

SEDBERGH & DISTRICT LOOKAROUND

September 2002

Issue 193

Donation 50p

A very warm welcome to all our visitors to Sedbergh.

Another bumper issue for you to read this month.

The 'Talking Lookaround' is going very strong which is all thanks to the hard work of Jennifer Levitt and her supporting team. It is not an easy task to get the Lookaround onto tape but they are all doing a very good job. One day, we will be on CD Rom, then video, then

DVD, then hologram, then - well, who knows? Whichever way you receive the Lookaround, we hope you enjoy it's contents.

Dennis & Jacky Whicker

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Tel: 20788

Main Hall, Kitchen & Stage

8 am to 12.30 pm - £8

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CHILDREN'S BIRTHDAYS

September 2002

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

The recipient this month is:-
Charlotte GADD who is

8 years old on 9th September.

Please collect your voucher from the Sedbergh Office Services at 13 Kings Yard, Main Street, Sedbergh which can be used in any shop in
Sedbergh, Garsdale & Dent.



Day	Name	Age
3	Lee CLARK	6
4	Sophie WOOF	6
7	Daniel BALDERSTON	9
8	Zoe CRAVEN	11
9	Charlotte GADD	8
10	Joe DANDY	1
10	Emma POSTLETHWAITE	8
11	Luke ROBINSON	5
11	Rebecca WILKINSON	10
13	Alex FEARN	5
16	Emma PACKHAM	4
19	Kim CRAGG	5
22	Richard THEXTON	7
23	Emma HOPKINS	7
25	Toby PRESTON	8
28	Charlotte ARMITSTEAD	6



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Mrs S Gold-Wood	10 Main Street, Sedbergh (10/02)21808 1D; 1T; 1S; CH; TVL; NSB; P; SB; VB	
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (12/02) 20754 e-mail:- SSharrocks@breathemail.net 2D; 1T; CH; TVL; NS; NP*; P; DR	
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/02)..... 21455 1T; ES; NS; NP; P; DR	

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F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite;
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; SB = Seliac Breakfast
CW = Children Welcome; FC = Fire Certificate

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by 15th of every month.
Articles etc. by 19th of every month

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CAPSTICK

Nora send a special thank-you for so many kind enquiries, thoughtful gifts of lovely food and prayers; for the neighbourly help with shopping and transport before and after being in Ward 5, WGH and very grateful to the surgeon and the nursing care there. And as always, to Dr Syred and the girls.

FISHWICK

Mary and family of Queens Drive wish to thank all relatives, friends and neighbours for their kindness, sympathy and many cards and letters in their time of great sadness. A special thanks to Doctor Syred and all at Sedbergh Health Centre, also ambulance men, and Doctors and Staff at Westmorland General Hospital.

GOAD

Harold and family wish to thank relatives, friends and neighbours for their kind messages of condolence, letters and cards received following their sad loss. Special thanks to the Very Revd. I Cleasby and Sarah Woof for their kind words, to Benita for her reading, to Brian and Dorothy for the arrangements and catering and to all who gave donations.

LEIGHTON

Frances wishes to thank family, friends, colleagues, the Governors of Settlebeck High School and past and present students of Settlebeck, for the gifts, flowers, cards and good wishes she received on her retirement.

BIRTHDAY INVITATION

My **90th Birthday** is on September 8th. I will have Open House from 10am to 2pm on that day and would love to see you. Marjorie Middleton, Rhumes, Dent.

MIDDLETON

To Mum and Granny, Marjorie Middleton. With all our love on your **90th Birthday** on Sunday 8th September 2002. Enjoy your celebrations planed for so long. Love Sarah & John, Jenette, Andrew and Susan.

MIDDLETON

Well Done Granny! 90 not out. You are the best. Love Jenette, Andrew and Susan.

PEARSON

Betty would like to thank all who sent beautiful cards, flowers and gifts in celebration of her **90th Birthday**. It made it a day to remember for her.

WOOF

Jenette. Welcome home darling! All the best for France. Love Mum, Dad, Andrew & Susan & Granny.

WALLER

Doris wishes to say a big thank you to all her many friends who visited and sent cards and flowers etc., on the occasion of her special birthday on July 27th. It was lovely to see you all.

FOR SALE

Ducks. Hatched May 2002. Tel: Sedbergh 21567.

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LOST

Envelope containing sheets of old photographs and other documents lost somewhere in Sedbergh around 20th July. If found please contact Sedbergh Office Services, 13 Kings Yard, Tel: 20788.

FOUND

One set of keys - Handed in to YDNP Information Centre.

FOR SALE

Almost new 140 litre (approx. 30 gallons) insulated indirect hot water cylinder with immersion heater and thermostat. Complies with 2002 amendment to Building Regs. £70 (half original price). Phone: 015396-25024.

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WANTED

We have just moved to The Gallery in Sedbergh and need a garage/store in the close vicinity for wood-working tools and a trailer. Phone Sedbergh 21800 if you can help us. Thanks. Liz and Dave Hilton.

PROPERTY WANTED

Wanted in or around Dentedale, small property with large garden and/or a little bit of land for retirement. Condition immaterial, cash sale, without delays. Genuine private enquiry. Tel: 01253-396654 anytime.

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For a private house 4 miles from Sedbergh. Duties to include a little cooking. Hours flexible but an average of 20 hours per week. Guaranteed throughout the year. Phone Daytime Mon/Wed/Fri Sed. 21201 all other times 015242-41958.

S & D LOOKAROUND

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For adverts for which they pay.

If you shop or eat or stay there,
Please tell them that you saw,
Their advert in The Lookaround,
So they'll advertise once more.

SEDBERGH PEPPERPOT CLUB

The Club does not take a break from its activities over the summer. Events have continued throughout July and August, raising a £1 'peppercorn' from each participant to keep our fund for young musicians topped up. The Annual Fun Day took place on Thursday August 1st this year, to coincide with the Play-in-the-Park in Lancaster - more of that anon! We gathered for lunch at the Crooklands Hotel and followed this with a cruise with commentary on the nearby Lancaster Canal. Although the sun did not shine on us, umbrellas were not needed and it was an enjoyable, interesting and relaxing experience which included close viewings of a beautiful family of swans. We were very lucky to see them as

apparently they are clever enough to realise that scheduled trips occur only at the weekends when they take evasive action and keep well away. There were in fact two cruises laid on for us because there were too many of us for one. During the first, those with dogs took the chance to walk them along the path at the side of the canal and during the second, the dogs took the chance to sleep off the exercise! There was time for a visit to the Lancaster Maritime Museum for the earlier party and the rest enjoyed a chat over a cup of tea before driving to Lancaster to join the others for a picnic in Williamson Park. This however was not to be because the heavens opened! After much discussion on mobile phones from car to car in the car park and between

DALTON & HAGUE

HOWGILL LANE PLAYGROUND APPEAL FUND

£60,000 is needed to provide new playground equipment on the field.
To help achieve the total, for each current account, business account,
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drenched people without such mod cons, we decided to cut our losses and take our picnic to Yan Tethera instead. Obviously we were disappointed not to be able to enjoy our shared feast whilst admiring the magnificent view over the estuary as we have in the past. It was also a disappointment to miss out on the delights of 'Fandango', but we had a good time nevertheless and luckily for us the play was eventually called off that evening. This means that we shall be able to use our credit for another Lancaster jaunt in the future.

Since the Lake District Summer Music Festival began in 1985, we have been going to as many of the concerts as possible. This year was no exception and we have thoroughly enjoyed performances by well established professionals and groups of talented students on the verge of professional careers. One day during the Festival - in hot sunshine - eleven of



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GIANT

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Saturday 7th September

11am to 3pm

People's Hall

Admission 50 pence

Cakes ~ Books ~ Lunches

us went on a wonderful afternoon walk organised by Tony Hannam in the Elterwater and Little Langdale area. This

gave us a good appetite for a splendid meal at the Wateredge Hotel alongside Windermere, where several others joined us. The Gould Piano Trio's concert at the Lakes School rounded off the

evening in fine style. We cannot imagine how they managed to play so well when we in the audience were almost expiring in the heat! Another memorable event in the Festival was the very last concert - Serenade by Candlelight - in Ambleside Parish Church.

Looking ahead to the autumn, we have several treats in store for members - not all musical or dramatic as the paragraphs above might lead you to believe - but that is another story

If you would like to know more about Sedbergh Pepperpot Club and the activities of its associated Pepperpot Music Makers, please look elsewhere in this edition of LOOKAROUND. For membership and events details, please contact Mrs Shirley Smith on 015396 21196.

MORE BRAITHWAITE MEMORIES

With reference to the articles in 'The Lookaround' on the Braithwaite family. I also can add a little that might be of interest.

It is George and Sid that I mainly bring to mind, though I do just remember old Alf - plus fours, rather stout and certainly the man who ran the show. As far as us young ones were concerned, he was neither friendly nor unfriendly, if that makes sense, but of course in those days (1940's), there was not the closeness between kids and adults that there is today. One kept well away from the foot of a grown-up for fear he may use it.

Sid was a lovely man, easy going and pleasant, not a deep voice but more of a

cackle. I travelled many miles on the back seat of the old charabanc with Sid driving. One of his favourite tricks was to switch off the inside lights when we were clear of Morecambe, but then, just as the Lads and Lasses were getting amorous, he would turn them back on. I would say he saved many a lad from an early marriage.

What happy times they were, just after the second world war. I think the fare was 2/6 to Morecambe. Sid would park at the Winter Gardens car park and warn us all to be back at the chara by 11 o'clock in the evening or he'd go without us, though to my knowledge, he never did.

Now George was as different to Sid as chalk is to cheese - a strict man, correct,

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collar and tie, shiny black suit. I think that he, like many others in the village who had been through the first war in France, had seen more than his share of hell, and I know that as a dispatch rider, he would certainly have had a wider scope for this than most. (I was a dispatch rider in the Korean War, and you do tend to get around a bit).

I can't really remember John, but as you say, Sid and John went to India and Burma in the territorial battalion, Border Regiment. My grandfather served in the same outfit, and unlike the soldiers in France, they were lucky and all came home, except for a J Gibson, who died of fever.

I don't think old Sid would have made a splendid soldier, as he was far too much his own man. Some of the old Indian sayings that came out of his mouth beggar belief, and he used to have us in stitches.

On one memorable occasion, after a dance at Morecambe, the old charabanc broke down on the way home to Sedbergh. We were out in the country and in the pitch dark. Sid sorted the problem

“WEEKENDERS”

Fashion Evening

7.30pm

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Coffee & Biscuits ~ Raffle

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soon enough - it seems he had forgotten to top her up with water. The young ladies had all to go behind the chara whilst the lads peed into a can so Sid could fill the radiator. I can assure you, this was a golden moment as a memory. The old bus got us home OK. I don't think Sid took a drink but he was certainly grateful to the young men who had indulged that night.

Sid's lad, Les, was about my age and he too had a lovely laid-back way. Poor Les had a sad end.

People still walk through Braithwaite's old yard in Bainbridge Road, once allowed only by the courtesy of Alf, though it is no longer closed off once a year.

They were good people - part of my growing up was in their company. Good memories.

John Hill (Maryfell)

SEPTEMBER REFLECTIONS

I reflect this month in a mood of deep thought. My subject is of as much interest to you in England as to us in Wales. The appointment of the Archbishop of Wales (and the Diocese of Monmouth our daughter's diocese), Dr. Rowan Williams, to Archbishop of Canterbury, replacing the retiring Dr. Carey, is one of the most interesting and arguable subjects on my agenda for a very long time.

Dr. Williams is a man of enormous learning and academic achievement. And, I believe him to be a true man of God.

But, I am not totally convinced that his radical idealism isn't going cause some sharp intakes of breath, if not already, when upon announcement of his new appointment, he fired darts into Disneyland, claiming such to be wrongful example to children.

One cannot escape the fact that Dr. Williams himself has some controversial teachings which I'd not like my children to face, as they learn about God, get to know Him and follow fundamental teachings of any Christian child, which ever section of Christianity they are brought up in.

This column has a policy not to search the finer details, because I have in other newspaper publications started the most difficult, 'Letters to the Editor' outpourings, from individuals taking matters personally.

All that aside, the most interesting thing about Prime Minister Blair's appointment at all, is that the Anglican Communion in Wales is almost a breakaway Church. Not, 'The Church of England', but, 'The Church in Wales'.

Every aspect of our Anglican worship is

conducted either in the English, or Welsh, or bilingually.

We have the Holy Bible translated into Welsh.

Bilingual Service Books and Prayer Books.

We take Holy Communion in either Welsh or English.

Each Sunday in most of our Churches there is a morning service in English, with the evening service, or second service of the day, in Welsh.

In fact, though I am English and do not speak Welsh, I find receiving Holy Communion, the Bread and the Wine, to be absolutely beautiful in Welsh, the words translating very musically. But, I am sure that many readers are aware of much of what I have written so far.

But I air it all now whilst wondering if Anglicans in England generally, really want a Welshman, with such leanings for all things Wales, as their Archbishop of Canterbury?

The Church in Wales is very different to the Church of England. And, I feel it such a shame when there must be so many truly wonderful Bishops in English diocese who would do the job every bit as ably.

Dr. Williams' leadership in Wales is valuable to Wales. His bilingual leadership and churchmanship is helpful to a Church which disallows anyone to be a priest, without being able to speak and write, Welsh.

Also, many are the jokes about Wales!

And I so hope that this appointment does not give grace to ridicule. The Anglican Church cannot take it. And, as leader of the faith, Dr. Williams's following will dictate, or not, sizes of

Church congregations.

Dr. George Carey has been a down to earth, inspirational, evangelist. Just a man! In fact, I bought his book in St. Andrew's Church, Dent.

His richness of faith is easy to reach. A person to understand and to be able relate to. Like you, me and us. His addresses, straight to the point and no frills.

Dr. Williams is very strong in culture, Welsh culture, and I normally have no problem with that, but now, I feel he might be misunderstood.

There is no doubt, Rowan Williams has a hard act to follow. And, time will tell.

For my part, there is great pride.

Secondly, we of the Bangor Diocese sincerely hope that Bishop Barry Morgan, who left Bangor to be Bishop of Llandaff, Cardiff, a few years ago, will become our Archbishop of Wales.

And so, September is here! I just cannot believe the speed of time! Everything crowding in towards autumn, and there seems, overall, to have been precious little summer with which to charge up the batteries for winter.

I think that by now, there will be many people in the Sedbergh district who don't know who I am anymore!

But, having got rid of a lot of health problems, I hope to write regularly from now on.

Indeed, there are still reasons why we can no longer come over and see you all. But, in the tone of this column, I feel the best way of rounding off my September Reflections is, to thank God for my life.

And, to thank Him for life's precious friendships. Most especially those of the wonderful, loving people of my Lookaround-land.

Joan Stockdale

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COFFEE

Coffee is used by many people as a mood elevator and to improve mental performance. (In the Maths Department, in my days as a lecturer, we were all coffee drinkers.) People use it to kick-start in the mornings and to overcome the after-lunch slump. It is also known to have a laxative effect, especially in the mornings.

The other side of the coin is the unwanted effects: coffee can cause anxiety, restlessness and even tremors. It is well known for causing insomnia and most coffee drinkers abstain in the evenings because of this. It can aggravate heartburn and it is on the list of the top ten foods which cause distress to sufferers of irritable bowel syndrome. It

can trigger headaches and migraines. It aggravates diarrhoea and, as it is a diuretic, can contribute to dehydration. The acidity is thought to erode the villi in the small intestine leading to impaired absorption of nutrients, in particular calcium and other minerals.

Whether or not coffee is a factor in the major degenerative diseases of our time is open to question. Some authorities link it to cancer and heart disease (see "Healing with Wholefoods" by Paul Pritchard, North Atlantic books, 1993), whereas others say there is no proven link (see "Food Your Miracle Medicine" by Jean Carper, Harper Collins, 1993). It might well be a factor in osteoporosis: one survey involving older men and women suggested that two or more cups of coffee a day increases the risk of breaking a hip by about 50 percent.

The long term effects can be examined within the framework of Traditional Chinese Medicine: coffee is warming, stimulating and diuretic. Excessive consumption will lead to an erosion of the Yin qualities of the body (which are calming, nourishing and moistening). This is likely, in the long term, to lead to symptoms such as insomnia (even if the coffee is consumed earlier in the day), worry and anxiety, hot flushes, frequent urination and headaches. Yin deficiency plays a major role in conditions such as diabetes and strokes.

Many of us are addicted to coffee and experience withdrawal symptoms such as lethargy, headaches, depression and constipation if we stop drinking it. Even one cup a day can be enough to cause addiction. Ten years ago, I was certainly at the stage where I could experience a

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headache if I missed my morning fix. The turning point for me was when I realised that I was using coffee to make myself feel happy. I decided to give it up and learn to be happy without it. For the first few months my mental concentration was poor, but the headaches disappeared very quickly. The happiness took a bit longer.

I have come round to the view, expressed so clearly by Honora Wolfe, a well known writer on Chinese medicine, who states, "Know that coffee is not a food but a poison."

Like many other poisons, coffee has medicinal uses. It has long been used to wake people up from alcohol and narcotic overdose. It is a broncho-dilator and can be used as an emergency remedy for asthma. Coffee enemas are used in certain cancer treatments. A poultice of wet grounds is supposed to speed the healing of bruises and insect stings. The homoeopathic remedy *coffea cruda* (using the principle "like cures like") is used to treat headaches, insomnia and



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toothache.

In modern times, of course, many noxious chemicals are used in the production of coffee: herbicides, pesticides, chemicals to make it decaffeinated and instant. Also, the ground beans quickly go rancid.

It is probably fine to drink the occasional cup of coffee prepared from freshly ground organic coffee beans. Other than that, proceed with caution! As an alternative, I recommend lightly infused organic green tea (available from Kan Foods in Kendal), which is well known for its health benefits. Comments and suggestions for future articles are welcome. My telephone number is (015396) 20972.

June Parker

CUMBRIA IN BLOOM

Judging has now taken place and we await the results which are to be announced in Wigton on Monday 2nd September 2002. Judging day itself was a very dull day and the rain just managed to hold off. This year Janet Benson and myself accompanied the judges and as it was my first time I was very aware of the areas which still require further attention. The committee have decided that we shall begin the task of tackling these problem areas very early in the New Year.

Our own garden competition has taken place and I am pleased to say that along with gardens which have been entered in previous years we had a number of new entrants. Well done to everyone who entered and thank you for taking part.

The winners are:

Best patio/yard - Derryholme, Low Langstaffe, Sedbergh (Mrs. A. Ferguson)

Best Small garden - 13 New Street, Sedbergh (Mr and Mrs. G. Blackwell)

Best Large Garden - The Hylands, Howgill Lane, Sedbergh (Mr & Mrs. G. Handley)

Best Garden Overall - The Hylands

Best Commercial premises - The Dalesman (the judges did also wish White Rose Fisheries to be mentioned - most of their entry can be seen at the rear of the premises)

Best Estate - Thornsbank (the judges particularly praised the garden of No. 2. Thornsbank, the home of Mr. and Mrs. Baker)

Our thanks to the judges who gave up

Sedbergh Wanderers Football Club

present

Double Header

DISCO 'S

Saturday 14th September
Saturday 5th October

9pm till late

Admission £2

No Under 16's



their time to take on the task.

As I said at the beginning of this article we shall continue to tackle more areas which need attention. The long running projects which we hope will get off the ground soon are the areas at the top of Vicarage Lane and at the Toll Bar junction. (I do hope you have all seen the areas at Settlebeck corner - much improved and a big thank you to Janet Benson for all her hard work) There are one or two other areas but as we have yet to approach the owners we must tread carefully.

We are often asked to deal with various problems which can in fact be dealt with the person speaking to us, i.e. they have seen weeds/litter etc., somewhere. Please feel free to weed/remove litter. Any help is better than none.

A number of people who are not on our committee gave up their time to help us prepare the town for judging day - one person weeded the Joss Lane Car Park and we must say a big thank you to those people. Without their help members of our committee would not have seen much of their home and families during the weeks leading up to judging of Cumbria

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Our committee meet every first Thursday of the month in the Community Office and if you wish to join us you will be made most welcome. Alternatively if you wish to donate any plants, shrubs etc., we are always pleased to receive them.

One other problem we face is the watering of the 'town hanging baskets' and the flower beds. Are you a 'young' retired person (male or female) who would be happy to take on this task, or perhaps a number of you who would be willing to share the task. **YOUR HELP COULD MAKE A BIG DIFFERENCE** - Please think about it. ☺

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HOWGILL W. I.

Our July meeting was held in Howgill School. President Dilys McCaffery read out a report from Linda Hopkins (Frostrow's President). Linda was our representative at the A.G.M. in Brighton back in June. Resolutions were passed almost unanimously.

Our speaker for the evening was Sandra Woof on drinks for the driver. Sandra has first hand experience after helping run a pub in her previous job. We were given the opportunity to sample drinks that are non-alcoholic but pleasant and refreshing. For example, if you are on medication, driving or simply don't like alcohol why

not try a Pink Panther, Drivers Dream or a Boston Cooler? Barbara Axford thank Sandra for her interesting talk and useful ideas.

The competition for 'My Favourite Glass' was won by Judith Stainton. Raffle winner was Patience Capstick.

Jubilee Link-Up Day organised by Helen Beare took place on July 5th. Eight members took part dressed in Elizabethan costumes to link up with Grayrigg W. I.

Everyone enjoyed themselves

meeting up with old and making new friends. A memorable day captured on camera.

Our August meeting was held at



The Swan Inn

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Firbank. This was an open meeting which was well attended with guests and fellow members from Frostraw and Killington. The annual Bring and Buy stall proved popular again.

President Dilys McCaffery gave a warm welcome to our guest speaker Anne Hopper from our local radio station. Radio Cumbria's aim is to keep the county in touch with it's daily weather watch, up to the minute travel reports and What's On notice board. We all remember the excellent coverage of the 2001 Foot and Mouth crisis when they provided us with unique and constant information. Anne herself is famous for her daily afternoon programme which she presented also 'Music Box'. She now works freelance since her retirement in

1999. Sheelagh Dennis thanked Anne for standing in for Nigel Dyson. We were not at all disappointed Nigel couldn't come, as Anne's calming voice and personality inspired us all.

The competition for 'Three Questions for a Golden Jubilee Interview with H. M. The Queen' was won by Mary Silva with Mary Stainton second. Raffle winners were Linda Hopkins, Judith Stainton and Peggy Postlethwaite. A Quiz by Mary Silva was won by Sue Sharrocks with Edmond Hoare second. A Jacobs Join supper rounded off an enjoyable evening. September 5th is our next meeting. This will be held at Howgill and the subject is '60 years of Parsonage Houses' with Felicity Tomlinson.

A. H.

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REAL ALE'S AT REAL PRICES

Dear Editors,

THE GREAT BRITISH BREAKFAST

The advice given in June Parker's article in last month's Lookaround seemed, at first glance, to be excellent. It is clearly sensible to start the day with a good breakfast - the stomach is empty in the morning and there is a day ahead clamouring for energy. I don't think any nutritionist would argue otherwise.

However, I was a bit put out when it came to the advice on what constitutes a good breakfast. Whatever the protein content may be - fish, bacon, eggs etc. there is usually another basic food involved, which is bread. And here we were told that wheat flour is a Bad Thing, leading to all kinds of horrors. Wheat flour, we are assured, is to be avoided at all costs. In the light of this statement, I wonder how it is that our ancestors have managed to create advanced civilisations - in Egypt, Israel, and Greece to name but a few.

There was a good deal of bread eaten in Biblical times, and the Israelites cultivated both wheat and barley. The Ancient Egyptians made a point of using wheat flour for the bread served to aristocrats, although the poorer people ate more ground millet loaves.

The New Testament is full of references to bread, which culminate in the Last Supper. So it is not surprising that Christendom should view bread as wholesome and life-giving. It means nourishment, survival - life itself, as in. "Give us this day our daily bread".

In the thirteenth century the first book on healthy living was published at Salerno in southern Italy. This was virtually a rediscovery of early Greek medicine, which had left little trace in Christian Europe, but had been saved in

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Islamic countries. Arab physicians brought this knowledge (especially the writings of Galen) to Salerno, probably in the twelfth century. I quote from Sir John Harrington's translation of 1634.

Wheat is discussed at some length, and some methods of its preparation criticised, but the passage ends, "But wheat made in bread, well-leavened and baked in an oven, heated with a moderate fire is marvellous wholesome. All these things are gathered out of Galen."

Western civilisation has been built on bread. Armies have fought bloody wars, scientists have discovered secrets of Nature, writers, artists and musicians have created works to uplift the human spirit - and what did they all eat? BREAD!

Only in the Orient, where the conditions for agriculture were very different, has rice been cultivated as the main crop. A civilisation built on rice may be just as valid as one built on wheat, but I would certainly not describe it as superior.

One final word - among the British, the Scots are often held to be the best-educated nation. Could it be that their brains are sharper as a result of eating so much oatmeal? I rest my case.

Carol Dawbarn

YORKSHIRE DALES NATIONAL PARK

Public access to information on all things historic is set for a boost, following the confirmation of a £90,000 grant from the Heritage Lottery Fund (HLF) to fund the Yorkshire Dales National Park Authority's 'Out of Oblivion' project.

Over the next two years, the 'Out of Oblivion' project will revolutionise access to information about the historic environment of the Yorkshire Dales National Park. For the first time it will provide full public access to the Authority's Sites and Monument Record (SMR), which is the most comprehensive record of the historic environment of the National Park.

When complete, the public will be able to access information at the touch of a button: via the internet; through new workstations at the Authority's National Park Centres; or by using a portable computer that will be available throughout the area.

The Authority's SMR currently contains over 25,000 records supported by a range of historic maps, aerial and ground based photographs and comprehensive details of field surveys and reports of excavation projects. The SMR includes information about historic sites, ranging from prehistoric caves to structures built in the cold war. It also holds information on historic buildings, both listed and unlisted, as well as information about features of the historic landscape, such as sheepfolds and dry stone walls.

Robert White, senior conservation archaeologist at the Yorkshire Dales National Park Authority, said: "The

Authority's SMR is a fantastic resource, yet to date the public have not been able to make full use of it. This is now set to change.

"With this project we will open the SMR up to the public, enthusiasts, schools, visitors and residents. We will take our current SMR and refine it to provide educational information and to make the historic environment of the Yorkshire Dales understandable and accessible to everyone.

"Through the HLF grant we will be able to make information about the area's historic environment more accessible to the public. This in turn will increase their understanding and appreciation of the historic environment of the Dales and its economic importance, enabling them to become more involved in its care and management."

The Authority will now recruit a project officer to manage the project. The project is expected to be completed by 2004. ☺

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SUPER 4 BRITISH KART CHAMPIONSHIP 2002

Third round

This report is the third round of the championship held at Rowrah near Cockermouth. This is where Sam started his karting some eight years ago, and where he has been Cumbria champion twice and also champion of champions, which David Coulthard won some years earlier, when he was a karter.

Saturday practice

Sam has still got the TM engine that he raced with at the last round, because the CRS engine that he was to help develop is very sick, and Andy Fairless who Sam drives for this year doesn't want Sam to lose his confidence or start to drive carefully so as that it doesn't brake. Andy

said, he would like him to try to get into the top nine drivers if possible, which is a big enough challenge on its own.

Because Sam's 16th birthday was at the end of April. Sam missed the first round and that means that he has already dropped loads of points on the rest of the drivers. Plus in practice, Sam was a second off the pace but he was on older tyres, which means that on new tyres he should be at least half a second quicker.

Race Day

Morning practice went very well, this is only three laps just to check the kart work ok at full speed, and to check the carburetor is set to the weather conditions, you can clean the carb in warm weather when the air is thinner or richer if there is moisture in the air or cold wet weather. Sam was quick and with the morning being dry and warmish, it was still possible to lean the carburetor a little for the timed Qualifying.

Timed Qualifying

Like formula One you have to set your fastest Qualifying time for your grid positions, but you only get 10 minutes to set that time, and this is very much like the last ten minutes of F1 Qualifying where everybody goes out to try to get a clear piece of track. Sam let two laps go past then went onto the track slowly picked up speed for another two laps then found a clear piece of track and went for it. He did four more laps and then came in to be checked by the race scrutineers so as that his time would count.

You then have to wait half an hour before the times are posted on the board, and that is a long time if you think you have done quite well, and you are wanting to see how the rest have done. Everybody crowds round to see their grid positions,



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"you know what happen don't you", you can't see your name for looking, and people are saying well Done, but you're still busy looking, then there it is 4th on the grid you've been looking to far down the list for your name. "And isn't it funny how everybody's name stands out more than yours".

Heat One

There sat Sam on grid 4, right behind Noel Brennen ex-Andy Fairless driver who swapped to the oppression team, he's qualified on grid 2, and he is running away with the championship. I'm telling Sam "try to stick with Noel and learn of him because he is smooth and consistent". I pushed Sam off the grid, but his engine didn't start, so I pushed more but nothing was happening the engines was as dead as a dodo. I pulled it off the track and Sam run back to get a new plug, if I can get it going before the karts come round he will be able to start the race, I'm pushing like mad again, still nothing and they were now coming behind us, so Sam has to wait till they start the race, then he is on his own, if he can start the kart on his own, there is still a chance, but I can't help him. I can only watch him struggle to push the kart then try to jump in if it starts, but they're back round again to start lap two, that's it, Sam's classified as a non-starter. And it turned out to be a loose wire on the coil.

Heat Two

"Better look this time" I'm telling Sam while he's sat on grid 4 again, Sam made a good start getting past Noel who made a bad start, but he held Sam up into the first corner and Jon Turner, Sam's friend and biggest rival got past, later in the race Noel got back past into 4th and Sam



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finished 5th at the flag.

Final

With Sam's DNF and his 5th place finish in heat two, this put him on Grid 11 along side another ex-driver of the Fairless Team, and a good friend of Sam's, Jeremy Robertson. The plan between them was to take turns in making an opening to get to the front. From grid 11 Sam took off, even passing round the out side, flying up to 6th place by lap 3. Jeremy was still back in 9th but moving up slowly. Sam was now catching Jon fast, as Jon was struggling with too much grip, but when Sam tried to pass, things started to go wrong for Sam, a missed gear meant he dropped back into the pack of drivers, loosing one place, then it started again, missing gear, this was because his throttle cable was now sticking and not letting the engine revs drop and that meant changing down gear became very difficult. This is because they don't use the clutch they just slot them through when the revs are just right. Sam finished 7th, Jon just in front, and Jeremy came in 8th. With Sam's earlier speed he should have finished 4th "but that's racing".

Sam's Dad

FAMILY MUSINGS

I really have gone woopsy! round the bend. I went to the post office and when I came back and turned into Grans drive and saw our red Peugeot outside the house I thought "Oh! Good he's here!" He = My Son! Then I remembered not only is he not here he's now living in Manchester and the car's been there all night! Son went to Blackpool for the day and the car broke down, he got home no problem (someone else's kind parents!) but did he have the name or even the phone number of the garage? - No! Just 'a garage at Blackpool'! Luckily he gave them our phone number! Charlie car is having a well earned rest for a while at least until son comes home or his sister passes her driving test. I'll miss my two-colour car as will all the folk who wave at

me but one day we'll be a double act again. Son had a very good send off with a BBQ at Grans and around 50 people there at one time; the BBQ's were on the patio, drinks in the hall, salads in living room and puddings under the canopy and lots had pudding first so as to not miss out! How I wish I'd photographed those 3, or was it 4, strapping teenage lads sat in folding garden chairs throwing plastic rings over a hoopla game! Never grow old lads...!

Elder daughter enjoyed Italy and comes back home to go to the Dentist late August and home for good a week later so will well confuse everyone... "now-you-see-me-now-you-don't" and then to live and study in France near Lyon. Younger daughters done really well in AS levels and survived her bikers holiday in



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Art	Judith Aveyard	7pm Tues 17th Sep	10	2	S
Belly Dancing	Natalie Nardone	7pm Wed 18th Sep	10	2	S
Floral Art for Christmas	Gillian Rowlinson	7pm Wed 6th Nov	6	2	S
French Conversation (Dent)	Laurence Whickham	10am Mon 16th Sep	10	2	D
Patchwork, quilting & appliqué	Ann Wright	7pm Thu 19th Sep	10	2	S
Spanish Beginners	Judith Bush	10am Fri 20th Sep	10	1.5	T
Spanish Continuing	Judith Bush	7:30pm Thu 19th Sep	10	1.5	S
Sugar Craft	Joyce Parker	10am Fri 20th Sep	10	2	Me
Yoga (Day)	Deyna Hirst	10am Thu 12th Sep	14	1.5	Ma
Yoga (Evening)	Deyna Hirst	8pm Thu 12th Sep	14	1.5	S

S = Settlebeck, D = Dent, Me = Methodist Hall, Ma = Masonic Hall, T = To be arranged

Enrolment Evening Wednesday 11th September, 6-8pm, Settlebeck High School

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Europe, she and son gave me a book in which to record Family Memories and I can't but wonder if they'd rather "Family Musings" went there too!

Gran and I are not off to Dublin but enjoying each others company in the lovely surroundings of home, and getting ready for her big celebration.... 90th birthday. I am now half her age and thus the age she was when I was born and no.... I'm not repeating that event!!

The proof-reading course is a big challenge, I've invested in a Penguin Dictionary as our family dictionary has run away with the blue 'throw' from the sofa-bed, its heavy and thick and full of information and reminds me of those Penguin paperbacks we used to be able to buy, the dictionary not the 'throw'!

We've not had much picnic weather so

Gran has been telling us about picnics she remembers un Flintergill and having a 5d tin of pineapple for pudding. Someone has suggested her "dancing flags" are the "Gardi Flags" and the D.F.'s are actually above High Ground. To me that will always be "3 bears house", everyone's memories all mixed together! A family friend who was evacuated here during WWII remembers clambering up the rocks and boulders and waterfalls of Flintergill and playing in her Auntie Greta's garden and one of her friends falling down into the gill and they all raced down the field to get into the gill to see if she was dead! They met her walking to meet them, none the worse and it was a huge drop! It's a good few years since Elizabeth, Christine and I

(Continued on page 24)

played with our Cindy dolls upstairs at Batty's shop Since there was a sand-pit on the corner where you turned in for petrol... since the snack bar at the George and Dragon and the gift shop up the steps... and since the Primary School was housed in what is now the Memorial Hall! Progress is change and change can be hard if we've no vision.

The loss of a dear close friend is hard and when it happens twice in a week it really hurt. My two friends were very different but both very special, one had survived a heart by-pass then a set-back and died the other was terminally ill. For both death would come as a friend and for both eternity would hold no fear. To their loved ones I pray God gives His peace and lots of happy memories and I'm so grateful for their friendship and I

miss them, especially the one who often went away and came back and we'd pick up where we'd left off, not this time. Treasure your friends, tell them and your family you love them just in case 'tomorrow never comes'.

Meantime this family is gearing up for Grans 90th and more eventful happenings in the lives of my teenage and twenties offspring. Yes, no longer have I "three teenagers". I'm getting old and don't I feel it sometimes! Hubby is fine, still commuting to work, re-carpeted the kitchen 'cos the washer spewed water out all over the floor rather too many times, I do just wonder if he feeds the cats?

Enjoy your holidays and when I need cheering up I just remember those strapping lads playing hoopla!



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JULY WEATHER

Another mixed month weatherwise. The low pressure at the start of the month resulted in yet another wet spell with some rain on most days in the first week. A few dry days in the second week allowed some to get silage and even hay but those who were lulled into a false sense of security were caught out at the end of the second week with over ½ inch falling in heavy downpours. Fortunately a few more dry days later on meant most got some hay including yours truly!

During these squalls a gust of 18.1mph from the south east was noted on the 8th of the month. The humidity was very high towards the end of the month clipping sheep was really sweaty work! Temperatures also varied with a low of

40.5F on the night of the 5th and a maximum of 90.3F on the 29th. Although the buddleia was in flower later in the month I have seen very few butterflies around. The swallows have raised a second brood but blackbirds seem to have struggled this year. Many bee colonies have shut down productivity. Some beekeepers have been appealing for spare queens thinking their colonies were Queen-less but it would appear that the weather has extended the "June drop" so the queens simply have stopped laying which does not bode well for strong colonies for over wintering.

An Indian summer is needed not only to put us in good shape for the winter but also for the insects. I shall be feeding mine before I go away. ☺

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HARMONY NEAR THE HOWGILLS

Georgian visit.

In Georgia there is a saying that "a guest is a gift from God." And that's certainly what it felt like when the Georgian male ensemble Mtiebi visited Dent from the former Soviet Republic.

This is a country which has been invaded and occupied for hundreds of years by every invading army from the Turkey to the Russian Steppes, where an earthquake has just destroyed thousands of homes, and where the economy has totally collapsed.

This means that anyone who works in a public capacity - like the police, in education, or in the government - hasn't been paid at all for over two years. Corruption is widespread, so while the mafia enjoy a high standard of living,

professors scratch a meagre living by selling shampoo and trinkets by the side of the road.

And some of them travel abroad to perform music from a culture which has been kept alive by a fierce sense of national identity.

The eight men from Mtiebi sang songs which they had collected on field trips to the high Svaneti mountains - "with many valleys like Dentdale, only the roads aren't so good," says Gio - or from a tradition of church songs dating back to when Georgia was the first country to become Christian in AD 337.

The group sang in their national costume, which included long knives held on their belt, and coats with small pockets resembling cartridge containers. As one member of the audience said,

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shaking a little as she left: "You can see how close they are to being brigands."

On some of the songs, the men drew their knives, and danced - sometimes slow circle dances, at other times wilder dances akin to Cossack dancing. Also they incorporated a form of folk theatre including a demonstration of waking up the guests for a wedding - by beating them with sticks.

I have often found that one of the advantages of living here is that I don't have to visit other countries so much - they come to visit me. And on that afternoon in August in the Dent Memorial Hall, it was like being transported to the Caucasian mountains.

Many thanks to everyone who helped put the show on - and especially Laura Clare, Jackie Foott and Paul Martyn who

provided overnight accommodation for the men, and the Reverend Peter Boyles who helped with publicity.

The concert is part of a scheme which I set up a few years ago to bring choirs from other countries to the area.

This is partly a love of the rich culture from these countries, partly a belief that music is the only truly international language and that the arts can help in breaking down barriers between nations, and partly a throwback to childhood when my father, who worked for the United Nations, would host parties where people from more than a dozen countries would gather to find what was common between them.

A Chance to Sing the World.

If you would like to sing some of these

(Continued on page 28)

songs, as well as from other cultures where most people sing as naturally as they talk, you are welcome to join me at Farfield (not the Mill) on Tuesday evenings from 7.30pm, starting on September 24. We also have a visiting ethnomusicologist who will be teaching songs over the last weekend in September.

All songs will be taught by ear (99.9 per cent of singers around the world don't read music, but rely on listening to each other and learning by call and response) and there will be warm-up exercises to increase vocal confidence, and connect the singing voice to the body.

Don't be put off if you haven't sung before or other people have told you you can't sing. People in the villages of Zimbabwe would laugh if you told them you can't sing - they sincerely believe that "if you can walk, you can dance, and if you can talk, you can sing."

Christmas Truce, 1914.

There is also a chance to join Janet Russel and The Roses and Thorns choir when they sing with the male harmony singing ensemble Coope, Boyes and Simpson. They will be singing and enacting songs about the Christmas Truce of 1914 in World War 1 when soldiers from both sides met in no-mans land to

Winder Social Committee

JUMBLE SALE

Saturday 28th September
2pm
Masonic Hall
Howgill Lane

exchange gifts and play football together.

The songs include many of the traditional carols which were sung at that time, as well as modern arrangements of Ray Hearne's song, Reconciliation, Jim Boyes' Both Sides, and the South African song for peace, Senzenina.

The show is very moving with readings from letters from men at the front, and accounts of how the authorities viewed this widespread breaking out of peace.

Rehearsals will be in September and October over two weekends, and performances will be in Leeds, Morecambe and Dent in November.

The Singing Cyclists

Finally, if you enjoy cycling and singing, there's a great opportunity to combine the two in preparation for a ride from Land's End to John O'Groats next year including a series of concerts from Minnack to Maes How.

We will be staying with community choirs along our route as well as camping, and travelling at the leisurely pace of about 40 miles a day.

If you're interested in joining in any of these events please give me a ring - and I'll look forward to singing with you.

David Burbidge Tel: 21166.

DB

HOWGILL HARRIERS

DANNY'S DISCO

10 pm till late

Saturday 28th September
in the People's Hall

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Proceeds to Sedbergh Zebras

YORKSHIRE DALES NATIONAL PARK

Members of the Yorkshire Dales National Park Authority have re-elected Steve Macaré as chairman of the Authority for a fourth term.

Mr Macaré was elected unopposed at 30th July Annual National Park Authority meeting in West Burton. At the same meeting the Authority's members elected Jerry Pearlman as deputy chairman. Jerry Pearlman was elected ahead of John Blackie.

Only in the last month, the Government's Review of the English National Park Authorities has reported. The Review has proposed more than 50 recommendations to improve the stewardship of the English National Parks. The Review has, amongst other things, recommended giving National Park Authorities a greater social and economic role; developing the Authorities as 'one stop' shops for anyone wanting conservation and environmental advice; and a commitment to local representation on the Authorities.

Earlier this year, Mr Macaré was also elected as the deputy chairman of the Association of National Park Authorities,

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a national body that exists to provide the country's National Park Authorities with a single voice, particularly when dealing with Government and its agencies.

Mr Macaré, a North Yorkshire county councillor, has been a member of the Authority since 1981. A professional photographer, Mr Macaré is currently deputy mayor of Harrogate District Council and a non-executive director of the Yorkshire Tourist Board.

Mr Pearlman has been a member of the Authority since 1998. Mr Pearlman is a solicitor, a partner in the firm of Brooke North in Leeds. He is the honorary solicitor to the Ramblers Association and the Open Spaces Society and a past president of the Leeds Law Society. He was awarded the MBE in 2000.

The election of chairman and deputy chairman is held every twelve months, with the 26 members of the Authority eligible to vote.

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BRAITHWAITE'S OF SEDBERGH

When in Sedbergh last week after more than forty years, on something of a root-finding trip, I was delighted to read Sedbergh and District 'Lookaround'. My main interest was in articles on Braithwaite's. I understand that such articles have been appearing for some time but, at risk of overdoing the subject, I would like to offer my own contribution.

I was born in Sedbergh in 1946, living in Maryfell prefabs and Thornsbank, before moving southwards in 1959. My father, Eric Hutchings moved to find work, but for much of our lives in Sedbergh, he worked for Braithwaite's. He serviced vehicles as well as driving

coaches and taxis.

I attended the British School in Joss Lane and some of my earliest memories were of going with my father to pick up children for school from outlying farms and delivering school dinners collected from Settlebeck School in large, shiny containers. The cars were large Austins with leather upholstery and running boards.

Sid Braithwaite, his wife Doris and son Les, were family friends as were his various terriers called Toby! I spent many happy hours in their house, having tea and watching black and white television, a rarity in those days, whilst Sid and Dad worked in the garage. Sid would often turn up at my home and take the family to

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the cinema in Kendal - his treat of course.

Sid continued to keep contact and visit us in Hampshire, whenever he was in the area. As an easily embarrassed teenager, I remember a loud, outspoken, big-hearted Yorkshireman, who treated all he met with humour, gentle teasing and great generosity. Aldershot town might have been the Howgill fells, Sid bustled about and was at home wherever he went.

Whilst in Sedbergh, I visited Sedbergh History Society Office to look at the album of photographs left by Sid's nephew Gordon. I found no record of my father, but did find a photograph of a group of St. John Ambulance cadets on a visit to Keswick in June 1956, via a Braithwaite's coach. I was on that trip,

but alas, am not in the photograph.

My nostalgia trip through 'Lookaround' was not limited to Braithwaite's. 'Brother Joseph' a poem dedicated to Joe Elvey on his 80th birthday, by his sister Annie, brought reminders of Joe, Doris and Michael Elvey, who lived next door to us on Thornsbank. Joe hunted and fished and often shared his catches with us. May I add my good wishes for his birthday.

If anything I have written rings a bell with anyone, I would be delighted to have contact with them. Despite my long absence, Sedbergh is still with me.

Brian Hutchings, 81, Hillside Park,
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Cheese & Pickle or Salad	£2.20
Toasted Sandwiches	£1.00
Portion of Chips	£1.00
Mixed Side Salad	£1.20
Portion of Mushrooms	£1.00
Roll & Butter	£0.55

SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND (SEDBERGH)

In attempting to set up the service, which provides an audiotape version of the 'Lookaround' Newsletter, the Sedbergh group has had a tremendous amount of help and support from other 'Talking Newspapers' in the surrounding area.

The newly formed Kirkby Lonsdale group sent a copy tape of their local newspaper with details of production and advice as to how to start.

Two members from Sedbergh visited the 'Talking Newspaper' recording centre in Appleby from where over 400 tapes per month are produced. It is used by three groups, one of which produces the audiotape version of the local Kirkby Stephen newspaper.

South Lakeland Talking Newspapers (S.L.T.N.) produce the 'talking' version of the 'Westmoreland Gazette' They are

based in Kendal and send out approximately two hundred and fifty tapes a month. They have been a mine of information and help to the 'Lookaround' group. For the August recording of the 'Lookaround', the Sedbergh group of readers made the recording using the S.L.T.N. audio-equipment in the Kendal recording centre, with their chairman John Ross as sound engineer. This enabled the Sedbergh group to see how a long-standing organisation worked and also to use a different selection of recording equipment.

The next meeting of the S.L.V.S.B. will be on the 17th September at 2.15 in the Sedbergh Community Office. There is always a welcome for new members with sight problems.

The Application Forms to receive copies of the 'Talking Lookaround' are now available from the Health Centre. Please complete and submit to the Lookaround Office.
Jennifer Levitt

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for more details and to book your place. First come first served!

Suggestions for courses would also be welcome.

CUMBRIA WILDLIFE TRUST

High Life on Holme Fell

Members of the Cumbria Wildlife trust local group were lucky to hit a few hours' dry spell for their visit to Holme Fell on August 10th. Once above the bracken belt, there is much more variety in plant life than on most of the Howgill's, with members of the Heather family particularly noticeable. Ling itself (a good Norse word) was flowering well, although trimmed very short by the sheep, and in the wetter places Cross-leaved Heath with its bigger pink bells. We had to look harder for the earlier flowering species because the tops of the shoots with the berries had been eaten off. In the drier places were Bilberries and the evergreen Cowberries, while creeping over the bog mosses we found Cranberry plants, whose flowers earlier in the year resemble little Cyclamens. The only actual berries were on a low crag inaccessible to sheep, where there was a good crop of Bilberries, and also Holly, Rowan and Hawthorn, indicators of the original cover over the whole of Holme Knott.

In places where nutrients are scarce there are plants which supplement their diets by eating animals. Butterwort and Sundew, the latter in full flower, both catch insects in droplets of sticky liquid on their leaves and then digest them. In shallow peaty water in the lower Holme Knott tarn we found lesser bladderwort. Under water this has tiny traps for fleas. Each consists of a hollow vessel which develops a low pressure, and which has trigger hairs around a single closed

NORTH WEST CANCER RESEARCH FUND
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opening. If a water flea or other small animal bumps into a trigger, the water rushes into the bladder, taking the water flea with it to certain death.

The upper Holme Knott tarn, at over 1100ft, is surprisingly rich in wildlife. Among the rushes at the edge were three species of Damsel Flies and two Dragonflies, while in the water itself were huge quantities of insects such as Water Boatmen, indicating that there was a rich microscopic life as well. There were also plenty of Damsel Fly and Dragonfly nymphs. Top predators of the tarn, the Dragonfly nymphs, at about two inches long, looked really menacing and would be quite capable of eating the young newts whose parents we found under the overhanging bank. Scooting around on the surface were the aptly named Whirligig beetles, whose eyes are divided into two parts, the upper for seeing in air above the surface and the lower for focussing on aquatic prey. All this teeming life had not gone unnoticed, there were duck feathers floating on the tarns.

As the party reached the foot of the fell, the rain started again! *John Mounsey*

SEPTEMBER GARDENING

This month seems to be a time of year when I do lots of pruning. Late summer pruning is aimed at slowing down plant growth, whereas winter and early spring pruning encourages fast growth. (If you are aiming to cut back, and restart a mature shrub or climber you should always try to do so by pruning hard in late winter when the sap is just beginning to rise and the plant's powers of regeneration are strongest.) By September the growth of most trees and bushes will have slowed down so if you want to neaten things up in your garden, now is the time to attack. Anyone who owns a *Ceanothus* and grows it as a wall shrub will know that it can put on a tremendous amount of growth in one summer. Evergreen, spring flowering *Ceanothus* need to be pruned now to keep them within bounds, but they resent very harsh pruning, and will also lose some of their next-year's flowers if you cut back too far. The trick is to cut back only the "breastwood", the green barked sections at the ends of the stems that are this season's growth.

You also need to attend to wall trained *Chaenomeles* (commonly known as "Japonicas") so that the late summer sun can ripen any fruit and next year's flower buds are revealed. A close look at your shrub will enable you to see where the season's growth has begun as the bark on the new wood will be much paler, and possibly much greener than the old. You might even be able to see the wrinkled marking on the stem where the last year's

growth ended and this year's began. Cut back any stems that are growing too far in the wrong direction and shorten all the new side shoots back to form short spurs bearing only two or three buds.

The same treatment needs to be given to *Wisteria*. The action here seems to be far more drastic because you have to cut off great long lengths of green-stemmed shoot in order to get back to the basic framework of short-spurred, flower bearing stems. Of course the most drastic treatment of all is reserved for hedges which are clipped at this time of year to neaten them and, in the case of conifers and other evergreens, to give them a chance to heal and recover from their treatment before the cold weather of winter hits them.

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DENT PRIMARY SCHOOL

Class 1 look up to their piers!

The infants visited Blackpool this summer as part of their topic work on the seaside. Here are some thoughts about the trip from the children:

*I enjoyed riding on the donkey because my donkey was nice. Going under the sharks was exciting because I've never seen a real one before (Connie).

*Going on the donkeys was fun because they went really fast (Lucy).

*Seeing the jellyfish on the sand was best. They were flat and had purple patterns on them (Laura).

*The tram ride was the best because I'd never been on one before (Rosie).

*Walking under the sharks was great. It was a bit scary when they looked at me (Peter B).

*Holding the starfish was great because I have never held one before. I thought it would feel hard but it was soft, so soft (Ross).

*I liked eating the ice cream (Alisha).

*Seeing Blackpool Tower, going to the Sea life Centre and seeing the sharks and having ice cream (Charlie).

Kingswood

what a smashing time!

The Junior residential trip was to the Kingswood Centre at Denbigh in North Wales.

The children spent 3 days away having a go at lots of different activities. Here is how they got on.

There were three climbing walls. At first they looked very easy but when you were three quarters of the way up it was a lot harder, as there were only a few very small holes to cling on for dear life.

Next it was getting out the very old clothes for Nightline, which was very muddy and Geordie was no help, putting mud all over our faces.

Kerry McClurg

We had our first activity, Laser Tag. Laser Tag was in a dark room with lots of walls to hide behind. We had these big packs, helmets and goggles. Even Mr. French had a go. When he hit Kerry all she could say was 'Oh Mr. French' over and over again.

I think everyone liked Lazer Tag. So they were all revved up for the next activities.

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SEDBERGH & DISTRICT HISTORY SOCIETY

Farming and Nature

Under heather, Silver,
Under bracken, Gold

This is one of the country saws we learnt on the walk led by Dr Helga Frankland in the Wandale and Northwaite area in which she explained the interdependence of farming activities with the landscape and their relationship with wildlife. We met at the Rawthay Bridge Car-park and noticed the contrast between the left and right hand sides of the river at that point caused by the Dent Fault. The north is covered with woodland and pasture and to the south it is wet and boggy.

We crossed Handley's Bridge, examining the flora and walked up to Northwaite - a typical ancient Norse settlement with its cluster of small houses, barns and buildings and fields radiating outwards. There is a bewildering number of tracks leading away from the farmstead and we took the old bridleway which connected all the old farms. At one time it was possible to drive a dog-cart



along here but none of us felt that we would like to try it under present conditions. There were some super views over Murthwaite Park, Harter Fell, Stennerscleugh Clouds and Uldale. At one time much of this was covered with ancient woodland and now there are schemes for replanting where the woodland is receding. From here we could see the various patterns of settlement and fields, the old

road over Bluecaster and the later Turnpike road constructed in the 1830's.

The slope below the track was very steep and it was difficult to imagine how the hay was cut. Further along we came to the ruins of Wandale. This must have been quite a substantial farmhouse at time: there was a large barn and a small building with a floor excited some debate as to its purpose. These slopes are now thickly covered with bracken and we wondered about the safety of the children who were brought up here.

We retraced our steps discovering new features as we went along. Although cloudy, it was very warm so we could linger at will. A thoroughly enjoyable and informative afternoon.

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FARFIELD MILL

To put the record straight with regard to pollution on the River Clough.

There are some misunderstandings that need to be corrected. To avoid further misunderstanding we would like to state the following:-

1. The Trust has been told by United Utilities that the amount of pollution in the Clough at present is so dilute that it does not cause a threat to health. That is not to say the situation is acceptable.
2. The Trust never been instructed by United Utilities that we should not connect to the public system at Farfield. They did in fact sign a document giving us that permission.
3. Our planning application stated that we intended to connect to the public sewerage system. The terms of the Planning Consent did not impose a prohibition on the use of the public system.
4. In 1995 we were assured by North West Water that plans to upgrade the sewage system at the Row were in their programme. This assurance was repeated in 1999 by United Utilities who were at that time carrying out the necessary survey work. This was a year before restoration work started at Farfield Mill. It was on that basis that work went ahead.

All have a right to be connected to a public sewerage system where one exists unless the effluent is other than a normal type of effluent. It is the utility provider who has a duty to dispose of that sewage safely.

It is most unfortunate that there has been an attempt to discredit the information supplied by the Trust and we appeal to

anyone who wishes to query the information we have provided to contact us direct rather than to use the good offices of the Lookaround. ☺

Daphne Jackson D. O.

Registered Osteopath

BUPA Provider

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KILLINGTON W.I.

*August! Summer holidays! Sunshine!
Parties in the garden!*

Well, that's what it was meant to be! As we have no official meeting this month our President Shirley Richardson had kindly invited us all to her home for a tea party. Unfortunately the weather was strangely uncooperative and we all needed brollies to protect our frilly frocks. Shirley's house is a beautiful old farmhouse set on a rocky terrace above the River Rawthey. We sat cosily inside watching the rain driving across the Cautley Fells and listening to the river roaring below and thought what wonderful builders our forefathers had been. The tea, the company, the conversation and the raffle were excellent and we all really enjoyed the afternoon. Thank you Shirley for all the hard work you do on our behalf, not just with this lovely summer party but all through the year.

W.F.U.

DENT PARISH COUNCIL

The Highways Department of Cumbria County Council, at the last time of asking, still plans to undertake the re-cobbling work on Main Street in October. Stage III of renewing the cobbles involves the length from the Sun Inn to George and Dragon. A start is planned for early in the month to avoid running into the winter. There will be severe disruption to traffic through the street with periods of road closure whilst the work is carried out. Those involved in the work will make themselves available, before it gets underway, to discuss potential problems. Although work should start in a few weeks time the contract still has to be awarded.

The search for a long term youth club leader continues. Unfortunately, because of new commitments, the couple who kindly agreed to give it a try are not able to carry on, although one can still help in a secondary role. The Friday night activities are valued. The session is the only occasion when Dent youngsters can get together and enjoy some organised fun. Some dedicated help in running a club looks a possibility from someone

specifically appointed by the country to oversee youth activities in the south-east corner of Cumbria around Sedbergh/Kirkby Lonsdale. Would anyone be willing to take a role in organising the club in Dent? If so, please get in touch - telephone 25436. *G.W. Dalton, Clerk*

Dear Editor,

I am a research student at the University of Cambridge and am currently carrying out a project on present day accents in the NW of England. As part of this research I would like to make some recordings of Sedbergh and Kendal speech and I am looking for natives of Sedbergh and Kendal with a local accent who might be willing to help. Recordings would take around an hour to complete and speakers would be paid £6 an hour for their trouble.

The last description of Sedbergh/Kendal speech available is a 1906 study of the speech of one speaker who may have been a native of Kendal. I am looking for natives of Sedbergh and Kendal who have an accent which is recognisably local but not necessarily traditional dialect.

The recordings would take around an hour. I would be very grateful if someone may be able to help. Anyone interested please contact Mark J. Jones. Department of Linguistics, Trinity College, Cambridge CB2 1TQ or phone 01223 505172 or e-mail mjj13@cam.ac.uk



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YORKSHIRE DALES NATIONAL PARK

The Yorkshire Dales National Park Authority has published the first 'State of the Park Report', covering the whole of the National Park

The 'State of the Park Report 2001' reports on 43 'quality of life' indicators that have been selected to measure the 'health' of the environment, economy and local communities in the National Park. The Report will be used to monitor progress in delivering the objectives set out in the National Park Management Plan, 'The Yorkshire Dales: Today and Tomorrow', which was published in 2000. It will also measure achievement against the Government's sustainable development objectives.

The Report itself identifies a number of recent success stories. The condition of traditional field barns has improved over the last 10 years; the National Park remains an oasis of peace and tranquillity; and the amount of greenfield land developed for new housing fell dramatically between 1999 and 2000. However, the report also highlighted a number of areas of concern, including: the changing face of agriculture in the National Park, with fewer and bigger farms carrying more sheep; the increasing and ageing population of the National Park; and the dramatic increase in area's house prices.

The Report also identifies current gaps in information, for example, the condition of many features of conservation interest, such as important natural habitats and species in the National Park, is still largely unknown, as is the condition of

many of the area's Scheduled Ancient Monuments and Listed Buildings. Also, important socio-economic data for the National Park is either out-of-date or largely unobtainable.

The 'State of the Park Report 2001' will be updated in 2006, allowing the Authority to continue to monitor progress against the aims of the Management Plan.

To get a copy of the 'State of the Park Report 2001' contact the environmental policy officer, Yorkshire Dales National Park Authority, Colvend, Hebden Road, Grassington, North Yorkshire BD23 5LB; Tel: (01756) 752748; email: clive.kirkbride@yorkshiredales.org.uk.

SEDBERGH SCHOOL CHORAL SOCIETY

**Calling all Singers, Your Choral
Society needs You.**

The new season begins on Monday 9th September. We meet at **6.15pm** in **Powell Hall**, Sedbergh School. Please note the slightly earlier time of starting.

This year we are singing Bach's Mass in B Minor. This is a great work to sing. We are giving two performances at the end of February, on the 22nd in Ripon Cathedral and on the 23rd in Powell Hall, Sedbergh School.

Everyone is very welcome to join us. If you enjoy singing come along - especially **TENORS!**

Please note *the first rehearsal begins at 6pm.*

If you need any further information, please contact Mrs. Lesley Alban at The Old Vicarage (behind Sedbergh Primary School) or telephone her on Sedbergh 20233.



TOWN TWINNING

A number of ideas have been put forward about where Sedbergh might town-twin with. Bredevoort in Holland was the first suggestion since this is a thriving book town, but they may be less convinced until Sedbergh is one too. Bredevoort is in Eastern Holland, close to the German border.

Vlamertinge, a village on the road between Peproeinge and Ypres, in Belgium, where some ancestors of Sedbergh are buried as a result of the First World War, was suggested. Vlamertinge seems to be something of a dormitory town for Ypres, proud of its sports facilities and prowess in games like volleyball. May not be ideal from that perspective.

Zermatt was mentioned since Sedbergh has at some time been described as 'Little Zermatt'. (Very little, presumably, since Zermatt is at the foot of the Matterhorn!) Zermatt, though, is in Switzerland, which is not in the EU, and that means too much difficulty in locking into funding.

There's also a local connection with Metzervisse, a dual-language (French and German speaking) village in Lorraine, near Metz. Of all the suggestions, this looks the most compatible and you should look at their web site designed by the local police brigade which gives quite a good picture of life there, <http://www.chez.com/btmetzervisse/>. It's in French. And look for the page that tells you when you must sterilise your dog; click on 'Infos Pratiques' then 'Animaux dangereux et errants'. French regulations have a style you couldn't invent. And isn't that marching alsatian a great

heading for a page of laws?

But what the town twinning committee is actually going to do, is to draw up a list of what we are looking for in a twinning partner - a sort of Sedbergh CV - and then approach the Local Government International Bureau for advice. We shall publish this list of wants locally at the very latest in next month's Lookaround. In the meantime, if there are any special wants, or any further suggestions of possible suitable places to twin with (must be in the EU or part of currently planned EU enlargement to make funding straightforward), then please email twinning@sedbergh-yes.net or call Dave Collier on 22310. Thanks far all inputs so far.

SEDBERGH FOOTBALL CLUB

The New Pitch

A lot of time, effort, and money given by the Parish Council and money raised by the Football Club has gone towards the much needed up-grading of the Howgill Lane pitch.

The Club would like to ask all parents to **keep their children off the playing area** which has been fenced off, thus allowing the new grass seeds to take root and bed in. This will take a few months.

To get the best results from the pitch everybody has to keep off and if anybody is caught on the pitch we will assume wilful damage to be caused and the Football Club will not hesitate in getting the parents prosecuted.

We are taking these measures now but in the long run all the football mad youngsters within the town will have a first class pitch to play on for years to come.

HEALTH & FITNESS CENTRE

Dear All Bodies

I'm just not going to mention the weather expect to say it could be worse, look what happened in Prague and Dresden.

Firstly I would like to clarify a few things. I am most defiantly not a fitness fanatic. It's just that some people seem to think I am because I support the idea of a community Gym. I do however, believe that everyone should have the opportunity to improve their standard of fitness be it Physical or Psychological and we all know that fitness in one area leads to a sense of well being in the other. Generally speaking we all have greater life expectancy partly because of medical advances, and partly because we are choosing to adopt healthier life styles. Low fat diets, no smoking plus improving our exercise habits.

The Pulse Project is attempting to provide a gym for Sedbergh to give

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people a choice they don't have at present. After all why should money be spent outside Sedbergh when we could keep it here to help our small and quite fragile local economy.

I expect you will have noticed that nothing is happening to the Udales building. Yes, I afraid raising the large amount of money and getting people who were willing to become trustees proved too difficult. You will see also that planning permission is being sort for the building to be made into five flats. I believe that the shop fronts will stay and hopefully the units will be available for rent, which would greatly improve the look of Main Street.

We are still looking for a suitable site for the Gym and I may have further news in this regard next month.

We are planning an auction in November, so sort out the family jewels or any other item you would like to donate and give me a call. I'll will be most pleased to hear from you.

Next Committee meeting will be toward the end of September; anyone interested in helping out please do give me a call.
Sandra Gold-Wood. 21808 ☺

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SEDBERGH N.E.U. LADIES GROUP

Thursday August 15th. A beautiful sunny summer evening!

Nineteen members and friends enjoyed a tour of Sedbergh School, conducted by Elspeth Griffiths who is School Librarian and Archivist.

Starting in The School Library, Elspeth told us a brief history of the School and how its fortunes fluctuated very much under different Headmasters, until Mr. Hepperstall and Mr. Hart, who did much to establish a foundation for the future.

We then walked to The Chapel learning much about its history and seeing the imposing structure of Winder House at 75 years old, the most recent to be built. We walked on passing Powell House to Hart House, which we were able to look round inside, it having the only remaining large dormitory.

As we walked Elspeth told us of the way the buildings have been altered to meet changing needs. Also pointing out in the distance, the other houses - School, Sedgwick, Evans, Cressbrook and Lupton, which now accommodates the girls. We also saw Queens Hall and the Sports Hall.

We walked up to The Cloisters and Powell Hall, another most interesting building, where the Charter granted by The Queen in 1991 hangs, as well as portraits of past Headmasters and other benefactors. As we left Powell Hall we passed the Headmaster Office and the main classrooms.

Mary Harkness warmly thanked Elspeth for giving us such a wonderfully interesting and informative evening. We then moved to the U.R.C. rooms where we enjoyed a delicious buffet supper,

prepared by Linda Booth.

The next meeting is September 17th at 7.30pm in the Committee Room at The Peoples Hall, when it is the A.G.M. and Jacob's Join supper. All ladies are most welcome.

H. J.

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WESTERN DALES FUTURE

The main task of the Western Dales Future co-ordinating group is to act as a point of contact for local people to obtain maximum support for projects that are submitted to the relevant authorities and funding agencies. Projects are more likely to be successful in their search for funding when it can be shown that they are local initiatives with Community-wide support.

Other places we have heard about and contacted have appointed someone to carry out the funding co-ordination function and they have received money to help pay that person.

Our intention is to do the same but meanwhile we would be more than happy to hear from anybody interested in taking on such a task or with anything else to contribute in terms of knowledge, experience or ideas in this area. Call in to see Chris Whelan at Cobble Country or ring 015396 21000.



YORKSHIRE DALES NATIONAL PARK

Members of the Yorkshire Dales National Park Authority's Planning Committee have re-elected Kevin Lancaster as its chairman for a third term.

Mr Lancaster was elected at the meeting of the Planning Committee in Cracoe on 13th August. At the same meeting Professor Roy Swanston was elected as the Planning Committee's deputy chairman.

Last year, under the chairmanship of Mr Lancaster, the National Park Authority started the review of the Yorkshire Dales Local Plan. The current Local Plan was adopted in September 1996 and since then its policies have been the principal basis for determining planning and development applications in the National Park. Mr Lancaster will continue to work on the review, which will result in a new Local Plan for the National Park come 2004.

Mr Lancaster, a South Lakeland district councillor, has been a member of the Authority since 1996. He is a farmer from Sedburgh in Cumbria with a profound interest in the history of the Dales. He was first appointed to the National Park Authority because of his work on the early modern history of the western Dales and is described as having a firm commitment to protecting the area's heritage, vernacular buildings, hamlets and landscape.

Professor Swanston was appointed to the Authority by the Secretary of State for the Environment in April 2001. He is a past President of the Royal Institution of Chartered Surveyors and was formerly a Director of English Heritage. He retired

as Chairman of the West Hertfordshire Health Authority at the end of March 2001.

The election of the Planning Committee chairman and deputy chairman is held every twelve months, with the 26 members of the Authority eligible to vote.



DIALECT DIGEST

As far as names go, the seasons in Yorkshire follow the rest of the country, except for the one which will be upon us all too soon, autumn.

This is known locally as the 'backend', and it would be logical to suppose that the origins of this are that it is the 'back end' of the year. However, like many local words, it has a close link with our Scandinavian ancestors in that the Danish for autumn is 'bagende'.

Scandinavian influences also manifest themselves in such words as the catch on a door or gate, 'sneck' (Danish, snakken) and 'clag', meaning to adhere (Danish, klag). Many place names also echo their European origins. The word 'sleight' is said to mean 'flat land', although an often-told tale illustrates there are anomalies. At a lecture on Scandinavian place names by an expert in such matters, a member of the audience chose question time to pose this problem. "Thoo sez that 'sleight' means flat land. Well, Ah've lived i' Sleights all mi life, an' t'on'y bit o' flat land is t'cricket pitch — an' we flattened that oorsens!"

And speaking of t'backend, it won't be long before we're all 'chumpin' fer Plot Neet' - collecting wood for Bonfire night. Doesn't the year go by quickly?

Michael Park

SEDBERGH & DISTRICT BEEKEEPERS ASSOCIATION

Sedbergh beekeepers held their fourth apiary visit of the 2002 honey season on Saturday 10 August at Tommy Brooks' apiary in Havera. Thirteen members and guests attended (our youngest guest, Vic's grand-daughter, was 6 years old and looked very smart in the club's child's bee-suit!). Members assisted Tommy to inspect the honey "supers" and brood chambers of the hives he keeps at Havera - he has other apiaries in and around the town - but because of the indifferent weather the bees have had to endure, none was quite ready for honey extracting. Very probably we shall all be delaying extracting our honey crops in the hope of a last minute improvement in

the weather!

When hives are inspected during the season, there are usually several pieces of wax removed from the inside of the hive - unwanted brood cells, especially queen cells and drone cells, and bits of honeycomb that the bees have built in the "wrong" place. This wax usually has unwanted bits of bee and other contaminants mixed with it and cannot be used for beeswax polish, candles, etc until it has been refined. Tommy demonstrated the two methods he uses to recover clean beeswax from used wax. First he showed us the solar wax extractor he designed and built. This is a glass-fronted box standing on the ground and tilted at an angle of about 50 degrees so that the sun's rays shine directly into the box (when the sun is shining!). Most of the tilted floor of the box is used to hold the old wax but has sloping edges to guide the wax as the sun's heat melts it down to a container at the base. The unwanted bits and pieces tend to float to the top of the container leaving the cleaned wax below. The other method, again ingeniously designed and built by Tommy is a converted electric tea urn with an internal second tank connected through the tea urn to the outside by a pipe. The used wax pieces are put into the inner tank, the water in the outer urn boiled up, and the melted, clean, wax drips through the pipe to a container, the unwanted bits left floating on the top as before. Tommy is then able to exchange his blocks of cleaned wax for the appropriate number of sheets of "foundation" wax prepared by the professional wax processors. These sheets of foundation are inserted into

JOHN SOUTER

21 Fairholme, Sedbergh
☎ 20904



**ALL RUBBISH
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empty wooden frames in the hive to give the bees a flying start with their comb building at the start of the next season. The solar extractor really is a perfect example of recycling valuable materials using renewable resources, isn't it!

May and family provided us with delicious drinks and snacks to complete the afternoon.

Our final apiary visit of this season will be at 2.30pm on Saturday September 7 at John Sugden's new apiary at Hingabank in Deepdale. We shall also be holding the first of our monthly indoor meetings at 7.30pm on Monday 9 September at the Friends' Meeting House at Brigflatts. Tommy will be talking on the subject of "Winter Preparations". For beekeepers, "winter" starts about October 1st!! If you would like to come to either or both meetings you will be made very welcome. Please call 21902, especially for directions on how to get to Hingabank!

MFU

SEDBERGH-YES.NET

There is a dearth of Cumbrian farming promotion on the www. This is in stark contrast to places like New Zealand and Iceland where they promote their agriculture strongly, using as one of their techniques the publication of recipes.

From neither of these places, though, here is interesting recipe for lamb with coffee and chocolate sauce. What you do is to roast a rack of lamb with a glaze of sugar and ground cinnamon. Then make a sauce by sweating some shallots or sweet onions in oil in a pan, add some more sugar and cinnamon to this then pour in two cups of strong, freshly brewed coffee and a cup of balsamic vinegar of Modena. Boil this to reduce its volume by half, then stir in a tablespoon of cocoa powder and a couple of cinnamon sticks and half a pint of lamb and vegetable stock. Reduce by half again and there is the sauce.

You serve the rack chops with the coffee and chocolate sauce poured over and it is said to be surprisingly good. Sounds rather sweet in taste but then the recipe does come from a chef in Cancun, Mexico - something of a playground for affluent Americans. And if it intrigues someone enough to buy some of our local product they otherwise wouldn't then nobody will be complaining.

You can find the full recipe at <http://dsc.discovery.com/fansites/greatchefs/recipes/lamb/lamb03.html>

Are we missing the trick? Does anyone have any interesting lamb or lamb offal recipes? We could do a web page of them on sedbergh-yes.net. Contributions to dave@sedbergh-yes.net. ☺

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The Club has funds available to help promising youngsters who

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- would like to progress from shared to individual lessons
- need grants to help them to continue with their music lessons,
 - * to buy music, strings, reeds or other musical accessories,
 - * to attend music courses, and
 - * towards music exam fees or any other appropriate musical expenses.

Sedbergh Pepperpot Club also owns several orchestral instruments and has others in its care or at its disposal. Two violins are on loan – free of charge except for insurance cover. The other instruments available are – violin – cello – flute – clarinet – trumpet – trombone.

If you are interested in obtaining an award or borrowing an instrument or both, please contact Mrs Shirley Smith (015396 21196).

Now that the Pepperpot Orchestra and Ocarina Groups are part of the local scene, the opportunity is there for making music together. For the Ocarina Groups, no previous musical experience is needed and all ages are welcome, from about seven, but the Orchestra is only for those having lessons on an appropriate instrument, including ocarinas and recorders.

If you would like more information about the Orchestra or the Ocarina Groups, please contact Mrs Judith Bush (015396 20058).



SEDBERGH SWIMMING CLUB

The new swimming year will start on Tuesday 10th September. This will be an enrolment night for lessons from 6.30pm to 7.30pm.

There will only be swimming for new starters - not existing pupils.

Lesson fees and subscriptions must be paid on the 10th September to secure a place (please see posters for details of fees).

The Aquatone session will be at 7.30pm followed by an adult swim at 8.30pm.

We still need people to supervise if the Thursday and Saturday sessions are to continue. If you have a life saving qualification or are interested in taking the Bronze Medallion please contact 20912.



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YORKSHIRE DALES NATIONAL PARK


Members of the Yorkshire Dales National Park Authority, meeting on 30th July, have reviewed the range of activities being undertaken to support sustainable agriculture in the Dales.

The Authority is currently involved in a range of initiatives that annually invest hundreds of thousands of pounds into the National Park's agricultural sector. The investment goes on programmes that support the Authority's sustainable agricultural policy, which recognises the pivotal role that farmers, land managers and farming play in the conservation of the landscape.

The Authority's farm conservation team today is also continuing to give free advice and undertake environmental appraisals for farmers whose stock was culled during the foot and mouth outbreak. It is hoped that the advice will lead to the farmers entering new and enhanced agri-environment schemes to improve conservation and generate valuable income for their businesses.

The Authority runs a barns and walls scheme, with support from English Heritage and Yorkshire Forward, funding the repair of these important landscape features and the reuse of the barns themselves. The Authority is a partner in the Upper Wharfedale Best Practice Programme, which has funded over £450,000 of projects, including blocking of moorland 'grips', riverbank enhancements and sheep dip improvements. And, unlike areas outside of the National Park, the Authority funds rights of way maintenance works, which would normally be the responsibility of

the farmer or landowner.

Farmers and land managers wanting further information on agricultural schemes currently on offer in the Yorkshire Dales National Park, should contact the Authority's farm conservation team on (01756) 752748. 

Ysobel Sugden

PIANO TUITION



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DENT MEMORIAL HALL

I am writing this before our Gala which is next weekend but you will read it afterwards so all I can do is trust we all enjoyed a lovely day, in every sense of the word, had some laughs, a lot of fun and raised money for the Dent Memorial Hall.... Lots of it!

I must thank everyone who helped, and we need lots of helpers, both on the day and behind the scenes, and all who gave prizes and/or things to sell. Someone accused me of sitting on a committee which never does anything and I am sorry but that is unfair.... And untrue!

Things can seem to move slow but we now have access for wheelchairs at the rear of the Sedgwick room; also a folding ramp in the Hall porch for access there. By the time you read this there will also be a new floor in the Sedgwick room. So please don't be negative, be positive!

Sarah Woof

ZEBRA'S

Zebra Baby and Toddler Group has now been open for a year. Every Friday we are open between 1.15 and 3.15 pm at Sedbergh Methodist Church. It is the perfect place to meet other parents, let your child play with a wide range of toys and participate in fun activities.

Recently, we have held various fund raising events including a Nearly New Sale and Disco's (the next in September). At the end of June, we also participated in the Barnardo's Sponsored Toddler. Thank you to everyone who donated raffle prizes - The Paper Shop, Spar, Knights, JIMartin, Green Door, Sedbergh Chemist, The Gallery, Powells, Sedbergh Post Office, Steadmans, Chair Workshop, Posthorn and Three Peaks. and to Caroline Morgan and Jack Dawson who drew the winners of the raffle. We would also like to thank the White Hart Bingo Club for their kind donations. These have all boosted our funds, not only to cover the running costs but also a shopping trip for more toys and craft materials.

Thank you to Mr. And Mrs. Metcalfe for their kindness on our previous visit to Holme Open Farm, everyone had a great morning. We are looking to organise more outings, for example to the Fun Factory in Kendal. Future activities include junk modelling, painting, fancy dress, glueing and sticking, special occasion activities and music time.

Due to our higher attendance we are desperately looking for volunteers who can spend some time on a Friday afternoon to make tea etc., and get to know the Mums and tots in Sedbergh. Any help either occasional or on a regular basis, would be very much appreciated.

Drop in anytime during a session, make

a mess and lots of noise without worrying about tidying up! For more information please phone Emma Wilson on 20555 or Janette Swallow on 21034. ☺

FROSTROW W. I.

We were invited to join Dentdale W.I. For the August meeting and it was a very enjoyable evening indeed. The business meeting was conducted by both Presidents and was quickly over before members from Howgill and Killington arrived to listen to the speaker - Mrs. Jennifer Buxton.

Mrs. Buxton is a painter of miniature portraits but she now concentrates on larger portraits having found her eyesight was making miniature painting difficult. She was a marvellous speaker and demonstrator - so enthusiastic about her work which requires great rapport with her sitters - particularly the children. We were entertained by her descriptions of how she manages to gain the confidence of the sitter and her experiences of the many and varied characters she has painted. Her talk concluded with a demonstration of portrait painting gradually building up the features of a young girl - a truly fascinating procedure.

She was thanked by Mrs. Sugden of Dentdale W. I. The evening concluded with a delicious Jacobs Join.

Our thanks to Dentdale W. I. For inviting us to share this excellent meeting.

Our September meeting will be on the 11th and there will be a demonstration by our President, Mrs. Linda Hopkins entitled "A Fresh Look at Flowers". Visitors are very welcome at our meetings which commence at 7.30pm at the People's Hall. *M. D.*

MORE BRAITHWAITE MEMORIES

Sid's mischievous nature was not always appreciated, however, as recalled by Shirley Tebay, whose father Tommy Packham, used to drive for Ribble and also, on occasions, part-time for Braithwaite's.

As children, we lived in Firbank and often Sid used to take us to school. He would stop the bus for us to climb aboard, but as we did so, he would jerk the bus forward - how one of us didn't end up under the wheels I don't know but we all survived the experience.

Sid's dog Toby always accompanied him and many a morning the bus would stop and with a cry of "Bunny Rabbits, Toby" the door would be opened and off would go Toby but I don't ever recall him catching one. Of course Toby was loath to come back to the bus and on many occasions we would be late for school as we had to wait forever for him to return, with Sid shouting and whistling at him through the open window.

Our teacher, Marjorie Greenwood used to go mad at our lateness and what she said to Sid we never heard but it certainly didn't bother him and Toby continued to chase the bunnies.

One memorable morning - the bus suddenly stopped and Sid asked some of the older boys to accompany him down a field. A milk tanker had crashed through the hedge and rolled down a steep slope and was lying by the side of the Lowgill - Sedbergh railway line. We thought they were frightfully heroic. Anyway, the driver was nowhere to be seen so we eventually resumed our journey. Once more we were late and we walked smugly into class as Mrs Greenwood shouted "Has Toby been chasing rabbits again?"

We delightedly told her of our adventure and this time Sid was excused.

Shirley Tebay (Dent)

SEDBERGH

DOG TRAINING CLASSES

In July, owners and dogs from Sedbergh and surrounding areas were tested at bronze, silver and gold level for their Kennel Club Good Citizen Dog Scheme Awards. Retired police dog handler, Walter Edmondson, who worked for West Yorkshire Police was the examiner and he was very impressed with the standards reached in the classes. The outcome was that 9 Bronze, 6 Silver and 6 Gold Awards were given, a one hundred percent pass rate. This is the first time that the class has entered the scheme at gold level which is quite an achievement as it has been running for not much more than a year and the dogs had to start at bronze level.

This year the Kennel Club introduced a Puppy Foundation Scheme which the class took part in. Although mainly a socialisation exercise, puppies have also to achieve a basic level of obedience and attend 4 out of 6 classes. Owners enjoyed this class, introducing their puppies to good social skills and basic obedience. Since the scheme started the Class has seen very young puppies reach this stage then go on to higher levels. During the recent classes one puppy completed the Foundation Scheme and her mother received her gold award.

A new course of classes will begin on Thursday September 5 when it is hoped the good work will continue teaching owners to be responsible and dogs to be well behaved and sociable.

Cicely Robertshaw

YORKSHIRE DALES NATIONAL PARK

Roads may be good for wildlife - or at least their verges.

The Yorkshire Dales National Park Authority has announced that work is now underway on a £11,000 survey to probe the botanical value of roadside verges in the National Park.

The National Park's road verges were last surveyed in 1991. This survey showed that many of the verges in the National Park were rich in wild flowers and grasses. The richness of the National Park's verges is due to their lack of grazing and only occasional cutting, which promotes habitats that are not only rare in the National Park but also nationally.

The current survey will determine whether these verges are still as rich and provide information for the Authority, North Yorkshire County Council and local communities to agree management practices that will benefit these flower

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rich habitats while taking account of road safety issues.

Dr Tim Thom, ecologist at the Yorkshire Dales National Park, said: "This survey isn't so much about identifying individual rare species, though if any turn up that is always nice, it is more to do with the richness and diversity of the roadside verge habitats themselves.

"We are looking to identify a range of key plants that indicate flower rich verges, including wood cranesbill, lady's mantle, orchid species, bistort, water avens, meadowsweet - basically all the species you might associate with traditional hay meadows."

Flower rich road verges are a priority habitat in 'Nature in the Dales' - a biodiversity action plan for the Yorkshire Dales National Park. The survey will provide the National Park Authority with the information it needs to see that the roadside verges of the National Park are managed and protected into the future.☺

SEDBERGH CRICKET CLUB

What with the weather, not to mention a touch of apathy, there is only one game on which to report. That was a close game at Sedbergh against Bare. Sedbergh batting first made 123 for 6 in their allotted overs with Les Hoggarth top scoring with 52. Bare just managed to reach this target for the loss of 9 wickets. The mid week side have had a couple of fixtures but the results are not to hand. They have made good use of the new artificial strip with some good reports on the playing surface. Certainly the U13XI have enjoyed playing on it as the ball comes through true. It has also meant that games could be played in poorer weather conditions. The first XI would have liked the chance to use it instead of having to cancel games.

On Saturday 27th July a very successful golf tournament was run by Graham Keightly and David Lord in aid of the junior section of the cricket club. We thank these two stalwarts for their efforts and all those who helped in any way. The weather was glorious and the course and catering were first class thanks to the efforts of Ruth and Steve and their staff.

A very big thank you to all the sponsors who supported the event and the raffle. This extra money meant that last year we could buy extra equipment, such as more helmets and send youngsters on the coaching sessions organised by the county. We were also able to buy in two evenings when professional coaches came along to our winter nets at Sedbergh school sports hall. Finally a date for your diary. Following last year's successful event it has been decided to again hold a joint dinner with Dent Cricket Club on October 13th again at Sedbergh Golf Club. Watch this space for more details. ☺

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DENTDALE METHODIST CHAPEL

We will welcome Mr. Colby from Grange as the Preacher at our Harvest Festival services on 8th September and the Monday evening service will be a "home-spun" light-hearted time of worship followed by the auction of produce etc and will begin at 7.00pm. The room adjoining the chapel is available for small gatherings and meetings within the no smoking, no alcohol rule.

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DENTDALE W.I.

The Memorial Hall was decked out in red white and blue and looked very festive for the combined meeting and the Jubilee link between Dentdale and Frostrow W.I. It was also an open meeting and we welcomed W.I. members from other branches in the group as well as visitors to Dent, so, there was a very good audience to hear Jennifer Buxton talk about her life and career as a miniature portrait painter. Jennifer held the audience with anecdotes from her long career. While talking to us she painted in the head of a young girl which she had sketched out in pencil previously and we marvelled as it came to life with her skilful painting and use of colour. A few strokes would change and improve the overall finish.

Catherine Sugden gave the vote of thanks for what had been a fascinating glimpse into the life of an artist.

Both Dent and Frostrow held short business meetings before which we had a minute silence in memory of Sarah Niven.

Dent members were reminded about the Coffee morning to be held on the 14th September and the Dentdale gala cake stall on 26th August so it would seem we shall all have to do some baking.

The Jubilee link up certificates were signed by the presidents Margaret Fothergill and Linda Hopkins and there followed a Jacobs Join, the tables fairly groaning with good things to eat. It gave the different branch members time to mix and talk together before we closed the meeting with the singing of the A.C.W.W. Song of Peace



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SEDBERGH PLAYGROUP

On a beautiful sunny Sunday morning in July a group of parents and children set off from the Spooner Room on the Annual Circular Walk round Akay Wood.

It was a pleasure to be on the footpaths again after last years restrictions. This was concluded with some well deserved refreshments back at the Spooner Room.

We are holding an Open Morning at the Spooner Room from 10am on Wednesday 4th September. This is a chance for prospective children and parents to have a look around and meet staff and other parents.

Children need to be at least two and a half years old to attend playgroup. For further details please call in to the Spooner Room.

Playgroup are holding an Open Meeting on Thursday 26th September at 8.00pm in the Spooner Room. Please come along with your comments and ideas. New faces are always welcome.

Finally, a big thank you for everyone's support and generosity over the past year.



A NEW BUS SERVICE

For Sedbergh Primary School Children

This is not a double decker, or a charabanc, but is a Walking Bus.

The Sedbergh Early Years Committee has been addressing the problem of Safe Routes to School for Sedbergh Children and have applied for a Grant from the Countryside Agency via the Parish Council. Sedbergh United Charity is also supporting the scheme. It will address the problem of dangerous congestion by traffic in the Maryfell area, giving our children extra opportunity for exercise in walking to and from school, and provide safe, supervised routes to school.

The number of "buses" will depend on how many passengers there are and will start at the far ends of the town. Each one will have a driver adult volunteer and conductors adult volunteers and collect children on a designated safe route. The volunteers and children will all wear high visibility waistcoats and we will work closely with Road Safety Advisors and a full risk assessment will be made prior to the scheme starting.

In addition to the volunteers, an honorarium will be paid to an organiser. Mrs Cullen at Sedbergh Primary School will be available at the start of term to discuss this post with anyone interested and she will soon be circulating further information to families.

Walking Buses have been hugely successful across the U.K. Once ours is up and running it will be a first for South Cumbria. ☺

SEDBERGH WANDERERS

The Football Club would like to thank the towns Parish Council, South Lakeland District Council, the Westmorland League, John and Hazel (formerly of The Bull Hotel, now at Whitewalls), Settlebeck and Sedbergh Schools and every other body or bodies who have or who are contributing towards ongoing activities within the Football Club. ☺

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TEAS IN THE GARDEN

The above event on 10th August at "Rhumes" was a very happy occasion and it raised £84.30 for Dentdale Methodist Chapel and the raffle raised £35.50 for Asthma Research. Many thanks to all who helped and supported this event. ☺

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THOUGHT FOR THE MONTH

"Far too many find fault as if there was a reward in it". I have no idea who said those words but they've hit the nail on the head don't you agree? Wouldn't life be richer and the world a better place if instead of criticism we gave praise and encouragement? I know we all need correction at times but even that can be done kindly and gently. It's hard but not impossible. Lets all try shall we..? L.D.

THE ALPACAS

The joint effort by Macmillan Cancer Relief and Marie Curie held by kind permission of Mrs. Spencer and Mr. & Mrs. Sandys-Clarke at Ghyllas, Sedbergh to meet the Alpacas raised the magnificent sum of £920 to be divided between the two charities. Many thanks to you all for so generously supporting us. ☺

SEDBERGH BADMINTON CLUB

The start of the next season begins on Monday 2nd September in the Peoples Hall. Seniors and Juniors start on Friday 6th September at Sedbergh School Sports Hall at 7.30pm.

The AGM will be on Monday 16th September. ☺

PEOPLE'S HALL

The People's Hall committee received grants last year to extend the changing rooms. This year they have been used on a few occasions by fell runners and others, as well as by the Football Club, and can be booked via Sedbergh Office Services. ☺

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SEDBERGH GALA GROUP

The group will be holding their A.G.M. on Monday 14th October at 7.30pm in The People's Hall Committee Room.

Members of the public are invited to attend.

It is at this meeting that the Gala Group distributes any surplus monies to local organisations and individuals.

If you would like an application for funds to be considered, please apply in writing to be Secretary by the 10th October.

The Secretary's address is Bridge House, Brigflatts, Sedbergh, Cumbria, LA10 5HN, telephone 015396-21820. ☺

PLACES OF INTEREST TO VISIT WHILE IN THE AREA

Cautley Spout, A683 towards K. Stephen.
Community Office, Main Street.
Cumbria Wildlife Trust, Community Off.
Farfield Mill, A684 Garsdale Road.
Fox's Pulpit, Firbank.
History Society, Community Office.
Langstone Fell, A684 Garsdale Foot.
Queen's Gardens, Station Road.
Y. D. N. P. Centre, Main Street.

Further details of these locations
available from the YDNP.

FOOTBALL SAVIOURS

On a tour of the north of England the Pope took a couple of days off his itinerary to visit the Yorkshire countryside on the East coast near Scarborough on an impromptu sightseeing trip.

His 4 x 4 Popemobile was driving along the golden sands when there was an enormous commotion heard just off the headland. They rushed to see what it was and on approaching the scene the Pope noticed just outside the surf a hapless man wearing a Manchester United football shirt struggling frantically to free himself from the jaws of a 20 foot shark.

At that moment a speed boat containing three men wearing Leeds United football shirts roared into view from around the point. Spontaneously, one of the men took aim and fired a harpoon into the sharks ribs immobilising it instantly.

The other two reached out and pulled the Man. U. supporter from the water and then using another harpoon killed the shark outright.

They bundled the bleeding semi-conscious man into the speedboat along with the dead shark and then prepared for a hasty retreat when they heard frantic shouting from the shore. It was of course the Pope and he summoned them to the beach. Upon them reaching the shore, the Pope went into raptures about the rescue and said "I give you my blessing for your brave actions. I had heard that there was great rivalry between Leeds and Man. United supporters but now I have seen with my own eyes this is not true. I can see that football fans are a truly enlightened example of harmony amongst people of differing viewpoints

and could serve as a model on which nations could follow".

He blessed them all and drove off in a cloud of dust. As he departed the harpoonist asked the others "Who was that then?" "That," one answered, "was his Holiness the Pope, he is in direct contact with God and has access to all of Gods wisdom".

"Well" the harpoonist replied "He obviously knows nothing about shark hunting. So how's the bait holding on? Are we going to need another one?"

David O'Leary

FARFIELD MILL

The River Clough and Farfield Mill

In the last edition of Lookaround, I wrote about my responses to the discharges into the River Clough by Farfield Mill. I have received further information from the Yorkshire Dales National Park Authority that the Environment Agency had reported back to them that the discharge was unsatisfactory according to the EA's criteria, and that on the basis of this judgement, the YDNP would be serving the Enforcement Order. I since have learned from the YDNP that subsequent to the Enforcement Order, United Utilities have agreed to increase their tankering facilities from the Farfield septic tank to ensure that there is no discharge into the river, which is welcome news. My interest is with the River and I look forward to seeing these changes implemented, to watching the River flow without this disturbance and to the completion of the new, permanent sewerage system.

Wallace Heim

BUS SERVICES

Sedbergh to Kendal via Oxenholme

Monday - Friday

07.45		564	GP	✧
09.40		564	W	
09.55		564	GP	✧
10.05	Wed	564B	W	✧
10.10	W&F	112	B	
12.40		564	W	
12.45		564	GP	✧
13.00	Wed	564B	W	✧
14.00	Tue	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	M-F	564	GP	✧
11.15		564	GP	✧
14.15		564	GP	✧
16.50		564	GP	✧

To Kirkby Lonsdale

09.45	Thu	567A	W	✧
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To Hawes

08.45	TWF	112	B	
10.00	Tue	804	W	✧
14.15	W&F	112	B	
15.45	Sch	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	S&H	564	GP	✧
08.35	Sch	564	W	•
09.30	Tue	804	W	• ✧
10.30		564	W	•
10.45		564	GP	✧
11.30	Wed	564B	W	• ✧
13.30		564	W	•
13.30	W&F	112	B	
13.40	Wed	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	M-F	564	GP	✧
09.21	Sat	564	GP	✧
09.30	M-F	564	GP	✧
12.11		564	GP	✧
14.51		564	GP	✧

From Kirkby Lonsdale Square

12.15	Thu	567A	W	✧
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From Hawes

08.00	Sch	112	B	
09.35	WF	112	B	
13.25	Tue	804	W	✧
15.00	TWF	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	Brithwaite'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 Sedburgh

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
Rev. G Armitstead

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

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 11th March 2003

SEPTEMBER

1 1430	Tennis Club Family Day	G
1	Sedbergh Badminton Club Season starts	PH
3	SHS Term Begins	
3 1930	Swimming Club AGM (1)	Bull
4	SS Term Starts	SS
4 1000	URCR Coffee Morning	URCR
4 1000	Sedbergh Playgroup Open Morning	SR
4 1330	Butterflies	StAS
5 1930	WIH 60 Years of Parsonage	HVH
5	Dog Training Classes Start (1)	PH
7 1100	Giant Bric-a-Brac Sale (7)	PH
7 1430	Beekopers	Deerpdale
7 2000	PH Dance	PH
9 1930	Beekopers	BF
9 1930	"Weekenders" Fashion Evening (9)	KVH
9	New Dance Term Begins (9)	
10 1400	WIK Craft Afternoon	PH
10 1930	Rag Rugging	HVH
10 1930	FCH Domino Drive	FCH
11 1000	Dent Foot Chapel Coffee Morning	URCR
11 1330	Butterflies	StAS
11 1915	WID The Samaritans	DMH
11 1930	WIF Fresh look at Flowers	PH
11 1930	Needle & Pins	SJAR
12 1830	Harmony Slimming Club (12)	Bull
14 2100	SWFC Disco (14)	PH
16 1930	FC Harvest Sale	FCH
18 1000	Garsdale Ch Coffee Morning	URCR
18 1330	Butterflies	StAS
18	Pottery Classes Start (18)	FM
20 1930	Domino Drive	KPH
21 1000	Kids Klub (21)	PH
21 1300	CWT Fungus Foray	LHCP
23 1930	Killington Harvest Sale	KPH
25 1000	Firbank Ch Coffee Morning	URCR
25 1330	Butterflies	StAS
26 2000	Playgroup Open Meeting	SR
28 1400	MH Jumble Sale (28)	MH
28 2200	Danny's Disco (28)	PH
29 0900	North Regional & Worldwide Biathlon	SS
29 1300	Cautley 10	SHS
29 2000	Sedbergh Playgroup Open Meeting	SR

OCTOBER

2 1000	Barnardo's Coffee Morning	URCR
2 1330	Butterflies	StAS
3 1900	WIH AGM VCO	FCH
3 1930	HS Late Mediaeval Houses	SHS
5 1400	Scouts Jumble Sale	PH

5 2100	SWFC Disco (14)	PH
6 1030	Methodist Harvest Festival	SMC
6 1830	Methodist Harvest Festival	SMC
8 1400	WIK Humour in Church Life	PH
8 1930	NWCRF Town Band Concert (33)	PH
8 1930	Rag Rugging	HVH
8 1930	Bingo & Potato Pie Supper	FCH
9 1000	CA Coffee Morning	URCR
9 1330	Butterflies	StAS
9 1915	WID A Butler to H.M. The Queen	DMH
9 1930	WIF Clarin Skin Care	PH
9 1930	Needle & Pins	SJAR
12 2000	Sed & Dent Cricket Club Dinner Dance	GC
14 1930	Beekopers	BF
16 1000	Dentdale Meth Coffee Morning	URCR
16 1330	Butterflies	StAS
16 1930	HS The Felt Hat Trade	SHS
18	SS Half Term Begins	SS
18 1930	PCC Domino Drive	KPH
19 1900	MH Fun Night	MH
20	Northern Schools Biathlon	SS
21 1930	Beekopers	BF
25 1930	Domino Drive	HVH
29	SS Half Term Ends	SS
30 1000	Killington Ch Coffee Morning	URCR
30 1330	Butterflies	StAS

NOVEMBER

2 1800	Bonfire Night	PH
5 1830	FC Bonfire Night & Skittles Party	FCH
6 1000	MH Coffee Morning	URCR
6 1330	Butterflies	StAS
6 1930	HS John Haygarth & Garsdale Friends	SHS
7 1930	WIH Lesotho	HVH
9 2000	Howgill Chance Dance	PH
10	Remembrance Sunday	Sedbergh
11 1930	Beekopers	BF
12 1400	WIK AGM & Entertainment	PH
12 1930	FC Domino Drive	FCH
13 1330	Butterflies	StAS
13 1930	WIF AGM & Social	PH
13 1915	WID AGM & Rags to Rugs	DMH
13 1930	Needle & Pins	SJAR
13 1930	Domino Drive	GVH
18 1930	Bingo & Tattie Pie Supper	HVH
20 1000	Spaghetti	
20 1330	Butterflies	StAS
20 1930	HS Edwin Butterworth	SHS
27 1330	Butterflies	StAS
27 1930	CWT Between a Rock & a Hard Place	SSQH

The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker, is printed by Stramongate Press, Kendal and distributed by Suzy Thurlby.

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

DECEMBER

4	1330	Butterflies	SIAS
4	1930	HS Devils Bridge, KL	SHS
7	0900	Killington Ch Table Top Sale	PH
7	1900	MH Christmas Dance	MH
9	1930	Beekeepers	BF
10	1930	FCH Domino Drive & Mince Pies	FCH
10		WIK Christmas Party	TBA
11	1330	Butterflies	SIAS
11	1930	Needle & Pins	SJAR
11	1800	Late Night Shopping	Sedbergh
13		SS Term Ends	SS
14	2000	PH Christmas Dance	PH
20	1930	Christmas Domino Drive	HVH
30	1400	Blood Donor Sessions	SMC
		WIF Christmas Party	TBA
		WIF Christmas Party	TBA

KEY

BF	= Brigflatts
BS	= Baliol School
CC	= Carlisle Cathedral
CO	= Community Office, Main Street
CSG	= Casterton School Gymnasium
CWT	= Cumbria Wildlife Trust
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
FCH	= Firbank Church Hall
FM	= Fairfield Mill
G	= Guldrey
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KVH	= Killington Village Hall
LHCP	= Loftus Hill Car Park
LHHC	= Loftus Hill Health Centre
MH	= Masonic Hall
MHOH	= Mutton Hall, Old Hutton
PH	= People's Hall
SGC	= Sedbergh Golf Club
SHS	= Settlebeck High School
SMC	= Sedbergh Methodist Church
SIAS	= St Andrew's Church, Sedbergh
SJAR	= St John Ambulance Rooms
SMC	= Sedbergh Methodist Church
SR	= Spooner Room
SSPH	= Sedbergh School Powell Hall
SSQH	= Sedbergh School Queen's Hall
URCR	= United Reformed Church Rooms
WHC	= White Hart Club
WID	= Women's Institute, Dentdale
WIF	= Women's Institute, Frostrow
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
YDNP	= YDNP Centre, Main Street



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printers

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PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079

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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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
---------	------

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. Brinkles	
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

web pages 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

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