

Sedbergh & District **LOOKAROUND**

July 2016

Issue 345

Donation £1

Wow! 108 Pages and many, many more articles for you to read.

Please keep them coming as well as the Diary Dates which are inserted for free. There are still many events that are occurring in our area

of which we do not receive details. This means that many people are missing out, especially after all the hard work that goes into making an event run.

Dennis & Jacky Whicker

SEDBERGH PARISH CHURCH
AND FINKLE STREET
PARTY
SATURDAY 16 JULY

LOCAL BANDS MID-DAY UNTIL ELEVEN PM

KEV KENDAL TRIADIC RICH AND THE POOR LYNCHIN MLC

HOG ROAST
& BBQ
OUTSIDE BAR

BUNGEE RUN
GLADIATOR JOIST
KIDS TRAMPOLINE
BOUNCY CASTLE (CHURCH GARDENS)
KIDS ENTERTAINMENT 12-4,
STREET PARTY

OUTSIDE BAR £2 A
PINT CARLSBERG
AND BITTER
T-SHIRTS, WALLETS
AND KEY RINGS

SEDGWICKS
ICE CREAM

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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July Birthdays

Day	Name	Age
1	Jenny FALLOWS	10
2	Alfie PATON	9
3	Theo OVERSBY	8
3	Martha HUBBARD	5
13	Arthur HAYHURST	8
17	Louis GARDNER	6
24	Ruben PARK	11
25	Antony COWIN	11
27	Akira CRESSEY	11
28	Grace ALLAN	11
29	Jody MIDDLETON	9
30	Sampson KEIGHLEY	4



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Saturday 2nd July
St Nons bay, Pembrokeshire
Sunday 25th September
Barn Owl in flight

For more details & to book please contact
Farfield Mill
015396 21958
www.farfieldmill.org
Ruth's mob 07742543371
www.wickerfishartstudio.co.uk

SEDBERGH

Artisan

MARKET

MAIN
STREET
9.30am til
3pm

23 July
27 Aug
10 Sep

SEDBERGH PARISH COUNCIL

This report covers items from the monthly meeting held on 9th June 2016. The next meeting of Sedbergh Parish Council is on Thursday 14th July 2016 at 7.30pm in the Committee Room of the People's

OPEN GARDEN

@
Broadfield House

2 miles from Dent towards Cowgill
Balloons at entrance
Post Code LA10 5TG

2pm to 6pm
Saturday 2nd July
Sunday 3rd July

Mixed & Unusual Plants
FOR SALE

Teas & Homemade Cakes
Entrance to Garden £1.50
Children Free



Hall, Howgill Lane, Sedbergh SKATEBOARDING PARK

Sedbergh Parish Council had noted the Trust's decision to withdraw their application on the proposed skate boarding park, at the playing fields on Howgill Lane, following correspondence from YDNPA.

PLANNING

The Meeting agreed to make further formal representation in relation to the housing and building conversion policies of the YDNPA Local Plan (which is currently subject to formal examination by an independent Inspector).

MARKET LAYOUT/JOSS LANE CAR PARK FUTURE RESURFACE

In view of the planning that will be required to undertake the resurfacing and improvement of Joss Lane car park at some point in the near future, it was agreed that the Clerk should begin investigations into seeking expert advice for Members and considering consultants that specialized in car parks. This may include the consideration of a permeable surface as well as re-assessment of the market and parking layout, long vehicle bays etc.

RESIDENTS' PARKING PERMITS

The meeting agreed that a small increase be made to the charges for residents' annual parking permits for both day and 24 hour permits (to £40 and £60 respectively). Parking tariffs, payable at the ticket machines, remain unchanged.

Other matters included the finalized Annual Accounting Statement prepared for Annual Audit and inspection, the proposals to enhance the entrance/boundary at the People's Hall, a preliminary enquiry about holding a small music event at the Queen's Garden, the Vision Statement for Sedbergh, concerns over both the proposed changes to Sheltered Housing in South Lakes and the uncertain future of Kentmere

Ward at Westmorland General Hospital. Also noted was the monthly Police report.

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 2 Main Street in the Parish Council Office.

Janey Hassam – Clerk

ANNIE GOT HER GUN

At last month's parish council

Sedbergh & District History Society



BOOK LAUNCH



SEDBERGH AND DISTRICT 1914 – 1918

Friday 1st July 2016 at 6.00 to 7.30pm

Saturday 2nd July 12.00 to 2.00pm
in the URC Room, Joss Lane, Sedbergh

July 1st marks the Centenary of the Battle of the Somme

The generosity of the Heritage Lottery Fund permits us to distribute a limited number of copies of this 368 page volume free of charge. To ensure the fairest distribution, precedence will be given to those who have contributed to the publication or have relatives mentioned therein, local organisations and members of SDHS.

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or

SDHS, 72a Main Street, Sedbergh, Cumbria LA10 5AD

meeting in Garsdale, rumours that Cumbria County Council's royalty may be attending brought the councillors out for a full house. Not to disappoint his adoring public, CCC's very own Art Garfunkel lookalike, all blond curls and twinkling blue eyes, Councillor Nick Cotton (not to be confused with Eastenders' long dead character) strolled through the portals of Garsdale village hall at 7.30pm precisely, accompanied by a fanfare of celestial trumpets and a shower of rose petals. With a slight nod of those gorgeous curls, he took his seat, sat back and looked forward to the accolades he felt were justly deserved. After all, he had facilitated the resurfacing of 3 small sections of the A684.

Unfortunately, he had not reckoned on the force of opinion voiced by our resident Rottweiler, newly elected vice-chairman, David Metcalfe. Rott fired off a series of questions and demanded answers. Art looked visibly shocked and even a shake of his blond locks and a twinkle of those blue eyes could not deflect Rott's determination, he wanted answers:

1. Why didn't CCC resurface all the A684 in Garsdale as was required?
2. Why didn't CCC have a scheduled plan to fill in the thousands of potholes, some of which were becoming craters and were damaging our vehicles?
3. Why wasn't CCC addressing the problem of surface water

Project Manager for Sedbergh

The Sedbergh and District Chamber of Trade and Business has obtained funding for a Project Manager for Sedbergh. We wish to appoint a local person on a part-time basis (20 hours each week, at £10 per hour) to be the lead person for prioritised projects. They will facilitate, support and publicise a range of new initiatives for the town. This new post is jointly funded, for one year in the first instance, by Chamber members, the Information Centre, the Community Trust, the Parish Council and the South Lakes District Council (SLDC).

The successful candidate will be a dynamic, local person, familiar with Sedbergh and District and with excellent interpersonal skills. The postholder will be line managed by the Chair of the Chamber, on behalf of a Project Management Committee, and be based at 72 Main Street, working closely with Sedbergh businesses, organisations and volunteers to make existing and new projects a success. In addition, the postholder will develop links with key stakeholders, including the Yorkshire Dales National Park Authority, SLDC and other organisations in Cumbria.

A Job Description and a Person Specification can be found at
www.sedbergh.org.uk/community/project-manager/job-description
Interested applicants should submit a brief curriculum vitae and a covering letter expressing why they consider themselves to be suitable candidates to
The Chairman, Sedbergh and District Chamber of Trade and Business,
72 Main Street, Sedbergh, by Monday 18th July.



Friday 8th July
10 am to 4 pm

Mindfulness Course
(*Silent Retreat Day*)

Sunday 24th July
11 am to 1 pm

Group Meditation
Drop-In - All Welcome

Sunday 31st July
2 - 4 pm

Gong Bath Meditation

A unique experience of
meditation, healing & relaxation

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E-mail meditationcentrteam@gmail.com
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The Meditation Centre, Dent, Cumbria LA10 5QR

Registered charity no: 1076345
www.meditationcentre.co.uk

the clerk's house, very nearly
killing a lady?

After a period of verbal dingbats, Art retreated behind the parapet and Chairman Annette decided to move on to the next item on the agenda. Art thought it then safe to poke his head above the ramparts again only to find himself looking down the double barrels of Sniper Annie's shotgun! He visually gulped! "After many months of apparently campaigning to restore school transport for our 16 to 18 year olds to their now compulsory places of education, why had he voted against the proposal to reinstate the transport at a recent budget meeting at CCC?" she blasted. Art muttered something about the nasty central government withdrawing funding. Annette responded that all Garsdale needed to keep the children safe was 1 taxi a day, surely that was not too much to ask? Art tentatively enquired how many students were involved, to

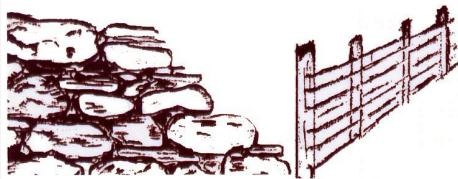
drainage which was producing the potholes in the first place?

4. Why was CCC spending resources redressing minor roads when the A684, a vital road link in Cumbria and Garsdale in particular, was being neglected?
5. Why was CCC preparing to carry out a series of relatively minor repairs on the A684 into Kendal when the A684 in Garsdale was in a much worse condition?
6. Why wasn't CCC prepared to rebuild the walls along the A684 which had fallen down due to neglect, exposing the public in general to the danger of slipping into the Clough River, as happened a few years ago near

Philip Horner

Fencing Contractor

Walling
Man & Tractor
Tel: 015396 21984
Mob: 07855 349157
e-mail: phorner@hotmail.com



which Annette replied “usually between 3 and 5”. This proved to be the stick that poked our slumbering Rottweiler awake again. “Do you know why there are only 3 to 5 students” he roared, “because o’ road! I know of folk who’ve moved out so as not to travel on that road t’ work in Kendal and of others who decided not t’ buy houses ‘ere because of it”. After a bystander chipped in with a suggestion that CCC councillors could forego some of their perks, like their tea and biscuits, so as to be able to fund a solitary taxi to keep ‘the kiddies’ safe, Art decided that silence was the best policy to be adopted and escaped swiftly at the close of the meeting, but alas, without the trumpets and rose petals.

**The
Dentdale Club**

“Strawberry Teas”

Saturday 9th July Saturday 9th July
2.00 to 4.00pm 2.00 to 4.00pm
Dent Memorial Hall Dent Memorial Hall
Cake & produce stall Cake & produce stall
Raffle Raffle
Proceeds In aid of The Dentdale Club
Christmas Lunch 2016

Rosemary & Arthur Bramham
invite you to visit their

OPEN GARDEN

at 3 Winfield Road, Sedbergh
between 2pm & 5pm

Saturday 9th July



All Donations to Cancer Care Kendal

However, whilst the Councillors of Garsdale really do appreciate the rare attendance of a CCC bigwig, methinks it may be awhile before such an occurrence will happen again. But if Nick could persuade CCC to adopt the policy, actioned by Germany, to enforce a blanket ban on motorbikes at the weekends in our National Parks, all the Garsdale Parish Councillors would happily line up with bowls of rose petals to salute his return, even the clerk would be happy to puff heartily on one of those trumpets. In the meantime, I had better take down that “Welcome” sign over the village hall entrance and replace it with “Enter All Those That Fear To Tread”.

Our next meeting is on Thursday, 21st July in the village hall at 7.30pm, if you dare!

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

TIM FARRON MP

By the time you read this the European Referendum will be over



COME ALONG TO A WEDDING FAYRE WITH A
DIFFERENCE – TEEPEE STYLE

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01539 620602



and a decision will have been made one way or the other. Whichever way you decided to vote I hope you did vote, as I am sure you realised this was the most important decision we have had to make in a generation. I know for a lot of people it was very

complicated and politicians did not do as much as they could do to clarify the issues but I hope you managed to work your way through things and decide one way or the other.

In the meantime I have been working hard to save the Kentmere Ward at the Westmorland General Hospital. This is the ward in the hospital for those experiencing mental health issues and as you would expect is a vital resource for a great many very vulnerable people in our part of South Lakeland. Without it people have to travel to Barrow or Whitehaven and even as far as Newcastle. If you are unfortunate enough to experience mental health issues you will know that security,

Organ Recital

Sunday 10th July 7.15 pm

Roger Bush

Donations for Cancer Research



CANCER
RESEARCH
UK

Sedbergh Methodist Rooms

Light refreshments after recital

support and understanding are critically important to your recovery. The very last thing that anyone in that situation needs is to travel to a place they don't know which is hard for family and friends to visit. Simply having to do this can raise their levels of anxiety and make their situation worse.

The ward had a poor report from the Care Quality Commission, no reflection on the quality of care provided by the staff more a criticism of the facilities that were being provided. Something the management of the ward must have been aware of for some time as the standards of facilities expected in a mental health ward are widely known. Anyway the health trust involved

decided to take the opportunity of the report to announce they were closing the ward. This was decided during Mental Health Week and in the face of opposition from all of the charities and other organisations who would have to sort many of the issues resulting from the ward's closure, something that tells us a great deal about the attitudes involved.

We have been running a campaign against the proposals to close the ward at the end of June which has so far attracted over 4000 supporters. I managed to get a debate in the House of Commons on the issue which forced the health minister to become involved. As a result of all of this effort the Trust has decided to "postpone" its closure plans and at

Western Dales Mission Community

invite you to an



Open Air Service of Praise, Testimony and Drama



(performed by Chameleons Young People's group)

Dent Parish Council Car Park Field

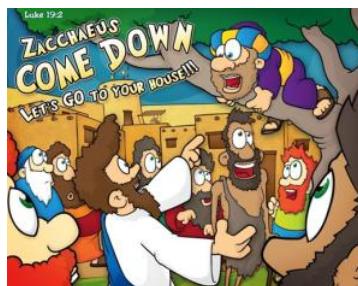
or St. Andrew's Church, Dent if wet

10.30am

Sunday 10th July

Everyone is welcome

Please bring your own folding chair or blanket to sit on



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least consult properly about the need for mental health care in South Lakeland. We need to be very clear this is not a victory, it is simply a delay, we need to keep up the pressure. If you haven't signed our petition then please do so, we need as much support as we can get.

As ever if I can help you with these or any other issues then please do get in touch you can email tim@timfarron.co.uk or call 01539 723 403.

Thanks for your support

Tim Farron

COUNCILLOR CORNER

We are now right in the middle of the season for control of Himalayan Balsam, the fast-growing invasive species that takes over riverbanks and leaves them exposed to erosion when it dies back in the autumn.

Sedbergh's first work party of the summer was organised by Emma

Palmer and Douglas Thomson to clear Balsam from Settlebeck Gill where it passes through the nature reserve of Jubilee Wood near to Castlehaw. A team of eight successfully cleared the area of the plant, meaning there will be far less spread of seeds down the gill into the main river. There are plans to continue south down the beck towards its junction with the River Lune and to go back and check Jubilee Wood later in the season.

There is a short window of opportunity when the plant is in white / pink flower, which makes it easier to spot, but before the flowers have formed into explosive seed pods which then spread the seed into the surrounding area.

SEDBERGH & DISTRICT **HISTORY SOCIETY**

TUESDAY 12th July **DALEMAIN MANSION & HISTORIC GARDENS**

Members will enjoy four centuries of house architecture and five acres of award winning gardens.

Meet in Loftus Hill Car Park for shared transport at 1pm or Dalemain Car Park at 12 pm.

If you would like a lift to any event, please ring a member of the Committee.
We usually meet in Loftus Hill Car Park and arrange to share transport if possible.
Please note that dogs are no longer allowed on Outings.

www.sedberghhistory.org

Chairman: Graham Dalton 25436
Secretary: Karen Bruce-Lockhart 20224
Treasurer: Chris Elphick 20605
Membership Secretary: Chris Elphick 20605



ROYAL BRITISH LEGION COFFEE MORNING

10am 13th July URC Rooms

The 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>

It is easy to pull up and as long as you break off the roots below the first node or 'knuckle' then it will not regrow. I find it easy to gather a bunch then use secateurs to snip off the roots. Work is going on at various locations upstream and downstream of Sedbergh to get Balsam under control. Lune Rivers Trust have been instrumental in getting grants and liaising with the Yorkshire Dales National Park about long term plans. Their website is www.luneriverstrust.org.uk

Storm Desmond has had mixed effects on Balsam - much of it may have been cleared down into Morecambe Bay but just as much has been spread higher and more

extensively than ever before as the seeds tend to drop as the water slows in shallower areas.

As Sedbergh stands close to the junction of the River Lune with its three main tributaries, the Clough, the Dee and the Rawthey, the town is a key strategic location in getting the plant under control in the whole of the Lune catchment and allowing native species to regrow in areas where Balsam has become a monoculture.

From Cllr Nick Cotton

COUNCILLORS CORNER

As I write this there is wall to wall coverage of the referendum on our membership of the European Union. The timing is such that I can make no

Sedbergh Swimming Club

AGM

**Wednesday 13th July
7:30 pm
White Hart Club**

All Welcome



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useful contribution to the debate within this article. Alex Toubas made his support for Brexit clear in his election leaflets and since then Mel and I have both cast our postal votes for leave. We are much in the majority of Conservative councillors although at least three take the contrary view quite strongly. I am astonished that some of our opponents have been putting it around that I was for remain in spite of my expressing the leave view for over a year. I am immensely pleased the country is holding this referendum – whatever the result we will all emerge stronger and for the first time in forty years united. That is not to say I endorse the conduct of the campaign – there have been

reprehensible activities on both sides.

Since the last Lookaround, I, Kevin Lancaster have been adopted as the Conservative candidate for the 2017 County Council elections. I stand in the sincere belief that with my local knowledge and experience I am best able to represent the eight parishes on the county at Kendal and Carlisle and on the Yorkshire Dales at Bainbridge. I will bring to the role a working knowledge of the agriculture in the upper Pennines and a lifetime's understanding of the Lune and Rawthey valley communities; both of which are sadly lacking from the current County Council and National Park Authority.

On 1 August the National Park will be extended. There will be three new

- 
- {N^o6}**
FINKLE ST.
- Lifestyle Store
 - Clothing
 - Charlie Bears
 - Mad Hatters Tea Room
 - Now Offering Afternoon Tea by appointment (1 days notice required)

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WWW.NO6FINKLESTREET.CO.UK

members for the areas out with South Lakeland but none for Casterton, Barbon, Kirkby Lonsdale, Middleton, Mansergh, Killington and Firbank. The saying is, if it isn't broken then don't fix it. Appointments to NPAs have always been broken and they would disgrace a Third World dictatorship. I find it shameful that nothing will be done in the next five years. Direct elections are the only equitable way forward – how the current members fear them !

We are now six months on from Storm Desmond and its associated flooding. But, it was the previous flooding elsewhere in the county back in 2009 which first heightened our awareness of the problems with our local rivers. The strata of the

Yoredale Series lie in such a way that the Dee and the rivers it flows into have always filled up with gravelly silt and shale. Nearer Sedbergh the beck on the front of the Howgills move cobbles with every flood. I commend the efforts of Dent parish council over many years to get the silt removed from the Dee. Sadly, the Environment Agency, the County Council and to a lesser extent the National Park Authority have shown they are able to use their collective irresponsibility to frustrate all attempts at amelioration. Meanwhile, it is perverse that the channel for Settlebeck which was deliberately constructed to ease the removal of stones and cobbles is not being cleaned when there is many a local



R Lewes Chartered Accountant 15 Guldrey Lane, Sedbergh

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- Tax returns and tax advice for individuals

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farmer, including myself, who could and would do the job for the value of the stone removed !

*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*

NICK CROSS

*Prospective Labour candidate for the
County Council.
Fracking and other Issues.*

I would like to thank everyone who

signed our petition to maintain the status and support for Sheltered Housing. The result has been a partial victory as any decisions now will not be taken until the end of 2017 and not taken without prior consultation.

However, the fight goes on! The reason for this (national) crisis lies in the most recent Welfare Bill, introduced at the beginning of this Parliament and supported by the Lib Dems and, to their shame, members of the PLP who should be expected to know better.

The Bill allows for a 'cap' on Housing Benefit which was raised as a response to rapacious landlords 'milking' the system. Unfortunately, the whole concept of sheltered

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housing has been caught up in this piece of ill-conceived legislation, the upshot of which is that under current financing policy the concept of sheltered accommodation becomes, in the words of South Lakes Housing, 'unviable'. Simply put, sheltered accommodation will be available only to those with the means to afford it. What happens to those that cannot is an open question.

While that struggle goes on, another issue raises its ugly head: Fracking!

A decision has been taken in North Yorkshire to allow Fracking in some of the most beautiful upland country in Britain. We have the same geological profile in the Howgills. How long will it be until we are faced with the prospect of having our beautiful fells defaced in the interests of corporate profit?

These are the sort of issues that your local Labour Party are addressing. Come and join us.

Contact me, Nick Cross on
catotheelder@mail.com

In response to the dreadful news of the brutal murder of our MP for Batley and Spen Jo Cox, we would like to extend our condolences to her husband , her young daughters, her wider family and constituents. This senseless act committed against someone so full of compassion and humanity only increases our will to speak out on those issues that were dear to her and to campaign fearlessly for a tolerant society and wider social justice.

Dear Editor

I read with interest the report from the Clerk to Garsdale Parish regarding motorcycles and he states

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- * Dog walking
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*Sedbergh ~ Dent
and surrounding areas*

Contact Lesley

07813 938751

lesley.topham@hotmail.co.uk

References available

\$HARE INVE\$TMENT C£UB

This is a new club is for people with an interest in shares, who probably don't know anything about them but would like to learn a bit more, so experience is not necessary.

7pm Monday 18th July

The Three Hares, Sedbergh

All Welcome



"they are not wanted". As someone whose home backs onto the Garsdale Road and fronts onto the Cautley Road, I have no problems with the motorcyclist. I appreciate that they make a noise particularly when they accelerate and that they can appear to be overtaking at a very fast speed.

Motorcyclists are able to overtake in many places that a car driver would never do. They are able to do this simply because of the acceleration.

Am I a motorcyclist? (yes and female) – I ride as a pillion passenger having travelled around India and Thailand when in my 60's. (The best holidays ever and we speak about them every day particularly the journey in India) Visit Devils Bridge and you will find the motorcyclist the most welcoming and nicest people you will ever find. There are just as many – if not more – bad car drivers on the roads than motorcyclists.

There is room for everyone on the roads. Just a little more tolerance is needed by everyone. (motorcyclists also have paid their Road Tax giving them the right to be on the road as all other motorists)

Dorothy Blair

PEOPLE'S HALL NEWS

THE PEOPLE'S HALL STILL NEEDS A TREASURER

In the last edition of Lookaround we announced two ladies had joined the People's Hall Management Committee. Unfortunately Dianna Whitfield, the prospective treasurer, had to suddenly give more time to her family commitments and she withdrew her offer. Presently our Secretary, Dr Barney, is Acting Treasurer.

The Hall cannot legally function without the office of Treasurer being filled as we are a Charity and governed by the Charity Commission rules.

It is our 60th birthday on 24 November 2016. If no one comes forward we may celebrate the event by closing the Hall.

We are appealing to the Town Community to find/suggest someone to help us.

*The Management Committee
of the People's Hall*

A lot of work and money has gone into the Hall for many years now and the dedication of the Management Team - which is all voluntary, like so many other organisations - has brought the Hall into the 21st Century. It would be devastating to the community as a whole if a Treasurer cannot be found. I feel sure that if someone could lend their hand to do this small task a couple of hours a month, it would stave off any execution of this wonderful facility.

Would all those reading this now that have never used or been in the Hall, put up their hands. There are not many of you.

Ed

MAY WEATHER

Although it was pleasant during the day, for most parts, we still had some cool nights to contend with. During the second week we had a high of 75.2F (24C) but in the 3rd week temperatures dropped to 33.6F (1C). With the windchill added we still had 5 nights below freezing. It was quite a breezy month with only 5 days not registering a gust in double figures. A maximum gust of 22.4mph was recorded. Once again we had an official drought with 15 dry days and a total rainfall of only 1.7inches (42.5mm). This must be the driest month I've ever recorded.

Well I finally finished lambing at 4.40am one morning. I went across to find the remaining shearling struggling to give birth. With a battle I finally got it out alive. Unfortunately I lost it a week later. I suspect it was so much smaller than the rest it got knocked about in the scrum at the trough too much.

May is my favourite month with all the fresh growth giving a variety of greens and a host of wild flowers in the hedgerows. The first house sparrows have fledged. I always find it amusing when they beg for food from their parents who appear smaller than them! Down the lane there are all the colours of the rainbow represented in the hedgerow. Yes even green is there in the ubiquitous nettle and Lady's bedstraw. Campions give us red, water avens orange, yellows has a whole variety with dandelion, wood avens, buttercup and vetch, bluebells are our blues and finally kidney vetch

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give violet. Having laid 5 eggs I found the hen swallow dead as though she had flown into the door or something. As the cock bird does not appear to brood the eggs but only feed the hen and eventually the youngsters that is a doomed nest. A week later he was on the wires with another hen. It is good to report the song thrush actually got some youngsters off this year. The first I have ever seen in the 20 years we have lived here. This is even more surprising when the magpies got off their youngsters. When we used to birds nest as kids, taboo these days, there were always similar numbers of blackbirds and song thrushes. In our garden it is about 10-15 / 1 in favour of blackbirds these days. I have heard a cuckoo along the Howgills and up Frostrow. The Curlew seem to have hung around this year. Butterflies are still scarce with a few orange tips about.

BATTLE OF THE SOMME CENTENARY 1916 – 2016

The Battle of the Somme was fought at such terrible cost that it has come to symbolise the tragic futility of the First World War. The first day of conflict on 1st July 1916 remains the bloodiest day in the history of the British Army with nearly 60,000 casualties and it was felt deeply at home. In total there were 420,000 casualties before the conflict came to an end on 18th November.

Many of the soldiers who had signed up were everyday young men from close-knit communities across the UK who subsequently suffered horrible losses. They were good friends, neighbours and colleagues who signed up together on the promise that they would serve alongside each other. These patriotic volunteers were sold on the romance of war, “Your Country Needs You”, and became known as the ‘Pals Battalions’.

The 100th anniversary on 1st July this year provides an opportunity to commemorate the service and sacrifice of those who lost their lives in the battle, to reflect upon the human cost of the conflict and to have hope for a more peaceful world.

To this end, a service of commemoration was held at St Andrews Church on Thursday 30th June at 7.30 pm. which included readings, poems and letters from the Somme. The names of those that fell during the battle from Sedbergh & District were read out during the service and they are included here in this article. On Friday 1st July at 7.30 am, a 2 minute silence was held and the Last Post played at the town War Memorial and again the names of the fallen were read out. The timing coincides with when the troops would have gone over the top of the trenches for the first time on 1st July 1916.

“We Will Remember Them” *Local Soldiers who died during the Somme Battles*

- Private Joseph Charles Bateman, 2nd Bn. 11th Border Regiment. Died 1/7/16 aged 22 – Remembered with Honour, Thiepval Memorial
- Private Robert Edward Seddon, 11th Bn. Border Regiment. Died 1/7/16 aged 20 – Remembered with Honour, Lonsdale Cemetery, Authuille
- Private Parrington Dixon, 16th Bn.



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SEDBERGH MEDICAL CENTRE

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

Wednesday 20th July

Thursday 22nd September

Wednesday 19th October



- West Yorkshire Regiment, (Prince of Wales's Own, Bradford Pals)
Died 1/7/16 aged 21 –
Remembered with Honour,
Thiepval Memorial
- Private Miles Capstick, 8th Bn.
Border Regiment. Wounded
1/7/16, died 5/8/16, aged 23 -
Remembered with Honour,
Howgill (Holy Trinity) Church
 - Private Thomas Kendall, 8th Bn.
South Lancashire Regiment. Died
3/7/16 aged 24 – Remembered
with Honour, Thiepval Memorial
 - Corporal John Charles Leighton,
8th Bn. Border Regiment. Died
15/7/16 aged 34 – Remembered
with Honour, Thiepval Memorial
 - Signaller John Bruce Davidson,
10th Bn. Duke of Wellington's
(West Riding Reg.) Died 15/7/16
aged 20 – Remembered with
Honour, St. Sever Cemetery
Rouen
 - Private Henry James Clemmet,
1st/5th Bn. Duke of Wellington's
(West Riding Reg.), attached to
10th Bn. King's Own Yorkshire
Light Infantry. Died 22/9/16 Battle
of Flers-Courcelette, aged 22.
Remembered with Honour,
Thiepval Memorial



- Private James Banks, 1st/5th Bn.
Duke of Wellington's (West Riding
Reg.) Died 26/7/16 Aged 22
Remembered with Honour,
Warloy-Baillon Communal
Cemetery Extension, Somme
- Lance Corporal John Laurence
William Woodhouse, 89th Comp.
Machine Gun Corps. (Infantry),
transferred from King's Own
Royal Lancaster Regiment. Died
30/7/16 aged 21 – Remembered
with Honour, Thiepval Memorial
- Private Joseph Oversby, 13th Bn.
The King's (Liverpool Reg.) Died
17/8/16 aged 25 – Remembered
with Honour, Thiepval Memorial
- Private James Mason, 4th Bn. The
King's (Liverpool Reg.) Died
18/8/16 aged 39 – Remembered
with Honour, Thiepval Memorial

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Sat. 23rd 10.00 – 1.00p.m. & 1.30 – 4.00p.m.
Sun. 24th as above
Mon. 25th 1.00 – 4.00p.m. & 5.00 – 8.00p.m.
Tues. 26th as above

August People's Hall

Thurs. 11th 1.00 – 4.00p.m. & 5.00 - 8.00p.m.
Fri. 12th as above
Sat. 13th 10.00 – 1.00p.m & 1.30 – 4.00p.m.
Mon. 15th 1.00 – 4.00p.m.
Tues. 16th 5.00 – 8.00p.m.

Sheepfest 2016 !

Sat 17th and Sun 18th September

Sheep Trail Competition THEME: Book Titles



- Private Miles Harper, 1st/9th Bn. West Yorkshire Reg. (Prince of Wales's Own) Died 3/9/16 aged 30 – Remembered with Honour, Mill Rd, Cemetery, Thiepval
- Private Wilfred Brunskill, 15th Bn. London Reg. (Prince of Wales's Own Civil Service Rifles) Died 15/9/16 aged 23 – Remembered with Honour, Caterpillar Valley Cemetery, Longueval
- Rifleman James Henry Milner, 21st Bn. King's Royal Rifle Corps. Died 17/9/16 aged 19 – Remembered with Honour, Thiepval Memorial
- Rifleman Nicholas Herbert Todd, 1st/12th Bn. London Regiment (The Rangers) Died 7/10/16

- aged 38 - Remembered with Honour, Thiepval Memorial
- Sergeant Harry Lyddington Mason, 10th Bn. Duke of Wellington's (West Riding Reg.) Died 8/10/16 aged 27 – Remembered with Honour, Thiepval Memorial
- Private William Bentham, 2nd Bn. Duke of Wellington's (West Riding Reg.) Died 12/10/16 aged 29 – Remembered with Honour, Thiepval Memorial
- Private George Albert Dawson, 149th Bn. Machine Gun Corps. (Infantry) Died 27/10/16 aged 19. Remembered with Honour, Dernancourt Communal Cemetery Extension, Somme

You are invited to the first

Sedbergh Red Squirrel Tea Party

Saturday 23rd July

2-5pm Greenbank Gardens



Entrance via top corner of
Joss Lane Car Park, LA10 5AS

Free but donations welcome
Tea and cakes available



Children welcome – red squirrel hunt!

Beautiful gardens, flower meadows and lovely views. Indoors if wet

All monies raised in support of red squirrel rangers in Sedbergh

CLUTTERBOOKS & CLOBBER

*A Day in the Life of ... a Volunteer at
Clutterbooks and Clobber Community
Shop.*

Please flock along to our community shop and celebrate our now dry and restored basement by bringing more quality items for us to sell - thus recycling AND enriching our community. Helping there is often interesting/funny/weird – sometimes all on the same day!

A small selection:-

- A motorcyclist arrived clutching his waistband and looking to replace his broken belt (unsuccessfully - I gave him some string).
- A beaming lady explained that a). she had retired that week and b). she had unexpectedly inherited a farmhouse nearby .
- A lady who moved into a



volunteers' house felt obliged to take over her role (I particularly like that one)

Of course, it is not all joy unconfined. The till has a sense of humour it sometimes shares and occasionally you are too busy or not busy enough.

Mostly, it feels very worthwhile, varied, sociable and interesting and, of course, new volunteers are always welcome. Please drop by a volunteer.

If you are interested in volunteering at either our Charity Shop or our Bookshop then we would love to hear from you, as we are on the lookout for new people to join our team. There is no commitment to specific days or hours; a simple desire to support our local community is all that is required. For more information, please contact Caroline Taylor on 015396 21730.

SEDBERGH GALA 2016

The rain cleared just in time for the procession which accompanied the Gala Queen, Jessica Orr, and her attendants to the Gala Field. The procession led by the Town Crier, Dennis Whicker, included children in fancy dress on the theme of "Wild West in the Western Dales", the retiring Gala Queen, Bethany Handley, and her attendants, and the Sedbergh fire engine driven by local retained firefighters.

Once on the field, the new Gala Queen was crowned and made her speech of welcome. As the attendants danced around the maypole accompanied by the Town Band, the fancy dress competition was judged by Mrs Anne Jones, Mrs

Susan Sharrocks and Mrs Sandra Gold-Wood. Sedbergh Primary School won the pedestrian groups of eight or more, and the Mitchell family won the category for groups of 4-8 people. The winner of the decorated vehicle category was Zac Hall.

A varied programme of events entertained large crowds of people who thronged through the gates, including circus workshops, donkey rides, bucking broncho, jousting and live music. The finals of the Sedbergh Primary School football and rounders tournaments took place during the afternoon, and there was Cumberland & Westmorland wrestling, children's sports and egg throwing.

Fell races organised by BOFRA ran

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throughout the afternoon, with the Under 14 race being won by local boy, Fraser Sproul.

A wide range of stalls were spread around the field, including the Artisan Market selling a range of locally produced items, a bouncy castle and a traditional coconut shy. The Yorkshire Dales National Park, British Legion, Sedbergh Scouts, Cumbria Wildlife Trust and other local organisations had stalls, with the Sedbergh Town Band's music providing entertainment. In the 'Saloon' homemade cakes and sandwiches were available, alongside the bar selling local Dent Brewery beer, with entertainment provided by four local bands, Lynchpin, Triadic, Rawthey Rhythm and The Ginger Dog Blues Band.

A warm and sunny afternoon was enjoyed by the large crowd who attended the 2016 Gala. Thanks go to all those volunteers and generous sponsors who make the event possible, and to Sedbergh School for the loan of the field.

Results –

Procession Fancy Dress –
Groups of more than 8 people – 1st

Sedbergh Primary School; 2nd Sedbergh Playgroup
Groups of 4-8 people – 1st The Mitchell Family
Girls aged 4-7 – 1st Jasmine Parley;
2nd Emmy Watson; 3rd Sophie White
Boys aged 4-7 – 1st Jack Hailey; 2nd Ashton McGough
Girls aged 8 and over – 1st Molly Hamlett; 2nd Abigail Winn; 3rd Nicola Winn
Boys aged 8 and over – 1st Nathan Todd; 2nd Solomon James; 3rd Kieran Stephenson
Decorated vehicle/pony/pram/bicycle – 1st Zac Hall
Cumberland & Westmorland Wrestling –
Mixed under 9 years – 1st Ellie-Ann Stainton; 2nd John-Lucas Stainton
Mixed under 12 years – 1st Rosise Hodgson; 2nd Myles Stainton; 3rd Ellie-Ann Stainton
Mixed under 15 years – 1st Ryan Armstrong; 2nd Alfie Bradshaw; 3rd John Gibson
Girls under 17 years – 1st Gemma Coulthard; 2nd Rosie Hodgson
Boys under 18 years – 1st Tom Hayhurst; 2nd Alfie Bradshaw; 3rd Ryan Armstrong
13 stone – 1st Ben Brocklebank; 2nd Thomas Hayhurst; 3rd James Fryer
All-weights – 1st Thomas Brocklebank; 2nd Graham Brocklebank; 3rd Ben Brocklebank
Fell Running (results from BOFRA)
Under 12 – 1st boy James Bowen (Ambleside AC) 7:16; 2nd boy Henry Hunter (Helm Hill) 7:24; 3rd boy Harry Bowen (Ambleside AC) 7:35. 1st girl Amy Leonard (Houghton Harriers) (10th) 8:24; 2nd girl Ella Dorrington (Clayton le Moors) (11th) 8:25; 3rd girl

Emily Swarbrick (Broughton Runners) (13th) 8:28. 1st local boy Caius Pennington (Howgill Harriers) (6th) 8:13. 1st local girl Grace Wells (Howgill Harriers) (34th) 9:53
Under 14 – 1st boy Fraser Sproul (Kendal) 11:47; 2nd boy Louis Hudson (Keighley & Craven) 11:57; 3rd Thomas Marshall (Settle Harriers) 12:13. 1st girl Alice Jones (Wharfedale Harriers) (16th) 14:07; 2nd Laurny Gregg (Rossendale Harriers) (17th) 14:11; 3rd Lottie Beardwood (Helm Hill) (20th) 14:48. 1st local boy Fraser Sproul (Kendal) (1st) 11:47. 1st local girl Maisie Gough (Howgill Harriers) (23rd) 15:39
Under 17 – 1st boy Joe Hudson (Keighley & Craven) 13:09; 2nd boy Rueben Copley (Dallam) 13:40; 3rd

boy Adam Gibson (Wharfedale Harriers) 14:05. 1st girl Briony Holt (Clayton le Moors) (6th) 15:24; 2nd girl Abbie Allan (Kendal) (8th) 15:59; 3rd girl Emily Jones (Wharfedale Harriers) (11th) 17:09. 1st local girl Abbie Allan (8th) 15:59
Seniors – 1st man James Craig (Barlick) 19:53; 2nd man Tom Addison (Helm Hill) 20:15; 3rd man Jonny Bradshaw (Wharfedale Harriers) 21:06. 1st woman Heidi Dent (Howgill Harriers) (9th) 22:30; 2nd woman Kirsty Hall (Wharfedale Harriers) (14th) 23:42; 3rd woman Nina Walkinshaw (Howgill Harriers) (23rd) 25:41. 1st male 40 veteran Tim Cowin (Helm Hill) (4th) 21:23; 1st male 45 veteran Paul Crabtree (Wharfedale Harriers) (6th) 22:17; 1st male 50



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veteran Tim Edward (Clayton le Moors) (12th) 23:19; 1st male 60
veteran Mike Egner (Settle Harriers) (13th) 23:34. 1st female 40 veteran
Kirsty Hall (Wharfedale Harriers) (14th) 23:43; 1st female 45 veteran
Jean Powell (Wharfedale Harriers) (35th) 27:37; 1st female 50 veteran
Sally Houghton (Ripon Runners) (38th) 28:46

Primary School Finals –

Rounders - Ellie's Elephants 9½ - 10½ Siobhan's Shipwrecks

Girls' Football - Grace's Growlers 0 – 3 Bobbi's Bouncers

Boys' Football -Anthony's Antelopes 1 – 0 Josh's Jokers

Gala Sponsors 2016 –

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B4RN PROGRESS

'So when is it all going to happen then?' That's the most frequently asked question about the B4RN Hyperfast Broadband for Dentdale and Garsdale plan. The simple answer is that the aim is to complete the network within two years, but some areas will of course get it before others. There's 70 km of main line cabling to be laid, connecting up to 600 homes spread across 50 square miles! Quite a challenge! Rome can't be built in a day.

The first task is the 'backhaul', which means laying the ducting from the Barbon-Dent boundary (the cattle grid in the middle of Barbondale) to Dent town, via Gawthrop. As previously reported in Lookaround, this is

already going full steam ahead, generously part-funded by the National Park and individuals who have got in early with their investment. It is scheduled to reach Dent by the end of this summer, when it will be connected to a 'node' or 'switch' (think telephone exchange) in the primary school.

To manage what happens next, the two dales have been divided into seven areas, each with its own team leader and group of volunteers. We can't tackle them all at once and geography dictates the order in which each area will be dug and connected.

First, Team A, under John Bucknall, will extend the network from Gawthrop to Rash Bridge, south of the river. Then Team C under Nigel



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Armstrong will complete the first phase of work around Dent town which will simply allow three core network cables to be delivered to the other build teams. One network cable will take a route south west of Dent to feed Antony Fisher's Route 5 Team D in Deepdale and south of the river to Cowgill, while the remaining two cables will pass over Church Bridge. Once over the bridge one cable will follow Route 4 to provide the input for Team B led by John Feltham for distribution to Cowgill and on to Newby Head farm. The remaining Route 3 cable turns north west to be utilised by David Hartley's Team E which takes the network as far as Peggleside north of the river.

Next in line will be Millthrop and



lower Garsdale, by Team F under Barbara Hartley. Then Team G under the guidance of Austin Sedgley will take the network through Garsdale and Grisedale up to the Moorcock. The final phase of Team C's activities will involve the cabling of Dent town itself. Provided we have the funds and volunteers available it is hoped that the town build can progress in parallel with the more rural expansion.

Participating premises within each area will go live as soon as they are connected. They won't have to wait until the whole network is complete.

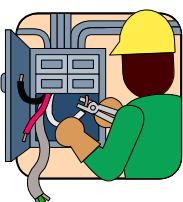
So that's the plan. Whether we can do it all in two years will depend on our success in raising the necessary funding (excellent progress so far) and in expanding our happy band of 'can do' volunteers. B4RN is already successfully serving 41 rural communities in the North West. We aim to be No. 42. And as every reader of The Hitchhiker's Guide to the Galaxy knows, 42 is the answer to the ultimate question, 'What is the meaning of life, the universe, and everything?' Very appropriate.

To volunteer, or just to know more, contact us on 015396 25321. The more volunteers we can recruit, the faster we'll be able to deliver the state of the art service our dales deserve.

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

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SEDBERGH PLAYGROUP

Sedbergh Playgroup has been running from various buildings in Sedbergh for over 40 years.

The number of children attending our Playgroup has fallen dramatically and we now need the support of families to ensure Playgroup continues to provide a much needed and valued provision in the local community. If your child turns 2 or 3 between 1st September 2016 and 31st August 2017, please come and visit us and see our wonderful, passionate, highly qualified and experienced staff and excellent facilities.

On our last Ofsted inspection, we took great pride in our result and the following comments:

- Staff are extremely caring and nurturing towards children and treat them with respect and affection.
 - This results in the warm, happy atmosphere that is clearly evident at the Playgroup and means that children's emotional well being is fostered well.
 - The Playgroup is led by an enthusiastic manager who is genuinely committed to providing high quality care and education for children.
- The following are comments from parents:
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Playgroup and it is a lovely environment for them.

- My son has come on so much since starting at Playgroup.
- Playgroup staff are very helpful.
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Please look at our Facebook page for weekly updates on what we have been doing at Playgroup.

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We can provide transport to and from Nichola's Playroom, before and

after each session.

We are open every morning and 2 afternoons a week during term time. If you require any further information, please contact Joanne Kitchen on 07785 743837 or 20826 or sedberghplaygroup@yahoo.com
PLEASE USE PLAYGROUP TO ENSURE WE STAY OPEN.

Joanne Kitchen

SETTLEBECK NEWS

Some of Year 7 and 8 recently met the cheerful and enthusiastic local publisher, Liz Nuttal, from Handstand Press (who publishes books associated with Cumbria). The publishing process "sounds hard work," one student concluded. We

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also skyped the writer Irvine Hunt and students were presented with one of his books, "The Ghost Show", about a boy who tours Cumbria with a circus in bygone times. This talk has led to our budding authors producing some fantastic writing of historical fiction as well as blurbs for their stories' book covers and synopses for publishers which Liz is kindly going to give feedback on.

Congratulations to Cameron Horner and Corben Haines who both put in great performances at the County Athletics Championships. It was fantastic to see the boys competing for the South Lakes team in Whitehaven. Cameron ran in the 100m (12.9sec), 200m (27.8sec) and was in the winning relay team.

Corben was in the high jump event (1.40m). Well done to both boys.

We recently enjoyed wins against Cartmel at cricket and rounders. In the cricket, George Capstick and Aaron Troughton helped us bat to victory with 3 overs to go – a brilliant team effort though from all the boys. The year 7&8 girls were also victorious, with all the girls playing really well. Cj Middleton was voted Players' Player by the other team.

Year 9 and 10 students are currently enjoying two coaching sessions from local development officers. These sessions are giving them a qualification in sports leadership. Dan Ferguson from the FA has been delivering a football coaching qualification and Garry Holmes a

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rugby leadership qualification. Both are enabling students to gain valuable skills they can use and transfer in the future.

We are looking forward to a summer of sunny sport (we hope), with the Inter-house captains being voted for and the competitions getting underway. Sports Day will hopefully be on 4th July - fingers crossed for fine weather and a midge-free day!

Year 10 student Jay Ferguson won the Cumberland & Westmorland Wrestling under 15years 8st World Championship at Killington Sports last month. Wrestlers from the academies at Kendal, Milnthorpe, Carlisle and far-travelled Rothbury all had representatives in the draw, but

on this occasion, non-academy wrestler Jay came out on top. Huge congratulations Jay, a fantastic success!

Well done to our Year 8 chemists - Megan Iveson, Rosemary Kelly, Jarvis Johnson and Murray Child, who represented Settlebeck in the Salters Chemistry Festival. Salters is a national festival held at the University of Manchester. Teams from all around the country compete against each other to demonstrate high levels of practical skills. The students had to analyse who had committed a murder in the salt mine by forensic testing and then design and create a timer using a chemical reaction. The day was finished off by

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mild skin problems
eating healthily
improving sleep
replacing unhelpful habits

watching a Flashes and Band show demonstrated by Dr Agger from the University of Manchester. Thanks as well to Lyndsey Goodyear and Susan Murray who accompanied the group.

Year 11

It's been a sad few weeks as our wonderful Year 11s complete their time at Settlebeck. We had our traditional water fight which is always great fun and this year, thanks to Mrs Oxley, saw shaving foam pies in addition to the water balloons, buckets and water pistols! We still have our annual trip to Blackpool to come and the prom in July, which is always a really special occasion for both students and staff. They have really been a wonderful year group. We will miss them and wish them

every success in the future.
Enterprise

Year 7 and 8 students are currently working on an enterprise project as part of their PSHE lessons. Their brief is to produce a decorated trainer to rival the 'Nike Glitter'. Students have been working in groups to complete the task and will be competing against each other. As part of the task they have had to assign roles such as managing director, marketing manager, finance director, produce cash flow forecasts, create the marketing campaign and produce the trainer. The project will culminate in a series of presentations by each group to a panel of judges.

Author Visit

A group of students went to

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Lancaster for the launch of Robert Muchamore's latest book – a firm favourite, particularly with the boys at Settlebeck. They got to hear him talk about his book as well as receive a free signed copy.

In the up and coming weeks we will be working hard on our project for a float at this year's Kendal Torchlight Festival. With a massive thank you to Colin Parker for allowing us to use his lorry, we are really looking forward to the project. If anyone has any creative talents, be it sewing, papier maché, costume design or is just generally good at making things, then please get in touch with us as the more the merrier!

Settlebeck Sport

The start of the athletics season saw some fantastic performances at the District Athletics Trials held in Blackpool. Three of our students performed so well that they were selected to represent the South Lakeland district and compete in the County Trials. Cara Ellis competed in the 100m, finishing strongly in her heats to make it to the final. Veteran county athlete Katie Woof finished her 5-year Settlebeck county career by performing strongly in the 100m and long jump, finishing 5th in both. Allan Brian also finished high in the field in his long jump and triple jump events. Well done to you all.

After being delayed by bad weather, which seemed to always happen on a



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Tuesday, The Satellite Club link has taken off between Settlebeck and Kirkby Lonsdale Golf Club. As the club has a contracted golfer, we have been able to form a partnership with the help of Active Cumbria. This entitles our students to free golf lessons at the club and also free membership to the club. I'm sure you will agree this is a fantastic opportunity for the students.

Summer term brings the sunshine to the dales (hopefully) and it is this time of year I often am considered to have an enviable job, working outside in the sunshine, playing sport all day. As far as I'm concerned, it is my perfect job all year round, especially working at a school like Settlebeck where the students are so determined and

committed, not only in their sport but also their whole school ethos.

ME and MIT

Caroline Rosenweig

The Mount's Sixth Form student and headgirl, Caroline Rosenzweig, whose family lives in Sedbergh talks about applying to US universities.

The Mount School in York has a knack for getting its Sixth Form alumnae into a remarkably broad range of universities, given the size of the school. As well as Oxbridge and Russell Group universities, pupils in the past three years alone have been offered places at Central St Martin's (three in 2015), Simon Fraser University (Canada), Northern Ballet Academy, Norland Nannies,

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University of Hong Kong and the Munich Business School (Germany). This year, just as the all-girl Quaker school is offering bursaries of up to

100% for Sixth Form entry in September, The Mount's headgirl has accepted an unconditional offer to study

Engineering at the Massachusetts Institute of Technology, better

known as MIT.

With 32 departments over five schools and one college, MIT is widely regarded one of the world's



top universities. As of 2015, the MIT community counts no less than 85 Nobel Laureates, 52 Medal of Science recipients, 45 Rhodes Scholars and 34 astronauts among its community of current and former affiliates. MIT's unique offer is its expertise at transforming students' technology ideas into successful – in some cases, hugely successful – businesses.

When she joined The Mount in 2012 as a full-time boarder, Caroline Rosenzweig already knew that she wanted to be an engineer. She initiated the all-girl Quaker school's first ever Robotics Club which has been a hit as an extra-curricular activity and paved the way for a new

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Coding Club. She also takes sessions with younger students in the equally popular STEM Club. So when it was announced at school that Caroline had been accepted by MIT, the news was both welcome and yet – to her teachers – unsurprising.

"I applied to six different colleges," explains Caroline, who began her applications process in the Lower Sixth Form. "In America they don't have a cap on it, so you can apply to as many universities and courses as you want to; but you do have to pay a fee for each one. I received offers from MIT, San Diego and Santa Clara.

"The Mount really helped me through applications. There is a common application where you fill in

everything and they give it to each university; they needed information and long references from the school. Mrs Thompson and Ms Hayward spent a lot of time on that for me and it really helped."

Caroline sat the infamous SATs (scholastic assessment tests) which assess abilities in Maths and English and are required by every American university. "The top universities ask for SAT subject tests, which are specific to your field of interest," says Caroline. "Because my subject is Engineering, I did the Maths Level 2 and Physics papers. I actually did the SATs twice. I sat the four hour Maths and English SATs in January 2015 and October 2015, and I did my subject tests in November. It was a

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time of year that was really busy, right at the start of College II (Upper Sixth Form). To anyone else thinking of doing this, I would advise them to start early, especially for the SATs; they are really time-consuming and you want to do them at a time that does not conflict with your A-Level preparations; and stay organised and manage your time! I knew that if I spent the time to get good results, I would never have to re-sit. And yes, it did pay off," says Caroline with a smile.

Asked if she considered whether an International Baccalaureate (IB) would have been more useful than A-Levels for applying to study abroad, Caroline becomes very thoughtful. "I

did not find the lack of an IB to be a barrier at all when I was applying. Most large universities have staff who can 'translate' A-Levels, and none of the places that I applied to said they favoured IB; I think it really comes down to the SAT scores, and then they look at your application essays. I never heard that IB is better than A-Levels."

Wendy Thompson, Head of College and Careers, says, "To have an unconditional offer from an institution like MIT is a wonderful achievement for Caroline and a testament to her hard work and efforts. Sixth Form is The Mount's jewel in the crown and we do manage to guide girls to be able to accept offers from their first-

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choice universities.” The Mount was York’s top school for A-Level results in 2015 as well as in 2014 and 2012.

Principal Adrienne Richmond says, “Caroline is a brilliant ambassador for the school and a credit to her family. She has been an inspirational headgirl. I am certain she will thrive at MIT. The Mount is very pleased to be offering bursaries of up to 100% for Sixth Form entry in September for high-achieving students. If any girls out there are predicted to achieve 7 or more A-A*’s, and are interested in joining a vibrant community in a caring all-girls school, they should get in touch with The Mount.”

Caroline’s family own Laura’s Loom in Sedbergh.

Vanessa Charters

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SEDBERGH SCHOOL NEWS

The first half of term ended with Speech Day. The weather had threatened rain but in the end the day was fine and the rhododendrons around the chapel were in full bloom. The Bishop of Penrith gave the sermon during an enjoyable service in a packed chapel. Mrs Dunning, CEO of Westmorland Ltd (referred to fondly as “Mrs Service Station”) was the speaker at the prize giving, the first woman to do so.

At the beginning of the year a rugby match took place at Rugby School to commemorate an Old Sedberghian FH Turner and an Old Rugbian who had captained Scotland and England in the last international before WW1, both being later killed. Following this

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the Flanders Rugby Club issued an invitation and a large party of about 60 Old Sedberghians went to Flanders to play a rugby match in memory of FH Turner on 4th June. The weekend was hosted by the Rugby Club of Armentieres, and included, besides two rugby matches, a reception, a Gala Dinner, a visit to his grave, and a service in St George's Chapel in Ypres where there is a plaque in memory of all the Old Sedberghians who died in the war. The OS team (which included several members of staff) v Flanders XV was won 43-19.

Old Sedberghian Jessica Hurst who is in her fourth year at the Royal Conservatoire of Scotland sang in the Sedbergh Music Festival, and the

School Choir gave a concert and also sang at the Sunday Eucharist following the Festival

Years 9 and 10 gave a performance of The Birds by Aristophanes on three nights at the end of May. The weather cooperated and they were able to hold the performance on three successive nights in the court in front of the Thornely Studio

On 22nd June a group of 14 pupils left for a two week field research visit to Madagascar where they are to be working with field research scientists on biodiversity studies in the dry forests in the north of the island and on coral reefs on Nosey Be island

Martin Smith, the Estates Bursar, is taking semi retirement, but will oversee major projects, such as the

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Fifty took part in the Great North Swim including 12 staff and pupils from the Prep School to raise money for the Lake District Calvert Trust, which enables disabled people to engage in adventurous activities in the countryside. The sum raised was in the region of £3,000

Much time since half term, of course, has been taken up by external and internal exams, and at the Prep School Common Entrance. Many of the pupils leaving this year have gone home having finished their exams where they have no other commitments, but return for the Leavers' Ball at the end of term.

Dr Fitzherbert and Mrs Corrigan ran

69 miles along Hadrian's wall to raise money for Malawi Medic, and completed it in 21 hours..

There was a new arrival at Evans House on 1st June – Barnaby Thomas Lidiard weighing 6lb 5 oz

The Prep School held the free entry community Country Fayre on 12th June to raise money for Farms for City Children, which was a great success with about 750 people attending.. Their years 7 and 8 set off for France on 13th June returning on 17th June, and had a "whale of a time". The Prep School also won the 6-a-side cricket tournament held at the Prep School, and an athletics meet. Their cricket XI has been on a midlands tour. They took part in



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the Prep School Regatta at Killington on 19th June. Their speaker at their end of term Speech Day will be Andrew Hammond, Headmaster of an Academy Trust in Suffolk. And by the time this is published they will have give two performances of A Midsummer Night's Dream.

At the Cycle Festival on 19th June about 125 cyclists took part in the Sedbergh Sportive event of 30, 50 and 70 miles raising money for the Lupton Scholarships.

On 18th June the Governors held a splendid dinner in Carus's new building on a lovely evening for the retirement of three prominent and long serving governors, John Rink, Guy Stenhouse and David Strachan. By the time this is published the

choir will have had a trip to Cambridge, the year 9 CCF camp will have begun, the Leavers' Ball will have taken place, the trip to Madagascar will have departed, the 1st XI will have (weather permitting) played Solihull, Durham CCC Academy, Repton, Grey High School, SA, Hayleybury Australia. There will also have been an Economic & Business Trip to London, besides many other activities.

Future Events

A memorial service for Gerry Blackwell will take place in the School Chapel on 30th September.

In the summer holidays there will be a Year 10 trip to the WW1 Battlefields. The cricketers will attend the BOWS festival at

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Wellington. The boys' hockey trip to Malaysia will take place. As will the netballers trip to South Africa. The shooters will be at Bisley. There will be a RN Sailing camp. Several of the shooting team will be shooting for England and the UK

The autumn term will start on 4th September.

Approximately 1,000 children will attend the summer schools over the summer holidays bringing their parents and other relations into the

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area to appreciate the town and countryside.

There will be a Minor Counties Cricket match on Sunday, Monday and Tuesday 14th, 15th and 16th August on the school pitch. It will be Cumberland v Norfolk.

The National Children's U13 Orchestra will be here at the School in the week beginning 8th August. There will be an informal concert on Friday 12th August in Powell Hall at

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19.00 This is free but space is limited. It will be possible to watch practice sessions at 19.15 during the week but space is again very limited.

Sports

I can never cover all the sporting activities but here are *some* of the highlights - and I would draw attention to Harry Brook's magnificent almost double century.

Cricket: The School won against Myerscroft, but a game against Lancaster Royal Grammar School had to be abandoned after one over, and the U17 national cup game against Huddersfield New College was cancelled. The 1st XI got home by 6 wickets to become North West T20 champions and win the Fred

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Kenyon Cup on 7th June. They had a comfortable win against the XL eleven bowling them out for 75. Then on 18th June they won easily against Durham with Harry Brook scoring 198, surpassing the previous school record of 169 – and approximately two thirds of the total score of 298.

Storm Straker has been selected for the Junior European Eventing Long List. The team qualified in the 80cm NSEA eventing competition at Northallerton.

Seventeen pupils have achieved Gold Duke of Edinburgh awards this year.

The finals of the inter-House athletics which followed Prizegiving were won by Winder (Boys) and Robertson (Girls). The official sports

were preceded the day before by the perhaps more spectator sports of Cumberland Wrestling and Tug-of-War

A strong contingent of athletes travelled to Copeland Stadium in Whitehaven to represent the South Lakeland District at the Cumbrian Schools Athletics Championships. South Lakeland won and Ben Burridge broke the Junior County long jump record at 5.93 m. Fourteen athletes took part in the Inter County at Middlesburgh.

The girls had their annual Sports Women's Dinner attended by 145 pupils, staff and parents on 12th June. The guest speaker was OS Michelle Rothwell (2003-08) World Recorder Holder for the Enduroman Arch to

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Arch Challenge.

Tennis is becoming increasingly popular and the girls won the Aberdare cup and were Northern champions on 8th June. At the Prep the U13 boys became Cumbrian champions.

Younger members of the shooting team went to Blair Atholl where Struan Freeborn (yr 10) was chosen to shoot for Scotland against England. The rifle team dominated at the County of Lancaster Championships, and took 1st, 2nd and 3rd places out of 100 cadets.

The Equestrian team qualified for the Nationals in the 80 cm class at Northallerton.

Karen BL



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THE MEDITATION CENTRE, DENT

We have a lot going on at the Centre this July – please do come and join us if you are able.

Our month begins with a Wild Mindfulness Retreat on **Saturday and Sunday July 2 and 3**. This is a therapeutic weekend for women after cancer treatment. Inspired by the Sky and through meditation and walking and being with each other,

we invite you to unfurl, step back, listen and step in as we turn towards the cycles of life's transitions and explore pathways of healing and renewal. The retreat will be led by clinical psychologist Dr Helen Palmer and Ally Scott.

The following, **Friday, July 8** we will be holding a Mindfulness Silent Retreat Day for anyone interested in having time to themselves for deep reflection in a beautiful space.

And on **Sunday, July 24**, we will be holding our monthly drop-in Group Meditation from 11am to 1pm to which everyone is invited. These are lovely mornings where you get the chance to gather together with like-minded people to enjoy a Tibetan Gong Meditation with some gentle exercise, affirmations, chanting and a good old-fashioned natter!

Finally we finish off the month with a first for the Centre – a Gong Sound Bath which will be held from **2pm to 4pm on Sunday July 31**. Come and relax to the healing sounds of magical Tibetan gongs, and pure crystal singing bowls, bells and chimes. Tune up and purify body, mind, spirit, nourish your life force energy, dissolve stress, let past hurt go, connect with your still, true being. You will leave soothed, tranquil, and on winged heels of tingling energy! The event is facilitated by Kath Reade - a trained sound healer/Gongmaster, Reiki Master, singer and teacher based in Hebden Bridge. No experience needed. Entrance just £10.

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SEDBERGH CYCLING FESTIVAL & SPORTIVE 2016

18th & 19th June

Well the rain stayed away for most of it and we enjoyed a couple of days of cycling here in picturesque Sedbergh. A collaboration with Sedbergh School and Sedbergh Town, the whole idea was to try and put Sedbergh firmly on the map as a cycling destination and I think this was a pretty good start. Our very own Town Crier and Editor of the Lookaround, Dennis Whicker opened the event on Saturday which started with a guided Mountain bike ride with Mike Sunderland & Steve Cooling which was enjoyed by all even after a small 'bog' incident!

British Cycling held a Watt Bike competition both days and the competitive side came out in a number of people – young and old! The kids thoroughly enjoyed the Mountain Bike Challenge put on by British Cycling both days. Settlebeck School were there on Saturday to help them and did a great job. Beacon Wheelers from Penrith did a sterling job on Sunday helping and in addition put on some Grass Track races for the kids.

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There was plenty for the kids to do, Bouncy Castle, Rodeo Bull, Hook a Duck - but it was Ben Slinger, double world junior champion and his team that drew the crowds. They did some fantastic shows over the weekend with their Trial Bike Display Team, having everyone in awe of what they could do with a bike!

The Sportive on Sunday attracted a record 128 riders doing either the 30 mile or the 70 gruelling mile routes. This is the 4th Sportive to be hosted by Sedbergh School Foundation and Records were broken for both routes – fastest times being 1:37:15 and 3:33:45 respectively.

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sorted out lots of aches and pains on both days, I think the 70 mile sportive riders were grateful of those healing hands on their return.

The Live Music really complimented the weekend! It was tremendous, with lots of home grown talent up on the stage; Lynchpin with their rocking tunes to Ginger Dog Blues Band and their amazing blues take on some classic songs. Singer song writer Morgan Lant, Rich and The Poor and Triadic were all there rounding off the locals. A big thank you to Bobby & Jemima, who are doing the Festival rounds this year and will be supporting X Factor winner Matt Cardle this summer in St Helens. The Sofa Kings made a much anticipated return to the Town having

played at the Finkle Street Party last year.

If it was a Real Ale tipple supplied by Kirkby Lonsdale Brewery or Prosecco served at the A1 Events Bar, we had it covered. The Single Track Ale also from Kirkby Lonsdale Brewery went down a storm. The Three Hares & Evies Crepes & Waffles served up some scrummy tucker all topped off with Howgill Ice Cream serving some delicious flavours.

Did you try the Penny Farthing? Most mastered it, but I did hear some of the most experienced riders admitting it was a bit hair raising, with more than one coming a cropper! The electric bikes were also a firm hit, some reaching a maximum speed of 40 km. They would have certainly



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made the 70 mile sportive more like a ride in the park!

The Vintage bikes on Sunday were definitely a site to behold. The Bone Shaker looking like it lived up to its name.

The towns new Railway Exhibition got its first airing at the weekend and got some very positive feedback, hopefully this will be a permanent fixture in St Andrews very soon, so watch this space.

Lastly but by no means least as this event would not have happened without them..... A massive thank you to EVERYONE who donated time, equipment etc. before, during and after the Festival, you know who you are and are all wonderful people!!

We do hope that we can put the event on again next year bigger and

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better, with even more cycle challenges, maybe a Cycle Cross and some Mountain Bike racing on the fells?? if you are interested in helping please get in touch with Jacky@no6finklestreet.co.uk.

*Jacky Baines &
Sedbergh Cycling Festival Committee*



SEDBERGH MUSIC FESTIVAL

The Café Concert by the Sedbergh Orchestra was held in the People's Hall on Thursday 9th June.

Leader: Sue Armstrong
Conductor: Peter Crompton
Soloist: Carole Marsden
MC: Michael Leigh

The People's Hall was packed almost to overflowing, with a few audience members, unable to find seats at the cabaret-style tables, sitting on the stage behind the orchestra. The summer heat enhanced the holiday atmosphere, as did the welcome glass of wine and the few Howgill Fell midges that, attracted by the buzz of instruments tuning up, found a way in through the open doors.

From the opening item, Auber's overture to *Fra Diavolo*, to the fiendishly fast rendering of Williams' *Devil's Galop* which ended the concert, everything was played with confidence and panache. This was helped by masterful orchestral leading from Sue Armstrong at the front of the 1st violins and authoritative directorship from conductor Peter Crompton, who, for one item, exchanged his baton for a trumpet, to play solo (with appropriate expressivity) in *I Who Have Nothing*. In some items there were just a few places when precision and neatness of ensemble took second place to energetic commitment, and a tendency for the brass section to overbalance in climactic passages –

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but only rarely was this excessive and it always fitted the excitement of those moments.

Much of the music was by 20th century light classical British composers whose supreme skill produced music of unfailing charm and strength of character. Amongst them was Arthur Benjamin's stylishly created *Oboe Concerto* based on keyboard music by 18th century Cimarosa. In this the solo part was played beautifully by Carole Marsden. Another high point was the selection from the *Wand of Youth Suite* by Elgar in which his greatness as a composer came through clearly even in this relatively light-hearted composition.

Michael Leigh provided informative and gently humorous introductions to the music as well as steering us through a quiz in which some of us showed our age by remembering which BBC programmes used these pieces as signature tunes.

Finally we all chatted and enjoyed the wonderful buffet.

Another hugely successful concert by Sedbergh's own orchestral!

Roland Fudge

SEDBERGH MUSIC FESTIVAL

What a splendid festival it was and many thanks go to the most talented musicians, both local and those from further afield, young and others somewhat older. Thanks, also, to the organisers who worked hard for such a long time and the cooks for the most delicious lunches and suppers, which they served. Finally thanks for the excellent programmes which accompanied the events, and to all the stewards.

Elspeth Griffiths

DENT CHOIR 40th AT SEDBERGH FESTIVAL

Sedbergh Festival actively enjoys having internationally acclaimed soloists rubbing shoulders with local



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talent. Earlier on Saturday, 4th June, we had had Pepperpot and its precociously talented young musicians, so that in the evening, the arrival on stage at St Andrew's, Sedbergh of the Dent Choir celebrating their 40th was especially pleasing.

A big sing in prospect – Tudor madrigals, Vivaldi, Elgar, Fauré, Karl Jenkins, Lauridsen, and Handel. The Dent forces were bolstered by Roger Bush, Julian Cann's string quartet, Carole Marsden, Thomas Thorne with trumpets and oboe, Mike Duxbury on percussion, the whole ensemble conducted by Owen Davies.

They seemed more at home with the 'big' numbers, particularly the theatricality and almost filmic qualities

of the Jenkins *Armed Man Sanctus* and Handel's *Zadok the Priest* with robust tone and driving rhythms than the more delicate Tudor madrigalian textures. In the Vivaldi, the *Fecit Potentiam* and *Deposuit Potentes* sections were strong, and elsewhere Jenny Robinson and Susan Cox combined well in a decorative duet. The *Cantique de Jean Racine* is now a regular on a number of chamber ensembles programmes, and this was given a forthright performance, maybe for my taste a tad on the slow side, perhaps a feature of the evening? After all, singing slow and low is what most amateur choirs are rightly most chary of attempting. Elgar and Lauridsen found the choir in a warm, generous toned vein to



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round off the programme.

For, outstanding was Jolyon Dodgson who brought subtle nuance, technical skill, and a lovely unforced tone to the Vaughan Williams Mystical Songs – could have listened to them all night!

Supported by Cumbria CC, the Hadfield Trust, YDNP and the Sedbergh CIO Community Fund, the Dent Choir did their sponsors and their many gathered fans proud in celebrating their 40th.

Stuart Manger

PEPPERPOT CLUB

The wonderful Young Musicians' Pepperpot Coffee Concert at Sedbergh Music Festival 2016

WOW! Listening to the Pepperpot Coffee Concert in St Andrew's Church during the Sedbergh Music Festival, it was hard to believe that the average age of the six young, highly-talented local musicians was just 14 years! They treated the audience to a truly wonderful concert, which was given a lively start by Monika Davies, playing a masterful rendition of the First Movement of the Bach Violin Concerto in E major. This technically challenging piece was played with

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skill and sensitivity, to the absolute delight of the audience.

Hugo Satchell followed, with a moving performance of the Ashokan Farewell by Jay Ungar. He played this lovely arrangement by Judith Bush on a violin strung as a viola (more friendly to growing hands!). Monika and Hugo were then joined by Paddy Davies on violin and Max Geuer-Lees on double bass, to play the charming first movement of the String Sonata no. 1 by Rossini. This was arranged for the quartet by Roger and Judith Bush, to suit the particular set of string instruments available to the players, the viola replacing the original 'cello. Paddy then gave a delightful and energetic performance

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of the Hungarian Dance no. 4 by Brahms, one of his self-confessed favourite violin pieces. Max followed this with an impressive rendition of the traditional folk song The Jolly Dutchman on his double bass, which he played with skill and humour. The concert mood changed at this stage, and Emilia Page played two beautiful pieces on her folk harp, starting with the traditional song The Water is Wide, followed by a harp Concerto by O'Carolan. Emilia is also a talented violin player, but on this occasion she enchanted the audience with her harp playing. The concert was brought to a good-humoured conclusion with a fine performance of Paganini's Caprice no. 24 by Zack

Scott on his clarinet. This piece was originally written for solo violin, but was arranged for jazz clarinet in 1941 by Benny Goodman *et al.* Zack played this up-tempo swing-style version with effortless skill. Piano accompaniments were provided throughout the concert by Roger Bush and Nicholas Hurndall Smith.

In conclusion, we are truly fortunate to have these talented young musicians in our community. Great credit must be given to them for all their hard work in developing and refining their natural musical skills. Credit must be given also to their dedicated music teachers, supportive families and to Sedbergh Pepperpot Club (under the guidance of Shirley

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and Donald Smith), which loans musical instruments and most importantly provides a stimulating musical environment within which young musicians can develop and flourish.

Ernie Hailwood.

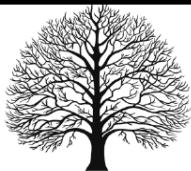
SEDBERGH MUSIC FESTIVAL RETROPECT

Every two years, many local musical ensembles of all kinds get themselves geared up to appear in this gathering of musicians and music-lovers in St Andrew's Church. But behind the sociable excellence is long term planning, formidable teamwork in terms of catering for lunch, dinner and interval refreshments, contacting the agents of internationally acclaimed soloists, juggling timetables and rehearsal sessions, negotiating fees, PR work, website and ticketing arrangements both online and via TIC, the researching,

writing, proof-reading and printing of programmes, preparing the venue are all to do. And that's before a single punter so much as crosses the threshold of the north door!

The committee headed by Tony Reed Screen takes some pride in the fact that the Festival brings together what is best in terms of pro, and semi-pro Cumbrian musical talent and local amateurs, including local young musicians, and mixes all that with the best on the international scene. Diversification is crucial, but so is taking account of likely local tastes, though, that said, we are constantly surprised by how much more catholic local tastes actually are in the event. The willingness to attend music out of comfort zones is a source of great

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encouragement. Every Festival we wonder if we could have been more inventive, but what a very good place that is to start the thinking and planning for the *next* event in 2018! Yes, we could have got in a folk song act, a solo pianist, local opera group, and it's a pity that *Spooky Men* do their tours in our 'off' year, but ... the Festival already presents such a treasury of music to be explored that we can live with that.

Few present will forget the roars of approval for Tasmin Little and Martin Roscoe in a packed St Andrew's that even the seasoned professionals themselves were taken aback by! But on their night, the Town Band garnered similar enthusiasm, as did Julian Cann and David Chapman's

Prokofiev, Cornucopia's weird and wonderful Early Music pilgrimage, and the largely French programme of the Kentdale Wind Ensemble. And sun shining in through high windows upon two graceful and beautifully stroked harps? Jonty Fisher's dark and ruminative jazz made a real impression, as did the freshness and urgency of young musicians both from Sedbergh School and Pepperpot – Zack Scott's excellent jazz-inflected Paganini caprice, and James Horan's Karg-Elert stay in the mind. It was good to help Dent Choir celebrate its 40th anniversary, and sip wine and ponder the quiz in Sedbergh Orchestra's varied programme. And then, there was the sublime repertoire of the Men and Boys Choir of York

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Minster under Robert Sharpe to set the final Saturday aglow, with a rousing performance of Bach's huge 8-part *Lobet den Hern* motet.

Festivals create a sense of local identity, they show a community unafraid to express itself and invite others to join its explorations and enthusiasms. Yes, the 2018 Festival will be different, and yes, there will be old friends as well as new acquaintances. The 2018 Festival will be the tenth since Deryck Cox's brave vision pioneered a Festival to celebrate the Millennium. And believe it or not, never fear, some scribbles on the backs of envelopes have been penned to put the next one together already!

Stuart Manger

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Opportunity

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SEDBERGH COMMUNITY SWIFTS

In June there has been some fantastic swift activity. As we walked around Sedbergh one evening the number of swifts swooping around the skies was breathtaking, the most we can ever recall seeing, possibly up to 40 in one view. But how easy it would have been to have missed these wonderful aerial displays had we not been gazing upwards. So take a moment to pause and look up.

We also witnessed some quite spectacular 'banging' activity – when swifts zoom at speed up to eaves, not going in but practising their technique for future years. It is very encouraging that swifts have already been seen doing this at some of the boxes that people have put up. If they do go in at



this stage, although they are very unlikely to breed this year it is a good sign that they may do so next year.

Our first eggs at Lowgill hatched on June 15th (although other swifts may be in advance of this) so now, in July, it is peak time for watching swifts when both parents are busy feeding the chicks. Often they go in and out about every $\frac{3}{4}$ hour, but a record seen at our nests was an adult returning with a full pouch of insects after only 6 minutes! Chicks spend 40 days in the nest so most will fledge and make that crucial maiden flight by the end of July. This means we have barely four weeks to enjoy these wonderful birds before they migrate back to Africa at the beginning of August.

We're pleased to report that swifts have been seen flying close to the nest bricks we installed in the far gable end of the People's Gym. This is very encouraging – if you spot this, or even better a swift going in, please contact us straightaway. Around that area swifts often fly above the playing field, feeding, and hurtling around the houses on Highfield Rd, which have several natural nest sites.

It's also very exciting to report that swifts have actually gone into two of the boxes installed at Settlebeck School this year. They were seen

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inside the boxes around 9.30pm which suggests that they would be settling in to roost overnight, which is preliminary behaviour to breeding the next year. To have swifts prospecting boxes in the first year would have been good, to have them going in would have been fantastic, but to have two going into two boxes, at night, is simply stunning.

In these long summer evenings a good time to see swifts flying around is after 9pm, warm and humid evenings are best, when the insects are lower. Both adults return to the nest at night and many are not going back in until after 10pm. These are your – the community's – swifts, and our aim is to discover more new nest sites and also to monitor existing sites, so we can get an idea of how they are doing. We do need more volunteers though. To monitor a site it only needs half an hour or so watching, on only just one or two evenings or mornings, so if you would like to give it a go it would be an enormous help. We'll show you what to look for so do please get in touch.

St Andrew's church tower, where we have installed boxes, needs as many eyes as possible looking to see if any swifts venture towards the louvres (facing west, away from Finkle St). The church, gym and school are all places that need watching – parents can you help – even for half an hour?

Unexpected areas to find swifts were Woodside Avenue and Maryfell, where the houses are not of the age we usually associate with swifts. But in response to a phone call and information from residents we

discovered swifts nesting in both areas. Contacting us like this is just what we need to find more of Sedbergh's swifts - and in Dent too, where there must be many swifts nesting.

The Design Technology department at Sedbergh School has just finished a super project: the pupils made swift boxes, developing skills of using several different machines and techniques. They are generously donating the boxes to the Sedbergh Swift project, so we will be looking for suitable places around town to put them up. Thank you to Mr Arnold and his staff for their enthusiastic support.

The picture shows the class holding the finished boxes.

Lastly, we organised a few 'swift spotting' evenings in Sedbergh, showing what to look out for. We would welcome anyone else who would like to join us for a casual stroll – and a friendly drink too! Join us on July 8th (meet at 8.30pm in Loftus Lane car park).

We'll also have a stall at the Artisan market on July 23rd.

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Our May Meeting took place on the 17th with 22 Members Present, our Speaker Pete telling us all about the Great North Air Ambulance. There are 3 Helicopters, one named Pride of Cumbria, another Guardian of Cumbria with 2 Air Bases, one at Langwathby, another at Teeside and a third pending at the moment. The Helicopters have on board the Pilot, a Paramedic and a Doctor/Specialist.

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We saw a short film of people who had terrible accidents saying how the service had saved their lives. We are so lucky to have this service available, and tend to take it for granted, we must continue to support this vital service. Marilyn thanked Pete for his talk.

Final arrangements took place for our Summer Outing to Sprint Mill on

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June 21st.

Our active farmers will be very busy during our break from meetings, we wish them a good Harvest, healthy lambs and of course dry weather!!

Marlene Mason

KILLINGTON WI

THE AFTERNOON WI FOR THE ENTIRE DISTRICT

This has been an exciting month. For the very first time in my life I saw a whale blow! "There she blows!" – Moby Dick and all that! However it was not in the Antarctic Ocean but in the infant River Aire at Malham. Several members of our WI visited Malham as guests of their WI to partake in THE MALHAM SAFARI, an event not dissimilar to our Sheepfest. There were dozens of Wild Animals dotted around the village and coincidentally their theme was 'book titles' as is ours for this year's Sheepfest. If you have children or

grandchildren, or if you are a big, silly kid yourself, make sure that you don't miss it next year. The whale, by the way, was operated by a stirrup pump on the river bank. A feeble pump produced a dribble but a good push produced a splendid whoosh of water from its blowhole.

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We have taken part in other more serious activities as well. Several members took advantage of the concessionary tickets to the Holker Garden Festival. Other folk went to Gardeners' Question Time at Preston Patrick. Another group joined the Federation trip to Manchester to visit the Pankhurst Centre and the Whitworth Art Gallery. All tastes are catered for in the WI!

As always, the most enjoyable activity of the month is our own meeting. The business followed the usual format, and plans were made for "FORTHCOMING ATTRACTIONS". Had I been more alert last month I would have promoted our Coffee Morning on June 29th, but it's a bit late now. I'm

sure it was a great success!! Dilys Evans spoke to us about the group which has been set up in Sedbergh to spread knowledge about dementia and how we can help those who suffer from this distressing condition and their carers. I think that the good people of Sedbergh are ever ready to help and I would especially like to record my appreciation of the kindness and good sense of the staff and customers at Spar which I have observed. I am sure that it is the same elsewhere.

Our speaker Jackie Huck's talk was entitled "How to drop a brick without trying". We were all amused by her light-hearted tales of verbal bloomers which she and others had made. I'm sure we have all been there! Tea



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Also check the School's website regularly for details of individual posts as they arise.

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

We look forward to hearing from you.

followed. The competition for an item beginning with "N" had three winners – Marion Wood, Anne Jones and Valerie Cann. The raffle prize of a luscious box of chocolates went to Susan Sharrocks.

July will be a busy month with both our Annual Garden Party at Sally's home on WEDNESDAY 20th July and our usual (or unusual ?) meeting in the committee room of the very posh People's Hall at 2-00pm on Tuesday 12th July. We shall be resuming our travels around the British coast, especially its lighthouses, guided by Dave Smith. Highly recommended - do come and receive a warm welcome.

Wendy Fraser-Urquhart.

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SEDBERGH WI

Sod's Law dictated that, after weeks of beautiful weather, a huge thunderstorm broke over Joss Lane Car Park and Sedbergh Market just as eleven members of Sedbergh WI were gathering to get into the Western Dales Minibus for their 'summer' outing on June 8th! Sue Kernahan writes: "We headed north in torrential rain on the M6 to Larch Cottage Nurseries in Melkinthorpe (near Penrith) and were delighted to see that the sky was brightening as we drove. There was a lot of chatter on the bus as many of us are off soon on our summer holidays to Italy, Portugal, Japan, France and the South of England while others are looking forward to enjoying the summer in their gardens."

By the time we arrived at Larch Cottage the sun was shining and we met Valerie, another member, who had joined us from the school where

she teaches. We all headed into what appeared to be a gift shop/art gallery in a small converted barn (full of lovely things too!). Coming out of the rear of the barn we discovered the most beautiful and extensive garden centre with statuary, pots, and an enormous range of plants all set in 'ruins' with pools and fountains. After a good wander round we met up in the restaurant for coffee and delicious cakes before rejoining the minibus, complete with a variety of plants and one new hat, for the drive home. Our obliging driver was happy to take us home by the scenic route through the pretty villages of Morland, Mauds Meaburn and Orton in the late afternoon sunshine, which we all enjoyed. Our thanks go to Ellen

Morrison for arranging another delightful day out for us!"

Valerie's home was the venue for the book club meeting the following day. After a succession of books set in foreign parts we were definitely back in England in 'The Behaviour of Moths', a first novel by Poppy Adams. Set in a crumbling mansion where elderly moth-expert recluse Ginny has spent nearly half a century alone, Ginny's peace is about to be disrupted by her sociable younger sister, Vivi, who has decided unexpectedly to return to live in the family home for reasons which we - and Ginny - can only speculate about. Ginny is the narrator of the story who lived with both parents until her mother died and her lepidopterist

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father (whom she assisted in his experiments on moths) moved to a retirement home; the story is told entirely through her voice. This, we felt, was a shortcoming because so many questions we would have liked to ask remained unanswered, but it led to plenty of lively discussion at the meeting. Having said all that, this is an excellent study of an old lady with obsessive compulsive disorder and probably on the high functioning end of the autistic spectrum, though this is not mentioned. This was a dark book, but utterly fascinating. Everyone had read to the end of the book – which says everything, as we don't always! It was well written and drew you in right from the beginning. Amazingly, the action of the book takes place in

just one weekend, though Ginny's flashbacks cover her lifetime. We would recommend the book highly – our marks averaged 8/10 – to anyone interested in psychological novels rather than action, though a couple of us felt that there was just too much detail given about moths. After all that discussion on a hot, sunny, humid afternoon, everyone declined the traditional cup of tea in favour of refreshing elderflower cordial to drink with their (I'm sure delicious!) cake. I'm very grateful to Valerie for filling me in with the details of the discussion at the meeting because, being unwell, I was unable to go. For the same reason, I couldn't go on the outing: a great disappointment on both counts!

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On June 16th Sandra Kemp will be leading a much-diminished walking group since some members are away on holiday. She is planning a 6-mile walk round Gilpin Beck south of Crook, finishing with refreshments at Ings.

We extend a warm welcome to all ladies to our next meeting at 7.30pm on July 13th in the committee room at Sedbergh People's Hall. We're looking forward to a return visit from an excellent speaker: Carole

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Marsden, the former vicar of Shap, who has now retired to Kirkby Stephen. "Is it true, Miss?" was no doubt a question she often heard in her former career as a primary school teacher. We hope you can join us to share in what is sure to be an entertaining evening.

Moira Folks

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afternoon, the sun came out for the start of our June meeting. Marion, our President, welcomed our smaller group of members. Some were on holiday and others listening to Tamsin Little at Sedbergh Music Festival. The business part of the meeting included a reminder that the Pennies for Friendship needed to be submitted in July. The craft group continues to meet and are busy making items for our Mini Market on July 29th. Members were asked to help by contributing homemade cakes, preserves or plants. This event is to boost our Institute funds.

Our summer outing in July is to Leighton Hall with a stop on the way at Beetham Nursery. The last Dining

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Club outing had been enjoyed by 6 members at Bay View Nursery, Bolton-le-Sands, where they enjoyed a meal and came home with yet more plants. The next Dining Club outing will be in September.

Marion was pleased to report that the minutes of our meetings will once again be recorded on Dentdale.com. for all to see. The W.I. News gave information that all institutes have been given £10 from the Federation for the "Ten Pound Challenge" asking us to raise money in any way we wish. Any profit we make will be divided between the Federation and our own institute. The challenge runs until the end of December, so Marion asked us to put on our thinking caps for original ideas.

Time now for our speaker and Marion introduced David Mower from the RSPB at Leighton Moss. We were given a very informative talk illustrated throughout with excellent slides. David told us about the research work which is being carried out into species which are in decline, three of which are the Bittern, Marsh harrier, and Bearded tit. These are now successfully breeding at

Leighton Moss. Management of the reed beds is very important to the sustainability of the many different forms of wildlife which can be observed throughout the year as each habitat supports a different species. Beyond the reed beds the farmland is being conserved with the help from the farmers and has a wealth of flowers in the spring and summer. Higher up on Wharton Crag the habitat is home to rare butterflies. The reserve is maintained by a small band of staff and many volunteers who work hard helping, among other jobs, to maintain the reed beds. David encouraged everyone to visit the site and to join the RSPB. Thelma thanked David for his inspiring talk.

The competition for the longest list



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of birds beginning with S was won by Chris Taylor and Diane Bucknell who both got 19. Can you beat that? Our next meeting will be an open meeting on August 10th. Do come along and bring a friend. You will be very welcome.

Cath Sugden

HOWGILL WI

President Bridget Postlethwaite gave a warm welcome to members and our visitors Beth and Marion to the June meeting. We would like to thank everyone who attended the Group Meeting. We have had some pleasing comments and positive feedback.

The Federation has set us a fund raising exercise with a £10 note - "Speculate to Accumulate". Ideas

were put forward to be considered, running from June to December.

We were reminded of forthcoming events. The next Hikers Walk in the Cunswick/Underbarrow area. Final arrangements were made for our Coffee Morning and our Summer Outing. A fund raising cross bay walk for Bendrigg Trust is to take place on July 30th.

June is the month when we don't book a speaker and make our own entertainment. Contributions included humourous quotes and poetry, household tips and on a more serious note Liz shared photographs of the summertime historical flash floods that hit Beckfoot/Lowgill area. Also the recent damage caused by Storm Desmond at Davy Bank Mill.

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The competition for the biggest head of cow parsley was won by Mary Stainton. Raffle winner was Pauline Robson. Tea and cake were enjoyed before the social half hour along with a food and drink quiz devised by Lyn Marsden. This was won by Mary Silva and Beth bringing the meeting to a close.

On July 7th we meet at Howgill Village Hall when the "Art of Tai Chi" will be the subject with expert Mike Leece. Do join us.

A.H.

LUNE VALLEY GROUP MEETING HOWGILL WI

We were delighted to welcome so many members from the Lune Valley Group to Howgill Village Hall on May 16th.

Our President also gave a warm welcome to W.I. Advisor and friend Margaret Hodgins and our speakers Donald and Christine Marston from their farm near Kirkby Stephen. Back

in 2011 they took part in the BBC programme "Lambing Live". Between them they gave an entertaining description of the experiences working with the BBC and their crew.

Dent W.I.'s President Marion Feltham thanked the Marstons for their inspiring account of TV fame.

The competition for a hand made lamb in any material was a "Herdwick" and Castertons entry was chosen by Christine as the winner. The Competition Cup was presented to Casterton W.I., a worthy winner. The raffle was drawn with several lucky prize winners.

Sue Kernahan, Sedberghs President thanked us for the refreshments and a most enjoyable evening before inviting everyone to the next Group Meeting on May 15th 2017 at the People's Hall.

Finally the Host President Bridget Postlethwaite thanked everyone for coming and wished them a safe journey home.

A.H.



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As a child growing up on a smallholding in Cumbria, Louise has gained a good understanding of farming practices with many of her family in the farming and agricultural industry. Louise therefore has a mutual enthusiasm towards this way of life and to showcase and document it in all its glory.

Louise enjoys capturing a rural community and the individuals who live and work the land. Her work connects to the individuals she's photographing in an honest way and explores the person's relationship to their environment. Demonstrated in



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the two books she's produced: "Farming's not just a job, it's a way of life" & "Rural Kids" available to buy online or through Louise direct.

"I enjoy nothing more than putting my wellies on and heading to a local farm shoot whether that's a livestock shoot or a farming families portrait shoot, or maybe even a pheasant shoot there's so much potential in these environments to capture stunning imagery."

Louise offers other photography services, she transfers her documentary style to wedding photography enabling her to create stunning photos of the bride and groom's big day, telling their story as it unfolds, and allows Louise to blend into the background capturing beautiful, natural shots rather than being obtrusive to your proceedings. Choosing your wedding photographer is one of the most important decisions you will make about your big day, after all, your wedding photographs are what's left once everything else has been packed up and put away, they are a document of history to be looked at by generations to come. Louise is based in Kendal, and



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works closely with the wedding couple and offers a wedding consultation before the date as a chance to meet to discuss what exactly the couple want, Louise also offers an engagement shoot (included in some of her wedding packages) which is also a great chance to meet and get comfortable in front of the lens before the big day.

As well as this Louise offers pet portraits, newborn portraits, events and more...Louise Thompson Photography is all about offering you a professional and reliable photographic service with highly competitive pricing. So whether it's the skills you have or the things you make, the people you love or the dreams you have I'd love to capture

and be apart of that journey showing the emotions, the memories, and the story you want to tell.

"Louise came and photographed my two young boys and their ponies...while muddy and dressed in their playing out clothes. No posing, just beautiful natural pictures. I would definitely recommend." – Liz James (Firbank, Sedbergh)

COGS

Community Orchard Group - Sedbergh

What a fantastic start for the orchard. Lots of sunshine, heat and plenty of heavy downpours have ensured that the fruit trees have had the best conditions to blossom – literally! We're delighted that most of the



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apple trees are in flower and have taken to their new home with aplomb. The next big development you will see are raised beds. These will have soft fruit and herbs in them for the community to pick and enjoy, and there will be flowers to encourage bees and butterflies into the orchard. We hope you will find time to visit the orchard and to look at the trees which are all labelled, to see whether you recognise any of them. All the trees are Lakeland varieties and have wonderful names, as the children who took part in the apple identification game on Gala Day can testify!

Thank you to all those who visited us in the orchard that day, and for supporting the project by becoming members. If you are interested in

becoming a member, you and your family can become members of the orchard for £5 (single) or £7 (family). One of the benefits of membership is that it allows you to attend pruning and grafting courses at no extra cost, so if you have a fruit tree in your garden that needs some care, give one of us a call and sign up for this exciting new community project. Please call one of the numbers below for an application form or email sedberghcommunityorchard@gmail.com

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Jacqueline Smith
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CUMBRIA WILDLIFE TRUST

Cumbria's traditional Hay Meadows

The number of flower rich hay meadows in UK declined about 97% between 1930s and 1980s. Improved agricultural techniques provided much needed extra food but this led to fewer traditional meadows.

Two recent conservation initiatives are helping to maintain those remaining meadows – the Meadow Life Project and Coronation Meadows.

Meadow Life Project

The Meadow Life project, which started in 2013, is funded by the Heritage Lottery Fund and managed by the Wildlife Trust. The aim is to reverse the decline of hay meadows by working with farmers and small

holders to restore and manage flower rich meadows to increase plant diversity. Since the scheme started some 87 hectares of hay meadows have been restored in the county. A further 10 hectares is planned as the scheme has been extended until October 2016. Cumbria Wildlife Trust has been promoting the landscape of hay meadows through events, workshops, walks and talks. Volunteers are surveying meadows and verges throughout the project area. .

Of particular interest is a series of events to learn more about meadow restoration or simply to visit meadows and enjoy the flowers. Training events include restoration days, scything courses or seed collection

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courses. Details of these are on Cumbria Wildlife Trust website.
Coronation Meadows

The Prince of Wales initiated the Coronation Meadow project in 2013 to celebrate the reign of HM Queen Elizabeth 2. It is managed by Plantlife, Wildlife Trusts and The Rare Breeds Trust. In an effort to stop the decline in meadows which had occurred during the last 60 years, the aim was to identify a 'Coronation meadow' in each county, and from this nurture another meadow – a recipient meadow. Our Coronation meadow in Cumbria is at Piper Hill, Kirkby Stephen which is especially rich in greater burnet and we have two recipient meadows!

Green hay, harvested from Piper Hill has been spread on prepared ground at Eycott Hill near Penrith and Orton Community Meadow. Seeds shed from this green hay together with some plug plants will all being well allow meadow plants to colonise these recipient meadows.

Where to enjoy Cumbria Meadows

We are lucky in Cumbria that there are still pockets of meadows remaining. 2nd July is Magnificent Meadow Day and Piper Hill Coronation Meadow is open for self-guided walks and at certain times walks lead by the farmer. On the same day Eycott Hill Meadow is open for a short guided walk. You can park at the reserve car park or cycle from Greystoke before walking in the meadow.

If you want to see a Cumbrian Meadow at leisure, a series of self guided walk leaflets is available on Cumbria Wildlife Trust website.

Those nearest to Sedbergh are Ravonstonedale or Potts Valley Hay Meadow Walks. Further afield are Tarn Hows, Watermillock or Newlands Valley. Happy species spotting!

Dorothy Thomson

BUZZARDS AT HALLBANK!

I live in Garsdale (Sedbergh end) and regularly run from my home up to Garsdale Foot, down through Dove Cote and through to Hallbank and back up the A684 to complete the circuit; a route I have done for many years. I was surprised today (13th June) to be attacked by two buzzards, one of which was pretty persistent too!

The ambush occurred in the open field area by the kissing gate before the approach down in to the wooded area near the footbridge. I am aware of defensive buzzards, I encountered the notorious pair at Crosedale several times some years ago but have never seen them near Hallbank and wondered if anyone else has met them!

I've yet to discover where they are nesting! Incidentally I had run round on 30th May and there was no sign of them, so presumably now they are feeding young and much more defensive? I shall be carrying an umbrella or suitable hat from now on!

Mike Walsh, Whitbeck, Garsdale

YORKSHIRE DALES NATIONAL PARK AUTHORITY

*Birds of prey traps condemned by
National Park Authority*

Illegal persecution of birds of prey was condemned by the Yorkshire Dales National Park Authority

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following news that a man had been caught setting banned traps.

North Yorkshire Police gave a caution to a 23-year-old junior gamekeeper on the Mossdale grouse -shooting estate near Hawes after he was secretly filmed by the RSPB resetting three spring-loaded pole traps, which are designed to catch birds by the legs.

National Park Authority Chairman Peter Charlesworth said: "We abhor the illegal persecution of birds of prey and we will continue to support the police and Natural England in any way we can to help bring the perpetrators of these sorts of crimes to justice.

"The pole trap incident happened on

a grouse moor in the Yorkshire Dales National Park. This land – like the vast majority of the National Park – is in private ownership.

"At a time when the Yorkshire Dales is receiving such widespread recognition as a wonderful place to visit, it's incredibly disappointing that the criminal persecution of birds of prey continues to damage the reputation of the area.

"We know that birds of prey are a big attraction to the millions of visitors that come here, so these acts are causing economic damage as well as appalling harm to wildlife.

"The Department for Environment, Food and Rural Affairs recently published a national plan to increase

the English hen harrier population, which was developed in conjunction with Natural England, the RSPB, the Moorland Association and others, including National Park Authorities. We stand ready to assist those organisations, and work with our partners right along the Pennines to help deliver locally on the intent in that national plan.

In the meantime, we will continue to support the police in any way we can to identify those responsible for any illegal killings and to bring them to justice.

Nick Oldham

YORKSHIRE DALES NATIONAL PARK

National Park Authority cash for local projects

More than 30 projects received grants totalling nearly £140,000 from the Yorkshire Dales National Park Authority's Sustainable Development Fund (SDF) in the last financial year.

The fund aims to support projects that result in positive benefits for the National Park — its environment, its economy and its communities.

Carl Lis, the Authority's Member Champion for Sustainable Development, said: "In the last 12 months the National Park Authority has been able to give grants to 32 fantastic local projects, with amounts ranging from a few hundred pounds to nearly £12,000.

"An important part of our vision for the National Park is that – through their passion for this special place – local people and businesses will keep it a thriving area. Our Sustainable Development Fund is one way we can help people who are prepared to

get out there and do something positive to improve some aspect of life in the National Park. That could be a local community working to get access to superfast broadband or a parish council that wants to restore its historical road signs.

"This year we again have a budget of £140,000 and we would like to hear from anyone who has an interesting project idea that is in need of funding."

The SDF is available for any projects submitted by individuals, businesses, community groups or voluntary-sector bodies that contribute in some way to looking after the National Park's natural beauty, wildlife or cultural heritage. Alternatively, they should promote opportunities for the public to understand and enjoy those things. At the same time, all projects should provide some local economic or community benefit.

Previous successful applications include:

- £5,000 to the Yorkshire Dales Rivers Trust for an educational programme focusing on river bank erosion
- £9,456 for the refurbishment of Ravenstonedale's Community and Heritage Centre to enable the space to be used by the community
- £3,000 to the Sedbergh Walking and Cycling Group towards the cost of organising a cycling festival on June 18 and 19
- £4,975 towards restoration work of the historic Pepperpot building in Sedbergh

More details about the Sustainable

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

In the first instance enquirers are recommended to get in touch before they submit an application. They can do this via email to SDF@yorkshiredales.org.uk or by phoning 01969 652337. Prospective applicants can also download an electronic application form and guidance notes via the website.

YORKSHIRE DALES NATIONAL PARK

National Park planners approve caravan site work

A facelift is on the cards for a caravan park near Sedbergh after Yorkshire Dales National Park planners gave the go-ahead at a meeting today. (June 14)

The owners of the Ingimire Caravan Park at Marthwaite applied for planning permission to remodel existing holiday pitches, landscape areas of the site, demolish old toilets and build new washing facilities.

Members of the Yorkshire Dales National Park Authority's Planning Committee approved the application after hearing that Sedbergh Parish Council and the Yorkshire Dales Society were both behind the plan.

Members were told the caravan park aims to extend the season once the work has been finished.

Carl Lis, the Authority's Member Champion for Sustainable Development, said: "It's good that the operators of the caravan park have recognised that there is a change in customer needs – one that will hopefully continue to encourage

tourism within the National Park."

Approval was granted subject to certain planning conditions.

CENTRAL HEATING

South Lakeland District Council is aiming to help up to 250 households stay warm at home for less by installing a gas or oil fuelled central heating system for FREE (Conditions apply) with the Cumbria Central Heating Fund which will offer Grants to install central heating in your home.

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Sustainability at Brigflatts Quaker Meeting

The governing body of The Religious Society of Friends (Quakers) in this country is called Britain Yearly Meeting. It meets, as the name implies, once a year. All Quakers are entitled to attend and the decisions taken by those present, although not binding, have a highly persuasive influence on the conduct and actions of both individual Quakers and the Local Meetings for Worship which they attend. Brigflatts is such a Local Meeting for Worship.

About three years ago Britain Yearly Meeting decided that environmentally Quakers should start to "walk their talk" and embark on making their

Meeting Houses and land in their ownership as sustainable as possible. Brigflatts Meeting took this initiative to its heart and began by first of all holding a series of meetings amongst its membership to discern people's feelings and possible ways forward. This process took several months as Quakers need to feel the clear leadings of Spirit before undertaking action. (In non religious circles this is often called consensus but this is not quite the same thing.....).

The Meeting then decided to split itself up into several different groups, each to take responsibility for a particular aspect of the project. These areas of responsibility were concerned with the following:

1. Energy efficiency in the Meeting House itself
2. Generating our own energy supplies
3. Growing food in our Paddock adjoining the Meeting House
4. Planting trees
5. Establishing an orchard
6. Keeping bees
7. Providing a play area for the children of the Meeting

Over the next year or so matters moved slowly (but surely) forward. The present situation is as follows:

1. We have introduced many energy saving measures into the Meeting House ranging from relatively simple matters like putting springs on the doors so that they close automatically to various forms of draft exclusion and insulation.
2. We considered many different energy generation systems ranging from ground source heating to wind power. We eventually plumped for

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solar panels and after successfully applying for planning permission subsequently had 24 panels installed. These are now up and running and we are also able to monitor productivity from an information panel which indicate that we are already making considerable savings on our energy bills – not to mention reducing our carbon foot-print!

3. We have set up raised beds for growing food allotment-style. It is early days as far as this is concerned but we hope to create further beds as time and inclination allows.

4. We had a boon day last year when many Brigflatts members and willing volunteers turned out to plant three hundred trees in our Paddock. The young trees came to us courtesy of the Woodland Trust as part of its community woodland campaign. They are all doing well.

5. We also planted about twelve young apple trees and plan to plant other varieties of fruit trees in due course. It is good to know that similar things are happening in Sedbergh itself under the aegis of the Sedbergh Community Orchard.

6. We installed a colony of bees in our newly acquired Top Bar Hive. The colony did extremely well for the first few months but regrettably succumbed to the very bad summer that we had last year with its combination of wet weather, cold winds and rain. We are still waiting for a new colony this year.

7. The children have their play area which permits for example the erection of a tipi and space for ball games etc.

We try to manage the Paddock as

sustainably as possible which has led to a number of scything courses being held there which is also much kinder to plants and trees than by using more conventional mowing methods. As we have sown wild flower seeds as well, scything is usually carried out to coincide with their growing, flowering and seeding cycles.

We have had a great deal of support in our endeavours from a number of people and organisations but I would like to give a special thank you to Mark Hewitt the YDNPA Parish Wildlife Officer who has given us extremely helpful advice throughout

We all look forward to benefitting from and enjoying a more sustainable Brigflatts for many years to come. The work is ongoing. Anyone is very welcome to visit us and to inspect and appreciate our Meeting House (the second oldest in the country) and the Paddock. Our Wardens, Tess and Phil, are usually around if you have any questions.

Ian McPherson

DENTDALE CHRISTIAN FELLOWSHIP.

June was a busy month where we enjoyed fellowship and held a special event, a Pentecost party where we ate a meal together watched a DVD explaining everything and then prayed for each other. The Friday eve event included conversation about and prayer for the vote on Europe and we heard about hope in God in India from a young man who shared a little of his calling to serve God. As the Christian Festival in August is approaching we are making

preparations and in Oct when we celebrate Tabernacles we will also welcome Godfrey Birtle to our community. As ever everything is open to all.

Sarah

CHURCHES TOGETHER

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

God is for Everybody! Open Air Service, Sunday 10 July 10.30am

The churches of the district, working together as a "Mission Community" have organised a special outdoor service to take place on the Dent Car Park Field on July 10th. We are all invited to come and encourage others to attend. Bring your folding chair to sit on/or a picnic blanket. There will be music group to lead the singing and drama from our young people. Emma Richardson from the team leading mission in the Diocese of Carlisle will be giving a message that God is for everybody - so please come - the day is for everyone which if very wet, will be held in St Andrew's Church, Dent."

Food for thought continues with a fellowship meal (a bring and share meal) in Dent Memorial Hall at 6pm on Saturday 9th July and also Saturday 13th August, followed by a short gospel message. All very welcome.

The current phases of building projects at Cowgill and Dent are gradually being finished. At Cowgill, the restoration work to the bellcote was far more extensive and costly than first thought. The PCC is urgently considering ways to continue the restoration work, especially the interior redecoration and plastering

we asked to be planned and specified last Autumn. As always finances are the big issue and we have to wait and see what support might be available from outside grant funders, in addition to the amazing support we receive locally - so more on this later. In the meantime huge thanks for all who helped raise £1379 at the the Cowgill Sale of Work!

Church Services

St Andrew's Dent welcomes everyone to Holy Communion every Sunday at 10.30am in July and August, but note the open air service on July 10. On Aug 28th there is a Joint Communion Service for all Dentdale churches at 10.30am at St Andrew's Dent.

St John's Cowgill:

July 3rd: 9am Holy Communion

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July 10th: 10.30am Open Air Service at Dent Car Park Field

July 17th: 2.30pm Evening Prayer

Aug 7th : 9am Holy Communion

Aug 21st: 2.30pm Evening Prayer

Aug 28th: Joint Communion Service at St Andrew's Dent

St Mark's, Cautley

The Reverend Andy McMullon will be leading a Quiet Day at Saint Mark's on Friday 22nd July from 10.30am to 3.00pm. This is open to people of any denomination and those who attended last year's Quiet Day will remember what a special event it was. A light lunch will be provided and there is no charge for the day. To book a place please ring Judith Bush on 20058.

News from the Pews



The sound of music echoed around and about St Andrew's on a daily basis for the first two weeks of June during the biennial Music Festival now a fixed part of life in Sedbergh.

Aren't we lucky to have all this wonderful talent right here in our small town and to be able to sit, listen and enjoy in such a beautiful building? We were captivated by the musical expressions and expertise of performers from Sedbergh and surrounding area as well as those of international fame which culminated in a Sung Eucharist on Sunday 12th June when the boys and girls forming Sedbergh School Choir led the singing throughout the service.

The catering ladies have hardly had time to wash their pinnies before they will be back on duty in the church kitchen supplying mouth-watering bacon rolls and other tempting morsels to our Summer Fair visitors. Saturday 16th July (10am-4pm) the craft and other stalls will be set out in the church, the young and young at heart will be entertained by Joel; the energetic will be bouncing on the castle and those wanting to sit and chat to friends over coffee or lunch can relax in the marquee. There is no charge for entry. It would be good to see you.

Finkle Street Fun will be running alongside the Fair as usual.

When the rains come down on the Queen's Birthday Party in the churchyard the fun did not quite come to a halt. An abiding memory is the children sliding across the deflated Bouncy Castle getting so wet whilst laughing and having a wonderful time. Not sure what their Mums had to say!

*Susan Sharrocks
Tony Reed Screen
Churchwardens*

CITIZENS ADVICE BUREAU

If you are 50 already, it's time to get to grips with your pension.

The average age of people getting guidance with their pension is 61 despite free support being available for anyone over 50. Planning early will help you make the most of your pension.

In April 2015, rules around pensions changed and for the first time, people were able to decide whether they buy an annuity, cash in their whole

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pension pot, take a lump sum, or a mixture of these options.

The Pension Wise service has been around for over a year now. If you are 50 or over with a defined contribution pension, you can book a free session with a Pension Wise guidance specialist who will advise you on your best options.

To book a face to face Pension Wise appointment in your area call 01900 68981.

To prepare, work out the value of your pension pots, check if there are any restrictions, such as penalties for taking it early, get a state pension forecast - you can find out how to do this from <https://www.gov.uk/check-state-pension>, gather information on any benefits you receive, and work out your likely living expenses.

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

Citizens Advice is a registered charity, No: 1118656 and company limited by guarantee, No:6113551. FRN: 617574

SEDBERGH IN BLOOM

First we must say a big thank you to all those who have expressed their delight in the work we undertake to maintain the flower beds in and around the town including the new flower bed at the Tourist Information garden. It is always good to receive feedback.

We also wish to express our thanks to the Community Office Executive who have made a grant to us from monies received from the Clutterbooks Charity Shop and also to Sedbergh Parish Council for their grant. These grants are very much appreciated. Thank you.

We continue to maintain the beds and the plants this year seem to have appreciated a reasonably warm – if wet – winter and are now coming into bloom.

We attended the Annual Parish Council meeting and expressed our views on the future of Queens Gardens and we look forward to progress at that site. For those who have never visited the gardens you may be surprised what is just within walking distance of the town centre along with a beautiful bowling green (the bowling green has fantastic views).

If anyone would like to join our group we would welcome them. You do not need to be a gardener just a willing volunteer. We meet as and when necessary whether it is to discuss our next project or when we

need to get weeding .
Happy gardening.

Dorothy Blair

SEDBERGH HOLIDAY CLUB 2016

Monday 25th – Friday 29th July

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 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, 10.00am – 12 noon each day, 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.

The theme will be 'Mission Possible?' where the children will be detectives discovering things about Jesus.

We will be launching the Holiday Club week with a special united service, on Sunday 24th July, 10.30am at St Andrew's Church Sedbergh, to which all are welcome.

Registration forms can be collected from early July at Smart Office, Main Street, or the Tourist Information Centre at 72 Main Street. Also downloadable from the Holiday Club website –

www.sedberghholidayclub.co.uk

Completed forms must be returned in hard copy by Monday 18th July to the Tourist Information Centre . It is not possible to register online.

The Holiday Club team value the support we receive from the

community in organising this annual event, and trust that you will once again encourage the children to attend.

Sandy Roy, Sedbergh Holiday Club

neighbourhood alert

Cumbria Victims Charitable Trust was established to generate additional income to expand services and provide advocacy for victims of crime and antisocial behaviour.

Who can apply?

Victims and those affected by crime and antisocial behaviour who reside in Cumbria and groups or organisations that support victims of crime throughout Cumbria .

Initiatives

- To improve the services received by victims of crime
- To assist victims to cope and recover from their experience
- To prevent victims being targeted and becoming repeat victims of crime.

Grants will be made on a one-off basis (other than in exceptional circumstances).

For further information and an application, please contact: Sandra Wiggin, Victims Advocate, 1-2 Carleton Hall, Penrith, Cumbria, CA10 2AU. Tel: 0300 124 0112, option 2, ext 44158 e-mail: sandra.wiggin@cumbria.police.uk

BLOOD DONORS

Our mobile collection team are making preparations to visit the People's Hall to collect life saving blood donations for local hospitals.

They will be on Friday 8th July and be held between

Between 13:45 - 15:45 & 16:45 - 19:15.

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

Joanne Leeman

MARQUEES & TEEPEES

Come along to a wedding fayre with a difference – teepee style on 9th and 10th July at 10.30 am

Looking for something different to make your wedding extra special, then why not hold it in a teepee rather than the traditional marquee?

Marquees and Teepees, Killington are organising a wedding fayre on Saturday 9th and Sunday 10th July in the field next to Plumgarths roundabout, Crook Road, Kendal, Cumbria, LA8 8QJ – and all the specially selected exhibitors will be in the teepees.

Ann Newbold of Marquees and Teepees, Killington said, "This fayre is a fantastic opportunity to come and see what your wedding, function or event could look like in a teepee. You can also collect a 10% off voucher for any function booked within the next month. You will be able to fix next year's event at this year's prices."

Marquees and Teepees, Killington is a small family firm that prides itself on offering top quality marquees, teepees and furniture with a prompt and personal service

"Whether it's a family wedding, birthday, anniversary, corporate dinner or gala we can provide you with the exact marquee or teepee

that's right for you, ensuring your guests will have a memorable event," said Ann.

To make sure planning your event doesn't turn into a nightmare the company will arrange a free and comprehensive site visit followed by a tailored, competitive quotation.

Ann Newbold

DEMENTIA FRIENDLY COMMUNITY

There will be a Dementia Awareness Session at 6pm on Monday 18th July in the Committee Room of the People's Hall. ALL ARE WELCOME.

This session is aimed at traders and business people who face the general public. In a Dementia Friendly Community, those living with dementia are considered in a friendly, helpful and supported fashion. In shops, this often means customer-facing staff giving those living with dementia more time, offering understanding and reassurance.

The session will be followed at 7.30pm by a regular meeting of the Sedbergh and District Chamber of Trade and Business.

Andy Cobb, Chair,
Sedbergh and District
Chamber of Trade and Business

QUEEN ELIZABETH II

The Queen's Birthday Party at the Parish Church

Despite the likelihood of rain the Town Crier got the Party underway at 2.00 pm, By 2.30 pm around 200 old and young were enjoying strawberries and cream and scrumptious scones. Young and old were watching Punch and Judy and many were sporting their balloon

crowns which complemented the Union flag bunting adorning the tent and gazebos. Just after 3.00 pm the rain arrived and it soon became apparent that it was more than a passing shower but by this time the Party had its own momentum and continued in and outside the church.

All in all it was a memorable afternoon and we are very grateful for all the support we received to bring it to fruition. A generous grant from the Community Trust laid the foundations and our thanks go to Powells, the Three Hares and Smatt's Duo for donations in kind. Lastly but by no means least our thanks to the ladies of Sedbergh who produced a mountain of scones and the volunteers who seemed to supply an infinite number of cups of tea in addition to an endless supply of strawberries and cream and scones.

Tony Reed-Screen

SIGHT ADVICE SOUTH LAKES

The Sedbergh Branch had their Annual Summer Lunch at the Fat Lamb, Ravenstonedale and was treated to a scrumptious meal which was enjoyed by all in attendance.

Dennis welcomed May, Jean, Elizabeth, Zander, Jenny D, Rosemary, Elspeth & Sue plus 4 new attendees to the meal with Mary & Edward and Connie & John and first time attender Florence who hoped to attend on a regular basis.

Those away were George, Jennifer & Keith, Winifred, Jessie and Jenny J for various reasons and we hope to see them again soon.

Menu cards were provided which depicted many Sedbergh Scenes with

much debate as to where they were but they were all guessed in the end.

After the meal, the staff who looked after us were invited into the Dining Room and thanked for an excellent Lunch and Service.

The next Meeting will be in September **BUT** there will be an Afternoon Tea at The Malabar at 2pm on Tuesday 19th July where existing members and new members would be most welcome. Transport will be available so please contact me if you wish to attend.

Dennis J Whicker

SEDBERGH & DISTRICT HISTORY SOCIETY

Local History Exhibition

This exhibition aims to share members' interests and research.

Members' researches may highlight particular people and activities but they also pay tribute to all the people: both those who stayed in the dales and those who moved on to wider horizons. Today, many people come from all over the world to consult the society archives, as they put together their family stories. Each story throws more light onto our collective history.

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

Our exhibition offers small glimpses of past worlds. It does not tell the whole story, or offer a chronological history lesson, but it provides snapshots that remind us that time does not stand still. The clocks tick here just as in other cities and towns around the world.

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

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

Please visit
Sedbergh, St Andrew's Church
16 July, during the Summer Fair
Dent Memorial Hall
23 – 24 July 10-00am - 4-00pm
Garsdale Village Hall
27 – 29 August 10-00am – 4-00pm

PEOPLE FIRST

The People First Self Advocacy Group meets in Wetherspoons, All Hallows Lane, Kendal between 10am & 12 noon for people with learning difficulties on the following dates:-

28th July
29th September
27th October
24th November
15th December

Everyone is invited to join on the day or make contact by phoning 01228 550696 for more information.

The Group is ideal for anyone with learning difficulties and can help with meeting others who have similar experiences and want to develop new skills and learn how to speak up to yourself.

SCYTHES AT HAYTIME

Me dad used t' tell me they didn't have a mowing machine. They did all the land with the scythe. EVA MIDDLETON born 1923

The only thing an employer looked for was if you could milk and mow with a scythe. If you couldn't mow with a scythe you were no good to him. FRED TAYLOR born 1927

Oh there were some good scythe mowers at Cowgill. If yer were a good scythe mower yer could ask fer more money, an' yer got it! Yer used t' get this sand fer sharpening yer strittle (blade), strittle would need sharpening, yer used to get sand off

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Whernside. They used to tar it an' then sprinkle it with sand on. Yer put a finer sharp edge on. JACK MIDDLETON born 1921

If the weather was fine you'd get up in a morning, soon as was light, you'd take the scythe and go down the side of the field, both sides, 'cos the horse couldn't pull it all. Then you would come back and catch the horse and cut some, and then you would milk the cattle. It was slavery. You wouldn't do it now! But I used to like cutting with a scythe, used to love it. MILEY TAYLOR born 1923

From *Telling it like it was - Dent, Sedbergh and District in Living Memory* edited by Anthea Boulton and Veronica Whymant.

DENT PUDDING FESTIVAL

This event has been postponed and will now take place in the Memorial Hall on Sunday 18th September 2-4pm. Further details about how to enter will be available nearer the time. The first one, last year was well supported and much enjoyed, we look forward to a repeat this year.

Other Memorial Hall matters are mainly focused on the annual Gala on Aug BH Monday.

Chairman of Dentdale Memorial Hall.

Sarah E Woof. 25212

SEDBERGH & DISTRICT HISTORY SOCIETY

On the first trip of the 2016 summer season we visited Kendal Museum. We were surprised to hear from a curator that the original Museum which had opened in 1796 was one of the earliest in the country and that it had been rehoused several times

before it was moved into its present building – a former wool warehouse. Initially, the items on display had been donated by local collectors and antiquarians. However, over the years the range and variety of artefacts in the fields of archaeology, geology, natural and social history had expanded greatly, although the museum had retained its local focus.

The character of the Museum has developed over the last few years by becoming a teaching department under the management of Kendal College. The courses on offer are leading to nationally recognised qualifications for those who want to follow careers in which museum related skills are necessary or useful. Amongst a wide range of activities students have also participated in a recent project to digitise some of the Museum's fragile collections.

Our introduction to the contents of the Museum began in the Westmorland Gallery on the ground floor where the arrangement of the displays was generally chronological. Two of the present cohort of students showed us some fascinating early archaeology including an iron age sword which had been found near Haweshead. This was of particular interest because few swords from this period have been found in Westmorland. We also viewed some of the Museum's Bronze Age, Ancient Egyptian and Viking remains as well as a varied collection of Roman material including some imported pottery. Finally we were directed towards the other display cases which contained items from mediaeval and more recent times.

Then we were at liberty to explore the other two equally impressive Galleries in the Museum which displayed World Wildlife and Lake District Natural History.

We very much enjoyed the visit and would like to thank the knowledgeable Museum staff for their informative and stimulating presentations. Our trip to Kendal concluded with a meal at Deja Vu restaurant.

Julie Leigh

AGE UK WALKING GROUP SEDBERGH STRAGGLERS

Since the loss of the AGE UK Village Agents some members of the walking group have decided to continue the monthly walks at their own risk.

The group has been renamed SEDBERGH STRAGGLERS and will continue to meet on the last Tuesday of each month at The People's Hall car park at 10.30am.

It is advisable to bring a packed lunch and a drink with you. The last walk for 2016 will be on 29th November to Farfield Mill for mince pies and coffee.

FAMILY MUSINGS

Auntie over East and I went to a holiday presentation by a local travel agent and saga. Auntie got v dressed up and informed me that uf anyone asked why,at 98 years if age,she was at a holiday presentation she would tell them she wanted a cruise and would take one of the paid carers. Knowing she loves me to challenge/disagree with her so there is an argument I just replied vague

noises. The folk we know at the venue were shocked she wouldn't take me.

The shock of the day was when the winning ticket (for £100 of a holiday) was drawn and she won!!

Irrational behaviour is evident in people's lives at times and hard to deal with,definitely evident in aunties and difficult to handle without making things worse.

Gardening is going apace at ours with a couple of projects in hand, the most important thing is to re-instate the gate on the drive as certain little darlings get bit braver in their exploring! "An adventure" as one puts it.

When elder daughter got married auntie came to look after our house,our dog and other dogs. We shut the gate thinking all would be well. One Wipador escaped through the hedge but was recaptured by passers by. I don't think kiddies could get through the hedge..but we have plans for that too.

Helping to weed the drive little grandson asked about eating dandelions. I said we not Bunnies. He and little sister set of bunny jumping up the drive. "Come on Grannie!"

So I did. Enjoy the fun times.

Sarah

JULY GARDENING

On sunny summer days I enjoy watching bumble bees feeding on various plants in the garden. Gardening books sometimes recommend favoured "bee plants". These usually include things such as herbs – Thyme, Lavender Rosemary

and Lemon Balm, all of which have short, tubular flowers, daisy type flowers and other flat, open, single blooms which provide good landing platforms from which bees can collect nectar.

Last year I recorded the most popular plants in my garden and produced my own "bee list." First on the menu were crocus flowers and the blue and pink flowers of *Pulmonaria*. The next major attractions were yellow "Welsh Poppies" (*Meconopsis cambrica*) and then we had the common wall shrub *Cotoneaster horizontalis* with rather insignificant, pink petalled flowers, born on the herringbone branches. These are a magnet for all types of bumble bees. In July and August the shrub *Hypericum hircinum* comes into bloom. The bright yellow flowers, born on 3-4ft high stems are filled with long pollen tipped stamens and prove to be irresistible to a variety of bumble bees, honey bees, hoverflies and other insects. The plant is hardy and disease free and long lasting. Its only drawback is that the foliage, when crushed, emits pungent aroma – something between old fish and Billy goat! (perhaps this is why it does not seem to be available at most garden centres)

Buddleia is the obvious choice to follow on from the other shrubs. Mauve flowered forms, which are closest in flower habit to the wild species have been found to be most popular with butterflies and bees, but all colour forms provide much nectar in mid summer.

My last, and latest in to flower (September) bee plant, is *Sedum*

spectabile, a herbaceous perennial with flat heads of deep pink flowers which provide a rich banquet for nectar loving insects. Although rather cumbersome and inclined to flop outwards in an ungainly fashion, it is a must for all wildlife gardens.

Elaine Horne

JOAN & ALF HOOPER



Joan & Alf left Sedbergh in February 2015 to live nearer Pauline & Ian in Bridgnorth, Shropshire.

The picture above shows Joan & Alf receiving a painting of their beloved 'Howgills' from the local Bridgnorth artist Paul Hopkins purchased with the very generous monetary gift they received as a leaving present.

A sincere thanks to the many friends in Sedbergh, the picture is much admired regularly.

COMMUNITY OFFICER REPORT

20/5 – RTC outside Morphets, 1 person minor injury.

22/5 – Criminal Damage has been caused to a private woodland area on Howgill Lane, 20 young trees were cut down making way for a cycle path, a padlock was cut off a shed but nothing taken.

26/5 – Report of a suspicious male in the area on Garsdale Rd.



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27/5 – Report of 2 suspicious males in the area of Castlegarth, both logs no trace of persons on arrival.

29/5 – Report of a lamb having to be destroyed due to a dog attack.

2/6 – 1 male was arrested on Woodside for possessing a bladed article.

5/6 – ASB reported on Guldrey Terrace.

7/6 – ASB reported on Finkle St.

8/6 – FTS (fail to stop)RTC was reported to have happened at the Peoples Hall in the car park, damage had been caused to a vehicle whilst parked there.

10/6 – Make off without payment for food from the Dalesman.

10/6 – Burglary reported on Howgill Lane, BMW stolen and wallet.

10/6 – Burglary on Station Rd, handbag stolen.

11/6 – ASB reported on Bainbridge Rd, premises behind, alarm constantly sounding and flashing bright light during the night, there is a contact number on the doors should anyone need to contact them in the future. They usually turn out within the hour.

12/6 – Report of an u/k male being found upstairs in a residential property, who then made off when woken up, male described as wearing a green QES leavers hoody, jeans and wore glasses, early 20's.

Can we remind residents regarding parking issues in and around Sedbergh, we have had a number of complaints regarding this, parking on double yellow lines on a junction, this is illegal!. Please refrain from doing this as I may be strung up by a certain member or the community if it continues. (I can never catch it in situ at the time!)

Parking “just for 2 minutes” I still have not figured out how to switch my watch to Sedbergh time?... outside the Post Office, or on Finkle St. Although we work together within our small community, there are some who take liberties and this is when we have to step in and start to issue warnings/tickets.

*CSO 5244 Mandy Coleman,
Sedbergh Community Office, 72 Main Street, Sedbergh, LA10 5AD
Amanda.coleman@cumbria.police.uk
Tel 101 Non emergency*

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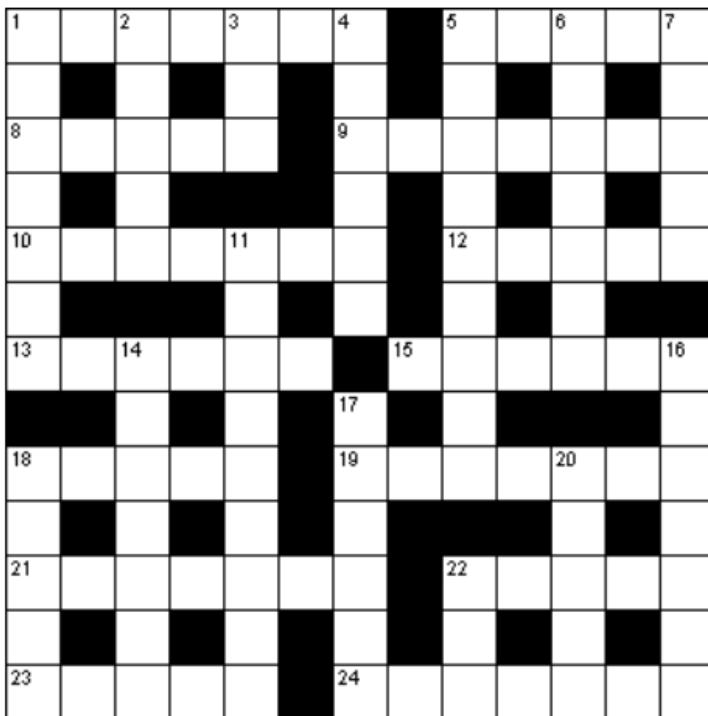
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WORD SEARCH

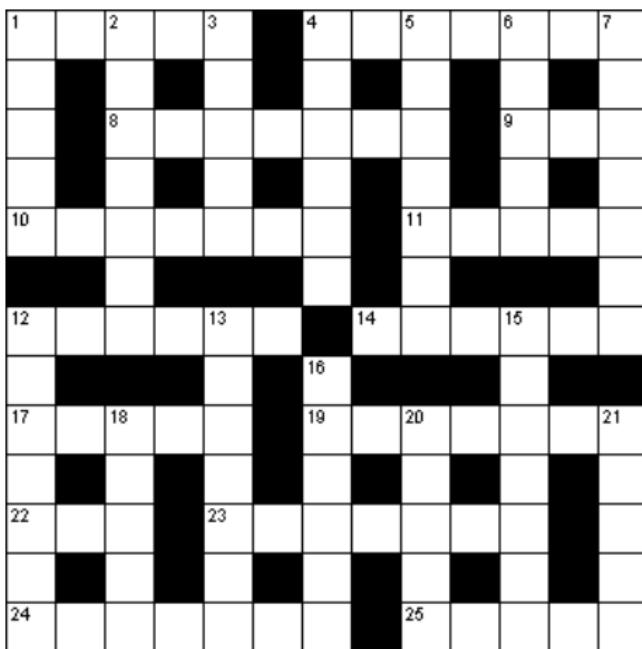


Across

1. Entrust (7)
5. Small thin biscuit (5)
8. Dissonance (5)
9. Projecting upper floor (7)
10. The sheltered side (7)
12. Unvarnished (5)
13. Scheme (6)
15. Become visible (6)
18. Flowed back (5)
19. Athlete (7)
21. Hinged window blind (7)
22. Slight push (5)
23. Two or more contesting groups (5)
24. Striking (7)

Down

1. Tapers (7)
2. Inexperienced (5)
3. Frozen water (3)
4. Personify (6)
5. Decorative covering (9)
6. Photographic film (7)
7. Synthetic silklike fabric (5)
11. Short accounts of incidents (9)
14. Quashed (7)
16. Private place with peace and quiet (7)
17. Marine mammal (6)
18. Alleviates (5)
20. Emblem (5)
22. Nothing (3)

**Across**

1. Gem (5)
4. Shade of yellow tinged with orange (7)
8. Symetrically arranged (7)
9. Pouch (3)
10. Two-wheeled vehicle (7)
11. Publish (5)
12. Patisserie (6)
14. Syntactic category (6)
17. Wanderer (5)
19. Stone pillar (7)
22. Mesh (3)
23. Floorshow (7)
24. Stayed clear from (7)
25. Groups of cattle (5)

Down

1. Jests (5)
2. Male witch or demon (7)
3. Source of illumination (5)
4. Remuneration (6)
5. Surreptitious (7)
6. Hazards (5)
7. Type of power (7)
12. Very rich vein of precious ore (7)
13. Made smaller (7)
15. Vagrant (7)
16. Prohibit (6)
18. Slogan (5)
20. Planet (5)
21. Praise (5)

PERSONAL & SMALL ADS £1

ANNE-MARIE GARNETT

Happy 18th Birthday Anne-Marie on 14th July from Mum, Dad, Ben, Nan, Aunty Dawn, Aunty Georgina.

=====

ALF HOOPER

23/12/1923 -05/04/2016

Joan, Pauline, Ian and family would like to thank all who attended Alf's Thanksgiving service on Monday 23rd May 2016 and for the very generous donations amounting to £800 for the benefit of St. Andrews Church, Sedbergh. Special thanks go to the Reverend Andy McMullon, Canon Alan Fell and the St. Andrews Church Choir for their part in what was a most uplifting celebration of the life and times of Alf Hooper. A special tribute to a special man. Thankyou also to Brian Goad for his help with all the necessary arrangements and last but not least to Dorothy Goad for providing the most wonderful, post service, refreshments which were enjoyed by all.

=====

MICHAEL STEELE

Can I take this opportunity to thank my wonderful family and all those who have sent me their good wishes and cards since my quadruple heart bypass operation on 15th May? In total I have received nearly 60 cards from my friends and acquaintances both in Dent and Huddersfield, which I find quite staggering. Suffice it to say I had absolutely no inclination of this ticking time bomb prior to my first heart attack on May 2nd (which I put down to a quickly eaten, lunch-time

cheese and salad baguette causing severe indigestion, so no shooting pains down the arms, just a gripping pain across the top of the chest). We had arranged to meet son number two in Settle late that afternoon, so duly drove there and back and now realise heart attack number two occurred on the return journey, but it was not as severe. It was only the remonstrations of my wife Anne that caused 111 to be rung and an ambulance despatched. Suffice it to say our track proved problematical to the North West Ambulance Service and in the end it took three ambulances (and a tractor) to get me to A&E in Lancaster, but that is another story! I was then transferred the following day to Blackpool Victoria Hospital, which is the North West's Centre for cardiology, where an angiogram revealed the extent of the problem and that I would be staying put until they could operate. I put it down to my mother's chip pan, but the consultant assured me it was a genetic problem. I think I can safely say that I am lucky to be still here and thank you all once again for your good wishes. I am now well on the way to a full recovery at home.

=====

FOR SALE

One sholley with four wheels and brakes at £10. One rollator with three wheels nearly new also at £10. Telephone 20529. (*this appeared last month but with the wrong phone number. Apology to the person that received the calls.*)

FOR SALE

Open tread staircase in good condition. Twelve steps, 8ft 4ins rise approx, 2ft 6ins wide, £100.
Commode - hospital style with wheels. As new £40. Iron Frame for Garden Swing. Free for dismantling and collection. Contact 21260.

=====

FOR SALE

2 Wrought Iron Garden gates 8' wide.
£75 ono. Tel: 20235.



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printers



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Tel: 015396 21287

Mob: 07977514229

Email: info@gjbainesandson.co.uk

Web: www.gjbainesandson.co.uk

printers

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Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448

fax 01539 730253

e-mail info@strampress.co.uk

website www.strampress.co.uk

Regular Events/Meetings			
1000	Every Sunday	Free Entry to Locals	FM
1000	Every Monday	Wild Goose Qigong	URCR
1230	Every Monday	Sedbergh Songsters	GH
1330	Every Monday	Knit 'N' Natter	DHC
1400	1st Monday	Bridging the Gap	MC
1930	1st Monday	Dent Parish Council	DMH
1930	1st Monday	People's Hall	PH
1900	3rd Monday	Chamber of Trade	PH
0930	Every Tuesday	Drop-in & Relax (6)	MCD
1300	Every Tuesday	Howgill Toddlers	HVH
1300	Every Tuesday	Knit & Natter	FM
1830	Every Tuesday	Cub Scouts	SHQ
1830	Every Tuesday	Swimming Club	SS
1930	Every Tuesday	Bridge Club	WHC
1930	Every Tuesday	T'ai Chi	URCR
1330	1st Tuesday	Age UK Games	GH
1400	2nd Tuesday	Killington WI	PH
1400	3rd Tuesday	Sight Advice Sth Lakes	PH
1930	3rd Tuesday	Ladies NFU	PH
0830	Every Wednesday	Sedbergh Market	JLCP
1000	Every Wednesday	Coffee Morning	URCR
1215	Every Wednesday	Age UK Swimming	Baths
1315	Every Wednesday	Art Society	PH
1315	Every Wednesday	Zebras	SMCR
1730	Every Wednesday	Sedbergh Juniors	PH
1730	Every Wednesday #	Brownies	SMCR
1730	Every Wednesday #	Beaver Scouts	SHQ
1800	Every Wednesday	Yoga for All (5)	MCD
1900	Every Wednesday	Sedbergh Town Band	SSBR
1930	Every Wednesday	Sedbergh Seniors	PH
1930	1st & 3rd Wednesday	History Society (Winter)	SSAT
1915	2nd Wednesday	Dentdale WI	DMH
1930	2nd Wednesday	Sedbergh WI	PH
1400	3rd Wednesday	Age UK South Lakes	Library
1830	Every Thursday	Swimming Club	SS
1400	1st & 3rd Thursday	Child Health/Baby Club	PH
1430	1st Thursday	Age UK Cream Tea	Sed Café
1930	1st Thursday	Howgill WI	FCH
1200	2nd Thursday	Age UK Lunch Club	Red Lion
1915	2nd Thursday	Royal British Legion	WHC
1930	2nd Thursday	Sed. Parish Council	PH
1100	Every Friday	Mindfulness Course	MCD
1700	Every Friday #	Barrel of Fun	StAS
1800	Every Friday	Cub Scouts	SHQ
1930	Every Friday	Scouts & Explorers	SHQ
1330	1st Friday	Age UK Dentdale Club	DMH
1000	Every Saturday	Swimming Club	SS

= School Term Time Only
See Group Page for contact details & Diary Page for Keys

PLACES OF INTEREST TO VISIT IN THE AREA

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

* = Entry Fee Applicable



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs 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
Ms D Wood	Daleslea, Station Road, Sedbergh LA10 5DL (2014/06) 1D(ES); 2D/F(ES); TV; CH; P; NS; VB; CW	21789
Mrs Lappin	The Malabar, Garths, Marthwaite, Sedbergh LA10 5ED (2017/05) 4D (ES); 2T (ES); TV; CH; L; P; NP; DR; VB; CW; TL	20200
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh LA10 5BN (2013/02) 1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB; Free Wi-Fi e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite	Bramaskew Farm, Howgill, Sedbergh LA10 5HX (2013/09) 1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW e-mail:- stay@drawellcottage.co.uk	21529

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom

CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge; P = Parking; DA = Disabled Access; NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome

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

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

Organisation	Updated	Contact	Tel:	015396
Aglow International	04/15	Mrs Armitstead	015242	71062
Allotments Association - Dent	02/14	Mrs Owen	Dent:	25505
Allotments Association - Sedbergh	02/09	Mr Atkins	Sed:	20031
Angling Association	01/09	Mr Wright	Dent:	25533
Art Society - Sedbergh	09/14	Mr Morrison	Sed:	20209
Badminton - Sedbergh	10/08	Mr Wheatley	07816	437500
Beekeepers Association	04/15	Mrs Pauley	015242	51549
Bell Ringers (StAS)	02/14	Mrs Sharrocks	Sed:	20754
Book Group	01/09	Mrs Dodds	Sed:	20308
Bowling Club - Sedbergh	09/14	Mrs Killops	Sed:	20279
Bridge Club	01/09	Mr Estensen	Sed:	21060
Bridging the Gap	05/14	Mr Richardson	01772	561323
British Legion	12/15	Mr Parratt	Sed:	20964
Canoe Club - Sedbergh	01/09	Mr Hinson	Sed:	20118
Caving Club - Kendal	01/09	Mr Teal	Sed:	20721
Chamber of Trade	12/12	Mrs Sayner	Sed:	20935
Chameleons Drama Club	01/09	Mrs Bush	Sed:	20058
Christian Aid	01/09	Mrs Hannam	Sed:	20897
Community Orchard Group *	06/16	Mrs Parratt	Sed:	20964
Community Swifts (Sedbergh)	03/16	Mrs Hoare	01539	824043
Conservative Association - Sedbergh	01/09	Mr Beck	Sed:	20336
Cricket Club - Dent	01/09	Mr Hyde	Dent:	25503
Cricket Club - Sedbergh	02/15	Mr Hoggarth	01539	583793
Cumbria Wildlife Trust	01/09	Mrs Garnett	Sed:	21138
Dementia Friendly Community *	06/16	Dr Ripley	mylesripley52@gmail.com	
Dentdale Choir	11/13	Mr Steele	Dent:	25054
Dent Meditation Centre	09/14	Mrs Brooke	07582	017396
Dent Memorial Hall	01/09	Mrs McClurg	Dent	25446
Dentdale Players	01/09	Mr Duxbury	Dent	25535
Dent Primary School - Friends of	03/13	School	Dent:	25259
Dog Training - Sedbergh	01/09	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	12/10	Ms Last	Sed:	21958
Firbank Church Hall	09/11	Mr Woof	Sed:	21343
Fire Service (Tuesday Evenings)	01/09	Mr Packham	Sed:	20302
First Responders - Dent	01/09	Mrs Pilgrim	Dent:	25589
First Responders - Sedbergh	02/15	Mr Cobb	Sed:	22541
Football Club - Dent	01/09	Mrs Mitchell	Dent:	25432
Football Club Junior - Sedbergh	07/14	Mr Kirby	Sed:	21214
Football Club Senior - Sedbergh	07/14	Mr Parkin	Sed:	20585
Gala Group - Sedbergh	06/13	Mr Kernahan	Sed:	20733
Garsdale Village Hall	01/09	Mrs Scarr	Sed:	20502
Golf Club	12/08	Mr Gardner	Sed:	21551
Good Companions - Dent	04/16	Mrs Woof	Dent:	25212
Help Tibet Northern Branch	01/09	Mrs Howarth	Sed:	20090
History Society	01/09	Mr Cann	Sed:	20771
Howgill's Harmony	01/09	Mr Burbidge	Sed:	21166
Howgill Harriers	03/11	Mrs Shuttleworth	Sed:	20907
Howgill Toddlers	01/09	Mrs Alderson	Sed:	22050
Howgill Village Hall	01/09	Mrs Stainton	Sed:	20665
Kent Lune Trefoil Guild	12/13	Mrs Gilfellon	01524	781907

Killington Parish Hall	08/13	Mr Mather	015242	76333
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Labour Supporters Group	10/15	Mr Cross	01539	634139
Ladies National Farmers Union	12/11	Mrs Sandys-Clarke	Sed:	21246
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Little People	12/14	Mrs Suttle	07810	833478
Lunch Club	11/10	Miss Gladstone	Sed:	20438
Messy Church	09/14	Mrs Raw	Sed:	20542
Methodist Church Hall	04/14	Mr Allen	Sed:	20194
Over 60's - Dent	04/14	Mrs Richards	Dent:	25324
Parent Support Group	01/09	Mrs Goad	Sed:	20402
Parish Council - Dent	07/12	Mr Stephenson	Sed:	21487
Parish Council - Garsdale	12/14	Mr Johns	Sed:	22170
Parish Council - Sedbergh	04/14	Mrs Hassam	Sed:	20125
People's Hall	08/15	Sleepy Elephant	Sed:	21770
Pepperpot Club - Sedbergh	01/09	Mrs Smith	Sed	21196
Pistol and Rifle Club	01/09	Mr Middlemiss	Sed:	20662
Playground - Sedbergh	04/14	Mrs Hassam	Sed:	20125
Playgroup - Sedbergh	09/14	Mrs Kitchen	Sed:	20826
Playing Field - Sedbergh	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Red Squirrel Group - Sedbergh	09/15	Mrs Palmer	07584	285923
Residents Association - Sedbergh	01/09	Mrs Capstick	Sed:	20816
Rose Community Theatre	08/15	Mrs Gold-Wood	Sed:	21808
Scouts - Beavers	11/15	Mr Mawdsley	Sed:	20723
Scouts - Cubs	11/15	Mr Mawdsley	Sed:	20723
Scouts	01/09	Mr Mawdsley	Sed:	20723
Scouts - Explorers	11/15	Mrs Colton	07789	906421
Settlebeck High School P.T.F.A.	04/15	Mr Hartley	Dent:	25317
Sight Advice South Lakeland	04/15	Miss Harper	Sed:	20613
South Lakeland Carers Association	01/09	Mrs Woof	Dent:	25212
Squash Club	10/15	Mr Bannister	Sed:	21664
Swimming Club	03/16	Mrs Thexton	kate574@btinternet.com	
Tennis Club	01/09	Mr Robinson	Sed:	21014
Town Band	01/09	Mrs Waters	Sed:	20457
Town Twinning Group	09/14	Mrs Garnett	Sed:	21138
White Hart Sports and Social Club	01/09	The Committee	Sed:	20773
United Reformed Church Rooms	01/09	Mrs Haworth	Sed:	20428
Voluntary Car Scheme	06/15	Mr Dodgson	Sed:	20869
Walking & Cycling Group	08/14	Miss Nelson	Sed:	21770
Westmorland Gazette Correspondent	01/09	Mrs Gold-Wood	Sed:	21808
Women's Institute - Dentdale	06/14	Mrs Belfield	Dent:	25775
Women's Institute - Howgill	04/13	Mrs Hoggarth	01539	824663
Women's Institute - Killington	01/09	Mrs Sharrocks	Sed:	20754
Women's Institute - Sedbergh	12/13	Mrs Kernahan	Sed:	20733
Young Cumbria	01/09	Mrs Hartley	01524	781177
Young Farmers Club	11/15	Miss Thompson	07590	115844
Young Kidz	01/09	Mrs Baines	Sed:	21287

* = Latest Amendments

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

EDITORS COMMENTS

Another fantastic 104 pages last month but I still managed to make a few errors.

The Cover of June was and looked brilliant. However, I omitted to see that there were still two pictures of the Gala from May on the Back Page.

LOOKAROUND INFORMATION

The Sedbergh & District Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker & is printed by Stramongate Press. The content of The Lookaround does not reflect the views of the Editors.

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

Copies are available from Sedbergh Information Centre, Sedbergh Mini Market, Post Office, Spar, Dent Stores & Barbon & by Post (please enquire).

All items for Lookaround must be sent to the Sedbergh Information Centre at 72 Main Street, Sedbergh or deposited in the Lookaround Post Box there or sent to

editor@sedberghlookaround.org.uk

ADVERTISING

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

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

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

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

February to November is printed black

ink on white. The December/January issue is in full colour. All copies have a full colour cover to indicate a new issue & photographs are requested from our readers who will be credited.

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

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

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

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

Advertising rates have been updated: December 1991, December 1995, March 1997 & August 1999. (over 16 years ago.)

PERSONAL MESSAGES

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

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

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

GROUPS AND ORGANISATIONS

Any organisation that charges an admission, sells items or requires a donation from the public for anything at their event & wishes to include details in *The Lookaround*, are requested to

Lookaround Advertising Rates

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

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

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

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

place an Advert with us. This can be supported by text which cannot all be included in the advert. Any report *after* the Event is free. The request for payment for an Advert is to assist with financing *The Lookaround* which has a large printing expense every month. We feel that the Advertising Rates are very reasonable. All Adverts for Events automatically have the details entered into the Diary Page at the rear of *The Lookaround*. If organisations do not wish to Advertise with us, details of the Event will still appear on the Diary Page, but no text will be inserted.

BUSINESSES

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

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

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

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

Payments by BACS can also be made.

Account: Lookaround

Account Number: 30940267

Code: 20-45-28

Reference: Invoice Number or your name or reference.

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

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

CHILDREN'S BIRTHDAYS

Children's Birthdays are included free on the Birthday page until their 11th Birthday.

Every month, a randomly selected child will receive a £10 Gift Voucher to be used in Sedbergh or Dent from Lookaround who will receive it by post. For this reason, we require the postal address of each child. If we have no address, they are unable to receive it. If anyone or any business would like to Sponsor the Birthday Gift, please contact us. Full credit will be given.

Dennis J Whicker

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0808 (C, L)	0852	M - F	502	SCC	0900	0935 (L)	Sat	S1	WDB
0815 (M)	0855	Sat	S1	WDB	1030	1056 (L)	M - F	564	W
0940 (L)	1010	M - F	564	W	1245 (Mo)	1325 (M)	Sat	S1	WDB
1015 (L)	1045	Wed	564A	W	1300	1330 (L)	Wed	564A	W
1050 (L)	1130 (Mo)	Sat	S1	WDB	1330	1356 (L)	M - F	564	W
1240 (L)	1310	M - F	564	W	1420	1455 (M)	Sat	S1	WDB
1338 (M)	1415	Sat	S1	WDB	1615	1652 (M)	Sat	S1	WDB
1528 (M)	1605	Sat	S1	WDB	1705 (C)	1749 (L)	M - F	502	SCC
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
1749 (L) (C)	1819	M - F	502	SCC	0738 (C)	0808 (L)	M - F	502	SCC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Dent					Dent Station to Dent				
0935 (L)	0950	Sat	S1	WDB	1020	1035	Sat	S1	WDB
1330 (L)	1345	Wed	564A	W	1750	1805	Sat	564A	WDB
1455 (M)	1510	Sat	S1	WDB	1930 (R)	1945	Sat	564A	WDB
1652 (M)	1705	Sat	S1	WDB	Dent to Sedbergh				
1840 (L, R)	1855	Sat	S1	WDB	1000	1015 (L)	Wed	564A	W
Dent to Dent Station					1035	1050 (L)	Sat	S1	WDB
0950	1005	Sat	S1	WDB	1515	1528 (M)	Sat	S1	WDB
1705	1720	Sat	S1	WDB	1805	1820 (L)	Sat	S1	WDB
1855 (R)	1910	Sat	S1	WDB	1945 (R)	2000 (L)	Sat	S1	WDB
Trains from Leeds to Dent Station Sat Only					Last Update: May 2016				
Arrive Dent	1016		1923						
Trains from Carlisle to Dent Station Sat Only									
Arrive Dent	1038	1732	1920						

L = Library ~ M = Maryfell ~ Mo = Morrisons

SCC = Stagecoach

C = College Days Only

W = Woof's of Sedbergh

R = Request Only

WDB = Western Dales Bus

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

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

BUS SERVICES

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

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

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

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

JULY CHURCH SERVICES					
St. Andrew's Sedbergh	3rd	10th	17th	24th	31st
8.00 am	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
10.30 am	HC CW	HC CW SS	HC CW	Family Service	HC CW
6.30 pm	EP	EP	EP	EP	EP
Wednesday	1st	8th	15th	22nd	29th
11.00	HC BCP	HC BCP	HC BCP	HC BCP	HC BCP
	3rd	10th	17th	24th	31st
St. Mark's Cautley	2.30pm HC	9.30am MP	9.30am HC by Extension	9.30am HC by Extension	
St. John's Garsdale	9.30am MP	9.30am MP	9.30am HC	9.30am MP	
LUNE PARISH SERVICES					
	3rd	10th	17th	24th	31st
Holy Trinity Howgill	10.30 am Morning Prayer @ Firbank	10.30 am Mission Community Outdoor Service in Dent	2.00 pm Holy Communion @ Killington	2.00 pm Holy Communion @ Howgill	2.00 pm Holy Communion @ Firbank
St John's Firbank					
All Saints Killington					
DENT & COWGILL PARISH SERVICES					
	3rd	10th	17th	24th	31st
St. Andrew's	10.30 am Holy Communion	10.30 am Holy Communion Open Air Service	10.30 am Holy Communion	10.30 am Holy Communion	10.30 am Holy Communion
St. John's	9.00 am Holy Communion		2.30 pm Evening Prayer		
worship@peopleshall					
	3rd				
People's Hall	1030				
HC = Holy Communion		SS = Sunday School			
BCP = Book of Common Prayer		MP/EP = Morning Prayer/Evening Prayer			
CW = Common Worship		M&P = Meditation & Prayer			
PC = Parish Communion		Taize = Modern Chants & Choral			
MP NC = MP with Northumbrian Community		NSV = New Sedbergh Version			

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A. McMullon Tel: 20018

Church Wardens:

Tony Reed Screen 21081
& Susan Sharrocks 20754

www.sedbergh.org.uk/churches/anglican

ROMAN CATHOLIC

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

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30

Rev. H. Stuteley Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. C. Marsden Tel: 22030

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30

Tess & Philip Satchell Tel: 20005

DENTDALE

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

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

CHURCH OF ENGLAND

Cautley & Garsdale

Rev. A. McMullon Tel: 20018

Church Wardens:

Cautley: Judith Bush 20058
& Maureen Hinch 20843

Garsdale: Rosemary Lord 20993
& Bill Mawdsley 20723

Firbank: Colin Wilson 20952

& Jean Dixon 20435

Howgill: Mary Stainton 20426
& Dorothy Parker 20493

Killington: Jennifer Thornley 20444
& John Mather 015242 76333

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrow

Rev. H. Stuteley 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday
Tel: 28151

www.sedberghchristiancentre.co.uk

worship@peopleshall

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

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev. G. Jones Tel: 01539 722079

Lookaround Advertising Rates

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

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

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

All else by 19th of every month

Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 1st April 2017

JULY		AUGUST	
1 0930 The Big Sing (Text April)	SSPS	24 1030 Through the Mill Exhibition Ends (27)	FM
1 1000 In Tandem Exhibition till 3rd July	DCMH	24 1100 Group Mediation (8 & 46)	DMC
1 1030 Through the Mill Exhibition till 24/7 (27)	FM	24 1100 Hawes Rural Heritage	DCMH
1 1800 S&DHS Book Launch (6)	URCR	24 1330 Sheepfest Workshop (22)	SSAT
1 1930 Swift Stroll	LHCP	25 1000 Holiday Club (83)	PH
2 1000 StAD Coffee Morning & Jumble Sale	DMH	25 1300 Sheepfest Workshop (22)	SSAT
2 1200 S&DHS Book Launch (6)	URCR	25 1700 Sheepfest Workshop (22)	SSAT
2 1400 Open Gardens (5)	Broadfield House	26 1000 Holiday Club (83)	PH
2 Wickerfishart (4)	FM	26 1030 Age UK Walk - Arnside (88)	PH
2 1900 Flicks in the Fells	CANCELLED	26 1100 Drystone walling Demonstration	DCMH
3 1030 Pathfinder Navigation Course	DCMH	26 1300 Sheepfest Workshop (22)	SSAT
3 1330 Discover Aisgill Force	DCMH	26 1700 Sheepfest Workshop (22)	SSAT
3 1400 Open Gardens (5)	Broadfield House	27 1000 Coffee Morning - Garsdale Village Hall	URCR
4 1030 American Braided Rugs (27)	FM	27 1000 Holiday Club (83)	PH
5 1000 Footsteps of Turner Exhibition till 28/09	DCMH	27 1030 Lace Guild Exhibition till 25/08 (27)	FM
6 SS End of School Year		27 1100 Let's go fly a Kite	DCMH
6 1000 Coffee Morning - URC	URCR	27 1400 Let's go fly a Kite	DCMH
6 1400 Hawes Town Trail	DCMH	28 1000 Holiday Club (83)	PH
7 1700 Post Appleby Fair Drop In (Text June)	BVH	28 1400 Seeing Red - Squirrels	DCMH
7 1930 WIH Tai Chi	HVH	29 1000 Holiday Club (83)	PH
8 1000 Mindfulness (8 & 46)	DMC	29 1100 In The Kitchen	DCMH
8 1345 Blood Donor Session (83)	PH	29 1300 Bugs Galore	DCMH
8 1645 Blood Donor Session (83)	PH	30 1330 Walk Through Time	DCMH
9 1030 Wedding Fayre (10 & 84)	Plumgarths	31 1100 Magical Moths	DCMH
9 1300 Sedbergh Sports (<i>Ad not received</i>)	Buckbank Fm	31 1400 Gong Bath Meditation (8 & 46)	DMC
		AUGUST	
9 1400 Strawberry Teas (9)	DMH	1 1000 Footsteps of Turner Exhibition till 28/09	DCMH
9 1400 Open Garden (9)	3 Winfield Road	1 1030 Lace Guild Exhibition till 25/08 (27)	FM
10 1030 Open Air Service (11)	Dent	3 1000 Coffee Morning - Vacant	URCR
10 1030 Wedding Fayre (10 & 84)	Plumgarths	4 1930 WIH Quilling Demonstration	FCH
10 1915 Organ Recital (10)	SMC	6 1000 STAD Coffee Morning	DMH
12 1300 History Society - Dalemain (12)	LHCP	9 Lunesdale Show (June text)	KL Rugby Club
13 1000 Coffee Morning - British Legion (13)	URCR	9 1030 Become a Weaver (27)	FM
13 TBA WID Summer Outing	TBA	9 1930 Domino Drive	FCH
13 1930 Swimming Club AGM (13)	WHC	10 1000 Coffee Morning - Howgill Church	URCR
13 1930 WIS Is It True Miss?	PH	10 1030 Become a Weaver (27)	FM
14 1200 Lunch Club	Red Lion	10 1915 WID How to Drop a Brick	DMH
14 1400 WIK TBC	PH	10 1930 WIS Balancing a Pulse of Life	PH
14 1915 Royal British Legion (13)	WHC	11 1200 Lunch Club	Red Lion
15 1930 Friends of DCMH Gift Day	DCMH	11 1300 Sheepfest Workshop (22)	PH
16 1200 Finkle Street Party (1)	Finkle Street	11 1700 Sheepfest Workshop (22)	PH
16 1200 S&DHS Exhibition (85)	StAS	11 1915 Royal British Legion (13)	WHC
16 1400 10th Anniversary (16)	Barbon Inn	12 1300 Sheepfest Workshop (22)	PH
17 1330 Explore Upper Wensleydale	DCMH	12 1700 Sheepfest Workshop (22)	PH
17 1400 10th Anniversary (16)	Barbon Inn	12 1900 SS u13 NCO Orchestra Concert (40)	SSPH
18 1800 Dementia Friendly Community (84)	PH	13 0800 Howgills Triathlon	Sedbergh
18 1900 Share Investment Club (18)	3 Hares	13 1000 Cowgill Church Coffee Morning	StJCC
20 1000 Coffee Morning - People's Hall	URCR	13 1000 Picnic & Painting (48)	Leck Gallery
20 1300 Medical Centre Closed for Training (20)	MC	13 1000 Sheepfest Workshop (22)	PH
22 1030 Quiet Day (Feb) (Date Changed)	StMC	13 1330 Sheepfest Workshop (22)	PH
22 1300 Sheepfest Workshop (22)	SSAT	14 1100 Minor Cricket Cumberland v Norfolk	SS
22 1700 Sheepfest Workshop (22)	SSAT	15 1100 Minor Cricket Cumberland v Norfolk	SS
23 0930 Artisan Market (5)	Main Street	15 1300 Sheepfest Workshop (22)	PH
23 1000 DMC Coffee Morning	DMC	16 1700 Sheepfest Workshop (22)	PH
23 1000 Sheepfest Workshop (22)	SSAT	16 1100 Minor Cricket Cumberland v Norfolk	SS
23 1000 S&DHS Exhibition (85)	DMH	17 1000 Coffee Morning - STAS Mission	URCR
23 1330 Sheepfest Workshop (22)	SSAT	19 1000 Art Society Exhibition TILL 29/8	SSL
23 1400 Red Squirrel Tea Party (23)	Greenbank Gdns	20 1000 DMC Coffee Morning	DMC
24 1000 Sheepfest Workshop (22)	SSAT	20 1930 The Merry Organ	STAD
24 1000 S&DHS Exhibition (85)	DMH	24 1000 Coffee Morning - North West Cancer	URCR

25	1030 Lace Guild Exhibition Ends (27)		FM
27	0930 Artisan Market (5)	Main Street	GVH
27	1000 S&DHS Exhibition (85)		DMH
27	1100 Indoor Market & Craft Stalls		GVH
28	1000 S&DHS Exhibition (85)		GVH
29	August Bank Holiday		Dent
29	1000 S&DHS Exhibition (85)		PH
29	1100 Dent Gala		URCR
30	1030 Age UK Walk - Hawes (88)		
31	1000 Coffee Morning - Vacant		
	SEPTEMBER		
1	1000 Coffee Morning - Garsdale Church	URCR	
1	1000 Footsteps of Turner Exhibition till 28/09	DCMH	
1	1930 WIH Footcare		HVH
3	1000 STAD Coffee Morning		DMH
3	1900 Flicks in the Fells (flick)		PH
4	1030 Moorcock Show (78)	Moorcock, Garsdale	
7	1000 Coffee Morning - Talking Lookaround	URCR	
8	1200 Lunch Club	Red Lion	
8	1915 Royal British Legion (13)		WHC
9	1000 Coffee Morning - Talking Lookaround	URCR	
10	0930 Artisan Market (5)	Main Street	
13	1400 WIK Britain in 50's & 60's		PH
13	1930 Domino Drive		FCH
14	1000 Coffee Morning - Vacant	URCR	
14	1915 WID Humanist Ceremonies		DMH
14	1930 WIS The Baroness of Belsfield		PH
17	Sheepfest '16 (22)	Sedbergh	
18	Sheepfest '16 (22)	Sedbergh	
18	1400 Pudding Festival		DMH
20	1030 Collapsed Weaving (27)		FM
20	1400 Sight Advice South Lakes		PH
21	1000 Coffee Morning - First Responders	URCR	
22	1300 Medical Centre Closed for Training (20)		MC
25	1030 Birds in Watercolour (4)		FM
27	1030 Age UK Walk - Middleton Hall (88)		PH
28	1000 Coffee Morning - WIS	URCR	
	OCTOBER		
1	1000 StAD Coffee Morning		DMH
1	1030 Autumn Glory in Batik (27)		FM
1	1900 Flicks in the Fells (flick)		PH
5	1000 Coffee Morning - Firbank Church	URCR	
6	1930 WIH AGM		FCH
9	1030 Standing Wool - Quillie Rugs (27)		FM
11	1400 WIK How to Make a Fabric Pumpkin		PH
11	1930 Domino Drive		FCH
12	1000 Coffee Morning - Christian Aid	URCR	
12	1915 WID Seasonal Flower Arranging		DMH
12	1930 WIS Lakeland Arts Trust		PH
13	1200 Lunch Club	Red Lion	
13	1915 Royal British Legion (13)		WHC
18	1400 Sight Advice South Lakes		PH
19	1000 Coffee Morning - Bowling Club	URCR	
19	1300 Medical Centre Closed (20)		MC
22	1930 Olde Time Dance (17 & 37)		PH
25	1030 Age UK Walk - Dent (88)		PH
26	1000 Coffee Morning - Garsdale Church	URCR	
28	1930 Domino Drive		HVH
30	Clocks Go Back		
31	Halloween		
	NOVEMBER		
2	1000 Coffee Morning - Middleton Church	URCR	
3	1930 WIH Bibby's in a Nutshell		HVH
5	Guy Fawkes Night		

COVER PICTURE
Settlebeck New Bridge
By Sean Cresswell

DIARY KEY

BF	= Brigflatts
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CTiS	= Churches Together in Sedbergh
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Farfield Mill
GH	= Gladstone House
GVH	= Garsdale Village Hall
HS	= History Society
HTCC	= Holy Trinity Church Casterton
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLL	= Kirkby Lonsdale Library
KVH	= Killington Village Hall
L	= Library, Main Street
LHCP	= Loftus Hill Car Park
MC	= Medical Centre
MCD	= Meditation Centre, Dent
MCH	= Mansergh Community Hall
PH	= People's Hall
QG	= Queens Gardens
SASL	= Sight Advice South Lakeland
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJCC	= St Johns Church Cowgill
StMC	= St Mark's Church, Cautley
SHQ	= Scout Headquarters
SIC	= Sedbergh Information Centre, 72 Main St
SSAT	= Settlebeck School Academy Trust
SSPS	= Sedbergh School Thornley Studio
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