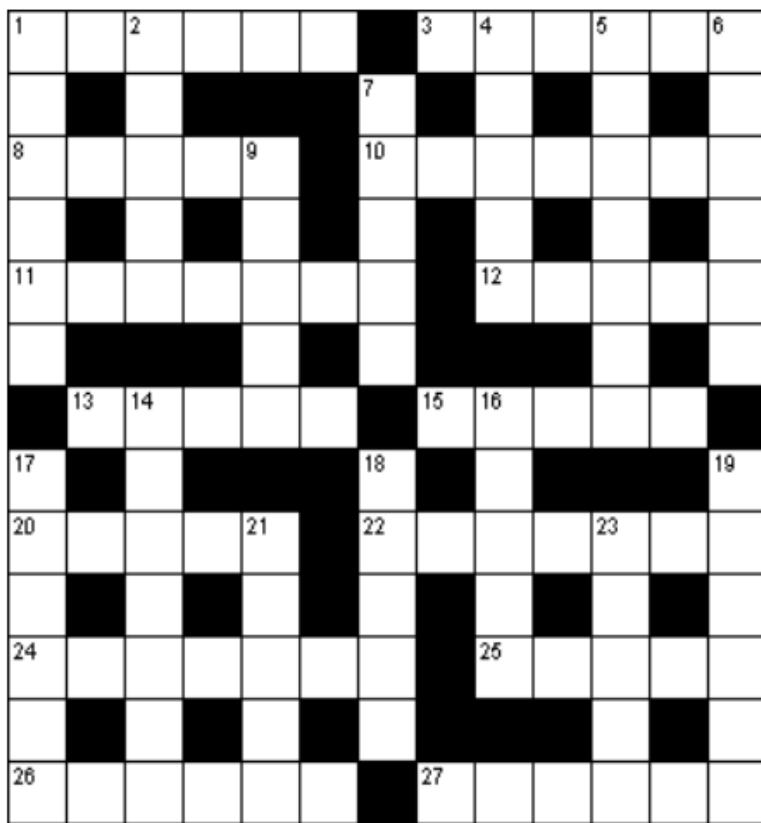
given by a 44-piece Cobwebs Orchestra. The paper for the bridges was supplied by Croppers of Burneside who also kindly gave us the black backing cards for the orchestra's music stands. We plan to invite some representatives from Croppers to the concert.

Schubert's Unfinished Symphony (1822) was written at roughly the same time as his song cycle *Die schöne Müllerin* (*The Lovely Maid of the Mill*), which is a song cycle based on poems by Wilhelm Müller. It is full of beautiful romantic melodies.

Since only two movements of the Symphony were completed, it would have been a strange way to end the concert, so we have included another item in the programme, Holst's Marching Song. Gathering folk songs was in vogue at the time, but Holst decided to compose his own to include in the piece. They sound totally genuine.

The orchestra is very much enjoying rehearsing this programme and we hope that you will flock to St Andrew's Church, as you did for the last concert, and enjoy the music with us on the concert day at 8.00pm on Thursday March 3rd. Tickets can be bought from orchestra members or Sedbergh Pepperpot Club 015396 21196 or the TIC, £6.00 in advance, £7.00 at the door, 18 & under free.

Shirley Smith



Across

1. Bicycle for two (6)
3. Legal (6)
8. Metal bar (5)
10. Voter (7)
11. Choices (7)
12. Stingless male bee (5)
13. Ire (5)
15. Accumulate (5)
20. Entice (5)
22. Recess (7)
24. Let go (7)
25. Automaton (5)
26. Riding seat (6)
27. Repented (6)

Down

1. Sartor (6)
2. Evening (5)
4. Make better (5)
5. Asinine (7)
6. Food store (6)
7. Laconic (5)
9. Fish (5)
14. Wandered (7)
16. Type of musical scale (5)
17. Begins (6)
18. Bet (5)
19. Combined (6)
21. Path (5)
23. Relating to a city (5)

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

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

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

WORDSEARCH ANSWERS

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BOOK
CAR
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LIGHTS
MARY
MINCEPIE
MISTLETOE
NOEL
NUTS
PEACE
PRESENT
REINDEER
SANTACLUS
SLEIGH
SNOW
SNOW
TREE
TURKEY
WREATH
YULELOG

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





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) Self-Catering Sleeps 6-8	20360
Sycamore Cottage, Lunds, Sedbergh LA10 5PX (2013/09)	01969 667356	
Mrs Whitfield	Old Station Cottage, Station Road, Sedbergh LA10 5HP (2016/12) Sleeps 1-4; 2D (King); CH; TVL; P; NS; DR; WiFi; Bike Storage e-mail: westbyhouse@gmail.com	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
0820 (L)	0855	Sat	564A	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1250	1325 (L)	Sat	564A	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1125	Sat	564A	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (L)	Sat	564A	WDB
1340 (L)	1415	Sat	564A	WDB	1615	1650 (L)	Sat	564A	WDB
1530 (L)	1605	Sat	564A	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	564A	WDB	1020	1035	Sat	564A	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (L)	1510	Sat	564A	WDB	1930 (R)	1945	Sat	564A	WDB
1650 (L)	1705	Wed	564A	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	564A	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	564A	WDB
0950	1005	Sat	564A	WDB	1515	1530 (L)	Sat	564A	WDB
1705	1720	Sat	564A	WDB	1805	1820 (L)	Sat	564A	WDB
1855 (R)	1910	Sat	564A	WDB	1945 (R)	2000 (L)	Sat	564A	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: December 2014				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1040	1732	1920						

L = Sedbergh Library

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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

FEBRUARY CHURCH SERVICES					
St. Andrew's	7th	14th	21st	28th	
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	
10.30 am	HC CW	HC CW SS	HC CW	Family Service	
6.30 pm	EP	EP	EP	EP	
Wednesday	3rd	10th	17th	24th	
11.00	HC BCP	HC BCP	HC BCP	HC BCP	
St. Mark's	7th	14th	21st	28th	
9.30 am	HC	MP NC	MP NC		
2.30 pm				Taize	
St. John's	7th	14th	21st	28th	28th
9.30 am	MP	MP	HC	MP	
LUNE PARISH SERVICES					
	7th	14th	21st	28th	
Holy Trinity Howgill		Closed for Winter			
St John's Firbank		2pm Joint HC		2pm Joint HC	
All Saints Killington	10.30 am Joint MP		2pm Joint HC		
DENT & COWGILL PARISH SERVICES					
	7th	10th	14th	21st	28th
St. Andrew's	10.30 am HC	10.00 am Ash Wednesday Family Service	10.30 am HC *	10.30 am HC	10.30 am Family Communion and Baptisms
St. John's	9.00 am HC			2.30pm EP	2.00pm Family Service and Baptism
worship@peopleshall					
	7th				
People's Hall	1030				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		M&P = Meditation & Prayer			
PC = Parish Communion		Taize = Modern Chants & Choral			
MP NC = MP with Northumbrian Community		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952
& Jean Dixon 20435

Howgill: Mary Stainton 20426
& Dorothy Parker 20493

Killington: Jennifer Thornley 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

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

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

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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 21st December 2016

FEBRUARY

1 1030 Textile Art Exhibition (1)	FM	2 1930 Sed First Responders AGM (52 & 37)	PH
1 1930 SMG Cumbria Agricultural Chaplain (21)	SMCR	3 1930 WIH Power from the Fells	HVH
3 1000 Coffee Morning - Flood Relief (23)	URCR	3 2000 Romantic Era Concert (53 & 102)	SIAS
3 1930 HS Sedbergh in the Past (23)	SSAT	4 1930 Tattie Pie Supper & Domino Drive	HVH
4 1930 WIH Antiques & Collectables	FCH	4 1900 Ello Ello Enigma (54)	CGHK
5 1930 K Sports Domino Drive (25)	KVH	5 1000 STAD Coffee Morning	DMH
6 1000 STAD Coffee Morning	DMH	5 1900 Flicks in the Fells (26 & 94)	PH
6 1900 Flicks in the Fells - Mr Holmes (26 & 94)	PH	6 Mothers Day	
8 1930 SMG 50 Years of local Preaching	SMCR	8 1400 WIK Our Disappearing Swifts	PH
9 1400 WIK The Yorkshire Dales	PH	8 1700 Senior Citizens Concert (58 & 25)	SSAT
9 1930 Domino Drive	FCH	9 1000 Coffee Morning - Christian Aid (90)	URCR
10 Ash Wednesday	URCR	9 1200 Lent Lunches (30)	STAS
10 1000 Coffee Morning -	StAS	8 1930 Domino Drive	FCH
10 1200 Lent Lunches (30)	PH	9 1930 WIS Lakeland Architecture	PH
10 1930 WIS Our Disappearing Swifts	URCR	9 1930 CWT Arnhemland to Vanuatu	URCR
10 1930 CWT Wildlife in Sacred Places	Red Lion	9 2000 Tennis Club AGM	GCRH
11 1200 Lunch Club	Red Lion	10 1200 Lunch Club	Red Lion
11 1700 Herbalife Course starts (31)	BHub	10 1915 Royal British Legion (66 & 68)	WHC
11 1915 Royal British Legion (66 & 68)	WHC	12 1300 Dentdale Run	Dent
11 1930 Sedbergh Parish Council (12)	PH	13 1900 Mozart's Requiem (28)	SSPH
12 1900 Food with Fellowship (Dec)	RD	13 1930 Appleby Concerts (Oct)	APH
12 1900 Art Society AGM (88)	PH	15 2000 Sing Joyfully	Casterton Ch
12 1930 SYFC Quiz Night (32)	PH	16 1000 Coffee Morning - Vacant	URCR
12 SS Half Term begins	PH	16 1200 Lent Lunches (30)	STAS
13 2200 Valentines Disco (33)	PH	16 1930 HS Highland Clearances (23)	SSAT
14 St Valentines Day	17	17 1300 St Patrick's Day	
15 1930 SMG Devotional Evening	SMCR	17 1300 Medical Centre Closed for Training (44)	MC
16 1400 Sight Advice South Lakes	PH	17 1930 Tantrum of the Soap Opera (89)	PH
17 1000 Coffee Morning - Town Band	URCR	18 1930 Tantrum of the Soap Opera (89)	PH
17 1030 Textile Art Exhibition Ends (1)	FM	18 1930 Wildflowers of Mansergh	MCH
17 1200 Lent Lunches (30)	StAS	18 1430 SS Term Ends	
17 1930 HS Austrians & Germans in Cumbria (23)	PH	19 1430 Tantrum of the Soap Opera (89)	PH
18 1930 How the Other Half Loves (38)	PH	19 1900 HS Annual General Meeting (23)	SSAT
19 1930 How the Other Half Loves (38)	PH	19 1930 Tantrum of the Soap Opera (89)	PH
20 1930 How the Other Half Loves (38)	PH	20 1530 Gym & Fitness Centre Opening (97)	PH
21 SS Half Term Ends	PH	22 1400 Sight Advice South Lakes	PH
21 1100 Monthly Meditation (41 & 80)	DMC	23 1000 Coffee Morning - URC	URCR
21 1600 Messy Church (41)	SMC	23 1200 Lent Lunches (30)	STAS
21 1930 Appleby Concerts (Oct)	APH	25 Good Friday	
22 1930 The Roof of Europe (42 & 95)	PH	27 Clocks Go Back	
22 1930 FCH AGM	FCH	28 Easter Monday	
22 1930 SMG World Church	SMCR	28 1000 StAD Easter Monday Sale	DMH
23 1030 Overshot Weaving Workshop (1)	FM	30 1000 Coffee Morning - Vacant	URCR
24 1000 Coffee Morning - Sedbergh Energy Fair	URCR	APRIL	
24 1200 Lent Lunches (30)	StAS	2 1900 Flicks in the Fells (26 & 94)	PH
24 1300 Medical Centre Closed for Training (44)	MC	6 1000 Coffee Morning - Ladies NFU	URCR
25 1930 Community Orchard Group AGM (45)	PH	7 1930 WIH Jewellery Workshop	FCH
25 1930 Bowling Club AGM (45)	WHC	8 1930 British Legion Annual Dinner (66)	FM
26 1000 Meditation Workshop (41 & 80)	DMC	11 SS Term Starts	
26 2030 SS Art & Graphics (28)	SDDS	12 1400 WIK Why Can't you play golf?	PH
27 2000 Old Time Dance (47)	PH	13 1000 Coffee Morning - STAS Mission	URCR
28 1030 Anniversary Service (48)	SMC	13 1930 WIS Craft Miscellany	PH
29 1930 SMG Prison Work. Haverigg & Ethopia	SMCR	14 1200 Lunch Club	Red Lion
MARCH		14 1915 Royal British Legion (66 & 68)	WHC
1 St David's Day		16 1930 Old Time Dance (97)	PH
2 1000 Coffee Morning - Vacant	URCR	19 1400 Sight Advice South Lakes	PH
2 1100 Reopening of Craftworkshop (35)	Main Street	20 1000 Coffee Morning - North West Cancer	URCR
2 1200 Lent Lunches (30)	StAS	23 St George's Day	
2 1930 HS Telling it Like it Was (23)	DMH	23 1030 Quiet Day (50)	StMC
		23 Spring Show (70)	PH

COVER PICTURE

Pepperpot

Amy Grace

27	1000	Coffee Morning - Garsdale Village Hall	URCR
28	1930	Gym & Fitness Centre AGM (97)	PH
MAY			
2		May Day	
4	1000	Coffee Morning - Cameo	URCR
5	1930	WIH Genealogy	HVH
6		SPS PTFA Auction (31)	SPS
7	1000	StAD Coffee Morning	DMH
10	1400	WIK Resolutions & Hedgehogs	PH
11	1000	Coffee Morning - Oral History Society	URCR
11	1930	WIS Resolutions & Jacobs Join	PH
12	1200	Lunch Club	Red Lion
12	1915	Royal British Legion (66 & 68)	WHC
13	1930	Belsazar's Feast (97)	PH
14	0900	Open Day (Ad & Text Feb)	KLGC
14	1900	Flicks in the Fells (26 & 94)	PH
15-21		Christian Aid Week (90)	Sedbergh
16	1930	WIH Group Meeting	HVH
17	1400	Sight Advice South Lakes	PH
18	1000	Coffee Morning - Christian Aid	URCR
21	1200	Sedbergh Gala	Sedbergh
25	1000	Coffee Morning - Firbank Church	URCR
27		SS Half Term Begins	
29		Sedbergh Music Festival Starts	Sedbergh
30		Spring Bank Holiday	HVH
30	1900	Howgill Duck Race	
JUNE			
1	1000	Coffee Morning - Middleton Church	URCR
2	1930	WIH Members Evening	FCH
4	1000	StAD Coffee Morning	DMH
4	1900	Flicks in the Fells (26 & 94)	PH
5		SS Half Term Ends	TBA
8		WIS Summer Outing	URCR
8	1000	Coffee Morning - Garsdale Church	Red Lion
9	1200	Lunch Club	WHC
9	1915	Royal British Legion (66 & 68)	Sedbergh
12		Sedbergh Music Festival Ends	PH
14	1400	WIK How to Drop a Brick	URCR
15	1000	Coffee Morning - WIH	Sedbergh
18		Sedbergh Cycling Festival (Nov)	PH
18	1930	Old Time Dance (97)	Sedbergh
19		Fathers Day	Sedbergh
19		Sedbergh Cycling Festival (Nov)	TBA
21	1200	Sight Advice South Lakes Lunch	URCR
22	1000	Coffee Morning - Town Band	URCR
29	1000	Coffee Moring - WIK	
30		WIH Summer Outing	
JULY			
2	1000	StAD Coffee Morning	DMH
2	1900	Flicks in the Fells (26 & 94)	PH
6		SS End of School Year	URCR
6	1000	Coffee Morning - URC	HVH
7	1930	WIH Tai Chi	URCR
13	1000	Coffee Morning - British Legion	PH
13	1930	WIS Is It True Miss?	Red Lion
14	1200	Lunch Club	PH
14	1400	WIK TBC	WHC
14	1915	Royal British Legion (66 & 68)	

DIARY KEY

APH	= Appleby Public Hall
BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CGHK	= Castle Green Hotel, Kendal
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 Chapel
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
RD	= Rhumes, Dent
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
SMG	= Sed. Methodist Guild
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