

SEDBERGH & DISTRICT LOOKAROUND

September 2003

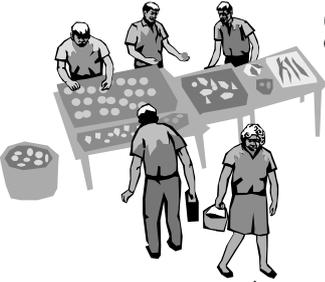
Issue 204

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CHILDREN'S BIRTHDAYS

September 2003

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

The recipient this month is:-
who is Alex FEARN

6 years old on 13th September.

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



| Day | Name | Age |
|-----|----------------------|-----|
| 3 | Lee CLARK | 7 |
| 4 | Sophie WOOF | 7 |
| 7 | Daniel BALDERSTON | 10 |
| 9 | Charlotte GADD | 9 |
| 10 | Joe DANDY | 2 |
| 10 | Emma POSTLETHWAITE | 9 |
| 11 | Stephanie GARDNER | 7 |
| 11 | Luke ROBINSON | 6 |
| 11 | Rebecca WILKINSON | 11 |
| 13 | Alex FEARN | 6 |
| 16 | Emma PACKHAM | 5 |
| 19 | Kim CRAGG | 6 |
| 22 | Saul JONES | 3 |
| 23 | Amy HUNTER | 1 |
| 22 | Richard THEXTON | 8 |
| 23 | Emma HOPKINS | 8 |
| 25 | Toby PRESTON | 9 |
| 28 | Charlotte ARMITSTEAD | 7 |

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| | <i>ID; IT; CH; L; NP*; P; DR; VB</i> | |
| Ms C Nelson | Merry Meeting, 5 Castlehaw, Sedbergh (10/03)..... | 20034 |
| | <i>D; CH; TVL; NS(B); P;DR</i> | |
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| | e-mail: sangold.kwood@virgin.net | |
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| | e-mail:- susan@holmecroftbandb.co.uk | |
| | <i>2D; IT; CH; TVL; NS; NP*; P; DR</i> | |

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ASHTON

Birth
Announcement:- On
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BRACKEN

Carol, Ian and Stephen would like to thank neighbours, friends and everyone for flowers, cards, kind thoughts and . Thanks to Dr. J. Syred, staff and District Nurses. Also the caring handling of the funeral by Brian Goad, and thanks to the Rev. Alan Pitt for the services.

BROOKSBANK-CAPSTICK

Jim, Teresa and Kate would like to thank family and friends for the cards and presents received following the birth of **Milly Grace** on the 10th July.



GREENBANK

I would like to thank all those who sent me cards, flowers, gifts and good wishes during my recent stay in R.L.I. I would also like to thank Dr. Syred and all the staff and doctors on Ward 34. I am home now and doing well. Eleanor.

HAYGARTH

Doris would like to thank relatives and friends for the many lovely cards, presents and good wishes received on the occasion of her **80th Birthday**. Thank you all.

MATTINSON

I would like to thank all those who generously contributed towards my funding for the National Youth Theatre course. I had an outstanding two weeks in London and am eternally grateful to you all. Thanks. Jennifer.

MIDDLETON

Marjorie. Love and Congratulations on your **91st Birthday** on September 8th 2003. Hope you enjoy the celebrations. Much love from all the family, especially Sarah, John, Jenette, Andrew and Susan.

ROBINSON

Congratulations Mum and Dad on your **Ruby Wedding Anniversary** on the 14th September 2003. Enjoy your day. With lots of love Graeme, Jackie, Angie, John, Liz and Michael.

ROBINSON

Congratulations Granny and Grandad on your **Ruby Wedding Anniversary**. With lots of love from Joe, Adam, Luke, Abby, Rosie, Mariselle, Lewis, Holly and Peggy. XXX.

TODD

I would like to thank family, friends and neighbours for cards, gifts, visits and kind enquiries during and after my stay in hospital. I am feeling much better now. George.

TODD

Congratulations Mam and Dad on your **Golden Wedding Anniversary** on 19th September 2003. Love and best wishes from Thomas & Brenda, Michael & Janine, Nigel & Margaret.

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TODD

Congratulations Grandad and Gran on your **Golden Wedding Anniversary** on 19th September 2003. Love from Janet & James, Linda & Wayne, David & Dean. Lots of Love from Great Granddaughters Emma XX, Angela XX and Leanne XX

TODD

Happy Birthday Nanna on this special day September 25th! Love from Emma XX, Angela XX and Leanne XX.

WALSH

I would like to thank friends and neighbours for all the kindness, visits, flowers, gifts, cards & phone calls during my recent stay in Hospital. Very Special Thanks to Bob, Jean, Stevie & Shirley. I'm happy to be home with Toby. We have both been spoilt! Thank-you all. Nancy

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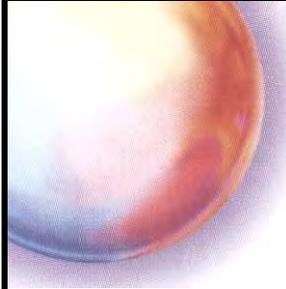
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NEW METHODIST MINISTER

Tim Widdess

I am married to Janet and we have been married for 32 years. We have two children; Jonathan, who is 30, and Rebekah who is 25. They both currently live in Wiltshire. Janet's mother, Barbara, lives with us. Janet is a State Registered Nurse and works one day a week as a practice nurse in Blackpool. She is an active local preacher and has been the secretary of the Circuit Local Preachers Meeting. She is also a district tutor and has run 'Kaleidoscope' training courses for workers with children as well as a worship leaders course and 'Don't Panic' courses for Church Stewards.

Janet and I met at a Methodist Church

Youth club in High Wycombe when we were 14. We lived in High Wycombe until I was stationed to Birmingham in Circuit Ministry. I was trained at Wesley College in Bristol to which I commuted weekly. Before offering for the Ministry I worked in the City of London as Manager of the Computer Department of an Investment Bank. I enjoyed work and had worked with the same company for nearly 20 years. Many people found it surprising that I should give up such a well paid and interesting job to become a Methodist Minister, but for us it has been no sacrifice. I am doing what I believe God has called me to do.

I have very much enjoyed my work in circuit and have learned a lot more about

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the 'pastoral' nature of worship and preaching. I have particularly tried to encourage prayer as the base from which all our activity begins. I see ministry as a responsibility shared by all Christians. My primary concern is for people. For me the Church's mission is to learn to love and serve the wider community and to share with them the Good News of Jesus Christ.

Our home circuit is High Wycombe in Bucks. The church at which we met and worshipped during our life in Wycombe was a church on a council estate with many problems, but there was a loving and supportive congregation. The circuit also had many village chapels at which I

have often preached. I was heavily involved with youth work both within Methodism and ecumenically through Wycombe Youth for Christ. Janet and I organized several concerts and other events at our home church.

In 1991 I was stationed to Birmingham (Elmdon) Circuit where I had Pastoral Responsibility for three churches - Small Heath, South Yardley and Stechford. Small Heath is an Inner City Church with a preponderance of Afro-Caribbean worshippers. South Yardley is also a multicultural congregation, as to a lesser extent is Stechford. I endeavoured to encourage the local leaders to grow in

(Continued on page 8)

confidence and make their own decisions . My second appointment was in Blackpool where initially I had pastoral responsibility for two churches, Highfield and Lindale. When Alien Morton, who had just arrived as Superintendent and Minister of New Central, was diagnosed with terminal cancer I took over as Super and also as Minister at New Central. I served in Blackpool for 7 years until we moved to Sedbergh. Although I have felt thinly spread God has been good to us in our seven years there and we have been blessed.

I enjoy almost every aspect of ministry from preaching and leading worship, to community development. My personal

emphases are: prayer, worship and preaching. I also enjoy leading Bible studies and working with children. We have run several holiday clubs and a weekly Children's club for 5-11 year olds. I have been greatly enriched by my experience of circuit ministry and have grown to love the people deeply. Leaving was not easy, but I feel it right to seek to broaden my experience of ministry with a new and different challenge.

As a family we have enjoyed many holidays on a farm in Middleton and have worshipped at Sedbergh and other churches in the Circuit whilst on holiday. We are looking forward to sharing with you in ministry and getting to know you all.
Tim & Janet Widdess

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FROSTROW W. I.

There was a good attendance at the August meeting on a beautiful summer evening. Ann Petyt welcomed Mary Silva, President of Howgill W. I. Who came to give her report on the A.G.M. in London and congratulated Linda Hopkins who had gained a first and a second prize in floral art at the Lakeland Rose Show. We hope she may be successful at the Southport Flower Show.

We were disappointed that Vi Harvey could not be with us, as a surprise 90th birthday celebration had been planned. Unfortunately, Vi was in hospital, so we all signed her card and sent our best wishes for her recovery.

Several members will be going to the Calendar Girls' Film and the Antiques Evening, also Jean Mitchell volunteered to be our delegate at the Autumn Council Meeting. Two members had very much enjoyed Music for a Summer Evening in which Ann Petyt and Eileen Stavely took part.

The items for the Story Sack, which is now complete, were on display and will be presented to the Primary School at the beginning of the term.

Mary Silva gave a most interesting and comprehensive report on the A.G.M. in

London which she attended as our link delegate. All three resolutions which were very topical had been passed. Re - the first resolution on Children's Diet, it was disturbing to learn that one in three children will develop arterial sclerosis by the age of twenty, so urgent regulation of commercial foods is needed. Hopefully, the W.I. Can play a part in educating people.

The 'mystery speaker' for the evening was June Parker, the local acupuncturist who brought along one of her clients for a treatment. As she inserted the extremely fine needles in appropriate parts of the body, she talked us through what happens - energy is released. Acupuncture is a holistic therapy, so the aim is to improve the patient's general health as well as treating the symptoms. She emphasised that it is mainly used alongside conventional medicine.

There was lively discussion with questions at the end and June was warmly thanked by Josie Templeman for her informative talk and demonstration.

The raffle was won by Marjorie Fishwick. Everyone received a freebie of Yorkshire Teabags. On September 10th Mrs. Helen Winn will speak on 'Lancaster Young Offenders'. Do come along if you are interested in joining W. I.

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DOWN TO EARTH COMPOSTING

Whether you have a garden or not everyone can compost. Have you got a compost bin at home sitting there doing nothing simply because you do not know what to do with it? Composting is simple enough for anyone to do and will help you compost your waste to help produce healthy plants of all shapes and sizes. Composting your waste helps the planet and turns what could have been rubbish into a useful product. Shop based compost is usually made from peat. We ought to be thinking of diverting all the lovely compostable material away from the landfill sites and leaving the peat in the peatbogs where it is supposed to be. Today peat is harvested from lowland

raised bogs in huge quantities in order to supply the gardening industry. Removal of peat lowers the water table, drying out the bog and destroying the unique habitat that has formed over thousands of years. Once they are gone they are lost forever.

Composting saves you money by reducing the need to buy mulches, soil improvers and fertilisers. Compost improves the structure of the soil, feeds the soil and your plants as well as helping the soil to retain moisture.

Composting is a natural process carried out by bugs, insects. Fungi, (primary composters that get to work on the material immediately) and worms, (secondary decomposers, they move in when the fungi has completed its work)



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| | |
|---|--|
| <p><i>How can I start?</i></p> <p>You can basically compost anything that was once alive but there are some things that are best left out of the compost bin</p> <p>YES</p> <p>Paper and card - shredded Leaves Annual weeds - shredded Crushed eggshells Fruit and vegetable peelings Tea bags and coffee grounds Hedge clippings -shredded Grass cuttings Plant stems -shredded Old flowers and plants - shredded Wood shavings</p> <p>NO</p> <p>Nappies Dairy products Meat and fish scraps Cooked food scraps Bones Diseased plants Dog or cat litter</p> <p>To compost successfully you need to remember three key ingredients.</p> <p><i>Materials</i></p> <p>Composting requires a balanced diet and you get the best results by composting a mixture of GREENS and BROWNS. BROWNS are dry fibrous materials such as papers, straw twigs and cardboard. GREENS are soft sappy materials with a high water content such as grass clippings, freshly dug weeds and fruit and vegetable peelings.</p> <p><i>Moisture</i> - Ensure that you get the balance just right. Too wet and the compost become slimy and smelly, too dry and the compost is very slow.</p> | <p><i>Air</i> - Mix up the compost using a garden fork because the tiny organisms that make the compost require air.</p> <p>The compost bin should be placed on bare soil or grass so that worms can get in and moisture can drain out. It should not be placed on paved or concrete areas. Collect your fruit and veg scraps in a kitchen bin and every couple of days empty this into your composter. Just keep adding a mixture of greens (sappy material e.g. grass clippings, vegetable peelings and browns e.g. fibrous materials such as twigs, shredded card, newspaper, to the bin and it should start composting. Add to the bin regularly and give it an occasional stir. I stir mine once every two weeks just to add some air. If it gets too dry, add more greens or sprinkle with water, and if it gets too wet, add some scrunched up paper and give it a stir.</p> <p>It can take up to a year to produce compost because the process slows down when the weather becomes cooler. The finished compost is worth waiting for though and the dark brown, soil like material will be ready for use in your garden. There are many uses for it around the garden and it can be used as a soil improver and as a mulch. As a soil improver it improves the texture of the soil making it easier to work and helps the soil retain moisture. It feeds the plants too. Spread it on the surface or dig it into the top of the soil in the spring and summer. Use your compost as mulch to discourage weed growth and keep the soil moist leaving a gap around any soft stemmed plants.</p> <p style="text-align: right;"><i>Brenda Koo</i></p> |
|---|--|

KARTING

Super 4 British kart championship 2003 **Round Three**

Set in the Midlands in the area known as the 'Cotswolds' Little Rissington staged the third round of the super4 championship. At a club meeting two weeks earlier, Sam used that meeting as a test session. On the Saturday, Sam was asked to race for England in the five nations championship this is a honour because the England team manager asked Sam to be a part of the best team ever, that included the currant British Champion in 125 National Lee Stamp, also last years Champion, Carl Millington, and twice winner of the British open Championship Mark Fell, that is sum team he was lining up, but

Sam and Carl are racing in the next round of the ICC championship that weekend, "so I had to refuse the chance on behalf of Sam, as it would spoil his chance to win the ICC championship," "never mind the sponsorship I would have to have found."

This also meant that Carl would have to choose as he has a very good chance of beating Sam to the title, To add to the weekend in the final on Sunday, Sam broke the club lap record with a time of 30.13 seconds, his average speed was 71.38-mph. Local club champion Alex Checketts said after "he himself had put a quick time in, and when I looked back, Sam was still catching me" "that was some lap."

Now back to the super 4.

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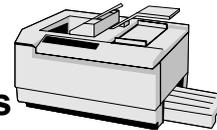
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Saturday Practice

Saturday was just one of those days where your fortunes changed. I say this because Sam was one of the Quickest in the earlier practices but at the fastest part of the track in spectacular fashion Sam's engine seized solid in front of pits, there was no warning, there was just a lot of smoke and a squeezing noise from the tyres as Sam tried to control his kart, All I can say is "Sam was a passenger and luckily to get away with this," as he had drivers close behind. It was found to be his fuel pump, which failed this totally finished his piston and barrel. Then later, Sam's seat mountings broke and his seat collapsed, when things go wrong they go one after another. "What a day!"

Sunday Race Day

Morning practice went well, the day started very warm and got hotter and hotter, this pleased Sam as he has had some good results at this track in the past, *Heat one*

Sam's grid position was right at the back in 21st place out of 23. Unfortunately Sam's biggest rivals in this championship were near the front in this heat, this would mean that Sam would have to put in a good driver just to get any where near them. Personally, Looking at the grid positioning, Sam would have to do his very best, and I'd expected 9th place from there. Sam however has surprised me, and himself sometimes, especially

(Continued on page 14)

this year as he makes another great start and worked his way through to 7th place at the flag, The surprise was that he caught and passed some of his biggest rivals these included Lee Stamp and Nick Smith. This was a great start to the day, as this result would be important in helping to sort out the grids for the Final later that day. I say it is important because the organisers used the first heat to determine which driver is ahead if the points are tied at the end of the heats.

Heat two

Sam's middle grid position was in the 9th; Sam made a good start and was working through the field to the delight of the commentator and me. By the end of lap 2 Sam had made it to the front, he then disappeared into the distance, well some 10 kart lengths. But on lap 6 the 'black and yellow quarter' flag came out. This flag means that the leader has to control the pace as the marshals clear the track of a hazard or hazards. Within two laps the track was cleared of crashed karts and the ambulance men did any checks on drivers behind the safety of the tyre wall. Sam kept one eye on the start line as he moved round the back of the track and noticed early that the start line

marshal had the green flag in his hand ready for the field to restart the race again, however Sam wasn't the only one who noticed this Sue Fairless (team manager) of AFRacing had noticed, and tried to give signals to Sam to get a move on, This is classed as outside assistance which is banned, and Sue was given a warning, later we found out that Sam had not seen her, but the second place driver had, so it could have gone all wrong if Sam had not been ready to go. Back to the racing, Sam went on to win this heat. This was his first heat win in super 4 this year.

Heat three

On the dummy grid Sam was on grid 3 behind Nick Smith and Lee Stamp, as Sam was feeling very nervous and was not relaxed, I changed the race plan, just like we did with Carl Millington in the other ICC championship, that was just follow. This seemed to calm Sam down. Recently Sam has been improving his race craft and is becoming more aware of how far he has to push in order to get the best results, This heat was a good example of this as Sam kept his third position and he saved his tyres and his energy as he realised that he didn't need

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to risk everything in order to finish higher, so he settled for third place.

Final

Sam had qualified second on the grid behind Carl.

The weather however changed and about an hour before the Final the heavens opened and down came the rain. This was a big problem because Sam has never been on this kart in the rain before and this wasn't the ideal time to learn how to set the kart up. But with the help from other competitors, I tried to set the kart up to suit Sam's style in the wet.

He made a great start but was professionally squeezed out at the first corner and had to drop to fourth. Half way around the first lap Frank Wrathall half spun off and Sam and him came

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together, luckily Sam only lost a little time and just one place he was still able to carry on in fourth. Sam managed to claim third place of Lee Stamp and set about the front two drivers. On Lap five the leader Carl Millington made a huge mistake and lost control and spun out of contention. Shortly after this Sam had a huge moment coming onto the fast straight and luckily held it together, Sam decided not to push his luck and backed off slightly to avoid making another mistake, which could have been crucial. In the closing laps Andy Fairless and myself were hoping that Sam would hurry up as Lee Stamp was closing the gap between them. However Sam had just enough to keep Lee at bay. Sam finished second. A day or two later, Andy Fairless how builds Sam's engines said "Sam should do the lottery" because "with the luck he has at the moment he could win", If Sam had not slowed down when he did, then he most likely would not of finished the race, as the piston had cracked and the engine was on the way to destroying its self big style.

Well-done Sam, Keep this up.

Sam's dad

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your requirements*

KILLINGTON W. I.

Looking back to my report of this time last year I see it started ironically thus, "*August! Summer holidays! Sunshine! Parties in the garden!*" Well this year it was no joke! We were once again at Shirley's place enjoying our "President's Tea Party", to which an invitation is sought as eagerly as to Buckingham Palace. The flowers were at their beautiful best and the river below chattered happily over its rocky bed. The ladies of Killington W.I. had gathered in all their finery to enjoy the hospitality, company and scenery in the Rawthey valley garden and to chatter happily with their friends.

This year the committee in their great wisdom had decided to surprise the rest of the members and guest by coming attired in their best hats (and other garments!). Out came the wedding hats though I doubt that the baseball cap of *a certain person* had graced such a ceremony! Arriving members were themselves able to choose a modish hat from Shirley's splendid collection. What a lot of marriages she must have been to or perhaps it's Ascot every year. Anyway it was all a good laugh and we had great fun

The scorching sun soon had us running for cover and we retreated to the cool recesses of the house. Even without its ozone layer the sun could not penetrate those protective walls. We caught up with all the news and put the world to rights. The raffle was drawn with Mary Tallon's ticket being first out of the basket to claim a box of chocs. Other wondrous prizes were distributed among members

and I won the *last* one on the table, believe it or not, a bottle of champagne. When we first came to Sedbergh I found "the raffle" a great surprise. In my previous experience a raffle had one, two or exceptionally, three prizes! Here it sometimes seems that there are as many prizes as ticket buyers but I'm not complaining!

I know that all the members of Killington W I want to join me in saying a big thank you to Shirley for such a lovely afternoon and lots else besides.

On a more serious note we hear that several of our members have not been well lately and we send them our best wishes for speedy recovery. We learn that Mary Tallon was in the next bed to Vi Harvey from Frostrow WI. We hope that the congenial company was some recompense and that you are both much better now.

Normal meetings resume in September on the afternoon of the 9th in the Peoples' Hall with a welcome return visit of Mr Stanley Walmsley, campanologist extraordinaire, whose subject will be "Christmas Customs with Bells On". The competition will be for "a Christmas custom in your house" Join us if you can.

The Dentdale Choir

Rehearsals for the New Season
begins 7:30 pm

Tuesday 16th September

in the
Memorial Hall, Dent

New Members are always welcome
At this friendly village choir

DENTDALE METHODIST CHAPEL

This month sees the Harvest Festival Celebrations. Saturday 13th will find the Chapel being decorated with flowers and produce etc. All gifts will be gratefully received. The two services on the Sunday will be in the charge of Rev. Tim Widdes who will have been inducted as our new Circuit Minister on August 31st at Sedbergh.

Tim and his wife Janet moved up from Blackpool in August. We look forward to sharing with him here in Dentdale and hope to hold an informal event where everyone can meet him. All are welcome of course at the Sunday services.

On Monday 15th the service will be led by Andrew Woof and Friends and followed by the auction sale.

Details of all the services can be found in the new glass-fronted notice board on the chapel opposite the gate from the main road. Many thanks to the friends who donated this.

The Tea in the Garden was blessed with

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such a scorching hot day that some people never ventured out. However, it still raised £50 for chapel funds.

Our "schoolroom" (so called because it was built to house the Sunday School in years gone by), is being used by various groups and is a lovely cosy room with its soft green carpet. The "edge" in the car-park will be solved soon when re-surfacing work is done. We look forward to hosting Dr. Orrs surgery once again.

Our Coffee Morning in the URC room, in Sedbergh will be October 8th with a cake stall, coffee etc., do pop in and support us.

The ecumenical Pray n' Share get-togethers continue fortnightly at "Rhumes at 1.45pm (September 11th & 25th) where ideas and concerns are shared in a relaxed setting. Wednesday 1st October sees the AGM and November 4th the Annual Network evening, this year is about Brazil. All are welcome.

J. & S. E. Woof

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Sedbergh 20846*

CUMBRIA IN BLOOM

On 1st September 2003 we will know just how well we did with our entry in the Cumbria in Bloom competition. The results will be announced at a presentation in Bitts Park in Carlisle on that date. Our very small group had to put in many many hours of often very hot and hard work to achieve the standard to have any chance of winning. The committee must thank a number of people without whose help and effort their work would have been that much harder. Those include Graham Milbum, Denise Chambers, Vivian Postlethwaite, John Moore, members of the Methodist Church, the two ladies at the Yorkshire Dales National Park Visitor Centre, the United Reformed Church and John Stanton. (if I have left anyone out my personal apologies) We must also thank South Lakeland District Council for supplying us with the bedding plants and also when we have requested have cut and tidied that lawned areas around the town. (it is not a coincidence that they are cut just before the competition - this is just one of the areas in which we ask and obtain help from S.L.D.C.) Cumbria County Council were asked to sweep the

pavements etc., and they also came 'up trumps'. The Morecambe Bay Health Authority also meet our request to have the Health Centre looking its best
We have also held our own local garden competitions and we must thank the judges, Mr.David Hinch and Mrs. Maureen Hinch and Mrs. Rosemary Bramham for giving up their time to undertake the task of judging.

The results are as follows:-

Best yard/patio

3 Weavers Yard, Sedbergh (Mr. R. Tyier)

Best small garden

Fold Ghyll, Garsdale (Mrs. B. Koo)

Best medium sized garden

29 Loftus Hill (Mr. and Mrs. L. Fletcher)

Best large garden

Grassrigg Farm, Killington (Mrs. B. Stainton)

Best garden overall

29 Loftus Hill, Sedbergh

Best commercial premises

The Red Lion

Best estate/street

Thomsbank

The committee wish to thank everyone who entered the competition. Please think about entering your garden next year.

There are so many gardens around

worthy of entry.

As I have said earlier in this article the committee (who are all over 60 years old except one) are unable to continue to meet the demands of the Cumbria in Bloom competition if we do not have more committee members and people who will be willing to commit themselves to helping out in area such as watering and weeding. The areas which we maintain are as follows;- Fire/police station; ALL the flower beds in Main Street and at the entrance to Main Street and at the Town end; Settlebeck corner; Vicarage Lane - the patio at the entrance; The rear of the Health Centre; The Telephone Exchange; The front entrance to Queens Gardens.

It is a huge undertaking for 6 workers PLEASE JOIN OUR GROUP. We meet one day each month and then make decision as to when and where we undertake work.

One of our main concerns is the watering of the boxes and bedding plants. We planted approximately 3000 bedding plants plus planting up boxes such as those on the public toilets. We desperately need people to commit themselves to undertake the watering of

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the window boxes etc., which are in public places. Perhaps some of the gentlemen who enjoy the seating area in the centre of town would consider such undertaking. Please do think about it. This commitment would mean watering the boxes/baskets at LEAST ONCE A DAY even when it is raining and when it is very hot at LEAST TWICE A DAY. Perhaps a group of people could set themselves a rota so that they only have to do the job once a week. Plants also need a liquid feed in their water once or twice a week.

We appreciate all the work individuals do in their own gardens which make for an overall picture of a well cared for town. Thank you

If anyone wishes to join our committee please contact me - Dorothy Blair on 20807 or Janet Benson on 20815. Please think about it and all that fresh air and exercise. ☐

**SEDBERGH GOLF
THE NEXT GENERATION**

Just over 30 years ago, I took a young, promising junior member of Sedbergh Golf Club to play in a junior competition at Appleby Golf Club. We, sorry, I got caught speeding in Kirkby Stephen, 7.30 on a Sunday morning and not another car in sight! Fined ten quid, but that's beside the point. Our reason for being there was that the lad in question was the future for Sedbergh Golf Club, the next generation. He was arguably the best junior we had, but there was five or six others equally promising, not bad for a place the size of Sedbergh. The future looked good.

The clubhouse and course was still on the Riggs in those days, petrol was about

SEDBERGH WANDERERS F.C.



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Saturday 20th September
10pm till late
People's Hall
Admission £2 ~ No Under 16's

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Saturday 20th September

GAYLE MILL



**Gayle
Hawes**

with Brian Anderson

1:30 pm Lotus Hill Car Park
2:30 pm Gayle Bridge, Hawes

EVERYONE IS MOST WELCOME TO ATTEND

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

five bob a gallon and Harold Wilson was Prime Minister.

Much, much water has passed under the Sedbergh golfing bridge of course in the ensuing three decades. We were given a wonderful new home, down at Catholes-Abbot Holme, a real course, a gem. A decade after Lord Whitelaw graced us with his presence to perform the opening ceremony, it still is THE most delightful place to play golf.

What of the promising junior who went to represent us at Appleby? He still plays, and plays to an excellent standard, still as proud of Sedbergh Golf Club now as he was then. But at age forty something, he is no longer the next generation. Indeed he is surrounded by the next generation, young lads, willowy and strong who hit the ball for miles! No fear, no bad backs, no gammy knees. Just stand there and smash it the best part of three hundred yards! Single figure handicaps? No problem, if not now then surely in a year or two. Great to see, good to watch, bad to beat.... don't play them for money!! The future for golf in Sedbergh.... fantastic. *David Lord*

CUMBRIA WILDLIFE TRUST

A Visit to Waitby Greenriggs Nature Reserve

It's an ill wind that blows nobody any good and Dr Beeching unwittingly created several nature reserves by his railway closures in the 60s. "Waitby Greenriggs can be said to contain some of the most species rich calcareous grassland in Cumbria" (CWT Reserves Handbook).

On our visit in July we found this to be demonstrably true. Many common and indeed rare species were spotted and identified by our accompanying experts. These are growing on the cuttings, embankments and track bed of the convergence of the old Stainmore and Eden Valley lines. The land was first leased from British Rail in 1981 and purchased by the Trust in 1987.

The area is managed by the introduction of winter grazing and manual removal of young trees and seedlings (mostly willow). Old hedges, dating from the building of the railway are being laid and re-planted. When we visited, orchids were very much in evidence at various stages in their growth. We spotted fragrant (pure and hybrid, pink and white), frog, tway-blade, common spotted and marsh helleborine amongst others. Also present were bird's eye and mealy primrose, burnet saxifrage, devil's bit and small scabious, mouse-ear hawkweed, kidney and tufted vetch, grass of parnassus, mountain hypericum, alternate-leaved milkwort, restharrow and white campion.



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Several varieties of butterfly and moth were also enjoying the sunshine. We identified the silver Y, the common carpet and the yellow underwing moth and several meadow brown butterflies. Soldier beetles were found in the more wooded shady areas.

There was birdlife in abundance and a green woodpecker was heard but not seen. Tawny owls have bred here and buzzards wheeled overhead. Clues were visible to an abundance of rabbits. They also help to keep the sward short and the cider banks along the track have proved ideal sites for warrens. Hares also frequent the reserve but these shy creatures were keeping a low profile that day. Frogs are also known to breed in the old drains alongside the track.

As we left the Reserve we pushed our way through head high meadowsweet. This reserve is well worth a visit especially between April and September. There is an interpretative board near the entrance and entry, as to all the Trust's reserves, is free. SG

SEDBERGH STITCHERS

The Sedbergh Tapestry has now been completed and the work can be seen in the Sedbergh Public Library.

The project was the brain-child of Ann Wood and June Westgate who gathered together a group of embroiderers in 1993 with the idea of creating a tapestry depicting many of the historic buildings in the town.

Judith Aveyard was asked to design the piece after the choice of suitable buildings had been made.

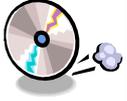
In 1994 work started when each of the stitchers were given a scale drawing of a building together with canvas and thread. The choice of stitches was left to the individual. Some expert advice given by Jean Sowerby, and embroidery teacher, was appreciated in the early stages, but from then on everyone worked at home on their chosen building. Much use was made of photographs to help with colours of thread to be used, as well as intricate details of the buildings. Frequent group meetings also helped.

Sadly Ann Wood left at this stage, moving house to be near her family in the south.

When most of the pieces had been



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completed, work began in 1998 to attach these to the backing canvas. This was done by attaching the tacking to a quilting frame so that it could be rolled up leaving just a strip at a time to be worked on. In this way as many as eight or nine people could sit round working at the same time. All this took place in the dining room of Rosemary and John Challoner, and very happy social occasions they were too, as well as being very productive work-wise.

Agreement was reached with the County Council Library Authority that the finished work should hang in the Sedbergh Library once the recent alterations had taken place.

The official 'unveiling' took place on Wednesday 6th August 2003 by Joe Nicholson, our County Councillor. Happily Ann was able to be there.

Border T.V. featured the event on their Lookaround programme on Thursday 7th.

We hope to have postcards and leaflets available shortly for visitors and locals.

The original plan was to complete three panels in all. Will we do it? Phew! Well - maybe. Library opening hours are featured on the back page of *Lookaround*.

Joan Chamley

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DENTDALE W.I.

Always an anxious moment when a Speaker rings to say that he or she cannot attend, but faced with this situation, Freda Meakin our programme secretary was able to step straight in herself with a slide show and talk on her recent visit to Canada.

Freda's tour began in the beautiful city of Vancouver and as well as the spectacular views we were shown a little of the First Nation's culture, then on through the Rocky Mountains, Banff, Columbia ice fields of the Athabasca glacier, Ottawa, Montreal and ending with Niagara Falls. With the snippets of history and observations of fauna and flora accompanying the slides, it was a very interesting evening. Nancy Murdoch gave the vote of thanks.

Taylor's of Harrogate Yorkshire Tea, who are very keen sponsors of WI, awarded Connie Chambers a certificate and prize as runner up Tea Lady of the Year, following a nomination sent in by Margery Middleton. Well done Connie! She says she makes a better cup of coffee! However, the prize is just a little reward for all the hours of tea making that Connie has put in over the years! Boxes of tea bags were given to each member.

We were reminded of the Wine and Cheese evening on Friday September 5th 7.30 for 8 o'clock, in aid of First Responders. If you didn't order your tickets they are now available to everyone at Dent post office. It promises to be a good evening.

Next month's speaker on September 10th is Liz O'Neill on 'Making a Splash' - The Morecambe Aqua Show in the 50's and 60's. □

HOWGILL W. I.

On 16th July we held a successful coffee morning in the URC rooms raising £160 for our funds. We would like to thank everyone who supported us.

Six member enjoyed an evening of summer music at Cartmel Priory on 28th July. This was an excellent performance by everyone who took part. Our own musical member Helen Beare contributed with "The Train Whistle" on cello. She also took part in an Oboe and strings quartet. A memorable evening at a wonderful venue.

The August meeting was held at Howgill Schoolroom. President Mary Silva welcomed members and two visitors.

Campanologist Stanley Walmsley, gave us a talk with lots of facts and figures on the English art of bell ringing. St. Andrews Church in Sedbergh has a peal of eight bells. Orton also has eight bells at 400 years old. The heaviest ringing bells are at Liverpool. A set of hand bells were used to explain the change in the sequence. A change means a change in the sequence in which the bells ring, each bell ringing once in each sequence.

Several members were eager to 'have a go' at some hand bell tunes after a short practise well known tunes were ringing. Barbara Axford thanked Mr. Walmsley for a most enjoyable evening.

Continuing the theme of bells the competition for 'a bell' was won by Barbara Axford with Lorna Scambler second.

The raffle was won by Sheelagh Dennis. Next months meeting will be held at Howgill on September 4th, when the guest speaker Anne Scargill will talk about faulty towers. The competition is an 'edible necklace'. A. H.

SEPTEMBER GARDENING

There seems to be something relatively modern about hanging baskets and window boxes but some of the plants in them have actually been around in our gardens for many years.

Lobelia erinus, that familiar blue trailing plant was introduced from its home in South Africa into Europe in 1752 and has been cultivated here ever since. In its wild habitat it grows on lower mountain slopes amongst rocks where there is a good supply of water. *Lobelia erinus* is a short lived perennial but is usually grown here as an annual to avoid the trouble of over-wintering plants out of the frost.

Other popular annuals are Petunias. These come from Argentina where they grow in profusion on the banks of the Uruguay River, and from Brazil and Uruguay where they grow in open spaces. Various cultivars have been developed from the original *Petunia integrifolia* and *P. axillaris* species including *P.* 'Blue Daddy' with lilac blue flowers with rich dark violet veins, 'Purple Wave', a bright magenta, free flowering variety, 'Prism Sunshine' with pale yellow flowers, and the new 'Trailing Million Bells' cultivars with their small blooms of white, pink, violet blue or apricot. *P. axillaris* was first introduced into this country in 1823 and *P. integrifolia* first flowered in Glasgow Botanic Garden in 1831.

Around about the same time *Verbena* hybrids were being developed for use as bedding plants. Hundreds of varieties, mostly with spreading stems were raised and from these new cultivars have been developed. I like 'Peaches and Cream' with peach/apricot coloured flowers,

'Silver Ann' with silver/pink blooms and 'Sissinghurst' with sweetly scented pink flowers.

Elaine Horne

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SEDBERGH SCHOOL CHORAL SOCIETY

Calling all Singers, Your Choral Society need you.

The new season begins on Monday 8th September (not 15th). We meet at 6.25pm in Powell Hall, Sedbergh School. This year we are singing Handel's Messiah and will be staging a performance Carlisle of 7th February and Powell Hall on 8th.

Everyone is very welcome to join us. If you enjoy singing come along, TENORS & SOPRANOS especially required.

The first rehearsal begins at 6.15. 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. ☐

BOOK TOWN NEWS

Perhaps you will have noticed that after many years Stable Antiques on Back Lane has now closed? Suzie Thurlby is still there and offering excellent B & B, but the shop part of the premises is soon to metamorphose into - Sleepy Elephant Books and Artefacts.

This will be the first new stand alone book shop for Sedbergh although we do have Reflections Gallery and Our Gallery both doing their bit for the Book Town with general interest and Inner Space books respectively.

Sleepy Elephant, thank you Mr. Wainwright!, will be a co-operative featuring books on English Music which should find a very devoted audience here, cooking, textiles, railways, local interest, wood work etc. etc. Several book dealers from as far afield as Cheshire and Halifax are joining in and helping to make a bigger offering for bibliophiles who visit Sedbergh.

Perhaps you have noticed the Book Boot in Joss Lane car park each Wednesday. We have been so lucky this year with good weather for most market days enabling at least one or two book people and several general car booters to join the market. Please remember anyone can bring their goods to sell (nothing new please), just book your space at Sedbergh Office Services.

Advance news - the local Cumbria Wildlife Trust committee is having a book sale in October, any donations gratefully received.

Grant news - we have just about gathered together enough funding to look at the business plan for the Book Centre Building and we hope to have the plan

completed by October. Then providing all is favourable we will be able to apply for funds to take on a building! Its very, very exciting and we hope that the Book Centre will be a real centrepiece for Sedbergh offering not only book related shopping but a real cross-section of shops and amenities that everyone can enjoy!

In the meantime please come and have a look at Sleepy Elephant probably from the first week in September. ☐

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Grants are available for students receiving post secondary school education at university or college and for people doing apprenticeships. The grants are intended to assist with the buying of books, tools, etc. Applicants must be under 25 years old and live in the civil parish of Sedbergh.

Anyone wishing to apply for a grant should write to the Clerk to Sedbergh United Charities giving their name, address, date of birth and details of the course or apprenticeship. The trustees will award grants at their next meeting to be held on 20th October.

Applications should be sent to:
31 Loftus Hill, Sedbergh LA10 5RX. ☐

JULY'S WEATHER

What another marvellous month weather-wise. Unfortunately I do not have a sunshine recorder but we certainly seemed to have plenty once again. We had several days where the temperatures reached the 80's. There were many days when, in the sun, the temperature topped 100F. I actually recorded a shade temperature of 92.5F but although it was hot I am not sure about this one. On the same day the minimum fell to 39.2F, the low point for the month. On only two other nights did the temperatures dip into the 40's. Minima for the rest of the month being in the 50's F. On the 29th July an unusual situation occurred where the maximum was only 64F and the minimum was 60.1F. Atmospheric pressure was not really very high, considering all the good weather. It reached a high of 29.65" , a low of 29.12" with the majority being between 29.3" and 29.6" of mercury. Breezes were recorded every day with a maximum of 19.0 mph and a 8.7 mph. For half the month the wind direction was from between 311 & 352 degrees. Rainfall was

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modest for July, which is normally reckoned to be our second wettest month after January. We had only 2.48"! This came in spurts giving us 8 days in the middle of the month without any measurable rainfall. Judging by all the activity there was a lot of hay gathered during this period. I got the quickest hay ever, for me, cutting to bailing in 2 days! I heard of one family who worked well into the night to get in over 1000 bales as rain had been forecast for the next day. They finished off the next morning. Guess what? It didn't rain but what a waste if it had. People say farmers are only there for the hand-outs! I wish some of them would come and try haytime, clipping, lambing etc. The dry weather seems to have confused the natural world as if such hot dry weather is not expected. Hens and ducks have cut back on laying, wild birds don't seem to have had second broods and swallows, martins and swifts seem to be very few in number. Late on in the month a pair(?) of martins briefly investigated our eaves. This brought my sightings of this species to 6 for the year so far. □

SPARE TIME?

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COMMUNITY TRANSPORT SOUTH LAKELAND

BBQ & GAMES

The annual village BBQ was enhanced this year by Killington's first Duck Race - down the beck at the side of the Hall. The event was well attended and voted a success, despite dubious weather earlier in the day.

The Duck Race attracted considerable interest and the winners were:

£50 E. Capstick,
£30 J. Fishwick,
£15 A. Mason,
£5 S. Escolme.

The proceeds were divided between Hall and Sports funds. It has already been decided that it should be repeated at next years BBQ.

On the night, Thomas Gorst won the Quoits Cup and also the Pitchpenny and

Horseshoe events.

Susanne Escolme won the Longest Foxglove competition.

The success of the evening was ensured by the sterling efforts of Richard and Carol Kirkby who spent the evening slaving over a hot BBQ, Jane Allen and Kate Waller who organised the Duck Race and all the various helpers and contributors of puddings. We look forward to next year's BBQ to be held on Saturday 4th. July 2004 - with some sort of American Independence Day theme to match the date!

Please note that the Car Treasure Hunt that was to be on Sunday 31st August will now be at 1.30 pm on Sunday 5th October. □

Sedbergh School

Open Days 10.00 – 2.00



Seniors (13-18) September 27th

Juniors (3-13)

October 4th

(at Low Bentham)

for further details:

Senior: 015396 20535

Junior: 015242 61275

hm@sedbergh.sch.uk

hmsjs@sedbergh.sch.uk

www.sedbergh.cumbria.sch.uk

Sedbergh School, Sedbergh Cumbria LA10 5HG

Sedbergh School is a registered Charity no 1080672

FAMILY MUSINGS

More glorious weather, meals outside, friends calling in, happy family times in the garden, the birds continue to entertain us, all the chattering starlings fighting over the scraps on the table, the sparrows enjoying a dust bath on the drive or the blackbirds bathing in the trough.

Next doors children have enjoyed their paddling pool of which I was very envious in the heat, didn't think they'd be too pleased if I joined them.

One young friend and his mum came on my birthday and he & I played bat and ball, hide and seek and then he wanted to roll down the bank, and wanted me to roll down the bank... so I did. Elder daughters comment later on being told how I'd celebrated was along the lines of "at your age". Well, life began at 40 didn't it? My 40th celebrations were four years in the planning so must start on my 50th plans now, one or two ideas already. Picnic on Barbondale being one. I just hope my young friend doesn't want us to roll down the fell-side.

Talking of friends I actually had to look up a phone number, I used to know by heart. Shameful isn't it, but friendships do evolve don't they? True friends are worth their weight in gold, or my weight in gold, whichever is the greater. One really fantastic thing about living back in the village as not living on the farm all of half a mile out, is that people are always 'popping in' to see us. I guess I didn't really realize how much I missed this after giving up the shop where people popped in and out to say hello and yes, as customers too.

It is great knowing elder daughter is living in this country. Last summer she

Settlebeck PTFA

Car Boot Sale

Before Cautley Run

Saturday 28th September

8am-2pm (gates open 7am)

Settlebeck Bus Park

Car £5, Van £10

Refreshments

Bookings 015396 20885



was working in Dublin, and the two previous years in Italy. Now she can come home for the weekend and hopes to be back for the Gala. We haven't made our trip to Durham yet. It is too hot to travel far and we have hosted a luncheon for nineteen. A Teas in the Garden, and entertained friends and family. Where could possibly be nicer than Grans? Apart from a hiccup with her arm in a sling for a few days, Gran goes well, planning 'open house' for her **91st Birthday**. Another lunch.

Younger daughter has a car. We are not allowed to call it a Fiat, she has a new name ... something 'miles' which sounds much classier. With her having sat and passed her A levels that brings school days and such exams to a close for this family. Where has the time gone? I've a photo of them all off to primary school after the hols, all three quite small... aawwh!

My writing is on-going, nothing yet

Sedbergh Town Band
CHARITY CONCERT

in aid of

MacMillan Cancer Relief

held in

Settlebeck High School

7:30pm Tuesday 30th September

Admission £3 ~ Children & OAP £2

Grand Raffle

accepted for publication but all good practise. I use my on-loan word processor all the time and my donated computer when hubby can help me save on disk and take it to the farm to print out. Still do handwritten stories, and continue one or other of my 'novels'

often by hand so will need someone to decipher them and print out. Sometime.

The writing magazines are always bursting with competitions to enter, life is never dull.

One hot day recently I got out the hedgecutters and aimed to do all the hedges and bushes etc., in the day, ready to load the rubbish into hubby's trailer at night. First it rained, then I got sidetracked with daily duties then it was lunch, then siesta time and too hot anyway. Hubby finished off by doing the two front hedges and I had to find the energy to help move the small trailer around the garden to collect the rubbish. Boy, was I stiff next day. All in a good cause, a tidy garden and hopefully I lost some weight. All the Best. ☺

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SEDBERGH TOWN BAND

Some four years ago a small group met in the Bull Hotel following an informal chat about the possibility of learning to play a brass instrument. All were of 'mature years' and none had had any previous experience - in fact they had never picked up an instrument before and considered themselves to be completely unmusical.

The magnitude of this misconception can be seen in the present Town Band; now thirty strong and regularly giving concerts to large and appreciative audiences. The vast majority of the band were complete beginners at some stage over these four years and thanks to the opportunity to learn through the

beginners' class are now more than competent players successfully tackling an ever expanding and more demanding repertoire.

Members of the band are unanimous in saying that taking up an instrument and becoming a player is one of the most satisfying things they have done. Social and cultural horizons have widened immeasurably, whilst the satisfaction of performing as a team giving pleasure to others is immense. Also the chance to contribute to the well-being of the less fortunate through funds raised at the Annual Charity Concert enables the band to reciprocate some of the generosity it has received since its foundation. It also feels privileged to contribute to local,

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community events. Over the last twelve months the band has played at the Annual Sedbergh Gala, the Sedbergh Spring Show, Farfield Mill's Christmas party, Baliol Schools Fete, the post foot and mouth charity barbeque at Mutton Hall Farm, Dent Memorial Hall fund raising and the Queen's Jubilee Celebrations.

Following the MacMillan Nurses Charity Concert at Settlebeck School the next major event will be the Annual Christmas Concert in the People's Hall in December. Plans to make this a truly family occasion are already well in hand. Music traditionally associated with the season will dominate the programme: audience participation will be a feature as well as refreshments appropriate to Christmas. Santa Claus had been

contacted and has promised that he will be making an appearance with a sack full of goodies for the younger members of the audience. Further details will be published nearer the event.

Beginners Class - A new class will be starting in the middle of September to which anyone is most welcome. No knowledge or experience of music is required - indeed, it is the basic assumption that this is the case. Instruments will be available and expert, sympathetic tuition will be given. Age is no barrier - from primary school to O.A.P.'s all are potential members of the Sedbergh Town Band.

Anyone interested in joining the class please contact Gerry Blackwell on (015396) 20056. *G.B.*

| | | | | | |
|---|--------|---|-------|-----------------------------------|-------|
| <u>Starters</u> | | | | <u>Fish Dishes</u> | |
| ▲ Prawn Cocktail & Marie Rose Sauce | £3.20 | ▲ Salmon Steak with Parsley Sauce | £7.90 | ▲ Grilled Rainbow Trout | £7.90 |
| ▲ Garlic Mushrooms on Toast | £2.95 | ▲ Breadcrumbed Scampi | £5.80 | ▲ Breadcrumbed Haddock | £5.80 |
| ▲ Pate with Garnish, Toast & Butter | £2.95 | <u>Vegetarian Dishes</u> | | | |
| ▲ Soup of the Day | £2.10 | ▲ Tropical Vegetable Curry | £5.90 | ▲ Stilton & Vegetable Crumble | £5.90 |
| ▲ Egg Mayonnaise | £2.10 | ▲ Vegetable Lasagne | £5.90 | ▲ Mushroom & Nut Fettuccini | £5.90 |
| ▲ Grapefruit Cocktail | £2.10 | ▲ Broccoli & Cream Cheese Bake | £5.90 | ▲ Vegetable & Pasta Bake | £5.90 |
| <u>Extra Special Main Courses all £9.95</u> | | ▲ Vegetable Tikka Masala | £5.90 | ▲ Macaroni Cheese | £5.90 |
| ▲ Loin of Pork in Cider & Apple Sauce | | <u>Rice Dishes</u> | | | |
| ▲ Lamb & Apricot Casserole | | ▲ Chilli | £5.60 | ▲ Chicken Tikka Masala | £6.90 |
| ▲ Chicken with Basil, Port & Dill Sauce | | <u>Salads</u> | | | |
| ▲ Venison Steak with Red Wine Sauce | | ▲ Ploughman's Lunch | £4.60 | ▲ Cold Meat Salad & Roll & Butter | £4.90 |
| ▲ Venison Casserole | | ▲ Prawn & Rice Salad | £5.80 | <u>Sandwiches</u> | |
| ▲ Supreme of Pheasant Chasseur | | ▲ Prawn with Marie Rose Sauce | £3.60 | ▲ Ham, Beef, Cheese & Tomato; | |
| ▲ Pork in Pepper Sauce | | ▲ Cheese & Pickle or Salad | £1.90 | ▲ Toasted Sandwiches | £2.20 |
| ▲ Cod & Prawn Crumble | | ▲ Portion of Chips | £1.00 | ▲ Mixed Side Salad | £1.20 |
| <u>Main Courses</u> | | ▲ Portion of Mushrooms | £1.00 | ▲ Roll & Butter | £0.35 |
| ▲ Roast Dinner of the Day | £5.90 | THE HEAD | | | |
| ▲ Mixed Grill | £11.30 | AT | | | |
| ▲ Fillet Steak | £11.30 | MIDDLETON | | | |
| ▲ Sirloin Steak approx. 8oz uncooked | £9.80 |  | | | |
| ▲ Half Roast Chicken | £6.80 | Tel: 015396 20258 | | | |
| ▲ Chicken Kiev | £5.90 | www.middleton-head.co.uk | | | |
| ▲ Lasagne | £5.90 | enquiries@middleton-head.co.uk | | | |
| ▲ Steak & Kidney Pie | £5.90 | Menu | | | |
| ▲ Cumberland Sausage | £5.90 |  | | | |
| ▲ Gammon & Pineapple | £5.90 | Page 31 September 2003 | | | |
| ▲ Barnsley Lamb Chops | £8.90 | | | | |
| ▲ Marinated Lamb Steak (6oz) | £8.90 | | | | |
| ▲ Pork Chop in BBQ Sauce | £6.10 | | | | |
| ▲ Cheese & Ham Pasta | £5.90 | | | | |
| ▲ Tuna Pasta Bake | £5.90 | | | | |

SEDBERGH SCHOOL GIRLS FUND

The Committee of Management will meet shortly to consider applications for grants for educational tuition and/or educational facilities from girls resident in the parishes of Sedbergh, Garsdale and Dent. The Scheme of Management for the Girls' Fund quotes the following principles of application:

1. The income of the Fund shall be applied by the Committee for the benefit of beneficiaries, in one or more of the following ways:

- A) The award of Scholarships, Bursaries or Maintenance Allowance tenable at any School, University or other place of learning approved by the Committee;
- B) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or any other educational establishment, to prepare for, or to assist their entry into, a profession, trade or calling;
- C) The award of Scholarships or

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015396 - 20605

Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education;

- D) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the provision of coaching in athletics, sports and games, for beneficiaries who are receiving primary, secondary or further education;
- E) The provision of financial assistance to enable beneficiaries to study music or other arts; and
- F) In otherwise promoting the education of beneficiaries.

In this Scheme, the expression of "beneficiaries" means girls who were born, or who have for not less than three years been resident in the Parishes of Sedbergh, Garsdale and Dent, and who in the opinion of the Committee, are in need of financial assistance.

Anyone wishing to make an application for a grant from the Fund should contact the Honorary Secretary, Mr. N A H McKerrow, at The Bursary, Sedbergh School, Sedbergh, LA10 5RY before 17th September 2003. □

MADE IN CUMBRIA

Made in Cumbria scored great success at Lowther this year with five of their members bagging top awards for best stands in the show.

On Only her second time exhibiting in the Made in Cumbria tent at Lowther, Jo Vincent of Hall Garth near Kendal gained top honours in the craft section this year. She beat strong competition from over 100 other exhibiting Cumbrian artists and craftsmen. Jo, a furniture design graduate from Leeds University trained in London and Sienna before returning to Cumbria, her home county. Now she designs and makes a range of contemporary glass for interiors - everything from coasters to kitchen worktops.

Other Made in Cumbria successes include Original Cumbrian Wool who were delighted to scoop second prize at their first time showing at Lowther. Taking third place was local blacksmith Debbie Payne whose handmade ironwork was hailed by the judges as being both 'beautiful to look at and extremely useful'. Winners in the food section included a second place spot for the Village Bakery and Hawkshead Relish in third.

The Made in Cumbria marquee played host to 80 craft companies and over 30 food producers making this one of their busiest and most successful years at Lowther. A new addition to the marquee this year was the Cumbrian Restaurant which proved a great success with hungry show-goers. Made in Cumbria is a Cumbria County Council initiative now in its fifteenth year of service, offering members practical business advice and selling opportunities for over 500 craft and food producers. □

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THE COBWEB ORCHESTRA

As the Cobweb Orchestra prepare for their first ever tour to Italy, plans are already going ahead for their next season of music making.

Cobwebs is a Community orchestra for players of all ages and abilities, with a special relationship with the Northern Sinfonia Orchestra.

Rehearsals for the Cumbria Group are held in Tebay Methodist Church Hall on Tuesdays during school term time. We perform two concerts a year, and join up with the other groups for a big work once a year. Study days and workshops and other special events take place in Keswick, Rheged, Bishop Auckland, Durham, Kirkby Stephen, Appleby and others. These are conducted by players from the Northern Sinfonia and other professional musicians. Our next big work will be Bizets (only) Symphony in C. There is a small fee per term and session. The first Tebay rehearsal is on Tuesday September 23rd at 7.30pm.

If you are interested in joining this superb group who play for FUN, please contact Ian Potts on 017683-51934 after he returns from Italy on August 31st.

Cobweb Site: www.cobweborchestra.freeserve.co.uk

S.M.B.

PENSION SERVICE

The Pension Service Comes To South Lakeland

The Pension Service is part of the Department for work and Pensions. It is a new Government Agency that has been set up to provide a dedicated and customer focused service to today's and future pensioners. The Pension Service, launched in April 2002 is being introduced on a phased basis across England, Scotland and Wales over the next two years.

By bringing together pension-related services, customers of The Pension Service will be given a dedicated service in a way that is convenient for them. Many pensioners already conduct their business over the phone so 26 modern centres are being developed using the most up-to-date equipment to deal with telephone queries accurately and efficiently.

The Pension Service staff will be holding regular surgeries based in

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convenient locations throughout South Lakeland. Staff will be available to offer advice and information to pensioners, their families and those who are planning ahead for their retirement. You will be able to make an appointment or drop in for specialist advice on:

- The completion of Retirement Pension forms
- The completion of Pension Credit forms.
- The completion of /advice on all Benefits For Older People.
- Verify savings, Birth/Marriage/Death certificates (You won't need to post these items off-they will be handed back immediately!)
- Winter Fuel queries

Information leaflets can be obtained at the library. We are now at the community office every other Monday from the 8/9/03 where you can just drop in to see a Pension service advisor.

There is also a home visiting service for those unable to attend the drop in surgeries – ring **0845 6060265**

Recently a Lady who attended the surgery found herself better by £49.25 per week!! ☺

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SEDBERGH FESTIVAL 2004

President: The Bishop of Bradford

St. Andrew's celebrated the Millennium and the Golden Jubilee with a Festival of Music and Talks. The response to both was very encouraging, so much so that it is felt that a Festival might become a regular Sedbergh event. So from June 12th to June 27th next year there will be two weeks of Recitals, Concerts and Talks, again centred on St. Andrews Church.

The opening and closing concerts will be of large scale choral works. The first to be given by Ulverston Choral society, who will be celebrating their Centenary and the second by Sedbergh Summer Singers performing Bach's St. John Passion.

Running through the two weeks will be a survey of all the organs of Sedbergh, Cautley and Dent with distinguished soloists including Christopher Tambling of Downside Abbey, Damian Howard of Lancaster Cathedral, David Sanger, and international concert organist, Dr. Clare Mingins, Sedbergh School Organist and others.

Choirs from Bradford Cathedral,

Casterton School and Sedbergh School will be taking part and a wide variety of musical groups will be giving concerts, including the Mowbray Ensemble, the Serafin String Quartet, a Brass Ensemble, the Borders Consort of Ancient Music, Manchester and also the first performance of a new work based on the life of St. Brendan by Christopher Gibbs and commissioned by the Pepperpot Club.

Much else - more details nearer the time.

This Festival and the previous Festivals have been made possible by the generosity of Patrons and Sponsors. If you would like to become a Patron please contact the Festival Patrons's Secretary tel. 015396-20843. D. C

St JOHN HOSPICE

On a very wet Sunday Morning on 10th August, many people braved the weather to make purchases on the Maryfell Patio where £100 was raised for St John Hospice in Lancaster.

Kath Gibson would like to thank all those who made purchases, made donations and helped in any way. ☐



THE GREEN DOOR

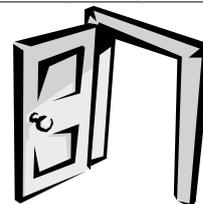
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THOUGHT FOR THE MONTH

Seven hundred and twenty balloons soared into the air creating a mass of bright colours, some would travel a great distance others would become entangled in hedges or trees and go no further, some would encounter something sharp and burst. But the spectacle of all those colours high above me will be something I'll always remember.

It didn't just happen, someone had to organise everyone to "sell" the balloons, to blow them up, to hold them secure in the giant nets until the time was right to release them.

So it is with every day life, nothing happens unless someone does something... and sometimes in community/family life the "doing" isn't shared out very well. Too many people sit and watch. Some are wary of showing their true colours. Others prefer to fault the ones who do. But to enjoy the whole picture everyone has to do their bit, however small. Remember it doesn't cost much to be an encourager. *L. D.*

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SEDBERGH

YOUNG FARMERS CLUB

On the 15th August, Sedbergh Young Farmers hosted a BBQ and Tug of War competition at The Middleton Head.

We would like to thank Richard Hague from Jackson & Graham, Steadmans Butchers, DT Close Ltd., The Middleton Head and Dawsons Coal Yard for sponsoring the Tug of War prize money.

Our thanks also goes to Bill Bowness for the use of his field, Dave and Liz Martin for the use of their pub for an excellent venue and also John Capstick for refereeing. A big thank you must also go to the people who came to support us and we hope to see you at any future events that we may organise.

The money raised will go to Sedbergh Young Farmers Club funds for the year ahead.

The Tug of War proved to be very competitive among the various team members. The results are as follows:-

1st Burton-in-Lonsdale YFC
2nd Sedbergh Firemen (and 1 woman)
3rd The Hustlers

I can safely say a good night was had by all. ☺

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**SEDBERGH BADMINTON CLUB
 AGM Report - July 28th 2003**

This was a very well attended meeting. The 2002/2003 season was discussed and then moved on to the 2003/2004 season.

The election of officers took place:
 Chair Richard Mason
 Treasurer Margaret Chambers
 Secretary Angela Mason
 Match Secretary John Armitstead

Two teams will play in the Westmorland Badminton League this season. The first team in Division 4 and the second team in Division 5.

After a lot of discussion it was decided to change the club venue for Monday evening.

From Monday 1st September 2003 Sedbergh Badminton club will play in Sedbergh School Sports Hall. This is an exciting opportunity allowing the players the advantage of 4 courts.

From Monday September 1st 2003

Seniors

Monday evenings - Sedbergh School Sports Hall. - 7.30 pm to 9.30 pm.

Friday evenings - Sedbergh School Sports Hall. - 8.30 pm to 9.30 pm.

Juniors

(Starting Friday 5th September)

Friday evenings - Sedbergh School Sports Hall - 7.30 pm to 8.30 pm.

New members are always welcome of any ability.

For subscription details and any other information contact Richard Mason on 20505 or Angie Mason on 25461. ☐

**FARFIELD MILL
 LUNCHEON CLUB**

If you are a member of the S&DBPT you are able to join the Luncheon Club which meets on the first Tuesday of every month, except January.

In July we enjoyed prompt attention and good food at The Black Bull at Nateby. It was a lovely ride out for us all

The August lunch was a fundraising meal. The money going towards the Christmas festivities at T'Mill. Nineteen of us enjoyed a lovely buffet at the Dentdale home of two of our members.

Glorious weather, stupendous scenery and delicious food made it a day to remember. The company was good too with some 'old friends' able to join us. A flippin' good time to set us in good stead for the 'Flippin Fluke' in September.

Meet to eat at 12.30.

Sarah

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

On Saturday August 9th, twenty-one Sedbergh beekeepers and visitors from Harrogate & Ripon Beekeepers' Association enjoyed a visit to the apiary of new members Mike & Linda Hart in Barbon, in perfect summer's weather!

Most watched closely as Mike carried out a detailed examination of his two colonies, both of which had been established earlier this year. The first had unexpectedly swarmed, but unfortunately the virgin queen left behind had failed to mate successfully and indeed may have been taken by a swallow during her mating flight. This, sadly, happens quite often, and the colony is left queenless. If the beekeeper does not intervene, it is doomed. However the second colony was found to be very strong with a very healthy, fertile, queen. The usual decision was taken - to unite the two colonies so that the workers from the queenless colony are productive again. This is done by placing the brood chamber of the queenless colony on top of that of the healthy ('queenright') colony, separated by a sheet of newspaper through which some small slits have been made. By the time the worker bees from the two colonies have chewed their way through the newspaper they meet and accept each other as sisters and do not fight! Mike and Linda will now have a very strong colony to survive well throughout next winter.

We all then enjoyed a magnificent bar-'bee'-cue which Mike and Linda and their son and daughter had prepared with the help of Vic Hopkins and his



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granddaughter, and to which members had brought delicious desserts and bottles (some, from Bill & Marion Smith, of excellent mead - beekeepers know how to live, you know!). While we were eating and drinking we all completed a beekeepers' bar-bee-cue quiz that Mike and Linda had prepared. This caused great merriment, and was won by one of our guests from over the Pennines. The prize was a dozen eggs from Mike and Linda's hens!

Our next meeting is a visit to Vic Hopkins' apiary at Brantrigg at 2.30pm on Saturday 6th September. This is the beekeeper's favourite time as the honey crop is extracted and bottled! Vic will be showing us how! Also in September we have our last apiary

visit of the season and will be visiting Brian Wright's apiary at Moss Barn on Saturday 27th at 2.30pm. The end of September is also the end of the beekeeping year, when the colonies are prepared for the winter ahead. This will be Brian's subject. You will be welcome to join us at either meet. Please call 21902 for directions.

Malcolm Fraser-Urquhart

OFFICE SPACE

Being in business and involved in promoting business around Sedbergh, I am asked from time to time if there is any office space available locally.

This time I have been asked by the owner of a property if there is anyone interested in managed office space.

The intention would be to provide individual offices with telephone and basic furniture, reception and telephone answering services.

Naturally toilet and kitchen facilities would be available as well as parking.

Training/conference room with OHP and computer projector could be made available by arrangement.

Typing and other secretarial services could also be available as could broadband computer connection.

Terms for occupation have not yet been decided but they will be flexible.

Anyone who might be interested is asked to contact Chris Whelan on 20293.

CAUTLEY 10 ROAD RACE

Sunday 28th September 2003

Roll up, roll up, for the Howgill Harriers and Settlebeck 10 mile road race now in its third year. We're expecting to attract even more runners this year (we doubled the entry last year) so if you'd like to test your running prowess ask at the school office for an entry form and start practising now.

For those less inclined to extreme exertion there will be lots more happening down at Settlebeck on the day. A car boot sale starting at 8.00 a.m. on the bus park and a fun run at 11.00 a.m. using the school fields and local footpaths by the river.

We need marshals, helpers and of course an appreciative crowd to watch the races. If you're able to lend a hand please let our office know – we're particularly keen to set up more drink stations this year and to closely marshal all crossroads. Young people under the age of 17 will be welcome at our fun run. ☐

POLICE REPORT

The dark nights are starting to draw in now as we rapidly approach Winter. Now is the time to check your vehicles with regard to Road Safety. Tyres must be devoid of any defects anywhere and must have a good tread. Lights must be maintained in good working order. Check radiators for anti-freeze. Fill windscreen washer bottles.

A pet subject of mine is vehicles displaying Fog Lights to the front and/or rear when it is not foggy or poor visibility. Don't use them as they blind other motorists and can earn a Fixed Penalty.

Here is a question. Very short and simple and nearly always receives the same answer. *When was the last time you read the Highway Code?* Answer. *When I passed my Driving Test.* I haven't had the reply "What's the Highway Code?" yet, but... Why not treat yourself to a copy. The cost is minimal compared to the Fine you could receive for being ignorant of the law.

There has been another request from SLDC for vehicles to be kept off of the top part of Joss Lane Car Park on Wednesdays for Market Day. It is an offence and Fixed Penalty Tickets can be issued by the Ticket Wardens from Kendal. *DJW*

BUTTERFLIES

Butterflies Tots and Carers Drop-In

Butterflies was introduced to provide a drop in facility for carers and children under school age at St Andrew's Church. Lookaround readers will recall that it was decided not to run the Butterflies during last term as there had been so few carers and tots attending. Since then the organisers have been contacted by a number of carers who would like it to continue. It has been decided that to re-start the weekly sessions at 1.30pm on Wednesday 3 September.

The sessions last from 1.30pm to 3pm with toys and activities for the children and a drink and a chance of a chat for the carers.

Initially Butterflies will run each week until the October half term. If there is sufficient support it will continue after that during term time.

Anyone wanting more information should contact Dorothy Gerrard (tel. Sedbergh 21217). □

COMMISSIONS UNDERTAKEN FINE INK PORTRAITS of Showdogs & Pets

For further information Tel: 07977 867649

SEDBERGH CRICKET CLUB

Well a much better season than last year when we finished bottom of the league owing points. We had had points deducted for not fielding a side hence our negative total! This season things are more like normal with the side in the top half of the league all season and at one point we were third! Results to hand are as follows: Bare 127 for 7 & Sedbergh

128 for 4; Ibis 83 for 7 & Sedbergh 146 for 7; Sedbergh 145 a.o. & Galgate 146 for 6; Sedbergh 229 for 7, A. Wilson 106 n.o., & Ambleside 89 for 7. The junior sides finished their season as term finished. U16 P8 W2 L5 P10. U13 P9 W1 L6 P8. Hopefully a fuller round-up next month. □

EMBROIDERER'S GUILD

Kirkby Lonsdale and District Branch

As we do not meet in August, this is just a reminder to members and anyone else interested in joining our group that from September we will be meeting in Cowan Bridge Village Hall. The next date for your diary is 18th September when Ann Wright will be showing us her special form of canvaswork. From that date all our meetings will be held at Cowan Bridge Village Hall from 2-4 pm. Further details can be obtained from Ann Hunter on 01242 41120, Kay Stockdale on 015242 76443 or Tracey Pearce on 01539 741869. All are most welcome. No previous experience is needed. □

SEDBERGH GALA GROUP

The group will be holding their AGM on Monday 13th October at 7.30 pm in the People's Hall Committee Room.

Members of the public are invited to attend.

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

If you would like an application for funds to be considered, please apply in writing to the Secretary by 6th October To
Bridge House, Brigflatts
Sedbergh, LA10 5HN
Tel: 015396 21820□

ST. JOHN FOR YOUNG PEOPLE

As you may or may not remember, there used to be another part of the St. John Ambulance in Sedbergh called "Badgers" and this was run on a Saturday afternoon. Badgers is for people aged between the ages of 6 and 10 years old and it teaches them first aid and whilst being fun, as we play sports, play games and make things. Whilst having all this fun the children are able to learn skills, but earning badges in nine subjects - First Aid, Health, Caring, Safety, Communications, Resourceful, Hobbies, Games and St. John. These go towards the Super Badger Badge and certificate to mark his or her achievement.

Now Badgers is starting again on a Thursday night at 5.30pm. The first session being on 11th September at the St. John building on Bainbridge Road. For more information about St. John Badgers please phone Jenny on Dent 25037 or call in at the Headquarters on the night. We look forward to seeing or hearing from you. *Jenny, Badger Leader*

RAINBOWS & BROWNIES ARE STARTING AGAIN

After four years without Rainbows and Brownies in Sedbergh, we are pleased to announce we will be reopening on September 15th.

You can enrol your daughter for Rainbows and Brownies on 8th September from 6 pm until 7.30 pm at our Coffee Evening in the Methodist Schoolroom, New Street.

There will be a display of uniforms and the launch of the new Brownie programme in Sedbergh. As we have only two guiders at the moment places

will be limited. We shall take girls on a 'First Come, First Served' basis. After our numbers are reached there will be a waiting list.

We would also like to welcome any offers of help in Rainbows or Brownies as an assistant Guider or unit helper. For further information please ask or phone Dot on 20346 or Jeanette on 21731. ☐

SEDBERGH WANDERERS FC

R.S. Morphet Ltd have sponsored the Wanderers First Team strip for the coming Season. The Strip was recently presented by Manager Anthony Beck to the Team.



The photographs show Anthony with Caspa (Fundraising Secretary) and Tom Moffat (General Secretary) and the whole team wearing the strip. ☐



MISSING PERSON

Lord Lucan has just done a TV Interview. He said "To prove I am still alive, I saw Liverpool play on Saturday and they were rubbish". A Senior Government Official said "That could have been recorded years ago!" ☐

IS THIS YOU - OR ME?

When I was young and very slim, I seldom had a care,
My skin was clear, my eyes were bright, and glossy was my hair.
I gorged myself on chocolate, my figure was fantastic,
But now I have expanded, and I'm held in by elastic.

If it weren't for Marks and Spencer, I'd be twice this size,
As I stand encased in lycra, from the neck down to the thighs,
The crow's feet have all landed, there's lines around my mouth,
And bits of me, that once were firm, are slowly drifting south.

My doctor says my aches and pains have an underlying cause,
And that all of this is normal, its called the Menopause.
Oh perish now, the awful thought that I should very soon,
Assume the spitting image of a wrinkled up old prune.

So, I bought some women's magazines and studied their suggestions,
For restoring all my youthful bloom and came up with some questions,
Like, How did all this cellulite attach itself to me?
Why are all these anti-ageing creams all failing miserably?

So I think I'll get some exercise and try to lose some weight,
I do not want a heart attack or stroke to be my fate. □

Harmony Slimming Club

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Dear Editor,

More about the Mill!

Isn't it about time for those few individuals to stop the constant whingeing about Farfield Mill.

O.K. with hindsight the Trust would have done things in a different way but its now history. The Mill is up and running, is proving a success and a great asset to the area. It attracts new visitors to the area and many people depend either directly or indirectly, on visitors for their livelihoods. We have the wonderful landscape and places such as Farfield Mill are an added bonus to both locals and visitors alike. The Mill now plays an important part in providing an income for employers and tenants. Personally I find it a great place to work and my business has certainly been helped by my move to the Mill.

To have allowed the building to fall into ruin would have been a waste of a valuable resource. The two alternatives of full industrial development or housing would have caused far more daily disruption to the residents.

By all means continue to keep an eye on things at the Mill but wouldn't it be good to see all this negative energy channelled

into some positive cause. There are plenty of these in Sedbergh.

I could have prattled on at great length about the subject but really I think that most people have heard quite enough from both sides. *Graham Glynn*

DIALECT DIGEST

That dialect is still thriving in the North is evident from the number of dialect societies in this part of England.

As well as the Yorkshire Dialect Society, there are dialect societies in Lancashire, Durham, Lakeland, the East Riding of Yorkshire, and Northumbria.

Every two years, these societies get together for a gradely afternoon of dialect entertainment. The next one will be on Saturday 6th September this year. The venue is Boldron village hall on the A66 near Bowes, and the get-together, which starts at 1.30pm, will begin with a talk by broadcaster and writer Stanley Ellis. He will be covering fifty years of dialect, using tape recordings from his extensive collection.

After refreshments, there will be contributions from the various societies, illustrating the rich variations in language from county to county.

Admission is free, and everyone is welcome. All we ask is that you bring along some small item for the buffet, preferably local traditional fare.

The title is Dialect Delights, and I'm sure you would find something to delight you should you wish to join us.

Autumn is not far away now. I once gave a talk at a school and asked the pupils to tell me what 'backend', the dialect word for autumn, meant. I quickly discovered that modern children can be very rude when they want to be! ☐

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LIONS OF THE LONG GRASS

In a hot tropical country, life can be made very difficult when you have to cope with hostile animals and insects that seem to surround you. I enjoy the absence of savage creatures in England. But one miniscule monster can make life a misery - the lions of the long grass – Harvest Mites!

Harvest Mites are NOT scabies. Scabies is quite a different condition that is spread from human to human. A Scabies Mite LIVES on us its whole life and burrows under the skin.

But Harvest Mites are much more interesting – we are simply a necessity for their future development – a temporary investment so to speak.

Adult harvest mite overwinter slightly below the soil and in other protected places. Females become active when soil temperatures are 60°F and lay up to 15 eggs per day. When these hatch into larvae these lions of the long grass congregate in groups on small clods of earth, in matted vegetation and even on low bushes, on benches, where they have more access to a prospective host.

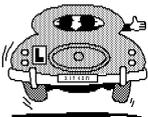
They are most active during the day and their movements appear to be controlled

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chiefly by the weather - when it is dry and sunny - and least active when the day is cold and wet. When the larvae come into contact with a prospective investment (dogs are particularly susceptible), they swarm onto it and wander in search of a place to attach themselves. Young harvest mite larvae will attach themselves to the skin of people, domestic animals, wild animals (including reptiles), poultry and birds too.

The preferred feeding locations on people are parts of the body where clothing fits tightly over the skin such as around the belt line, waistline, underclothes and socks, or where the flesh is thin, tender or wrinkled such as the ankles, in the armpits, back of the knees, in front of the elbow, or in the groin, especially around hair follicles. The insertion of their small fangs into the skin is painless, and is merely intended to puncture the skin so that the feeding process can begin. Harvest mite larvae do not burrow into the skin, nor suck blood. They pierce the skin and inject into the host a salivary secretion containing powerful, digestive enzymes that break down skin cells that are ingested (tissues become liquefied and sucked up). Also,

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this digestive fluid causes surrounding tissues to harden, forming a straw-like feeding tube of hardened flesh (stylostome). It's bite leaves a red welt with a white, hard central area on the skin that itches severely and can make its host quite ill. Any welts, swelling, blisters, itching, or fever will usually develop three to six hours after exposure and may continue a week or longer. Once the larva has finished feeding it drops to the ground to complete its lifecycle. It descends into the soil and, after a period of five or six weeks, changes into an eight-legged nymph. Both the nymph and the adult live in the soil and feed on plant juices or small insects. They are never parasitic. Thus the lifecycle of the harvest mite is completed.

If you fall victim to the lions of the long grass – a commercial preparation for scabies applied to the bite as immediately as possible, kills the beast in an hour or so and shortens the suffering by days.....

Liz Hilton

DENTDALE MEMORIAL HALL

First, apologies to anyone who turned up for the Treasure Hunt on August 14th.

We had to postpone it, and ran out of time to arrange it all. People forget that some of the organisers/officers of the committee have other things to fit in i.e. in some cases... work!

As this goes to press Libby is leading the way amidst a lot of running around and hard work towards the hall's main fundraising event, the Gala. Everyone gets confused as it takes place among the annual festival weekend. Here's hoping we have a great day and raise £2000 +.

Work has begun out the back of the hall to build the new room.. The Sedgwick Room is to be out of use for a while but no change regarding the hall. Our application for a grant from the Countryside Agency through their Vital Villages Project has been refused.

At the last committee meeting the decision was made to use the reserves to finance the building, which will absorb most of them. So, the fundraising continues. Please give us your support, we will try for a varied programme.

As always all suggestions, ideas and comments gladly received. Here, also grumbles, of which there have been many. I refuse to be anything but positive. Do join me! *S. E. Woof*

GETTING TO THE ROOT OF THE PROBLEM

I recently came across an article written by an acupuncturist from Sri Lanka, who began her career by giving free treatments to people who could not afford to pay. She tried to apply what she had learned from this work when later she became well known and was consulted by diplomats and film stars with cosmetic problems.

Cosmetic problems tend to be treated in rather a superficial way. Got wrinkles? Here use this skin cream! A more fundamental approach would ask why the wrinkles were there: the skin is dry and thin and the underlying tissue is not firm. This is probably due to a combination of internal and external causes: poor

circulation, poor digestion and metabolism (limiting the quantity of nutrients reaching the skin), poor diet, smoking, alcohol, air conditioning and central heating (contributing to dryness). These factors are going to affect much more than the person's appearance and if they were improved the benefits would not only help the person's skin but also contribute to better energy levels, improved sleep and enhanced well-being.

Many so-called beauty treatments are even detrimental to health: toxic hair colourings, fumes from sprays and nail varnishes, lotions and creams based on petrochemicals, alcohol based cleansers and skin toners.

The superficial approach can also carry over into the treatment of more serious

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health problems. I have heard from migraine sufferers that the only relief they have comes from medication, which leaves them feeling washed out for the next day. This medication does nothing to stop the migraines from recurring. In other words it is not addressing the underlying causes. A migraine is basically an upward surge of energy which, as well as causing pain and visual disturbances, can also affect the stomach causing nausea. The pathway for this surge to the head is often a channel, which could be called the "side channel". It runs up the sides of the legs and the body, over the shoulders (which are often tight in migraine sufferers), up the back of the neck (the points at the base of the skull are often tender) to the sides of the head. The first thing for an acupuncturist to do in this situation is to regulate the side channel. This often produces an improvement, in the sense that the migraines become less frequent and less

severe, even after only two or three treatments.

However, this is not the end of the story. Why is the energy rushing to the head in this way instead of circulating properly? The Chinese view of this can be summed up in the enigmatic phrase "Yin is not anchoring Yang." In practical terms this means that the body must be nurtured and looked after. Good health is grounded in proper nourishment (in particular sufficient protein early in the day), sufficient rest, relaxation and sleep.

To treat skin conditions like acne, only with the topical application of creams, is also failing to look at the root of the problem. This may be an accumulation of waste products, which the body is unable to eliminate in any other way. In this case treatment would be based on reducing the build up by improving the metabolism and the channels of elimination and by reducing the toxic load, which comes from inappropriate diet and lifestyle. Some local treatment to improve elimination through the skin may also be appropriate.

Many health problems, cosmetic and otherwise can be helped by complementary therapies, such as homeopathy and acupuncture, provided there is a willingness to look for the causes and make relevant changes in eating and living habits.

Comments on this article and suggestions for future articles are welcome. In the meantime if you come across any film stars looking for cosmetic acupuncture, don't hesitate to point them in my direction.

June Parker

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KARTING

Super 4 British kart championship 2003 **Round 4**

The 4th round was held in Scotland “the home of the brave” and Jim Innes, but more about that later. The track is at Larkhall nr Glasgow and it is a very nice but fast and difficult track, this gives local drivers the edge as they now every inch and put it to good use,

Saturday practice was good,

Sam was there or there a bouts, in fact I personally was thinking he could win this round as Sam was still climbing the points table and could possible try harder than the top drivers because they wouldn't want to make any mistakes and drop down out of contention for the title, *Sunday Race Day*

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Heat One

Sam starts on grid 11 there was no standing starts at this track as it is to dangerous, so all the drivers drive round slowly in formation till they see the green lights come on and then they are racing, this makes it impossible to get the jump on anybody making a poor start, or even passing, till they are more spread out, by the time that has happened, then everybody is up to speed and the over taking is then more difficult, Sam made it as far as 6th place at the flag, this I thought was a good start to the day, having seen how difficult the race had been.

Heat Two

Sam's on grid 3 this time, and has two well known slow starters in front on row one, so as he comes up to the start line for the start of the heat, he runs his kart wide, right to the edge of the track, as the lights turn green Sam's already made room to pass and is in the right position to take the lead in the first corner, fantastic move, this gave him a clear track and he made good use of it, on lap 2 the Clark of the course puts the 5 second penalty board out to Sam this meant Sam had to really get a move on now, I'm there waving my arm's every time Sam comes

past trying to let him now he needs a bigger gap, he's signalling back, as best he could, to tell me he is trying his hardest, Sam wins by 3.49 second, but it was not enough he drops to 4th place, the penalty was for being out of sequence, this is a joke, as he was still behind the pole man till after the lights went green and he didn't even pass him till after the line, this is what we would say is "it's a bit of bad luck we are having".

Heat Three

Grid position 15 meant Sam needed better luck this time, the race was hard but Sam was working his way through nicely, he tried one move to pass Jim Innes the local driver, but Jim cut him off, they collided and Sam's tyre got knocked off the wheel rim, with a flat

tyre this saw Sam dropping back from 6th to last of the finishers in 18th place. The only luck Sam was having seemed to be hard luck.

Final

Luckily Sam qualified in 16th place in the A final but it turned to bad luck when he tried to pass Jim Innes, the racing was more like the film "too fast too furies", this is not how Sam has been learn to race as it can become dangerous but he could not get away quick enough, before Jim was ramming him out of the way again, it eventually came to a head when one of the other drivers in front of Sam made a mistake and Sam crashed into him, then Jim rammed into the side of Sam that was followed then by another driver swiped the front off Sam's kart that was Sam out of the race, but the hot headed Scot Jim Innes gave Sam a lesson in how to swear, then parted the karts and he left, after the race Sam was called to see the Clark of the course to explain what went on in the race, I was busy at the time so I had not gone straight away so when I was on my way to see what was the problem I met Sam running like mad to find me, it turns out that as Sam left the Clark of the courses office, Jim got a hold of Sam by the shirt front and with his three pals had been telling Sam never to come back to Scotland other wise they would kill him, thankfully he had been reported to the Clark of the course for violent conduct and was banned for three months.

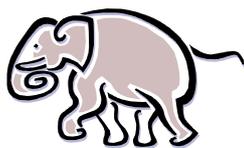
The weekend started with thoughts of winning, in fact it was the opposite of what I had planned, never mind Sam we'll try to make better progress at Rowrah hopefully, keep trying Sam

Report sent in by your new bodyguard and Dad

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SEPTEMBER REFLECTIONS

Oh no! I cant take this! Its September! For weeks I've been reviewing September books. I conclude its taking deadlines too far. Although I do stick to the theory that cottage letting and press deadlines are the secret of long levity. I can't go till I cleaned the cottage and seen the next booking in. Nor can I fail the paper and miss the all important communication with the people.

Everyone always talks about the weather! It is 16 August and its just about melt-down here. Unusual for an island to be quite so terribly hot because we pride ourselves on sea breezes. But not our Anglesey. Every mariner relying on the sail for movement on the sea, has another think coming. Its like a millpond out there! We have our usual fleet of power boats, each year bigger and better. Teeming up with an annual deterioration of navigational skills and manners! Motorbikes traverse sea and land! But, Sir has quite accidentally found an improvement on ear-plugs. A fan! Just before the second heatwave made its claim on us, Sir, having nearly expired in June, went out, and with real money, and without me to manage the cash, bought a really swish fan! Interestingly, its not noisy. Its not one of those that looks like an old aircraft propeller, but it stands on the floor and if so required, at the press of a button, it oscillates magnificently! But, we don't hear the boats, motorbikes, sea-bikes and children screaming. The only problem, my scrappy bits of paper which I call, notes, are airborne, causing further coolness to the air and making me write gibberish!

As ever, Lookaround August Issue 203, has been a joy to read. Packed with

interesting articles and loads of very useful information. This time of year I think of the Bank Holiday Galas at Dent, and the 'Fayres' in Sedbergh, in our years gone by. Often on our Wedding Anniversary, always happy and giving us a great feel for life as it should be lived. I think it says so much that, contrary to what Sir and I thought, writing for Lookaround has continued to give me tremendous happiness. I felt that I might have to cut myself off with a clean break. Such is not the way, for the past is clear and bright and its has been the people of both Dent and Sedbergh, who have given me the support and love which keeps me writing. As if I can still take part in your lives. Distance is very strange. Its what you make of it.



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Once more school exam results and advertisements for September school uniform, has annoyed me beyond measure. Every year, pass standards rise. And each time, it is decreed that the students aren't getting better, but the examinations easier. Such total negativity is a real downer to what should be a satisfying, exciting time of learning. Added to which some schools are seriously considering scrapping GCSE exams. What a pity. It isn't every student who wants to go on to take A Levels, and, having good GCSE results is not only pretty brilliant, but perfectly adequate for some forms of commerce and professions. As Sir wisely claims, exams determine disciplined learning.

School uniform! Just as everyone is settling down to what should be the happiest time of year, spending quality time with our children, maybe with an exciting holiday in the offing, clothing companies pour cold water on the whole thing, projecting their uniform wear for school. There's an awful lot of toughness for today's young. Lets remember that. Sometimes I look back and remember how protected I was. And totally naive! But, with adulthood advancing ever sooner, there's little time to get used to

the world. And I listen to mums comparing the attributes of their little ones. Even babies and toddlers have to have the brainy tag, long before they lose that sweet charm of infancy.

My Jimmy has cut two teeth and can count to ten! Where are the real toys? Where's the fun of that real first smile, the chortle of laughter coming up, right from the little belly. The staggering first steps. I turn my mind many years back when a pal of mine had a late baby. She told me in detail and with great pride, that before she'd really weaned him off his milk, she discovered the little chap loved cheese! And so, cheese for tea! Mashed up. The progression continued to any amount of adult feeding. The babe's sleep pattern vanished. He screamed all night, and when lifted for a cuddle, it wasn't a lullaby he wanted, but a good run round the garden, and a big play-time. Yes, she had a hyperactive child, brought on by cheese. What was the thrill in giving such food? Which I can't sleep on, actually. I end up in the kitchen, writing novels!

So, as we see September in, let us regard the progression of our children. They're not to be hurried. Its success .as the end product that we must look for. Quality time for unhurried quality learning.

My hand of friendship this month, is extended to all Sedbergh & District midwives, nurses and health visitors whose training is to guide young mothers and children, allowing parents to take over where they left off, with wisdom, patience and love. And as families grow up, let there be unity in our communities.

Joan Stockdale



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Kendal's best kept secret is coming to Sedbergh !!

Yes, boho, the designer outlet with a difference is relocating to Howgill Lane in Sedbergh very soon....

SUE NELSON, the driving force behind boho and herself a designer and silversmith, feels it is now time to move on after her initial two years in her small 'hideaway' in Kendal's Market Place. She explains 'In the first two years of boho's existence I basically proved the idea would work; Kendal was the testing ground and the success I experienced has really taken me by surprise. As far as I'm aware, no one else has tried this particular format - a mix of own designs,

the designs of local and national small craftspeople who would otherwise have no 'shop window' of their own, and internationally known fashion designers from the top of the tree, major names such as Terry Macey, Flax, Shepard Linen, Angel Circle, Kears and Boyes and not forgetting The Rainforest Clothing Company.

Sue goes on 'At first many customers were convinced that all the stock was sourced or made abroad, and when I tell them that probably 90 is actually designed and made in the UK they are totally amazed. There are an awful lot of talented people out there !'

Sue has had some notable successes. 'I'm a great believer in the 'If you don't ask you don't get' approach' she says,

main street gallery

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recalling how she approached many of the bigger names on a totally personal level. 'I would ring or write and say that I had bought aa particular item years ago and was still wearing it. The designers whose clothes I had always worn myself were top of my list because I was determined to only stock the sort of things I would enjoy wearing myself and the ethos has been very successful. On the whole the designers I work with both large and small are wonderful people, and have made the buying and sourcing side of the whole enterprise a very relaxed affair.'

One thing Sue has been very keen to ensure is that the 'ambience' of the shop remains the same. Says Sue, 'Customers always seem delighted when they come in, by the colours, the music, the aromas and the general atmosphere. I've really tried to keep everything the same and to retain the same sense of an 'Aladdin's Cave' which people seem to feel is part of the whole boho experience - without sounding too pretentious !!!'

One of the major boho success stories is the Rainforest Clothing Company.. Sue is one of the UK's tiny handful of retailers of these incredible garments. 'I have christened it 'The Amazing Rainforest Collection' smiles Sue, because that is exactly what it is.' These coats are truly stunning pieces of wearble art, - the tailoring is so intricate it makes you boggle - but they are also utterly practical foul weather garments that are designed to take anything the elements will throw at you - which has got to be a good thing in Cumbria !!'

Sue is hoping that boho will be ready

for the public in mid-to-late September - 'I'm really dependent on builders and other trades people at the moment, and so can't really be more specific. All I can say at this stage is to watch the shop window, as I will try and keep a running commentary on progress by way of a regular poster in the window - unconventional - but I'm sure that iin this small community the word will go round !!'

Unconventional certainly, it's been boho's trademark - but also a stylish and intriguing addition to the local retail scene !!

Boho is coming soon to The Old Pottery, Howgill Lane Sedbergh Cumbria LA 10 5DE Tel: 015396 21586. ☐

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Lancs LA6 1QA

NEW DRAMA CLUB

Chameleons Drama Club for 7-11 year olds

A small group of people at St Andrew's Church have come together to run a drama club for children aged 7 - 11 years (School years 3, 4, 5 & 6). The idea behind this project is that the children

who attend the club can enjoy drama and related activities. The group will meet on Fridays from 3.45pm to 5pm in St Andrew's Church Room. The first meeting will take place in October.

The name of the group will be Chameleons a name that has been chosen because Chameleons are reptiles that are

| ORGANISATION | CONTACT | Tel: | 015396 |
|--|--------------------|-------------|---------------|
| 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 |
| Guides | Miss Stephenson | Sed: | 20731 |
| | Mrs Mackereth | Sed: | 20346 |
| | Mr Lord | Sed: | 20993 |
| Golf Club | Mrs Woof | Dent: | 25275 |
| Good Companions (Dent) | Mrs Mackereth | Sed: | 20346 |
| Gladstone House | Mrs Howarth | Sed: | 20090 |
| Help Tibet Northern Branch | Miss Capstick | Sed: | 20259 |
| Hockey | Mrs Moffat | Sed: | 20907 |
| Howgill Harriers | | | |

BUS SERVICES

Sedbergh to Kendal via Oxenholme

Monday – Friday

| Dep | Arr | | | | |
|-------|------|------------|------|----|---|
| 07.45 | 0845 | | 564 | GP | ❖ |
| 09.40 | 1010 | | 564 | W | |
| 09.55 | 1030 | | 564 | GP | ❖ |
| 10.05 | 1040 | Wed | 564B | W | ❖ |
| 12.40 | 1310 | | 564 | W | |
| 12.45 | 1320 | | 564 | GP | ❖ |
| 13.00 | 1335 | Wed | 564B | W | ❖ |
| 14.00 | 1430 | Tue | 804 | W | ❖ |
| 14.40 | 1510 | | 564 | W | ❖ |
| 15.25 | 1600 | | 564 | GP | ❖ |
| 17.11 | 1745 | | 564 | W | |

Saturday Only

| | | | | | |
|-------|------|--|------|----|---|
| 09.55 | 1030 | | 564 | GP | ❖ |
| 10.45 | 1120 | | 564A | S | ❖ |
| 12.45 | 1320 | | 564 | GP | ❖ |
| 15.25 | 1600 | | 564 | GP | ❖ |

Sedbergh to Brough

Monday – Saturday

| | | | | | |
|-------|-------|------------|-----|----|---|
| 09.05 | 0929# | M-F | 564 | GP | ❖ |
| 11.15 | 1200 | | 564 | GP | ❖ |
| 14.15 | 1445 | | 564 | GP | ❖ |
| 16.50 | 1740 | | 564 | GP | ❖ |

Sedbergh to Kirkby Lonsdale

| | | | | | |
|-------|--|------------|------|---|---|
| 09.45 | | Thu | 567A | W | ❖ |
|-------|--|------------|------|---|---|

To Hawes

| | | | | | |
|-------|--|----------------|-----|---|---|
| 08.45 | | Fri | 112 | B | |
| 09.10 | | Tue | 111 | B | |
| 10.00 | | Tue | 804 | W | ❖ |
| 11.20 | | Fri | 112 | B | |
| 14.00 | | T&F | 112 | B | |
| 15.35 | | Sch | 112 | B | |
| 15.35 | | Fri | 112 | B | |

Sedbergh to Dent

| | | | | | |
|-------|------|------------|------|---|---|
| 10.15 | 1030 | Sat | 564A | S | ❖ |
| 12.05 | 1220 | Wed | 564B | W | ❖ |
| 14.15 | 1430 | Wed | 564B | W | ❖ |
| 14.55 | 1510 | Sat | 564A | S | ❖ |

Blackhall Road, Kendal to Sedbergh via Oxenholme

Monday - Friday

| Dep | Arr | | | | |
|-------|------|------------|------|----|---|
| 08.35 | 0905 | | 564 | GP | ❖ |
| 08.35 | 0919 | Sch | 564 | W | |
| 09.30 | 1000 | Tue | 804 | W | ❖ |
| 10.30 | 1056 | | 564 | W | |
| 10.45 | 1115 | | 564 | GP | ❖ |
| 11.30 | 1205 | Wed | 564B | W | ❖ |
| 13.30 | 1356 | | 564 | W | |
| 13.40 | 1415 | Wed | 564B | W | ❖ |
| 13.45 | 1415 | | 564 | GP | ❖ |
| 16.20 | 1650 | | 564 | GP | ❖ |
| 16.30 | 1656 | | 564 | W | |
| 17.45 | 1815 | | 564 | W | ❖ |

Saturday Only

| | | | | | |
|-------|------|--|------|----|---|
| 09.40 | 1015 | | 564A | S | ❖ |
| 10.45 | 1115 | | 564 | GP | ❖ |
| 13.45 | 1415 | | 564 | GP | ❖ |
| 14.20 | 1455 | | 564A | S | ❖ |
| 16.20 | 1650 | | 564 | GP | ❖ |

From Brough to Sedbergh

Monday – Saturday

| | | | | | |
|--------|------|------------|-----|----|---|
| 07.05 | 0745 | M-F | 564 | GP | ❖ |
| 09.15 | 0955 | Sat | 564 | GP | ❖ |
| #09.30 | 0955 | M-F | 564 | GP | ❖ |
| 12.05 | 1245 | | 564 | GP | ❖ |
| 14.45 | 1525 | | 564 | GP | ❖ |

From Kirkby Lonsdale to Sedbergh

| | | | | | |
|-------|--|------------|------|---|---|
| 12.15 | | Thu | 567A | W | ❖ |
|-------|--|------------|------|---|---|

From Hawes to Sedbergh

| | | | | | |
|-------|--|----------------|-----|---|---|
| 08.00 | | Sch | 112 | B | |
| 09.20 | | Fri | 112 | B | |
| 12.00 | | T&F | 112 | B | |
| 13.25 | | Tue | 804 | W | ❖ |
| 14.45 | | Fri | 112 | B | |
| 16.35 | | Sch | 112 | B | |
| 16.35 | | T&F | 112 | B | |

From Dent to Sedbergh

| | | | | | |
|-------|------|------------|------|---|---|
| 09.50 | 1005 | Wed | 564B | W | ❖ |
| 10.30 | 1045 | Sat | 564A | S | ❖ |
| 12.45 | 1300 | Wed | 564B | W | ❖ |
| 15.10 | 1525 | Sat | 564A | S | ❖ |

M-F Monday to Friday Only
 Tue Tuesday Only
 Wed Wednesday Only
 Thu Thursday Only
 Sat Saturday Only
 Sch Schooldays Only (M-F)
 W&F Wednesday & Friday Only
 T&F Tuesday & Friday Only
All times are from and to The Dalesman Inn

GP Grand Prix of Brough
 W Woof's of Sedbergh
 B Braithwaite's Coaches
 S Stagecoach in Cumbria
 ❖ Provided with Support from CCC
 # Kirkby Stephen

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

For Comprehensive up-to-date information ring :-
 Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)

Religious Services in Sedburgh

CHURCH OF ENGLAND

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

ROMAN CATHOLIC

St. Andrew's Parish Church
 Sunday 12.00
 Holy Days 19.30
Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30
Rev. T. Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30
Secretary: Mrs M Mason 20048

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30
Mr. M Roberts Tel: 20005

**UNITARIAN & FREE
 CHRISTIAN CHAPEL**

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

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

CHURCH OF ENGLAND

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

METHODIST CHURCH

Dent; Dent Foot;
 Cautley; Fell End;
 Garsdale Street; Garsdale Low Smithy;
 Hawes Junction & Frostrrow
Rev. T. Widdess 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

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

Complementary Therapists practising locally

DIARY OF EVENTS

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

| SEPTEMBER | | |
|------------------|--|-------|
| 2 | SHS & SPS Start of Term | |
| 2 | 1930 Swimming Club AGM | Bull |
| 3 | SS Start of Term | |
| 3 | 1000 URC Church Coffee Morning | URCR |
| 3 | 1330 Butterflies | StAS |
| 3 | 1900 Pottery Classes | FM |
| 4 | 1930 WIH Fawltly Towers 2 | HVH |
| 6 | 1330 Dialect Digest Meeting | Bowes |
| 6 | 2000 PH Olde Time Dance | PH |
| 7 | Dog Show | KS |
| 8 | 1800 Rainbows & Brownies Registration | MSR |
| 8 | 1825 SS Choral Society | SSPH |
| 8 | 1900 Neighbourhood Forum | KL |
| 9 | 1400 WIK Christmas Customs | PH |
| 9 | 1930 FCH Domino Drive | FCH |
| 10 | 1000 Dent Foot Chapel Coffee Morning | URCR |
| 10 | 1330 Butterflies | StAS |
| 10 | 1900 CWT Badger Watch | HF |
| 10 | 1915 WID Making a Splash | DMH |
| 10 | 1930 WIF Lancaster Young Offenders | PH |
| 13 | 1400 SCC v Bentham | SHS |
| 14 | DMC Harvest Festival | Dent |
| 15 | DMC Harvest Festival | Dent |
| 16 | 1930 Dentdale Choir Rehearsals (16) | DMH |
| 17 | 1000 St John's Firbank Coffee Morning | URCR |
| 17 | 1330 Butterflies | StAS |
| 20 | 1330 HS Gayle Mill, Hawes (20) | LHCP |
| 20 | 1400 CWT Dovecote Gill | LHCP |
| 20 | 2200 SWFC Danny's Disco (20) | PH |
| 20 | Cowper Day Horse Sale | KS |
| 22 | 1930 FC Harvest Sale | FCH |
| 24 | 1000 Garsdale Church Coffee Morning | URCR |
| 24 | 1030 Loynes Textiles Exhibition Ends | FM |
| 24 | 1330 Butterflies | StAS |
| 27 | Sedbergh School Open Day (27) | SS |
| 28 | 0800 Car Boot Sale (28) | SHS |
| 28 | 1300 Cautley 10 | SHS |
| 30 | 1930 Town Band Charity Concert (29) | SHS |
| OCTOBER | | |
| 1 | 1000 Barnardo's Coffee Morning | URCR |
| 1 | 1330 Butterflies | StAS |
| 2 | 1900 WIH AGM | FCH |
| 4 | 1000 Peppercot Coffee Morning | URCR |
| 4 | 1400 MH Jumble Sale | MH |
| 4 | SS Low Bentham Open Day (27) | SS |
| 5 | 1330 Car Treasure Hunt | KVH |
| 8 | 1000 DMC Coffee Morning | URCR |
| 8 | 1330 Butterflies | StAS |
| 8 | 1915 WID Flower Essences & Reika | DMH |
| 8 | 1930 WIF Give it serious thought | PH |
| 13 | 1930 Gala Group AGM | PH |
| 14 | 1400 WIK Taste 'n' Try | PH |
| 14 | 1930 FCH Bingo & Potato Pie Supper | FCH |
| 15 | 1000 Christian Aid Coffee Morning | URCR |
| 15 | 1330 Butterflies | StAS |
| 17 | SS Start of Half Term | |
| 22 | 1000 CWT Coffee Morning | URCR |
| 24 | 1930 LNFU French Cookery Demonstration | PH |
| 25 | Charter Fair | KS |
| 26 | Clocks go Back | |
| 26 | Charter Fair | KS |
| 28 | SS End of Half Term | |
| 29 | 1000 KC Coffee Morning | URCR |
| NOVEMBER | | |
| 5 | 1000 Masonic Hall Coffee Morning | URCR |
| 5 | 1830 FC Bonfire Night & Skittles | FCH |
| 6 | 1930 WIH Old Hutton Owl Project | HVH |
| 11 | 1400 WIK AGM & Social Time | PH |
| 11 | 1930 FC Domino Drive | FCH |
| 12 | 1915 WID AGM & Understanding Europe | DMH |
| 12 | 1930 WIF AGM & Social Evening | PH |
| 21 | 1930 Domino Drive | KVH |
| 28 | 1930 WIH Domino Drive | HVH |
| 30 | St Andrew's Day | |
| DECEMBER | | |
| 3 | 1800 Late Night Opening | Town |
| 6 | 0930 KC Table Top Sale | PH |
| 6 | 1930 MH Christmas Dinner | MH |
| 9 | 1400 WIK Christmas Party | PH |
| 9 | 1930 FCH Domino Drive & Mince Pies | FCH |
| 10 | 1930 WIF Christmas Party | TBA |
| 12 | SS End of Term | |
| 12 | 1930 Christmas Domino Drive | KVH |
| 13 | 2000 PH Olde Time Dance | PH |
| | WIH Christmas Party | TBA |
| 25 | Christmas Day | |
| 26 | Boxing Day | |

The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker.

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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.

JANUARY 2004

13 1930 FCH Domino Drive FCH

FEBRUARY

17 1930 FCH Domino Drive FCH

MARCH

2 1930 FCH AGM FCH

9 1930 FCH Domino Drive FCH

JUNE

12 Sedbergh Festival Starts

27 Sedbergh Festival Ends

DIARY KEY

- BF = Brigflatts
- BS = Baliol School
- CDC = Community Development Centre
- CO = Community Office, Main Street
- CWT = Cumbria Wildlife Trust
- DCP = Dent Car Park
- DMH = Dent Memorial Hall
- DMC = Dent Methodist Church
- EG = Embroiderers' Guild
- FCH = Firbank Church Hall
- FM = Farfield Mill
- GVH = Garsdale Village Hall
- HF = Holme Farm
- HS = History Society
- HVH = Howgill Village Hall
- JLCP = Joss Lane Car Park
- KC = Killington Church
- KL = Kirkby Lonsdale
- KVH = Killington Village Hall
- KS = Kirkby Stephen
- LHCP = Loftus Hill Car Park
- MH = Masonic Hall
- MSR = Methodist Schoolroom, New Street 9
- PH = People's Hall
- SCC = Sedbergh Cricket Club
- SHS = Settlebeck High School
- SMC = Sedbergh Methodist Church
- StAS = St Andrew's Church, Sedbergh
- StJAR = St John Ambulance Rooms
- SC = Swimming Club
- SMC = Sedbergh Methodist Church
- SR = Spooner Room
- SSPH = Sedbergh School Powell Hall
- URCR = United Reformed Church Rooms
- WHC = White Hart Club
- WID = Women's Institute, Dentdale
- WIF = Women's Institute, Frostrow
- WIH = Women's Institute, Howgill
- WIK = Women's Institute, Killington
- WVH = Westhouse Village Hall
- YDNP = YDNP Centre, Main Street

I. R. MIDDLETON

Home: 015396 22009
 Mobile: 07766 971287
GARDEN SERVICES

- Tree Felling
- Weeding
- Flag Laying
- Rotavating
- Mowing
- Hedge Cutting &
- Hedge Laying
- Fencing
- Walling
- Landscaping
- Garden Rubbish Removal

Handy Man

*Chainsaw Certificate
 & Fully Insured
 Mini Digger
 Available*



**JOHN
 SOUTER**

21 Fairholme, Sedbergh
 ☎ 20904



Mini & 4 Ton Skips
 now available

**ALL RUBBISH
 REMOVED**

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 * | |

* 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

PENSION SERVICE SURGERY

Community Office

© 01539 795000

0845 6060265

Alt. Mondays 1000 - 1200

POLICE

Long Lane, Sedbergh

© Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh

Dent Village

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