

SEDBERGH & DISTRICT

# LOOKAROUND

June 2002

Issue 190

Donation 50p

A warm welcome to all our visitors this month.

Last month, we requested that the Lookaround be printed on 'Lilac' coloured paper and you saw the end result. Even we had trouble reading

things.

The Large Print and Audio Lookaround available from our Office seem to be doing well. Let us know if anyone wants a copy of either.

*Dennis & Jacky Whicker*



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**June - July 2002**

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# Children's Birthdays June 2002

Every month, there is a Children's Voucher for £10 which is kindly sponsored by two anonymous readers.

The recipient this month is:-  
Stewart McCANDISH who is  
10 years old on 2nd June.

Please collect your voucher from  
the Sedbergh Office Services at 13  
Kings Yard, Main Street, Sedbergh  
which can be used in any shop in  
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Day	Name	Age
2	George HINSON	3
2	Stewart McCANDISH	10
2	Demeer BALDERSTON	5
5	Benjamin CHETWOOD	10
6	Katie METCALFE	11
7	Alexander WINSTANLEY	6
9	Edward LAWSON	5
7	Ross SEDGWICK	6
9	Jack LEDDY	6
9	Charlotte ORR	10
11	Kieran TODD	4
14	Adam ROBINSON	9
17	Oliver BROWN	9
18	Chloe PACKHAM	10
19	Beth BAINBRIDGE	9
23	Jake WOOF	6
24	Laura HARTLEY	6
25	Chelsea WOOF	9
26	Joss LIVESEY	12
28	Annabelle BREWER	3



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Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (12/02) .....	20754
	e-mail:- SSharrocks@breathemail.net	
	<i>2D; 1T; CH; TVL; NS; NP*; P; DR</i>	
Mrs L Hopkins .....	Brantrigg, Winfield Road, Sedbergh (09/02).....	21455
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CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;  
NS(B) = No Smoking (Bedrooms); NP(\*) = No Pets (\* by arrangement); P = Parking;  
DR = Drying Room; Di = Dinners; TL = Table Licence; VB = Vegetarian Breakfast;

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Articles etc. by 19th of every month



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### CONGRATULATIONS

Congratulations Hayley and Chris on your engagement. Love Mum, Dad, Curtis and Jenny.

### DONOGHUE

Happy Birthday Nicola on becoming a teenager on the 17th June 2002. Love from Mum, Dad, Martin, Ian and Garry.

### DONOGHUE

Congratulations Nicola on becoming a teenager on 17th June 2002. Love from Gran and Grandad, Uncle David, Annemarie, Thomas, Jack and Joe.

### MIDDLETON

Isobel and all the family would like to thank all relations, friends and neighbours for cards, letters and flowers in memory of Jim. Thanks to Dr. Syred for all his care. To the District Nurses Claire, Annette, Kim and Tracey for all the attention given to him. To the Rev. Peter Boyles for the family service. To Sarah Woof, a wonderful carer and Jenny, our tower of strength. Also to Dorothy Goad and helpers for refreshments. To Brian Goad for his efficient funeral arrangements. To all who gave so generously to St. Andrews' Church and Sedbergh Health Centre. Our grateful thanks to all.

### FAULKNER

Alan and Margaret wish to thank Dr. Anne Orr, Elaine, District Nurse and our friends in Sedbergh and Dent. Linda and all ladies at Frostrow W. I. The wonderful care received during Margaret's recent stay at R.L.I. deserves our heartfelt gratitude. Many prayers were said on her behalf, for those we thank you, but to the One at whose feet it was all laid goes the highest praise. In HIS NAME we give thanks.

### JAMES (Nee Airey)

We would like to thank family, friends, neighbours and everyone who gave beautiful gifts, money, tokens and cards on the occasion of our marriage on 27th April. We are overwhelmed by everyone's kindness and generosity. To all who helped to make it a day to remember, we give our sincere and heartfelt thanks. Chris and Liz.

### MOXHAM

Many congratulations Mam on your **80th Birthday** on June 10th. All of our love Chris and Jen. XXXX.

### MOXHAM

Wishing you a very **Happy 80th Birthday** on June 10th Peggy. Lots of Love from Carole, Emma and Andrew. XXX.

### MOXHAM

**Happy 80th Birthday** on June 10th Mum. All our Love Christopher and Jennifer.

**PACKHAM**

Peter, Cate, Luke and Chloe would like to thank everyone that helped Chloe after she'd been knocked down on Friday 10th May, especially to the ambulance men who were wonderful and to all family, friends and everyone for the kind words, cards and gifts.

**JANE SPENCER**

I would like to thank all the many friends who have sent me good wishes, cards, flowers and kind messages after my car accident and recent stay in hospital. It was a great boost to my morale to know that so many people were thinking of me.

**SWALLOW**



Steve, Janette & Brodie would like to thank everyone for their cards, gifts and good wishes following the birth of Ruben Owen on 13th May 2002 - weighing 8lb 15oz.

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## SEDBERGH PARISH COUNCIL

27th March

GUEST SPEAKERS - Nicola Packham and Helen McFadyen from Sedbergh Playarea Group.

The Chairman welcomed the speakers who had come to talk about their plans for renovating the Children's Play Area on Howgill Lane Playing fields.

The group of local parents has been set up with the help of Barnado's to improve the play facilities for children on the Playing Field. The present state of the equipment is very poor and action is needed to improve facilities. So far the group has been set up and properly constituted and has started to raise funds, so far several local donations have been received from groups such as Merewood, Baliol School and the Football Club.

They have also had an Open evening at the People's Hall and sent out questionnaires for which they got an 80% response. The purpose of these was to enable them to find out what sort of equipment was required. They have now prepared a 'shopping list', which is going to cost in the order of £60,000. They have received various plans from

suppliers ranging in price from £40,000 to £80,000.

To precede one of the first things that they require is the agreement of the Parish Council to lease them an area of the Playground and also to reach agreement with the Parish Council about the future maintenance. They would also like some funding from the Parish Council.

Also they are considering a path on the inside of the field from Havera down to the play area, extra funding could be available for this under the 'Doorsteps Green' project.

The Chairman thanked the speakers and congratulated them on the work done so far and wished them every success in

Abbeyfield (Kirkby Lonsdale) Society Ltd.  
*present*

## STRAWBERRY TEA & OPEN DAY

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their fund raising. The Parish Council will be in contact after they have discussed the matter.

#### PLANNING

It was agreed the Mr. McCullagh the Planning Officer for the Yorkshire Dales National Park should be invited to the June meeting .

#### HIGHWAYS

A meeting was held with Mr. Bell from Capita to discuss the siting of a mirror at the entrance to Main Street. This has now been ordered.

Work has started on the Zebra crossing at Settlebeck. The zebra crossing at Back Lane is still proceeding but this will take a little longer.

A letter was received from Mr. Wright concerning Row Lane and it was agreed that we would write to the Highways department to see if a width restriction sign could be erected.

#### MODEL CODE OF CONDUCT

It was agreed to accept the Model Code of conduct with effect from May 2nd 2002.

#### PLAYING FIELDS

The proposals by the Playgroup for renovation were discussed and it was agreed that we should give them every encouragement. There is a definite and urgent need for something to be done to improve the play equipment, especially now that there are more children at this end of town.

There was full support in principal for them to have a lease over the play area and also for the continuing maintenance although some idea as to likely maintenance costs would be appreciated before we entered into an agreement.

There was also full support for the idea of a path from Havera as long as it was also suitable for disabled buggies.

It was also agreed that we should give a substantial donation nearer the time.

#### CUMBRIA IN BLOOM

Mr. Hinson has done some clearance work in Queen's Gardens and it is looking tidier. The wall alongside Randal hill needs some repairs.

#### QUEEN'S JUBILEE

Preparations are well under way with both the daytime event on Back Lane and with the evening concert.

The sourcing of mugs at an economical price is proving difficult.

#### ANY OTHER BUSINESS

Farfield Mill – They are setting up an Arts Centre and would like a representative from the Parish Council. It was agreed to defer this to the AGM.

Litter Bins – It was agreed that we should try to get a litter bin at New Bridge.

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## **S&DBPT**

£42,500!!! Forty two thousand, five hundred pounds!!

Are the Trustees are off to a little desert island somewhere? No such luck!

Do they need any more money now? The answer is certainly yes.

This grant is NOT for the building. It is for the community. It is to help us organise and put on activities.

Those activities will include recording personal memories and dialogues between older people and youngsters, recordings that will be a permanent record.

They will include a two year programme of repairs on a collection of nineteenth century costumes which has been given to the Trust. We shall need a consultant from the North West Museums Service on how to do this and how to store and display the costumes. It will be used to put on exhibitions of the costumes.

We shall also need some-one to set up and run activities for school children, making them costumes to wear, preparing worksheets and so on. The grant will enable us to do this at minimum cost to the schools.

Also at minimum cost to local people, over a two year period, we will be able to run courses connected with heritage, particularly, traditional crafts, traditional folklore, traditional music, traditional literature. The courses will be open to local people at a reduced cost. Some will last more than one day and will also be advertised widely. Any visitors will be given a list local accommodation addresses.

At present any courses we put on have

to be expensive to cover the costs. If there are 6 people on a one day course, the tutor will cost about £150 (national rate). Then there is the advertising, morning coffee, afternoon tea and lunch. Without the grant the courses can only be run if there are more than 10 people or more. For example the cost of running a 3 day course for 6 people is between £90 and £120 per person. We do not expect local people to want to pay that. One important use of the grant will be to bring that price down for local people.

We have not been given the money or even the go-ahead yet, but there will be more details later.

It surprises some people that the Sedbergh and District Buildings Preservation Trust is a charity and that

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we still need money. If you know anything about museums and art galleries round the country you will know that they only exist because they are paid for largely out of public funds. Even the Kendal Brewery Arts Centre could never pay its way commercially and it relies heavily on grants and on donations from the 'Friends of the Brewery'. Abbot Hall too has its 'Friends' and the Kendal Museum is heavily subsidised by Kendal Town Council.

The cost of restoring Farfield was twice what it is now worth! To keep Farfield going money will always be needed. The income is never expected to cover the cost of running it without donations and grants. It had to be a charitable trust to take Farfield on because it was never a

commercial proposition.

The only purpose of having an Arts and Heritage Centre at Farfield Mill is for the benefit of the community. The jobs it offers are for the benefit of the community. (2 full time and 10 part-time jobs have been created and there will be more). The workspace it offers are of benefit to the economy. (3 of the tenants have moved into the area to live because of the studios) The money that the Centre spends on marketing is marketing the Sedbergh area. The visitors it brings to the Centre benefit Sedbergh. Despite the foot and mouth last year, the YDNP Information Office showed an increase in visitors.

(Everywhere else in the Dales showed a decline). We believe this was not unconnected with the opening of Farfield Mill last June.



It is easy to see how donations for a health charity, a children's charity or an animal charity provide benefits. It takes more imagination to see that money invested in saving a building and putting it to good use also benefits the community; in jobs, and in the economic spin-off that results from having a unique and rather special attraction in the area.

There will be more to come. We still have the top floor to develop. We are being helped to form another trust, an Arts Trust for the Western Dales, which aims to become a rural version of the Brewery Arts Centre in Kendal. This is an exciting possibility, of which more in a later issue.

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## MEMORIES

*of Bob Bracken, Huddersfield.*

I have followed with interest the series of articles on Braithwaite's of Sedbergh published in The Lookaround. I came to Sedbergh in 1926 at the age of 10, moving from "Bower Syke", Killington. Me, my mother and aunt lived at "Nolans", No. 49 Bainbridge Road, which was situated at the top end of Braithwaite's yard and overlooked it.

I remember Alf Braithwaite very well, always smartly dressed, knee breeches, cap, collar and tie and polished boots. I liked him and was not overawed by him. He always had a Hello for me and used to say to Harold Haresnape, one of his long time workers - Is he a nuisance? - No said Harold. Is he learning anything? - Yes

said Harold, but I never discovered what - probably patience, because I used to sit and watch Harold in the cycle workshop, building up wheels - taking the rim, putting in the spokes and truing it all up. In fact, I did learn a lot from Harold regarding the maintenance of cycles and later cars.

Alf always seemed friendly towards us. He would give us the occasional lettuce or a few peas from his garden. And the ultimate- he trusted me to have a ride on his penny farthing cycle. I wonder how many people alive today have actually ridden a penny farthing. Believe me, it was quite an experience. Alf stood on the edge of Bainbridge Road and watched me go up and back again and then helped me to descend.

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I remember Alf's Rolls Royce. It was a 1913 open touring Silver Ghost, which he bought from Mr Taylor of Akay, Sedbergh. I believe that he had it altered at some time to accommodate children on the school run,

I also remember Alf's goodwill footpath, which went through the garage yard from the top end of Bainbridge Road, down to the bottom of the snicket and was closed off one day each year to prevent it becoming a public right of way. Alf used to get rather stroppy at times with some of the people who used it, though fortunately I never had any problem, possibly because I always used to close the gate between Braithwaite's Yard and Mounsey's Smithy, which in the

late 20's was located down near the bottom of the snicket from Bainbridge Road. The Smithy, incidentally, moved to the position in the Bull Yard sometime in the early 30's.

I remember Alf's Sons, George and Sid. It was always said that George liked to keep his hands clean, whilst Sid liked to keep his dirty - which was probably true. George was in charge of the shop down on Main Street, which sold cycles, accessories and eventually petrol and I remember in 1928, when I was going to the National School, I became interested in building radio sets. Not the elaborate things of today, but the single valve things with headphones. From

*(Continued on page 12)*

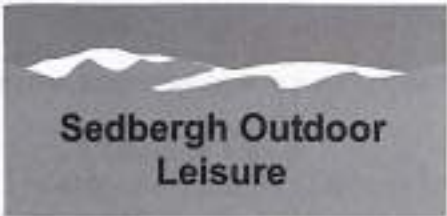


somewhere George had acquired some radio spares and I remember buying from him a pair of Telefuncon headphones, some coils and various other parts. I don't think he had a clue what they were intended for, but for the matter of a few shillings, I got sufficient material to build my first set.

I remember using his petrol pumps when I got my first motor bike in 1933 and my first car in 1935.

I like the story about Sid and the "courting coach" in Les Robinsons letter in the Feb issue of The Lookaround. I also like the editors comments at the end of the letter, and Sid's reply - Typical Sid. He didn't seem to change a bit. I remember a story about Sid as related to me by Fred Taylor, Martin's Electrician. I

knew Fred very well because of our mutual interest in radio, though he was much older than me. In those days power plugs were unshielded and consisted of 2 open sockets. Apparently Fred was in Sid's house discussing alterations to the house wiring. They were sat around a table adjacent to one of these sockets, which was fixed to the wall. On the table was a pair of scissors, which Sid picked up and started fooling around with. I remember Fred saying "I knew darned well what he was going to do, and by jove he did. He only went and stuck the points of the scissors into the plug, resulting in a huge flash and darkness. In the firelight, I never saw anyone leave a chair so quickly~. Thankfully, Sid was not hurt.



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I also remember Les Burton who was an excellent mechanic and also an excellent painter. I vividly remember him painting the early Braithwaite charas, working under a wet sheet to prevent the dust settling on the paint, doing the lettering and using gold leaf to accentuate the major parts. This was followed by a varnish to finish. It is not surprising that so many of us were impressed with Les Burton, truly a Braithwaite stalwart.

I am enclosing a picture, taken with a Kodak vest pocket camera from the kitchen window of number 49 Bainbridge Road in I think 1927, of Braithwaite's yard. Looking at the foliage in Alf's allotment, I would think that it was round about May or June time.

The picture shows a solid tyred Albion, used by Pratt's Petroleum Spirit. The



vehicle was kept at Alf's Garage but Pratt's depot was at the Station Goods Yard. Pratt's spirit eventually became Esso. As I remember, petrol pumps were few and far between and petrol was stored locally at the Goods Yard in cans - I still have one. The Albion appears to be a tanker and it was possibly used to bring in supplies from their main depot. The driver was always a source of interest. I don't know his first name, but by some strange coincidence, his surname was Pratt. I remember watching him come to the Albion at about 8-0-clock every morning dressed as a city gent - suit, gloves, top coat, polished shoes, etc. Pratt's mate was Donald Neilson, who lived on Fairholme with his sister Peggy and mother. Donald married Gladys Metcalfe, daughter of Metcalfe the Grocer who used to manage their pastry and cake shop which was next door to Woodhouse the chemist in Main Street.

Between the building on the left, which later became the Sedbergh Fire Station, and the back of the Albion is a van which I think belonged to Metcalfe's. At this end of the building is a lean-to corrugated iron shed, which was demolished about

*(Continued on page 14)*



1928 when Alf built a new garage to house the Ribble buses that were just starting to operate services out of Sedbergh.

After leaving Sedbergh National School in 1928, I attended QES at Kirkby Lonsdale. The total number of pupils at that time was about 135. The bus left Sedbergh Market Square at ten past eight each morning and eventually arrived at the square in Kirkby Lonsdale at about quarter to nine with just sufficient time to dash up the hill and get to school for nine o'clock. The headmaster was J. L. Johnson - Not may I say one of my favourites. During my time at QES there were between 20 and 30 borders, the rest being day pupils. The borders were a very mixed bunch. They varied from

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children of British diplomats stationed abroad, to the son of a manager of a Gas Works in India, children of a doctor in Bradford and children of Mill owners from Bradford and Leeds.

I left Kirkby in 1933 with a good leaving certificate and the opportunity to go into the sixth form, which I declined. My mother was widowed when I was just a year old and funds were tight. It was a case of getting out as soon as possible and finding some employment at a time when employment was very difficult to obtain. I was lucky? to be offered a job in Kendal at 17 shillings and 6 pence per week. With the deductions that were operating at that time, my take home pay was 16 shillings and 4 pence. Fortunately, I was only there for about twelve months, when I obtained employment with Pirelli General's cable company, which involved travelling all over the United Kingdom. Later I transferred from Pirelli to United Telephone Cables and eventually in 1938, with I may say a wealth of experience in external telephone construction, I joined the Post Office, and this was all largely due to George Braithwaite supplying me with those radio spares.

## FARFIELD MILL

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## SETTLEBECK HIGH SCHOOL

### *Learning Resource Centre*

After many months of negotiation with the LEA we are delighted to announce that a new facility is now imminent for Settlebeck. You will recall that a public meeting was held back in October 2001 to consider proposals to develop a strategic facility for six students with autistic spectrum disorders. Settlebeck is in many ways a perfect place for such a facility since we have long experience of supporting such students (and currently have five of them in the school). The public meeting was positive and the LEA has now come up trumps with generous extra staffing, training, resources and a new building. This will provide us with the resources we've always lacked and will in no way change the nature of the school. In fact the extra resources will benefit all of our students and potentially the wider community as well. In the light of this extended role the facility is to be renamed the Learning Resource Centre and will provide a wide range of new resources (including computers) and teaching spaces for small group work. We hope to appoint new staff for the Centre in the summer term of 2003 and to open the new Centre to students in September 2003. Keep an eye on the site next to our new Music/Drama block.

### *Settlebeck Cottage*

For those of you who have used our cottage facilities at some time in the past get ready to say a fond farewell. We're expecting the demolition men to start work in July, and by September the foundations of a new, much improved, building should be well advanced. The plans are completed for an extended

NORTH WEST CANCER RESEARCH FUND  
(Sedbergh & District Branch)

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## THE OPEN GARDENS OF GULDREY


**Saturday 15th June**

2pm to 4pm

Admission £2 includes tea & biscuits  
Tombola ~ Cakes ~ Plant Stalls

Credits Centre with 20 computer workstations, meeting room and new office downstairs. This will replace the current very cramped accommodation and will provide proper toilets and refreshment facilities. Upstairs Settlebeck's administrative offices will be located next to a new photocopier room and a new room has been designed to provide much needed extra space for instrumental music teaching, small group teaching and meetings.

We're very excited by this new development and both Settlebeck, Sedbergh Primary School and the community will greatly benefit from the new facilities. Many thanks to the LEA and Credits for finding the resources to enhance the accommodation and hopefully by February 2003 you will be able to sign up for new courses in the new building.

Unfortunately there is always a price to pay and over the next six months our administrative staff and our computer facilities will be under increased strain as we deal with the pressure of moving everything temporarily into the main building. Please bear with us during this sardine-can phase. 

## THE BHAGAVAD GITA

On the 4<sup>th</sup> of May there was a most interesting day at the Dent Meditation Centre, led by Joyce Armstrong. The purpose was the study of the Bhagavad Gita which is a popular Hindu scripture which forms one episode in a very long epic poem called the Mahabharata. It consists of a conversation on a battlefield between Arjuna, a warrior prince, and his charioteer, Krishna who is an incarnation of the god Vishnu.

Arjuna is reluctant to fight because the battle is against his "uncles, grandfathers, teachers, sons, grandsons and many friends" and he says, "It is surely better to live even on alms in this world than to slay these noble masters." Krishna urges him to "Shake off this paltry

faintheartedness" and to "Stand up O scorcher of enemies." This provoked many comments, most participants sympathising wholeheartedly with Arjuna and finding Krishna difficult to understand.

Krishna continues with, "The wise man grieves neither for the living nor for the dead." There was a discussion about the necessity of grieving and several people had heart-rending stories to tell. When I got home I consulted Ramesh S. Balsekar's "The Essence of the Bhagavad Gita" (Zen Publications 1999). This makes a distinction: on the one hand there may be an emotional reaction of a human organism to the loss of someone close, which is a natural reaction. On the other hand, mourning for someone who

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has died, is unnecessary because, "The indwelling consciousness within all living beings is eternal and invulnerable." As Krishna says, "As a man casting off worn-out garments takes others which are new, so the dweller in the body casting off worn out bodies takes others that are new." This could be thought of as being similar to the fate of electrical appliances: they are all activated by electricity and when an appliance ceases to function its parts are recycled and go to make new appliances, which in turn are animated by the same electricity. We are all instruments activated by the same impersonal energy.

Towards the end of the day we see that Arjuna's fate is inevitable. Krishna says, "If in your vanity you decide not to strike, your resolve would be in vain: your own nature would drive you to the fact." This is a point which we can all verify, we decide to do something and end up doing the opposite. Each living organism produces activity according to its natural characteristics and this cannot be avoided.

Seen in the light of Krishna's message, many of the themes of discussion of the day are simplified. For example, at one point we talked about self-esteem and conceit. For a mere instrument activated by impersonal energy according to its natural characteristics, where is the question either of self esteem or conceit?

We had two short meditation sessions in the day and Joyce brought to our notice two descriptions of meditation. The first was "One who is in Union with the Divine and knows the truth will maintain 'I do not act at all'. In hearing, touching,

smelling, eating ... he holds simply that the senses act among the objects of sense." The second was "Having left external contacts outside, with the vision between the eyebrows, having balanced the ingoing and outgoing breaths ... the sage is indeed forever free."

Of course this report of the day is biased according to my natural characteristics and other participants would have other tales to tell. My thanks to Joyce Armstrong for a wonderful, well-structured day and for homing in on the real issues. Thanks also to Eliza Forder and Laura Clare for illuminating comments on the day. I am grateful to Ramesh Balsekar for any understanding I have of these matters and without whom I would not have been in a position to write this article. Comments are welcome, particularly from other participants. My telephone number is (015396) 20972. *June Parker*

## ACUPUNCTURE



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### FAMILY MUSINGS

Alex and Charlie are on the move, they will be one year old next month. We haven't seen them for a while but hear about them from their grandad, my cousin. It's a complicated relationship to sort out!

My elder daughter is coming home to celebrate her being half my age less 5...! She is working for the Italian section of Hertz Car Hire but hasn't moved desks to do so. She's getting about in S. Ireland determined to see lots of it. And why not!

Sitting in what used to be my room and looking out the window I see Greenfinches, Sparrows, Jackdaws, even the occasional Rook, the odd Thrush but

where have all the Blue and Great Tits gone? A tiny wren is feeding on the mock-strawberry plants but where are the Robins?

Granny's first outing in the car was around the lower part of the Dale and to the Craft Centre for coffee. It was a glorious day and sat by the large window gazing across the fields one felt very cosseted. Who remembers Sunday School parties and iced finger bread buns? Coconut pyramids? Jellies which wobbled on plates? And piles of egg sandwiches cut into triangles? Are there many such parties these days? Auntie San used to make coconut pyramids but they always seemed a bit dry to me and the bits got stuck in my teeth. Granny



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and I enjoyed coconut slices and a mug of tea sat in the bakery window watching the world go by, except the world was having a quiet time and didn't go by just then!

Our split-level living is going well and I now walk to the shops and so meet people and talk with them so I hear local news, although I only heard at the weekend that a friend is to become a Gran at the end of June! Where have I been all these months!?

We can put papers on the table and be sure cats will not put muddy paw prints all over them; we leave food out knowing the cats can't get it! Why is it when we would put important papers on the table the cats walked on them and when we put old papers there en-route to the bin not a paw mark on them!?! Must be down to taste....!

We're getting a new bed, well a new mattress having spent, or should I say slept, on two singles together, fine, no problem except the two are not the same height! Reminiscent of our honeymoon but then we also had a washbasin with no plumbing, a spiral staircase and Siamese cats on every step...! Only for one night phew! So soon we'll be on the level but I don't suppose it follows we'll be level headed....!

Charlie Car's been to the garage, they know me so well that when I pull up and jump out saying 'I've blown a gasket' they know I'm not being personal! Something that really does annoy me is when visitors drive very much in the middle of the road. I met one recently so far onto my bit of road I had very close

## SEDBERGH & DISTRICT HISTORY SOCIETY

Wednesday 19th June

Guided Tour of  
**Pendragon Castle**

*Dr Juliet Frankland*

6pm Loftus Hill Car Park

6.30pm Pendragon Castle


EVERYONE IS MOST WELCOME TO ATTEND

Chairman: Joyce Scobie 21106

Secretary: Diane Elphick 20605

Treasurer & Member Sec: Richard Cann 20771

contact with the hedge. When he realized we couldn't pass he opened his window and, at my suggestion that he went more in the side he said "Which side?!" I told him, (and I was polite) and he said "Oh! I don't go in the side like that, I'll scratch my car!" So Muggins here just did that to mine.

An elderly friend mentioned offering to buy a friend a walking stick for her 60th birthday so I suggested she buys me one on my 60th birthday.... in 15 years time. WHAT?! 15 years - that means 20 years and I can retire! My elderly friend isn't too sure whether she'll be here then and thinks perhaps she'll leave me the money! Take care till next month! 

## THE PULSE PROJECT Health & Fitness Centre

Hi All Bodies,

What a month was May. The incredible beauty of the countryside, glorious trees and hedgerows filled with the beauty of wild flowers. Nowhere in the world can beat the UK when the suns out.

Talking about the sun, it was a pity we didn't have more of it on Gala Day. Still the Town Band were jolly good, not that I am biased! The Mummers, or were they Morris Dancers managed to frighten the children into silence but they were terrific. As were the Gala Queens and their attendants all braving the weather in their finery.

I hardly know where to start with the Gym news; first let me notify you of our coming AGM to be held at The Bull Hotel on Wednesday 12th June. All comers are welcome.

I'd like to take this opportunity of thanking our Chair, Ian McPherson for all his work with the Project. Ian will still be involved with the committee but feels he needs to move in another direction. Many thanks to all our committee members, especially Loraine Kirby and Zoë Mitchell. Zoë and Loraine took part in an Army assault course to help raise funds for us and Kendal school. The both did extremely well and completed the course in a very good time. Many thanks too go to Caspa for taking us so early on a Sunday morning. He said he wouldn't have missed it and has the photo's to prove it! Oh dear, I had better add that I fell and the third fence, hence the limp I have at present.

Unfortunately the council have let the Unit on the Toll Bar, so we are now

exploring other possibilities. Everything is in place all we need is a suitable place to rent and we can give an opening date. Meetings are taking place which will determine where the Gym will be and we are hopeful that in the next *Lookaround* the news will be more solid.

The Quiz sheets are at Garths, so pick one up for 50p and you could win £20. Please call me if you need clue's. We would like to see someone new in the sheets that go in for the draw. Call Sandra for any information about The Pulse Project or with your ideas. We are always open to suggestions (015396-21808. Many thanks to Joy who is selling her bike to raise funds for us, how very kind. See you all at the Jubilee Celebrations. *Sandra Gold-Wood*

# JOHN SOUTER

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ALL RUBBISH  
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## CUMBRIA WILDLIFE TRUST

### Duck & Raft Race 2002

It was a great pleasure (and relief) for the Sedbergh Support group to be able to hold their annual **Duck** and raft Race on May 6<sup>th</sup>. We're not sure if this was a pleasure shared by a thriving colony of sand martins which had taken advantage of the footpath closures to establish squatters rights in the riverbank.

Permissions having been obtained from anglers, landowners and National Park (for the use of their premises and car parks for duck selling) we were, as always, subject to the un**pred**uctability of the weather. Heavy rain the week before **prod**ucked dangerous river conditions but fortunately, things improved and a **red**uction in flow meant we could go ahead. A bright Bank Holiday weekend meant plenty of very welcome visitors eager for their first **introd**uction to our unusual water sports. Record sales ensued and 1500 **ducks** were backed by eager **duck** fanciers from near and far.

Meanwhile the Scouts of Sedbergh and Kirkby Stephen were, no doubt, **con**ducting secret trials of revolutionary raft designs. The **prod**ucts of their experiments in marine engineering appeared below New Bridge ready for action and the Raft Race began. A magnificent Sedbergh crew acquitted themselves splendidly. An early lead led to a racing finish and the Gala Queen, Roxanne Kliszat, **du**cked out in her regal robes presented the trophies.

Official photos were taken, the last **duck** sold by **duck** diva Jackie Foott and with a flourish, Roxanne gave the signal and **duck** supremo John Challoner

launched his flock.

A following wind gave added impetus and the fleet swept downstream, **du**cking and diving at a high rate of knots, followed by their anxious backers. Despite the magnetic attractions of water to younger devotees, the **con**duct of the spectators was exemplary and the first **ducks** reached the finishing line in fine style (and rather earlier than expected!). However assiduously the capture of winning **ducks** is planned, an onslaught of the yellow peril approaching at speed is distinctly unnerving and some consultation was needed to confirm the winners. Our leader, John Mounsey, never one to **duck** the issue, gave his verdict to great acclaim (we presume) from the bemused crowd.

We would like to congratulate the backers of the winning **ducks** and to thank everyone who helped us to raise almost £600 for the work of the Trust.



*Gala Queen Roxanne Kliszat presenting the Raft Race Winners with their trophy and prizes.*

## RURAL ADVICE SERVICE

**Q: I'm starting a new job shortly. I've not got any pension scheme but I'm starting to worry about my future. I've read lots of scare stories about pension funds and companies that are closing their final salary pension schemes.**

**What should I be looking for from my future employer's pension scheme?**

**A:** Picking the right pension is one of the most important financial decisions you will ever make.

The first thing to do is find out what your new employer is offering. All employees should consider joining a company scheme, where one exists, especially where your employer offers to contribute on your behalf

In most occupational pension schemes, both employer and employee will contribute. You can contribute up to fifteen per cent of your annual salary but most people pay between five and eight per cent. Often there are additional benefits in the scheme such as life insurance, a pension if you retire due to illness or a pension for your dependents if you die. But each scheme is different so you need to ask about the rules and see which benefits apply.

There are two kinds of occupational pensions: final salary schemes or money purchase schemes.

Final salary schemes usually offer the best deal. The pension you will receive will depend on the number of years you work for your employer and the amount of your final salary. You should be able to get a good idea how much pension to expect.

Increasingly money purchase pension schemes are replacing final salary schemes, especially for new employees. A number of companies have already closed their final salary scheme to new employees. Your employer does not have to contribute to a money purchase scheme. The amount of pension built up depends on the amount of contributions and how that money is invested. On retirement you can take a tax-free lump sum but you have to use the rest to buy an annuity. This is an investment that will pay you money for the rest of your life. But the amount of money you get depends on the annuity rates at the time you buy.

If your employer does not offer an occupational pension, then you should seek financial advice to work out what are the best options for your circumstances and your future aspirations. You should also seek financial advice if you are at all unclear about the options open to you and the best choice for you and your family. A CAB adviser will be able to help you find a suitably qualified independent, financial adviser.

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## SEDBERGH CRICKET CLUB

The season got off to a damp start with the first match of the season coming to a premature end due to rain. Lets hope we don't have to report that too often. Before an end was called Tom Moore and Alan Wilson had made double figures. As it was a cup game this will have to be replayed.

On Bank Holiday Monday the league season got off to a cracking start with a win against Lancaster 4th. Man of the match Julian Cann took 8 for 39 to remove the opposition and then went on to score 54. The next league match produced a winning draw. Bolton le Sands needed 30+ runs with only one wicket left but managed to bat out the overs.

**U13 XI** With only 4 of last seasons regulars to call on the side is a young one lacking in experience. The 2 cup matches against Kendal A and Netherfield A were both lost with the former being a close game. In the league v NetherfieldB the side had a convincing win by 10 wickets with Stephen Wilson 22no and Andrew Smith 18no (in this league batsman retire if they score 20+).

**U16 XI** Only one game played so far in the league against Ingleton. The team lost by 7 wickets but creditable performances were 30no by Chris Wheatley and 18 by Tom Moore (in this league batsmen retire at 30). Adam Hague had 2 caught and bowled. Bill Longlands got the other wicket to fall.

## JUNE GARDENING

As I look out of the window I can just see the shoots of a 'Kiftsgate' rose which is trained on the high, west facing wall of the house. The 'soil' at the base of the wall is mostly bits of stone - but the rose still thrives here - in spite of westerly gales - and manages to put on ten or twelve feet of growth a year. 'Kiftsgate' is not a rose for the faint hearted - it needs serious curtailing each year, or it would quickly be up and over our roof, next door's roof and the road and we would all be living in a very beautiful, but highly impractical bower. Kiftsgate has single white flowers, borne in trusses. It flowers only once a year but flowering is very prolific and the flowers have a sweet, light scent.

I also grow *Rosa* 'Seagull', a double white rambler which is a little less rampant than Kiftsgate and looks well growing through an old field hedge.

A third rambler 'Francis E. Lester' has beautiful single pink flowers with creamy white centres and beautiful golden yellow stamens. This one can be trained on a wall or through a small tree. It is fairly vigorous but not overpowering. The flowers have a sweet, strong perfume.

I recently discovered a beautiful

climbing rose in a friend's garden. It is called 'Meg'. It has large single flowers, apricot-yellow in colour with reddish stamens, born amongst dark green glossy foliage. I am now trying to decide where I can plant one of my own! EH

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## VOLUNTEERS

### *Volunteering with the Yorkshire Dales National Park Authority*

Over the last few months there has been a transformation in the yard at the back of the Sedbergh YDNP Visitor Centre. Perhaps some of you have noticed the activity on Thursday afternoons? The idea to improve the walled yard was the idea of the Area Ranger and visitor centre staff.

Over the years the yard had been neglected and was looking rather sad. The Area Ranger decided that the yard had potential for a pleasant seating area incorporating raised flowerbeds.

There is very little space for the YDNP Volunteers to meet in the tiny office and the ladies who work there every day

would appreciate a pleasant area to relax during their lunch time breaks in the summer months, weather permitting. So, the idea was born and this is where I became involved as a volunteer for the YDNP. As a keen gardener I could also see the potential for an area to relax in.

Throughout the project we have had the assistance of the boys of Sedbergh School as part of their community afternoon work. The work that the boys have done is much appreciated especially since much of it was carried out in the pouring rain!

First of all the yard was cleared of rubbish, soil and rubble. Weeds had grown in the yard and these were taken out. The old cobbled and flagged floor was revealed and given a quick blast of

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the power washer to return them to their original glory. The wall was repaired by yours truly. Together with the Area Ranger the boys made two raised flowerbeds using old railway sleepers. The project required lots of good compost for the raised flowerbeds and thanks must go to the Queens Garden Community Composting Site for their offer to provide the compost. As far as possible we have used re-cycled materials throughout the project, which is almost complete and this is where you can possibly help us.

The flowerbeds are now in place and full of soil but we need plants. If you have some that you would like to donate to the project we would be most grateful. The site is sheltered having a big wall all

around it but the plants need to be hardy. There isn't too much sunlight and we would like plants that require low maintenance and ones that don't spread too quickly. We need climbers and some herbs would also be nice. The raised beds are approximately 4 x 3 ft and 7 x 4 ft. Donations of plants would be most appreciated and can be dropped off at the Sedbergh Visitor Centre.

Of course volunteering with the YDNPA does not just involve gardening. Anyone interested in finding out more about volunteering should contact the Ranger at Sedbergh National Park Visitor Centre.

*Brenda Koo*

YDNP Volunteer NW Team

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## THE CHOIR IS COMING

This is the fifth and final article I promised to write, on your behalf, in anticipation of the arrival of the Chancel Choir of the United Church of Chapel Hill, North Carolina, USA. You will recall that the Choir will be participating in the St Andrew's Parish Church "Sedbergh Festival 2002" celebration of the Queen's Golden Jubilee. I will focus here on what will be sung, along with specifics concerning the song, including author and/or arranger.

The group will commence its participation by performing Mozart's *Missa Brevis in D* Wednesday, 19 June 2002, beginning at 11:00 a.m. in the setting of the Communion Service (Celebrant: Canon Alan Fell). Phil G. Goulding ranks Wolfgang Amadeus

Mozart second only to Johann Sebastian Bach among the 50 greatest composers outlined in his highly regarded *Classical Music* book. While few would apparently argue that ranking, Goulding suggests that Mozart is acknowledged as the greatest natural genius of music, if not all of art! If nothing else, he was a prolific composer, with at least 581 compositions to his credit. The *Missa Brevis in D* was his 194<sup>th</sup> composition and is, by the name, a short, relatively brief Mass. I understand that it is considered uplifting by those who sing it, partially because of its great variety in feeling and passion.

An hour-long recital will be presented by the Choir on the same Wednesday, beginning at 1:00 p.m. in St. Andrew's Church. The venue will include



*Lunch*

—•—

*Afternoon Tea*

—•—

*Bed & Breakfast*

—•—

*Sunday Lunch  
& Evening Meals*

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American Folk and Spiritual music, as well as traditional hymns or anthems. The American Folk songs might include *The Paper Reeds by the Brooks*, by Randall Thompson; *I Will Arise*, by Joseph Hart; and *Zion's Walls*, by Aaron Copland (a Glenn Coponen arrangement). I am told that the original melody and words of the latter song derive from John G. McCurry, compiler of the *Social Harp* (1855).

We might expect the Spirituals to include a traditional hymn tune from the American South written by Isaac Watts and arranged by Virgil Thomson called *My Shepard Will Supply My Need*. Three tunes having unknown authors may be sung, including *Hark, I Hear the Harps Eternal*, an Alice Parker arrangement;

*Every Time I Feel the Spirit*, arranged by William Dawson; and *Deep River*, arranged by Brian Trant. These Spirituals are fast, furious, and exciting – generally sung with great gusto.

A second song written by Randall Thompson called *Glory to God in the Highest*, and one by Harold W. Friedell, *Draw Us in the Spirit's Tether*, are also likely candidates for inclusion. The first is an anthem of praise, the second a prayer hymn.

Well, it sure sounds like a lot of good music to me. I hope you are as excited about the Chancel Choir coming to sing for us as I am, and plan to attend at least one, if not both, of the group's performances. See you there!

Steve Skomp

## Sedbergh Wanderers Football Club

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# DISCO '88



**Saturday 15th June**

**Saturday 29th June**

9pm till late

Admission £2

No Under 16's



## SETTLEBECK HIGH SCHOOL

### *The Rural Academy - Developments*

Settlebeck has for many years been working in partnership with other small secondary schools in Cumbria and over the last twelve months this group of small schools have been planning a new venture – a combined bid to the DfES (Department for Education & Science) for specialist technology status. This would provide enormous benefits both to our schools and local communities, not least of which would be approximately two million pounds over a four-year period to develop Design & Technology, Science, Maths and ICT resources and teaching. However there is one slight snag, no more than two schools are allowed to make a joint bid and we are

nine. The other eight schools are Appleby Grammar School, Samuel Kings School, Alston Lochinvar School, Longtown Solway Community School, Silloth Beacon Hill School, Aspatria Ehenside School, Cleator Moor John Ruskin School, Coniston Cartmel Priory School

plus Kirkby Stephen as an associate partner school.

Luckily the DfES have been willing to listen to what they felt was an 'interesting and original proposal' and we have since made two trips to London to give detailed presentations to the top civil servants dealing with specialist school bids. They've given us the go ahead to start the bidding process but we await the

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# SEDBERGH FESTIVAL 2002

June 15 - 23

St Andrew's Parish Church



President: The Rt Rev David Smith  
The Lord Bishop of Bradford



**Sat 15 Beating Retreat 6.30**

Sedbergh School CCF Band. Director Alan Lewis perform this ceremony in the school grounds and may be viewed from the King's steps or from the south side of the Church

**The Steeton Male Voice Choir 7.30**

Conductor: Alan Clark Soloist: Wendy Slater £3

**Sun 16 Festival Evensong 4.30**

In the presence of the Bishop of Bradford  
Bradford Cathedral Choir  
Preacher: The Dean of Derby

**Mon 17 Lunchtime Recital 1.00**

George Gwilt: Flute Michael Lester-Crib: Piano Piano Sonatas in Ab and C Haydn Sonata in D for Flute and Piano Prokofiev £2

**The Serafin String Quartet 8.00**

Leader: Julian Cann Charlotte Jackson: Soprano  
Edward Lawton & Dorcas Thomas: Oboes Quartet in E Minor  
Elgar Exultate Jubilate  
Mozart Quartet in D  
Mendelssohn £3

**Tues 18 Lunchtime Recital 1.00**

Roland Fudge: Violin  
Rebecca Green: Cello  
Alexa Wightman: Piano, Violin  
Sonata Poulenc Cello  
Sonata Shostakovich Trio Cole £2

**The Levens Choir 7.30**

Conductor: Ian Jones  
"Feel the Spirit"  
Songs of Faith & Hope  
from Cathedral to Cotton Plantation £3

**Weds 19 The Chancel**

United Church of Chapel Hill, N  
Director: Jenny Anderson  
Mozart's Missa Brevis in D (K194)  
In the setting of the Communion  
Celebrant: Canon Alan Fell

**Lunchtime Recital**

American Music

**The Helm Wind Ensemble**

Director: Edward Lawton  
Alexa Wightman: Piano  
Sextet for Piano & Wind Quartet  
Poulenc Sextet Thuille  
Spring Rondo Mozart

**Thurs 20 Lunchtime R**

Young Musicians from the  
Chetham's School of Music Man

**Organ and Trumpet Recital**

Damian Howard: Organ  
Matthew Balson: Trumpet  
Part 1 in Sedbergh School Chapel  
Part 2 in the Parish Church

**An Informal Jazz Session**

**Fri 21 Lunchtime T**

An Illustrated Talk on Art and Fa

**The Blues**

An Evening of Blues music  
presented by Canon Alan Fell

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CELEBRATIONS  
2002**

Taking Place on  
**Tuesday 4th June 2002**  
On Back Lane Field  
*(by kind permission of Sedbergh School)*



*The Winning Jubilee Mug Picture is by a Sedbergh Primary School Pupil*

## **Programme of Events**

Tuesday 4th June 2002

Programme of Events

1.00 p.m.

Peel of Bells by

St. Andrews Church Bell Ringers

which will start the procession from the Church  
of the Fancy Dress Contestants (all ages)  
to Back Lane Field

Musical/Drama events

will include performances by  
The Sedbergh Ocarina Group.

Street Theatre with

Music and Dance by

Howgill W. I.

Sedbergh Town Band.

Field events will include Competitions  
by the Football Club and Tennis Club

Dog Handling exhibition



The Gala Queen  
will be in attendance throughout the day.

An exhibition of painting by  
The Sedbergh Art Society  
will be hung on the railings of the field

There will be side stalls including  
Coconut Shy - Crafts - Tombola  
Treasure Hunt  
and much much more including  
a Maypole and a Juggler

Refreshments will provided  
by local groups

Toilets will be available.

**ADMISSION FREE**

**EVENING ENTERTAINMENT**

7.30.p.m

Live music in the Auction Mart  
Dancing to The Fabulous Picasso Brothers

Licensed Bar - Food

Admission £2.00

## FULL PROGRAMME OF EVENTS

Friday 31st May 2002  
N.F.U. Hog Roast at Mutton Hall

Saturday 1st June 2002  
Street Parties

Sunday 2nd June  
Ecumenical Church Services at  
St. Andrews Church, Sedbergh at 10.3 0.am.

Tuesday 4th June 2002  
1 .00 p.m. to 4.30 p.m. - Back Lane

field event - **ADMISSION FREE**  
7.30 pm

Evening Concert - Live Music  
Dancing to The Fabulous Picasso Brothers in  
The Sedbergh Auction Mart  
(Admission charge) Food and drink available

Sunday 9th June 2002  
1 .00 p.m. - Bowling Club - Fun day  
Bowling competition (members only)  
ALSO at 5.00 p.m. B.B.Q.  
tickets and information from Linda Killops

15th June - 23rd June 2002  
Sedbergh Festival in St. Andrews Church  
(see separate programme)

Choir of the  
North Carolina

11.00

Service

1.00

£2

7.30

Recital

1.00

Chamber

£2

7.30

£2

9.45

Choir  
led by Ruth Davey

1.15

7.30

£2

**Sat 22 Informal Coffee Concert 11.00**

Presented by the Pepperpot Club Come along and enjoy an hour of informal music-making with musicians of all ages taking part and culminating in a performance of the Toy Symphony by Haydn

**Library Concert 7.30**

In the Sedbergh School Library

Richard Thomas will reflect on Haydn and his music followed by an interval with wine and music for Harpsichord, Flute, Oboe and Voice

Nicholas Humdall Smith: Tenor

Edward Lawton: Oboe

David Edmunds: Flute

Alexa Wightman: Harpsichord £3

**Sun 23 The Creation 7.45**

Joseph Haydn's Oratorio

Sedbergh Summer Singers with members of Levens Choir and Ulverston Choral Society

Charlotte Jackson: Soprano

Rachel Little: Soprano

Nicholas Humdall Smith: Tenor

Clive Constance: Bass

Roger Bush: Organ

Alexa Wightman: Harpsichord

Orchestra led by Julian Cann

Conductor Deryck Cox £5



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minister's final agreement that they're prepared to change the rules and allow our bid. We should know by the end of May but we're already meeting weekly to organise, what is in fact a huge undertaking, bringing together our nine schools in close co-operation to raise standards of teaching and learning in these subjects.

If the bid is successful the Rural Academy will be born. This will consist of the nine schools and the academy will therefore have nearly 2500 students, 200 teaching staff, 70 feeder primary schools and serve over 3000 adult learners in the nine communities. At the centre of our bid is the intention to connect our nine communities by a sophisticated intra-net



using the latest broadband internet technology and video conferencing. This will allow us to create virtual lessons over the web, so, for example,

psychology lessons in Silloth could be accessed on plasma screens in the eight other schools and video conferencing will enable interactive group work. The community will also have access to these facilities and there is great potential for creating wired-up communities in close working liaison. At the heart of our proposal, however, are the needs of our young people as they prepare for the demands of the twenty first century.

Wish us luck, we'll keep you informed of our progress.

*Dave Smith, Headteacher*

<b>Starters</b>		<b>Fish Dishes</b>	
Prawn Cocktail & Marie Rose Sauce	£3.10	Salmon Steak with Parsley Sauce	£7.70
Garlic Mushrooms on Toast	£2.80	Grilled Rainbow Trout	£7.70
Pate with Garnish, Toast & Butter	£2.90	Breaded Scampi	£5.60
Soup of the Day	£1.90	Breaded Haddock	£5.60
Egg Mayonnaise	£1.90		
Grappafruit Cocktail	£1.90	<b>Vegetarian Dishes</b>	
<b>Extra Special Main Courses all £9.65</b>		Tropical Vegetable Curry	£5.90
Loin of Pork in Cider & Apple Sauce		Silken & Vegetable Crumble	£5.90
Lamb & Apricot Casserole		Vegetable Lasagne	£5.90
Chicken with Shallot, Port & Dill Sauce		Mushroom & Nut Fettuccini	£5.90
Venison Steak with Red Wine Sauce		Broccoli & Cream Cheese Bake	£5.90
Venison Casserole		Vegetable & Pasta Bake	£5.90
Supreme of Pheasant Chasseur		Vegetable Tikka Masala	£5.90
Pork in Pepper Sauce		Macaroni Cheese	£5.90
Cod & Prawn Crumble			
<b>Main Courses</b>		<b>Rice Dishes</b>	
Roast Dinner of the Day	£9.70	Chilli	£5.60
Mixed Grill	£11.10	Chicken Tikka Masala	£6.70
Filet Steak (Aberdeen Angus)	£11.10	Cajun Style Chicken	£6.90
Sirloin Steak approx. 8oz uncooked	£9.80		
Half Roast Chicken	£6.80	<b>Salads</b>	
Chicken Kiev	£5.90	Ploughman's Lunch	£4.50
Lasagne	£5.70	Cold Meat Salad & Roll & Butter	£4.90
Steak & Kidney Pie	£5.70	Prawn & Rice Salad	£5.30
Camberland Sausage	£5.70		
Garnon & Pineapple	£5.70	<b>Sandwiches</b>	
Burnley Lamb Chops	£8.90	Prawn with Marie Rose Sauce	£3.10
Marinated Lamb Steak (6oz)	£8.90	Ham, Beef, Cheese & Tomato,	
Pork Chop in BBQ Sauce	£5.70	Cheese & Fiddle or Salad	£3.90
Cheese & Ham Pasta	£5.70	Toasted Sandwiches	£2.20
Tuna Pasta Bake	£5.70	Portion of Chips	£1.00
		Mixed Side Salad	£1.20
		Portion of Mushrooms	£1.00
		Roll & Butter	£0.35

# THE HEAD AT MIDDLETON

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# Menu

## KILLINGTON W.I.

The May meeting was held on the afternoon of Tuesday 14<sup>th</sup> in the Peoples Hall. There was much to be discussed with arrangements for our forthcoming Coffee Morning, the Jubilee celebrations and resolutions for the national conference to be considered and voted on. This year one of the resolutions was suggested by our own local federation, namely to encourage the government to support small, local abattoirs. This of course was unanimously supported by us, as was the second proposal to urge that stricter controls be implemented on imported foodstuffs. We also had a scintillating debate on proposed change to the W.I. constitution!

We then moved on to the most

important part of the meeting. Our President Shirley Richardson had the pleasant task of presenting one of our founder members, Mrs Jossie Waller with a certificate from the Federation recognising 60 years membership- there can't be many of those about.

Congratulations Jossie! We are delighted to continue enjoying your company.

Companionship is what our W.I. is all about.

As is customary at our May meeting we did not have a speaker to follow our business discussions. Instead we were entertained by items selected and/or performed by members. The tone was as usual light-hearted with renditions varying from G.K.Chesterton's "The Rolling English Road", through to

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traditional Northumbrian folksongs from a 40+ year-old Owen Brannigan record, to items of Yorkshire humour. Our committee had prepared a luscious tea and while we munched we tried to identify pictures of members as children. *My! How you've changed!!* We had varying degrees of success. Mary Bateman showed a real talent correctly identifying eight out of the twelve bonny babes thereby winning a stunning prize (a candle) and the honour and glory! Another prize-winner at our meeting was Jenny Wearing who won the competition for an unusual teapot with one that looked like a hen. Very appropriate as Stephen's Place produces such wonderful eggs. The raffle was won by Jossie Waller - a good day for her, as the prize was a pair of binoculars and a camera! No tat at Killington W.I!

It really was a super meeting, probably because we had lots of time to talk.

*W.F.U.*

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## **FROSTROW W. I.**

The May meeting is when we discuss the Resolutions for the Intermediate General Meeting in June. We were delighted to welcome the Federation Chairman, Mrs. Sheila Parkinson who came to explain the two Resolutions to the members. It was felt by the members that both Resolutions were very worthwhile and a 'for' vote was given in each case. Our delegate to the I.G.M. will carry our vote with her. The change to the Constitution Rules was also given a 'for' vote and Mrs. Parkinson took that vote back to the Federation on our behalf.

There was a very full and busy business meeting. So many events taking place in the next few months. Final arrangements were made for our visit to Barbon Institute for the group meeting and also discussion took place concerning our contribution to the Jubilee celebrations on Lupton Field.

The presentation to the Primary School of the Story Sack has resulted in a number of delightful letters from the children and these were greatly appreciated by all the members.

In June we have our annual outing and a change of venue was made at this meeting - we will now be going to Holehird Gardens and then on to the Belsfield Hotel on Bowness for tea.

As is usual at our May meeting, the evening concluded with a delicious Jacobs Join with wine and soft drinks provided by the President.

Our speaker at the July meeting will be Mrs. Eunice Hutchinson. Her subject - Life in the Philippines and Life in England. A warm welcome is extended to any visitors.

*M.D.*

## DENTDALE W.I.

We had a good attendance to hear the WI. Advisor Doris Aldworth speak about the resolutions to be put forward at the IGM conference this year. They were 1st Support for Local abattoirs and 2nd Stricter controls on the importation of foodstuffs and they received unanimous support, as did the proposed changes to the Constitution. Doris Foster thanked Mrs Aldworth for her informative presentation.

The Business meeting produced some lively reports first about the Federation trip to Denman College, which three of our members Freda Meakin Margaret Schofield and Pat Allen had attended. They had all enjoyed the stay and were

full of praise about the house the grounds and accommodation and the organisation of their respective courses. It was hoped that they might have tempted others to go at some time. Freda thanked the membership for the Bursary.

Freda Meakin gave an update on the making of a Story Sack entitled The Owl and the Pussycat, which had been made with much enthusiasm by a group of eight members. The items in the sack ranging from finger puppets, games and even a play were displayed for all to see. The sack will eventually go into Dent School for the five to seven year olds as we have built up close ties with the school. So, it was good therefore to hear from our President who is the Chairman of Governors that the School had received a very positive Ofsted report and it was agreed to send a letter of congratulation to the Head and Staff.

Betty Hartley volunteered to undertake the competition entry at the group meeting in Barbon in May with *A Basket of Home Colour*. Betty had made a very colourful table display for the meeting and produced a large amount of the produce on sale for WI funds.

Jewellery boxes had been raided and the competition for a favourite brooch was well supported and won by Judith Newsham. The raffle prize went to Margaret Schofield.

Dentdale WI was in fine voice to end the evening with the singing of Song of Peace.

Next month we are looking forward to our outing to Holehird followed by supper in Bowness.

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## HOWGILL W. I.

Our May meeting took place at Howgill School Room. Mary Silva presided whilst Dilys McCaffery took her holiday. We would like to welcome back Patience Capstick, a previous member who has rejoined us after ?? Years.

Three members spent an enjoyable day when they travelled to Manchester to 'Riverdance'.

Time was devoted to debate the two 'public affairs' resolutions. Support for small abattoirs and stricter controls on importation of foodstuffs. These two topics are so relevant to us in Cumbria and were voted on unanimously.

Several members will be taking part in the Golden Jubilee celebrations in Sedbergh. Members were reminded of our Coffee Morning on June 5th in the URC. rooms.

Our guest speaker was experienced gardener Peter Haworth who passed on top tips for making up hanging baskets. He began by lining the basket with a good coating of moss. He then stressed the importance of a good multi-purpose compost and recommended gel crystals to keep the baskets moist for longer. Choose plants like geraniums, begonias or fuchsias for colour followed by good trailers.

After the planting comes the tender loving care to keep your baskets looking lush from now until September. Time-release fertilizer pellets were recommended as a back up to regular liquid feeding. Elsie Middleton thanked Mr. Haworth for his excellent demonstration and expert advice.

The monthly competition for a hanging

basket in half a grapefruit was won by Helen Beare with Lorna Scambler second. Raffle winners were Lorna Scambler and Barbara Axford.

On June 6th at Firbank Church Hall the theme will be Beauty when Barbara Donnelly from Beales in Kendal will be discussing skin care. *A.H.*

## KAY WHITTLE

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20195 - 20026 - 21770

Dear Sir,

Whilst on Residential at Bendrigg Lodge recently with a group of students, I lost the keys to the minibus somewhere along the Rawthey Way, Sedbergh.

Unfortunately, an extensive search by staff and students failed to locate the keys, but thanks to an eagle eyed walker the keys were found and pushed through the letterbox at Sedbergh Police Station and returned to me at Bendrigg Lodge.

I would be most grateful if you could print a special "Thank you" in your Newsletter in the hope that whoever found the keys might see it, as they did not leave a name and address for me to thank them personally.

Your faithfully,

*K. Zoë Spark Tutor  
South Trafford College*



## YORKSHIRE DALES NATIONAL PARK

### DESTINATION DALES - NEW VISITOR WEBSITE GOES LIVE

The YDNP Authority has "gone live" with a new visitor website, [www.destinationdales.org](http://www.destinationdales.org), to promote the National Park to visitors around the globe.

The Site contains a range of new information promoting the uniqueness of the Yorkshire Dales National Park, which today is alive with thousands of things for visitors to see and do.

The new site features interactive Ordnance Survey maps, which highlight the footpaths and bridleways of the National Park; a full events listing; area based information; village information; rangers pages and rangers walks; National Park attractions; and National Park Centre pages.

The new site has been developed to help rebuild visitor confidence in the area after last year's foot and mouth crisis.

Andrew Osborne, media officer at the Yorkshire Dales National Park Authority, said: "We have developed the Site as a one stop shop for anyone, wherever they are in the world, to get the latest visitor news and information direct from the National Park. The new website will play a vital role in helping anyone planning a visit to the National Park find out more about the area's unique environment and what it has to offer.

"The new site is fully updateable, so when something happens in the National Park we will be able to tell the world about it in a matter of minutes. Using the latest technology, the public can now plan their walks, cycles and rides, find out more about a particular area or event and get the latest information on what is

happening, when it is happening, without even having to leave their armchair."

In the coming weeks, the Authority will be adding even more information to the site

The new site is linked to the Authority's corporate website, [www.yorkshiredales.org.uk](http://www.yorkshiredales.org.uk).

The Authority has also produced car stickers and 'info cards', available from National Park Centres and offices, to promote the new website.

The Site is just one of a number of initiatives the Yorkshire Dales National Park Authority has been involved in to promote the message that the countryside is open. Funding for the new site has come from the regional development agency, Yorkshire Forward.



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## SEDBERGH TOWN BAND

As you read this article you will probably have heard the Band playing at one venue or another in May.

The 18th May saw us heading the procession on Gala Day and playing a Medley of tunes in the afternoon. The following Saturday the 25th we played for Baliol School's Summer Fun Day and on Friday 31st at the NFU Hog Roast at Mutton Hall Farm.

The 28th was our own extremely popular Summer Concert, always looked forward to and always a great evening enjoyed by audience and players alike. So I hope you heard us play somewhere, sometime in the month of May.

The 4th June we will be joining in the Jubilee Celebrations in Back Lane - let's hope for good weather - see you all there.

From a conversation in "The Dalesman", I heard about an earlier Town Band. I was shown a ticket with 'The Snowdrop Band' printed thereon and the date 1906, and presumed that to be the name of the Band - Wrong! From snippets of information and some early photographs there really was a thriving Town Band. The Snowdrop Band was a completely different organisation and was for young ladies. The Sedbergh Town Band existed as now and seems to have disbanded during the 1914-1918 First World War, for obvious reasons. When peace returned, nine members were still around and wished to re-form. A meeting was held in an effort to raise funds for the repair of instruments and the purchase of new ones. I haven't found out if it ever came to pass. I'm sure 'Mr. Burton' who



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chaired that meeting would be so pleased that Sedbergh once more has a thriving Town Band to carry on their name. The photographs and relevant information will eventually be displayed in the new Band Room Library (when we have sufficient funds to carry out this work).

We still need new blood in the Band. Anyone, any age of either sex is welcome. Call Sedbergh 21118 for more information or come along Mondays 6pm - 7pm to the Sedbergh School Music Rooms. An instrument can be provided. Any "Brass Player" is always welcome at Tuesday Band Practise 7.30pm - 9.30pm.

*A. Ferguson*



## **SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND**

A group of volunteers and some very brave schoolchildren met in a classroom of Sedbergh School in May to make the first taped version of the 'Lookaround' magazine.

The idea was to go ahead and make a prototype tape, with a view to producing an improved version for subsequent tapes. Carol Dawbarn had carried out the difficult and necessary editing with much skill in order to bring the 62 page journal down to a 40 minute recording. Sally Griffin spent much time setting up and then operating the audio equipment so that the session could go without a hitch.

There was a variety of voices, both male and female and from young to 'not so young'. The items from Sedbergh and Settlebeck Schools were read by the children from those schools. They also joined with adult volunteers in reading other items of news.

We were grateful for the feedback from our visually impaired listeners, which was both tactful and helpful. We realized that the quality of the sound needed to be improved. The group is at present discussing the possibility of acquiring appropriate audio equipment so that the clarity of the tape will be good even for listeners who are hard of hearing.

Not only do we need equipment, but also a venue for recording purposes, as the schools are obviously only able to assist us during term time.

There is also a large print edited version of 'Lookaround' which has been published on a trial basis for people who have some difficulty with very small print, but who's vision is not so bad that they cannot read at all. It is hoped that

this reaches the people who will find it useful. It is available from 'Office Services' in Sedbergh and the Post Office in Dent.

Many thanks to everyone who helped with the making of the first tape, particularly Abi, Ian, Richard and Robin.

Finally, we would like to thank Dennis Whicker for his support - practical and financial - in assisting us to help people with sight problems to access local information.

The next meeting of the Sedbergh group of SLVSB will be on Tuesday 18th June at 2.15 p.m., and the meeting of the audiotape group will be on Thursday 13th June at 2.00 p.m. Both will be held in the Sedbergh Community Office.

*Jennifer Levitt*

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Dear Editors,

I have just returned from my second recent visit to Farfield Mill and feel compelled to put pen to paper.

Firstly, to say thank you to all those involved in the project. To mention names would probably cause offence to any I miss so I won't - suffice to say that your commitment and dedication has certainly paid off. The place is amazing!

Secondly, to encourage anyone who hasn't yet visited Farfield lately to go along. There's a real warm and welcoming feel from the moment you arrive and so much to see. I'm quite in awe of what some people can make with their hands. Of course you can just look and not buy, but I guarantee you'll be tempted.

The visual display detailing the history of the mill is particularly interesting and I loved the quiet sound of the Knitters of Dent in the background.

The shop on the bottom floor is just lovely. I may be biased because my sister-in-law Janet, works there, but shops added on to visitor attractions are often tacky. Not this one.

Both times I stopped for coffee in the tea room and having studied the menu I

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will soon return for something more substantial. In the past, when I've felt like a few hours off, I have often popped down to Country Harvest at Ingleton for lunch. Now I'll go to Farfield.

Am I going over the top? I don't think so. Sedbergh is absolutely beautiful but let's face it - apart from walking and admiring, there's not a lot else to do unless you drive out. Now we've got something to be proud of and show off - just go along and see for yourselves.

*Helen Hoggarth*

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## SETTLEBECK HIGH SCHOOL

### Leeds Visit

In mid-April the Year 10 Art and History students went to Leeds to the Medical Museum and the City Art Gallery. Both places were a useful source of information and ideas for our research in GCSE coursework. The main exhibition in the Art Gallery was based on women artists' portraits and the Henry Moore Institute had a 3D display on life castings, the first section being of plaster casts used for medical work in the 19<sup>th</sup> century. The second section had life models by modern sculptors made in plastic, wax, bronze and ice. Some of them are controversial as some critics say that they are not true "Art" forms. Part of the Medical Museum is a reconstruction of street life in the 19<sup>th</sup> century with life-size figures, buildings, shops and noises and even smells! There were displays on medical discoveries, equipment, doctors, treatments and potions. We are using the sketches made in both the 19<sup>th</sup> century street and in the Henry Moore Institute for our Art project "People in Places, People in Spaces".

*Edie Dinsdale &  
Charlotte Facer, Year 10*

I really enjoyed the Leeds trip. The Medical Museum was quite gory and the 19<sup>th</sup>C street smelt really bad! I thought the Henry Moore Institute was very interesting especially the amazing model made of oil-painted brass and the refrigerated ice sculpture.

*Jennie Wood, Year 10*

### Quiz Night - April 19<sup>th</sup>

A big thank you to all those PTFA

members and participants who made our quiz night at Settlebeck such a success. Thank you to Andrew Alan for the excellent musical items and to all those people who brought in bizarre objects for the 'guess the purpose' quiz which was won resoundingly by Mrs. Kirkbride's table. It was a great evening and we're already looking forward to next year's event. Start collecting your objects now.

### Maths Weekend- 19<sup>th</sup> - 21<sup>st</sup> April

What a fantastic Year 11 we've had again this year. Most of the group came in for either Friday, Saturday or Sunday for a special GCSE maths weekend. Many came for the full three days and worked their way through countless GCSE exam questions with Mr. Hancock, Mr. Timson, Mrs. Oughton and Mr. Smith. We wish them every success in their exam this summer, they certainly deserve to do well after all the toil and effort they've put themselves through and we have high expectations.

## CHARLESWORTH

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## DENT PARISH COUNCIL

The Queen's Jubilee weekkend now fast approaches, being the first weekend in June. A reminder to everyone of the events and an invitation for all of them. There is no charge and thanks once more to the many who have made a contribution large and small, towards the costs.

Memorabilia Exhibition - Methodist Chapel.

Saturday 1st June 2 p.m. - 7 p.m.

Sunday 2nd June 4 p.m. - 7 p.m.

Monday 3rd June 10 a.m. - 7 p.m.

Celebration Services

Sunday 2nd June - St. Andrew's, Dent - 10.30 a.m.

St. Johns, Cowgill - 2.30 p.m.

Bonfire Beacon - Rise Hill - Monday 3rd June, late evening.

Fireworks - School playground

Tuesday 4th June from 2 p.m.

Music and Entertainment

Jacobs Join Refreshments

Presentation to Dent's young people - a momento gift is planned for each child aged 16 years and under, kindly handed over by some residents who lived in Dent at the time of the 1953 Coronation.

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Please bring a contribution to the eats, suitable for afternoon refreshments.

We hope for good weather and that everyone enjoys the occasion over a holiday weekend.

A new parish council is now in place, but there are two empty seats. If you would like to be a member, the existing ones have power to co-opt to fill vacancies.

The annual parish meeting will be on Monday 10th June at 7.30 p.m. in the Sedgwick Room when there will be a review of the council's work over the past year and reports on what else has been going on. It is when we account to the electors and take stock.

## PEOPLE'S HALL

Booking & Information

Sedbergh Office Services, 13 Kings Yard

Tel: 20788

**Main Hall, Kitchen & Stage**

8 am to 12.30 pm - £8

12.30 pm to 5 pm - £8

5 pm to finish - £20

**Committee Room** all sessions as above - £5

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## TRAINSPOTTING

Regarding May's 'Transport Jotter' article by Gordon Neal. Yes, travel on the new 'Dalesman' summer steam service is not cheap, but organising and running such a service is not a cheap enterprise. Amongst other expenses that have to be covered by the train operator are: hire of rolling stock; fees to Railtrack to actually run the train; wages for train staff; coal for the locomotive; not to mention hire of the engine itself - an extremely valuable and expensive-to-maintain piece of machinery, many of which are managed by largely voluntary organisations relying on public donations and bookings such as these to keep their engines running.

There is a great deal of animosity within the heritage railway movement against photographers and 'gricers' (slang for steam 'spotters!') who 'spot 'n' snap' trains without contributing anything towards the running of the train itself. In some cases people have rung train operating companies demanding timings for trains and become quite abusive upon having their requests denied. Some organisations now refuse to give timings out. There is also a very important safety aspect to this. I have myself witnessed

families at Garsdale station waiting to see a steam train pass through allowing their children to wander around on the tracks, oblivious to the danger.

It is certainly a stirring sight to see a steam locomotive working hard in stunning surroundings on the Settle-Carlisle, but please, put something back into it, and ride on the next one!

Regards

*Andrew Allan*

for W. Allan & Co. UnLtd.

*Voluntary Suppliers of Garsdale Water to Steam Locomotives for over 20 years*

## S.L.D.C. ELECTIONS 2nd MAY 2002

Paul Winn would like to thank everyone who supported him in his election campaign, whether they delivered information leaflets or voted for him.

He was successful in retaining his position as your District Council representative.

If you have any queries or problems which he may be able to assist with, please do not hesitate to contact him on 015396-21699.

Once again Many Thanks for your support.



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## BEING LOCAL - A BRIEF RESPONSE

Last month's Lookaround posed the question "Are you local?" I liked the suggestion that "the true local is the one who really cares about the future of Sedbergh." It may not be what is usually meant by the term, but it is what matters. There are some people who have lived in Sedbergh all their lives. There are others like me. I spent forty years away from here ("in the wilderness?") but have returned to my roots - roots which go back on both my father's and my mother's side for some 300 years in this locality. I grew up here over half a century ago in a little town which has changed greatly, and I am truly glad that it has.

Sedbergh has benefited enormously from the influx of people from elsewhere, people of wide and varied experience who have used their talents and skills to enrich the life of a place which might otherwise have dwindled. This little community has tremendous life within it. Because Sedbergh is a beautiful place, it has attracted people who appreciate beauty and who value culture - people with many talents. Where would we have been without them? We are neither a fossilized community nor just a dormitory town; there are challenging things to do and groups to belong to every day of the week.

I believe I am well and truly local in the traditional sense, but the more important distinction to be made is that between those who are active in the community and seek to secure for it a sound and enterprising future - and the others.

*George Dawson Handley*

## APRIL WEATHER

Well, what a month! It must have been the best lambing month in ages. With very few April showers, in fact only 2.92 inches of rain, only 2 nights when the temperature actually dropped below freezing and very little wind to contend with after the first few days it could not have been better. We did actually wake up to snow on the fell tops on the 27th, 28th and 29th. There certainly seem to be lots of lambs about, with many multiple births reported. One farmer said that they certainly had not lost as many as usual. The barometer was steady in the 29+ inches of mercury until the end of the month when it dipped forecasting what was to come!

The gardens and hedgerows have been resplendent in blossom so hopefully there should be plenty of fruit later in the year. So you sloe gin makers should be in luck. Swallows were back on the 12th and many of the hibernating butterflies were on the wing as were some bats.

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## JOSS LANE CAR PARK

A reminder to all residents that there are dedicated Ticket Wardens in South Lakeland areas.

One of their duties, as well as enforcing the Yellow Lines system, is monitoring the Car Parks. Anyone not having a valid parking ticket will receive a Fixed Penalty Notice which will cost far more than a ticket from the machine.

Loftus Hill Car Park is Free and is not affected. Joss Lane is a 'Pay and Display'. The exemptions are Orange/Blue Badge holders and Residents who live in the Yorkshire Dales National Park area who **must** display a current Vehicle Pass which is Free from the YDNP Office on Main Street.

Additionally, the Chamber of Trade receive many complaints about people parking their vehicles on Main Street and Finkle Street for long periods of time which, as well as being an offence, causing disruption to other road users trying to walk or drive past.

If you must visit the shops, please use Joss Lane Car Park and **walk** the short distance. 

## STABLE ANTIQUES

15 Back Lane, Sedbergh ☎ 20251  
e-mail:- antique.thorlby@amsolve.net

*Anything old & interesting bought*

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## South Lakeland District Council Elections

I would like to take this opportunity to thank all those who voted for me in the recent local elections. I feel greatly encouraged by your support.

*Sydney McLennan*

*The results of the election were:-*

Sydney McLennan-Lib. Dem.	292
Paul Winn - Cons.	771

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## PARISH COUNCIL ELECTION RESULTS

As a result of the recent uncontested elections the Parish Councillors for Sedbergh are: -

Mrs. A. Allan,  
Mrs. D. Blair,  
Mr. N. H. Brown  
Mr. R.W.F. Graveson  
Mrs. S. L. Hirst  
Mr. S. Longlands  
Mr. G. A. Pratt  
Mrs. E. M. Scarr  
Mr. W. R. M. Sedgwick  
Mr. P. Winn.

One seat remains vacant and will be filled by co-option.

*John Stanton*  
Clerk to Sedbergh Parish Council



Dear Sir,

*The 'other side' to Sedbergh's rivers*

Now that the warmer weather is upon us, the local rivers will undoubtedly become popular playgrounds for residents and visitors alike.

However, this year, all is not as it seems. Last year, the developers at Farfield Mill connected their sewage outfall to the tiny sewage system at Farfield Row, which was designed to serve 5 cottages. This facility has since proven quite incapable of dealing with the added throughput, hence untreated sewage now regularly pours into the Clough just below Garsdale Bridge. Given that this is marginally upstream of The Dub and The Meetings, popular venues for Bathers and Fishermen alike, folk may wish to think twice this year before taking that plunge or eating that fish.

In addition to advising their children as to the risks of bathing in such an environment I would like to urge all interested parties to lean upon the Environment Agency to lay pressure upon whoever is to blame for this problem.

If anybody would like further information regarding this matter, or would like to see the problem for themselves, then I would be happy to oblige, and if desired, provide a guided tour.

Visitors to The Mill meanwhile, may wish to think twice before using the toilet facilities there.

*David Wilson, Farfield House  
015396 20537*



## **MK CONVERSIONS**

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### **THOUGHT FOR THE MONTH**

This year none of our offspring have GCSE's or A level exams but many families walk that path this month, to one and all I say "All the best" and wish you well.

June is the month for the Jubilee celebrations but study will go on, so often situations would be so much helped with just a little thought for someone else's feelings. So, enjoy the parties and all the jolly events but don't forget the youngsters, who are having to 'revise'. For the older ones amongst us perhaps we need to 'revise' our attitudes towards them. Enjoy the Queens Celebrations!

*LD*

At the

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Tel: 015396 21489

## **SEDBERGH PRIMARY SCHOOL RECEPTION ASSEMBLY**

On Thursday March 14th we felt happy and excited with lots of butterflies in our tummies. We had to speak very loudly and clearly and remember our words. Lots of people came to watch us.

We told everyone the days of the week, lots of names of musical instruments and about materials like wood, metal, wool and plastic.

We liked doing our assembly for our brothers, sisters and all our families.

*Reception Children*

### **Daphne Jackson D. O.**

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### **SEDBERGH BOWLING CLUB**

As part of the Golden Jubilee celebrations, the Bowling Club will be holding a Fun Day Competition for our members, on 9th June at 1pm. Tea and biscuits will be available for anyone wishing to come and watch.

After the match we will have a B.B.Q. at a cost of £3.50 per person. Anyone wanting to be included for this please ring me to book (as soon as possible) for catering numbers.

If anyone would like to try bowling that evening, bowls and tutors will be provided. Please wear flat shoes.

*Linda Killops*

## **SEDBERGH-YES**

Anyone want to be a Public Spirited Soul?

The Sedbergh website, [www.sedbergh-yes.net](http://www.sedbergh-yes.net), currently gets 'visited' about 40 times per day and a certain proportion of those looking are primary school children doing their National Curriculum geography, as Sedbergh has for some years been a textbook study.

Children fill-in the feedback forms on the website with questions such as:

"Dear everybody in Sedbergh. We have been looking at your village, your village is very peaceful. Do you all like your quite, peaceful village?" Poppy and Colette  
and

"Dear everybody, do you find it difficult going from shop to shop when you are getting your shopping? We get our shopping from one big shop." Becky and Rachael  
and

"Do you have a market what does it sell? we liked looking at your website today" jonathan and karis

And from teachers:

"Is there anyone that you could recommend as an appropriate person/people for our classes to e-mail and ask questions about Sedbergh? That would be very helpful."

Currently these questions don't get answered as we don't have the skills. Anyone good at replying to Primary age children? Please send an email to [dave@sedbergh-yes.net](mailto:dave@sedbergh-yes.net) or call 23310, thanks.



## SEDBERGH & DISTRICT BEEKEEPERS

Sedbergh beekeepers held their first apiary visit of the season on Sunday 12 May at Acre, Cowgill. Thirteen members attended and observed Tommy Brooks show how a new colony should be set up on a new site at a new apiary. The weather was as near perfect as any beekeeper could desire, but an unfortunate road accident on the road outside Acre did cause some interruption at the start of proceedings. Very thankfully the local Sedbergh gentleman involved was not seriously hurt. Bill and Judy Lake treated us royally from their magnificent viewpoint, at the end of proceedings.

The 6<sup>th</sup> Annual General Meeting was held at Brigflatts the following evening. All the usual business was conducted and a new committee elected. John Tallon became Chairman following the sad death of Eric Hill in January. John Stanton, who had served as Secretary since the club was first set up in the 1990's, stood down and Malcolm Fraser-Urquhart was elected in his place. Brian Wright continues as Treasurer, Tommy Brooks as the county representative, and Vic Hopkins was also elected to the committee.

The next apiary visit will be at 2.30pm on Saturday 8<sup>th</sup> June at The Bungalow, Crowtrees, Melling, when John Tallon and Malcolm FU will attempt to demonstrate how to rear new queen bees. If you would like to attend you will be most welcome. Please call 21902 and we can arrange transport/appropriate bee clothes etc.

*M.F.U.*

## REGULAR MEETINGS

AGE CONCERN	
Every Mon & Fri	PH
HOWGILL BABY & TODDLER GROUP	
1330 Every Monday	HSR
DENTDALE CHOIR	
1930 Every Tuesday	DMH
BRIDGE CLUB	
1930 Every Tuesday	WHC
SEDBERGH OVER 60's	
1400 Every Wednesday	GH
RBL WOMEN'S SECTION	
1930 Every Wednesday	WHC
YOUNG FARMERS	
1930 Every Wednesday	SHS/PH
RECORDER GROUP	
1230 Every Friday	CO
PEOPLE'S HALL COMMITTEE	
1930 1st Monday	PH
HOWGILL W.I.	
1930 1st Thursday	HSR/FCH
GARSDALE PARISH COUNCIL	
1930 1st Thursday bi-monthly	GVH
GALA GROUP	
1930 2nd Monday	PH
BLIND GROUP	
3rd Tuesday	CO
KILLINGTON W.I.	
1400 2nd Tuesday	PH
FROSTROW W.I.	
1930 2nd Wednesday	PH
DENTDALE W.I.	
1915 2nd Wednesday	DMH
ROYAL BRITISH LEGION	
2000 2nd Thursday	WHC
CHAMBER OF TRADE	
2000 3rd Monday	Bull Hotel
LADIES NFU	
1930 3rd Tuesday	PH
SEDBERGH PARISH COUNCIL	
1930 Last Wednesday	PH



## DIALECT DIGEST

Many everyday objects are still referred to, even these days, by their dialect names. One of the most commonly heard is 'clout', as in 'dish clout' - a cloth or towel. This can also be found in Scotland, where it is usually pronounced 'clood', as in 'cloodie dumpling', a culinary delicacy cooked in a cloth.

The old-fashioned method of latching a door is known as a 'sneck', giving rise to the saying about someone with no sense of aim when throwing things - 'he couldn't hit a barn dooar if he were sat on t'sneck!'

Gates are referred to as 'yats', and the post they are attached to is a 'stowp', which is the basis of another old expressions, 'deaf as a yat stowp' - deaf as a gate post. A broom is a 'besom', though this refers more to one hand-made from twigs than the modern nylon version.

In your garden you might find 'throstles' (thrushes), 'spuggies' (sparrows), 'shepsters' (starlings), and even the occasional 'stoggy' (wood pigeon).

On your lawn, I doubt if you'll be 'fair capped' to discover earth mounds made by the infamous 'mowdywarp', or mole.

And I wonder how many people have furniture in their house which is 'katie-cornered'? It means something is placed diagonally across a corner of a room, but is another example of how concise the dialect phrase is compared with its long-winded standard English translation!

*Michael Park*

## SEDBERGH SCHOOL

### The Local Boys Fund

The committee of management will meet on June 21st to consider applications for grants for educational tuition and facilities for boys resident in the parishes of Sedbergh, Garsdale and Dent.

The fund does give priority to local boys attending Sedbergh School but it also considers applications from local boys attending any other centre of learning.

Anyone wishing either further information or to apply for a grant should contact the Secretary, Joyce Priestley, Havera Bank, Sedbergh. Tel: 015396-20104.

## J J MARTIN

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Dear Editors,

I write of a farmer who was driving his horse and trap over the top of Hawarth when he saw a gentleman walking down and offered him a lift.

When the gentleman got in the farmer cracked his whip and horse set off at a pace.

The gentleman gripped the sides of the trap and said, "I'd gladly give a gold sovereign to be out of this."

The farmer replied, "Don't be so flush wi thee brass, thou might be out for nowt in a minute."

*M.H.*

## VOLUNTEER CENTRE

100's of opportunities to be filled with your.... Smiles, cars, time, skills, expertise..... LEND US YOURS?

There are so many vacancies unfilled in our communities that we will never have enough volunteers! There are arts groups, drama groups, galleries, orchestra's mother & toddler groups, counselling groups, festival groups... the list of community groups is enormous and they all depend on volunteers to keep going.

It can be fun,

It can be hard work,

It can be exciting,

It can help you meet new people,

It can offer you a challenge,

It can make you feel part of your community,

It can increase your confidence,

It can help you learn a new skill.

Volunteering has a lot to offer you, and while you are gaining all these things the end product of what you 'lend your community' will be benefiting somebody who may be less fortunate than you!

Think about it... Everybody wins...

AND it's National Volunteer Week...

June 7th - 14th.

If you are interested in getting involved in a community project please contact Helen or Liz at the Volunteer Centre South Lakeland on 01539-725005, we'd be happy to help you. Our Volunteer Centre is funded by the Community Fund, SLDC, Kendal Town Council and Ulverston Town Council, which means we can help you for FREE!

## ACTION RESEARCH

Recent fund raising efforts for the Charity have raised £510.30 for medical research. Thank you to all supporters.

## ASTHMA COFFEE MORNING

We would like to thank everyone who helped and supported the Coffee Morning on April 17th when £337 was raised for the above fund. Thank you all. *E.W.*

## I WONDER WHY?

..... There is no road sign saying 'Station Road' at either end, or at the beginning of the built up area. *Curious*

## BAY RADIO VISIT

Due to circumstances out of their control, the Bay Radio will not be coming to Sedbergh on 15th June. They hope to do it later on in the year when they get more funding.

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

Another test from Elaine Hemingway. Can you find the hidden words? How many are there and what is the common theme?

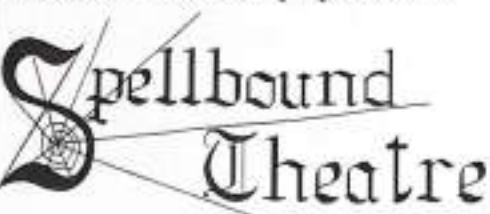
## SPELLBOUND THEATRE

Promenade Theatre      June 23rd  
1pm to 3.15pm in Dent

We are performing scenes of the history and legends of Dentdale, in and around Dent village. If you fancy coming along, wear comfy shoes and bring a broly, in case! The promenade is part of The Dent Folk Festival and is FREE.

In advance we should like to thank the following for helping us out:-  
Richard Ellis for performing. John Sugden for performing. Jane Fisher and her horse Buck, for performing. Betty Hartley, Dent's famous 'terrible knitter', for coming to knit. Janet Skublics, for coming to spin. All the horse riders and the horses for acting as set decoration. The Lunesdale Hunt, for loaning us some fox hounds as performers. Mary Newsham and her pet sheep. Phil Saunders, for art and design. Alice Clegg, for costumes. The Rev. Peter Boyles, for permission to use the churchyard. Avril and Mick Priestly, for the use of Little Oak gallery. The management of The George and Dragon, for the use of part of their premises. Graham and Elizabeth Dalton, for the use of their garden and kitchen. Eliza Forder, for the use of her kitchen. Anyone else, who has helped since this was printed.

At times, we will be several minutes outside some residents' properties and



Spellbound  
Theatre

there is a possibility that traffic may be held up for short intervals. We trust that no one will find this too much of an inconvenience.

There will be a lot of visitors around on the day, but we hope to see some familiar faces in the promenade crowd, supporting us as usual.

If the weather is really wet, we shall be performing in Dentdale Memorial Hall, minus the promenade! *Kim Lyon*

### DENTDALE METHODIST CHAPEL

For the Dales celebrations of the Queens Golden Jubilee we will host an exhibition of Royal Memorabilia and will be pleased to receive items to display not only for Queen Elizabeth II but any royalty. Please contact Sarah (25212) about this. We plan (if we have enough stewards!) to be open Saturday, Sunday and Monday (see posters for times or ring above number).

We also hope to host an exhibition on "The Working Life of Dentdale, Past and Present" from 21st to 23rd June to coincide with the Business Forums Folk Weekend but there is a slight possibility this will have to be postponed. So watch out for posters or ring Sarah.

Our services of worship continue every Sunday, with the more informal Praise and Worship one evening a month. Our 'schoolroom' is available for hire for meetings, coffee mornings, celebrations etc (we operate an alcohol free zone!), please contact Sarah.

Everyone is welcome to worship with us at any time. Service details are on the notice board or in the porch. *S.E.W.*





### DUCKS AWAY

The start of the CWT Duck Race.



### THE RAWTHEY RUN

The Sedbergh Team as they approach the winning line.

## NO SMOKING ZONES

### ACCOMMODATION

	Phone (015396)
Stone Close, Main Street, Dent, Sedbergh (B&B)	25231
St Marks, Cautley, Sedbergh (B&B, All Bedrooms)	20287
Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms)	25043
Slack Cottage, Dent, Sedbergh (B&B)	25439
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.)	21000
Moss Barn Holiday Caravan, Garsdale Road, Sedbergh (Self C.)	21038
Oakdene Country House, Garsdale Rd, Sedbergh (All Bedrooms)	20280
Scow Cottage, Cowgill, Dent, Sedbergh (B&B)	25445
River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B)	25592
The Lodge, Loftus Manor, Sedbergh (B&B)	21855
Garsdale Foot Farm, Garsdale, Sedbergh (B&B)	21329
Swan Inn, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Wilkinstile, Dowbiggin, Sedbergh (Self C.)	20436
Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms)	21820
Sun Lea, Joss Lane, Sedbergh (B&B)	20828
The White House, Flintergill, Dent, Sedbergh (B&B)	25041
Cross Keys Hotel, Cautley, Sedbergh	20284
High Brigflatts, Sedbergh (Self C.)	20570
Syke Fold, Dent, Sedbergh (B&B)	25486
Lea Yeat Cottage, Wray Rigg, Cowgill, Dent, Sedbergh (Self C.)	25091
Holmescroft, Station Road, Sedbergh (B&B)	20754
The Bungalow, Cautley, Sedbergh (B&B)	21649
Middleton Head, Middleton (B&B)	20258
Randall Hill Cottage, Station Road, Sedbergh (Self C.)	21346
10 Main Street, Sedbergh (B&B, All Bedrooms)	21808

### EATING PLACES

Cross Keys Hotel, Cautley, Sedbergh	20284
Stone Close Tea Rooms, Main Street, Dent	25231
The Head Restaurant, Middleton	20258
Bull Hotel Restaurant, Main Street, Sedbergh	20264
White Rose Fish & Chip Cafe, Main Street, Sedbergh	20468
Le Rouge Restaurant, Finkle Street, Sedbergh	20433
Fran's Bakery Tea Room, Main Street, Sedbergh	21058
Dent Crafts, Helmside, Dent	25400
Swan Inn, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Meadowside Tearoom, The Laming, Dent	25329

*Entries in 'No Smoking Zones' are free for any premises in the Sedbergh, Dent & Garsdale areas (not including retail shops.)*

## GROUND BREAKERS 2002

Over the last two years several willing volunteers, with the backing of Sedbergh Churches Together, have organised a holiday club in the summer for children aged 5 to 11. This year we are again running one, and with the Peoples Hall field being dug up this summer, the club is aptly named Ground Breakers. Once

again we will send application forms round the local primary schools, and with a maximum of 60 children we encourage you to book early to avoid disappointment! The club will be held August 12th - 16th in the Peoples Hall between 10am - 12 noon. Any details ring either Dick Gorst (20939) or Fran Parkinson (23393).

ORGANISATION	CONTACT	Tel: 015396
Action Research	Mrs Bainbridge	Sed: 20044
Age Concern	Mrs Alderson	Sed: 20814
Age Concern Monday Club	Mrs Winder	Sed: 20512
Age Concern South Lakeland PH (M, & F)	Mrs Hancox	Sed: 21986
Angling Association	Mr Dandy	Sed:
Art Society	Miss Nelson	Sed: 20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed: 20665
Baby & Toddler Group	Mrs Packham	Sed: 21484
Badminton (Dent)	Mrs Rushton	Dent: 25306
Badminton (Sedbergh)	Mr Mason	Sed: 20565
Beekeepers Association (S & D)	Mr Stanton	Sed: 20901
Bowling Club (Queen's Gardens)	Mr Killops	Sed: 20279
Bowling Club (Indoor)	Mrs Greenbank	Sed: 21720
Bridge Club	Mr Mr Stanton	Sed: 20901
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed: 20553
Caving & Potholing Club (Dent)	Mr Stephenson	Sed: 21285
Chamber of Trade	Mrs Rusling	Sed: 20788
Christian Aid	Mrs Hannam	Sed: 20897
Conservative Association (Sedbergh)	Mr Beck	Sed: 20336
Cricket Club (Dent)	Mr Smith	Dent: 25209
Cricket Club (Sedbergh)	Mr Wright	Sed: 21038
Cumbria Wildlife Trust	Mrs Garnett	Sed: 21138
Dentdale Choir	Mrs Bush	Sed: 20058
Dentdale Festival Committee	Mrs Owen	Dent 25505
Dentdale Players	Mrs James	Dent: 25037
Dent School (Friends of)	Mrs Mason	Dent: 25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed: 20316
Fire Service (Tuesday Evenings)	Mr Packham	Sed: 20302
Football Club (Dent)	Mrs Burrow	Dent: 25434
Football Club (Sedbergh)	Mr Moffat	Sed: 21797
Gala Group	Mrs Cox	Sed: 21820
Golf Club	Mr Lord	Sed: 20993
Good Companions (Dent)	Mrs Woolf	Dent: 25275
Guides Rainbows	Miss Stephenson	Sed: 21731
Brownies	Mrs Metcalfe	Sed: 20949
Guides		
Help Tibet Northern Branch	Mrs Howarth	Sed: 20090
Hockey	Miss Capstick	Sed: 20259

## Abbeyfield

### (Kirkby Lonsdale) Society Ltd.

The Society is holding a Jubilee Strawberry Tea and Open Day at 3pm on Wednesday June 5th at the two Kirkby Lonsdale Abbeyfield houses, The Gables and Travers House. Entry is Free and is an excellent opportunity to come and see for yourself – or perhaps on behalf of a

parent or other elderly relative - the facilities and the kind of accommodation we offer.

Please do join us on the 5th.

At the time of going to press we have one good-sized en-suite room available in The Gables – for further information please ring Mrs. Hamlett on 015242 71015 as soon as possible.

Howgill Harriers	Mrs Moffat	Sed:	20907
Howgill Schoolroom	Mrs Stainton	Sed:	20665
History Society	Mrs Scobie	Sed:	21106
Kent Lune Trefoil Guild	Mrs Taylor	Sed:	20440
Ladies National Farmers Union	Mrs Woof	Sed:	21343
LETS around Sedbergh	Miss Wheaten	Sed:	20959
Liberal Democrats	Mrs Cleasby	Dent:	25476
Masonic Hall	Mr Conchie	Sed:	20660
Playgroup, Toddlers & After-School (Sedbergh)	Mrs Stainton	Sed:	20665
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parish Council (Dent)	Mr Dalton	Dent:	25436
Parish Council (Garsdale)	Mr Holden	Sed:	21577
Parish Council (Sedbergh)	Mr Stanton	Sed:	20901
People's Hall	Mrs Beare	Sed:	21339
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Residents Association (S & D)	Mrs Browne	Sed:	20525
Royal British Legion (Men)	Mr Gray	Sed:	21884
Royal British Legion (Women)	Mrs Bateman	Sed:	20474
Scouts	Mr Askew	Dent:	25465
	Mr Mawdsley	Sed:	20723
	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	Mrs Denton	Sed:	20521
South Lakeland Carers Association	Mrs Bartle-Ross	Sed:	23334
South Lakeland Voluntary Society for the Blind	Mr Noble	Sed:	20100
Squash Club	Mr Close	Sed:	21000
St. John Ambulance	Mr James	Sed:	25037
	Mr Winn	Sed:	21096
	Mr Winn	Sed:	21096
Swimming Club	Mrs Brooks	Sed:	20912
Tennis Club	Mr Ellis	Sed:	20344
Town Band	Mr Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent	Mr Hinson	Sed:	20118
Women's Institute (Dentdale)	Mrs Fothergill	Dent:	25257
Women's Institute (Frostrow)	Mrs Dormand	Sed:	21178
Women's Institute (Howgill)	Mrs Scambler	Sed:	20603
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Farmers Club	Miss Winn	Sed:	21699



# BUS SERVICES

## Sedbergh to Kendal via Oxenholme

### Monday - Friday

07.45		564	GP	◇
09.40		564	W	
09.55		564	GP	◇
10.05	<b>Wed</b>	564B	W	◇
10.10	<b>W&amp;F</b>	112	B	
12.40		564	W	
12.45		564	GP	◇
13.00	<b>Wed</b>	564B	W	◇
14.00	<b>Tue</b>	804	W	◇
14.40		564	W	◇
15.25		564	GP	◇
17.11		564	W	

### Saturday Only

09.55		564	GP	◇
10.45		564A	S	◇
12.45		564	GP	◇
15.25		564A	S	◇
15.25		564	GP	◇

## To Kirkby Stephen Via Cautley and Kirkby Stephen Rail Station

### Monday - Saturday

09.05	<b>M-F</b>	564	GP	◇
11.15		564	GP	◇
14.15		564	GP	◇
16.50		564	GP	◇

### To Kirkby Lonsdale

09.45	<b>Thu</b>	567A	W	◇
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### To Hawes

08.45	<b>TWF</b>	112	B	
10.00	<b>Tue</b>	804	W	◇
14.15	<b>W&amp;F</b>	112	B	
15.45	<b>Sch</b>	112	B	

### To Dent

### Wednesday

12.05		564B	W	◇
14.15		564B	W	◇

### Saturday

10.15		564A	S	◇
14.55		564A	S	◇

## Kendal to Sedbergh via Oxenholme

### Monday - Friday

08.35	<b>S&amp;H</b>	564	GP	◇
08.35	<b>Sch</b>	564	W	•
09.30	<b>Tue</b>	804	W	• ◇
10.30		564	W	•
10.45		564	GP	◇
11.30	<b>Wed</b>	564B	W	• ◇
13.30		564	W	•
13.30	<b>W&amp;F</b>	112	B	
13.40	<b>Wed</b>	564B	W	• ◇
13.45		564	GP	◇
16.20		564	GP	◇
16.30		564	W	•
17.45		564	W	• ◇

### Saturday Only

09.40		564A	S	◇
10.45		564	GP	◇
13.45		564	GP	◇
14.20		564A	S	◇
16.20		564	GP	◇

## From Kirkby Stephen, Market Square

### Monday - Saturday

07.11	<b>M-F</b>	564	GP	◇
09.21	<b>Sat</b>	564	GP	◇
09.30	<b>M-F</b>	564	GP	◇
12.11		564	GP	◇
14.51		564	GP	◇

### From Kirkby Lonsdale Square

12.15	<b>Thu</b>	567A	W	◇
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### From Hawes

08.00	<b>Sch</b>	112	B	
09.35	<b>WF</b>	112	B	
13.25	<b>Tue</b>	804	W	◇
15.00	<b>TWF</b>	112	B	

### From Dent School

### Wednesday

09.50		564B	W	◇
12.45		564B	W	◇

### Saturday

10.30		564A	S	◇
15.10		564A	S	◇

M-F	Monday to Friday Only
Tue	Tuesday Only
Wed	Wednesday Only
Thu	Thursday Only
Sat	Saturday Only
Sch	Schooldays Only (M-F)
W&F	Wednesday & Friday Only
TWF	Tuesday, Wednesday & Friday Only
S&H	All Sat's & Mon to Fri in School Hol's
	<i>All times are from and to The Dalesman Inn</i>

GP	Grand Prix of Brough
W	Wool's of Sedbergh
B	Braithwaite's Coaches
S	Stagecoach in Cumbria
•	Blackhall Road opposite the Bus Station
◇	Provided with Support from CCC
	Please note 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 0870 608 2 608 (Open : 7am - 8pm Daily)

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

St. Andrew's Parish Church  
Sunday 08.00; 10.30 & 18.30  
Rev. A W Fell Tel: 20283

### 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 & 18.30  
Rev. G. Hall Tel: 20329

### UNITED REFORMED CHURCH

Main Street  
Sunday 10.30  
Mrs M Mason Tel: 20048

### SOCIETY OF FRIENDS QUAKERS

Brigflatts  
Sunday 10.30  
Mr. M Roberts Tel: 20005

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
Sunday 11.00  
Wednesday 19.30  
Rev G Jones Tel: 01539 - 722079  
or Mr G Watson Tel: 20561

*For enquiries for the following services,  
Please ring the relevant telephone number*

### CHURCH OF ENGLAND

Firbank; Howgill & Killington  
Rev. A Pitt Tel: 20670  
Cautley & Garsdale  
Rev. A W Fell Tel: 20283  
Dent & Cowgill  
Rev. P. Boyles Tel: 25226

### METHODIST CHURCH

Dent; Dent Foot;  
Cautley; Fell End;  
Garsdale Street; Garsdale Low Smithy;  
Hawes Junction & Frostrow  
Rev. G. Hall Tel: 20329

*Would you like to know that someone is  
praying for you? Or do you have a  
relative, friend or neighbour in special  
need of prayer? In the  
Churches, we pray  
every Sunday for  
this community and  
we should like to  
hear of any special  
needs. Please ring any  
of the above telephone  
numbers so that we  
may pray for you and/  
or others.*



## OPTIONS for health and well-being

June Parker	Acupuncture	015396 20972
Caroline Cattermole	Psychosynthesis Therapeutic Counselling	015396 21570
Ian McPherson	T'ai Chi, Flower Essences, Reiki Hypnotherapy, Meditation	015396 20648

*Complementary Therapists practising locally*





10	1400	CWT Heather & Newts on Holme Fell	LHCP	25	Dent Festival	Dent
10	1430	Beekkeepers	Havern	26	Dent Festival	Dent
12	1200	Children's Holiday Club	PH	28	1000 CAB Coffee Morning	URCR
13	1200	Children's Holiday Club	PH	<b>SEPTEMBER</b>		
14	1000	NWCRF Coffee Morning	URCR	3	SHS Term Begins	
14	1200	Children's Holiday Club	PH	4	1000 URCR Coffee Morning	URCR
14	1930	Needle & Pins	SJAR	5	1930 WIH 60 Years of Parsonage	HSR
14	1915	WID Miniature Portraits	DMH	7	1430 Beekkeepers	Deepdale
14	1915	WIF Joint Meeting with WID	DMH	7	2000 PH Dance	PH
17	0930	HS Saitaire, Bradford	LHCP	9	1930 Beekkeepers	BF
21	1000	StAS Coffee Morning	URCR	10	1400 WIK Craft Afternoon	PH
23		Dent Festival	Dent	11	1000 Dent Foot Chapel Coffee Morning	URCR
24		Medieval Fayre	Sedbergh	11	1915 WID The Samaritans	DMH
24		Dent Festival	Dent	11	1930 WIF Fresh look at Flowers	PH
25	1415	CWT Children's Discovery Walk	DCP	11	1930 Needle & Pins	SJAR
<b>KEY</b>				18	1000 Garsdale Ch Coffee Morning	URCR
BC		= Bowling Club		21	1300 CWT Fungus Foray	LHCP
BFK		= Beekfoot Farm, Killington		25	1000 Firbank Ch Coffee Morning	URCR
BF		= Brigflatts		28	1400 MH Jumble Sale	MH
BS		= Bialiol School		29	Cautley 10	SHS
CC		= Carlisle Cathedral		<b>OCTOBER</b>		
CO		= Community Office, Main Street		2	1000 Barnardo's Coffee Morning	URCR
CSG		= Casterton School Gymnasium		3	1900 WIH AGM VCO	FCH
CWT		= Cumbria Wildlife Trust		5	1400 Scouts Jumble Sale	PH
DCP		= Dent Car Park		6	1030 Methodist Harvest Festival	SMC
DMH		= Dent Memorial Hall		6	1830 Methodist Harvest Festival	SMC
DMC		= Dent Methodist Church		8	1400 WIK Humour in Church Life	PH
FCH		= Firbank Church Hall		8	1930 NWCRF Town Band Concert	PH
FM		= Fairfield Mill		9	1000 CA Coffee Morning	URCR
G&D		= George & Dragon, Dent		9	1915 WID A Butler to H.M. The Queen	DMH
GVH		= Garsdale Village Hall		9	1930 WIF Clarin Skin Care	PH
HS		= History Society		9	1930 Needle & Pins	SJAR
HSR		= Howgill Schoolroom		14	1930 Beekkeepers	BF
JLCP		= Joss Lane Car Park		16	1000 Dentdale Meth Coffee Morning	URCR
KVH		= Killington Village Hall		19	1900 MH Fun Night	MH
LHCP		= Loftus Hill Car Park		21	1930 Beekkeepers	BF
LHHC		= Loftus Hill Health Centre		30	1000 Killington Ch Coffee Morning	URCR
MH		= Masonic Hall		<b>NOVEMBER</b>		
MHOH		= Mutton Hall, Old Hutson		2	1800 Bonfire Night	PH
PH		= People's Hall		6	1000 MH Coffee Morning	URCR
RB		= Rawthey Bridge		7	1930 WIH Lesotho	HSR
SGC		= Sedbergh Golf Club		9	2000 Howgill Chance Dance	PH
SHS		= Settlebeck High School		11	1930 Beekkeepers	BF
SMC		= Sedbergh Methodist Church		12	1400 WIK AGM & Entertainment	PH
StAS		= St Andrew's Church, Sedbergh		13	1930 WIF AGM & Social	PH
StJAR		= St John Ambulance Rooms		13	1915 WID AGM & Rags to Rugs	DMH
SMC		= Sedbergh Methodist Church		13	1930 Needle & Pins	SJAR
SSPH		= Sedbergh School Powell Hall		<b>DECEMBER</b>		
SSQH		= Sedbergh School Queen's Hall		7	0900 Killington Ch Table Top Sale	PH
URCR		= United Reformed Church Rooms		7	1900 MH Christmas Dance	MH
WHC		= White Hart Club		9	1930 Beekkeepers	BF
WID		= Women's Institute, Dentdale		10	WIK Christmas Party	TBA
WIF		= Women's Institute, Frostrow		11	1930 Needle & Pins	SJAR
WIH		= Women's Institute, Howgill		14	2000 PH Christmas Dance	PH
WIK		= Women's Institute, Killington			WIH Christmas Party	TBA
YDNP		= YDNP Centre, Main Street			WIF Christmas Party	TBA

# PUBLIC INFORMATION

## SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079

### Dr J. Syred ☎ 20239

Monday to Thursday	0900 - 1000
Friday	0900 - 1000 *
Monday & Wednesday	1400 - 1500
Monday	1800 - 1900
Saturday (Urgent Cases)	0900
Friday Female Clinic	1015 *

### DENT SURGERY

Tuesday	1530
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### Dr P.A. & W.G. Orr ☎ 20218

#### Dr Ann Orr

Monday	0830 - 1100	1600 - 1900 *
Tuesday	0830 - 1100	1600 - 1900 *
Wednesday	0830 - 1100	1300 - 1800 *
Thursday	0830 - 1100	1600 - 1900 *
Saturday	0830 - 1130	

#### Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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### DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300 Dr Ann Orr
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## WELL WOMAN & FAMILY PLANNING CLINIC

1st Wednesday every month	1630 - 1830
☎ 01539 - 727564	

### District Nurse

☎ 21690

### Health Visitor

☎ 20979

### DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Mr C. Ross & Mr M Brickles	
Monday to Friday	0900 - 1715
Wednesday Evening *	
Saturday Morning *	

### VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday	1400 - 1430 *
Mon, Wed & Fri	1900 - 1930 *
Saturday	1330 - 1400 *
Sunday *	

\* By Appointment Only

## SEDBERGH CHEMIST

41 Main Street

☎ 20270

### LATE NIGHT CLOSING

Monday	1730
Tuesday	1730
Wednesday	1730
Thursday	1730
Friday	1730
Saturday	1300

### LIBRARY

Main Street ☎ 20186

Monday		1700 - 1900
Wednesday	0930 - 1230	1400 - 1700
Friday		1400 - 1700
Saturday	0930 - 1230	

### Y. D.N.P. CENTRE

Main Street ☎ 20125

Open 7 days a week

10.00 am - 5.00 pm

closed 1.00 - 1.30 pm

### COMMUNITY OFFICE

(Above Y.D.N.P. Centre)

Monday to Friday 10am to 4pm

☎ 20504

e-mail [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

web pages [www.sedbergh.org.uk](http://www.sedbergh.org.uk)

### RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 10 am to 1 pm

Every Friday 9.30 am to 12.30 pm \*

☎ 21185 or

08451 202 999 (local rate) 24 hours

e-mail via site [www.cabkendal.ndo.co.uk](http://www.cabkendal.ndo.co.uk)

### RSPCA

Kendal Office

Monday to Friday 10am to 2pm

☎ 01539 736036 (local)

☎ 0870 55 55 999 (national)

### POLICE

Long Lane, Sedbergh

☎ Kendal 01539 722611

### PUBLIC TOILETS

Main Street, Sedbergh

Dent Village

MARKET DAY

HALF-DAY CLOSING

WEDNESDAY

THURSDAY