

Sedbergh & District

# LOOKAROUND

April 2004

Issue 210

Donation 50p

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Many of our events are now publicised in Tourist Information Centres in Kendal,

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*Dennis & Jacky Whicker*

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# CHILDREN'S BIRTHDAYS APRIL 2004



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

The recipient this month is:-  
Brodie Swallow who is

4 years old on 10th April.

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.***

Sincerest apologies to Kathryn Lawson who was 5 years old on 16th March 2004. This is the second year in a row that she has been missed.

Kathryn **will** be in next year.

Also, Sam Fiddler was 6 last month, not 7. Tried to make him grow up a bit too quick!

Day	Name	Age
2	Morgan BROWN	6
10	Brodie SWALLOW	4
13	Adam ROBERTS	9
13	Philip BAINES	10
18	William TEAL	11
21	Abbie ALLAN	2
23	Thomas WOOF	8
23	Willow HENDERSON	12
27	Emilia PAGE	3
27	Molly WOOF	5
27	Patrick BOOTH	12
28	Laura GOAD	11
29	Jessica ORR	3



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 Articles etc. by 19th of every month

## PERSONAL & SMALL ADS £1

### COWPERTHWAIT

Mary wishes to thank all family and friends for gifts, cards and good wishes she received on her special birthday

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### DINSDALE

Sadie wishes to thank all her friends and neighbours for cards and kind enquiries. She is now happily settled at Holly Bank Residential Home, Arnsdale.

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### GILLMAN

The family of the late Henry John Gillman would like to thank everyone who offered kindness and support during the last year and for the flowers, cards and letters of condolence which have been very touching and a great comfort. Our particular thanks to Rev. Long and Mr. Brian Goad and his staff for their sympathetic and dignified funeral arrangements.

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### MASON

John would like to thank all the family and friends for their good wishes, cards and presents on his **80th Birthday** in March.

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### POPE

Happy **21st Birthday** Becky on April 19th. With love always. Mum and Dad.

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### POPE

Have a great **21st** Becky! Lots of love Laura and Andy. Hugs and kisses to Auntie Becky from Poppy Jay. XX

### MIDDLETON

Margaret would like to thank family, friends and neighbours for their cards, flowers and well wishes during her recent stay in hospital. A special thanks to those who made pies and cakes for those at home.

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### WEARING

The family of the late Jenny Wearing would like to thank all relatives, friends and neighbours for their support, kindness, cards and expressions of sympathy following their recent sad loss. Many thanks for the generous donations received in Jenny's memory for the District Nurses Fund. Sedbergh Health Centre and St. John the Baptist Church, Garsdale, which amounted to £414.

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### WEARMOUTH

Congratulations ANGELA on reaching the big "50". Have a happy day on the 21st April. From two of your many friends.



### WILSON

Happy **21st Birthday** Matthew for 19th April 2004. From Dad & Chris.



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### **SEDBERGH PLAYGROUP**

A Great big thank-you to all who helped with the installation of the new path and safety surface areas in the outdoor play area. Especially to Gus Ferguson, Norman Rowbotham, Mike Game who supplied materials and gave up their free time to help with this project. A great job done, at no cost to Playgroup. Many Many THANKS to all who helped.

#### *GALA DAY*

Gala is celebrating 40 years its Ruby Anniversary, therefore the theme is RED. Playgroup will be decorating a float for this event. All children can be on the float if you so wish. The date is Saturday 22 May. Anyone who has got ideas for the Playgroup float, please let us know. Decorating the float will be on Friday 21 May at 6.30pm at Michael Mudd's. If you can help please come along. We need your help & support.

*Don't forget* you can hire toys from Sedbergh Toy Library. For times when the Library is open, see the notice on the

Spooner Room front door.

Recent Fund Raising events have included a Fun Bingo Night which raised £274. Thank-you to Sedbergh Football Club for their support. Also thanks to the 'Bingo Ladies' and to those who donated raffle prizes.

The Coffee Morning held in February raised a fantastic £316 and a big thank-you to everyone who helped to make it such a success.

A committee of volunteers made up of parents, manages Sedbergh Playgroup, along with a member of the Nursery staff and a school governor.

We own the Spooner Room and are responsible for the upkeep, all the bills and staff wages. Income from fees is supplemented by renting the room to Nursery and regular fundraising activities throughout the year. However in June/ July, Nursery is moving into the Primary School and taking with them a large amount of equipment which they own. This means that Playgroup has to raise funds to purchase new tables, chairs and storage units etc. We would therefore value your help when fund raising events are taking place. It is hoped that we may get grants and sponsors towards this large expenditure, and I'm pleased to say at the present time, we have received grants from SLDC, Neighbourhood Forum, Sedbergh United Charities A Sedbergh Parish Council. Other applications are still being considered.

In February we were Ofsted Inspected and I am pleased to inform all parents/ carers that the Playgroup has received an excellent report. A copy of the Report is available on request at the Spooner Room.



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### FEBRUARY WEATHER

Well February fill dyke lived up to its reputation. We had 3.78" of rain along with some snow. Almost 1.75" fell during the 2nd and 3rd. and another 1" next day. having reached 3.62" by the second week it remained dry for another week when more rain brought up the month's total by the 15th leaving the rest of the month dry. The first part of the month was mild with temperature reaching the 50sF.

On the 3rd the minimum was 50F! The maximum temperature was 54.9F on the 3rd. The minimum was 22.6F on the 9th. The maximum on that day was only 35.8F. Temperatures fell towards the end of the month with the minima for the last 9 days being below 30F, Atmospheric pressure was fairly steady in the 29 inches of mercury.

On one day it touched 30.03 inches. Generally a fairly breezy month with 10 days with a maximum over 20mph and a high of 28.6mph. The lightest maximum wind recorded was 5.4mph with no day being totally calm. With these breezy times and low night temperatures a wind chill of 1F was recorded on the 27th.

On only 11 days was the wind from the

north westerly quarter. In spite of the wind and low temperatures the blackbirds and songthrush were singing to at least claim territory if not already nesting. The Oystercatchers were back at the end of the month and Fieldfares were passing through as if back on their way north. On the milder days bees were flying no doubt helping themselves to the pollen and a little nectar from the early flowers such as snowdrop and species crocus. ☀

### HOWGILL TODDLERS

Calling all babies, toddlers, Mums, Dads & carers - Howgill Toddlers is changing the time of its sessions. From Monday 19th April we are moving to the afternoon and will be open from 1.15 - 3.15 pm.

Come along to Howgill Village Hall on Monday afternoons, (every week except Bank Holidays) and let your children join in the fun - there are lots of toys for all ages, activities each week - playdough, painting, sticky crafts, singing & story telling - and a chance for a cuppa and a natter for the grown ups.

For further details ring Siobhan on 015396 20665217.5/15 ☀

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## DENT MEMORIAL HALL

The Hazel Haygarth Room was opened at an informal gathering of Hazel's family and friends and Dent residents on the 6th March 2004. Over two hundred years of Dent history are now combined together in the Sedgwick and Haygarth Rooms. The first, named in honour of Adam, born 1785 in Dent, reared there and chronicler of its life during his early years, represents the 19th Century. The second, named in honour of Hazel, who worked in the interests of the village, and for others, through many years of the 20th Century represents Dent through that phase.

Chairman of Cumbria County Council

and our local County Councillor, Joe Nicholson, cut the ribbon and Doris Foster, a senior resident of Dent and close friend of Hazel, paid tribute to her work, especially helping to improve the life of cancer sufferers.

Dent school pupil, Laura Goad, put in position on the wall a photograph of Hazel, her grandmother. The portraits of Adam and Hazel now look over the Memorial Hall linking many years of service to the Dale.

Very Rev. Ingram Cleasby concluded the event with a prayer of thanks for our community. Melodies played on the piano by Roger Bush, accompanied the tea served afterwards.

The afternoon was a convivial launch to Dent's new community asset.

The principal hirer of the Haygarth Room will be the Nursery, who will use it in the morning of each school day.

Together with the main hall, Sedgwick Room and kitchen the Haygarth Room is available for hire at very reasonable rates. The Hall Committee is keen to see as much use as possible made of these valuable facilities. For information and to make a booking contact Anne McClurg, telephone 25446.

The cost of building the extension has depleted the reserves of the Memorial Hall and support is needed for fundraising events to restore these to a healthy level.

The major annual fundraising event is Gala Day on August Bank Holiday, Monday afternoon. Anyone willing to help with publicity, labour on the day or running a stall will be very welcome. ☀

### AN OTDAY TO REMEMBER

John Otway returns to Sedbergh for a third year on Saturday 24th April to play the Peoples' Hall.

The OTDAY begins with an afternoon performance of 'Cheryl' telling an everyday tale of satanism, trainspotting, drug abuse and unrequited love. Renowned poet & musician Attila The Stockbroker joins Otway who co-wrote the rock opera for The Edinburgh Festival just over ten years ago.

After a tea break or something stronger, those looking for a further laugh and a great evening of music & poetic entertainment will be heading back to the Peoples' Hall. Otway and his band headline the evening gig supported by Attila plus Lancashire turbo-folk duo Celtic Cross.

Some readers may not know John Otway almost rejected Pete Townsend as a producer; has never repaid a record company advance in his life; once put on a benefit concert for his own record company after they cancelled his

## VACANCY

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For more information, contact John Stanton at the Community Office  
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Closing  
8th April  
Date

contract; and broke up with Paula Yates, telling her it was her last chance she'd get to go out with a rock star.

Despite many dreadful career decisions, over-ambitious ideas and a multitude of rejections, the optimism, passion and downright audacity of John Otway continues to draw vast audiences - rather like moths to a candle. It's nearly rock & roll but we like it!

Last year's gig sold out so folk are advised to book in advance at Sedbergh Office Services or by phoning Alan: 015242 62002.

More about Otway on [www.otnews.net](http://www.otnews.net)

*Nic Sheppard*

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### LADIES N.F.U.

The March meeting was held in the Peoples Hall on Tuesday March 16th. Members thoroughly enjoyed the slides and commentary by Mr. Craike on his walk through valleys and fells of the Cumbria Way. His walk commenced at Ulverston and finished in Carlisle, meeting the people of Cumbria and the tales they told. Mrs. Jean Conchie thanked Mr. Craike. The Raffle was won by Mrs. H. Woof. Tea was served by Mrs. Jackson and Mrs. Fowler. A short business meeting ended the evening. ☀

### FROSTROW W. I.

The March meeting was well attended and was presided over by Ann Petyt, who welcomed everyone. We remembered Jenny Dawson who was in hospital and wish her well.

Some members remember the days when Mrs. Kevan used to light the stove in Frostrow Schoolroom for our monthly meetings. She was a founder member and a very kindly lady. We were sad to hear of her passing.

Our President encouraged us to take part in the Federation Spring Walk around Crooklands on April 24th and also to enter items for the Spring Show to gain points for our Institute.

Linda Hopkins has been asked by the Federation if she will enter in the Floral Art Section for the Huxley Cup at the Royal Show in July at Stoneleigh in Warwickshire. We wish Linda well.

Our Committee very kindly took the time recently to research the itinerary and a good lunch stop for the June outing which will be to Barnard Castle, then on to Raby Castle and returning via the more scenic route.

After the business meeting, our President introduced Laura Harker who



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demonstrated Easter Cookery in her usual homely, easy manner. In a relatively short time she produced a tempting array of sweet and savoury dishes. All this with many laughs, as Laura can always improvise and is never stuck if an ingredient or utensil is missing! The dishes were divided and raffled so that most members went home with a taster of the goodies produced. Jean Conchie proposed a vote of thanks for an enjoyable evening.

The competition for an Egg Cup was won by June Mudd. On Wednesday April 14th we shall have a musical evening with Lucy Morris and on April 21st our Coffee Morning will be held in the URC rooms from 10 - 12.00. *M. F.*

### People's Hall

	<i>per session</i>
Committee Room	£6 (inc. heating)
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### HOWGILL W. I.

Our March meeting was held at Howgill Village Hall. President Mary Silva welcomed members and guests also a warm welcome to our new member Allison.

Get well wishes go to our secretary Lorna Scambler who is recovering from an operation. Dilys McCaffery was attend the council meeting on March 30th at Kendal Town Hall. Even though we haven't had a win we have decided to join the 200+ club again. Three members had an enjoyable evening when they attended the Haffner Orchestra concert in Lancaster in which member Helen Beare played the cello.

Our W. I. Singers are to start practising for their next performance which is to be on June 22nd. We were encouraged to submit entries for the Spring Show on March 27th and we are to discuss the possibility of a stall at the Sedbergh Gala on May 22nd.

The speaker for the evening Cedric

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Robinson took us across Morecambe Bay, a job he loves and has done for the past 41 years, with his expert knowledge of the bay and his conscientious nature and fears we might have are quickly allayed and the famous and not so famous of us have been enjoying the experience of being guided across the sands. Cedric has become a well known personality appearing in news and documentary programmes and he has received his M. B.E. He was thanked by Audrey Douglas. Wife Olive was also thanked for showing us an excellent selection of slides.

The competition for a Shell was won by Elsie Middleton with Liz Coupe second. Raffle winners were Sheelagh Dennis and Bridget Postlethwaite. The evening rounded off with a get together and Jacobs Join. Next months meeting will be on April 1st at Firbank when the speaker will be Mrs. Olive Clarke on "2002 an exciting year".

*A. H*

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### DENTDALE W.I.

Dentdale W.I. met as usual in the Memorial Hall for their March meeting with a good turnout of members and friends. Members were reminded about the Dentdale Run and asked for their usual generosity in giving of their time and baking to help this annual event to raise money for the school.

Ms. Powell gave a financial report and encouraged members to support ACWW especially as the Federation are supporting a special project this year. It was reported that Mrs. Schofield had been awarded the Institute's Biennial Bursary.

Details were given about the '999 cards' project – these should be ready in time for the April meeting and Mrs. Fothergill asked for volunteers to help to distribute

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them to the community.

After the conclusion of the business part of the meeting, Avril Whittle gave a brief outline of the Book Town project at Sedbergh and questionnaires were circulated.

The speaker for the evening was one of our own members, Dr. Gill Ioannou who gave a most interesting and informative talk on 'Osteoporosis'. As this is a disease which affects several of our members and has the potential to affect others it was good to have the subject explained in such detail. We are now aware of how heredity can make us more prone to the complaint but we have also learned what preventative measures we can take through exercise and diet. Mrs. Chambers thanked Dr. Ioannou.

Mrs. Hartley won the raffle and the competition was won by Mrs. Fothergill.

Members were reminded that the April meeting will be held in the Methodist Schoolroom when the speaker will be Jennifer Buxton on 'Cookery Disasters!'

### KILLINGTON W.I.

Our programme simply said, "Surprise"  
The surprise was a splendid afternoon tea at Meadowside Cafe in Dent. Jackie and David Bellis had opened up specially to satisfy the appetites of the ladies of Killington W.I., and we trust that we did justice to their offerings! Although it was a very cold afternoon several of us started our afternoon with a wander around the beautiful town of Dent. We enjoyed renewing our acquaintance with the beautiful church of St. Andrew's and remembered the lovely display of flowers which had glorified the building during Millennium year. Now we were particularly impressed with the shining brasses in the church. We looked into the



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#### **WOODYARD OPEN**

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8:00am - 4:00pm

Bier Room recently refurbished to create a mini information centre. We enjoyed the display, highlighting the many interesting historical and natural features of the dale, and particularly admired the publications.

The attractive picture-maps of the dale and the town were most informative -do look in if you are round that way.

Before tea we shared happy recollections of our dear friend Jenny Wearing and then discussed our plans for future activities. We were especially pleased that our two newest members, Margaret Denton and Elspeth Griffiths were able to share the afternoon with us.

Next month, on April 13<sup>th</sup>, in the afternoon, we look forward to welcoming Rosie Whitmore who will be showing us some of the craft products of Provence.

Do join us if you can!

*Wendy Fraser-Urquhart*

### CHRISTIAN AID

The Sedbergh and District Christian Aid Committee would like to thank everyone for their wonderful support for the recent Coffee Morning. You raised £384.70.

Every year the people of Sedbergh and district give their marvellous support to Christian Aid. Last year, well over £6000 was raised through your hard work and generosity. As Christian Aid Week approaches once again, we ought to ask the question, how is our money used?

It is an astounding fact that during the second week of May, about 350,000 people respond to Jesus' call to be good news for the poor by collecting for Christian Aid Week. It is believed to be the biggest act of Christian witness anywhere in the world. Last year about £14.2 million was raised.

Christian Aid uses the money to fund projects in 56 countries that help poor people to help themselves. It works through local organisations in each country (called partners) because they

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know best what the needs are and how to respond to them. Christian Aid works with people - no matter what their religion may be - to bring long term benefits to whole communities, to provide aid when emergencies occur, and to challenge the underlying causes of poverty.

As part of the Trade Justice Movement, Christian Aid is calling for a change in the international rules that govern trade. Millions of local farmers and workers in developing countries are losing their livelihoods because of unfair rules that prevent governments protecting their markets from cheap imported goods. So Christian Aid is campaigning for trade justice, not free trade, with the rules weighted in favour of poor people. Lobbies and carnivals have drawn attention to this, but the most effective action is proving to be thousands of postcards sent to world leaders by the public. These cards ask our leaders to stop forcing poor countries to open their markets, to introduce regulations for big businesses, and to change the protectionism in rich countries that is hurting poor people.

For more information visit: [www.christianaid.org.uk/campaign](http://www.christianaid.org.uk/campaign)



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**SEDBERGH & DISTRICT  
BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers held their 8<sup>th</sup> Annual General Meeting on Monday 15<sup>th</sup> March. Twelve members and guest braved an evening of heavy rain and wind to attend.

The Chairman and Treasurer gave their reports, the latter standing down after holding the office for the eight years since the club was founded. He was thanked for his efforts over this time. The Secretary then gave his report that highlighted the successful year the club had enjoyed, and although still small, the club was growing in its range of activities and achievements, and its connection with beekeepers in N Yorkshire, N Lancashire, and Cheshire, as well as in Cumbria.

Cumbria Beekeepers' Association, of which we are a branch, is changing its constitution to give the branches greater autonomy (very topical!). As a result the new committee elected for 2004/5 was increased from five to six members. John Tallon continues as Chairman, Vic Hopkins was elected to the new office of Vice Chairman, Mike Hart was elected as Treasurer, I continue as Secretary, and Jane Timshle was elected as an Ordinary

member to join Tommy Brooks. We also are appointing an independent honorary auditor.

At this time of the year, as the weather has been so poor for the bees, we worry that all our winter preparations might not have been sufficient to see our colonies through to springtime. This is the critical time, when the queen bee starts to lay large numbers of eggs to build the colony back up to summer levels and there are many more mouths to feed! Bad weather means little fresh pollen or nectar is available, even if the wind and air temperature allow them to forage. So they have to live off the fast-shrinking stock of food left in the hive from last autumn, or fed to them by the beekeeper. If the sun shines we breathe a sigh of relief when large numbers appear at each hive entrance! But we're not out of the wood yet!

Our next meeting is on Monday 19<sup>th</sup> April at 7.30pm in the committee room of the People's Hall. We shall be listening to Dr Julia Pigott talk on "Bees in Medicine". Dr Pigott is a practicing GP in Kendal as well as being a very experienced and successful beekeeper. You will be very welcome to join us.

*Malcolm Fraser-Urquhart*

THE DENTDALE PLAYERS

*presents*

**WHEN WE ARE MARRIED**

*by J B Priestly*

produced by Sue Garnet

Dent Memorial Hall

**15th, 16th & 17th April**

**Starting at 7.00 pm**

Entrance by Programme on the door ~ Adults - £3.00 Children under 12 - £1.50

Or telephone 21138

### **A COMMUNITY EVENT**

One of the great things about Sedbergh is the way the community comes together for various events such as the recent Spring Show, the forthcoming Gala, Town Band performances and the Medieval Market. Not only do these events attract visitors from outside the town, they also bring us all together to share as a community.

In June this year, there is another Community Event, of a rather different kind. And it lasts for a whole fortnight. I am referring to FESTIVAL 2004. This is an event for the whole town, consisting mainly of music of different kinds.

Sedbergh will welcome some international performers, such as David Sanger, who will give a recital on the organ of Powell Hall. Many of the performers are people with local connexions who have acquired eminence in their field and are happy to come back to Sedbergh to play or sing. The majority of the concerts will be held in the parish church, whose atmosphere and central position make it the natural venue for a town event.

SEDBERGH FESTIVAL 2004 starts on Saturday June 12th with a concert by The Ulverston Choral Society, this year celebrating their 150th anniversary. This large choir will be singing with an orchestra and professional soloists. Bradford Cathedral Choir will be here on the Sunday and throughout the following two weeks you can hear music by string, brass and woodwind groups. There will be lunch-time talks on various subjects, preceded by delicious home-made lunches, and also a performance of a new

musical, involving Sedbergh children, called "Across an Unknown Sea" by Christopher Gibbs. The whole festival will conclude on Sunday, 27th June, with a moving performance of the St John Passion by J.S.Bach.

Tell your friends about it and watch out for further details. Who needs to go to Edinburgh for the Festival when we have such a momentous event in our own town? What an opportunity! We can be proud of it. Please give it your full support. ☀

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### **DENTDALE METHODIST CHAPEL**

We are sharing in a Lent home group with our Anglican Friends using the "Face to Face" booklets and it is both interesting and stimulating. This has meant that the "Pray & Share" has been put on hold but will be back again after Easter hopefully Thursday April 15th but look for notices. Our Minister, Rev, Tim Widdess, will lead the Easter Sunday afternoon service at 2pm which will include communion.

The Chapel "Table" at the recent table sale was well supported and despite the small room the event went well. Along with the rest of the Circuit we are to talk about "Our Calling" including "Worship", "Learning and Caring", "Service" and "Evangelism". This is something we are looking at at the fortnightly "Pray & Share". Perhaps we will take a short study over a few weeks again sometime before next Lent. Meantime any prayer needs can be put in the box at the rear of the chapel as can comments on the Wet Room idea, which has still to be decided on. *SE & J WOOF*

Dear Readers,

“It has taken me some time to recover from the stress of the last few years and my move has been an added challenge. It would be possible to reflect on my experience during the many years of residence in Sedbergh but it might be better to look forward to the new life we are making in that “mainland island” of Kintyre. In many ways the countryside here is much like Sedbergh. The hills are not so high, the population far less and more distant from the shops with the open expanse of the sea being a constant feature. I have felt considerable support from the many presents and tokens of appreciation received recently. Many are now decorating my temporary home or stored for use when the new home materialises.

Most of my time is taken up learning a new set of methods of functioning but sleep is definitely required to fill some of the unaccustomed free time. I have managed to take the pony of my daughter, Heather, for a trip down the road to the sea but so far he is not over keen on actually paddling. Valerie has been to help me out with decorating and there have even been visitors from

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Sedbergh. So it is not as far from civilisation as some might lead you to believe.

It has been indicated to me that a considerable sum has been raised to buy a present and indeed some has been spent on very useful equipment to set me up for beach fishing. The difficulty is that other items I had in mind have not been so easily identified. Suggestions have included driving equipment for the pony but the road is like a race track, further decorations for the house or even a puppy, probably a Cocker Spaniel or Springer that would easily enjoy the vast open spaces. Then there is the enjoyment from medical equipment that is too expensive to be logically justified but would increase my services on offer to patients. As it looks at the moment that I may get a twenty-four hour electrocardiogram recorder but any suggestions would be welcome.

In short I would like to say a big thank you for all the support and understanding that has been given to my family and I wish all the best for those who we have known.

*Dr. John Syred at Tayinloan*”

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### DENT PARISH NEWS

*YDNPA Car Park Charges.* Following the increase in parking charges throughout the whole of the YDNPA, the PC and Business Forum invited Mr John Avison of YDNPA to the January meeting where he explained the rationale behind the increase. Following the presentation the PC and Business Forum Members and Public expressed strong criticism, in particular, in relation to the increase in short stay parking which is to be increased from £1-50 to £2-00 for 2 hours. The all day charge is to be £3. The concern is that the short stay charge will deter visitors and will also cause an increase in illegal/obstructive parking which is already a problem during the holiday season. The Parish Council at the April meeting are considering the viability of running the Car Park as a Parish function.

*The Dent Bus Shelter* continues to prosper. Local children with assistance from Jane Tinschle, a local artist, are in the process of designing a Mural to be affixed to one of the walls inside the shelter. The design is very cool and trendy and is all about things that matter to our young people. The finished product is likely to be unveiled hopefully in May/June.

*The problem of offroading* is causing increased concern. Serious damage is being caused to the Deepdale end of the Occupation Road. Representations are being made to the YDNPA and also to Cumbria CC to take some positive action.

A couple of important planning applications are currently being

considered involving redevelopment of property for housing. One at Mill Hill in the centre of Dent and one at Combe House which has been derelict for years. There is an acute shortage of affordable housing in the dale and hopefully the Mill Hill development will increase the available housing.

The next meeting of the Parish Council is Monday 5 April at 7-30 at the Sedgwick Room in the Memorial Hall. All welcome. ☀

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### WINTER IN BAINBRIDGE ROAD

Where have all the gritters gone? Certainly not here. For the second winter in a row we have endured five days enforcedly housebound by icy pavements and roads. We pay our council tax like everybody else, which enables us to walk ice-free on Main Street, but how do we get there? A lot of Sedbergh residents live here, but most of us do not possess ice axes and crampons. Is it too much to ask to have at least one visit a year from the gritting lorry, or one salt bin, the contents of which the more able-bodied could make use of?

*Disgusted  
Bainbridge Road*

### OFF ROADING YDNP

Dear Editor,

I refer to your postscript "not a problem in our part of NP".

I must strongly disagree. May I suggest that you and the writer of the article walk the "Green Lane" from Barbondale Road 680862 to Deepdale Head 723823.

You will find severe damage, 3 foot deep ruts etc., etc., making the path almost unwalkable in wet weather. The damage is most severe from 710835 to 715820.

URGENT action needs to be taken if the path is not to become impassable for walkers. There is also damage around Great Knoutberry Hill.

*John Hyde*

*Thank-you John for pointing this out to me. Also to the many other people that highlighted that is really was a problem in our area. The report from the YDNP did not intimate that there was a problem in our area and neither have I had any reports via the Police. This matter will be looked at by the local Officers and also passed to the YDNP for their information.*

*DJW*

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### APRIL GARDENING

A few weeks ago I heard a very interesting talk on Saxifrages - those little cushion shaped plants which some of us attempt to grow in our rockeries. I have to admit that I became slightly confused as to which hybrid came from what and would have been very hard pressed, by the end of the talk, to distinguish between one pink flowered one and the next. The speaker though, was obviously very keen and knowledgeable and admitted to having over seven hundred different Saxifrage plants in her garden.

Fortunately she highlighted a few useful ones which are easy to grow - given a few basic conditions.

First into flower in my garden is *Saxifraga oppositifolia*, the "Purple Mountain Saxifrage". This makes a low spreading mat of foliage which is covered in rich purple/pink flowers in late March and April. It is very robust and stands winter wet and cold, and also flattening by my cat who finds it a comfortable place to sunbathe in the warmer months. Two other good early flowerers are *S. 'Jenkinsiae'* with pale pink flowers on a small grey leaved cushion, and *S. x apiculata* which bears pale sulphur yellow flowers over a green cushion. All of these need to be grown in very well drained soil (I use a mixture of sharp grit and John limes 2 compost for mine and grow then in a large trough), and must be kept free of damp leaves or other vegetation, or the cushions will rot away.

Later into flower are the "mossy saxifrages" with flowers ranging from dark red to white over green mossy cushions. These like well drained, but moist soil and enjoy full sun or part shade. The variety 'Cloth of Gold' is usually grown for its bright yellow/green foliage. This one tend to scorch in bright sunlight so is best tucked away in a lightly shaded place.

Towards the end of the summer and in early autumn another group of moisture and shade loving Saxifrages come into bloom. *S. fortunei* and its forms have hummocks of glossy, kidney shaped leaves and spikes of pure white, star like flowers. They make a welcome splash of brightness at a time when most other plants are over.

*Elaine Horne*

### THOUGHT FOR THE MONTH

What really makes a community? Is it the people, or the history, or the new-ventures, or the possibilities, it those who have lived here for ever who can trace back the generations, or is it those who have moved-in with new ideas and different ways of seeing things? Is it being greeted by name on the street or waved at in the car, is it the lack of needing to knock when you call on someone? Is it the outpouring of support for the hard times, the sharing of joy at the good times, the on-going interest, even the gossip?

Do you think the answer lies in all the above?

LD

### FREE GOLF COACHING

In an effort to open up more golfing opportunities the English Golf Union and English Ladies' Golf Association have developed several initiatives to help you get into golf, including *free golf coaching for beginners*. The coaching campaign is just part of the EGU's and ELGA's drive to promote the game of golf in England.

Free Golf Coaching is available to beginners regardless of age, gender or background at venues all over England during 2004. Anyone wishing to experience golf for the first time can simply register with a participating venue and receive free golf coaching - golf balls and clubs are also provided free of charge.

Carus Green Golf Club in Kendal is running *free Golf coaching* on Saturday 3<sup>rd</sup> and Sunday 4<sup>th</sup> April. On these days a qualified PGA Professional will be providing coaching and should you wish to attend please telephone 01539 721097

## HOWGILL'S HARMONY

a weekly singing group with  
summer evening singing walks  
Starts 7.30pm Tuesday 20th April  
Community Room, Sedbergh Library

*Also*

### Jura Singing Holiday

3rd to 10th July

### Lakeland Singing Walk

28th to 31st May

and quote 'Free Golf Coaching'.

After the coaching session all participants are given information on a variety of initiatives aimed at continuing involvement in golf, including regular participation, obtaining a handicap and joining a club.

*Free golf coaching for beginners* is just one of several initiatives within the 'Get into Golf' grass roots structure developed by the EGU and ELGA.

For further information on *free golf coaching* or the 'Get into Golf' structure please contact the EGU Golf Development Department: Tel: 01526 354500; E-mail: [development@englishgolfunion.org](mailto:development@englishgolfunion.org)  
Website: [www.englishgolfunion.org](http://www.englishgolfunion.org)  
*Key Results 2003*

99% of participants said they had benefited from the Free Golf Coaching.

80% of participants said they have been involved in golf since their initial Free Golf Coaching. ☀

### DIALECT DIGEST

The custom of practical jokes on April 1<sup>st</sup> is supposed to end at noon, and anyone attempting an April fool joke after midday in Swaledale is likely to be told, 'April Feul is past an' gone. An' thoo's a feul fer thinkin' on.'

When I was a lad, the time from noon onwards was known as 'leggin'-doon day', the idea being to try and trip up your friends, though where this somewhat dangerous activity originated is not recorded in my reference books.

My local supermarket has been selling hot cross buns for months, though they are one of the foods traditionally associated with Easter. However, I wonder how many people still eat peas at this time of year?

'Carlins' are boiled peas eaten on Care Sunday, the Sunday before Palm Sunday, and the Rev. J.C. Atkinson in his Cleveland Glossary writes, 'The custom is still so far retained that bags of grey peas, specially provided to meet the demand, may be seen in the country shops as the day draws on.'

The Richmond Almanac of 1890 observes that 'In Richmond and other places in the district, the innkeepers give

a feast of the peas to their customers on this Sunday morning.'

As far as personal taste goes, I'll stick to the traditional 'yan a penny, two a penny, 'ot cross buns'!  
*Michael Park*

### DENTDALE PLAYERS

"When we are Married" a play by J B Priestley will be performed in Dent Memorial Hall on 15 16 & 17 April.

Dentdale Players are continuing their long established theatrical tradition by performing one of J B Priestley's typical Yorkshire farces . The action, set at the turn of the century, centres around three couples (pillars of the community and god fearing) who after 25 years of "blissful" marriage find out that due to a technicality they are not in fact married!!! The story line is typical of Priestley and the dialogue is nothing if not earthy and robust.

The producer, Sue Garnet, has done her usual excellent job of licking the cast into shape and the production is nothing if not authentic. All the cast are locals from Dent and Sedbergh and there may even be some "typecasting", so come along and support this offering of local culture.

Tickets are available on the door and cost £3 and £1-50 for children under 12.

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### **DENTDALE W.I. '999 CARDS'**

As you may know, Dentdale W.I. instigated the formation of the First Responders group last year in response to the National Federation of Women's Institutes' Community Challenge Project and in celebration of 60 years of the W.I. in Dent. As an adjunct to this project it was felt that the preparation and circulation of '999 cards' would be of benefit to the First Responders when they are called out to an incident enabling them to find the address more speedily. These cards will give the full address and, more importantly, the grid reference of every property in the dale. We would ask everyone to keep this card beside their telephone so that if they have to call

any of the emergency services they can give the full details of where they are calling from. This will enable not only First Responders/Ambulance services to arrive more quickly but will also enable Police and Fire Services to do the same as we will supply each with a printout of the details. It would also be helpful if Holiday Lets could add on information about access to the nearest telephone kiosk as not all mobile phones work in the dale!

We hope that you will find these cards useful. We have tried to ensure that we have not omitted any address – if you have been overlooked please let Mrs. Fothergill know on (015396 25257).

Also if you change the name of your property please inform us so the we can amend the records. We have also found that several properties in the village neither have a name or number so you will need to have a lookout if possible!

It is hoped that the cards will be distributed during April when we will be selling a quiz to offset expenses – do look out for this and buy one! ☀

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### **KIRKBY LONSDALE DOCTORS MOVING PREMISES**

The Doctors and Staff will be moving from Green Close Surgery, Kirkby Lonsdale on 30th and 31st March and we will be in the new building on 1st April. We will be providing a skeleton service during this time and it would be appreciated if all routing appointments, queries and prescriptions be kept to a minimum. All emergencies will be dealt with over this period in the usual way by ringing 015242 71210. ☀

### **HOWGILLS HARMONY**

The venue for the Howgills Harmony weekly singing group is the Community Room upstairs in Sedbergh Public Library (the new library.) We shall spend five weeks learning songs there, and then the following five weeks we shall be out and about on walks singing by waterfalls and lakes, and in woods, caves, and country inns. All the songs are learnt by ear - so an ability to read music is not necessary. And for the walks, those who just want to come and listen are very welcome to join us. The ten week series starts at 7.30pm on Tuesday April 20 and there will be a break over half term.

The Jura Singing Holiday from July 3-10 is on the Scottish island of Jura near Oban, staying in Jura House with its famous walled garden and walks through the woods to the sea. Some of the songs we will be learning will be from the island and in Gaelic, and we will be joining a local choir on the last night for an informal concert. The week will also include outings to the explore the island and a visit to the famous Corryvreckin Whirlpool, said by the Royal Navy to un-navigable.

The Lakeland Singing Walk from May 28 to May 31 starts with a night of camping in the Langdale valley at 6pm, and then goes via various mountain passes to Wast Water, Buttermere, Borrowdale, Easedale and back to Langdale. We shall be performing in fellside churches and inns, as well as singing by mountain tarns and waterfalls, and overlooking the glorious scenery of the central Lake District. We shall be

**Settlebeck PTFA**

## **??? Quiz Night ???**

**Friday 23rd April**

**7:30pm**

**Settlebeck School Hall**

**Teams up to 6 people**

**Prize for first team adults**

**Prize for first team under 16**

**Bar available**

**Tickets on the night**

providing a vehicle to carry all heavy bags and tents.

All the events are open for anyone to join - even those who have never sung before. Non-walkers are welcome to join us by car.

The Singing Cyclists Tour is a trip from Lands End to John O Groats on bicycle, camping and staying with community choirs along the way to swap songs and share performances. We shall be cycling about 40 miles a day and raising funds for a charity which trains the orphans of African AIDS victims to become bicycle maintenance people. Music for the core repertoire can be sent in advance, and the first weekend in Lamorna Cove village hall will be spent learning songs ready for the tour. Singers can join us for the first weekend, one week or the whole four week tour. A van will carry all heavy bags and tents.

*David Burbidge*

**SMOKE-FREE ZONES  
FOR CHILDREN**

We would like to thank the children in Sedbergh and district for participating in our awareness campaign in conjunction with No Smoking Day on 10th March. The children were encouraging family members who smoke to keep children's air fresh and clean by colouring in a poster with the logo "Keep Children's Air Fresh". The response was excellent and the posters can be viewed at Sedbergh Health Centre. We are delighted to announce the winners as follows:-

Age 2 Category  
*Avon Troughton (from Lisa Woof's childcare)*



Age 3 Category  
*Amy Harper (from Howgill Toddlers)*  
Age 4 Category  
*Bryony Leddy (from Nichola's playroom)*  
Age 5 and over  
*Emma Packham (from Nichola's playroom)*

The Under Two's were offered a bib with the logo "You keep me clean on the outside, so keep me clean on the inside". For more information or support to stop smoking, please contact the Health Visiting team at Sedbergh Health Centre on 015396-20979. Bronwen Osborne Health Visitor, Polly Weston Staff Nurse and Melanie Walker, Smoking Cessation Advisor will be available to offer support and advice.

**JOHN OTWAY REVISITED**



**SEDBERGH PEOPLE'S HALL  
SATURDAY APRIL 24TH**

**AFTERNOON 2 PM**

**CHERYL - A Rock Opera**

*An everyday tale of satanism, trainspotting, drug abuse and unrequited love*

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**EVENING 7 PM**

**JOHN OTWAY  
& THE BIG BAND**

**ATTILA  
the stockbroker  
+ celtic cross**

**£10 Bar Available**

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**SEDBERGH COMMUNITY  
WRITER'S PROJECT**

In November 2003, the Sedbergh Book Town Committee announced the start of the Community Writers' Project.

Anyone from Sedbergh and District are be able to submit a written piece which may be prose, poetry or drama of no more than 3000 words in length, original illustrations and/or photographs may be included.

These pieces will be used in one or both of the following ways:

All pieces will be included in a specially bound scrapbook of the project to be kept afterwards in the Library.

Suitable pieces will be chosen by the Editorial Committee and will be published by Hayloft Publishing of Kirkby Stephen. This book will then be available for locals and visitors to Sedbergh to buy in the normal way. The Editorial Committee will be headed by Mrs. Elspeth Griffiths, archivist and librarian.

*Rules:*

- Entries must refer in some way to the WORD Sedbergh. This means a character could be called Sedbergh, you could write factually about



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Sedbergh, or any other mention, just as long as the word is included in your piece.

- One entry per author only.
- Those of 15 years old and upwards eligible.

Entries must be received by June 1st 2004, but we would be pleased to receive entries as soon as possible.

Any piece mentioning living persons, or those with living relatives must be accompanied by a letter giving written permission for the piece to be published.

Entries may be made on computer disc but should be accompanied by hard copies of all material included on the disc.

Entries will not be returned as originals will be included in the Community Scrapbook of the Project, therefore please make your own copies. ☀

**SEDBERGH METHODIST  
SUNDAY CLUB**

The final total raised from the Coffee Morning and Jumble Sale held on 6th March amounted to £343.84.

Grateful thanks to all who helped and supported us in any way.

M. A.

<p><b>SETTLEBECK HIGH SCHOOL</b>  <i>Macmillan Nurses Sponsored Slim</i>          Jean and Amanda Sowerby have very bravely volunteered to do a sponsored slim in aid of Macmillan nurses.          The official weigh-ins will be carried out by Bronwen Osborne, and the interim weigh-ins will be carried out by Maureen</p>		<p>Airey, our kitchen manager.          If anyone would like to support Amanda or Jean in this very worthwhile cause could you please contact the school, or if you would like to join them, please contact us!          Many thanks in anticipation of your support.</p> <p style="text-align: right;"><i>Joan Woof</i></p>
<b>ORGANISATION</b>	<b>CONTACT</b>	<b>Tel: 015396</b>
After School Club	Mrs Packham	Sed: 21484
Age Concern Monday Club	Mrs Winder	Sed: 20512
Age Concern South Lakeland PH (M, & F)	Mrs Alderson	Sed: 20814
Angling Association	Mr Dandy	Sed:
Art Society	Miss Nelson	Sed: 20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed: 20665
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
Butterflies Tots & Carers	Mrs Gerrard	Sed: 21217
Caving & Potholing Club (Dent)	Mr Stephenson	Sed: 21285
Chamber of Trade	Mrs Baines	Sed: 21287
Chameleons Drama Club	Mrs Bush	Sed: 20058
Christian Aid	Mrs Hannam	Sed: 20897
Conservative Association (Sedbergh)	Mr Beck	Sed: 20336
Cricket Club (Dent)	Mr Smith	Dent: 25209
Cricket Club (Sedbergh) *	Mr Hoggarth	01539 731140
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	Mr Kooper	Sed: 20234
Guides	Miss Stephenson	Sed: 20731
	Mrs Mackereth	Sed: 20346
	Mr Lord	Sed: 20993
	Mrs Woof	Dent: 25275
	Mrs Mackereth	Sed: 20346
	Mrs Howarth	Sed: 20090
	Miss Capstick	Sed: 20259
	Mrs Moffat	Sed: 20907





### **SEDBERGH MARKET FAYRE**

*Saturday 28<sup>th</sup> August 2004*

Are you wondering what to do with bric-a-brac and paperback books?

Perhaps we can help.

The Market Fayre Committee will have their usual Bric-a-Brac stall on the Main Street during the Fayre. The proceeds from this stall help towards the cost of staging the Fayre.

Shirley McVoy has kindly offered to store bric-a-brac and paperback books for the stall and may be contacted on telephone number 015396 21118.

How are those costumes coming along? Don't forget we should like to see all ages and sizes dressed up for the Fayre. Your outfit need not be too smart, just a gesture to join in and give some atmosphere and colour to the street, the more the merrier. There are prizes to be won for the best-dressed child and adult.



### **MK CONVERSIONS**

Four Lane Ends, Marthwaite  
Sedbergh LA10 5ES  
Tel: 015396 22038  
Fax: 015396 22039

Builders, Joiners & Roofing  
Contractors

### **CVA SOUTH LAKELAND OUTREACH**

A series of Drop In Surgeries have been organised in Sedbergh.

These can provide:-

- An outline of CVASL services and

how we can help you.

- Help with planning a project and identifying potential funding sources.
- Advice and information on topics relevant to you/your group e.g. managing a committee, effective meetings, effective funding, grant applications.

The surgeries will be held at the Community Offices on the first Wednesday of every month from 10.30 am to 12.30 pm. For further information contact Jane Johnson, Information Assistant, South Lakeland CVA on 01539-742627. Monday to Friday between 10 am and 2 pm. ☀

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

*Registered Osteopath*  
**BUPA Provider**

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

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

### **SETTLEBECK HIGH SCHOOL**

*Dance*

We would like to thank talented ex-pupil Felicity Close who gave up a day of her time to come into Settlebeck, right at the end of last term, to do some dance workshops with girls from years 7,8 and 9. Felicity is at present studying dance in London. We thought her teaching and performing skills were super and were much enjoyed by everyone who took part. ☀

### **NORTH WEST AIR AMBULANCE**

The North West Air Ambulance is pushing back the boundaries of patient care ... thanks to Sedbergh School.

As part of a unique scheme, the emergency helicopter was based at the School for a week beginning Monday March 8<sup>th</sup>.

The move is part of an overall plan by the NWAA Charity to provide the best possible cover for Cumbria, Lancashire, Greater Manchester, Merseyside and Cheshire. Several landing sites across the region have been identified so the helicopter can be put on 'active standby.' The pilot and crew were billeted at the school during the day and flew in and out of Sedbergh when called upon to attend 999 calls.

Many people visited the helicopter and

spoke with Pilot Jim O'Brien and the various Paramedics.

Charity Chief Executive Lynda Brislin said, "It's part of our overall strategy to be out and about in the North West. The people of Cumbria have always supported the North West Air Ambulance really well, and being based at Sedbergh School for a week shows them we're here, we're active and we're looking after the county. The school have bent over backwards to help us and make us feel welcome- the only thing we're worried about is landing on their cricket pitch and leaving a mark."

Examples of flying times from Sedbergh to Windermere 7 minutes, to Kendal 5, to Royal Lancaster Infirmary 6 and to Silloth 21 minutes.

*Paul Crone*



**Pilot Jim O'Brien and Paramedics Clive Carter and Graham Bowen**

### **GALA QUEEN 2004**

My name is Cally Steadman and I am almost 15 years old. I am pleased to have been chosen as Sedbergh's Gala Queen. Megan Henderson was also nominated and we were told that both of us were such strong candidates that we agreed for the final choice to be the result of drawing out of a hat, and I was lucky enough to be chosen.

I know this has made my friends and family proud, and it will require getting involved with the

community and helping out in any way possible. I feel I am suited to this role as I am a lively and enthusiastic person, and I feel that this opportunity will also boost my self-esteem.

I will be extremely dedicated to the role. I enjoy getting involved in extra activities, and current enjoyments include working with the disabled and taking part in the Duke Of Edinburgh

scheme. These have proven to be exciting challenges, which I am always keen to take on. I take part in community service, an example of this being the work done near Settlebeck, where a team of students including myself dug back paths to allow wheel-chair users to gain easy access.

School has helped me get involved in tasks, such as 'Meals on Wheels' providing food to the local elderly residents of Sedbergh, and working with

the young children at Playgroup. I have particularly enjoyed this, as my ambition is life is to become a primary school teacher, hopefully in Sedbergh.

In the past, I have been involved in a number of fund-raising events, raising money for Asthma, Macmillan nurses and many other charities, and I intend to carry on with this work.

My hobbies include playing on the netball team, reading, playing the piano, socialising and schoolwork, which is high

up in my list of priorities as I feel a good education is essential. My part time job at Sedbergh School gives me financial independence and I enjoy working there with my friends. I also like to take care of my appearance and make sure that I am presentable.

I have lived in Sedbergh all my life, and therefore feel passionately about the town, and I am

honoured to represent Sedbergh as its Gala Queen. I realise that this does not just involve attending the Gala, but representing and being involved with Sedbergh, attending wherever and whenever I am needed.

My attendants on Gala day are to be Grace Ormerod, Natasha Kellaway, Amy Bolsher, Eilidh Sproul, Rowan Hall, Jennifer Stainton, Ben Morgan and Robert Whittaker.



#### FESTIVAL 2004

*the organs of Sedbergh Cautley & Dent*

There are eight interesting and diverse organs in the Sedbergh area, and they closely reflect the different needs and fashions of the periods in which they were built. There will be a chance to celebrate their continued survival as very special musical instruments and to hear all but one of them during the Sedbergh Festival in the summer.

The oldest instrument, which is also the smallest with four stops, is at St Mark's, Cautley and was built by Henry Willis in about 1860, the case being designed by the famous architect G. E. Street. The youngest, which is in Sedbergh School Chapel, was built in 1976 by Church & Co of Hexham. It has 21 stops and was moved to Sedbergh in 1994 by David Wells of Liverpool. The largest with 32 stops was built in 1913/19 by Alfred Hunter of London in Powell Hall as a memorial to Sir Francis Powell. The builders of the others have also come from widely different parts of the country, and as well as the three just mentioned include Brindley & Co, a short-lived firm from Sheffield, Norman Bros & Beard of Norwich, Peter Conacher of Huddersfield, H. S. Vincent & Co of Sunderland and T. Hopkins & Son of York. Thomas Hopkins was the brother of E. J. Hopkins, famous for his influential book *The Organ, its history & construction* written in partnership with E. F. Rimbault. Nearer home, Wilkinson & Son of Kendal may have had a hand in the St Mark's Cautley organ.

Apart from one organ which now has electric action, all the instruments are more or less as their builders left them,

St Andrew's Church, Sedbergh

## BRING THE CHURCH WITH SILVER

**Saturday 1st May**

Coffee ~ Lunches ~ Teas

Cake Stall

in the Church Rooms 10am to 4pm

four with mechanical action (tracker), two with mixed mechanical and pneumatic action, and one with pneumatic action.

I hope to gather together what information I can about these organs in time for the Festival, and it would be very interesting to hear from anyone who has a particular connection with or knowledge of them, or knows who has played them over the years.

Our talented recitalists and their varied programmes are as different as the instruments on which they will be playing. Deryck Cox (Sedbergh Parish Church) is playing at Cautley, Roger Bush is at home in Dent Parish Church, Clare Mingins (Sedbergh School) is at Sedbergh Parish Church, Damian Howard (late of Lancaster Cathedral) has a double bill in the United Reformed Church and the Methodist Church, Christopher Tambling (Downside Abbey) is at Sedbergh School Chapel, and David Sanger the international recitalist whose home is near Cockermouth will be playing in Powell Hall. Watch the Festival Programme for the details of times and places. See you there!

*Richard Thomas*



### BOOK TOWN NEWS

The Business Plan for the Book Town Project is to be delivered on 30th March. At present we understand that the consultants will be recommending that a smallish building or part of a building be taken on to become a co-operative book centre and that a job or jobs be funded to manage the book centre and events under the book town banner together with a sum for marketing.

Soon after the plan is delivered a copy will be placed in the Library for anyone who wishes to read, there will also be a public presentation of the conclusions, please watch for posters for the date.

The Chamber of Trade and the Book Town Company are concerned that everyone in Sedbergh and District has a chance to express their views about the project. To this end the working group has been visiting groups listed in the Lookaround to give a short talk and to ask people to fill in a questionnaire and comment sheet. If your group would like to hear more about the project please telephone 20034 so that we can arrange a talk. Please note the sheet gives ample opportunity to people to express views both for and against the project.

Is the Book Town Project a Commercial Project? we are concerned that there seems to be some misunderstanding that the BT project is 'commercial'. By this we presume that people are wondering about setting up the Book Town company. May we explain. In order to handle public money any group must be set up correctly and if money is to be taken in through sales of any sort a proper business must be set up. In the case of a community business a 'company limited by guarantee' is the correct way to proceed. This means that although a 'business' exists it is not profit making and belongs to the community. In fact if everything goes to plan members of the community will be invited to become trustees or directors of the company.

If the book centre becomes a reality, it will seek to earn enough through sales etc. to be self-sufficient, any surplus will be used to subsidise book town projects, no individuals will profit.

If in addition to the centre, we are lucky enough to receive marketing grants to enable us to run events under the book town banner, these events will allow that part of the project to become a charity. Obviously the Charities Commission wishes to make sure that any charity has aims which benefit someone or something, in our case it would be the community of Sedbergh and District.

So although the Book Town project may seem like just another perfectly ordinary business it isn't! The project aims to provide a focus for business in the town centre and to allow existing and new businesses to flourish. In turn we hope there will be jobs, training and leisure opportunities which everyone will enjoy.

### **CUMBRIA WILDLIFE TRUST.**

#### *Black-Headed Gulls*

The most numerous breeding bird within a few miles of Sedbergh is not the familiar Chaffinch, Meadow Pipit, Willow Warbler or Blackbird. It is a small gull with a chocolate-brown head in spring and summer, its buoyant and agile flight making it easily recognizable as small parties make their daily foraging trips around the locality. As many as 3,700 pairs of Black-headed Gulls nest in an excitable and densely crowded colony on the islands of Killington Reservoir. This is a fairly recent invasion as the first gulls only attempted to breed in the mid 1980s. The following decade witnessed an explosion in numbers and to-day Killington Reservoir accounts for more

than half the Cumbrian breeding population.

In the 19 century. Black-headed gulls faced extinction in Britain with land drainage, agricultural change, coastal development and excessive harvesting of eggs all probable factors in their decline. However, they are adaptable and resilient birds, able to thrive in both coastal and inland habitats, and by 1900 numbers were recovering favoured by milder climatic conditions and gulls exploiting new feeding opportunities on refuse dumps and farmland. In Cumbria, substantial colonies developed at Walney Island, Ravenglass and inland at Sunbiggin Tarn, near Orton. Smaller groups have nested at several other island sites in south-east Cumbria such as

## **THE HEAD AT MIDDLETON**

*Nr Kirkby Lonsdale, Cumbria*

*Tel: 015396 20258*



A Charming Country Inn in an area of outstanding natural beauty situated on the A683 between Sedbergh and Kirkby Lonsdale

### **Accommodation Lodges now available**

Family Room	From £75.00
Double/Twin	From £55.00
Single	From £32.50

*Prices includes Full English Breakfast*

All Rooms En Suite, TV, Phone, Tea/Coffee Facilities

- BAR MEALS or RESTAURANT
- ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES
- LOVELY BEER GARDEN WITH WELL EQUIPPED PLAY AREA

BASKET MEALS SERVED after 9:00 pm

PIZZA AND GARLIC BREAD TO EAT IN OR TAKE-AWAY  
SERVED UNTIL CLOSING TIME

Proprietors: David and Elizabeth Martin

Kitmere, Tarn House Tarn and Brownber Tarn for many years, but with variable breeding success.

In 1990, 8,000 pairs were resident at Sunbiggin Tarn providing one of the best wildlife spectacles in the county. By 1999 the reed beds of Sunbiggin were virtually deserted and not a single chick was reared. Similar catastrophic collapses have occurred at other sites, including the Ravenglass colony of 16,000 pairs which disappeared in the space of a few years in the 1970s. Little seems to have changed at these places and evidence is difficult to find in support of explanations such as increased predation by fox or mink, human disturbance or changing water levels.

However, the exodus from Sunbiggin

Tarn has to a large extent been mirrored by the rapid growth of the Killington population and other substantial colonizations at Fisher Tarn, Shap Blue Quarry and a tam near Ravenstonedale. At Killington high water levels have been maintained since improvements to the reservoir in the 1980s protected the islands from potential predators. Available food supplies are abundant for birds that will eat anything from earthworms and insects to household waste, frogs and voles. Perhaps the mystery of sudden changes in Black-headed Gull breeding populations is just an example of the opportunistic nature of this highly sociable bird.

*Malcolm Priestley and Fred Gould*

Starters		Fish Dishes	
Prawn Cocktail & Marie Rose Sauce	£3.60	Salmon Steak with Parsley Sauce	£8.90
Garlic Mushrooms on Toast	£3.10	Grilled Rainbow Trout	£8.90
Pate with Garnish, Toast & Butter	£3.10	Breaded Scampi	£6.30
Soup of the Day	£2.95	Breaded Haddock	£6.30
Egg Mayonnaise	£3.10		
Grapefruit Cocktail	£3.10	Vegetarian Dishes	
		Tropical Vegetable Curry	£6.30
		Stilton & Vegetable Crumble	£6.30
		Vegetable Lasagne	£6.30
		Mushroom & Nut Fettuccini	£6.30
		Broccoli & Cream Cheese Bake	£6.30
		Vegetable & Pasta Bake	£6.30
		Vegetable Tikka Masala	£6.30
		Macaroni Cheese	£6.30
		Rice Dishes	
		Chilli	£6.30
		Chicken Tikka Masala	£7.20
		Salads	
		Ploughman's Lunch	£4.90
		Cold Meat Salad & Roll & Butter	£5.90
		Prawn & Rice Salad	£6.30
		Sandwiches	
		Prawn with Marie Rose Sauce	£4.00
		Ham, Beef, Cheese & Tomato;	
		Cheese & Pickle or Salad	from £2.50
		Toasted Sandwiches	from £2.70
		Portion of Chips	£1.50
		Mixed Side Salad	£1.50
		Portion of Mushrooms	£1.50
		Roll & Butter	£0.45

# THE HEAD AT MIDDLETON



Tel: 015396 20258  
www.middleton-head.co.uk  
enquiries@middleton-head.co.uk

## Menu

Extra Special Main Courses all £10.95		Main Courses	
Loin of Pork in Cider & Apple Sauce		Roast Dinner of the Day	£6.30
Lamb & Apricot Casserole		Mixed Grill	£11.90
Chicken with Basil, Port & Dill Sauce		Fillet Steak	£11.90
Venison Steak with Red Wine Sauce		Sirloin Steak approx. 8oz uncooked	£9.55
Venison Casserole		Half Roast Chicken	£7.50
Supreme of Pheasant Chasseur		Chicken Kiev	£6.30
Pork in Pepper Sauce		Lasagne	£6.30
Cod & Prawn Crumble		Steak & Kidney Pie	£6.30
		Cumberland Sausage	£6.30
		Gammon & Pineapple	£6.30
		Barnsley Lamb Chops	£9.50
		Marinated Lamb Steak (6oz)	£9.50
		Pork Chop in BBQ Sauce	£6.70
		Cheese & Ham Pasta	£6.30
		Tuna Pasta Bake	£6.30

### TOWN TWINNING

The Twinning committee were unable to visit Guglingen in March as they hoped to. Pressure of work got in the way for most people. However they are planning a trip for the end of April. Anyone interested please call, Garth, 20431 or Stuart 20909. You will have to pay your own way but the cheapest deals well be sort.

Some of the things that will be looked at is how we can help each other to realise some of the ideals of Twinning. We would want to encourage them to visit us and local people to visit them. They grow wine by the way which might be an incentive to some.

The committee have had some thoughts about a shop display offering goods from Guglingen. Naturally this would be mirrored by Guglingen having a display of goods from the Dales. By the way they bought lots of Calendars.

Don't forget the AGM which is on the May 10th 8 pm at the Bull Hotel. This meeting will include the election of new officers. Please come along and make you feelings known. We would welcome new members.

Talking of making your feelings known; many thanks to Brian Wright for his interesting article published in last months Lookaround. While it would be fun to twin with somewhere in Africa or America the cost of popping over is prohibitive. However it may be something we could look at in the future. No where in the World has been ruled out . There is a web site on which Towns wishing to be twinned register their interest. Up to now there have been none from Switzerland or Norway though we

CUMBRIA WILDLIFE TRUST  
**DUCK RACE**  
2.30 pm  
**Monday 3rd May**  
Busk Lane Riverside  
*By kind permission of the  
Headmaster of Sedbergh School*  
**fun for all the family**

will continue to keep an eye on the site.

Contrary to popular belief the British Government have nothing to do with the Twinning process and EU money is generally only available for educationally based trips. The criteria for such grants are rigorous and not really for the likes of a small Town like Sedbergh. Well, not at this early stage.

The Twinning group are looking to make contacts for the development of the Town. In fact this process has already began. As for bringing us closer to the EU, well I can't imagine those busy chaps and chapesses in Brussels bothering about us here in Sedbergh. Britain is a member of the EU in any case there seems no escape from that but it doesn't mean we have to follow EU directives to the letter. Most European counties don't that's for sure. They don't even adhered to the no smoking signs on the buses in my experience. No seriously lets not get to bogged down with oaths of allegiance after all we don't even have a mayor to swear one. All we want is to open up new avenues of tourism along with cultural exchange and trade for Sedbergh and Guglingen, beneficial to both.



THE DENTDALE CHOIR  
**GONGERT**

Saturday 1st May @ 7.30 p.m.

St Andrew's Church, Dent

*Programme includes*

The Armed Man Choral Suite

*By Karl Jenkins*

*There will be a retiring collection*

**GROWING WITH GRACE**

Your contribution to organic vegetable growing

Good news is always welcome, especially when we are involved! Brown bins can now be seen throughout our community. Their contents go to make organic compost for a successful local organic vegetable growing business. The North Craven Composting Scheme was established in July of last year and is proving to be successful as local people put their garden waste in bins for Craven District Council to collect and take to Growing with Grace. Growing with Grace are very grateful to people for taking care to put only organic waste in their bins, although sometimes plastic does creep in!

Growing with Grace is going from strength to strength, growing organic vegetables and herbs under 2 acres of glass in Clapham. Their delivery scheme, too, is developing as they pack and deliver organic fruit and vegetables (their own crops, and those bought in from wholesale suppliers) to more homes and collection points. More people are discovering the on-site shop that sells both fresh organic produce and dried and chilled items and they are achieving their

goal to supply quality organic vegetables, fruit and groceries at fair prices.

For those who might be interested in joining the delivery scheme, fruit and vegetable bags come in a range of sizes and prices. There are vegetable bags: £7.00, £10.00 and £13.50, a £5.00 salad and fruit bags: £5.00, £7.00 and £11.50. People can ask for special requirements or have a Choice Box. These allow customers to choose their contents for a minimum order £15.00, which includes a £2.00 packing charge.

Open Tuesday to Saturday 10am – 4.30pm, the site shop stocks organic vegetables, fruit and wholefoods. This makes it easier to do all your organic shopping in one place. There is a full range of organic tinned and pre-packed dry goods. The chilled cabinet includes organic dairy and soya products.

Although their own crops are limited at the moment, in a few weeks they will be harvesting kale, purple sprouting broccoli, and salad leaves. By April, spring cabbage will be available. Bentham News will keep you informed of new local crops as they become available throughout the year.

Growing with Grace is a Quaker business and a social enterprise run as a co-operative (an employee-owned business) and it is based on an ethos of 'local food for local people'. You can learn more by visiting their website at [www.growingwithgrace.co.uk](http://www.growingwithgrace.co.uk). If you are interested in joining the delivery scheme, Shane would be pleased to fill you in on how it is organised. You can call him on 015242-51723 during office hours, or leave a message and he will call you back.

*Shirley Brown*

## SEDBERGH GALA

*Saturday 22nd May 2004*

Plans are now well established to make Gala 2004 the highlight of 40 years of Gala in Sedbergh. The theme for gala is Ruby Red to celebrate the long history of entertainment and sport where visitors and local people can enjoy the many attractions and pastimes. As usual the procession will begin from Maryfell at 12.30pm and all the Ruby Red fancy dress entrants. Gala Queen and her attendants, Sedbergh Town band, Kendalians and many more will proceed through Main Street and on to Lupton field Back lane.

The Gala field will have a large arena for everyone to see the main attractions, Crowning of the Gala Queen, judging of the fancy dress competition. Maypole dancing, Children's sports. Bird Display. Musical events will be in a large marquee where you can be entertained by Sedbergh Town Band, Belly dancers and in their first appearance at Gala the Kirkby Lonsdale Bell ringers. There will be more animal attractions than ever before at Gala 2004 Hot dogs and dog agility will be joined by birds of prey and a bee tight tent where visitors can learn about bee keeping. Fell runners and Cumberland and Westmorland wrestling can be watched and the opportunity to join in these local pastimes can be enjoyed. The Fire Brigade will be demonstrating rescue techniques with a burning car.

Teenagers and the brave at heart will enjoy all the rides and challenges on offer. The army will provide an assault course and Ariel rope slide, there will be swing boats, bouncy castle, inflatable

DENT NURSERY

# OPEN

# DAY

1 pm to 3 pm

**Saturday 1st May**

Come and see our new premises in

**The Haygarth Room**

behind

**Dent Memorial Hall**

and chat to staff

Dent School will also be open  
to view at the same time

maze and inflatable slide. There will be a waltzer, climbing wall and miniature railway so make sure you arrive early to make the most of all these attractions.

There will be no shortage of food available Dales Kitchen (Steadman's) will be cooking all day there are cake stalls sandwiches, cheese, ice cream and doughnuts all available as well as the all important Beer Tent (Dalesman) Finally to celebrate 40 years of Gala there will be a special event during the afternoon. This is an appearance which will remind us all of times gone by and to remember those 40 years of enjoyment experienced at Sedbergh Gala. To find out more what this event is you will have to come along to Lupton field on 22nd May. ☀

# W+W

## WALLS & WINDOWS

### HOLY TRINITY CASTERTON

#### May 1st & 2nd

A celebration of the heritage of  
Casterton's Holy Trinity Church

Windows and Wall Paintings by  
Henry Holiday and James Clarke  
Exhibitions ~ Flowers  
Music ~ refreshments

ending with  
**Rainbow Songs of Praise**  
at 6.30pm

#### PEOPLE WITH SIGHT PROBLEMS

There are at present many elderly people who are having difficulty with close work because of blurred vision, even when they are using the most up to date spectacles. It is possible to obtain aids such as lamps and magnifiers which can be of help, especially for short lengths of printed material (bills can be the least interesting of these!). But for lengthy chunks of reading, such as of books, magazines and newspapers, the audiotape can be a very useful additional aid.

At a recent meeting of the SLSB Scott Helmsley gave some information on audiotapes available for people who have blurred vision for close work. One very

useful organisation is 'Calibre' which provides an enormous range of books in audiotape format. This gives a much wider range than can be found in most local libraries and covers fiction, biography and many areas of non-fiction. No longer is Mills and Boon the main choice available! The books are on loan and are sent free of charge to any one who is unable to read normal print size. A catalogue can be obtained by post and is available in print or audiotape version.

Other sources for 'talking books' are the Royal National Institute for the Blind which now provides books on compact disc. Books on tape can be found on loan at the local library and for sale from bookshops.

Of course, 'talking newspapers' are also available, covering the daily newspapers such as the Guardian and the Daily Express. The Talking newspaper Association U.K. also provides magazines such as the Radio Times and a wide range of special interest journals covering such areas as gardening and cookery. For local news, a 'talking' version of the Westmorland Gazette and our own 'Lookaround' are available on tape. A large print version of the latter is also obtainable.

For information on audiotapes for people with sight problems, contact South Lakeland Society for the Blind at Kendal 015397 42633.

The Sedbergh group meets on the third Tuesday of the month, and new members with sight problems are always welcome. Contact 20100 for more details.

*Jennifer Levitt*

### **A SEDBERGH VIEWPOINT**

Sedbergh has been getting a lot of publicity recently. Both the North West Ambulance and the BBC Radio Cumbria bus have visited our community in the past few weeks. Both visits may well have been publicity stunts for the organisations concerned but they show that Sedbergh is far from a forgotten town and really is on the map.

At the week's end I quite missed the Air Ambulance landing and taking off from Sedbergh School cricket pitch several times a day. If it was on real call outs rather than just training flights it shows how valuable a resource it is. I for one was pleased to sign up to contribute towards its cost. Thanks to Sedbergh School for hosting the helicopter. I hope it wasn't an exam week or too great a

distraction during study times.

Over the past few months I have criticised our local councils (Cumbria CC and South Lakeland DC) for their inefficiency and high spending so I had better acknowledge that, now the Council Tax bills are dropping through our letter boxes they have take notice of me and kept this year's increase to *only* 5.4% - but I have worked out that United Utilities water rate increase is almost 13½%. That one hasn't been given much (if any) publicity.

When people return to a place where they once lived to refresh their memories I have found that they are usually disappointed because it is not as they remember it. It has changed! Of course everywhere is changing all the time little by little, but whilst we are living with

## *Sedbergh Office Services*

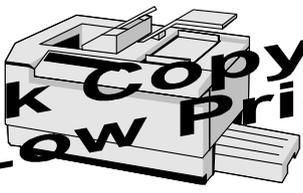
**13 Kings Yard, Sedbergh Tel./Fax 015396 20788**

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Plus much, much more!!**

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at Low Prices**



change we accept it and incorporate it in our everyday lives. There seems to be quite a bit of change going on in Sedbergh at the moment which historians might note.

The newsagent has become a convenience store. Don is very enterprising - but I bet Pete has happy memories of how it was!

Sadly the Reflections curio shop (if that is a fair description) has closed. I used to enjoy nosing in there, though in all fairness I didn't often make a purchase. It doesn't seem too long ago that this was a Co-op mini-market, which didn't last too long either following Konczynski's long tenure.

Hollett's Antiquarian Bookshop is closing its doors to the browsing customer to become a mail order

business.

The Health Centre is becoming a single practice which whilst removing choice of GP is probably a more efficient use of the Centre.

Bob Udale's old butchers shop which has stood empty for so long is now the subject of a planning application for conversion to residential units.

So Sedbergh is subtly undergoing much change at the present. Is there anything I have missed I wonder.

It is good to fly the flag for Sedbergh when I can. I hope the editors will allow me to include the town's name in the heading for my occasional reflections. Sadly for me the word reflections seems to be copyrighted and I can't use it any more!

*N. Hastle*



## MEADOWSIDE CAFE

The Laning, Dent  
Tel: 015396 25329

e-mail:  
meadowsidecafe@btinternet.com

### APRIL OPENINGS

Saturday/Sunday/Monday

*All month*

*Saturday evenings - Bookings Only*

**Both Easter Weeks**

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**TIM COLLINS MP**

It was a pretty universal view back in 2001 that the foot-and-mouth outbreak, which devastated so much of the rural economy, could have been much better handled. But the latest revelation poses an even more serious question. Could more effective Government action have prevented the outbreak in the first place?

A worrying little secret has just been uncovered. It seems that a vet working for the Government believes that a properly rigorous inspection at the farm in Northumberland where the disease is first believed to have got hold could have prevented the whole disaster.

The vet set all this out in official papers over a year ago, but the evidence was apparently not put before the Anderson

inquiry. That investigation itself, set up by the PM and answerable only to him, was regarded with deep suspicion by many anyway – a view which will hardly be altered by indications that inconvenient evidence was suppressed.

The vet's crucial evidence only saw the light of day thanks to a leak to the "Farmers Guardian".

The taxpayer lost over £8billion over foot-and-mouth, but the impact on families, farms and tourism businesses across the country was far greater – both financially and emotionally.

In 2002, I presented a petition on the floor of the House of Commons calling on the Government to mount a proper public inquiry into the foot and mouth crisis. I felt strongly at the time, and still

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do, that only a proper independent inquiry with the legal powers to interview witnesses under oath and subpoena documents would stand a chance of getting to the truth.

Despite pressure from MPs, farmers and members of the public sickened by the way the outbreak had been allowed to get out of control, Ministers refused to sanction an independent inquiry into what had gone so badly wrong and what should be done in the future to prevent anything like this happening again.

It seems likely now that vaccination, the course urged by many at the time but rejected by Ministers, will as a result of European decisions be the first, not last, resort in fighting FMD in the future.

Even so, and despite the many other

stories which have competed for media attention in the last three years, we should not allow the quest for the truth about what happened in 2001 to be abandoned. Too many people, not least in and around Sedbergh, suffered too much for it all to be quietly forgotten. Furthermore, too many could lose out again if lessons are not properly learned. So I will play my full part in keeping up the pressure for full disclosure. ☀

### SETTLEBECK HIGH SCHOOL

School Kitchen

*Fundraising in aid of Macmillan Cancer Nurses*

Recently, Settlebeck Kitchen held an early morning breakfast from 7.45 am to 9.10 am in aid of raising money for Macmillan Nurses. We are very pleased to announce that we raised £105. Many thanks to all the students and teachers that joined in and came for breakfast, Amanda Sowerby who did the washing-up and also to all the parents that made a donation. Also a very special thanks to Maureen Airey (Kitchen Manager) and Linda Wearing who came into work extra early to prepare for this very worth while event.

*Chinese Day – 2<sup>nd</sup> April 2004*

Due to the massive popularity of our themed lunchtimes we are preparing to hold another Chinese Day on 2<sup>nd</sup> April. This involves Maureen and her staff preparing Chinese food for lunchtime. Also, it is the first time we are going to offer the Primary School (who now come over to Settlebeck for their lunch) the option to try some Chinese food alongside their usual choices. It's always a sell out so don't forget to put the date in your diary!  
*Andrea Sephton*



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### HISTORY OF AN ACUTE ILLNESS

A few weeks ago I got a cold, and while I felt a bit disgruntled as it was the first one I had had since 1987, it did give me the opportunity to try out the new homeopathic drop-in clinic in Sedbergh. This is taking place regularly on Friday mornings from 9.30 to 12.30 in the Masonic Hall.

The clinic is run by homeopaths Denise Williamson and Ian McPherson and treats acute illnesses. These are characterised by their rapid onset and self-limiting nature. Traditionally, self-limiting is taken to mean that within a short period of time the patient either gets better (as is usual with colds, flu, gastric upsets and childhood illnesses) or the patient dies (as often happened with smallpox, for example). There is a third possibility, which is that the acute illness changes and becomes chronic, perhaps because of neglect or wrong treatment (such as the wrong sort of herbs or inappropriate antibiotics). A chronic condition is one which lasts a long time (like chronic fatigue, for example) or is characterised by repeated recurrence of symptoms (for example, frequent ear infections in children). These illnesses can also be

treated by homeopathy, but probably not within the framework of the drop-in clinic as a more detailed diagnosis would be necessary.

On the first day of the clinic, I took my acute cold along. Another patient left as I arrived and I was pleased to see that the clinic was being used from the start.

There is a large waiting room with magazines and the consultations take place in a small private room. I told my tale of woe to both Denise and Ian and they asked me some questions. They then took a few minutes to decide on the best remedy for me. Denise recommended a New Era tissue salt combination, which is obtainable from the Sedbergh pharmacy.

I had four days complete rest, during which time I took the homeopathic remedy four times a day. On the fifth day I was more or less better. I was very pleased about this because I used to have a pattern of my sinuses getting blocked and staying blocked for weeks after each cold.

Self-help remedies can also be helpful for mild acute illnesses. For colds you might consider:

- Vitamin C - I took 250 mg four times a day for a few days, then reduced

DENT PRE SCHOOL

## MAY DAY SALE

**Saturday 1st May 12 noon to 4 p.m.**

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the dose back to zero over about a week. I have been experimenting with food-state vitamin C, which is supposed to be more readily absorbed. Of course it is impossible to tell.

- Echinacea - I used the organic tincture from Howbarrow Organic Herbs in Cartmel. I took the maximum dose for a few days, until the main symptoms had cleared.
- Herbal teas can help. Try mint for a "hot cold" (slight temperature, sore throat, red tongue with a yellow coating, rapid pulse) and ginger for a "cold cold" (runny nose, feeling chilly, pale tongue with a white coating). Honey and lemon can be used for any cold as honey is warming and lemon is cooling so it is balanced.
- My grandmother had a remedy made by sprinkling onion slices with brown sugar and collecting the juice. I have never fancied this, but, like ginger, it would be warming and suitable for a "cold cold".
- The key is probably plenty of rest. Battling on regardless is not a good long-term strategy.

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- If you are prone to blocked sinuses, once the initial stage of the infection has passed, consider salt-water nasal washes. Use 1/3 teaspoon of salt (pure salt with no anti-caking agents) dissolved in a mug of boiled water, cooled to blood heat. The idea is to take in some salt water through one nostril and let it out through your mouth. Then repeat on the other side. Proceed with caution - start off with a small amount and increase it if you feel it suits you. In Ayurvedic medicine they use a little pot with a spout for this, but with practice (in the shower!) a mug will do.

For information about the homeopathic drop-in clinic phone Denise Williamson (015396 20846) or Ian McPherson (015396 20648). If you have comments or questions about anything else, please contact me (015396 20972).

*June Parker*

## YORKSHIRE DALES NATIONAL PARK

Businesses across the Yorkshire Dales are being offered the chance to help visitors get the very best out of the area – and promote themselves to boot.

The Yorkshire Dales National Park Authority is revitalising its network of information points and is urging local shops, pubs and cafes to join in the promotion push.

Park Information Points support the network of National Park and Tourist Information Centres. They provide essential information to visitors on a variety of subjects, including things to see and do, access in and around the Dales and current projects and issues affecting the Park.

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The scheme has operated reasonably successfully in the past, but now - in its 50<sup>th</sup> anniversary year - the Authority wants is injecting new enthusiasm and resources into the project.

Kathryn Storey, Sustainable Tourism Officer with the National Park Authority, said: "Many businesses in the Yorkshire Dales are already providing a vital local service by providing information on the National Park to visitors.

"Now they have the chance to do so as part of a co-ordinated network with regular and dedicated support from Park staff. This is a great opportunity for them to be able to promote the area and their business, while being officially recognised as part of a network where visitors can go for information on the Yorkshire Dales National Park."

Successful applicants will receive equipment and fittings to enable them to provide the information service without losing valuable business space. Other support will also be available.

The whole package includes:

- A4 Wall Mounted display unit (poster dispenser style) with interchangeable leaves for easily updated information. This will provide space for



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promotion of events, accommodation lists, maps, weather and general locational and specific National Park Information.

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- Free publicity via YDNPA and Joint Promotion Initiative Tourism Partnership publications and web sites
- Information manual
- Up to date information on issues affecting the Dales through National park Authority media releases and meeting agendas
- Trade discount on National Park Authority merchandise

- Inclusion in annual meeting to update current issues

• Minimum service standards  
Successful applicants will also have regular meetings with a dedicated member of National Park Staff who will be a point of contact between the Yorkshire Dales National Park Authority and the Information Point Network.

Anyone who thinks their business could benefit from being able to provide this type of service should contact the YDNPA External Affairs Administration Department on 01756 752748 or email [info@yorkshiredales.org.uk](mailto:info@yorkshiredales.org.uk) for a 'Park Information Point Pack' and application form. The deadline for completed applications is **April 7th 2004**. ☀

## WALLS AND WINDOWS

*A Celebration of the Heritage of Holy Trinity Church. Casterton.*

There can't be many (or any?) churches in this Diocese for which two artists have painted pictures to cement to the walls, but in Casterton we have pictures by Henry Holiday and by James Clarke - so why not come to see Holy Trinity Church, Casterton during our special celebration weekend of May 1st or 2nd?

There have been constructional changes to the church since it was built by the Revd. Carus Wilson for the use of the Clergy Daughters School which he founded and for the village of Casterton, and it is still used by both. It was consecrated in 1833 and later a chancel was added and a gallery removed - a

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cause of controversy in the village! When the Revd. (later Canon) Arthur Burton was appointed to the Parish in 1889 he began to plan a restoration which would include re-seating (and making the seats free), re-flooring, new lights - and decoration in the form of new windows and wall paintings.

Henry Holiday (1839 - 1927) agreed to design windows and wall paintings and worked for the church from 1891 to 1902. He was much influenced by the Pre-Raphaelites, was a friend of Edward Burne-Jones and indeed followed him as designer for Powell & Sons when Burne-Jones left them to join William Morris. Holiday's paintings are in the chancel and are the last wall paintings he did. He designed the East window, three in the chancel and two West lancets depicting the Benedicite and these are considered to be amongst his best windows.

There was a break in the decoration from 1902-1904 - perhaps the money ran out? And when the work re-commenced paintings were carried out by James dark. We do not know why the change of artist. Henry Holiday and James dark both worked on windows for St. John's Church Windermere (redundant and now

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housing), so perhaps they met there.

The nave paintings were designed by James dark from suggestions for subjects by the Vicar and it is interesting to read the letters that Canon Burton wrote, giving 'advice' to the artist on the way that he was placing the figures or painting artifacts such as the Tabernacle. He sent James dark the photograph of a baby for the painting of the Nativity (was this his son who died young?) The head of one of the kings is said to that of a 'prominent local clergyman'.

We hope to have displays in the church to explain about the work of the two artists, about the Bickersteth sisters of Casterton Hall who were important benefactors at the time of the restoration, as well as information about the village

past and present. Light refreshments will be available in the Village Hall from 10.30 to 5.00pm on Saturday and from 11.30 to 5.30pm on Sunday. On the Sunday morning at 10.30am there will be a School Service at which you will be welcome. At 6.30pm there will be a 'Rainbow' Songs of Praise and the Bishop of Penrith will preach - 'Rainbow' services are a feature of this Parish which consisted from 1976 of seven churches. Members of all the seven are especially invited to join together at each of the special services in the different churches in turn. With the recent welcoming of Preston Patrick the 'Rainbow Parish' now has eight churches - the seven colours of course come together to make a bright white light! ☀

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### **CUMBRIA WILDLIFE TRUST**

#### *The Return of the Otter*

Recently we welcomed as our speaker Bernadette Lobo of the Environment Agency. She had trained as a freshwater biologist and was now a conservation officer with the agency based in Preston.

She confessed that she had never actually seen a live wild otter but had studied road kill victims and investigated evidence of their presence through spraits (droppings) and tracks. The Environment Agency had been formed by the merging of the National Rivers Authority, Her Majesty's Inspectorate of Pollution and the Water Regulation Authorities. They have a legal duty to protect our rivers from pollution and we were exhorted to

report any incidents to the Agency.

The otter has national and European protection and has its own Biodiversity Action Plan. It is the largest river mammal with a dog otter averaging 1.2 m in length and weighing around 10 kg. It can have a range of 50 km (depending on availability of food supplies) with 30 resting places within that range. It can breed whenever conditions are suitable and will raise 1 to 4 cubs. These are 12cm long when born and leave the holt for their first swim at 2 to 3 months old. They are weaned at 7 to 12 months but can catch their first fish at 4 months.

Otters were recorded by Aristotle in 350 BC. He commented that "the otter bites and won't leave go till the bone cracks"!

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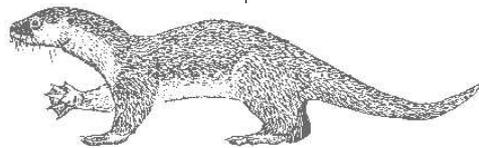
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There are long records of them being hunted as vermin by otter hounds. Hunting no longer occurs (although the hounds are still bred for showing). Hunt records proved useful in showing the rate of decline in numbers. Otters were also used to drive fish into nets, their own feeding controlled by neck straps. They have also been eaten themselves in the past.

In 1978 otters became a protected species and direct persecution was stopped although accidental deaths were caused by eel netting. In 2001 nets were modified by law.

There is no single cause for the decline of otter numbers. Loss of habitat is probably the most significant following the drive towards more intensive agriculture during and after the second World War. The



increased use of herbicides, pesticides and other chemicals either killed the otters directly or accumulated in the body affecting breeding. Hedges and wetlands disappeared in the drive to create more farmland. Bernadette displayed graphs showing a particularly sharp decline after the introduction of the chemical dieldrin (now banned).

In 1957 a countrywide survey initiated by Marie Stephens showed figures for distribution and status i.e. how many present were actually breeding. The British Isles were covered in 50 km squares. Of 3188 survey sites only 5.8% showed otters, with the greatest concentration in the south west and along

the Welsh borders but very fragmented elsewhere. None were recorded in Cumbria.

The north west had been surveyed in more detail recently with evidence noted of spraints, tracks and slides. In 1977 to 79 there were 9 sites and in 2000 to 2002 there were 110. On the Lune in 1977 to 79 there were no sightings and in 2000 to 2002 there were 5. The Eden showed a greater increase from 6 to 75. This may indicate the possibility of overcrowding and a movement towards other neighbouring waterways e.g. the Lune and Rawthey. Many more surveyors are required to get a clearer picture and Bernadette showed us a map of many unverified reports from the Sedbergh

area, some of which could be mink. (There is evidence that the otter is displacing and even devouring the exotic mink!)

In conclusion Bernadette was able to report that the otter is indeed returning with territorial edges expanding in many areas including our own, although full recovery is still several decades away. Major threats remaining are roadkill, habitat destruction (e.g. grazing animals can trample riverside refuges), and bio-accumulating toxins. Improved water quality helps but is not the only answer. However messages in biodiversity are beginning to show in new legislation. Protecting one species alone is not enough. The whole integrated environment needs to be recognised, understood and preserved. SG

### **FAMILY MUSINGS**

People keep me right, younger daughter cannot take a dog for walkies so she takes me, and we have begun to gather-on so if you would like a twice or thrice weekly walk usually around the Back Lane let us know.

Friends, two in particular, are keeping in touch. With one it is like it used to be when all our children were small, always to be found at one-another's houses just no snotty-noses or little people wanting to share treasurers or young voices drifting in from the garden.

One task we faced early in the New Year was the instructions on how to use a... cup, albeit a plastic drinking cup with a suction lid, hubby got out his pen-knife and made the spout hole bigger so the

liquid could actually leave the cup. Quite a good idea when you think about it. More recently has been the task of returning equipment to its source, and a man in a van took most away. this service is wonderful, certainly enhanced mums life having the various items on loan, especially the made-to-measure wheelchair, We did get full use out of it and that is one of the things I miss the most although as she had hibernated for the winter we had not been out with it for a while. This is different, before the possibility was there to do it again now it is not. Most of the time I can cope by necessity building a new routine. finding a job, but just sometimes getting overwhelmed by the loss, the pain and the simple fact that we can never again

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share a hug., or a laugh or make a new memory. Knowing people are at the end of the phone for me, or their kettle can always be on helps as does knowing I am thought of and prayed for.

We are "Sorting out" and are finding all manner of things including a bundle of Lookaround's Issues 85-95. This months will be 210. Are not we all doing well?

Back in Issue 85 May 1993.10-13 year olds were wanted for a Scrabble Club. Jill gave up the Dent Taxis. the Recipe of The Month was Yorkshire Bun Loaf. Wild Boar was seen again in Garsdale. Creative Leisure advertised courses. Epicure advertised meals and Deepdale Chapel members had been carol singing at Christmas. Do these memories bring others into your minds? That is what makes life, not just the memories but also the on-going ability to make more. I do not always do as I am told-one of my brothers suggested I go and find Spring in Cornwall, finding a job has taken

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precedence as has being with my family, we help each other. But I plan to go to my beloved Cornwall sometime.

Have just needed the dictionary to check a spelling. How do you find a word when you cannot spell it?

For no other reason than curiosity I totted up how many committees I am part of. Total six. Not bad for someone who has been somewhat out of circulation, (when was that? did I hear you say) at the Lent Group we have thought and talked about what makes our community, how we welcome people, do people want to join in or do they want to change us, do we need change sometimes, do we welcome it or see it as a threat? It's a good thing I for one thrive on a challenge as I have faced and begun my journey through one of the hardest I will ever face. Perhaps that has something to do with my reluctance to go to Cornwall, coming back will be so hard. Think I will keep to the walkies and talkies closer to home for now, and in case you are wondering, we are still at mum's and whatever happens will be over the summer, as we give the situation our "best shot" Keep at the challenges. ☀

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### PHOTOGRAPHS

"A huge thank you to all the people who contacted me to identify the Settlebeck Photo in the last issue of Lookaround. With your help I now have names for everyone and the photo + names will be added to the collection of the History Society as well as the Settlebeck archive.

For the interest of anyone still guessing, the photo was taken about 1956 and comprises:

Top Row L-R Heather Gardner, Valerie Dent, Ellen Lund, Dorothy Leighton,

Margaret Woof, Gwen Howells, Doreen Baker.

Middle Row: Peter Lewis, John Harper, Ken Head, Dick Kevan, Charlie Williams, Bob Burton, Greenwood Peacock.

Front Row Keith Middleton, John Brooks, Ian Wilson, Barry Allen.

The British School photo provided me with 2 possible names.

This month the photo of the people in the field is totally an unknown entity but it came from the collection of the late

## HOMEOPATHY

CLINIC IN SEDBERGH

'Drop-In Clinic' for acute cases **every Friday Morning** in the Masonic Hall between 09.30 and 12.30

Beginning on 5th March

**No Need To Book ~ Nominal Charge**

*For Further Details, Contact*

Denise Williamson - Sedbergh 20846

Ian McPherson - Sedbergh 20648



Hilda Morphet by kind permission of her son, Les.

The other photo, also from Les, is taken at Capenwray Hall. I know the adults - Peter Harrison & his mother and Mr Van Doren in the centre. I also recognise some boys on the front row - namely Harold Bainbridge, Ralph Horne and David Hobart ... can anyone give me any more names? I am looking forward to hearing from you. Shirley Tebay, Walnut Bungalow, Dent, Tel: 015396 25001 or e-mail [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com) ☀

#### **EMBROIDERERS' GUILD**

Kirkby Lonsdale and District Branch

At the meeting on Thursday 11<sup>th</sup> March at Cowan Bridge Village Hall, Valerie Wigmore provided us with an interesting afternoon, talking about Japanese Textiles and Kimono. She explained how you can tell the status of the Kimono wearer by

the fabric that it is made from. To illustrate the point she showed us many kimono that she had acquired. Some she had purchased in America, including lavishly embroidered wedding garments. She had been given others by contacts she had made in Japan via her husband's business trips. These included valued family costumes for special occasions. A great honour indeed.

Our next meeting will be held on Thursday 8<sup>th</sup> April, when Anne Burrow will be showing us how to begin and develop a stitched landscape piece – "Landscape in Layers". The meeting will be held at Cowan Bridge Village Hall from 2-4 pm. Further details can be obtained from Ann Hunter on 015242 41120, Kay Stockdale on 015242 76443 or Tracey Pearce on 01539 741869. All are most welcome. No previous experience is needed. ☀

### MEMORIES OF SEDBERGH

From the reminiscences of Mrs Helen WAYCOTT, daughter of Mr F A M BROWNE, Housemaster of Hart House, Sedbergh School, 1920-1934

The summer of 1921 was unusually hot and the heat reached its climax towards the end of July when the Shooting Eight set off for Bisley. On July 23<sup>rd</sup> when they returned triumphant, bearing the Ashburton Shield, there was a violent thunderstorm during which I was born in Hart House. A half-holiday was announced immediately to celebrate the two events.

My father, Anthony Browne, was appointed to the staff in 1910 by his old housemaster from Marlborough College, FB Malim, who had become headmaster

at Sedbergh. My father lived in the Hostel, which later became Powell House, until World War I when he joined the Royal Artillery. He met my mother and married her in 1917. She was the elder daughter of Charles Lowry, who had moved in 1907 from being headmaster of Sedbergh to be headmaster of Tonbridge School.

After the war my parents returned to Sedbergh and lived in Sunlea at the top of Bainbridge Road where my brother David was born in 1919. That year my father was appointed housemaster of Hart House by Mr Weech. It was the beginning of fifteen very happy years.

When my grandfather was headmaster at Sedbergh my mother attended Balliol School, presided over by the formidable

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and somewhat eccentric Dr Skeat. The girls wore green tunics and scarlet cloaks and hoods and even during my childhood days they were still to be seen in the same uniform walking in croc, even on the fells.

My mother was a born hostess and was known for her warm-hearted generosity and kindness. She held open house every weekday morning for any masters who wanted 'elevenses' and the drawing room was always full. We had many visitors and dinner parties for staff, friends from the town and senior boys.

A gymkhana was held every year for the Bradford Mission when my father adopted some disguise to raise money. The most successful was that of an old roadster. He never even told my mother beforehand and I remember her pulling me well out of the way in case I 'caught something' from this filthy old tramp.

As a child I liked to sit on the staircase window sill from which I could see into

the boys' dining hall on one side and watch the coming and going of the visitors through the hall below. I specially enjoyed dinner party nights when the men wore dinner jackets and the ladies long dresses. Mrs Gladstone, wife of the Prep school headmaster, looked particularly regal in a dress with a train.

Apart from Sedbergh School there were two others in the town, the National School sited where the present Telephone Exchange now stands and the British School in Joss Lane.

As we got older Helga (Frankland) and I were allowed to walk anywhere round Sedbergh and on the fells with one exception. Millthrop village was out of bounds. In those days it was a very poor, deprived area with rundown slummy cottages, half naked children playing in the road and probably no proper sanitation in the cottages. The ban on going there might have been on account

*(Continued on page 58)*

of this or possibly because of cases of diphtheria which were not uncommon at the time.

One of the Sedbergh School sergeants, Sgt Stoker, took us children for PT classes in the school gym. He taught me to swim and every year on my birthday he organised sports on the Hart House tennis lawn. He stood no nonsense from us but was extremely kind at heart. He lived in the lower lodge and had a large family. The eldest girl, Mary, was a member of the Brownie Pack, started and run very competently by Miss Angier. It included several of the town children as well as those from the school.

Two events I well remember hearing about but was considered too young to watch. One was the eclipse of the sun,

which my parents and many of the boys drove to Giggleswick to witness. The other was the night that Ingmire Hall caught fire. My father captured some photographs of this sad event.

Fortunately, there were no human casualties.

Skating on Lilymere was an annual event. The weather always seemed to cooperate and the boys were given a whole day's holiday to enjoy the ice. We always seemed to have cold winters – snow and hard frosts. One year, 1929 I think, Birks Dam froze.

One very big change has taken place all over the country since my childhood. In the twenties there was little motor transport, particularly in rural areas like Sedbergh. A few masters had cars but

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deliveries from the shops were by errand boys on bicycles and very speedy they were, too. My mother would order by telephone (our number was just 27!), whatever was required for the boys' lunch and it would be delivered in time to be cooked the same day. I do not remember buses except the old black bus from the Bull Hotel, which ran back and forth to the station when required by visitors. But during the early 30s (I think), the first Ribble Bus service started between Kendal and Hawes. Cars were then seen more frequently and Braithwaite's and Hancock's ('The Sedbergh Motor Company') garages ran a taxi service.

Deliveries from Kendal shops were by horse-drawn carrier. Mr Burrows had been slogging backwards and forwards twice a week for most of his life over Kendal fell, and in all weathers.

Mrs Cragg was in charge of the Hart House linen room. She was an elderly widow who lived in Back Lane and was paid the princely sum of 6d an hour! For this she had also to wash the boys' rigger clothes. No washing machine, just a wooden dolly and a mangle.

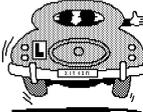
Domestic wages were disgracefully low

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then and of course there was always an abundance of women and girls from the town and farms, who were glad of work locally. When the buses became more frequent domestic help became harder to find. Of course, they had good holiday breaks.

In the twenties and thirties there was a very happy relationship between town and school. There were joint activities - cricket matches, plays, dances in Powell Hall or the Cinema, which was at the bottom end of the town where Back Lane joins the main road. The Anglers' Ball was held there annually and was decorated with crab and lobster shells and various dried fish. One year kippers were hung above the entrance! ☀

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## KARTING

125cc gearbox kart

### ICC Championship 2004

Hello and welcome to this year's trials and tribulations of the Karting season.

This year we will have twice the excitement, Sam had his best chance ever to become the number one driver for the Fairless race team, and to add to the excitement, Tom had return to karting, Tom is sixteen years old and has joined Sam in the 125cc class. I will start this report with a look at Tom, and try to fill in a little bit about him and his karting career so far. Tom started at the age of eight, racing in the 60cc comer cadet class, he did three years at club level, then aged eleven he raced a 100cc TKM kart, he had a season racing at national

level then followed Sam into junior Gearbox this was his first time at the Super 4 British championship and after that year he retired from karting not because he was no good or because he didn't like it, No, it was so that Sam could have a proper chance at the 125cc Championship that was the year Sam missed the first round because he was not old enough by just two days and at the last round his clutch broke, meaning he missed out on seventh place in the championship. Tom still came to all the meetings with us but earned his money working with Frank Wrathall one of Sam's biggest rivals, two years working meant that he could afford to have a go himself. He has had some practice at Rowrah, but to be honest he was just



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**Introduction to Web Design** - An introductory course for people who wish to have a go at creating a web site for home, club or business.

Thursday 6th May, 7 - 10pm, 4 weeks. £30 (£15 benefit)

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trying to hard, like trying to run before he could walk, if you know what I mean. Tom then raced a couple of times, each time moving up in the results. That was at the end of last year.

Tom started the year with a race at the three sisters track near Wigan, this turned out to be a challenge as he was awarded 6 points on his race licence for un-gentlemanly behaviour, this came about when a driver in front of Tom drove round on the inside of the track, making it impossible to overtake. Those with a lot more experience would have pushed the driver wide on a sharp corner and then said that they missed their braking area, if anybody had complained. But Tom pushed the driver most of the way round the track; this brought him to the attention of the Clark of the course. Tom was about to get a warning board for this, when the driver behind Tom tried to push him off, just like I said, on a sharp corner, but they got tangled up and both had to

restart their karts, but before they did they exchange opinions using hand gestures, as it is very difficult to lip read when they are wearing race helmets. Both were black flagged and had to report to the deputy Clark of the course, who was waiting for them. Tom was not best pleased when he had to come off the track, this was picked up just by his body language and the way he stomped about not taking in the advice given, all that added up to the six points. This only leaves Tom with six more points left on his licence for the whole year and that is only two small errors.

*National kart federation NKF ICC championship*

**Round one**

Held at Rissington below Birmingham  
 There are 43 drivers entered in the championship this year, at this round only 39 drivers came, there was four heats of which you race in three. There are also

*(Continued on page 62)*

two finals, A and B. The top four drivers in the B final go through to the back of the A final, for those that don't know how this works, you race in three heats, the best way to explain this is, if you have a pole position in heat one, then you would have a middle grid position in the second heat, and then you would be in last place in the third heat, the results of the heats gives you your grid position for the finals, the best way to explain this is, you must finish in the same position as you start, or further forward to be at the front of the A final grid, if you fail to finish in any heat you will possible be in the B final.

I'll start with Tom as he was in the first race on grid 2. He had a very good race; he came home to the flag in 3<sup>rd</sup> place.

In race two of the day both Tom and Sam were racing, Sam started on grid 8. He had a good race coming through to win. Tom started further back on grid 27 and finished in 18<sup>th</sup> place.

The third race only Sam was racing, he started on Grid 12 and stormed to the front to win his second heat.

Race four of the day meant both were on the grid, Tom started on grid position 12 he brought his kart home to the flag in 17<sup>th</sup> place. Sam started on grid 22 and worked his way through to 4<sup>th</sup> at the flag.

"I wish I had seen tom's face when he went to see his Grid position for the finals, because he had started by looking for his name on the B final list first, and when his name wasn't there he thought there must be another list, but he then



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checked the A final list to find he had qualified 16<sup>th</sup> and by all account had done a jig, saying "come on."

Sam on the other hand was a sleep in the van, till Tom came back to give him the news, that was Sam was on pole, and he was 16<sup>th</sup> I don't know if it was before Tom's jig (dance) or after, but it rained, this means all the kart settings had to be changed to give them a lot more grip, other wise they'll spin off very easily. I had every thing sorted ready, then the day cleared out and the rain stopped, this I personally don't like, as you have to keep changing the kart's settings to the weather conditions, to much grip on a drying track means the tyres shred and that cost money. If there isn't enough grip then the kart does nothing and every body comes past. At this point, I can tell you that both the lads are quite good in the wet, but I can also add that their driving is made easier if I get the settings right.

This final was a difficult final to watch because with 30 drivers and very tricky conditions all the track marshals were busy with yellow warning flags, as there were so many drivers sliding off and then rejoining the track. The marshals didn't show any blue flags to anybody, to warn

them that they were about to be lapped because they had lost track of who was leading and who had been lapped. This makes it hard for the leader, as he has to pick the right place to pass with out crashing into them. Sam got away well from the line to take the lead, after about three laps he had a look to see who was behind and was very surprised to see nobody, he had a lead of about 3 seconds. This is massive in karting terms and made live easier to pick his way through the back markers, he lapped everybody up to 16<sup>th</sup> place and won by nearly 9 seconds.

Tom must have made a good start as well, but as you will have guessed I could not watch both lads at the same time. It was later in the race that I managed to work out that Tom was in 6<sup>th</sup> place and was having a cracking race with Hywel Lloyd. Hywel would catch Tom up, and then in traffic, Tom would pull away. Tom finished in a very good 6<sup>th</sup> position and the gap back to Hywel was nearly a second. After the race at Parc Ferme, the two lads met up, Tom told Sam where he had finished, and then there were two lads doing that "jig".

*Report sent in by a very chuffed Dad*

### **SEDBERGH AND DISTRICT ART SOCIETY**

At the meeting on 12th March in the Masonic Hall, the theme was - WATER. It's been blowing a gale here ever since! However, we can't blame Caroline Metcalfe-Gibson for that. Indeed, she showed us a terrific series of slides - about 82 in all - of paintings by a host of artists, from Jan van Eyck (15th century) through the Romantic era to "real life", and on to abstract art - and it was interesting to hear members reactions to the different styles. As for water, you name it! Ponds, rivers, waterfalls, lakes, sea, ice - and the paintings showed various aspects of work and social activities linked with water through the centuries. Altogether an interesting evening.

That was the last of our fortnightly winter Friday evening meetings. We are now looking forward to receiving the Summer Programme of outdoor sketching sessions - hope the weather improves!

*V. Finch*

---

### **SETTLEBECK HIGH SCHOOL Sports Report**

#### *Netball*

Congratulations to the year 8 netball team! They have now completed their fixtures for this season without losing a match during their two years at Settlebeck, playing against the first teams of all the local schools (except for Casterton B team). All the year teams have done very well this year, every player has done their best and overall the netball continues to improve, we have had fun! And year 9 have persevered to win their first game. Results from this

half term:

Versus Q.K.S. Kendal, year 10 won 10-7, year 7 won 8-5, year 11 lost.

Versus Dallam, year 7 won 10-0, year 10 won 13-4, year 9 won 8-3, year 8 won 11-3.

Versus Kirkbie Kendal, year 7 lost 13-2, year 10 won 11-5.

The house netball competition is now up and running, the senior teams are having lunchtime fixtures and the junior teams will play after school.

*Netball International England V  
Australia*

A large group of pupils are travelling to this match at the Manchester Evening News Arena. We look forward to seeing national players in action and being part of a very noisy crowd. So....Come on England! ☀

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## Religious Services in Sedbergh

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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  
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 Holy Days 19.30  
**Rev. Dr. P. Campbell Tel: 20918**

### METHODIST CHURCH

New Street  
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**Rev. T. Widdess Tel: 20329**

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Main Street  
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<b>DIARY KEY</b>			
BF	= Brigflatts	6	SS Half Term Ends
BK	= Becksdale, Killington	8 1400	WIK SLVSB PH
BLR	= Busk Lane Riverside	9 1000	Garsdale Church Coffee Morning URRCR
BS	= Baliol School	9 1330	Butterflies StAS
BVH	= Barbon Village Hall	9 1930	Needles & Pins Club StJAR
CBVH	= Cowan Bridge Village Hall	11 1545	Chameleons Drama Club StAS
CDC	= Community Development Centre	12	Sedbergh Festival Starts
CGK	= Carus Green, Kendal	13	Brass Band Concerts KL
CO	= Community Office, Main Street	14 1000	I love 1954/I love 2004 Exhibition ends DCMH
CS	= Casterton School	15 1400	SLVSB CO
CWT	= Cumbria Wildlife Trust	16 1000	Sedbergh Playgroup Coffee Morning URRCR
DCMH	= Dales Countryside Museum, Hawes	16 1330	Butterflies StAS
DCP	= Dent Car Park	18 1545	Chameleons Drama Club StAS
DMH	= Dent Memorial Hall	18	GVH Evening Walk GVH
DMC	= Dent Methodist Church	20 1330	HS Rawthey Gill LHCP
EG	= Embroiderers' Guild	21 1930	Beekkeepers PH
FCH	= Firbank Church Hall	23 1000	Cumbria in Bloom Coffee Morning URRCR
FM	= Farfield Mill	23 1330	Butterflies StAS
GVH	= Garsdale Village Hall	25 1545	Chameleons Drama Club StAS
HRD	= Haygarth Room, Dent	26 1000	Beekkeepers Summer Convention PH
HS	= History Society	26 1315	CWT Grassland Management LHCP
HVH	= Howgill Village Hall	27	Sedbergh Festival Ends
JLCP	= Joss Lane Car Park	30 1000	WIK Coffee Morning URRCR
KC	= Killington Church	30 1330	Butterflies StAS
KL	= Kirkby Lonsdale	<b>JULY</b>	
KS	= Kirkby Stephen	2	SS Term Ends
KVH	= Killington Village Hall	2 1545	Chameleons Drama Club StAS
L	= Lingarth	2	SHS Open Day SHS
LHCP	= Loftus Hill Car Park	3	Jura Singing Holiday
MCH	= Methodist Church Hall	4	BBQ & Duck Race KVH
MCCCKL	= Methodist Church Centre KL	4	Jura Singing Holiday
MH	= Masonic Hall	5	Jura Singing Holiday
PH	= People's Hall	6	Jura Singing Holiday
SCC	= Sedbergh Cricket Club	7 1000	URC Coffee Morning URRCR
SHS	= Settlebeck High School	7 1330	Butterflies StAS
SI	= Sportsman's Inn, Cowgill	7	Jura Singing Holiday
SMCR	= Sedbergh Methodist Church Rooms	8	Jura Singing Holiday
StAD	= St Andrew's Church, Dent	9 1545	Chameleons Drama Club StAS
StAS	= St Andrew's Church, Sedbergh	9	Jura Singing Holiday
StJAR	= St John Ambulance Rooms	10	Coffee Morning GVH
StMC	= St Mark's Church, Cautley	10	Jura Singing Holiday
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SR	= Spooner Room	14 1330	Butterflies StAS
SSPH/L	= Sedbergh School Powell Hall/Library	14 1930	Needles & Pins Club StJAR
URRCR	= United Reformed Church Rooms	14 1930	WIF Meeting PH
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WID	= Women's Institute, Dentdale	16	GVH Evening Walk GVH
WIF	= Women's Institute, Frostrow	18 1400	CWT Wildlife of Combe Scar DCP
WIH	= Women's Institute, Howgill	20 1400	SLVSB CO
WIK	= Women's Institute, Killington	21 1000	WIH Coffee Morning URRCR
WVH	= Westhouse Village Hall	21 1400	HS Kirkby Stephen KS
YDNP	= YDNP Centre, Main Street	28 1000	Methodist Coffee Morning URRCR
		<b>AUGUST</b>	
		4 1000	Howgill Church Coffee Morning URRCR
		7	Open Gardens Weekend Garsdale
		8	Open Gardens Weekend Garsdale
		11 1000	North West Cancer Coffee Morning URRCR

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

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#### Dr P.A. & W.G. Orr © 20218

##### Dr Ann Orr

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

##### Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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##### Dent Surgery

(Methodist Chapel)

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

#### Formerly Dr J. Syred's Surgery © 20239

Monday to Thursday	0900 - 1000	
Friday	0900 - 1000 *	
Monday, Wednesday & Friday	1400 - 1500	
Monday	1630 - 1730	
Saturday (Urgent Cases)	0900	

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##### Health Visitor

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##### A Collinge Optometrist

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Friday	0830 - 1500

##### VETERINARY SURGERY

22 Long Lane © 20335

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Saturday	1330 - 1400 *
Sunday *	

\* By Appointment Only

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Friday		1400 - 1700
Saturday	0930 - 1230	

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### COMMUNITY OFFICE

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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

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Alt. Mondays 1000 - 1200

### CVASL

Community Office

1st Wednesday every month

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### COMMUNITY DEVELOPMENT CENTRE

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