

SEDBERGH & DISTRICT LOOKAROUND

August 2003

Issue 203

Donation 50p

Another issue full of information but ... we are receiving many complaints about organised events that do not appear in the Lookaround Diary but appear on posters around the town. Unfortunately, unless details are submitted to us, we cannot put

it in print. That is down to the organisations who, in the end, lose out on valuable attendances at their function. As a reminder, **ALL** Diary entries are free and can be submitted as soon as it is known.
Dennis & Jacky



Sedbergh

Invites you to



The Market Fayre

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on

Saturday 23rd August
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CHILDREN'S BIRTHDAYS

August 2003

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

The recipient this month is:-
Hugh GALLAGHER who is

9 years old on 23rd August.

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.

Apologies to young Joe Game for spelling his name wrong last month when he was 4.



Day	Name	Age
1	Elizabeth THEXTON	11
2	Jordan BURROW	5
3	Rachel HOPKINS	5
4	Jacob ROBERTS	10
4	Jessica JOEL	10
4	Cai ROBERTS	10
4	Jonathon HARPER	11
5	Alisha HOLT	6
5	Thomas WINSTANLEY	10
7	Edward PIKE	8
11	Fennella McCALLUM	10
11	Michael STAINTON	10
15	Ben THOMPSON	3
16	Alisha TODD	7
18	Anna PRALL	4
20	Georgina BROWN	1
20	Bryan BEAGAN-TAYLOR	10
23	Finn THORNTON	1
23	<i>Hugh GALLAGHER</i>	9
25	Joshua THORNTON	5
27	Red NIXON	8
28	Connor WINN	5
29	Jay FERGUSON	2

BED & BREAKFAST

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Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (12/03).....	20754
	e-mail:- susan@holmecroftbandb.co.uk 2D; IT; CH; TVL; NS; NP*; P; DR	
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/03)	21455
	IT; ES; NS; NP; P; DR	
Miss S Thurlby.....	Stable Antiques, 15 Back Lane, Sedbergh (12/03).....	20251
	e-mail:- antique.thurlby@amserve.net 1D; IT; CH; L; NP*; P; DR; VB	
Ms C Nelson	Merry Meeting, 5 Castlehaw, Sedbergh (10/03).....	20034
	D; CH; TVL; NS(B); P;DR 07812 55 88 30 e-mail: cnagency@talk21.com	
Mrs S Gold-Wood	10 Main Street, Sedbergh (11/03)	21808
	1D; IT; IS; CH; TVL; NSB; P; CB; VB; GF e-mail: sangold.kwood@virgin.net	

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	1D; CH; TV; NS; P; NP* e-mail:- msg@fish.co.uk
Holiday Cottages in Sedbergh & Dent sleeping 4 - 6 (08/04)	07970 51 44 52
	e-mail: holiday@dalesdusters.co.uk
Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (09/03)	SAE for Brochure
	4-5 Berth; H+C; Shower; Sep WC; Fridge; TV; Gas Cooker; Gas + Elec Heating; NS

KEY

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; VB = Vegetarian Breakfast; CB = Celiac Breakfast; GF = Gluten Free
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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*Can all adverts please be
 accompanied with the correct money
 at the time of submission.*
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

BAKER

Congratulations Mam and Dad on your **DIAMOND WEDDING** on the 2nd August 2003. Lots of Love from Doreen and Tom.

BAKER

Congratulations Nana and Grandad on your **DIAMOND WEDDING** on the 2nd August 2003. Lots of Love from, Beverley & Craig, Lindsey and Andrew. Also Love from the Great Grandchildren Daniel, Fraser, Demeer and Iona. Lots of Kisses.

CRESSEY

Andrew and Lindsey would like to thank everyone who came to the wedding and also for the lovely gifts received.

CHAMLEY

Having returned from hospital following heart bypass surgery I would like to thank everyone for their good wishes and cards. Also many thanks to those who provided Joan with transport to Lancaster and Blackpool during my stays there. Here's hoping to be back in circulation soon! *Norris*

IRELAND

Chris and Ellen would like to thank relatives, friends and the people of Sedbergh for their kindness and support to Ronnie during his latter years in Vicarage Lane. Thank you also for the kind support given to us following his death.

KIRBY

Lorraine and Caspa would like to give a very big thanks to all family, friends and well wishers for the enormous amount of cards, gifts and monies following the birth of their son JAY WILLIAM on 23rd June, weighing 8 lbs 12½. Thanks also to R.L.I. And Helme Chase. Once again thanks everybody.

KIRBY

Congratulations to Caspa & Lol on the birth of Jay William, I don't know how



Lorraine is going to cope with 2 now, all the best see you soon, Ginner, Saddam's Palace, Iraq

KIRBY

Congratulations Lorraine and Kevin on the birth of your son Jay William. From Mam, Angela, John, Grant, Fiona and Keith. XXXX

SKILL

I would like to thank family, friends and neighbours for cards, gifts, flowers, visits and kind enquiries during and after my stay in hospital. Special thanks to Zander for all his help. I would also like to thank everyone for cards, gifts and flowers received on my 60th Birthday and our Ruby Wedding in March. Love Elizabeth.

PERSONAL & SMALL ADS £1

MIDDLETON

Hello Everyone. I couldn't wait any longer to say that. Unlike my Dad, I will be early for everything. When Mum knew I was coming he said it was a false alarm. Me and Mum had to wait about forty minutes before he did anything. At the moment I'm just chilling out. I've got all the mod cons, air conditioning etc. In the meantime I've been told to rest but how can you when people keep looking at you and not giving you any privacy. At the moment I'm not sure when I'm coming home. I can't drive you see and Dad won't let me 'cos he says he can't insure me. Just want to see you all and say Hello for myself. Cheers. CJ.

MIDDLETON

Steven and Michelle became the proud parents of a little girl on the 4th July 03. CJ was 8 weeks early and weighed 4 lb. Everyone has been so kind and we thank you all very much for the cards, presents and well wishes.

MIDDLETON

Congratulations from Grandparents Garth and Jean to Steven and Michelle on the early arrival of your daughter CJ. Thanks to everyone for your cards and flowers.

MIDDLETON-HAYGARTH

Congratulations Steven and Michelle on the birth of a beautiful grand-daughter and niece. With love and best wishes for the future. Grandad, Nana, Uncle John, Uncle Martin and Auntie Emma.

HUNTER

I would like to thank all my family and friends for the beautiful gifts, cards and flowers received on my 50th Birthday. I hope you all enjoyed the night as much as I did. A Big Thankyou to Ruth and Steve and all who helped at the Golf Club, the Buffet was fantastic, and Thankyou Rob for doing the Disco. Love Kay XXX

SEVERN

Congratulations Kate on gaining your BA Hons Degree in Business Studies from the University of Northumbria at Newcastle. Lots of Love and best wishes for the future. Mum, Dad, Joanne and Laura.

SEVERN

Well done Kate in gaining your BA Hons Degree in Business Studies from the University of Northumbria at Newcastle. You have made me very proud. Love Grandma.

WEAR

Mary would like to thank all her friends and neighbours for all their kindness to her over the last 27 years, whilst living at the Garths and 20 Queens Drive. I am now moving to West Lea, Fairybead Lane, Stainton, Penrith CL11 0ET. Thank you.

WOOF

I would like to thank everybody who attended my 21st Birthday party and for all the lovely cards, presents and money. A big Thanks to my Mum and Dad for the B.B.Q. Also thank you to Eileen Labatte for making such a beautiful cake. Rebecca.

YORKSHIRE DALES NATIONAL PARK

The Yorkshire Dales National Park Authority has published its 'Best Value Performance Plan: 2003-2004'.

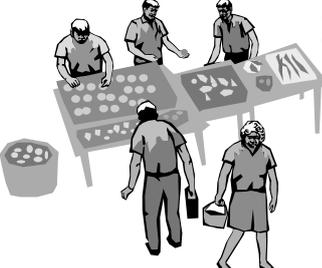
This, the Authority's fourth such Plan, reports on the work of the Authority, how well it has been performing and how it hopes to improve in the future. The Plan contains information about the Authority and compares its performance against other National Park Authorities.

Writing in their foreword, Steve Macaré, chairman, and David Butterworth, chief executive, review 'the Authority's busiest year' which saw the completion of a number of major projects, including:

- With English Nature, the launch of £1.25 million Limestone Country

project to reintroduce traditional hardy cattle herds to the limestone uplands.

- The national launch of the Sustainable Development Fund by the Rt Hon Alun Michael MP, offering grants for the development of sustainable business ideas.
- The provision of farm conservation advice to over 100 farm businesses to ensure they receive guidance on conservation interests and grant schemes.
- With other National Park Authorities, contributing to Department for Environment, Food & Rural Affairs review of agri-environment schemes, ensuring that the review takes account of the need to support viable



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Rain or Shine, we'll be there with a smile - will you? page



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Friday 8th August & 12th September from 5 pm

farming businesses that contribute effectively to the conservation and enhancement of the Park.

- The completion of a three-year £350,000 conservation project to preserve the Craven Lime Works (funded by Heritage Lottery Fund, Craven Counts Regeneration partnership, English Heritage and the EU Objective 5b Programme) and re-opening the site to the public.
- The implementation of the first phase of the Countryside & Rights of Way Act (CROW Act) and the appointment of a Local Access Forum to advise the Authority on rights of way work.
- The approval of 95% of all planning applications compared with the national average of 85%, and the determination of 71% of all applications within the 8-week target period set by Government compared with the national average of 66%. Wide-ranging consultation also took place with the publication of the Second Deposit Local Plan, the document that sets out planning policies for the area.
- The introduction of a 'touch-screen' information network at eight sites throughout the Yorkshire Dales National Park.
- The Audit Commission praised the Authority's work to promote

(Continued on page 8)

understanding and enjoyment, the service was judged as 'good' with 'promising prospects for improvement'.

The Sustainable Development Fund will also fund further development work, including: the launch of a meat marketing initiative for traditional products; a project to promote visits to the hay meadows and produce seed for regenerating hay meadows throughout the country; a rural playgroup scheme; and an organic composting initiative involving the local community and producers.

The limestone uplands will also see the appearance of the first Dexters, Blue-Greys, Beef Shorthorn and Welsh Black, traditional cattle breeds as part of the Limestone Country project.

The Authority is also planning a year-long programme of events and initiatives to celebrate 50 years of the Yorkshire Dales National Park throughout 2004. Local businesses and communities, visitors and partner organisations will be invited to get involved in celebrating the anniversary, which has the theme of 'reaching out' and aims to introduce the National Park to a whole range of new audiences.

The 'Best Value Performance Plan: 2003-2004' is written for the public, Authority partners, the Government and Auditors. Copies are now available from National Park Centres, Authority offices, local libraries throughout the National Park and the Authority's website at www.yorkshiredales.org.uk.

A summary of the Best Value Performance Plan has been circulated to all households in the National Park in the Authority's newspaper 'Dales 2003'.

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KILLINGTON W. I.

We have no meeting in July, just "a jolly" (or outing if you prefer)! Sadly we were a select band who set off from Sedbergh as various commitments prevented many of our members from joining us. It was a *very* hot and sunny day as we sallied forth to the Furness peninsula so the windows of our cars were wide open reducing our beautiful coiffures to windblown tangles. As Jose succinctly put it "I feel as if I've been dragged through a hedge backwards".

Our first destination was Bardsea where we enjoyed a picnic lunch. I was driving the second car to arrive complete with my little bag of jam butties (or jammy piece if you're Scottish) and was somewhat disconcerted to find an elegant table and chairs already laid out. I certainly missed a trick here - must remember to bring Jeeves next time! We were greeted by the President of Bardsea Institute who having been forewarned of our coming had walked her two dogs down to the beach to meet us. Wasn't that nice. When we had eaten we did the traditional English thing - an ice cream and a paddle. Only the knotted hanky was missing. I was surprised by the speed with which the tide came in. When we first stopped the water was really distant but by the time we left it was lapping round our feet.

Fully replete we drove in convoy across Birkrigg Common to Swarthmoor Hall, a beautiful Elizabethan manor house which has been lovingly restored by the Society of Friends. It was built in about 1586 to be the family home of Judge Thomas Fell who was Chancellor to the Duchy of Lancaster and hence an important and influential person. George Fox, the

COME TO TEA

3-5 pm Saturday 9th August
Rhumes, Dent

Proceeds to Dendale Methodist Church

principal founder of the Quaker movement, came to the Hall to stay with Judge Thomas and his wife Margaret. Margaret was totally convinced by Fox's preaching and she and Swarthmoor Hall became the powerhouse of the early Quaker movement. Today it houses a fine collection of seventeenth century furniture and we enjoyed sitting on stools worth £2,000 each while we listened to the story of the Hall and its history.

Fully informed we continued on our travels to Urswick Tarn and tea at Coot on the Tarn. The setting, the tea and the company were all delightful and we pondered the origins of this small stretch of water. I would be interested to know whether it is natural or a remnant of man's former activities. It was a thoroughly enjoyable day and for me a completely new area. There are so many interesting places to visit within easy reach that we could manage an outing every month!

Thank you Sue for organising it for us.

Our next two gatherings are likewise not 'meetings'. On Tuesday 5th August we are all invited to afternoon tea by our President, Shirley Richardson at High Becks, so remember - *only a little lunch* and out with the Ascot hats. Then it is back to work, noses to the grindstone and shoulders to the wheel - baking and preserving for our stall at the Sedbergh Market Fair on Saturday 23rd August. Get cracking everybody! *W.F.U.*

FLOG IT SALE
for
LOCAL CHARITY
Sunday 10th August
10:30 to 4 pm
On The Patio
Maryfell

**SEDBERGH TOWN
BRASS BAND FESTIVAL**

The first Annual Sedbergh Brass Band Festival took place on Sunday 22nd June 2003 in the spacious gardens of the Bull Hotel. It was billed as a 'fun day for all the family', and so it proved. The attractions of a hog roast, various stalls, a children's play area, a bouncy castle, all day bar and refreshments ensured that all tastes and needs were amply catered for. A large crowd gathered in the warm summer sunshine to be entertained to four hours of excellent brass band music. Audience and competitors alike departed in high spirits confident that the success of the afternoon would ensure a substantial increase in entrants and audience alike next year.

With wonderful foresight and vision, the management of the Bull Hotel have had a magnificent, permanent bandstand constructed, and the Festival marked its official opening. It is anticipated that many varied musical events will be presented on it, besides it being used by the Town Band and other local brass bands on a regular basis during the summer months for their rehearsals and concerts. At a time when so many

bandstands are being demolished, news of a newly constructed one is truly heartening.

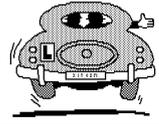
Although advertised as a 'Festival' there was a keen competitive element to the day with fine trophies and significant cash prizes at stake. At half hourly intervals the bands performed a road march starting from the nearby car park, down Main Street to the Bull Hotel. They then played a concert programme on the bandstand consisting of a march, a hymn and a selection.

The road march was judged on the combined quality of the marching, deportment and musicality exhibited by the bands. The adjudicator of this section, Mr. Corrigan, a sergeant instructor in the Durham ACF Band, praised the performance of all participants but had no hesitation in awarding the trophy, The Amy Ferguson Memorial Cup, to the Sedbergh School CCF Band.

The concert element of the contest was adjudicated by Mr. Richard Evans. After giving many positive and helpful comments on the performance of the bands he awarded the first prize, the Bill Graveson Memorial Shield, to the Kirkby

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Lonsdale Town Brass Band who edged the Sedbergh School CCF Band, who recently entertained the crowd during the Saturday lunch interval at the Durham Test Match between England and Zimbabwe, into second place. Participating in their first competition since their formation by Alan Lewis four years ago, the Sedbergh Town Band were placed third, followed by a young and talented Hartlepool Band in fourth place.

The third trophy at stake, the Michael Duke Shield, was a solo competition restricted to players under the age of sixteen. It was won, in the face of fierce competition, by Fraser Precious of Sedbergh School who played Roy Newsome's Cornet Solo 'Concorde'.

The day was rounded off with a short and highly entertaining concert by the Sedbergh School CCF Band featuring their corps of drums.

There is no doubt that the Sedbergh Festival will become a welcome and popular additional fixture in the Brass Band calendar.

Charity Concert

The next concert to be performed by the Town Band will be in aid of the Macmillan Nurses. This will be held in the Settlebeck High School hall at 7.30 on Tuesday 30th September. The programme will consist of popular, requested items from previous concerts as well as a number of familiar items that will be new to the bands repertoire. *GB*



LADY GOLFERS!
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FARFIELD MILL

News from Farfield Mill Arts and Heritage Centre

ROUGH FELL WOOL ON THE MOVE

In July the first clip of Rough Fell wool that will be woven at Farfield Mill went for scouring and spinning.

Thanks to the Leader+ Programme (funded by the ERDF and the EAGGF) the hopes that one day the looms at Farfield would again buy and process wool from local farmers is nearing reality.

The quantity needed at present is small and will be used for research on the type of marketable fabric for which it could be used. An international firm of weave designers, the Anne Sutton Foundation is producing a range of modern designs that they believe can be sold to leading retailers in London, Japan and the USA.

At first they will concentrate on floor coverings which will benefit from the strength of the yarn produced from the Rough Fell sheep. The designs will be light and modern and hopefully in demand for up-market homes.

Once the fleece has been scoured and spun, woven samples will be produced and we hope to produce a display later in

the year showing the process from farm to factory. It could well be another year before there is a London launch of the designs and Farfield goes into full scale production. We will keep you updated on the progress of this exciting project.

TURBINE TREASURE TROVE

Visitors to the Arts and Heritage Centre are invited to throw coins into the wishing pool where the water gushes from the Gilkes and Gordon turbine (made in Kendal and installed in 1897 at Farfield).

The money collected from this pool is for local charities and it has been decided this time to make a donation towards the cost of running the Medieval market that will be held in Sedbergh towards the end of August.

The turbine is not producing power although we understand it could do so. One reason for not putting it back into use is that it is low powered and the amount of electricity it would produce would not justify the cost of restoring and running it. However for anyone interested in turbines it is a fascinating monster which largely fills the wheelpit that at one time housed the original water wheel.

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Sedbergh & District Branch

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FARFIELD HISTORIES

I was interested in the article in June's Lookaround entitled Farfield and reminded of a popular saying about journalism that you should never let the truth get in the way of a good story.

Nearly 50 years ago Professor Elton published a book called *The Bias in History*, arguing that most of what passes for history is there to portray the victorious and powerful in a good light. The writer of the Farfield article (not named) seems to have taken this to heart, the gist of his or her history of this area being that it has been an industrial site for over 150 years, the "new" residents must be aware of this and take the consequences, and that the Arts and Heritage Centre is merely carrying on where the old mill owners left off. Right is on their side, and the "new" residents shouldn't complain because it could have been a lot worse if there was heavy industry here (presumably like a nuclear power station or a petro-chemical works.)

A totally different history of Farfield would show that for hundreds of thousands of years this was a natural wildlife sanctuary where trees,

wildflowers and grasses grew, wild animals and birds fed and bred, and while the river flowed through it all, man came and hunted and gathered. Then farmers came and cultivated the land, living in harmony with nature. Then heavy industry moved in to exploit the natural power of the river and the ready and cheap labour of hungry children, women and men. After a period of exploitation and hardship for the workers during which untreated chemical waste flowed unchecked into the river, the mill fell into decline and people came to live in the cottages and former mill buildings. Slowly parts of what was once an industrial site became a residential site, and harmony with nature was restored.

So that at a point in the 1980's, when I first moved here, Farfield had some areas where wilderness was preserved (primarily around the river), some areas which were farm land, some areas which were residential, and a small industrial site where there were weaving and a sewing businesses. Nobody referred to Farfield as an "industrial site," certainly not the Hinton's who ran Pennine Tweeds

(Continued on page 14)

CAR TREASURE HUNT
From 5pm Thursday 14th August
Dent Memorial Hall
Food to Follow



and raised their family in this idyllic location.

And then quite recently the mill was bought by the present trust (our new neighbours) who turned it into an Arts and Heritage Centre (as the article says quite different from the heavy industrial weaving which happened at the mill in the 19th century) - essentially a tourist attraction and a location for small businesses.

Whereas in the past there had always been some kind of harmony between the many users of Farfield, now a major conflict arose primarily because of two contradictory needs: the "new" residents at the mill who want to attract as many people as possible to this location, and the old residents of Farfield who wish to maintain the natural tranquillity of the area.

I am sure it is true that five of the residents were amongst the first trustees of the Sedbergh and District Buildings Preservation Trust. What wasn't mentioned was that at least one resigned in disgust when the mill allowed thousands of gallons of untreated sewage to flow into the river.

It is also true that the old residents have an invite from the new people at the mill to bring their complaints. The article says there have been none, but a few weeks ago I attended a meeting between representatives of the Residents Association and the consortium who run

the mill and heard at least three complaints: that dust from the road is thrown up by speeding visitors to the mill and deposited in residents' gardens like radioactive fallout from a damaged nuclear power station; that the lives of small children staying with the residents are put in danger by visitors speeding to drink in this new attraction; and that the mill was failing to take on its moral responsibility towards lives that had been ruined.

The article also says that access to the Garsdale road is now much safer than it was. Having lived here for 20 years I have not witnessed or heard of any accident at this junction (although mostly I walk or cycle down the back lane) - it only really became a hazard when the traffic down the lane increased so dramatically with the new visitor centre.

Today it is true that our new neighbours at the mill are making more effort to seek harmony with the old residents of Farfield. We are invited to make our complaints and some of us do. An offensive light which beamed a lurid neon glow into my garden was turned off after only complaining for a year. Visitors to the mill who would wander freely into my garden are now deterred because the mill kindly fixed my gate. And the sewage that was being dumped untreated into the river by the mill will soon be piped to a treatment plant - in large part thanks to the stirring efforts of the campaigning wing of the Residents Association, our chairman and secretary.

Although all the residents have had the quality of the lives affected by the new centre there is a diversity of opinion and feeling towards our enterprising and

populous new neighbours. Some see no point in communicating with them as their basic wish that the tourist attraction close down and the thousands of visitors go elsewhere cannot possibly be met by the mill. Others, fearing the effect on their health of long term resentment, have found an uneasy truce on the far side of despair. Some have fallen on their swords, sold up and left. Some believe the only way forward lies in dialogue. It is possible that one or two see the mill as "a good thing."

Of course we are NIMBYs. And of course there is something childish on both sides about resorting to arguments about who was here first, and playing propaganda games to secure the moral high ground. But these are also issues

which are enacted on a larger scale in other parts of the world, in Israel and Palestine, between northern and southern Cyprus, in Northern Ireland, in Iraq. And if these countries have failed over countless decades to find easy solutions for their differences, perhaps the conflict at Farfield can more easily be tolerated.

Truth is messy and complicated - stories and histories seek to make sense of the chaos, while subtly justifying the writer's prejudices. We live in an age of spin, or as William Boyd says in his novel *Any Human Heart*: when pronouncing the word lives, the v is silent. But if truth is not sought there can be no common ground for finding harmony.

David Burbidge, Farfield.

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Kirkby Lonsdale with David Smail

Torrential rain could not dampen the enthusiasm of David Smail nor the 14 strong party of History Society Members and friends who had converged on Devils Bridge on a very damp June evening ON 27th June.

So enthusiastic was our guide that he had had quite ignored the weather conditions and was wearing no coat but carried a remarkably large umbrella. He was accompanied by his daughter and 2 quite charming young grand daughters who further added to the pleasure of the occasion.

Mr Smail had thoughtfully provided us with copies of an old map and several

**TABLE TOP
SALE**

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Sunday 17th August**

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drawings with which to refer to as we progressed around the Town and its environs. These we studied as best we could but they soon became extremely soggy.

Ever the professional I had armed myself with pen and paper, a small tape recorder and a digital camera. Only the latter was used. I decided that had I tried to use all 3 plus cope with an umbrella and a hat that was forever slipping over my eyes I may well have ended up in the river Lune or crushed by a passing car.

Now I am quite adept at remembering historical data but I was filled with admiration for our guide who was also able to memorise dates and quoted them as the need arose.

We were taken from Devil's Bridge along a field ... nay along an old road although it was only obvious once we had been told, from here along the riverside to the foot of Mill Brow. Mill Brow is rather steep but mercifully about half way



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Sunday 17th August

Holme Farm, Middleton, Sedbergh  
*Practice 10:45 am ~ Racing 12:30 pm*  
Admission: Adults £5 OAP £3 Children Under 16 Free



up is a beautiful old house which I have seen before but now know it is The Old Manor House – almost opposite which is the Workhouse ... this meant a substantial rest while the history of the Manor House was explained, and so the journey to the top of the hill was easier to complete

From here to the Swine Market and the Old Cross .... Then the Churchyard, the Gazebo and Ruskin's View.

An ancient stone open coffin now stands outside the Church & we were fascinated to learn that it was dug up from a field known as Coffin Field.

After that came the Main Street. Then as if that weren't enough we were treated to alleyways, lanes and squares all hidden away and this amazing man knew the history of them all. So knowledgeable and interesting is Mr Smail that he could take one small Square and talk about it for an hour and his audience would still

be begging for more.

After finishing the talk at the "Modern" Market Square he was thanked by Joyce Scobie on behalf of us all.

We were advised to return to Devil's Bridge along the main road out of Town but I accompanied Richard & Val Cann down Jingling Lane as that was somewhere I had never been..... Now I have I can only say that it seemed to go on forever – down and down until Devil's Bridge was reached.

For 5 years I went to Kirkby Lonsdale almost every day as a pupil at Queen Elizabeth School but knew nothing of the Town as we were not allowed to venture therein. History was Kings and Queens, wars and dates. If only David Smail had been my teacher, history might have come alive and been meaningful.

I for one would do the whole thing again tomorrow .... Providing it doesn't rain !!

*Shirley Tebay*

### **SETTLEBECK HIGH SCHOOL**

**Boys Tennis** - this year we entered two U15 teams and one U13 team into the HSBC tennis competition. Whilst we didn't win any of the mini-leagues, we did win some of the matches and played well against some stiff opposition. A number of games were played against schools including Appleby, Kirkby Stephen, QUEG's Penrith, QES and Sedbergh School. Unfortunately it will be the last tennis competition for the year 10 pupils including Shaun Gardner, Tim Baines, Andrew Burrow, Robert Moffat, Robert Close and Chris Milburn, some of whom have represented the school over the past four years. However a number of year 7's played for the first time and they showed good potential for the future.

**Girls Tennis** - The girls team, Abigail Mason, Alice Sutcliffe, Rebecca Lappin and Rebekah Sutcliffe lost to St. Anne's A 4-2, won against Casterton B 4-2 and Cartmel conceded their match against us, Abigail did very well to win all her singles and doubles matches.

Twenty-five students have been coached after school for the last ten weeks by Jonathon Griffin the senior Cumbria club coach. He is running a further coaching course during the first week of the holidays on Settlebeck courts and application forms are available from the PE staff.

#### **School Tennis Championships**

We are currently in the middle of the school tennis championships and all the matches have been very competitive. In the semi-finals of the senior boys competition, Robert Close beat Chris Milburn 7-5 whilst Shaun Gardner beat Robert Moffat, which makes for a very

exciting final. In the junior boys competition, the first semi-final is between Harry Britain and Nathan Close. In the girls Jessica Mason beat Rachel Bentham and Claire Capstick beat Jo Chetwood to reach the final of the senior girls competition. In the junior girls age group a round robin competition was held and Abigail Mason took first place after winning all of her matches.

**Athletics** – Earlier in May this year, a senior boys and a senior girls team travelled to Sheepmount Stadium at Carlisle to take part in the Track and Field Schools Cup. This is very much a team competition with all the individual performances contributing to the final result. The day was particularly wet and whilst the PE staff braved the elements running the javelin competition, Mrs Calvert did an excellent job looking after all the competitors in the grandstand and making sure they got to their event on time. Quite a number of boys achieved personal bests and the boys team finished in fourth place overall, beating a number of much larger schools. The girls also performed well and finished a very creditable 6<sup>th</sup> place.

#### **Sports Day**

Sports Day was on 24<sup>th</sup> June and as usual we had some extremely good weather, even a bit too hot at times especially for the 1500 m runners! This year we started a little earlier in the morning which allowed us to have a more relaxed programme in the afternoon session. Even though not everyone would class themselves as an athlete, all the pupils take part in at least two events and try very hard to score as many points towards their house totals as they can.

The overall house results of sports day were

|                   |       |
|-------------------|-------|
| 1 <sup>st</sup> - | DALE  |
| 2 <sup>nd</sup> - | GHYLL |
| 3 <sup>rd</sup> - | BECK  |
| 4 <sup>th</sup> - | TARN  |

The winners of the individual competitions were as follows:

Junior Girls – Lizzie Priestley

Junior Boys – Neil Bentham

Senior Girls – Suzanne Escolme

Senior Boys – Elliott Beagan

### Rounders

Practises and matches have been attended with much enthusiasm this year. We have yet to win a match but there has been no flagging amongst the ranks and the scores have been commendable in view of the opposition. Home v Kirkbie Kendal Yr 7 6-10, Yr 8 11-16, Yr 9 9-26. Home V Queen Katherine Yr 7 12-18, Yr 8 14-19, Yr 9 20-28. Unfortunately our remaining three games away were rained off.

### Outdoor Pursuits

Over the past year there has been a lot of activity, especially at the Kendal Climbing wall and quite a number of pupils were leading climbs on a regular basis. Unfortunately quite a few of these were year 11 pupils who have now left, however there are some keen pupils following in their footsteps. Beth Aveyard and Scott Littlewood both scored maximum marks, 25/25 for climbing in their GCSE PE assessment. We have now started climbing outdoors again with the light nights and have had two sessions up at Hutton Roof. The windsurfing at Killington has continued and we now have a reasonable selection of equipment. The pupils who go on a

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8:00am - 4:00pm

regular basis have become pretty competent and hopefully a few younger students may take up the challenge. A very enjoyable evening was had ghyll scrambling which is very wet and bruising on the legs but great fun. When we come back to school after the summer holidays, September and early October are always very busy with outdoor pursuit trips and if any students are interested they need to get themselves organised to attend the sessions.

A number of bigger trips are planned for next year including a mountain bike journey along the West Highland Way in the Scottish Highlands and a multi-activity weekend in the Lake District. However the big one will be the third school expedition to Norway in July 2004. There are eight students who have already booked a place however there is still space for two or three more. The training for this expedition will be starting soon.

**SEDBERGH PARISH COUNCIL**

From the minutes of 28th May  
*Guest Speakers*

The Chairman welcomed Sergeant Paul Mellard and Constable John Orr. Contact with the public has been lost and a Local Policing Team initiative has been set up to regain contact with the public. John Orr is the point of contact for Sedbergh. At present there is a team of 6 covering Sedbergh and Kirkby Lonsdale but within 12 months there will be extra officers. At present there are 2 shifts from 9.00 am to 5.00 pm and from 5.00 pm to 1.00 am but with the extra officers there will then be full 24-hour cover.

*Election of Chairman & Vice-Chairman*  
Chairman - Cllr. Pratt was proposed and unanimously elected

Sedbergh & District  
Talking and Large Print

**LOOKAROUND  
COFFEE  
MORNING**

10 am to 12 noon  
**Wednesday 20th August**  
U.R.C.Rooms

Cakes Stalls  
Raffle

Visual Aids Exhibition

Vice Chairman – Cllr. Blair was proposed and unanimously elected.

*Committees & Representatives*

The representatives of the Parish Council on outside bodies were confirmed as follows: -

- Gala Group                      A Allan, N Brown
- Sedbergh Bowling Club      S Longlands
- People’s Hall Committee    S. Longlands
- Sedbergh Tennis Club        V. Hopkins
- Swimming Club                S Longlands
- Community Office Management  
                                         E Scarr and G A Pratt
- Cumbria in Bloom          D Blair and E Scarr
- Friends of St. Andrew’s      A Allan
- Chamber of Trade              N Brown
- Football Club Liaison        S Longlands
- Western Dales Future Group   E. Scarr
- Farfield Mill Arts Trust  
                                         S. Hirst and D Gerrard
- Book Town                        V Hopkins

*Book Town*

There was a discussion about the Book Town plans but it was decided that it was too early for the Council to express a

**SEDBERGH & DISTRICT  
HISTORY SOCIETY**

Wednesday 20th August  
**THE STORY OF A  
HILL FARM**

*with Tom Lord*

A visit to an ancient farm site at  
Winskill, Langcliffe near Settle  
12.45 pm Loftus Hill Car Park  
or 1.50 pm at the Farm  
*Strong Footwear recommended*

---

EVERYONE IS MOST WELCOME TO ATTEND ANY  
OR ALL OF OUR LECTURES

---

Chairman: Joyce Scobie 21106  
Secretary: Diane Elphick 20605  
Treasurer & Member Sec: Richard Cann 20771

meaningful opinion on this project.

#### *Bowling Club*

The state of the rear retaining wall was discussed and it was agreed that the option to rebuild it completely with proper footings and blocks would be too expensive and that we should consider a simple repair job. It was agreed that we should meet with the club to discuss this.

The club wants to install electricity in the club and it was agreed that we had no objections.

The door to 'Sid's' hut has now been repaired.

#### *Highways*

There are 2 large potholes outside Dales View on the Kendal road.

At the turning into Milthrop the wall looks as though it is about to collapse, this will be reported to the highways department.

#### *Playing Fields*

The mower is presently being serviced and thus the grass is at present in need of cutting as is the outfield.

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The drain from the People's Hall which was blocked has now been cleared but there appears to be an ongoing problem here which Cllr. Longlands will discuss with Merewood as the blockage seems to be under their land.

#### *Footpaths*

On the footpath from Bainbridge Road to Fairholme there is a fence that is leaning out into the path. This will be discussed with the ranger.

#### *Walking Bus*

This project, financed by the Countryside Agency, is now due to start at the end of June (*and has begun*).

#### *Beamsmoor*

Concern and sadness was expressed at the closure of Beamsmoor at a time when more care is needed in the area. It was mentioned that there has been no proper cover for the District Nurse in her 6 month absence. It was agreed to write to Morecambe Bay Health Authority and our MP.

#### *Loftus Hill Car Park*

There is a site meeting on Monday 2<sup>nd</sup> June to discuss with SLDC the future of the car park and toilets. (*details to follow*)

Congratulations were expressed to Cllr. J. Nicholson on his election as Chairman of Cumbria County Council.

### FAMILY MUSINGS

What a glorious morning. I contemplated using the word processor outside but the thought of sorting the extension flex and then the phone would ring and I'd run in to answer it and ... trip over the flex... So I am writing this bathed in sunshine inside. Elder daughter returned yesterday from Zante, a Greek island, where she shot off on holiday rather than live on her own in the house four of them are to share for a year. Granny and I were going to go and keep her company but Zante was more appealing. We will go another time. She fell off a scooter on a dust and gravel track while out there, giving her companion a huge fright, but washed it off in the sea and healed her cuts and

grazes at the same time. They spent one evening in a traditional Greek Bar where the local men got ALL the ladies up to dance on the tables... thank goodness I wasn't there.

Can someone please decide just how far apart Dent and Sedbergh really are, all my life I have thought they were 5½ miles apart, stretched to 6 but no further and Helmside was 2 miles from Dent. In Sedbergh at junction of Busk Lane and Loftus Hill a sign says - Dent Craft Centre (Helmside) 3 miles, a bit further at Millthrop Bridge a sign says—Dent 4 miles. Now I know maths was never a strong point with me but something doesn't add up, does it? Has someone moved somewhere while I've been busy and not noticed?

**A WEEKEND OF**



**FUN**

**CHURCH BRIDGE**  
Playing field  
22nd - 25th August

**Dentdale**  
**Annual**  
**Festival**

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**ROUNDERS**                      **TREASURE HUNT**                      **CRICKET**

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Son is now a man with a van and very busy with his own business. Look at him striding out, fit and well and remember him when much younger and too tired to left his head off the pillow, when school was no fun, and although I have really tried to erase those difficult times from my mind they flit back in. He has done so very well, helped in no small way by a lot of love and prayer and people willing to help and although I say it myself helped because I took on the “establishment” and moved him to a happier place. Sometimes you just have to forget what “other people say/think” and do your best for your offspring/parents/whoever... No one can accuse me of being backward at coming forward. I asked hubby recently if he ever wondered what life he would have had with someone more conventional, (dangerous eh?). He replied along the lines of “Could not have been so interesting, and something about me being unpredictable”...me?!

Younger daughter is enjoying herself, I can hardly keep up with where she is, where she has been. For now she is about home, working locally and of course like many others awaiting dreaded A level results... Probably thinks I don't

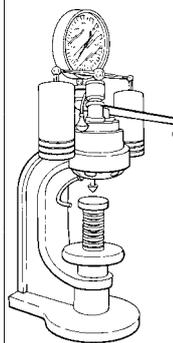
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- ❖ Bead jewellery
  - ❖ Restringing
  - ❖ Repairs – clasps, earrings, chains

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know when they arrive. She has a yearning to travel, must have inherited this from Granny - Australia has been mentioned. Oh dear, it seems such a long way away.

Granny is enjoying her home, her garden and seeing the grandchildren. We went to my elder brothers for a few days and enjoyed their lovely house. The reason for the trip was to go to the Royal Exchange Theatre in Manchester to see Hobsons Choice. We really enjoyed ourselves. Granny doesn't let the grass grow, and can be unpredictable, so I guess there is no hope, its in our genes. Sorry everyone but it's here to stay. Certainly makes life varied. Enjoy the family times.



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### AUGUST REFLECTIONS

Today the sunshine is bright and weather is boiling hot! It's been glorious for some time, although thunderstorms are forecast. But, we feel that the summer season is well and truly here.

Sooner than is usual we have those suntanned brown, and sun-scorched red, bodies, with wilting dogs and crying children, scrambling over the rocks.

They have fallen into the trap by thinking everything goes at the seaside! The further on they scramble, the more trapped they get, finally having to walk all the way back, once more right under our noses, even in our sitting room.

All made considerably worse by misconstrued understandings of the new rambling concessions.

I read an article in *Lookaround* pertaining to problems of rights of way in Dentdale. Now, we have gone one worse, being somewhere in the middle of, or near to, a new Anglesey Coastal Walk, as yet not officially charted!

So, more people than before are trudging around with puzzled looks! In fact, the official walk cannot go anywhere near us as we have tides of varying heights which cut us off from all directions.

Interesting but daunting. When we began our life here we never saw anything. 'Oh look! A boat!'

Ever since, there's a first every year. This year, distinctly unsavoury. A couple in the nude, having sex. Totally awful.

This summer sees the family adder bite

SEDBERGH WANDERERS FOOTBALL CLUB

*present*

# WOMEN'S CAR PULL

Starting at 10:00 am

**Sunday 24th August**

where Past, Present and Future Playgroup Parents  
plus Wives, Girlfriends and Friends of Sedbergh Football Club  
will attempt to pull a car 5½ miles from Dent to Sedbergh.

Guess the time that it will take and win £50  
£1 a guess on sheets around the town

*ALL MONIES RAISED WILL GO TO SEDBERGH PLAYGROUP*

**Please give us your support**



SEDBERGH WANDERERS FOOTBALL CLUB

*Present*

# FIVE GENERATIONS

of

## Past and Present Footballers

Teens; 20's; 30's; 40's & 50's

To Commemorate the Opening of  
the Football Club's new Pitch donated by Sedbergh Parish Council.

Kick Off at 1:00 pm by

Jim Hoggarth, Football Club President

**On Sunday 24th August**



This will be followed by a

# DISCO

10 pm till late in the People's Hall

FREE ADMISSION ~ No Under 16's

record extended! Me! Well, who else? I didn't even feel the bite, but all my joints stiffened, I was immobilized and in terrible pain. Terrifying to say the least, and every possible thing went through our minds - except an Adder!

Twenty-four hours later I began to move again, and the pain began to subside. As the nurse ran blood tests, my right had swelled up like a balloon, and there, in my wrist bone, was a hole! Being a local lady, she said she thought it was the work of an Adder.

Very soon, the swelling went down enough to see two holes. Later came that indelible 'V', the mark of a snake's fang!

I'm mended now! Poor Sir, he's never stopped strimming the grass. What with

snakes, people and uncontrolled dogs, Brandy's walks are becoming very short!

A lot of people have asked me how the bite happened. Because I was being a model dog owner, I confess to cleaning up after Brandy, even in our garden. I was in a hurry and forgot the Poopa-scoop. Of course, Brandy had to catch me out. Typical! So, I plunged my hand into long grass by a hedge, to cover it, trying to make sure I remembered the scoop later.

It was sad to read that thieves took two oak Funeral Stools from Killington Church. It goes through me when sacred objects, much loved and revered, are taken from a House of God. Such evil

*(Continued on page 26)*

acts are difficult to understand. In fact, theft and vandalism are frightening acts of human against human. It is to be deplored.

I love my day when *Lookaround* arrives. For a time at least I can drift to a land I love. Thus, I adore the Dialect Digest column. I was reminded of it the other day when I received a letter from a friend who has lived in Manchester all her life. She wrote that she hoped I could read her handwriting, which is good writing actually. She wrote: "Your have a good hand!" Very Manchester I think.

How dreadfully sad is the news of the young British journalist murdered in Baghdad, mistaken for a US soldier. The fact that Richard Wild had been Head Boy at Sedbergh School made the tragedy seem all the nearer to home.

There is something very local about such loss of a young person. A talented, clever young man, whose life has been cut so very short.

Warnings go unheeded when enthusiasm

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rules. An awful war with no conclusive outcome. As it has turned out, its just one big mess. With severe loss of life.

Sitting here with the blinds down, in the stillness of a hot afternoon, many Dales places come to mind. One's memory is such a friend. I often dread loss of it. Although, Sir and the girls are always amazed how I remember, word for word, conversations from a long time ago.

It has its drawbacks though, because frequently I'd prefer to close a subject, even within myself. But, my remembering doesn't clock off.

But, my mind's sights and sounds of those 'paradise days' are etched in me for ever. Oh dear! And, well, it's time again, to close the reflecting book.

I wish you every happiness, hoping that the sun will continue to shine, to produce a bumper season for tourism.

This month I extend my hand of friendship to the tutors and students of all schools in and around *Lookaround*-land, especially, Sedbergh School, as it mourns one of its 'old' boys. Let us not forget all those who give their lives to the education of the young of the area.

And to them all, and you, HAPPY HOLIDAY TIME! *Joan Stockdale*

### HELP REQUIRED

On 23rd of June, Brian Pink of Hampshire visited Sedbergh Library.

Brian is currently researching Motor Torpedo Boats (MTB) which were built during the Second World War in his home town of Lymington. His findings reveal that in March 1942, the community of Sedbergh raised the staggering sum of £25,000 towards the cost of an MTB during 'Warship Week'.

The vessel allocated to Sedbergh was MTB 93 and was commissioned on 10th September 1942 when Leading Stoker Charlie Baker and Stoker Sydney Williams went to collect it at Lymington.

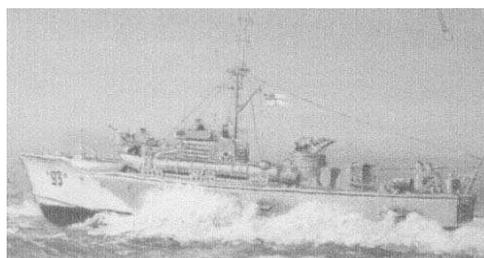
To mark the efforts of the people of Sedbergh, Charlie Baker and the Commanding Officer attended Sedbergh Village Hall where a Plaque was presented to the community on behalf of the Admiralty. It is recalled that Charlie (who is still alive) and his CO stopped in a Bank Managers house on Main Street.

Sadly, on the morning of 18th August 1944, MTB 93 was involved in a fatal collision with MTB 729 when Stokers Williams Stokes and Jock Watson were killed.

Subsequently, the Plaque was placed proudly on display in the Library. When Brian Pink visited the Library to have sight of the Plaque, it was established that when the Library was being refurbished, the Plaque, amongst other items, were taken to the Community Office where .... it has disappeared. I have made enquiries with many people in Sedbergh but have drawn a blank as to its location.

If you have any knowledge as to where the Plaque is today, any other information about the Plaque or memories of that

'Presentation' in the Village Hall, please contact me at my Office. Brian Pink would be eternally grateful. I do have other information with regard to MTB 93 which I will publish in due course, including details from a survivor of that collision, Motor Mechanic Derek Crane.



Actual Photo of MTB 93 in action in 1944.

*DJW*

# KAY

# WHITTLE

BSc PhD MSSCh MBChA

## CHIROPODIST

Returning to Morocco in September  
Last appointment 5th September

### SURGERY AT

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20195

## **SEDBERGH & DISTRICT BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers held their 1<sup>st</sup> Annual Conference at Sedbergh Golf Club on Saturday 28<sup>th</sup> June. Forty-eight attended, including sixteen members, twenty-seven visiting beekeepers, our two external speakers, a trade representative, the seasonal bee inspector for Cumbria, and a video-cameraman! All enjoyed a very successful and social day in perfect summer weather.

Our Chairman, John Tallon, welcomed everyone, and our first speaker "Nobby" Hickling was introduced. Nobby talked about the distinctive qualities of the traditional English black bee, and how years ago he had found a very dark queen bee among his colonies, discovered that

she was very close to being an English black bee, and had selectively bred from her to provide queens for all his colonies. (Most British beekeepers have a mixture of cross-bred bees from various parts of the world, which by and large perform less well than our "native" bee which has largely vanished). He explained his method to replace ruthlessly any queen failing to meet his high standards and the importance of detailed and careful record keeping to make this possible. Living near Lincoln, surrounded by intensively farmed arable land, his bees have so much forage throughout the whole season of nectar gathering that he is embarrassed at the enormous amounts of honey he gets! His many years of experience were tapped by a large number of questions

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from the audience on all aspects of his  
beekeeping.

After coffee, Bill and Marion Smith  
gave a talk on the preparation and the  
many different uses of the beeswax  
recovered from the bees, illustrating each  
part of their presentation with examples  
of the different types of equipment they  
used at each stage, and how to produce  
the finished beeswax products to such a  
high quality. (Beeswax candles were once  
acceptable as tithes payments to the  
church because they burnt slowly and  
reliably, without smoke, but with a lovely  
honey smell - and they are still the best  
way of coping with 21<sup>st</sup> century power  
cuts!). They stressed the safety  
precautions necessary when preparing

and handling hot beeswax, and tips for  
getting the very best results. Before lunch  
the audience was able to examine a  
display of many examples of their work,  
together with the books and recipes that  
they had brought along.

After lunch, Robin Dartington, the  
inventor of the first radical change in  
British beehive design for a hundred  
years, described in detail and  
demonstrated his "Long Deep Hive". He  
explained the background to his thinking  
in terms of the modern needs for safety,  
economy, flexibility, and ease of  
handling, and showed that changing from  
the traditional vertically expanded  
beehive that almost all beekeepers in the

*(Continued on page 30)*

UK use, to a horizontally expanded alternative was good for both the beekeeper and the bees. He went step by step through each of the manipulations of the hive parts, contrasting the old and the new approach, at each stage of the beekeeping year. It gave those of us steeped in the traditional ways a lot to think about.

After tea, yours truly completed the day's formal sessions with a talk describing what Sedbergh & District beekeepers have been doing over recent years to understand better the relationship between the honey yields that we get each year, and the quality of our bees, our beekeeping methods, the forage that is available to the bees in each of our apiaries, and the actual weather experienced by the bees during the critical pollen and nectar collecting months (principally April to August). The location and special circumstances of each of our fourteen working apiaries was shown on a large scale map. The district around Sedbergh is wonderfully scenic but not particularly well supplied with forage for our bees (by comparison with Nobby's location, for example). However, Sedbergh's contribution to "Cumbria in Bloom" and climate change may both be helping us!

Our next meeting is a visit to the apiary of new members Mike and Linda Hart in Barbon at 2.30pm on Saturday 9<sup>th</sup> August. Mike and Linda have invited us all to a "beginners' " bar-bee-cue afterwards. You will be most welcome to join us. Please call 21902 for directions if you would like to come.

*Malcolm Fraser-Urquhart*



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### FROSTROW W. I.

The July meeting was well attended. Our President welcomed back Vi Harvey, who has been unwell. She also read a letter of thanks from the Federation Secretary for the donation received in memory of Mary Dormand. Dorothy Rawson paid her own tribute to Mary's friendliness, efficiency and commitment.

Mary Silva from Howgill W. E. was unable to give her report on the AGM which she attended as joint delegate, but will join us in August.

After rather a long business meeting, Ann Petyt introduced George and Tom, the Arnside Coastguard and a crew member, who impressed us with their dedication to their very worthwhile work. Firstly, George outlined the history of the Coastguard Service which is Government funded, whereas the RNLI is a charity. The Service was formed in 1820 when there were many shipwrecks off Cornwall and cargo washed ashore. The job at that time was mainly to rescue cargo, but now the saving of human life is the priority. There are training centres at various places around the coast and the Service co-ordinates Search and Rescue, using different agencies—e.g. the Police and Fire Service, police and military helicopters when necessary.

The Arnside crew consists of 14 men and 2 women who were called out 104 times last year. As Morecambe Bay has some of the worst quicksands in the world, many of the call-outs are to rescue people stuck in the sand. Tom explained the techniques involved in such rescues and the dangers of the tidal bore which

comes in at a speed of 16 knots. Sometimes, as in the recent rescue of a 7 year old boy at Arnside there are just moments to spare. Sadly, in certain conditions, a tragedy may occur, but the Coastguard Service and others will have done their utmost to try to rescue the person in distress.

We were reminded that it is most important when reporting an incident to give clear instructions as to the location.

George and Tom regaled us with some humorous aspects in their work and Margaret Copestake thanked them for a most

informative and interesting talk.

There was a super array of exotic and unusual shells for the competition which was won by Peggy Ingham and Florence Pickthall won the raffle.

We are in for a surprise on August 13th as our Committee has planned a Mystery Meeting, so come along if you are curious.

*M. F.*



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### **SPELLBOUND THEATRE**

A big thank you to all those local folk who came, yet again, to see "Settle - Carlisle"! It was great to see past cast members, some now in their eighties and nineties who were in the first production in 1978. We were also pleased to welcome Mrs. Olive Clark O.B.E. who has always supported us and who is a committed "Settle - Carlisle" follower.

The play was, as always, a huge success. As one critic put it from a past production "it hit the audience like a hammer blow and made them cry." Yes, and many, including men, cried again! It is a great credit to the actors that they can deliver high powered drama and make it

work, time and time again.

This production was performed with a background of genuine family tragedy in the Baines' household. David, Carol and Xav played in highly charged emotional scenes, that produce genuine tears at the best of times, with complete professional control. All who knew the circumstances admired their courage and determination reflecting the true spirit of the characters they portrayed in "Settle - Carlisle".

Spellbound Theatre was pleased to be part of another very successful Dent Folk Festival and send heartiest congratulations to Alex Lyon, Anthony Cheetham, the committee and the Dent folk who produced a prestigious event.

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## SEDBERGH PRIMARY SCHOOL

Many School Football Teams entered the Kendal Police Schools 5-a-Side Competition which was held on Sunday 8th June at Dean Gibson School in Kendal which was organised by PC Ian Rowlinson.

Sedbergh Primary School entered two Teams and the players were:

Sedbergh 'A'

Stewart McCandlish; George Close; Daniel Clarke; Sam Balsler; Sam Fisher and Bryan Beagan-Taylor.

Sedbergh 'B'

James Smith-Saville; Luke Ingham; Alistair Bainbridge; Xavier Baines; Oliver Forrest; William Teal and Ben

Chetwood.

Sedbergh 'A' finished 2nd in Group 4 which qualified them for the Knock-outs and consisted of predominately Year 5, although most teams were mainly Year 6. They were also the only team in the competition to beat the eventual winners, Dean Gibson 'A', which was 1-0 in the Group Phase. In the Knock-Out Phase, they beat Lindale 2-1 before being knocked out in the Quarter Final 0-1 by St Thomas 'A'.

Although Sedbergh 'B' did not progress beyond the Group Phase, they performed admirably against older and stronger opposition and were competitive in their games.

|                                             |        |                                   |       |                                   |       |
|---------------------------------------------|--------|-----------------------------------|-------|-----------------------------------|-------|
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| ▲ Cod & Prawn Crumble                       |        | <u>Sandwiches</u>                 |       |                                   |       |
| <u>Main Courses</u>                         |        | ▲ Prawn with Marie Rose Sauce     | £3.60 | ▲ Ham, Beef, Cheese & Tomato;     |       |
| ▲ Roast Dinner of the Day                   | £5.90  | ▲ Cheese & Pickle or Salad        | £1.90 | ▲ Toasted Sandwiches              | £2.20 |
| ▲ Mixed Grill                               | £11.30 | ▲ Portion of Chips                | £1.00 | ▲ Mixed Side Salad                | £1.20 |
| ▲ Fillet Steak                              | £11.30 | ▲ Pork Chop in BBQ Sauce          | £6.10 | ▲ Portion of Mushrooms            | £1.00 |
| ▲ Sirloin Steak approx. 8oz uncooked        | £9.80  | ▲ Cheese & Ham Pasta              | £5.90 | ▲ Roll & Butter                   | £0.35 |
| ▲ Half Roast Chicken                        | £6.80  | ▲ Tuna Pasta Bake                 | £5.90 |                                   |       |
| ▲ Chicken Kiev                              | £5.90  |                                   |       |                                   |       |
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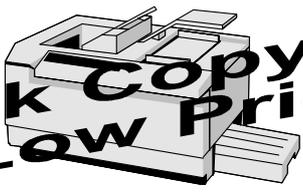
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Dear Editor,

Having read the serialised account about the development of Farfield Mill, I hope you will be equally interested in an account by a former refugee from Merseyside, who now divides her time between Sedbergh and Huyton.

My father, Tom Greenbank was born in Sedbergh in 1905, and my husband's father William Wilson was born at Hebblethwaite Hall seven years earlier. When William was two, his father, Richard Wilson, son of Mary Wilson (nee Harper from Ghyll Farm) and wife Margaret (nee Stavely/Oversley from Biggins Hall., took his family to Liverpool to become one of the City's pioneering town-based cowkeepers, each with a small shippon and dairy connected

to rows of terraced houses, to provide fresh milk to the people. Several Sedbergh cowkeepers and dairy maids also went to Liverpool to make up dairy staff, so our family has had many connections throughout Sedbergh and Bainbridge, from where my husband's other grandfather, Robert Lambert, also took his family to Liverpool to open a dairy business. In later years, three of the Wilson family married three of the Lambert family. Gradually, after hardworking years on behalf of their parents' dairies, many younger members of the family branched out into traditional dairy farms, including the above William Wilson and Elizabeth (Lambert) at 'Ashfield Farm'. In turn, my husband William worked for his father William



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and married me in 1956. Tom Greenbank, meanwhile, having completed his apprenticeship with Bill Potter, Kirkby Stephen, became a roving bricklayer throughout many parts of the country, eventually taking up work in Liverpool in the 1930's and settling down there, marrying his wife Emily in 1933 and buying one of the houses he had built in 1935, the year I was born.

When war broke out in September 1939 Tom's first instinct was to bring his wife and two young children to the safety of Sedbergh, where we stayed for three months with Tom's much loved sister Mary and her husband George Hall. Travelling through Lancaster I clearly remember passing a line of marching soldiers, one of them tapped on our car

window and Tom recognised a young man who had been working for him until joining up. Tom also enlisted, but was discharged when a Potts fracture, suffered during youthful football years in Sedbergh teams, became a conspicuous disability in heavy army boots. Tom turned his building experience to war damage work and also maintenance work at 'Ashfield Farm' and for other city based members of the Wilson family, including Richard.

After returning from Sedbergh, I remember little of my time in Huyton excepting long periods in hospital due to diphtheria and pneumonia and subsequent maladies resulting in a convalescent home for several months. Also a period

*(Continued on page 36)*

of about eighteen months on a farm in Hollingworth, run by my Auntie Lizzie (another sister of Tom) and her husband Jim,

My next visit to Sedbergh was a holiday one, in a car driven by the famous 'Butcher Bill' Metcalfe who divided his time between Liverpool and Sedbergh. How I loved being in Sedbergh again, waking up to the lovely views of Winder, the town centre being a few minutes walk, the wonderful selection of quality shops, especially the newsagents which also sold Spear's games, quality art materials, fine books. Paradise for a youngster who was so familiar with the deprivations of war. To be able to walk to the cinema at the end of Main Street was magic and knowing the manageress (Auntie Mary) filled me with importance!

During a return visit to Hollingworth, my father bought two ponies and had them transported to a farm in Liverpool. Building developments encroached so we moved them again and eventually stabled them at Leyfield Farm owned by William's brother and finally at 'Ashfield Farm' owned by William. That is how I eventually came to marry William Jnr!! It also explains our mutual links in Sedbergh and our many connection here.

Our visits to Sedbergh were spent at Aunty Mary's, then Cross Keys, then Pinfold Caravan Site every school holiday, and finally at 3 Loftus Hill which we bought in 1983. In all those years Sedbergh was a real town, with local people going about their daily business. Shopkeepers, trades-people, crafts-people, inn keepers, cafes, services, meeting every need.

During all those years, walks to the river

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8:00 pm

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were a favourite activity, including walks past Farfield Mill, occasionally calling in to purchase a tartan car rug for a special birthday or wedding gift for friends and relatives. It was like walking into an 'Old Master' painting, the aura of the mill buildings and yard, the 'ginger bread' cottage nestling into the river bank, the rugged lane down to the tiny bridge over the river, watching the rushing waters hurl themselves against the rocks, and then a peaceful walk back towards Sedbergh. The abiding memory is one of tranquility amid beautiful surroundings.

When Pennine Tweeds closed, and we heard of proposals to launch a scheme to restore the mill, we were delighted, innocently believing restoration meant preservation of what was there! We could not anticipate how grant-driven the scheme became! How the power of large grants and Trust appeared to supercede the rights of nearby residents who had funded themselves, how the river was to be polluted with excess sewage from the Mill before the mains system was installed two years later, how a pleasant ramblers route became a busy car route (now to be tarmaced with speed humps?!), a quiet field became a car park,

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the 'ginger bread' cottage now encroached upon, even Sedbergh itself threatened by the Trust's fierce competition for customers and craftspeople, café, even a liquor licence! Heritage values abandoned in premises which would historically be a place of temperance to protect mill workers who were using intricate machinery! This coincided with the highly publicised campaign to rid Sedbergh of a well known local alcoholic!! What a contradiction in terms of moral and 'planning' decisions! An opportunity lost to reinforce non-alcoholic wines and juices. There are several fine inns in the town which most people can walk to without getting behind the wheel of potentially lethal machinery to drive home from the car park of a 'restored mill'! Bring back its horses and wagons despite the heaps they may make. Now THAT would be fun! It would solve the problem of tarmacadam and humps too!

As for Tom and William. Tom died in 1997 having enjoyed many happy holidays at Loftus Hill. Much of William's 'Ashfield Farm' was compulsorily and our son became a very hardworking partner in it, taking purchased for council housing, leaving only the buildings, which were sold after William's death. William Junior bought a nearby newsagent business over on his father's retirement. In 1999 he decided to sell both business and home to move his own young family back to its roots in Sedbergh, where he had spent long periods in his boyhood, and close to where his grandfathers had been born. To a country home surrounded by quiet fields. Until the Trust proudly won its grants and no-one else mattered! Its next project? I propose Killington.

Finally, there is little validity in likening Farfield Mill to The Brewery in Kendal, which was clearly a place where liquor was brewed, not abstained from!! Nor for believing that visitor numbers have improved because of the Mill. Sedbergh suffered from a previous grant-led project, namely the putting down of setts which were foreign to the town, then improvement work to the setts, and eventually their removal, all bringing enormous disruption and economic decline for the businesses, and discouragement to visitors. Then the blight of 'Foot and Mouth'. Visitors are returning but planners should devote as much encouragement to the town as they have to Farfield Mill. Help restore Sedbergh to its former status as a thriving market town with a range of retail outlets for all needs.

AW



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### ANIMAL HEALTH

For holiday reading I bought a very interesting book called "Wild Health" by the biologist Cindy Engel (Phoenix 2002). In it she pulls together lots of scientific observations of wild animals. The evidence suggests that wild animals living in their natural environment are generally healthy unless they are affected by adverse conditions such as famine, drought or human encroachment. She seeks to uncover those elements of animal behaviour which particularly support this state of good health.

Laboratory experiments show that animals will generally choose a balanced diet when offered a wide range of foods. But this is not sufficient for good health, as shown by the many wild animals in captivity which fare badly (often suffering immune system collapse) even when all the necessary nutrients are provided.

In the wild, in addition to their normal

diet, animals have been observed to eat plants containing high levels of so-called secondary compounds. These are substances which are not strictly necessary for plant metabolism and are thought to act as deterrents to bacteria, viruses, fungi and herbivorous animals. They are often bitter or astringent. For example it is thought that tannins (which are astringent and cause the tongue to pucker and the mouth and throat to dry out) may have deterred dinosaurs from eating plants containing them. On the other hand, when ingested by animals, such plants can have medicinal properties, such as being antiseptic, antibacterial or active against parasites. Animals are recorded as including small amounts of these plants in their diets and as seeking them out when they are ill. For example, a sick chimpanzee was observed to deliberately eat bitter poisonous leaves, rejected as being unpalatable by her offspring. She made a

rapid recovery. In an experiment sheep were infected with e-coli. Animals allowed access to natural pastures cleared the infection, while others kept indoors stayed infected.

The presence of secondary compounds in our own diet has decreased, because of the development of fruit and vegetable varieties which are sweeter and less bitter or astringent and also because of the consumption of processed foods. Are we missing out on something that would help us better maintain our health?

Many animals seek minerals from non-food sources, for example tortoises are known to mine for calcium. When deer grow new antlers minerals are drawn from their bones, putting them at risk of osteoporosis and they are observed to nibble at cast antlers at this time. Male blue tits offer snail shells to their egg-laying mates. Inert substances such as clay and charcoal are also ingested. Clay is known to de-activate toxins, curb diarrhoea and acts as an antacid. Kaolin is mined in Cornwall for this purpose. Charcoal is also known to clear toxins from the body and stop diarrhoea and is very useful as a holiday tummy-bug standby. (Unfortunately pure charcoal seems to be unavailable in this country but it can be obtained from any German pharmacy.)

So how do animals know what to eat to make themselves healthy? For example, laboratory mice infected with malaria parasites took drinking water containing bitter chloroquine, whereas healthy mice ignored it. Herbalists have long known that sick humans are much more tolerant of bitter herbal remedies than healthy people. So taste seems to vary

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according to need. Probably like us, animals ingest substances which will produce pleasant sensations or reduce unpleasant ones. Part of the behaviour may be passed on from parents to offspring and some behaviour may be learned from experience.

Animals, like us, tend to abandon their healthy lifestyle when they have access to processed food. One troop of baboons took to feeding on waste from hotels. They gave up foraging and became couch potatoes. The young grew faster, reached puberty earlier and they became obese, confused about hibernation and violent. At one stage many animals died from eating infected meat. This all sounds rather familiar, doesn't it?

If you would like to read the book, I would be happy to lend it to you. Comments and suggestions for future articles always welcome. My telephone number is (015396) 20972.

*June Parker*

### DENTDALE W.I.

July, the month to be out and about and on the 8th, seventeen of us assembled in Dent car park anticipating our trip to Little Salkeld Mill near Penrith. The weather report warned of heavy rain, so, it was a big bonus that the motorway trip to Penrith was made in perfect conditions, and on arrival at the mill, we were able to wander around outside in early evening sunshine.

We dutifully stood around in the delightful setting for the briefest of Business meetings. Margaret Fothergill, our President, reminded us of our cake stall on the 26<sup>th</sup> July and Wine and Cheese fun evening next month, both events being held to raise funds for the First Responders. She then read out a

letter from Balliol School thanking us for our help with the cake stall at the Summer fete and that over £600 had been raised also for First Responders.

We started our tour of the mill seated in the kitchen café area with a talk on the recent history and restoration by the present owner Ana Jones who, with her husband Nick, had bought the mill in 1975. Little Salkeld uses a traditional 18<sup>th</sup> century water mill to produce a range of flours for baking and bread making which retain the goodness of the wheat germ in the flour. A short cookery demonstration was included and, using flour from the range, Ana made cheese scones while she talked to us about the business aims and objectives. We were all pretty convinced of the merits of organic

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stone ground flour when we ate the scones later as part of our tasty supper.

Before we ate, however, we had a tour of the production area starting by watching the outside wheel being turned by water from the high Pennines. Inside we were told about the various machines in the production chain, that by use of gears and levers, take their power from the waterwheel.

The smell of freshly cooked scones and tempting quiche gave us all quite an appetite as we trooped back into the kitchen café area for Supper which rounded off a very relaxed and informative evening. Needless to say, many of us were tempted into buying bags of flour and other products to take home.

## SPARE TIME?

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COMMUNITY TRANSPORT SOUTH LAKELAND

Next month on August 13<sup>th</sup> we have a change in the publicised programme as Freda Meakin will be giving a talk with slide illustrations on her recent visit to Canada.

We welcome anyone who would like to join us.



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- Happy Hour on Food Monday to Friday 5:30 to 6:30 pm.  
All Main Courses £2.95!!
- Sunday Night Quiz - 9 pm. Cash Prizes

## ALZHEIMER'S SOCIETY

### South Lakeland Branch

The Alzheimer's Society, South Lakeland Branch, had a very successful Coffee Morning and Street Collection in Sedbergh on Saturday 5 July 2003. This was the opening event of Alzheimer's Awareness Week 2003 and got the week off to a splendid start.

We would like to give our sincere thanks to everyone who helped with and contributed to the Coffee Morning and Street Collection, without them we could not raise the funds we need for our local services and we are most appreciative of their efforts. The Coffee Morning raised £134, the Street Collection £153 and we also received direct donations of £43, making a wonderful total of £330. We are

## INTERNET ACCESS

This service is now available in Sedbergh Library during opening hours.

It is a 'Drop In' facility but advanced booking is available.

Concessions are also available, subject to proof being presented.

Please call in for details or phone/fax



015396 20186

very grateful to the people of Sedbergh for their generosity.

The new Benson Green Support Group has now been running in Kendal for 6 months and is very successful. It is open to all current and former carers of people with dementia, irrespective of whether a



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We offer a large range of Malt Whiskey's (40 in all)  
and our Cask Beer range has been awarded by CAMRA.

Cask Beers for April include:- Black Sheep; Timothy Taylor; Landlord;  
Thwaite's Bitter and Dark Mild Hartley's XB as well as others.

**The Wildwood Bluegrass Band perform Live Music every Friday Night**

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relative attends Benson Green Day Care Centre. The idea is to provide an informal get-together for carers, with the person they care for if so desired. It is an opportunity to meet other people who may be facing similar problems and discuss any issues that may be causing concern. Sometimes hearing about other people's problems can help a person cope with their own situation. Members of Benson Green staff are present to offer support.

Meetings are held on Fridays every other month between 12 noon and 2pm. Drinks are provided and people are very welcome to bring their own sandwiches. Dates for meetings for the rest of 2003 are:

Friday 22 August

Friday 17 October

Friday 19 December.

If you would like any further information please contact Sue Wood on 01539 727563.

In the autumn we are hoping to set up a Support Group for carers of people with dementia in Sedbergh and District. It is intended to complement the existing and very successful Sedbergh Carer's Support Group run by South Lakes Carers. We are currently working on the format and frequency of the new group, so if anyone is interested in attending or has any suggestions about how it might be run, please would they contact Lalik Nasmyth at the Branch Office in Kendal on 01539 734066.

GT

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|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
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| A foot of Cumberland Sausage, Chips, Vegetables and Gravy .....                                                                                                                 | £6.95  |
| Liver & Onions (tender Lambs Liver in a rich caramelised<br>Onion Gravy) served with Mash Potato & Vegetables.....                                                              | £6.95  |
| Steak, Guinness & Mushroom Pie (Short Crust Pastry). A large<br>slice served with Mash or Chips and fresh Vegetables .....                                                      | £6.50  |
| Mixed Grill (Lamb Chop, Pork Chop, Gammon, Rump Steak,<br>Lambs Liver, Pigs Liver, Sausages, Black Pudding, 2 eggs,<br>Mushrooms, Onions Rings and Chips). Can you eat it?..... | £11.95 |

**Our Bar area has recently been extended and we now have  
a full size Pool Table and Games Room to keep children amused.**

**Lovely Beer Garden  
with Children Play Area and Seating.**

**THE QUEENS  
GOLDEN JUBILEE AWARD**



Gordon Axford, a well known Sedbergh resident, started off an afternoon of celebration last month in great style with a wonderful speech, delivered without notes, in his usual modest manner.

The occasion was a presentation of the Queens Golden Jubilee Award to South Lakeland Voluntary Society for the Blind. It was presented by James Cropper, Lord Lieutenant for Cumbria, on behalf of the Queen, in recognition of the volunteer work that the group carries out throughout the district. The society was very excited at receiving the accolade as it was granted to only a small proportion of the applicants. The organisation was one of only two in Cumbria to receive the award and of twenty four across the

whole of the north- west of England.

The society uses one hundred and forty volunteers. About a dozen from the Sedbergh group attended the ceremony, some from the social group and some from the 'Talking Lookaround' reading group. Pat Allenby, one of three people who nominated the society for the award, said: "I am totally blind and can honestly say that without South Lakeland Voluntary Society for the Blind, life would be miserable. The volunteers are wonderful, nothing is ever too much trouble."

After the presentation the volunteers enjoyed afternoon tea, provided by the society.

*Jennifer Levitt*

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### **SEDBERGH COMMUNITY DEVELOPMENT CENTRE**

Our summer season of Bitesize courses has now come to an end I would like to thank everyone involved making them so successful. I would especially like to thank Rosie Dent for doing most of the organisation, all the tutors for putting on such excellent courses, and all of you who attended (and put up with filling in the forms!).

In total we have run 25 Bitesize courses and taken over 200 bookings from about 180 people, many of whom had not used Sedbergh CDC before.

We are now putting the final touches to our autumn and winter programme, when we will be offering a range of longer courses in a wide variety of subjects.

Computer courses will include New CLAIT – the latest version of the UK's most popular computer qualification; two European Computer Driving Licence courses – one during the day over just 10 weeks, one during the evening over 20 weeks; an Advanced Diploma – for those of you who are already quite skilled but need a further challenge!

During the Autumn you will have the opportunity to learn how to take better

pictures on our new Photography course, run by professional photographer Dave Ward. Then after Christmas you can move onto enhancing your pictures on the computer with Roger Bush's Digital Photography course.

We will also have a wide range of arts, crafts and general interest courses – including for the first time Dry Stone Walling and Mountain Navigation.

For further information see next month's Lookaround, and look out for our leaflets in the town. Alternatively call us on 015396 21031.

*Chris Wood*



Members of the CDC Team at the recent Grand Opening of the CDC Centre at Settlebeck Cottage. See Page 35 for current Courses.

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**SEDBERGH & DISTRICT  
CHRISTIAN AID COMMITTEE**

*Review of the Year 2002 / 2003*

A review of the year's activities revealed an extremely encouraging picture of increasing support for charity's work. Over the year the gross amount raised in the district was £6482. That is a tremendous result in itself, but that figure also represents an increase of £451 on the previous year. In all aspects of the charity's local activities there has been progress this year. The House-to-House Collection not only made £2946, but also was boosted by a number of new volunteers for the work. Can we break through the £3000 barrier next year? I'm sure we can! The enthusiasm and the dedication of so many volunteers has been the essential ingredient in achieving a record response. The Christian Aid Shop made £1591, indicating it's increasing popularity, coupled with extended opening times. Again it would not happen without the dedication of it's committed helpers. The October and March Coffee Mornings raised £270 and £367 respectively, and the Dent Coffee Morning raised £182. Throughout the year, a significant number of people work hard to produce the amazing result we have seen this year. This is tremendously good news for all those in developing countries who will benefit. A small amount of money can make a vast impact on the lives of people living thousands of miles away from us, so to all who support Christian Aid well done and thank you.

The committee says farewell to it's Chairman, the Methodist Minister Grahame Hall, who is moving to a new circuit near Cambridge. We are very

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grateful for his leadership and guidance in our meetings and wish him every rich blessing in his new post.

A visit by Christian Aid's director Dr Daleep Mukarji to Kendal's Churches Together Social Responsibility Conference affirmed the growing impact of the justice in world trade movement. The debt cancellation campaign in 2000, had relieved developing countries of debt repayments to western countries to the equivalent of a thousand years of fund raising by Christian Aid in this country. Whilst Christian Aid does indeed provide aid to those who need it most, it also continues to campaign against the causes of poverty in the developing world.

**CUMBRIA WILDLIFE TRUST**

*Squirrels in Mallerstang*

Look out for this sign if you are driving up Mallerstang before long. At a Parish Meeting last month people heard that another red squirrel had been killed that week crossing the road near the church at Outhgill. This was the third squirrel to be killed near that point this year, three too many when there are so few. So the meeting promptly decided to get the approval of the Highways Authority to erect warning signs at five points approaching the village. This will cost £700 but Mallerstang people are proud of "their" squirrels and are determined to do whatever is possible to protect them. In fact the Meeting went on to resolve that a



rope bridge shall also be erected to help the squirrels at this danger point, and they are now investigating this possibility. Congratulations to Anne Sidney and the Meeting on taking this initiative. We wish them every success. *Ingram Cleasby.*

**People's Hall**

|                                                             |                    |
|-------------------------------------------------------------|--------------------|
|                                                             | <i>per session</i> |
| Committee Room                                              | £6 (inc. heating)  |
| Main Hall ( <i>daytime</i> )                                | £9                 |
| Main Hall ( <i>evening</i> )                                | £20                |
| <small>(£35 for functions with bar serving alcohol)</small> |                    |
| Regular bookings may attract discount                       |                    |
| Changing Rooms can be booked                                |                    |
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### DIALECT DIGEST

Summer holidays in the coastal town where I live are a great time for children, and one thing that never seems to change is the simple pleasure of playing on the beach. Here are two rhymes about childhood culled from a collection of Yorkshire folklore recorded by dialect writer Richard Fairfax-Blakeborough and published in 1898.

A Monday's bairn'll grow up fair, a Tuesday's yan i' grace thruf prayer. A Wednesday's bairn hes monny a pain, a Thosday's bairn wean't bahde at heeam. A Friday's bairn is good an' sweet, a Setterday's warks fra morn ti neet. Bud a Sunda's bairn thruf leyfe is blist, an' a

seat at t'end wi' t'saints ti rist.

In the same collection is another interesting superstition regarding the cutting of a child's nails.

Cut 'em o' Monday, cut 'em fer health; cut 'em o' Tuesday, cut 'em fer wealth. Cut 'em o' Wednesday, cut 'em fer news; cut 'em o' Thosday, ya cut fer new shoes. Cut 'em o' Friday, ya cut 'em fer sorrow; cut 'em o' Setterday, t'bairn nivver need borrow. Cut 'em o' Sunday, it hed better be deead, fer ill-luck an' evil'll lig on its heead.

Both rhymes illustrate well the sanctity of Sundays, something that certainly has changed in the past hundred years.

*Michael Park*

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## TENNIS CLUB

*Jean Clough Tennis Tournament 2003  
Winners*

### JUNIORS

Sedbergh Tennis Club had its most successful Junior Tennis Tournament ever this year when 6 trophies were played for during the course of Saturday 28<sup>th</sup> June. There were more contestants than ever before and the standard of play was exceptionally high. Look out Wimbledon for the first Sedbergh player to grace No. 1 and Centre courts ! And the winners were :

Under 17  
Boys Winner : Robert Close,  
Runner Up : Tim Baines  
Girls Winner : Beth Aveyard

Under 14

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Boys Winner : Daniel McCandlish,  
Runner Up : Brendan Lewes  
Girls Winner : Abigail Mason

Under 12  
Boys Winner : Joseph Robinson,  
Runner Up : Stuart McCandlish  
Girls Winner : Emily Crompton,  
Runner Up : Robyn Lewes

Under 10  
Boys Winner : Luke Ingram,  
Runner Up : Richard Thexton

Well done to everyone who played – you all did well. Thanks to Mums and Dads who helped us organise the day, thanks to Sedbergh School and to Settlebeck School for the use of their courts, and thanks to the Lawn Tennis Association for lots of lovely prizes for everyone who took part.

### SENIOR TENNIS TOURNAMENT

4 mini-leagues have been played off during July and the 2 top scorers in each league have gone through to the Quarter Finals. The semi-finals will be played during August and we hope to play the Finals on Sunday 31<sup>st</sup> August. We will also have a BBQ that day and a bit of a knock around for all the family. Play starts at 2.00 pm and BBQ starts at 5.00 – please try and get there.

Enjoy your tennis *Richard Ellis*

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### **SEDBERGH CRICKET CLUB.**

The 1st XI are having a much better season than last. Since last month's report they have P5 W3 L1 and tied the other. A rare event in cricket. They also beat Shireshead in the cup and so have a final to which to look forward. The tied game was against Kendal with both sides scoring 141. For Sedbergh R. Neal 58 & D. Mellard 26no. With the ball J. Armistead took 5 for 30! In the cup Shireshead scored 174 for 4, A Wilson 3 for 43; Sedbergh knocked them off for 4 wickets, R. Neal 51 & L Hoggarth 54no. Silverdale were all out for 121, D Archer 3 for 21, S Caley 2 for 18. Sedbergh got the runs for the loss of 5 wkts, D. Archer 43, L. Hoggarth 46no. Coniston were shot out for 41 by some quick bowling from J. Cann, 5 for 22 and D Archer 4 for 10! Sedbergh got the runs for the loss of 1 wkt. Bolton le Sands set a score of 149 for 7, A Wilson 2 for 37. Sedbergh were unable to match this score being all out for 134 inspite of a knock of 75 by R. Neal. Ambleside were all out for 176, A Wison 5 for 38. Sedbergh got the runs for the loss of two wickets, R. Neal 82 & D Archer 36. The U16s are still enjoying their cricket but didn't record a win this month. Sedbergh scored 70ao against Kendal A, S. Wilson 23. Kendal scored these runs without loss in 10 overs. Sedbergh managed 96 against Sedgwick, D. Mason 40 but the visitors only lost 1 wkt getting the total. Netherfield set a target of 135 for 3 which Sedbergh couldn't match being all out for 79, D. Mason 28. U13 results are not to hand again, sorry!

One of our youngsters is making quite a name for herself in representative cricket.

Catherine Hirst having been very successful, especially with the ball, for our junior side has represented the County this season! Catherine has played for the ladies U15 side and her success has lead to her promotion to the full ladies County squad. She has played against Durham and Norfolk. Catherine has already taken her first wicket at senior level and batted at number 3! Well done Catherine keep up the good work!

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### **MacMILLAN CANCER CARE**

Amanda Sowerby handed over £121.00 for MacMillan cancer care to Mrs Mary Harkness, local representative for MacMillan Fundraising.



### **SETTLEBECK HIGH SCHOOL**

#### *Our visit to Salford Quays*

The Lowry Centre is very modern with a mixture of architectural shapes, it is mainly triangular with a metal exterior, and from some views it looks like a ship.

The Lowry exhibition is the main attraction along with shop, theatre and plenty of exhibition space. The modern exhibition included a lot of artists who had qualified recently from Manchester University. Our favourite pictures were:

- 100s and 1000s (Eddie Lord)
- The Paint Brush and Yellow Line (Jaime Dodd)
- The Cripples – Lowry (Chris Milburn)
- Multi-Coloured Washing Line (Harriet Smith-Hanratty)
- Woman with Beard – Lowry (Andrew West)

Lowry's life story is told on a video and it shows a lot of archive film footage of the Salford area in the 1950s and 60s.

The Centre has been open for 3 years and is part of the Salford Quays development area which has changed a lot since my last visit. The Imperial War Museum is now completed along with a retail outlet centre, office blocks and luxury housing. The War Museum exhibits focus mainly on war since 1914 arranged in a timeline around the walls of multi-shaped gallery. There is a film presentation in the main gallery projected on to the walls at regular intervals which visitors can watch from different directions. In addition to this there is an exhibition centre where events are held, for us this was a Glenn Miller style band. The film theme was "Causes of War" which included a powerful blend of

historical facts and moral issues.

A visit to Salford Quays and these two buildings in particular, is well worthwhile if you haven't been. The Year 10 group thought it an interesting site to visit and many said they would certainly like to go again especially when they observed Old Trafford just across the road!

*Judith Walsh*



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### **SEDBERGH SCHOOL CHORAL SOCIETY**

**Calling all Singers, Your Choral  
Society need you.**

The new season begins on Monday 15th September. We meet at 6.25pm in Powell Hall, Sedbergh School. This year we are singing Handel's Messiah and will be staging a performance in the New Year. Further details will appear in the September edition of *Lookaround*.

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

The first rehearsal begins at 6.10pm. If you require any further information please contact Mrs. Lesley Alban at The Old Vicarage (behind Sedbergh Primary School) or telephone her on Sedbergh 20233.

*LA*

**BALIOI SCHOOL ACTION GROUP  
FOR THE COMMUNITY**

We held our 3rd Annual Fun Day on Saturday 21st June which was very successful. The sun shone all day (except for a rather scary shower in the morning when our hearts sank). Sue and Graham Hall got the day off to a flying start (when we eventually worked out how to use the microphone and PA system); we wish Sue and Graham all the very best in their move.

The boys were dressed up as pirates or clowns and looked hilarious. We had lots of help from staff and their families for which we are very grateful and the Dent WI did lots of home baking for the cake stall. There were quite a number of people turned up for the car boot due to

the weather being so good and the ice cream stall was very busy. Super Sue did a great job on the BBQ as usual with the help of Maggie and 'a pair of Jeans' (Jean Richardson and Jean Fell). Thank you to the Dalesman for the loan of the BBQ. Thanks also to the fire service for the loan of the 'soak the fireman' game and the 'beat the buzzer'.

We are very grateful to all the businesses who donated prizes for the raffle; JJ Martins for the portable colour tv; Lester Close for the bottle of Whiskey; Spar for the large bottle of Asti; Gordon Sproul for the rug; also thanks to Roger Winn for various prizes; Red Lion for a £10 meal voucher; Martin Powell; Forster's Chemist; Garth Steadman; Rycrofts; Newsagency.

Our cause this time was the 'First Responders' and we will be presenting a cheque to them to the sum of £600.

We especially thank all of the visitors who turned up on the day to spend their hard earned cash. We hope you enjoyed yourselves and you'll support us again next year.

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We, Frank and Barbara Jalland, would like to most sincerely thank the people of Sedbergh and the surrounding villages for the custom and friendship given to us in our four years in the shop and trust that you will continue that support to the new owners.

We now look forward to being with you all on the other side of the counter.

### AUGUST GARDENING

One of the most exciting things about plants is that they sometimes seed themselves around a garden and produce a glorious mix of colour, shape and texture in unexpected places. This happens in one of "my" current gardens and the borders this year are producing a beautiful display of scented, soft yellow Evening Primroses (*Oenothera*), bright orange Californian Poppies (*Eschscholzia*) and red and yellow Nasturtiums (*Tropaeolum*). These all intermingle with apricot roses and the rich wine red leaves of *Cotinus* and make a wonderful tapestry of colour.

The Nasturtiums actually began some years ago as neat dwarf plants but have steadily reverted to the wild type *T.*

*Majus* Which grows at an alarming rate and scrambles or climbs 2 or 3 metres in a season. *T. majus* was originally introduced into this country from Peru in the sixteenth century and was used as a medicinal and culinary herb, as a mild antiseptic and as a cure for baldness.

*T. majus* is an annual plant, but there are also perennial species, the most popular of which is *T. speciosum*, the Flame Creeper which bears wonderful bright scarlet flowers and can be seen at this time of the year rambling through the great yew hedges at Levens Hall. *T. speciosum* is notoriously difficult to get started in a garden. I have tried plants 2 or 3 times but so far without success. Advice from a helpful nurseryman was to throw seed under a hedge and let the plant grow itself so, as a friend of mine has got a plant already well established I shall have to remember to beg some fresh seed and try again. In the meantime I shall enjoy all my other self sown seedling.

*Elaine Horne*



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### SETTLEBECK HIGH SCHOOL

#### *PTFA Summer Fete*

Thank you to all who made the summer fete such a success this year. We raised over £700. We had an excellent response to our appeal for cakes, books, plants and bottles. We are very grateful to the various community groups who lent us sideshows and the barbeque. The students certainly enjoyed throwing wet sponges, wellies and eggs! It was also a good opportunity for parents to say goodbye to Roger Bush after his many years teaching at Settlebeck. We were also delighted that the weather was kind to us, always a bonus in Sedbergh!

## JUNE WEATHER

Well what a month! At last a June that was like a summers June, warm and fairly dry. For the first week it was dry except for a couple of showers which barely troubled the rain gauge. Then we had some rain followed by 6 more dry days, This was repeated with some more rain and 8 fine days. Just when it looked as though we were going to get away so lightly the last 4 days nearly doubled the rainfall so we ended up with 2.4 inches. I suspect this is a good deal drier than recent years. It probably means that many of the ground nesting birds will have reared chicks this year. Temperatures were also very pleasant, that is if you haven't got to work for a living! For half the month we actually had maximums in the 70sF. Not only did I cast off my wellies I even wore my "desert wellies". Not for working in of course! In spite of these pleasant temperatures we had 5 nights when the minimum dropped to the mid 40sF. Some years ago, over on the other side of the country, I lost a litter of rabbits in the first week in June when the temperature dropped below freezing!! Pressure remained steady in the mid 29" of mercury and resulting winds were also steady with most days a maximum wind speed in the mid teens mph. A top gust of 20.6mph and a maximum low of 9.2 mph. This warm humid weather has brought a plague of midges and a lot of fly strikes especially on sheep. With my few sheep I have had more fly strikes this year than in all the previous 6 put together. Well we have had several golden months with wild flowers this month it has been a magnificent show of foxgloves. We had literally hundreds

along our field hedgerow. There seem to have been fewer swallows fledged near us this season though sparrows, blue tits, great tits seem to have done well. I have even seen baby blackbirds though the magpies are still creating havoc!

## DENT GRAMMAR SCHOOL

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to first-time applicants and length of residence in Dent.  
If funds permit, some additional awards may be made.*

**D.G.S.E.F.**

Mill Cottage, Gawthrop

Sedbergh, LA10 5TA

*E-mail:*

DGSEF@btinternet.com

Phone: Dent 25024

*Registered Charity No. 1012330*

## THE MARKET FAYRE

Will soon be here  
Empty your attics,  
Cupboards too,  
We plan a good 'do'  
For all of you.....

Any items of Bric - a - Brac, please to  
Suzy Thurlby at Stable Antiques, Back  
Lane. Tombola items to Lyn McLellan at  
Courtyard Crafts, Main Street. Thank  
you. SS

### **SAMARITANS**

Your local branch of Samaritans is holding an Information Evening at 7.30 pm, on Friday August 1st at The Friends Meeting House, Lancaster (next to railway station). The charity Reg. 501761, wishes to recruit listening and support volunteers.

Being a volunteer can be incredibly rewarding, as well as hard work, and we have a lot of fun as well. More than one in four people personally know someone who has died by suicide; lots more know what it is like to be desperate, so there are lots of people who understand why Samaritans is so important.

Volunteers come from all walks of life, and no one is expected to take calls without full and on-going training. Support volunteers are also given training and work to help the smooth running of the branch. Anyone over 18 can apply to become a volunteer.

If you are interested please come along on August 1st and bring a friend even if it is to learn a little more about Samaritans. All welcome.

### **DENTDALE OVER 60'S**

The recent Numbers Quiz was a great success raising £82 towards our forthcoming Summer Outing to be held on 11th September 2003.

Three winners with 77/78 correct answers received £5 each:

Mr & Mrs Blackburn, Cowgill, Dent  
M. Stephenson, Kirkby Stephen  
Ms A. Walker, Stockport

Many thanks to all entrants who bought our quizzes, and to Dent Stores, Dent Post Office and Sedbergh Paper Shop for very kindly helping with the sales.

### **QUEEN'S GARDENS**

After many years of hard work, Mr. Sid Woof is retiring from his job of looking after Queen's Gardens and the Tennis Courts. On behalf of the Parish Council and all the people who have enjoyed the results of his work, I would like to thank Sid for all the time and effort he has put into making Queen's Garden a place to be enjoyed by all.

As a result of Sid's retirement, we are looking for a replacement and if anyone is interested they should contact me either at the Community Office or on 20901.

*John Stanton*

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

*Registered Osteopath*  
**BUPA Provider**

**Mill Barn, Broad Raine,  
Killington LA10 5EP**

**Please ring Kendal Practice  
for appointments  
01539 740452**

### **HOW ORGANIZED IS YOUR ORGANISATION?**

Do you have events already planned and booked for 2004? Why not have them included in the Sedbergh & District diary? For £2 per entry you can have your event pre-printed against the appropriate date so no-one can forget it.

If you would like an event included in the diary please contact Sedbergh Office Services (13 Kings Yard: 015396-20788) before the end of August. Diaries will be on sale from mid-September.

## JOHN BARNES

8ft mo. con Baling Round  
with net wrap  
Bale Wrapping

Ansaphone 015242 76 281  
Phone 015242 76 491  
Mobile 0777 329 8692

Dear Editor,

I saw in the Sedbergh Parish Council's April meeting minutes, that the mirror at the top of Finkle Street should be raised - since I was challenged one day about our blinds obscuring the view, our blinds have hung half way down in consideration for those who use this mirror and we have checked that, indeed, at this angle, they don't obscure the view.

We'd love the mirror raised. In summer, to be able to let our blinds down fully would protect the stock in the window from the strongest sun and it would be a great relief not to have to worry about our blinds offending the locals!

*Elizabeth Hilton  
Our Gallery, Sedbergh*

Ist & 2nd Fixing  
Doors Fitted  
Locks  
Windows  
Kitchens  
DIY Rescues  
Roofing  
Plumbing

Greystone Cottage  
Gawthrop  
Dent  
Cumbria  
LA10 5TA

**Joinery and Carpentry**  
Steve Chadwick  
015396 25665

### THOUGHT FOR THE MONTH

So much rubbish comes via our letter boxes. We buy a favourite magazine and out falls a heap of 'junk'. People trying to catch our attention, traders hopeful of a quick sale, perhaps they think we might be on holiday and be more likely to fall for a good advert.

You will have your favourite adverts on the TV. My all-time favourite will always be that one where the milk-bottles danced up and down the street. I am sick of the "it's all going-on" adverts amongst Corrie and Emmerdale. Sometimes I miss what is actually being advertised. I get caught up in the "story" of the commercial. Makes me wonder how we "advertise" ourselves, not only those in business but all of us.

How DO we come across to others? They to us? Something to ponder as we throw the junk mail in the bin. *L. D.*

Dear Editor,

While I was fascinated to learn of the discovery of the early Victorian well at the Settlebeck Learning Centre, it was depressing to find another example of the stealthy assault on British measurements creeping into even this small news item.

U.K. measurements of distance are inches, feet, yards and miles. Everyone understands them and the Victorians who sank the well certainly built it in feet and yards. So, why now the compulsion to convert to an alien measure, (the metre), when describing the well?

Why not employ the perfectly correct measure "yards"?

We are not (yet) absorbed into the European Superstate so when we already have our own ancient and more efficient U.K. measurement does your writer feel compelled to use an unnecessary substitute. *John Hill*

### POLICE REPORT

Sadly, there are no updates about the recent thefts in our area, but pleasingly, there is nothing to report this month.

Over the last few months, there have been reports of minor vandalism in the Dent area.. Sadly, it is beginning to split the village so we hope to get it sorted very soon. Any information received about the goings on will be treated with confidence and your anonymity will be preserved.

I have been a Police Officer for many years and dealt with many accidents, a large number of them where people have been killed. I can deal with the accident without any problems but the hardest part is dealing with the 'Next of Kin'. Quite a lot of the accidents are attributed to going too fast **and** not wearing Seat Belts. Both are there for **your** safety, so it is in your interest, and others, to comply with both.

*DJW*

WHEN ONLY THE *BEST* WILL DO  
**JOHN NEWSHAM**

*For Quality Interior Fittings*  
Full Design and Installation Service for  
**BATHROOMS ~ KITCHENS**  
*(including plumbing & tiling)*  
**BEDROOMS**

Tub Hole, Dent Tel: 25486

### DENT PRE-SCHOOL ASSOCIATION BALLOON RACE

Balloon tickets were sold in and around the village over the weekend of the 28th/29th June as crowds of people flocked to Dent for the Fold Festival. We

were blessed with wonderful weather and on Sunday we released 720 balloons.

Special thanks to Anthony Cheetham and his festival committee for once again allowing us to hold the race. We couldn't have done it without you.

Following the closing date for the return of any found balloon tickets on 1st August, £100 will be awarded to the purchaser of the ticket, returned from the furthest distance.

The event was sponsored £ for £ by Barclays Bank and we estimate that after expenses, over £1000 will have been raised for our Pre-School Association.

Thanks also to the Mums who helped make the weekend a success by either selling tickets and/or inflating the balloons.

*Julie Middleton*

### GARY ALLAN

WELDING & FABRICATION  
STRUCTURAL STEELWORK  
ORNAMENTAL GATES & RAILINGS  
FARM EQUIPMENT  
ON SITE WELDING  
STEEL FROM STOCK

Tel: 015242 76426 Mobile: 07968 411787

### MISSED CHANCES?

The match had just finished at Anfield and Vice-Chairman Heskey, who had muffed ten clear cut chances on goal, ran over to manager Houllier and said.

"You'll have to excuse me if I dash off Boss, I've got a plane to catch and I don't want to miss it." "Off you go then." said Houllier, "and better luck with the plane."

*David O'Leary*

**SETTLEBECK HIGH SCHOOL***Make a Play in a Day*

During the half term holiday Settlebeck ran a special drama day this year for years 7 and 8 students and we were fortunate that Louise Gallagher a talented drama teacher, living in Kirkby Lonsdale, was available to plan for us a very

thought provoking day. The theme was taken up from our students' interests in animal rights and a group of 14 students worked from 9.00 a.m. – 2.30 p.m. preparing a harrowing and instructive performance for an invited audience of parents and friends.

| <b>ORGANISATION</b>                    | <b>CONTACT</b>     | <b>Tel: 015396</b> |
|----------------------------------------|--------------------|--------------------|
| After School Club                      | Mrs Packham        | Sed: 21484         |
| Age Concern Monday Club                | Mrs Winder         | Sed: 20512         |
| Age Concern South Lakeland PH (M, & F) | Mrs Alderson       | Sed: 20814         |
| Angling Association                    | Mr Dandy           | Sed:               |
| Art Society                            | Miss Nelson        | Sed: 20034         |
| Baby & Toddler Group (Howgill)         | Mrs Stainton       | Sed: 20665         |
| Baby & Toddler Group                   | Mrs Packham        | Sed: 21484         |
| Badminton (Dent)                       | Mrs Rushton        | Dent: 25306        |
| Badminton (Sedbergh)                   | Mr Mason           | Sed: 20565         |
| Beekeepers Association (S & D)         | Mr Fraser-Urquhart | Sed: 21902         |
| Bowling Club (Queen's Gardens)         | Mr Killops         | Sed: 20279         |
| Bowling Club (Indoor)                  | Mrs Greenbank      | Sed: 21720         |
| Bridge Club                            | Mr Mr Stanton      | Sed: 20901         |
| Buildings Preservation Trust (S & D)   | Mrs Lamb           | Sed: 20553         |
| Caving & Potholing Club (Dent)         | Mr Stephenson      | Sed: 21285         |
| Chamber of Trade                       | Mrs Rusling        | Sed: 20788         |
| Christian Aid                          | Mrs Hannam         | Sed: 20897         |
| Conservative Association (Sedbergh)    | Mr Beck            | Sed: 20336         |
| Cricket Club (Dent)                    | Mr Smith           | Dent: 25209        |
| Cricket Club (Sedbergh)                | Mr Wright          | Sed: 21038         |
| Cumbria Wildlife Trust                 | Mrs Garnett        | Sed: 21138         |
| Dentdale Choir                         | Mrs Bush           | Sed: 20058         |
| Dentdale Festival Committee            | Mrs Owen           | Dent 25505         |
| Dentdale Players                       | Mrs James          | Dent: 25037        |
| Dent School (Friends of)               | Mrs Mason          | Dent: 25461        |
| Dog Training (Sedbergh)                | Mrs Robertshaw     | Sed: 20316         |
| Farfield Mill Arts & Heritage Centre   | Mr Clark           | Sed: 21958         |
| Fire Service (Tuesday Evenings)        | Mr Packham         | Sed: 20302         |
| First Responders                       | Mrs Brown          | Dent: 25542        |
| Football Club (Dent)                   | Mrs Mitchell       | Dent: 25432        |
| Football Club (Sedbergh)               | Mr Moffat          | Sed: 21797         |
| Gala Group                             | Mrs Cox            | Sed: 21820         |
| Golf Club                              | Mr Lord            | Sed: 20993         |
| Good Companions (Dent)                 | Mrs Woof           | Dent: 25275        |
| Gladstone House                        | Mrs Mackereth      | Sed: 20346         |
| Help Tibet Northern Branch             | Mrs Howarth        | Sed: 20090         |
| Hockey                                 | Miss Capstick      | Sed: 20259         |
| Howgill Harriers                       | Mrs Moffat         | Sed: 20907         |
| Howgill Schoolroom                     | Mrs Stainton       | Sed: 20665         |

| <b>SETTLEBECK HIGH SCHOOL</b>                                                                                                                                      |                                                                                                                                                                                                                                                         |              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <i>Old Students</i>                                                                                                                                                | information on students relating to exam success, career / travel / voluntary achievements. I would be very grateful if anyone can forward any information either by phone 015396 20383 or fax, 015396 21024 or email: office@settlebeck.cumbria.sch.uk |              |
| This is an appeal for any students, parents or friends to let me know of career developments and qualifications gained to go in our prospectus and records please. | Many Thanks <span style="float: right;"><i>Judith Walsh</i></span>                                                                                                                                                                                      |              |
| Each autumn term I need updated                                                                                                                                    |                                                                                                                                                                                                                                                         |              |
| History Society                                                                                                                                                    | Mrs Scobie                                                                                                                                                                                                                                              | Sed: 21106   |
| Kent Lune Trefoil Guild                                                                                                                                            | Mrs Taylor                                                                                                                                                                                                                                              | Sed: 20440   |
| Ladies National Farmers Union                                                                                                                                      | Mrs Woof                                                                                                                                                                                                                                                | 01539 720608 |
| LETS around Sedbergh                                                                                                                                               | Miss Wheaten                                                                                                                                                                                                                                            | Sed: 20959   |
| Liberal Democrats                                                                                                                                                  | Mrs Cleasby                                                                                                                                                                                                                                             | Dent: 25476  |
| Masonic Hall                                                                                                                                                       | Mr Conchie                                                                                                                                                                                                                                              | Sed: 20660   |
| Playgroup (Sedbergh)                                                                                                                                               | Mrs Stainton                                                                                                                                                                                                                                            | Sed: 20665   |
| Over 60's (Dent)                                                                                                                                                   | Mrs Murdoch                                                                                                                                                                                                                                             | Dent: 25335  |
| Parish Council (Dent)                                                                                                                                              | Mr Dalton                                                                                                                                                                                                                                               | Dent: 25436  |
| Parish Council (Garsdale)                                                                                                                                          | Mr Holden                                                                                                                                                                                                                                               | Sed: 21577   |
| Parish Council (Sedbergh)                                                                                                                                          | Mr Stanton                                                                                                                                                                                                                                              | Sed: 20901   |
| People's Hall                                                                                                                                                      | Mrs Beare                                                                                                                                                                                                                                               | Sed: 21339   |
| Peoples Hall Day Centre (Mon & Fri)                                                                                                                                | Day Centre                                                                                                                                                                                                                                              | Sed: 21126   |
| Pepperpot Club (Sedbergh)                                                                                                                                          | Mrs Smith                                                                                                                                                                                                                                               | Sed: 21196   |
| Pistol and Rifle Club                                                                                                                                              | Mr Middlemiss                                                                                                                                                                                                                                           | Sed: 20662   |
| Playing Fields (Sedbergh)                                                                                                                                          | Mr Hinson                                                                                                                                                                                                                                               | Sed: 20118   |
| Rag Ruggers                                                                                                                                                        | Mrs Hennedy                                                                                                                                                                                                                                             | Sed: 20899   |
| Residents Association (S & D)                                                                                                                                      | Mrs Capstick                                                                                                                                                                                                                                            | Sed: 20816   |
| Royal British Legion (Men)                                                                                                                                         | Mr Gray                                                                                                                                                                                                                                                 | Sed: 21884   |
| Royal British Legion (Women)                                                                                                                                       | Mrs Bateman                                                                                                                                                                                                                                             | Sed: 20474   |
| Scouts                                                                                                                                                             | Mrs Sewell                                                                                                                                                                                                                                              | Sed: 20793   |
|                                                                                                                                                                    | Mr Mawdsley                                                                                                                                                                                                                                             | Sed: 20723   |
|                                                                                                                                                                    | Mrs Wood                                                                                                                                                                                                                                                | Sed: 21385   |
| Settlebeck High School P.T.F.A.                                                                                                                                    | Mrs Bartle-Ross                                                                                                                                                                                                                                         | Sed: 23334   |
| South Lakeland Carers Association                                                                                                                                  | Dr Noble                                                                                                                                                                                                                                                | Sed: 20100   |
| South Lakeland Voluntary Society for the Blind                                                                                                                     | Mr Close                                                                                                                                                                                                                                                | Sed: 21000   |
| Squash Club                                                                                                                                                        | Mrs Kellaway                                                                                                                                                                                                                                            | 07799 262055 |
| St. John Ambulance                                                                                                                                                 | Mr Winn                                                                                                                                                                                                                                                 | Sed: 21096   |
|                                                                                                                                                                    | Mr Lord                                                                                                                                                                                                                                                 | Sed: 20993   |
| Swimming Club                                                                                                                                                      | Mr Ellis                                                                                                                                                                                                                                                | Sed: 20344   |
| Tennis Club                                                                                                                                                        | Mr Waters                                                                                                                                                                                                                                               | Sed: 20457   |
| Town Band                                                                                                                                                          | The Committee                                                                                                                                                                                                                                           | Sed: 20773   |
| White Hart Sports and Social Club                                                                                                                                  | Mrs Mason                                                                                                                                                                                                                                               | Sed: 20048   |
| United Reformed Church Rooms                                                                                                                                       | Mr Hinson                                                                                                                                                                                                                                               | Sed: 20118   |
| Westmorland Gazette Correspondent                                                                                                                                  | Mrs Fothergill                                                                                                                                                                                                                                          | Dent: 25257  |
| Women's Institute (Dentdale)                                                                                                                                       | Mrs J Templeman                                                                                                                                                                                                                                         | Sed: 20790   |
| Women's Institute (Frostrow) *                                                                                                                                     | Mrs Scambler                                                                                                                                                                                                                                            | Sed: 20603   |
| Women's Institute (Howgill)                                                                                                                                        | Mrs Sharrocks                                                                                                                                                                                                                                           | Sed: 20754   |
| Women's Institute (Killington)                                                                                                                                     | Miss Winn                                                                                                                                                                                                                                               | Sed: 21699   |
| Young Farmers Club                                                                                                                                                 | Mrs Swallow                                                                                                                                                                                                                                             | Sed: 21034   |
| Zebras                                                                                                                                                             |                                                                                                                                                                                                                                                         |              |

Dear Editor,

In reply to Ann and Brian Wrights letter, I am sorry they feel so hard done by, but I am sure it is a lot better to have Farfield Mill, Hallbank and Row Cottages on the mains sewerage system, than the overspill from their septic tanks going into the river.

I can only say the new sewerage pipe came through the fields behind Millthrop and the work force did a wonderful job and did their best to make sure there was very few times when anyone in Millthrop was affected.

The work is now about finished so Brian, you can get your hedging done up the roadside on the Sedbergh to Hawes part, I hope before it reaches the white line and then traffic lights will be needed again.

*Bill Milburn*

Dear Editor,

Since our letter about the sewage saga last month, we have learned that the cottages behind the mill are not connected and that they are also somewhat dis-chuffed with the whole set up.

*Brian Wright*

**YORKSHIRE DALES  
NATIONAL PARK**

Steve Macaré, chairman of the Yorkshire Dales National Park Authority, has been re-elected as deputy chairman of the Association of National Park Authorities (ANPA).

Mr Macaré's election came at the annual meeting of ANPA held on 19th June in Cardiff. Mr Macaré is also the chairman of ANPA's English Chairs' Group. ANPA is the national body that exists to provide

the country's National Park Authorities with a single voice, particularly when dealing with Government and its agencies.

The election of ANPA's chairman and deputy is held every year with the chairmen of the eleven National Parks of England and Wales eligible to vote.

At the same meeting, Mr E. Caerwyn Roberts, chairman of the Snowdonia National Park Authority, was elected as ANPA's chairman.

**USEFUL TELEPHONE NUMBERS**

|                              |              |               |
|------------------------------|--------------|---------------|
| Baliol School .....          | 013396       | 20232         |
| Bay Radio .....              | 01524        | 848747        |
| <i>Phone in</i> .....        | <i>01524</i> | <i>848969</i> |
| Border TV.....               | 01228        | 25101         |
| British Rail .....           | 01539        | 720397        |
| Citizen Advice Bureau.....   | 01539        | 720112        |
| Childline .....              | 0800         | 1111          |
| Councelling for Youth .....  | 015394       | 34121         |
| Crimestoppers.....           | 0800         | 555111        |
| Cumbria C. C.....            | 01539        | 721000        |
| Cumbria Police HQ .....      | 01768        | 891999        |
| Electric Services .....      | 01539        | 732833        |
| <i>Emergency</i> .....       | <i>01539</i> | <i>729112</i> |
| Gas Services .....           | 01539        | 722345        |
| <i>Emergency</i> .....       | <i>01539</i> | <i>741717</i> |
| Kendal Hospital.....         | 01539        | 732288        |
| Missing Persons.....         | 0181         | 392 2000      |
| Public Transport Enq's ..... | 01228        | 812812        |
| Radio Cumbria .....          | 01228        | 592444        |
| <i>Phone in</i> .....        | <i>01228</i> | <i>592592</i> |
| Royal Lancaster Infirmary    | 01524        | 65944         |
| Samaritans .....             | 01539        | 741444        |
| Sedbergh Primary Sch. ....   | 015396       | 20510         |
| Settlebeck High Sch. ....    | 015396       | 20383         |
| Sedbergh School.....         | 015396       | 20303         |
| S.L.D.C.....                 | 01539        | 733333        |
| Social Services.....         | 01539        | 773300        |
| <i>Out of Hours</i> .....    | <i>01228</i> | <i>526690</i> |
| Yorkshire Dales Radio .....  | 01756        | 799991        |
| <i>Phone-in</i> .....        | <i>01756</i> | <i>700172</i> |
| Water Services .....         | 01229        | 821690        |

If any of these numbers are incorrect, please let us know.

## 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. J Armitstead Tel: 01539 720524**

**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 & Frostrrow  
**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 | Counselling                                                   | 015396 21570 |
| Ian McPherson       | T'ai Chi, Flower Essences, Reiki,<br>Hypnotherapy, Meditation | 015396 20648 |

*Complementary Therapists practising locally*

## DIARY OF EVENTS

*All Diary entries are FREE. Dates are held up to 9th March 2004*

| <b>AUGUST</b>    |                                           |           |                 |                                          |      |
|------------------|-------------------------------------------|-----------|-----------------|------------------------------------------|------|
| 2                | 2200 SWFC Disco                           | PH        | 3               | 1900 Pottery Classes (A)                 | FM   |
| 4                | August Bank Holiday                       |           | 4               | 1930 WIH Fawltly Towers 2                | HVH  |
| 6                | 1000 Howgill Church Coffee Morning        | URCR      | 6               | 2000 PH Olde Time Dance (A)              | PH   |
| 7                | 1930 WIH Open Meeting & Bring & Buy       | HVH       | 7               | Dog Show                                 | KS   |
| 9                | 1000 KC Coffee Morning                    | KVH       | 8               | 1900 Neighbourhood Forum                 | KL   |
| 9                | 1500 Teas in Garden (9)                   | RD        | 9               | 1400 WIK Christmas Customs               | PH   |
| 10               | 1030 Flog It for Charity (10)             | MP        | 9               | 1930 FCH Domino Drive                    | FCH  |
| 11               | 1900 Lady Golfers (11)                    | GC        | 10              | 1930 WIF Lancaster Young Offenders       | PH   |
| 12               | 1930 FCH Domino Drive                     | FCH       | 10              | 1000 Dent Foot Chapel Coffee Morning     | URCR |
| 13               | 1000 NW Cancer Coffee Morning (13)        | URCR      | 10              | 1900 CWT Badger Watch                    | HF   |
| 13               | 1030 Photography Exhibition Finishes (16) | FM        | 10              | 1915 WID Making a Splash                 | DMH  |
| 13               | 1915 WID Lakeland Life                    | DMH       | 13              | 1400 SCC v Bentham                       | SHS  |
| 13               | 1930 WIF Mystery Meeting                  | PH        | 14              | DMC Harvest Festival                     | Dent |
| 14               | 1700 Car Treasure Hunt (14)               | DMH       | 15              | DMC Harvest Festival                     | Dent |
| 16               | 1000 Table Top Sale (16)                  | TOP       | 17              | 1000 St John's Firbank Coffee Morning    | URCR |
| 16               | 1030 Loynes Textiles Exhibition (16)      | FM        | 20              | 1330 HS Gayle Mill, Hawes                | LHCP |
| 16               | 1400 SCC v Moor Hospital A                | SHS       | 20              | 1400 CWT Dovecote Gill                   | LHCP |
| 17               | 1000 Table Top Sale (16)                  | TOP       | 20              | Cowper Day Horse Sale                    | KS   |
| 17               | 1230 Nostalgia Scramble (17)              | HF        | 22              | 1930 FC Harvest Sale                     | FCH  |
| 17               | Fun Run                                   | KS        | 24              | 1000 Garsdale Church Coffee Morning      | URCR |
| 20               | 1000 Lookaround Coffee Morning (20)       | URCR      | 24              | 1030 Loynes Textiles Exhibition Ends (A) | FM   |
| 20               | 1245 HS Story of a Hill Farm (20)         | LHCP      | 28              | 1300 Cautley 10                          | SHS  |
| 22               | 2100 Dent Gala Live Band (22)             | DMH       | 30              | 1930 Sedbergh Town Band Charity Concert  | SHS  |
| 23               | 1000 Sedbergh Market Fayre (1)            | Sedbergh  | <b>OCTOBER</b>  |                                          |      |
| 23               | 1100 Dent Gala Rounders (22)              | Dent      | 1               | 1000 Barnardo's Coffee Morning           | URCR |
| 23               | 1830 Dent Gala Family Night (22)          | DMH       | 2               | 1900 WIH AGM                             | FCH  |
| 24               | 1000 Women's Car Pull (24)                | Dent      | 4               | 1400 MH Jumble Sale                      | MH   |
| 24               | 1200 Dent Gala Cricket (22)               | Dent      | 8               | DMC Coffee Morning                       | URCR |
| 24               | 1300 Five Generations Football (25)       | PH        | 8               | 1915 WID Flower Essences & Reika         | DMH  |
| 24               | 1415 CWT Children's Discovery             | DCP       | 8               | 1930 WIF Give it serious thought         | PH   |
| 24               | 2200 SWFC Disco (25)                      | PH        | 13              | 1930 Gala Group AGM                      | PH   |
| 25               | Bank Holiday Monday                       |           | 14              | 1400 WIK Taste 'n' Try                   | PH   |
| 25               | 1100 Dent Gala Craft Fair (22)            | Dent      | 14              | 1930 FCH Bingo & Potato Pie Supper       | FCH  |
| 25               | 1230 Dent Gala Procession (22)            | Dent      | 15              | 1000 Christian Aid Coffee Morning        | URCR |
| 25               | 1400 SCC v Lancaster 4th                  | SHS       | 17              | SS Start of Half Term                    |      |
| 27               | 1000 Beamsmoor Coffee Morning             | Cancelled | 22              | 1000 CWT Coffee Morning                  | URCR |
| 31               | 1330 Car Treasure Hunt                    | KVH       | 24              | 1930 LNFU French Cookery Demonstration   | PH   |
| 31               | 1400 Tennis Tournament Finals & BBQ       | G         | 25              | Charter Fair                             | KS   |
| <b>SEPTEMBER</b> |                                           |           | 26              | Clocks go Back                           |      |
| 2                | SHS & SPS Start of Term                   |           | 26              | Charter Fair                             | KS   |
| 2                | 1930 Swimming Club AGM                    | Bull      | 28              | SS End of Half Term                      |      |
| 3                | SS Start of Term                          |           | 29              | 1000 KC Coffee Morning                   | URCR |
| 3                | 1000 URC Church Coffee Morning            | URCR      | <b>NOVEMBER</b> |                                          |      |
|                  |                                           |           | 5               | 1000 Masonic Hall Coffee Morning         | URCR |

*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.*

|                  |      |                                 |     |                                                 |      |                               |      |
|------------------|------|---------------------------------|-----|-------------------------------------------------|------|-------------------------------|------|
| 5                | 1830 | FC Bonfire Night & Skittles     | FCH | 21                                              | 1930 | Domino Drive                  | KVH  |
| 6                | 1930 | WIH Old Hutton Owl Project      | HVH | 30                                              |      | St Andrew's Day               |      |
| 11               | 1400 | WIK AGM & Social Time           | PH  | <b>DECEMBER</b>                                 |      |                               |      |
| 11               | 1930 | FC Domino Drive                 | FCH | 3                                               | 1800 | Late Night Opening            | Town |
| 12               | 1915 | WID AGM & Understanding Europe  | DMH | 6                                               | 0930 | KC Table Top Sale             | PH   |
| 12               | 1930 | WIF AGM & Social Evening        | PH  | 6                                               | 1930 | MH Christmas Dinner           | MH   |
| <b>DIARY KEY</b> |      |                                 |     | 9                                               | 1400 | WIK Christmas Party           | PH   |
| BF               |      | = Brigflatts                    |     | 9                                               | 1930 | FCH Domino Drive & Mince Pies | FCH  |
| BS               |      | = Baliol School                 |     | 10                                              | 1930 | WIF Christmas Party           | TBA  |
| CDC              |      | = Community Development Centre  |     | 12                                              |      | SS End of Term                |      |
| CO               |      | = Community Office, Main Street |     | 12                                              | 1930 | Christmas Domino Drive        | KVH  |
| CWT              |      | = Cumbria Wildlife Trust        |     | 13                                              | 2000 | PH Olde Time Dance            | PH   |
| DCP              |      | = Dent Car Park                 |     |                                                 |      | WIH Christmas Party           | TBA  |
| DMH              |      | = Dent Memorial Hall            |     | 25                                              |      | Christmas Day                 |      |
| DMC              |      | = Dent Methodist Church         |     | 26                                              |      | Boxing Day                    |      |
| EG               |      | = Embroiderers' Guild           |     | <b>JANUARY 2004</b>                             |      |                               |      |
| FCH              |      | = Firbank Church Hall           |     | 13                                              | 1930 | FCH Domino Drive              | FCH  |
| FM               |      | = Farfield Mill                 |     | <b>FEBRUARY</b>                                 |      |                               |      |
| G                |      | = Guldrey                       | 8   | 17                                              | 1930 | FCH Domino Drive              | FCH  |
| GC               |      | = Golf Club                     | 8   | <b>MARCH</b>                                    |      |                               |      |
| GVH              |      | = Garsdale Village Hall         |     | 2                                               | 1930 | FCH AGM                       | FCH  |
| HF               |      | = Holme Farm                    | 9   | 9                                               | 1930 | FCH Domino Drive              | FCH  |
| HS               |      | = History Society               |     | We note that many organisations are             |      |                               |      |
| HVH              |      | = Howgill Village Hall          |     | using Notice Boards around the town to          |      |                               |      |
| JLCP             |      | = Joss Lane Car Park            |     | advertise their functions. <u>Can we please</u> |      |                               |      |
| KC               |      | = Killington Church             |     | <u>have the details of the events for our</u>   |      |                               |      |
| KL               |      | = Kirkby Lonsdale               |     | <u>Diary for our readers.</u>                   |      |                               |      |
| KVH              |      | = Killington Village Hall       |     | Please remember to submit your details          |      |                               |      |
| KS               |      | = Kirkby Stephen                |     | of events, meetings and games fixtures so       |      |                               |      |
| LHCP             |      | = Loftus Hill Car Park          |     | that everyone can support your                  |      |                               |      |
| MH               |      | = Masonic Hall                  |     | organisation.                                   |      |                               |      |
| MP               |      | = Maryfell Patio                | 8   | <i>DJW</i>                                      |      |                               |      |
| PH               |      | = People's Hall                 |     | <b>S &amp; D LOOKAROUND</b>                     |      |                               |      |
| RD               |      | = Rhumes, Dent                  | 8   | If you have liked our newsletter,               |      |                               |      |
| SCC              |      | = Sedbergh Cricket Club         |     | If it's helped to make your day,                |      |                               |      |
| SHS              |      | = Settlebeck High School        |     | Please think of the local businesses,           |      |                               |      |
| SMC              |      | = Sedbergh Methodist Church     |     | For adverts for which they pay.                 |      |                               |      |
| StAS             |      | = St Andrew's Church, Sedbergh  |     | If you shop or eat or stay there,               |      |                               |      |
| StJAR            |      | = St John Ambulance Rooms       |     | Please tell them that you saw,                  |      |                               |      |
| SC               |      | = Swimming Club                 |     | Their advert in The Lookaround,                 |      |                               |      |
| SMC              |      | = Sedbergh Methodist Church     |     | So they'll advertise once more.                 |      |                               |      |
| SR               |      | = Spooner Room                  |     |                                                 |      |                               |      |
| SSPH             |      | = Sedbergh School Powell Hall   |     |                                                 |      |                               |      |
| TOP              |      | = The Old Pottery, Howgill Lane | 8   |                                                 |      |                               |      |
| 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 |     |                                                 |      |                               |      |
| WVH              |      | = Westhouse Village Hall        |     |                                                 |      |                               |      |
| YDNP             |      | = YDNP Centre, Main Street      |     |                                                 |      |                               |      |

## 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 * |
|--------|-------------|---------------|

##### Dent Surgery

(Methodist Chapel)

|        |                        |
|--------|------------------------|
| Monday | 1230 - 1300 Dr Ann Orr |
|--------|------------------------|

#### 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 |
|---------|------|

##### District Nurse

© 21690

##### Health Visitor

© 20979

#### A Collinge Optometrist

|              |             |               |
|--------------|-------------|---------------|
| Every Friday | 0900 - 1300 | 1400 - 1730 * |
|--------------|-------------|---------------|

#### DENTAL SURGERY

Finkle Street © 20626

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

#### VETERINARY SURGERY

22 Long Lane © 20335

Mr N. Preston & Mr J. Bramley

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

#### PENSION SERVICE SURGERY

Community Office

© 01539 795000

Mondays 1000 - 1400

\* 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 - 17.00

(Closed for dinner 1300 - 1330)

#### COMMUNITY OFFICE

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

Monday to Friday 1000 to 1600

© 20504

e-mail office@sedbergh.org.uk

web pages www.sedbergh.org.uk

#### RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 1000 to 1300

Every Friday 0930 to 1230 \*

© 21185 or

08451 202 999 (local rate) 24 hours

e-mail via site www.cabkendal.ndo.co.uk

#### RSPCA

© 0870 55 55 999

#### POLICE

Long Lane, Sedbergh

© Kendal 01539 722611

#### PUBLIC TOILETS

Main Street, Sedbergh

Dent Village

|                  |           |
|------------------|-----------|
| MARKET DAY       | WEDNESDAY |
| HALF-DAY CLOSING | THURSDAY  |