

Sedbergh & District

LOOKAROUND

June 2004

Issue 212

Donation 50p

Firstly, apologies for the various reports that did not appear last month. I must have been on a 'meltdown' while compiling the issue. It is appreciated that many hours of hard work goes into creating Lookaround and I do occasionally make mistakes, but not

normally that many. However, a bumper amount of stories await you this month.

Please support the Summer Festival which has a 4 page 'pull-out' programme in the centre. There is something for everyone.

Dennis & Jacky Whicker

TREADWELL FLOORING

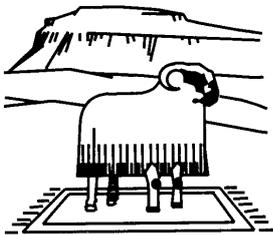
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CHILDREN'S BIRTHDAYS JUNE 2004



Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page. This month, we have a Bonus Voucher.

The recipients this month are:-
Ross SEDGWICK who is

8 years old on 7th June and
Laura HARTLEY who is

8 years old on 24th June.

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



Day	Name	Age
2	George HINSON	5
2	Demeer BALDERSTON	7
7	Alexander WINSTANLEY	8
9	Christopher McCONNELL	5
9	Edward LAWSON	7
7	Ross SEDGWICK	8
9	Edward LAWSON	7
9	Jack LEDDY	8
14	Adam ROBINSON	11
16	Omar NOUR	3
17	Oliver BROWN	11
18	Lauren CHARNLEY	2
19	Cameron PARK	3
19	Beth BAINBRIDGE	11
23	Jay KIRBY	1
23	Joe GAME	5
23	Jake WOOF	8
24	Laura HARTLEY	8
25	Chelsea WOOF	11
28	Annabelle BREWER	5



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (04/10) e-mail:- susan@holmecroftbandb.co.uk 2D; 1T; CH; TVL; NS; NP*; P; DR	20754
Miss S Thurlby	15 Back Lane, Sedbergh (04/12) e-mail:- antique.thurlby@amserv.net 1D; 1T; CH; L; NP*; P; DR; VB	20251
Mrs S Gold-Wood	10 Main Street, Sedbergh (04/07) 1D; 1T; 1S; CH; TVL; NSB; P; CB; VB; GF e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (04/09) 1T; ES; NS; NP; P; DR	21455

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Holiday Cottage in Howgill	21529 4 Star Facilities; Sleeps 4

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite;
 CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); P = Parking;
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; GF = Gluten Free
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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 at the time of submission.*
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

GAME

Happy 5th Birthday Joe on 23rd June.
All our love. Uncle Dave, Auntie Tracy,
Aimee & Craig XX

GAME

To a wonderful Grandson Joe. Happy 5th
Birthday. All our love. Nanna Sue & Don

GAME

Happy 34th Birthday David on 9th June.
Lots of love. Tracy, Aimee & Craig.

GAME

All the best David on your 34th Birthday.
Love Mike, Nicky, Joe & Abbie.

GAME

Happy Birthday to Dad.. All our love.
Nick, Jamie & Bethany XXX

GAME

Happy 34th Birthday David. How time
flies! All our love. Mum & Don XX

HOGGARTH

Congratulations Jim on your **80th
Birthday**. With lots of love. Sandra &
John, Joyce & Pete, Malcolm & Pat

HOGGARTH

Happy **80th Birthday** Granddad. Ots of
love. Ian, Tracy, Helen & Jont.

HOGGARTH

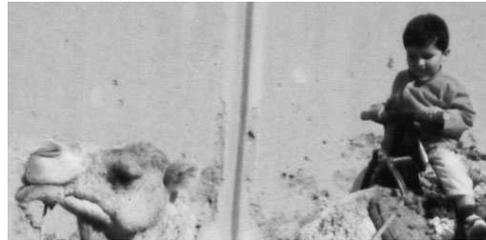
Happy Birthday to Great Grandad Jim.
Lots of love. Nathan, Megan, Bethany,
Jack & Sam.

KIRBY

On 23rd June, our very special little boy
Jay will be 1 year old. Have a very
Happy Birthday with lots of love and big
sloppy kisses. Mummy & Daddy XXXX

NOUR

A very Happy Birthday Omar on 16th
June. Lots of Love form Mummy &
Daddy. XXX



WINN

Audrey would like to thank the two
pupils from Settlebeck High School and
Janette for helping me when I fell on
Back Lane last month. Also many thanks
to the kind lady who took me to the
Doctors and to Valerie & Olive for their
kindness.

WOOF

Welcome home Jenette! Well done with
all your studies and all the best for the
new job. Love Mum & Dad, Andrew &
Susan. XX

FOR SALE

Writing Bureau £20. Kitchen cabinet
£20. Large Coffee Table £15. Tel: 20866
anytime.

PERSONAL & SMALL ADS £1

FOR SALE

Various items of furniture including Welsh Dresser, King Size bed, 2 bedside drawers, wardrobe (all in antique Pine). Other modern items include round dining tables with chairs, 2 Habitat sofas, bookshelves, 2 cabinets (one red, one white), coffee table, green chest of drawers, small desk with 2 matching filing cabinets and King size bed with mattress. All reasonable prices. Please call Sedbergh 22083 anytime.

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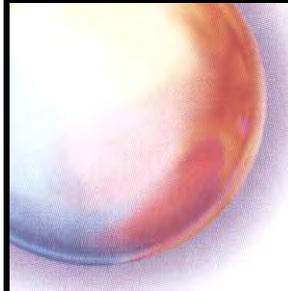
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JUMBLE SALE

Dent Memorial Hall
Sunday 6th June
11am to 2pm
In Aid of Dent Pre-School



SEDBERGH PARISH COUNCIL

From the minutes of 31st March.

GUEST SPEAKER

The Chairman welcomed Mr. H Brown, (Chairman of the Planning Committee), Mr. P Watson (Head Of Planning) and Mr. K Lancaster (Planning Committee). The visit was a result of our disappointment at the decision regarding the sports hall at Baliol School.

Mr Watson explained that this was part of a pattern of developments in schools, especially sports facilities, as a result of spending on education. He said that whilst the building was not very attractive it was an improvement on the original proposed building. This is a utilitarian building and ideally would not be allowed in the National Park but it was justified by the need. There had been a site visit that had looked at other positions in the grounds but in the final decision the benefits had outweighed the objections.

Mr. Brown added that at Committee the matter had been fully debated but approval was given on a majority vote.

Mr. Lancaster said that this was a difficult decision and had a detrimental visual impact on the entrance to town and

he felt that the decision was wrong.

A condition of the plan is that if the school closed the building must come down within 6 months. Stone facing had also been suggested but the applicant refused to do this on cost grounds.

There was general discussion on planning issues. The pressure on local housing in the town was discussed and it was pointed out that the town must be allowed some growth, especially for low cost housing. The increased Council Tax on second homes was welcomed as it would go towards the cost of local housing.

The Chairman thanked the speakers. Planning applications were considered as follows:

FPP Extension to existing dwelling at 2 Sycamore Av

No objections. This will match the next door extension

FPP demolition garage and erection 2 storey extension at Heather Lee Cottage, Howgill Lane

No objections

FPP proposed workshop and offices at 4 Lane Ends Marthwaite

We support as this generates and sustains local employment and will also tidy up this area

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FPP replacement existing windows doors
and fascia boards with UPVC at 26
Woodside Av

*We support as long as it matches exactly
to the other houses in the estate*

FPP retention 2 wooden sheds for
agricultural equipment at The Hill, Field
9951, Joss Lane. *No objections*

FPP erection conservatory at 20 Maple
Close *No objections*

FPP erection garage at 9 Fairholme,
Sedbergh *No objections*

FPP Demolition existing garage and
erection of domestic outbuilding/office at
16 Guldrey Terrace

*Concern expressed that if the existing
garage is removed this will increase
pressure on parking in this area.*

FPP change of use of garden to form car
parking area at 5 Hallbank.

No objections

FPP Erection timber framed agricultural
building at Bowers Farm, Garsdale Road

No objections

FPP Change use to residential
educational care at Beamsmoor, Garsdale
Road

*We have reservation in light of the limited
information given as to nature and size of
the proposed school.*

FPP erection first floor extension to
second bedroom and insert ground floor
window to kitchen at 17 Woodside Av
*We do not support as this sets a precedent
and will make the houses too expensive
for first time buyers as was originally
intended. Concern about the bulk of the
proposed extension and also separation
between buildings.*

Planning decisions were received as
follows:

Works to existing building to form
ancillary non-residential accommodation
incorporating parts of former
outbuildings at Ingmire Hall *Granted*
Replacement existing conservatory at
Randall Hill, Station Road *Granted*

(Continued on page 8)

Installation satellite dish at 2 Post Office Yard *Granted*

Change use store to form 2 dwellinghouses for use as school staff accommodation at Cockle Street, Sedbergh *Granted*

Erection rear extension and insertion rooflight at High Birks Barn, Birks Lane *Granted*

Alterations to shop front at 73 Main Street, Sedbergh *Refused*

HIGHWAYS

Capita has asked our opinion on traffic calming measures requested by Sedbergh School on Busk Lane and the junction with Loftus Hill. It was agreed that we had no objections.

A complaint was raised about parking outside Lupton House at the end of term with many cars parked on the pavement.

There has been no further movement on the issue of bollards on Main Street and this will be chased up.

There is a bad pothole by Ashlea on the Kirkby Lonsdale road.

PLAYING FIELDS

United Utilities have been laying a cable down from Havera. It was agreed that the surplus topsoil should be left at the top end of the field to help level out this area. They have also moved the kerb stones by the old bonfire site.

The position of the old toilet block was raised but it was agreed to defer this to next meeting.

STREET LIGHTING

The lighting down The Folly is not working and has been reported.

QUEEN'S GARDENS

In the recent storms a large branch came off one of the trees, this has now been removed with the help of Sedbergh School, for which they were thanked. It

will probably be necessary to remove this whole tree.

It was agreed that a skip could be hired to clear the rubbish round the car park area. People are still using the compost bins for inappropriate materials.

OTHER BUSINESS

Havera Beck – Mr. Mackereth has raised the matter of Havera Beck overflowing onto his site. This is a matter for SLDC who are aware of the position.

October Meeting - The Town Band have booked the Main Hall for a fund-raising concert at the same time as our meeting. It was agreed that we would either change the date or place of the meeting nearer to the time.

Town Twinning – The proposed visit to Guglingen has been postponed to June. █

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SEDBERGH GALA 40 YEARS AGO

Memories from the first Gala in 1964. The top photo shows Susan Close (now King) as the Old Mother in a Shoe and brother Nigel with his dog 'Sherry' entered into the Dog Show.

The middle photo shows Susan and Elizabeth Dixon (now Close) as Mary Poppins.



The bottom photograph featured in this years Gala as a Competition to identify the first Gala Queen in 1964 along with her attendants. Further details and results next month.

PULSE PROJECT

The Pulse Project would like to thank all the people of Sedbergh and District for their enthusiastic purchasing of the Sedbergh Calendar. Yes it was a great success folks. We were able to cover the cost of printing and have even made a profit. The Town Band have already received a cheque for £100 as have the Playground Group.

There are now postcards on sale in the Green Door and at Farfield Mill. Supplies are available from me. Next years Calendar is in the pipe line and anyone wishing to contribute in anyway please contact me, Sandra Gold-Wood. Sed: 21808.

Rumours that it will be following the WI's example are untrue unless there are any volunteers willing to stand behind strategically placed potted palms or cream buns ...

You may be wondering what has happen to the gym.. Well, until they build the new units we still have no where suitable to rent again any ideas, we are more than willing to listen.

Lastly I must give a big thank you to all those good business folk who put up the money for advertising in the Sedbergh Calendar. It could not have happened without your support. Anyone wishing to advertise this year had better get in quick I already have a number of interested parties and space is limited.

Sandra Gold-Wood.

SETTLEBECK HIGH SCHOOL

A Very Good School

Yes it's official! Settlebeck has recently had its third Ofsted inspection (22-24 March) and has received its best report to date.

The team of twelve inspectors spent three days in the school and judged it to be a very good school, which effectively places it in the top 15 per cent of all schools in England.

Settlebeck was highly praised for the standards achieved by our students; their attitudes, values, attendance and behaviour; and their spiritual, moral, social and cultural development. The school's inclusiveness, leadership and management, curriculum enrichment, care for students' welfare, the support and

guidance given to students, and links with parents, the community and our partner schools were all judged to be very good.

At the last inspection, six years ago, we were judged to be good. Since then many improvements have been made to our facilities and curriculum to raise students' achievements and provide a wider range of learning opportunities. In particular we have recently opened a new Learning Resource Centre for students with Autistic Spectrum Disorders, and in September 2004 we will become a technology college as part of the new Rural Academy of Cumbria. Both these initiatives were highly applauded by Ofsted.

Ofsted praised the quality of relationships at Settlebeck, the strength of



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Monday - Friday

12 to 2.30 pm

6 to 9 pm

Saturday

12 to 9 pm

Sunday

12 to 9 pm

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teaching and the pride in the school showed by students, teachers, parents and the community alike. They say in the report that:

'The high quality of relationships between staff and students, along with the high quality of support, care and guidance that students receive, are the bedrock of learning.'

'The school works very hard to try and ensure that all students do as well as they can. It is very inclusive.'

'Students are known and valued. This in-depth knowledge of students is used very well by teachers, formally within classrooms but also informally in all the chance encounters with students, be it on a climbing wall or in the corridor. The

high quality of informal relationships and the consistent reinforcement of achievement underpin the learning.'

'Students take evident pride in their school and their achievements, reflected in the student questionnaires undertaken in preparation for the inspection when 98 per cent thought it was a good school to be at and where 99 per cent thought that teachers expected them to work hard and do their best.'

'All the students are valued as individuals and their teachers have very good knowledge of both them and their families. The close working partnership between the school and the parents is an important factor in the school's approach

(Continued on page 12)

Farfield Mill

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to teaching and caring for 'the whole child'. Personal development is carefully monitored through regular meetings between teachers.'

'It is the regularity of moving from one good lesson to another which reinforces expectations and develops students' very positive attitudes to learning. Members of staff have very good subject expertise and they are extraordinarily committed to the students and school. They give very generously of their time to ensure that the students do well. What is taught is interesting and is enriched by the extra-curricular provision.'

'Members of staff know the students very well and use this knowledge effectively in their teaching. There is

very good provision in English, Mathematics and Science.'

'Teachers are skilled at managing mixed ability classes. Classrooms are inclusive. Teachers use their detailed knowledge of the students particularly effectively and planning for these classes is good. Teachers have high expectations and provide a good level of challenge. They are often creative in their approach and have clearly reflected on the best way to approach a topic.'

'There is a professionally appropriate but nevertheless emotional commitment to the students, which results in members of staff being very committed to the students' success - and giving an extraordinary amount of their time to support them. Another factor, which stimulates and encourages students, is the very good teacher knowledge, which along with their energy and enthusiasm for their subject, and coupled with their generous use of their time to provide additional learning or support opportunities, engages and motivates students.'

'The size of the school and the excellent relationships between students and students and teachers, are significant

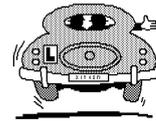
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factors ensuring all students have access to very good support and guidance. Students know they can turn to their teachers whenever they need help, and that they will be listened to and taken seriously.'

'The school is very inclusive and has a very strong ethos, which is based on mutual respect. There is a strong sense of teamwork and shared values. All members of staff display a particular loyalty to the school and its students and work very hard on their behalf. Students are the focus of the school.'

'Parents are very supportive of the school. Parents were particularly pleased with the way the teachers expect the students to work hard and do their best. They are confident that their children are known as individuals, and feel very comfortable to approach the teachers if there are any concerns. There is a very real sense of partnership between the school and the parents.'

Clearly we are delighted with such a resounding endorsement of our school and I'm sure that all of our parents and the community at large will want to celebrate with us the achievement, which



this report represents. It really does reflect the high quality of education, which students in Sedbergh and district can expect on their doorstep. In addition Ofsted strongly endorsed the steps we've recently taken to move the school on into the twenty first century, with the building of our learning resource centre to make the school truly inclusive and the move to specialist technology status in September as part of the Rural Academy of Cumbria.

We'd like to thank our parents and the community for their support during the inspection and we'd like to invite you to our Open day/evening on Friday 2 July. The Open day will enable anyone who would like to visit and look around the school while lessons are on and the evening event will be an official opening of our new facilities, the technology status, a celebration of the Ofsted report, a chance to see the new face of the school, and all with music supplied by our very talented young people. If you can't make it on Friday but would like to look round we're also opening on Saturday 3rd July so do come and see us.

Dave Smith – Headteacher

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SUPER 4 BRITISH KART 125 ICC CHAMPIONSHIP 2004

I hope I don't confuse you all with this report, this is the championship that Sam finished number 3 in the country last year, this is the big one the one that matters, although I personally think that the championship this year has lost its appeal, because this weekend is the first round of the championship and there was only 23 drivers at the round at Larkhall in Scotland, but the racing is just as hard, especially with the weather being as changeable as it was, out of my two boys only Sam is racing in this championship, but I can try to keep you up to date with another young lad from Sedbergh, his name is James Mudd, last year he was in junior gearbox, I think I should keep

reporting on him as well, after seeing some of the races that he's been in earlier this year, I think he will do very well, he has taken to 125 gearbox karting very fast.

Saturday practice

The day went slightly wrong right from the start for Sam, the first practice was to run Sam's engine in after its rebuild, I'll be honest with you, I made a mistake and failed to check the kart properly after building it back up ready for the race weekend, when he found he had no gears, he was not to happy lad with me, I had not fastened the gear lever to the engine, so that meant that the second practice was used to run in the engine, in the third practice he could go flat out but the kart had to much grip, this didn't go down

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well with Sam as I had lost the plot with the setting and we were chasing our tails a little, the weather kept changing and the next practice the kart had not enough grip, Sam by now is cold and fed up as he is not as quick as he would like and was a little down in the mouth, you could say, he was getting rescind to the fact that he was looking at a difficult race meeting ahead, to try to catch up with our kart settings I sent Sam out with completely different gearing to what we had been using, for the last practice of the day which was only a five minute long practice, the track was damp but drying out fast, so I sent Sam out on slicks were as everybody else had on wet tyres, after a couple of laps Sam was the quickest,

once his tyres had got heat into them, this was a surprise to most his rivals watching and very pleasing for Sam, as he needs to have, or think he has, the edge over his rivals, also he works better when he is happy.

Sunday Raceday

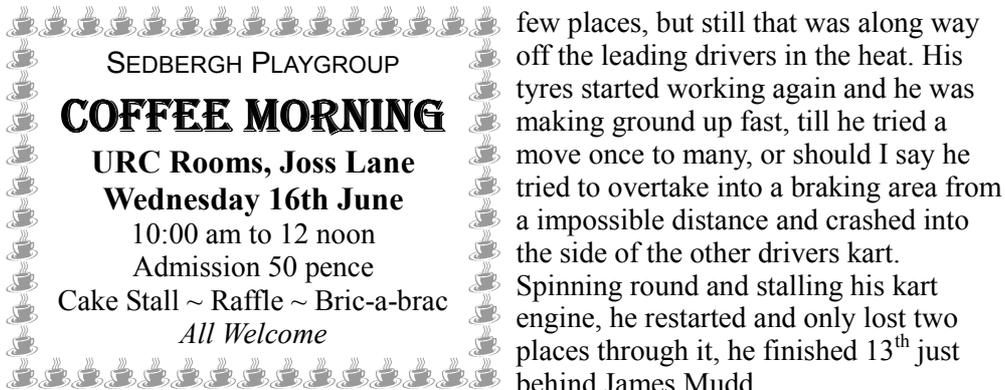
Heat one

Sam sat out and watched this race,

Heat two

Sam started on grid 5 this we thought would be a easier race than it turned out to be, the driver in front of Sam on grid 3 said that she was worried because she is no go at starts, I told her "not to worry just go for it, and don't change direction as Sam will becoming past just after the

(Continued on page 16)



 SEDBERGH PLAYGROUP

COFFEE MORNING

 URC Rooms, Joss Lane

 Wednesday 16th June

 10:00 am to 12 noon

 Admission 50 pence

 Cake Stall ~ Raffle ~ Bric-a-brac

All Welcome

lights go green”, I hope you noticed I said “she” yes ladies do race 125 gearbox’s as well, and she was right, she would have struggled to pull a hen off its nest, it was that bad, Sam was stuck behind her dropping well back down the field, he did manage to made his way back to 4th at the flag with James in 3rd place.

Heat three

Sam started on grid 9 drove well and finished 3rd.

Heat four

Is the last heat of the day Sam started on grid 12, I’ll just take a little time to paint the picture of us on the dummy grid trying to decide on the weather, we were stood looking at the sky getting brighter and the track was drying fast so at the last moment I sent Sam out on slick tyres just like we had done the day before, two other drivers chose to do the same, just as soon as the first two laps were gone then it started to rain. A picture of eeyore from the story of winnie the pooh comes to mind. Just like eeyore the cloud was right above our heads, and I had not seen it. The track changed quickly to become very slippery. A couple of laps later the weather improved, Sam had held off a lot of drivers and had only dropped back a

few places, but still that was along way off the leading drivers in the heat. His tyres started working again and he was making ground up fast, till he tried a move once to many, or should I say he tried to overtake into a braking area from a impossible distance and crashed into the side of the other drivers kart. Spinning round and stalling his kart engine, he restarted and only lost two places through it, he finished 13th just behind James Mudd.

FINAL

Sam qualified 11th on the grid, that is not the best place to be, in the middle of the grid in a final, because all the good drivers are at the front and everybody else is trying to jostle for a place in the top ten, luckily for Sam, the drivers that I would think Sam would have to work hard to beat, like Pete Mitchell, Frank Wrathall, they had had the same sort of day as Sam with one poor heat so they were on grids 9 and 12, this means that the front runners were drivers that I would have expected in the chasing pack on a normal days racing, I say this with tongue in cheek as they drove very well and deserved there grid position and there result at the final flag , the young lad that won, Tom Hibbert is only sixteen, a new comer to 125 gearbox this year, again like James coming from junior gearbox class, second place went to Chris Stavers he’s age is about 22 year old possibly, he has been in 125’s for four year, a well experienced driver and one to watch out for this year, third place went to my boy “Sam” with a brilliant drive, then I don’t know the order but frank and James where not so far away.

This reports by Sam’s Dad and now ex weather forecaster.



Reynoldson, Mrs Schonut, Betty Baines, Ella Lund, Margaret Woof. Can anyone supply the missing name AND tell me the name of Mrs Schonhut's dog. The 2nd photo is taken either at Carpenwray or the Harrisons' house on Back Lane and

PHOTO CALL

Once again many thanks are due to all the people who are still contacting me with names for the various photos. Last month's photo of the youth club group is currently being identified by Mrs Margaret Mason who appears on the photo. Unfortunately I have had no feedback about the Home Guard one but there is always time yet.

This month I have another photo from Settlebeck c1956 kindly supplied by Mrs Dorothy Kirby. I have all the names except one.

Top row David Fothergill, Bobbie Burton, John Handley, Norman Garnett, Robert Heigh, Ken Head,

Middle row Keith Middleton, Brian Garnett, Greenwood Peacock, Richard Harper, Ronnie Farrer,

Bottom Row Dorothy Leighton, Florence Lund, ?????, Vera



was kindly loaned by Stephen Winn. I recognise some of the boys including Vincent Harrison at the front right.

As usual I can be contacted at Walnut Bungalow, Dent, LA10 5QT, Tel: 015396 25001 or by e mail shirley.tebay@btinternet.com

looking forward to hearing from you. *ST*

The bottom photo is very old and was dark in a few places so I have used my Editorial expertise to lighten it in places - hence the slightly different shades of black. *Ed*

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

On Monday 19th April, 16 members and guests listened to an enthralling presentation given by Dr Julia Pigott on the subject of "Bees in Medicine". Dr Pigott, (Julia Hoggard to her family, friends, and fellow beekeepers), is a GP in Kendal, and a very experienced and successful beekeeper who has won many 1st prizes for her honey at honey shows in Cumbria and further afield.

Julia started by describing how the stinging by honey bees had been used by man as a weapon of war from the earliest historical times until the Vietnam war of the 1970's, and showed copies of pictures from Crete in the 6th Century BC, told us how Chester was saved from the Danes

by the use of angry bees, Richard the Lionheart's used aggressive bees brought from England in the Crusades, and on through Medieval England to the wars of the 19th and 20th Centuries. Absolutely fascinating!

Reminding us that there were hundreds of species of stingless bees which could only survive in the tropics, and incidentally had other very nasty ways of attacking predators such as man, she described in superb detail exactly how the honey bee has evolved a most effective sting mechanism; two barbed needles that ratchet their way down through the skin of their victim pumping a powerful venom made up of substances to cause pain and suffering to whatever predator, man or other animal, they are

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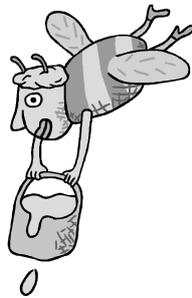
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defending themselves against. Dr Pigott explained *why*, as the last resort, a bee *does* sting; *how*, as a responsible beekeeper, to treat your bees so that they are not stimulated to sting, and *what* to do if you do get stung, using the latest research to support the steps to take.

Julia then described the very rare, but fearsome extreme reaction that thankfully only a very few suffer, not just from bee stings, but from other allergies too. She described the detailed mechanism of the body's anaphylactic reaction, and how to recognise the symptoms and respond quickly and correctly. She described the precautions one should take whenever one works with bees, and the precise steps to prevent this thankfully *very* rare event turning into a life-threatening crisis. She showed that if one took the correct steps there was in fact very little to fear, and that getting into one's car and driving on our roads is much more dangerous!

Her talk was beautifully illustrated at every step with pictures and diagrams that showed the great care, and at times great humour, with which she had prepared her talk. After many interesting and detailed questions our Chairman thanked her for such an enlightening presentation that had held us all spellbound.

Our next event is our first apiary visit of the season. On Saturday, 15th May we shall be assisting our latest new members, Annabel and Richard Challenor of Hutton Roof, to carry out the first inspection this year of the hives in their new apiary. This first inspection of the year is one of the



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most important, as we need to establish that each colony is free of disease and growing strongly in numbers, has a healthy queen laying large numbers of eggs, that the nurse bees have sufficient honey and pollen to feed the new brood, and plenty of room to store the nectar when the spring flowers start to produce it large quantities. Please call 21902 for directions if you would like to attend. You will be made most welcome.

On Wednesday 19th May we have our annual Coffee Morning in the URC rooms starting at 10am, and we shall be showing a hive of bees in a bee-proof tent between 2pm and 3pm at the Sedbergh Gala on Saturday 22nd May. Come and see how it's done!

Malcolm Fraser-Urquhart

This report was submitted last month but omitted by me in error. Apologies to the Group and Readers. *Ed*

SEDBERGH & DISTRICT

HISTORY SOCIETY

Sunday 20th June
RAWTHEY GILL

Visit to
 blue stone quarry
 & copper prospecting mine.
Kevin Lancaster

Meet at Rawthey Bridge at 1.30 pm
Midway between
Sedbergh & Kirkby Stephen
 [GR 714 978]

All meetings in Settlebeck High School,
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 ALL OF OUR LECTURES

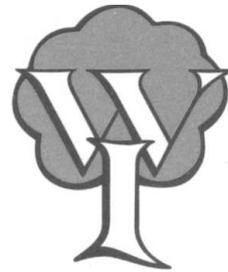
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 Secretary: Diane Elphick 20605
 Treasurer : Marlene Mason 20509
 Member Sec: Richard Cann 20771

KILLINGTON W.I.

We were happy to welcome Mrs. Rosie Whitmore from Casterton as our speaker at the April meeting. Rosie is an enthusiast for all things from Provence and indeed has a "place in the sun" in that region. One of her greatest interests is in their local textile crafts. Indeed she likened the development of the methods and styles of fabric to the cottage industry of Lancashire which preceded those of the industrial revolution. Being in the very south of France many of the cultural influences filtered across from the African continent resulting in vibrant patterns and vivid colours. Other inspirations came from the flora and agriculture of the area with woven

cottons depicting colourful flowers such as mimosa and lavender, fruit trees such as sweet chestnut and olives, all plants native to these Mediterranean coastlands and hills. Added to these the bright reds, yellows and whites of the rocks of the area gave rise to a multitude of colourful traditional wares. Rosie had a good selection for us to look at and buy. It all made us think that the time for joyful summer holidays is approaching and perhaps we should head south!

Our business meeting covered all the necessities with absorbing and highly satisfactory reports from our President, Secretary and Treasurer. One of the best parts of the meeting was welcoming two



guests and hopefully, prospective members. We hope that Sarah Woolf from Dent and Mary Fisher, newly arrived in Sedbergh enjoyed the afternoon. Our competition for 'a pretty tray-cloth' gave rise to such fierce competition that *four* entries tied for first place and all the rest for the runners up spot. (How's that for an excuse for another 'senior moment') The raffle was also won!

Our next meeting is time for serious business when we discuss the resolutions for consideration at the National Conference and then finish off with some home-made entertainment and cakes.

W.F.U.

This report was submitted last month but omitted by us in error. Apologies to the Group and Readers.

Ed

COBBLE COUNTRY

.... celebrate the 40th Anniversary of Sedbergh Gala.

Staff at Cobble Country Property in Sedbergh have entered the spirit of celebration for the Ruby Anniversary of Sedbergh Gala.

In commemorating the significant achievement of running a community celebration event for 40 years, Cobble Country have decorated their Estate Agents windows with Ruby red window display posters marking out a large 40. Not only that, but each poster has a link to the event with either a comment on relevant property services offered with a 40 link through to discounts and vouchers incorporating 40.

So if you instruct Cobble Country property with a property that sells, Sedbergh Gala will benefit to the tune of £40 for the next ten sales. A £40 Marks & Spencers discount voucher is yours if you place a property to Manage with them. A whopping 40 discount to all past

customers of Cobble Country Property within the last 40 months and anyone with Ruby in their name will receive the full service at 40 of its cost.

"I didn't get 40 winks all the time that we were coming up with these offers" said Nigel Close, owner and Managing Director. "I really appreciate the hard work and efforts that go into putting this show on every year as I've seen it all from being a kid here myself some 40+ years ago. My sister Susan and I would have been one of the first to have been dressed up by our lovely Mum Hazel in those early years of the Gala. The most memorable event to me as a kid was the White Helmets Motorcycle Display Team and then I think some of the air displays with parachutists and Red Arrows in other years. If this sponsorship helps them continue to operate the event each year then I'm very glad to be a part of that."

Interesting fact displayed on the poster in Cobble Country Property window is

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that 40 years ago, the average house price was £3300 compared to the £161000 of today, a rise of something like 50 times as much. The comparative rise in earnings has been less dramatic with the average wage rising from £1000 to about £20000 per year. Many people will worry about such figures but there are a whole lot more factors to take into account than that.

You can have our opinion on some of those factors when you take advantage of requesting a valuation visit (40 seconds) through to receiving the provisional valuation (40 minutes) and being marketed to the world within 40 hours (subject to certain conditions).

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that you'll get 40 offers in 40 days but we're confident that we have at least 40 times more people on our books looking for property than we have had property available for the last 40 months."

"I believe that our 40 years of combined property management and sales experience allied with our 40+ years of local knowledge gives us the edge and allows us to break from the Ruby theme by promising our future clients a 100 service. If we fail that promise in any way then we invite you to come into the office and (No - not 40 lashes) discuss a rebate up to 40 of our standard selling rates.

*Nigel Close
Cobble Country Property*

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TIM COLLINS MP

Sedbergh farmers who went through the foot-and-mouth crisis must have thought they deserved at least a few years of relative calm. So some will be understandably worried about the possible implications for them of Europe's decision to press ahead with the biggest change to farm payments in 50 years.

A new way of paying farmers is due to start next year, being fully phased in over the following eight years. Subsidies will be linked to the amount of land farmed rather than the amount of food produced. Some in South Lakeland will clearly benefit, but others will lose out. Those

who need to look out could include smaller farms in the uplands, or those farming in severely disadvantaged areas.

Change is coming for two reasons. First, the enlargement of the EU has brought in millions of new farmers – almost as many in Poland as in the whole of the previous EU – who would be a huge drain on the taxpayer if they received the same subsidies which farmers in older EU countries used to get. Second, there's a general (and perhaps dangerous) assumption that food will always be plentiful and that therefore the general public will only pay subsidies for environmental upkeep, not for producing food.

As ever, though, what is agreed in Brussels is only half the story. For different member states implement European agreements in very different ways.

In the UK, the Government started off with an assumption, it seemed, that these changes would be a good way to reduce dramatically the number of farmers. Their initial idea for how to distribute farm cash sparked serious fears that many

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upland farms could be driven out of business with catastrophic implications for the landscape.

Some local farmers told me that under the Government's plans they would see a drop of at least two-thirds of the payment they are currently receiving.

Following weeks of intensive lobbying by farmers and MPs like me with rural constituencies, the Government has announced that it will alter the way land is designated. This should boost the payments on offer to many farmers in our area. Even so, there will still be considerable problems – some of which will only become apparent as the changes are implemented – so I would urge any


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farmers still worried or uncertain to get in touch so that I can continue to press DEFRA.

By the time you read this article, postal ballot papers will be dropping through letterboxes for elections to the European Parliament. In our area, they will be posted out on May 26th and 27th and will need to be returned by midday on June 9th.

As you may know, the Government has decided to make these elections all postal in a bid to increase turnout. This means that you will not be able to vote at your normal polling station and will instead be required to return your ballot papers through the post.

However you normally vote, I do hope you will take the time to cast your ballots in this election.

Here in Britain, we are extremely fortunate to have the right to decide who should and who shouldn't make decisions on our behalf at the local, national and European level. Whether you are a huge fan of the European project or like me think we should decide more of our own affairs here in Britain I hope you'll take the chance to make your views count.

Tim Collins



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HOW DOES IT WORK?

This is the question I was asking myself after my first Bowen Technique treatment, which I described in last month's Lookaround. Now I have even more reason to ask this, as my knees are a lot better. I have had two more treatments. To give you an idea of the level of the improvement, last week I climbed up the "staircase" at the side of Cautley Spout and did not even feel a twinge. Remarkable.

So how do the Bowen Technique moves of rolling gently across different muscles affect whether or not your knees hurt going upstairs? I asked Bowen therapist Denise Williamson this question and she said that the muscle moves send a message to the brain, which, in turn, sends a message back to the muscles affecting the way they relax and contract.

My patients often ask me how acupuncture works. I tend to give one of two possible explanations (or sometimes both). Firstly, the ancient Chinese doctors worked out that energy (or Qi) flows around the body in channels (often called meridians) and this flow can be influenced by stimulating particular

points on the channels. Secondly, modern research has established that acupuncture affects the function of the organs and the blood chemistry. So, if you use a point above the wrist to treat nausea caused by nervous tension, you could either say that this point directs the Qi of the stomach downwards or you could explain it in terms of hormones and receptors and contraction of muscles in the stomach wall.

When I first started to practise acupuncture, because of my mathematical background, I was quite happy to accept the meridians as a model of the way the body works. I have since come to realise that, although they cannot be found on dissection, they are really there. I first realised this shift in my awareness when a friend had a severe pain in his abdomen on the channel known as the Stomach Meridian, which runs from the eye to the middle toe, via the front of the body and the leg. The procedure needed was to unblock the channel. I put one needle in a point on his leg, which reacted very strongly, there was a gurgle and the pain disappeared.

Of course the most difficult therapy to explain is Homeopathy. You are given a sugar pill, containing a dose of a substance, which is so dilute it is not even microscopic, in all probability it is non-existent. How can that make you feel better? There is a theory, backed up by experiments, about the water used in the dilution process holding an imprint of the substance. (Which doesn't make you feel very good about drinking the tap water in big cities.)

Somehow none of these theories is very

ACUPUNCTURE



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satisfactory - they don't seem to get to the bottom of things, they just lead to more questions. The truth of the matter is, that these therapies are all based on observation of the human body, not on theories about the body. Our honourable predecessors: Mr Bowen, Samuel Hahnemann (the father of homeopathy) and hundreds of Chinese doctors, over the centuries, spent their lives making observations, treating patients and refining their techniques in the light of experience. None of these therapies "works" in the same way as an antibiotic works to eliminate bacteria from the system. They invite a response from the body-mind, which then does the work itself. They do not heal; they elicit a healing response from the body-mind. We only know which procedures are likely to be effective from the knowledge we have received from our venerable predecessors (and in a small way from what our own

experience adds to that).

The telephone numbers for all the therapies mentioned here are in the "Options" box at the back of the Lookaround. If you have any comments or questions, please contact me. My telephone number is (015396) 20972.

June Parker

DIALECT DIGEST

There are quite a few sayings associated with May, although 'Ya moan't wesh blankets i' May, or else ya'll wesh yer soul away' is one I'm not familiar with.

Living by the seaside has an added hazard at this time of year. Unwary drivers will soon be encountering the offspring of seagulls wandering the roads, mewing plaintively as they attempt to master the art of flying. As the old dialect speakers say, 'On t'fosst o' May, a good gull'll laay.'

In the East Riding, May 1st is treated as another opportunity for practical jokes, a May Gosling being similar to an April Fool.

The old tradition of dancing round the Maypole seems to survive in some villages, but I was fascinated to read about Royal Oak Day. It refers to the long-forgotten practise by Northerners of commemorating the restoration of King Charles II to the throne by wearing oak leaves in their hats. This gave rise to the saying, 'Royal oak day, twenty ninth o' May: if ya dean't gi' us a holidaaay, wa'll all run away.'

However, the most wise saying, considering the unpredictably of our weather, is still the one that goes: 'Deean't cast a clot till May be oot!' ■

DENT FOOTBALL U14

Juniors win Clubs first silver ware

Four years after starting their Youth division of Dent Football Club, the founders have seen the results of their efforts bear fruit.

The elder age group, the under 14's, have completed this latest season in unbeatable form and ended their involvement in the Supplementary League B with a run of 7 straight wins.

Nigel Close, manager for the last 2 years, said "I am very honoured to be managing this bunch of lads and to witness how hard some of them work at the game. Their skill base has constantly increased along with their belief that they can actually get results from effort". It was just less than four years ago when

most of this team entered Kent Valley Junior Football League as the Dent Under 12's and the results then were more often than not disheartening as they came up against teams that had played and trained together since the age of 6 or 7. Moral support was provided to their first manager David Baines as these lads made their first competitive league games. "I remember watching some of these lads in those matches and witnessing their innocence of the competitive and cooperative effort needed to play in a league like Kent Valley as opposed to the occasional school game. They were often beaten before they turned up for a match and certainly always before they'd got changed and on to the pitch, their minds were accepting defeat. An occasional win did little to change that mindset"

With the passing of time and regular training during winter months indoors at Queens Hall, Sedbergh School (many thanks to them for their hospitality) and outdoors on the lighter nights, this group of lads have grown in confidence in their ability to perform on a 'stage' outside of their own patch.

The 18 strong squad of players received medals for their success in the League from the League secretary Harry Marston who travelled to Morecambe Bowling Alley on Sunday 23rd May to present them to: Ian Mitchell, Chris McClurg, Liam Mason, William Metcalfe, Dan McCandlish, Neil Bentham, Nathan Critchlow, Anthony Amos, Nathan Close, Joe Stafford, Andrew Postlethwaite, Philip Metcalfe, Tom Ellison, Keir Jackson, Jack Ellison, Mark Dodd, Dean Raw and James Thompson.

After receiving their medals, Nigel



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Close went on to hand out the seasons awards and commendations. In thanking the players as a group for their efforts, he also thanked Club Secretary Jill Mitchell for her solid efforts in keeping the administrative side of things right for his team. He also thanked his Deputy Manager and football coach Paul Metcalfe for his technical experience and support. He paid tribute to the founders of Dent Youth Football Club, current President David Baines and Joanne Burrows without whom we would not be celebrating this today. Thanks also to the wonderful organisation of the Kent Valley Junior Football League and all the people behind that and the Westmorland Football Association for giving so many people the opportunity to experience the highs and lows of competition.

In awarding the Joanne Burrow trophy for most committed 'clubman' he cited Ian Mitchell for his active involvement at many levels in the club. The most improved player was narrowly awarded

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to Anthony Amos. The parents and Managers awards for Player of season were both contested absolutely evenly by the same two players. Parents award just going to Joe Stafford with the Managers Player of the Year (supported by a season long Players player poll) going to Nathan Close.

In summing up, Nigel announced that he had been informed that he had a number of complimentary season tickets available for some 'quality' teams next year. He would be holding an 'open' competition to decide who got them. Details of teams and locations would be displayed in Cobble Country Property in Sedbergh. Answer 2 questions to qualify:

- 1) Practice makes P.....t
- 2) What small change can you make to the word 'Altitude' to determine how high you get?

Answers on a card to Cobble Country, before August 19th to enter this free competition. Judges decision is final.

THE WHINASH WALK

Sunday 4th July

It is difficult to appreciate the impact that the largest turbine development in the country will have on the unspoilt landscape of this part of Cumbria. In order to inform the public we are organising a Walk along the Whinash Ridge with the intention of showing:

1) The Visual Impact

Visible in South and North Cumbria, parts of Kendal will see virtually every blade. Some of the important summits of Eastern Lakeland including High Street, Ullswater will also clearly see 21 blades plus. From walking the Ridge it is possible to appreciate the full extent of the distances involved. Let's hope for a clear day.

2) The Physical Impact

In a totally unspoilt landscape will be introduced 50,000 tons of concrete, 7 miles of roadway, with over 100,000 tons of road-making material, cabling compounds and substation, plus 27 115m-high turbines. Much of this material will remain in the landscape at the end of the scheme.

3) The Environmental Impact

There is no development whatsoever in

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this area, some of which is a delicate upland habitat with raised peat bog and rare associated plant growth having European protection. The neighbouring streams/rivers in the valley bottoms are some of the best spawning rives on the Lune.

There is little 'Green' about this development, which has far more to do with making money for the landowners and developers.

In the company of Experts - including Professor David Bellamy and Dr. Mike Hall - we shall walk the Ridge. The sites of all turbines will be marked with flags and there will be written explanations about the habitat affected.

The Walk will start at 11am on Sunday 4th July on the A6 at the car park on Shap Summit. At this point is a lay-by with a Memorial to commercial lorry drivers. In all probability the lay-by will soon fill and therefore parking, preferably off-road on the verge, will be necessary. Please take care with parking.

There will be TWO WALKS - both will take the route along the Ridge:

The easier will be predominantly downhill and of 5 - 6 miles in length. It will run from the A6 along the Ridge and

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down to Dyke Farm. At the end of the Dyke Farm lane turn left and walk down to Greenholrne (approx. mile), where a bus will take participants back to their cars. The Walk is also suitable for children.

For the somewhat more athletic is a challenging 10-mile walk which runs along the Ridge towards Jeffery's Mount. Close to Borrowbridge is a gate directly off the fell onto the Tebay-Kendal road. Cross the bridge and walk up the lovely valley of Borrowdale, which Wainwright described as "one of the most beautiful valleys outside the Lake District". Close to the top of the valley is Huck's Brow (some 4 miles+ from Borrowbridge). Turn right over Borrow Beck (you may get your feet wet) and take the steep climb up Brest High Lane. At the summit you rejoin the original access, which is followed back to the A6 and your car.

The development, should it proceed, will follow all the hills to your right for the entire length of the valley. The

Whinfell Ridge to the left is also threatened.

Unfortunately we have to say that you undertake the entire day at your own risk. This we hope will be minimal and you enjoy the day. Our fingers are crossed for good weather, which is important. Maps are available.

Come and have a superb and informative day. You will not be disappointed.

A CENTURY OF SOUND

Miles Mallinson will bring along a selection from his own remarkable and historic collection of Talking Machines for his Sedbergh Festival lunchtime lecture and demonstration.

Miles writes that 'he intends to open your eyes and ears to the development of acoustic reproducing machines. Illustrating them he will be playing cylinders and discs appropriate to the machines and their periods. He hopes that this event will be Educational,

Entertaining, Amusing and Nostalgic. The period covers from 1897 when Edison produced his first Clockwork Phonograph, to the end of the 1960s when the 78 record ceased production.'

Miles is not only a skilled engineer who has restored or rebuilt many of the machines you will see and hear, but also a great authority on their history and development.

He is an accomplished raconteur and everyone will enjoy listening to his machines and what he has to say about them.

Come to the Parish Church on Thursday 17th June at 1.00 pm. Don't miss this talk!

Richard Thomas

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A SEDBERGH VIEWPOINT

The closing date for submission of articles to Lookaround always creeps up on me and I have to project myself rapidly into "next month mode". At the time of writing I'm looking forward to attending the Ruby Red Sedbergh Gala, and a Sedbergh Town Band concert, but by the time this gets into print these events will have taken place.

Perhaps it would be better if I looked backwards and congratulated the community on raising £1800 at the Christian Aid shop at the beginning of May. Well done in spending so much for what I consider to be such a worthy cause. We do tend to forget that our standard of living is so different to many in the world who live a life of exploitation and poverty.

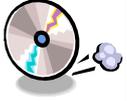
A regular event throughout all but the winter months is the Wednesday (Market Day) Coffee Morning held by various charitable organisations. Thoroughly recommended not only for the coffee and bring-and-buy stalls but as a good meeting place for a "crack" and making new friends. If you have never been, or are new to the community, give it a try. I'm sure you won't regret it.

Looking forward in my June diary I note that Appleby Horse Fair takes place between 3rd and 9th June, but I see that the "travelling folk" set up camp in Sedbergh on their way to the Fair at the beginning of May. What have we got that Appleby hasn't I wonder.

June also brings us the European Elections, whatever they are. Seemingly we all get a postal vote. There is no fun in that, give me the old fashioned booths in the Peoples' Hall and a "secret" vote.



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For a postal vote we have to get someone else to sign our ballot paper to vouch for our identity and then we have to send it off by Royal Mail, which we are told "looses" millions of letters every week. I wish they would loose the junk mail we all do receive. Perhaps we should regard our ballot papers as junk mail. I wonder if our European Union reporter, Brian Wright, (May issue page 40) will ask me to authenticate his identity for his vote.

The highlight for our community in June must surely be the Sedbergh Festival 2004. It certainly deserves our support for no doubt it will be expensive to set up, yet the concert prices are very reasonable. If you think the ambitious programme seems "highbrow" be brave and give it a try. There is something for everyone, including young people of all ages.

I must end my ramblings since space in Lookaround is limited so I won't comment on the disappearing litter bins or mounting evidence that poop scoops are not being used by many dog walkers. Perhaps another time!

Take a pride in our community, support its events and keep it clean, please.

N Hastle.

SPRING SHOW 2004

Cups and other trophies awarded

Overall Winner of the Sedbergh Spring Show Shield

Mrs Margaret Milburn

Prize for most new entries to the show

Mrs Heather Lart

Section 1 Handicrafts cup

This cup was not awarded as 9 entrants tied for 1st place

Section 2 Handmade toys cup

Mrs Margaret Fearnhead

Section 3 Flowers and Plants cup

Mrs Margaret Milburn

Section 4 Garments cup

Mrs Janet Dodds

Section 5 Home Produce cup

Mrs Margaret Milburn

Section 6 Art & Photography cup

Mrs Sandra Gold-Wood

Section 7 Children's section cup

Miss Rowan Hall

(corrected later to Miss Leanne

Postlethwaite)

W Milburn & Son cup

Master T Cooling

Special cup

Nicola's Playgroup

Section 8 Local organisations' certificate

South Lakeland Voluntary Society
for the Blind

W I Cup for most points per WI member

Killington WI

A big **"SORRY"** from the Sedbergh Spring Show Committee.

Leanne Postlethwaite - YOU WON the Children's Cup at the show.

Rowan Hall - YOU DID VERY WELL - perhaps you'll win the cup next year.

The Show Committee apologises for miscalculating the total number of points

you each won.

Malcolm Fraser-Urquhart

Sedbergh Spring Show Committee

SETTLEBECK HIGH SCHOOL

I KNOW WHAT YOU DID

LAST NIGHT

Five teenagers accidentally set fire to a barn. Was there anyone inside it? The feckless five don't stop to find out. In no time at all agents Smith and Jones, two artless officers of the law, are on the trail – an exhausting trail of clues, blind alleys and red herrings that lead our heroes to an equally exhausting conclusion.

Sounds fine, doesn't it? From an original idea and synopsis by Andrew Bonsall, one of the gang, this year's GCSE Drama candidates scaled heights hitherto unknown. All eight worked with flair, skill and dedication to produce an excellent piece of drama, which held an audience of parents and friends superglued to their seats for a record 45 minutes on the evening of April 27th.

The group – Andrew Bonsall, Ben Coates, Martin Critchlow, Bryony Dinsdale, Shaun Gardner, Eddie Lord, Chris Milburn and Abigail Wales – had been working on this, their final performance, since January and during the process had welded together as a team, supporting each other and shaping their drama. The whole process was as hilarious as the performance itself, and I dearly wished I'd had a video record of the out takes. Now there is one long dramatic pause while we sit at various levels of anticipation awaiting the GCSE result. Let's hope they do as well as they deserve.

John Fisher

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

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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. 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

<u>Starters</u>		<u>Fish Dishes</u>	
▲ Prawn Cocktail & Marie Rose Sauce	£3.60	▲ Salmon Steak with Parsley Sauce	£8.90
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▲ Egg Mayonnaise	£3.10		
▲ Grapefruit Cocktail	£3.10	<u>Vegetarian Dishes</u>	
<u>Extra Special Main Courses all £10.95</u>		▲ Tropical Vegetable Curry	£6.30
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▲ Lamb & Apricot Casserole		▲ Vegetable Lasagne	£6.30
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▲ Venison Steak with Red Wine Sauce		▲ Broccoli & Cream Cheese Bake	£6.30
▲ Venison Casserole		▲ Vegetable & Pasta Bake	£6.30
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<u>Main Courses</u>		▲ Chilli	£6.30
▲ Roast Dinner of the Day	£6.30	▲ Chicken Tikka Masala	£7.20
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▲ Half Roast Chicken	£7.50	▲ Prawn & Rice Salad	£6.30
▲ Chicken Kiev	£6.30	<u>Sandwiches</u>	
▲ Lasagne	£6.30	▲ Prawn with Marie Rose Sauce	£4.00
▲ Steak & Kidney Pie	£6.30	▲ Ham, Beef, Cheese & Tomato;	
▲ Cumberland Sausage	£6.30	▲ Cheese & Pickle or Salad	from £2.50
▲ Gammon & Pineapple	£6.30	▲ Toasted Sandwiches	from £2.70
▲ Barnsley Lamb Chops	£9.50	▲ Portion of Chips	£1.50
▲ Marinated Lamb Steak (6oz)	£9.50	▲ Mixed Side Salad	£1.50
▲ Pork Chop in BBQ Sauce	£6.70	▲ Portion of Mushrooms	£1.50
▲ Cheese & Ham Pasta	£6.30	▲ Roll & Butter	£0.45
▲ Tuna Pasta Bake	£6.30		

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Menu

SEDBERGH TENNIS CLUB NEWS

Play Tennis - Family Day

We had an excellent afternoon of Family Tennis on the 2nd May to mark this year's Play Tennis 2004 week. This year's slogan is "Do more than just watch ...!". 12 "Mixed Doubles" partnerships did a lot more, and played some excellent tennis. Everyone's a winner and courtesy of LTA we were able to distribute T-shirts, notebooks and pens to all contestants. The afternoon was rounded off with the traditional BBQ - and all in traditional Sedbergh sunshine. The event was very well attended and our thanks go to Settlebeck School for the use of all 4 of their courts in addition to our own.

TOURNAMENTS 2004

All Junior Tennis Cups will be played for on Saturday 26th June. Under-12s will start at 9.30 am, Under-14s will start at 1200 noon, and Under-17s will start at 2.30 pm. There may be some overlap while the previous age group finishes, but there should be enough courts to go round. Cups will be presented at the end of each age-group. We will need as many adults as possible to help on this day so please can you all rally round.

In previous years, there have been a few people who have come to play in the Tournaments thinking that their coaching costs had covered Club Membership and they played the Tournament without having paid their subscriptions. To help reduce embarrassment, please pay your

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subscriptions in good time !

Senior Cups will be played for on Sunday 5th September – times to be announced later.

CLUB TIMES

Tennis Club evenings are Tuesday 7.00 pm - Mens, Ladies, Mixed

We look forward to seeing you down there (but best to ring a mate first to make sure of a game).

A.G.M.

Sedbergh Tennis Club AGM was held on the 18th March and the following officers were appointed or reappointed : -
President Sandy Roy
Chairman Richard Ellis
Vice Chairman and Mixed Doubles Team Captain Graham Robinson
Secretary / Membership Secretary

Audrey Carr
Treasurer Jackie Robinson
Mixed Doubles League co-ordinator Liz Harrison

Junior Teams co-ordinator Rosemary Lewes

Sedbergh School liaison Sara Hirst
Settlebeck liaison and coaching

Angela Nicholas
Primary School liaison and coaching

Stephen Cayley
Committee Member Kate Thexton

All the formal business was duly conducted, with the Chairman giving his report for the previous year, accounts being presented and arrangements made for this year. The meeting closed at 9.00 pm.

Richard Ellis

SETTLEBECK OPEN DAYS/EVENING

Friday 2nd July



Open Evening – 7 pm

Saturday 2nd July



Open Morning

For our parents, our community,
our ex-students and staff.

You are invited to come along during the day on Friday 2nd July
to look at your local school in action.

You are invited to our evening celebration.

The opening of our new facilities, the opening of our school
as a technology college and the celebration of our Ofsted inspection.

However, if you can't make it on Friday, we're also opening
on Saturday morning for you to come and have a look around.

**125CC GEARBOX KART
ICC NATIONAL KART
FEDERATION CHAMPIONSHIP
2004**

Round two

Held at the three sisters track nr Wigan.

Practice Day Saturday

This weekend they were using the track which is over the hill it is a long blind right handier but it is possible to go over the hill flat out in sixth gear at approximately 95 mph, it is also the part of the track that Sam had a engine seize and he went straight off into the tyre wall a couple of years ago luckily not hurting himself too much, a few bruises on the ribs.

We always seem to make the practice day hard for ourselves at the beginning of

the day, then ease up a little and let Sam drive and feel comfortable by the end of the day. This seems to work well as long as Sam thinks that we are in control of the situation, In other words the day went to plan.

Sunday Race Day

Heat One

Sam is in the first heat on grid 2 along side Carl Millington who is the reigning champion, he's on grid 1, and then there is the other four top drivers on rows 2 and 3 a block of six of the best 125cc gearbox drivers in the country altogether, I think this was the biggest race challenge that any 125 driver has seen before, because the person that set the grids for the weekend put all of the top drivers together on the grids and in the same



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heats as well, this is very unusual, usually they spread them out. Because the top drivers can normal make it through to the front for the final, it is usually then that they have to put there skills into use, to be able to beat each other, so really all three heats were like finals. There is always a draw back, and this is that if any of the drivers were to struggle in a heats they could find them selves well down the grid for the final grid positions and this would be a big disadvantage, because by the time you have passed other drivers

to get back to the position you would expect to be in, the top drivers have long gone, Frank Wrathall won this heat from 6th on the grid, then Carl and then Sam finishing 3rd.

Heat Two

Both Tom and Sam were in this heat, I'll start with Tom; he was on grid 12, he made a brilliant start and he looked good, he held his position well through out the race, he came 7th at the flag that was an encouraging start for Tom.

Now I'll move onto Sam, he started on grid 30 this is out of 34 racing in a heat; these are the biggest grids of 125 gearbox karts we will ever see, and with the best driver bunched together then it was to be the best racing, Sam made his way quickly through to 9th place but then got held up for the last couple of laps, he had to settle for 9th place at the flag.

Heat Three

Again both my boys were in this heat; this time Tom started on grid 27 he had a solid drive finishing in 22nd place. Sam on the other hand started on grid 20 he made one of his lightening starts worked his way through to about 8th then he went missing, by the time I'd made my way to

(Continued on page 40)

Anthony Collinge

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the other end of the track to see what went wrong, he is going again to finished two laps down in 29th place and last of the finishers.

The reason was that the petrol pipe had come off his carburettor spilling fuel everywhere, so he had to stop and fix it at the side of the track.

Heat four

This time only Tom was racing, he started on grid 13 made his way passed upto 6th before having a big moment, when he nearly lost control and ran wide as he passed Paul Gilson into a fast fourth gear corner, after Tom ran wide and before he had got it altogether again, Paul was back past, then the next lap on the same corner, Paul missed his braking area and then braked to hard resulting in Tom

punting him off the track, this also resulted in Tom running wide again still fight to keep his kart under control, he made it just, as he tried to get back on to the racing line he got a bump to the rear axle and that was that, he had a very bent axle and didn't finish the race.

A final

For the second time this season both my boys were in the A final, but this was to be no normal grid, with 34 drivers in the A final, though the grid positions told the story, Tom on grid 26, would have been at the back of a normal grid and that is only if he had qualified from the B final, as for Sam a last place in one of his heats that put him on grid 14. This part of the report is almost a carbon copy of the A final of the Super 4 Championship as the

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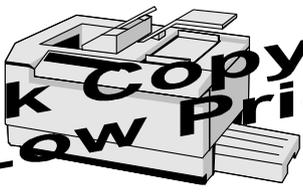
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three top drivers that started well back in that race were the same drivers in this race though Sam was the furthest back on the grid and I promised to let you know how James Mudd was doing, well he qualified on grid 4.

Grid Positions

1. Hywel Lloyd, this is the driver Tom beat at the first round
2. Lee Stamp, ex British champion (2002)
3. Jock Borthwick, returning to karting after two years out.
4. James Mudd, what did I tell you he's quick?
5. Jon Turner, returning from a big accident early in the year.
6. Carl Millington, reigning British Champion.
7. Jonny Lang one of the fastest driver this weekend.
8. Andy Lawrence new to 125. Raced in Rotax max a different form of karting.
9. Pete Mitchell, one of the top drivers and local.
10. Mark Brookman very experienced racer a real "mansall" of karting.
11. Barry Armstrong this man keeps on improving for an oldie.

12. Frank Wrathall top driver and the driver Tom normally works for.

13. Daniel Edwards, new to 125 he was the driver that Tom pushed all the way round the track the day Tom gained the six points on his licence.

14. Sam Moore leader of this championship after the first round.

This is normally half way down the grid and the class of the field are all in front, so at worst six place, at best third place, but I told Sam that he had to be careful as it is points that count in the championship, Sam made the sort of start needed at that point in time a blinder. And was upto 8th place on the second lap and set about passing them one by one. It was when he got to 4th place that he started to think that he could win the race, on lap 10 out of 12 Sam had made it right through the lot of them and into the lead. At the flag he was 1.09seconds in front of Frank in 2nd, Hywel finished 3rd Carl 4th lee Stamp 5th and James Mudd 6th. Tom made his way up through some drivers before crashing out and bending his steering so could not finish.

This mammoth report sent in by a very proud Dad. █

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

An all-time record number of twenty-four members and guests attended our first apiary visit of the year on Saturday 15th May in Richard and Annabel Challenor's new apiary at their home in Hutton Roof. The weather was perfect, warm and sunny with the lightest of breezes.

By sheer chance, their two colonies had become *four* in the previous two days, with two swarms emerging from one of their hives. The first swarm had been transferred into a wine box from the fence post on which it had clustered, and was introduced into their empty spare hive in the usual way - shaken on to a white sheet on a board leading to the hive entrance; within a few minutes the bees decide this is a *very* des. res. and start to walk in, slowly at first, then pour in, in a steady flow which becomes a mass movement as soon as the queen bee has entered, and workers at the entrance stay behind to fan with their wings their smell and hers to the bees still outside. It is a remarkable and wonderful spectacle to watch!

As there had been no spare hive for the second swarm, called a *cast* as it contained a recently born virgin queen, a trick was used to unite the swarm with its parent colony. This had been done by transferring the cast from its cluster in a beech hedge into an empty chamber placed over the top of the parent hive, but separating them from each other by a slotted metal sheet through which the worker bees, but not the (larger) queen, could pass.

R LEWES



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Thus when the members arrived, the new members particularly had a unique opportunity to watch Richard, guided by more experienced members, inspect three quite different colonies. First to see just how quickly and beautifully a swarm builds honeycomb on the wax foundation the beekeeper has provided: second to watch as smoke was used to make the worker bees descend through the slotted metal queen excluder, abandoning the virgin queen, which was then caught in a glass tube "queen catcher" to be taken to another apiary: and third to inspect both a colony which has *not* just swarmed, as well as one that has! In the former they helped to find the fertile queen and to see her marked with a green spot (green for the year 2004). In the latter, members could see the special large queen cells from which the new queens had emerged, as well as see other queen cells removed by the beekeeper to prevent any further

casts from leaving the hive. Altogether this was a superb learning occasion for beginners and experienced alike.

When the inspections were complete Annabel and Richard treated us all to excellent refreshments in their beautiful gardens with distant views of Ingleborough. Overall the finest start to the season of apiary visits we could have wished for!

On Wednesday, 19th May we held our Annual Coffee Morning in the URC Rooms. We were delighted that a record number of Sedbergh folk and visitors attended to snap up all the goodies on offer. Many thanks from the committee to all members who helped, and to Dennis Whicker for a super raffle prize.

June, too, is going to be another busy month for the club. On Saturday June 12th we shall be holding our second apiary visit of the year at Bill and Marion Smith's apiary at The Long House, Garsdale, at 2.30pm. Bill and Marion will be explaining and demonstrating the

'Demaree' method of swarm control. Swarming is nature's way of reproducing the colony by dividing it into two (or more if there are *casts*). However it can severely interrupt honey production and may produce several unwanted smaller colonies! So beekeepers have developed various ways of using the bees' natural instincts to manage the process so that both bees and beekeepers are happy! 'Demaree' is one of those methods.

Then on Saturday 26th June we have our major event of the year, our 2nd Annual Summer Convention. This year it will be held in the People's Hall from 9.30am to 4.30pm. The theme is 'practical beekeeping' and we have four excellent speakers covering observation hives, gadgets, bee diseases, and the perils of being a beginner!

If you would like to attend either of these events, please telephone me on 21902. You will be made most welcome.

Malcolm Fraser-Urquhart

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FAMILY MUSINGS

When do I reach "middle age"? Am I already there? Catching a glimpse of myself in someone else's bathroom mirror at 3 am one morning was enough to decide me I am "Elderly" never mind "middle-aged". I blamed the stress of getting back to doing 'nights' and made the effort to smile at myself in the mirror the next time. If you keep smiling it makes people wonder what you have done ... so I began to wonder ... mmm ... never mind.

One friend is so slim she has been making me feel quite victim to "middle age spread" but all the exercise and fresh air and careful eating is adding up to a reduction in ME ... wonderful. I am getting less. What with digging and

mowing, bending and stretching in the garden, polishing and scrubbing and vaccuming, in houses who needs the gym? I will next winter.

If you ever ride through Barbon look out for the house, near the church, with a big wooden box on the wall. I had a peep inside one day just out of sheer curiosity and found-row upon row of jars of Home Made Jams, someone is very busy somewhere boiling fruit. Making jam is not something I do very often, fruit crumbles and pies work out better for me. Years ago I made bread and sold it at the door, then I lost the knack and even the birds couldn't eat it.

Now I am concentrating on the garden at the bungalow, trying to make it a lovely place, and then perhaps host some

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event to make money for some cause.

Friends tell me they have found the perfect job for someone with a surname related to dogs ... at Helston in Cornwall, at a garage along with a Car Wash they found ... a ... Dogwash Machine ... also they saw a mobile one advertised and think I should avail myself of one very quickly before it catches on. Perhaps I'll pass!

Are you in the Wild Indians ... the Women's Institute .. the WI? Amazingly if you so desire you can belong to more than one-yes it is true- I read the "Navvies" version of the WI "Jerusalem" recently, it begins .. 'Bring me my pick & grappling hook, Bring me my mighty JCB, Bring me my boots oh, ecstasy, Bring me my gallon of tea ... I will not shrink from seas of mud ...', just makes you think doesn't it? Every occupation could have "their version", there's an idea for next years WI competitions! Through the WI one can get involved in so many things ie Archery, Writing Competition, Holker Garden Festival, Croquet. Fashion Show ... and they are from just one Newsletter. How's about giving the WI a go?

No, Dentedale WI hasn't put me on commission to encourage new members, and anyway, I've joined Killington as well so .. am I keen or daft..??!

Elder daughter is almost at the end at Durham so hubby and I are off to see her and bring back some of her things, then she will be back living at home and plotting the next phase in her adventures but more on that later. The other two keep busy with their work and social life, as do hubby and I, not just sure about the 'social' bit but we are happy especially'

down at the bungalow, bit bemused at times at how "interested" everyone else seems to be in what is happening and the idea I should be "putting my feet up & taking life easy" which a few seem to subscribe to ... no thank you. Too much time to think then. Be happy. █

SETTLEBECK HIGH SCHOOL

*The Victorian Yards: Medical Museum
Leeds*

Year 10 History students went to Leeds to visit the Thackray Medical Museum as part of the GCSE course on Medicine and Health.

The first point in the museum is a reconstruction of a Victorian Street in Leeds, in 1842.

Everyone took a step back at the smell, which hit us, unsuspecting students, the cause of the stench was the privvie – hidden round the dark corner, a voice told us to “sod off” as we tried to open the door! (Honestly where's his manners?)

I immediately noticed how dark it was. Everywhere we seemed to turn there was something horrible or gruesome, such as Hannah Dyson, a young girl who had hurt her leg when her skirt got entangled in factory machinery, the plastic model gave great detail of the injury. (Not very pleasant!) We saw entrails on the floor next to the water pump in the Slaughterhouse Yard, as well as lodging houses, inns and empty houses, sealed and abandoned by families after disease had struck.

The reconstruction was very informative, but I was relieved when we escaped from the dark, smelly, noisy street to the light of the first gallery!

Megan Henderson

KILLINGTON W.I.

Let's turn this report of Killington W.I.'s May meeting on its head and tell you first what you really want to know. The raffle was won by *me!* The competition for a limerick starting with the line, "There was a young singer from Dent", was won by *me!*

There was a young singer from Dent
Who lived by the church in a tent
When he wanted some grub
He went to the pub
Though the landlords weren't keen on his
scent!!

Talented and modest with it! What a splendid meeting.

The preceding serious business had been to discuss the resolutions that are to be considered and voted on at the national

A.G.M. of the W.I. in June. The first concerned trafficking of women and children, and urged the government to introduce legislation to prevent this horrid practice. We gave this our wholehearted support whilst realising that it is "easier said than done" The second requested the government to halt the cultivation of genetically modified crops in the U.K. On this we were unanimously in favour, feeling that insufficient research and consideration of the long-term effects of this technology has been undertaken, and that once the genie is out of the bottle it can't be put back in again. Moreover we felt that it is just another way for the agro-chemical industry to profit at the expense of the wider world. The third resolution urged the government to fund the air ambulance service on a national basis. Here, although we all thought this to be a most worthy cause the support was not unanimous. The reasoning behind the dissent was that the National Health Service has so many calls on its funding that it has to stop somewhere. However support was overwhelming and our delegate will be instructed to vote accordingly.

This year it is Killington W.I.'s turn to provide the delegate for our local group of institutes. Our delegate will be Pamela Moran and she will be accompanied by three more of our members. Such a strong contingent is possible as the meeting is to be held in Sheffield. We hope that they find the meeting interesting and enjoyable and look forward to receiving Pamela's report in due course. Incidentally Pam has recently



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returned from the A.C.W.W. Conference in Tasmania. She is a delegate for the countries of East Africa where she lived for many years and is deeply concerned by the political situation in that area which creates great difficulty for the women in representing their members.

Jollification followed the serious discussion when we entertained ourselves with poems, songs, jokes, and music, performed by our talented members. A luscious tea and a birthday cake for Valerie Cann, our dedicated minutes secretary were provided by members. We were pleased to welcome Norma Cheeseman as a prospective member. I hope she doesn't expect teas like that at every meeting! We discussed past and future events. Several of us had enjoyed the hospitality of the Preston Patrick W.I. at a recent spring walk around their area and learned something about the historic buildings of the locality. Plans are also in hand for our summer outing and also for intrepid members to take part in a croquet competition (look out local flamingos!) Our next meeting will be at the People's Hall at 2.00pm on Tuesday 8th June when our speaker will be Scott Helmsley of South Lakeland Society for the Blind. Do please come and join our growing band.

W.F.U.

TOWN TWINNING

The AGM passed off quietly, no riots, hecklers or streakers, shame. We do have some new members though. Eric Fisher has joined us, he is a welcome addition as he speaks German and has experience of the Twinning. Eric lived in York and was a member of the German Circle. This

body was involved in the process of twinning York with Munster in Germany.

Ed Cullen who works with Voluntary Services has also joined us along with Maureen Lamb. Roger Sedgwick has stepped down as Chair and Garth Steadman has taken on the mantle. Stuart Byatt remains as Secretary, Sandra Gold-Wood is Treasurer, David Collier is Co-ordinator and Keith Wood, Town Band representative. The Committee would like to thank Roger for all his work and we look forward to his continued support. A copy of the Treasurers report is available to anyone who wants it just give Sandra a call Sed 21808

Tickets have been purchased by those of us who are visiting Guglingen. We fly out on June 18 from Manchester to Stuttgart where we will be picked up by our German friends. We will be meeting on Monday May 31st at the Bull 8 pm to prepare our portfolio. If you wish to join the trip you may like to come to this meeting. We would like to hear from you if you have any thing which is likely to be of interest to the people of Guglingen. Perhaps you have some old photographs, memento's, gifts or simple ideas you would like us to take with us please come to the meeting or get in touch. The next ordinary meeting will be June 14 Monday at the Bull 8 pm.

We have been approached by a French town, St Martin d'Auxigny. In view of the situation with Guglingen we have written to French to thank them for their interest. We have no wish to put them off and so have put them on hold for the time being.

Sandra Gold-Wood.

PEOPLE WITH SIGHT PROBLEMS

If someone is having difficulty with close work, even with the best possible glasses, then it can cause an immense amount of frustration. The radio and T.V. programme lists can be just too small to see, cards from friends and relatives cannot be read and it can be a problem using the telephone because of the size of the print on the telephone buttons and in the telephone index. At the April meeting of the South Lakeland Society for the Blind, the group had a great time looking at gadgets designed to take some of the frustration out of day to day tasks.

Many items are available in large print, such as address books, calendars and diaries. Heavy lined paper and 'easier to see' felt tipped black pens can be used for making notes or writing letters. Large dial watches and clocks and several varieties of telephone with large print numbers can take some of the difficulty out of keeping to time and keeping in contact with friends. If threading needles or recognising coins is a problem then devices are available to assist with both.

Many day to day items are now made with 'talking' facilities. Watches, clocks, kitchen scales and bathroom scales will give the information out loud in 'talking' form.

Many games are produced in either large print or in tactile form. Large print playing cards are very popular. Large print scrabble and tactile dominoes (in which the spots are raised to form bumps as well as being in excellent contrast with the background) are also available.

The most popular devices with the Sedbergh group last month were the playing cards, black pens, the one pound

and the twenty pence money holders and the large dial and 'talking' watches.

At the commencement of the meeting the chairman of the Sedbergh group kept us up to date with the latest news from the Kendal headquarters of the SLSB, and Val Finch gave a brief account of the continuing success and appreciation of the local 'Talking Lookaround', ending with a plea for a volunteer to help with administration.

It was agreed to have the summer outing and lunch at Cautley as usual as it has always been so enjoyable in the past.

The next meeting will take place in the People's Hall on Tuesday 18th May and the outing and lunch will be on June 15th. New members are always welcome. If there any queries about the local events of the Sedbergh group ring Sedbergh 2010, and for general assistance and equipment ring S.L.S.B., Kendal 01539 742633.

Jennifer Levitt

ROSE FUND

A personal thank you to all those who contributed to my grand-daughters Rose Fund, all, friends and neighbours who attended John Orr's birthday celebrations and gave so generously as well as others who have just given off the cuff so to speak. Thanks to John for his selfless idea that lead to donations of over £370. I can't give a total as money is still coming in. At present the fund stands at more than £500.

I am putting out a Quiz Sheet shortly which will be questions based around flowers and plants. Your kindness has overwhelmed me, thank you. Any enquirers about the fund, telephone 21808.

Sandra Gold-Wood

SEDBERGH AND DISTRICT HISTORY SOCIETY

Visit to Dove Cottage and Wordsworth Museum at Grasmere, 12th May

On a warm and pleasant afternoon twenty-one members of the society met at Grasmere to enjoy the first outing of the summer programme, arranged so capably by Ann Sibley.

Firstly, the party was conducted around Dove Cottage, the home of William Wordsworth between 1799 and 1808. It has been preserved almost exactly as it was when he and his family lived there and much of the furniture, including the bed, were used by them. There are some most interesting artefacts, including his passport, with the description of him at time of application, his portmanteau, a pair of spectacles and items made by members of the family. Also, there are some fine portraits and other pictures, including one of his many terriers, Pepper. The young guide was excellent and answered all questions most expertly. The cottage seems very small to have accommodated so many of Wordsworth's own family and those of his wife, to say nothing of such notable guests as Coleridge, Southey and Sir Walter Scott. The latter is said to have found his host's food unexciting and to have escaped out of the window of his room to enjoy the more acceptable offerings of a local hostelry. Wordsworth, a reluctant Poet Laureate, managed to avoid writing any poetry about Royal events. Our party was entertained by the chiming of a cuckoo clock, one of his prized possessions.

Although the garden was officially closed a few members were fortunate

enough to be able to look round it and found the view from the garden seat at the top, as inspiring as the Poet had done.

After the tour of the cottage the party was able to enjoy, at leisure, the very fine museum which has been created by the Wordsworth Trust. It houses photographs, paintings, original documents and artefacts covering the Poet's literary life and acquaintances, with audio recordings of some of his poetry. Downstairs, there is a fine exhibition dedicated to William Hazlitt, another visitor to Dove Cottage, and his *Spirit of the Age*. Several fine portraits are on loan from the National Portrait Gallery.

The Wordsworth Trust has achieved a great deal under Robert Woof and, from the work at present in progress seems likely to achieve a great deal more.

For those who are interested there is an article on Wordsworth's connection with Sedbergh in the 2002 issue of the SDHS journal.

Elsbeth Griffiths

SEDBERGH SCHOOL LOCAL BOYS FUND

The committee of management will meet on June 18th to consider applications for grants for educational tuition and facilities for boys resident in the parishes of Sedbergh, Garsdale and Dent. The fund does give priority to local boys attending Sedbergh School but it also considers applications from local boys attending any other centre of learning. Anyone wishing either further information or to apply for a grant should contact the secretary, Joyce Priestley, Havera Bank, Sedbergh. Tel: 015396 20104.

FROSTROW WI

The May meeting was not as well attended as usual for various reasons. We were sorry to hear that Lucy Morris, our speaker last month, was in Hospital, so we sent her a card with our best wishes.

Ann Petyt thanked everyone who helped towards the success of our recent Coffee Morning. She and Jean Jones had found the Burrell Collection very interesting and those who joined the Federation Walk around Preston Patrick on a glorious day had thoroughly enjoyed it. Linda Hopkins kindly offered to make a collage of fruit and vegetables for Frostrow WI to enter in the Group Meeting competition.

Members were urged to support the Sedbergh Festival events 12—27th June.

Anne Walshaw, an Executive Committee member, came along to explain the AGM resolutions more fully and there was some lively discussion as they are all topical issues. It was decided to instruct the Killington delegate to vote for the resolution re- Trafficking of Women and Children. Something WI members can do is to raise public awareness about this. We were broadly in favour of the other resolutions:-

1. Urging the government to fund the Air Ambulance Service.
2. That the government prohibits the growing of GM crops.

but decided to leave voting to the delegates discretion. Our President thanked Anne for guiding us through these resolutions.

Afterwards a super Jacob's Join supper was enjoyed. Linda Hopkins won the raffle prize.

On the 9th June we look forward to our

outing to Barnard Castle and Raby Castle.

On May 17th Frostrow WI hosted the Lune Valley Group Meeting in the People's Hall with 50-60 ladies attending. Ann Petyt welcomed John Park from Sizergh Farm who spoke about the progress of his farming career. Farming at Sizergh is a family business and has diversified over the years with a thriving Farm Shop and is now totally organic. They hope gradually to sell more of their own produce.

This was a most enjoyable meeting with the chance to see friends from around the area. Frostrow members provided a delightful buffet and other Institutes manned stalls etc. Howgill WI manned the Bring and Buy stall which raised approximately £45 for ACWW (Associated Countrywomen of the World). *MF*

FARFIELD LUNCHEON CLUB.

Over recent months we have dined at "The Pheasant", Casterton; "The Sun Inn", Crook; and "Whitewalls" Hest Bank. Enjoying tasty food and good company at each venue. In June we change our day to the first Wednesday to go to the Dent Craft Centre, in July back to the first Tuesday for "Pennys" at the Clifton Hotel nr Penrith. A friend and I went to the pub at Whittington for lunch to "try it out" and I think that will be included on a future programme, new members and old friends are always welcome. Please book with me for each luncheon by the previous Friday evening. "Pennys" is limited by how many can be seated together so must be existing members first. *Sarah (25212)*

HOWGILL W I

Our May meeting was held at Howgill. President Mary Silva welcomed everyone, a warm welcome to Lorna Scambler back with us following her recent stay in hospital.

The resolutions to be put forward at the AGM in Sheffield were discussed our delegate is Pamela Moran of Killington W I as there is a possibility that an amendment to the GM foods resolution will arise we are to advise her to vote at her discretion on this subject. It was decided we are to sponsor a fellow member to support 'The Race for Life' on 15th June. Mary Silva attended the Northern show at Appleby and four members travelled to Pennington for gardeners question time in May.

Two members are to visit the Cumbrian newspapers and Linton Tweeds in Carlisle on June 16th.

Our singing group are performing at Cautley Church on June 22nd.

Speaker for the evening was Scott Helmsley assisted by Charles Healey who work for the South Lakes Society for the Blind at Stricklandgate House, an organisation manned by volunteers. Their aim is to give information and support for people with sight problems in our area. A range of daily living aids such as big button telephones, easy to see and talking clocks and kitchen clocks are available. They are there to listen to any anxieties and concerns. Charles demonstrated reading, writing and computer equipment designed for the blind and partially sighted. Thanks were expressed by Mary Silva.

The competition for a biscuit recipe was won by Mary Stainton with Elsie

Middleton second. Raffle winner was Lesley Hennedy.

Next month we meet on 3rd June at Firbank and it will be a members evening.

A H

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A NOTE FROM Revd. ANNE PITT

For those of you who know me but have not as yet heard I am currently off work due to a severe problem with my vocal cords, which is going to take some months to remedy. Until such time as I am able to resume duties, the Revd. Canon Alan Fell is in temporary charge of matters in my parishes of Firbank, Howgill and Killington together with the Churchwardens. I have to avoid using my voice, raising it or trying to talk over background noise, which obviously makes it difficult for me to respond to people whom I meet in the street, so please accept a wave when I see you. The telephone is also something I need to avoid using. Part of the remedy is to get plenty of fresh air and exercise that adds to the challenge of not speaking to folk – perhaps we should make it a sponsored silence? The main thing is that people are aware I'm not being deliberately rude or ignoring them when I don't speak.

Anne.

SETTLEBECK BACK ON TOP

We'd like to thank all of our parents and the community for rallying round and supporting the school after the dreadful under funding which the government imposed on schools in April 2002. After making a small healthy-surplus during 2001-2, which was earmarked for new resources, we were suddenly faced with a £43,000 projected deficit and like most other schools had to immediately start cutting back on our budget.

Thanks to careful financial management and your valuable support we have now finished the year with balanced books and can face the year ahead without the burden of a deficit.

Along with the technology college status and our excellent Ofsted report the school is now ready to go forward again providing an outstanding education for young people in Sedbergh and district. |

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DENTDALE METHODIST CHURCH

Despite many differences we can meet our Anglican friends to discuss different activities/events and find common ground, surely that is how it should be? There is only one God, one Jesus, one way to Heaven, our style of worship can

be different but who we worship is the same. Even within the Methodist Church as a whole there are different styles of worship and we are thrilled about two events this summer ...

First ... despite the sad cancellation of the Folk Festival there is to still be an **OPEN AIR SERVICE ON THE GREEN** on Sunday morning June 27th, alternative arrangements if wet, could we then share lunch together, a big "bring & Share"?

Second ... "Headway", which is "a movement of Methodists committed to prayer for revival and witness to the evangelical faith" are coming to Dent for their annual Holiday Week. They are camping at High Laning Farm and will hold evening meetings/services in the Methodist Church, last time they came they filled the place, we shared some wonderful times of blessing, don't be the one to miss out this time. Their theme for the week is "God is Able", further details will be posted on the roadside notice board nearer the time (*or maybe the Lookaround. Ed*). We two have "booked" so we will be sent all relevant information but, no, we will not be camping! Headway are holding a Prayer Conference "Dry Bones Revived" at Willersley Castle in Derbyshire 5th-7th November cost £87 I have info if anyone is interested, we have a family event over those days so cannot go, but would love some feedback ...?

Meantime everyone is always welcome to come to the services/events we have, the chapel is open every day for quiet prayer or visitors. If you are a visitor do go along to the Hidden Britain Visitor centre at St Andrew's church.

J & S E Woof

TRADITIONAL DANCING

Ballroom & Latin Dance returns to this area

Ballroom & Latin Dance is about to make a comeback, boosted by the return of "Come Dancing" to BBC 1 television, and the inclusion of competitive Ballroom dance in the next Olympic Games under the title 'Dance Sport'.

We expect sessions to be on the 4th Wednesday of each month in Endmoor Village Hall, the first lesson and dance will be Wednesday 23rd June. Similar events at the Brewery Kendal will start on Tuesday 8th June and run for 5 weeks with the Big Band Live Ball with the Duncan Hamilton Big band at the Brewery on Tuesday 13th July. Further details are available in the Brewery adult education brochure.

We are trying to keep Ballroom Dancing alive and expect a surge in interest when it appears on TV again. Everyone is welcome to attend.

If you would like any more information, please contact John Douglass on 20536. ■

Feeling the Strain ?

Do u need help; In the Garden....

In the House

Looking after someone

(night care possible)

House/Pet Care when away

References Available

Contact Sarah 015396 25212

No Obligation

APRIL WEATHER

What a month! Never before have I

lambed in shirt sleeves and leather boots! I usually tell folk not to take their holidays when I am lambing. True the first lambs didn't get dry for 24 hours but since then it has been unusual to say the least. When did we last have an April without sub zero temperatures at one extreme and temperatures in the 70'sF at the other? The maximum temperature was 77.0F In fact we had 3 days, 24th-26th in the 70'sF. During that period it was in the 50'sF when I checked my readings at 11.30pm! The minimum temperature was 32.9F, the only night of ground frost. No where else did it drop below the mid 30'sF.

Winds were generally fresh with maxima between 9.6mph and 21.9mph. On only 7 days did the wind blow from an easterly direction. North west again was the dominant quarter. Pressure was reasonably steady for such a breezy month. Generally in the mid 29" of mercury with just 3 days dropping into the mid 28".

Rainfall was below average for the month with a total of 2.4 inches. This fell in patches with the 2nd week dry as were 5 days in the 3rd week. The swallows were back on 16th so hopefully summer is around the corner. Fortunately the oak tree has beaten the ash coming into leaf so we should " have a splash". The hedgerows are very green and the banks are carpeted. The blackbirds and starlings have got their first clutches off and are busy feeding. Bats made a brief appearance during the warm spell though I haven't seen them regularly. The tawny owls continue to call but I would have thought it was a bit late for them still to be pairing or setting up territories. ■

ROYAL BRITISH LEGION

Women's Section Sedbergh Branch

On Sunday 9th May, almost exactly 54 years, to the day, after of the foundation of the Women's Section of the Sedbergh Branch of the Royal British Legion, its standard was laid up in St Andrew's Church at a special ceremony before the morning service. The section was formally registered on 26th April 1950 closed in September 2002.

It was both a proud and a sad occasion to see the standard carried for the last time and it lay on the altar throughout the service.

Several former members of the Women's Section were present and the Men's Section sent a large supporting contingent. Two representatives of the County Branch of the Women's Section of the Royal British Legion were present, Mrs M. Knipe, the President and Mrs D. Maguire, the Chairman.

The standard was carried up the aisle by Mrs Elspeth Griffiths, escorted by Mrs Dorothy Cook and Mrs Dorothy Kirby. It was handed to the Vicar with the following words "I commit this sacred standard of the Women's Section of the Sedbergh Branch of the Royal British Legion to you as Vicar of the Parish of Sedbergh for safe-keeping in this holy church for evermore". The Vicar, Canon Fell, accepted it and *the Last Post* was played excellently by Fraser Precious of Sedbergh School CCF Band. The famous words of Lawrence Binyon were then spoken by Canon Fell to which the congregation responded "We will remember them". This was followed by one minute's silence, after which Fraser

played *Reveille* most movingly and the standard was laid on the altar.

After the service it was taken to its final resting place, high on the west wall where it hangs proudly and catches the eye of all who enter the church.

The records of the section were handed over to Mrs Dorothy Maguire, Chairman of the Westmorland County Branch, for safe-keeping and will eventually be deposited in the archives, at the Cumbria Record Office. *Mrs Evelyn Stoker*

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WESTMORLAND GAZETTE

I am the community correspondent for the Westmoreland Gazette. So if you are coming up for your 100 birthday and, or you are going to run a marathon, I'd love to hear from you. Not forgetting all the usual community interest stuff. Please give me a call on 21808.

A big thank you to all those of you who have taken the trouble to feed me information for the column. Keep it coming and thanks to for the positive feedback. So glad you are enjoying seeing Sedbergh in the Gazette again.

Sandra Gold-Wood

NEIGHBOURHOOD FORUM

Policing in the Forum Area

Inspector Ali Dufty explained that she has responsibility for the policing of rural areas around Kendal including Sedbergh & Kirkby Lonsdale. Inspector Dufty reported that a project was initiated by Cumbria Police Authority to recruit 300 extra officers; funding difficulties have hindered this process, but 70 extra officers have been recruited.

On a local basis Inspector Dufty reported that crime rates have gone down in Kirkby Lonsdale and Sedbergh, although burglaries of non-domestic properties have increased. She added that it is a good idea for people to check their own properties are secure; especially outbuildings. For further advice ring Kendal Police Station on 01539 722611 and ask for the Crime Prevention Officer. Inspector Dufty introduced PC Ian Rowlinson who is the local community constable for Kirkby Lonsdale. Ian has no base at present in the community, and the police authority are looking for low-cost accommodation. Ian added that when he has a base he will set up surgeries and notices re his availability will be posted on information boards. Ian added that he attends parish council meetings in Kirkby Lonsdale, Barbon and Casterton. He does a lot of foot patrolling in Kirkby Lonsdale if anyone needs to speak to him in person, otherwise ring Cumbria Police in Kendal to leave a message.

Community Grants

These groups were awarded grants at the Forum meeting:

- Dent Cricket Club - £500 Towards new roller.
- Sedbergh Stitchers - £250 Towards

2nd panel of the Sedbergh Embroidery.

- Around Kirkby Lonsdale Talking Newsletter - £450 To buy a bulk eraser and copying equipment for the audiotape version of Around Kirkby Lonsdale.
- Dent Parish Council - £450 Towards the installation of a public information board/mural on the bus shelter at Dent.

Future Meeting date - 7th September, 2004 in Dentedale Memorial Hall at 7pm. Suggestions for the agenda are always welcome. Contact Dianne Whitehead, Neighbourhood Development Officer, 6 Cross Street, Ulverston LA12 7LF Tel (01229) 894103. Fax (01229) 894101, e-mail:

dianne.whitehead@cumbriacc.gov.uk

ASTHMA CAMPAIGN

In last month's Lookaround I told you about my sponsored slim for Asthma Campaign.

I am trying to lose as much weight as possible by 11 July 2004 - the date of the fun day in aid of this charity at Kendal Rugby Club.

I also told you that my sponsor form is at Sedbergh Office Services. I was dismayed to find no names on the form last time I went into SOS. Consequently my weight loss is going very slowly. I need some sponsors to encourage me in my final push for my goal weight and to raise money for this very worthwhile cause. If you do not want to go into SOS to put your name on my form, you can phone me on 20052 instead.

Please support the charity and me.

Thank you.

Rosemary Lewes

BUS PASSES

The Council would like to thank all those people, eligible for the concessionary half-fare bus pass, who have registered for the new SMARTCARD (NoWcard) pass. Unfortunately, due to circumstances beyond the Council's control, the production and distribution of the new cards by the contracted third party supplier has been delayed.

The SMARTCARDS will now be posted out at the end of May so that everyone who has registered will receive their card on or about 1 June 2004.

It is important that you retain your current paper pass until you receive your new SMARTCARD.

If you wish to change or update any of the details given when you registered for your new card, please contact Mr B Atkins either by phone or e-mail. Tel: 01539 797513 e-mail: b.atkins@southlakeland.gov.uk

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- ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.
Tel: 015396 21489

DENTDALE MEMORIAL HALL

Following on from Frank Capstick's letter last month here is a bit more history .. the Hall was built in 1845 as the National School and gradually took over

from the Dent Grammar School The main large room was divided into two classrooms and who remembers the fright of "moving up" from Mrs Smith's class to Miss Clarke's and passing through the door in the screen? The dining room was where the Kitchen now is with big windows into Miss Clarke's classroom, who remembers the food, and being kept behind to eat it all up (until Florrie Raw bless her, came and cleared it away) The toilets were outside across the yard ... do the children now know how lucky they are ...

History is interesting and has its place but time moves along and we are getting nearer the GALA. We need items for the WHITE ELEPHANT and BOOK stall and these can be left at "Rhumes", Dent from July 1st, or if you need the space before then give us a call & we'll see what we can do. We need to know if the local organisations will "Run" their usual sideshows/stalls or "DO" something new ...

The Festival Committee have given us the use of the Marquee down on the field on the Saturday before the Gala ... so we are tossing ideas about to maximise the fund-raising potential. Meantime we have other fund-raising ideas to attend to .. ANTIQUE VALUATION and Home Produce Stall & Refreshments Tuesday June 1st 10-4, the posters omitted to say WHERE, it's in the hall. HISTORIC COSTUMES FASHION SHOW watch for more information in The Lookaround

Thank you to you all who support us and a special thank you to the committee. Please note Monday 28th June in your diary ... that is our next meeting.

Sarah E Woof, Dent 25212



St JOHN HOSPICE

Dear Mrs Gibson, Mrs Major & Mrs Cann,

On behalf of The Hospice, I write to thank you for the lovely donation of your hand-made items. We do appreciate all the time and love given to make these gifts and we will use them to raise money for the Hospice.

Thank-you for thinking of us. We know that without people like yourself, the work of St John's would not continue.

Best Wishes

Janet Thompson, Administrator

If any person would like to help in any way, please ring 21202 for more information.

This report was submitted last month but omitted by us in error. Apologies to the Ladies and Readers. *Ed*

Lately, pupils of Sedbergh School have been helping in the Community. The photograph shows Kath Gibson with Victoria Pooley and Victoria Harrison

doing some work on the Maryfell Community Garden.

DENTDALE ANNUAL FESTIVAL

Dentdale Annual Festival has not been cancelled.

I have been approached by a number of people who have said "What a pity the Festival has been cancelled", referring to the Dentdale Annual Festival, held over the August Bank Holiday weekend. It hasn't. We are planning a variety of activities and entertainment for all ages, as in previous years, and hope to attract locals and visitors alike. A few places are still available for the Craft Marquee and trade stands.

Unfortunately, Dent Folk Festival, held in June, has been cancelled this year.

Many of the businesses in Dent rely on visitors to the area, which the Folk Festival has attracted.

We hope that they will be back next year. *Sue Owen (Secretary)*

BAG TO SCHOOL

On Friday 18th June a company called Bag to School will be collecting ladies, men's and children's clothing, bedding, curtains, soft toys, shoes, belts and handbags from Zebras.

They will pay Zebras £200 per tonne, so the more we collect the more money we get. Please start saving your clothes etc, now. Bags will be available from 28th May.

For more information telephone Sedbergh 21644. We can arrange collection of bags locally before the day. Thank you for your support.

SPARE TIME?

WHY NOT BECOME A VOLUNTEER CAR or MINIBUS DRIVER?

VOLUNTEERS REQUIRED IN THE SEDBERGH AREA

Training given and all expenses paid
Ring **01539 735598** to find out more

COMMUNITY TRANSPORT SOUTH LAKELAND

COME TO THE FAIR

... at Ravenstonedale's Country Fair on 26 June 2004.

Last year we had a Village Fete in the grounds of Elm Lodge, the "big house" in the middle of Ravenstonedale. The grounds were open for the first time in 25 years by kind permission of Chris Harrison-Beck, who, since he moved in three years ago has been clearing and restoring the gardens after years of neglect. The house was built in the nineteenth century for the Metcalfe-Gibson family who lived there for many

years. They are once again pounding around the garden but this time to help with the Country Fair.

A cheerful jazz band and occasional busking local musicians will play throughout the day of the Fair which is open from 11 am to 6 pm. Beer, wines and cold drinks, ice cream, barbecued fare, teas and coffee will be available all day with cold lunches and cream teas after noon.

Entertainment will range from a bouncy castle to clay pigeon shooting, quoits, "golf", treasure hunt, coconut shies and children's games, (some provided by Ravenstonedale School children). The covered stalls from Orton Farmers' Market have been purloined to house the selling of home produce, an extensive plant sale, bric-a-brac, books, toys etc. and more games. A fancy dress competition will be held in the afternoon.

Proceeds are for our Parish Church for which we must find around £50,000 to match a grant from English Heritage for essential repairs. Elm Lodge will be well-sited and is close by the church which is well worth a visit anyway with its amazing three-decker pulpit, box pews facing across the aisle, a musicians' gallery and the ruins of a Gilbertine Priory lying adjacent.

We look forward to seeing you! (Don't forget to turn left at The Fat Lamb on the Kirkby Stephen road to come into Ravenstonedale.)

For any further details please contact Tosca Bull 015396 23622, Caroline Morris 23308 or Barbara 23391 who are co-ordinating the Fair for St Oswald's Church.

Barbara Stephens

DENT COMMUNITY BAND

Carolyn Francis has been teaching fiddle to 4 children as a lunchtime 'Fiddle Club' since September, following on from the performances at last years Dent folk festival. The 'Pepperpot Club', based in Sedbergh has continued to offer financial support. The children are enthusiastic, and this May will be travelling to Hexham to take part in a festival of young people playing traditional and folk music. Several other children have asked if they could begin learning too, and we are hoping to start a second group in September. This summer Alex Fisher will again be working in the school teaching clog dancing.

In order to develop the project further, it is proposed to start an after-school band, that would be open to any child of junior age. This would give the opportunity to those learning any instrument to play together, and those who were not yet learning instruments to experience being part of a band and maybe to begin learning an instrument too. The club would take place from 3.30 to 4.45 on a Wednesday, and would include transport home for those requiring it, and visits from other dancers and musicians to add variety.

In order to enable this to happen, substantial financial support is needed, and Carolyn has researched possible sources of funding. In order to apply for funding, a properly constituted committee needs to be set up, and therefore it is proposed to have an Inaugural 'AGM' in Dent School on Wednesday June 9 at 3.30pm. This will include a presentation about the project, an informal meeting and an opportunity at 4.30 to try clog dancing with Alex!. (Clogs provided!)

If you are interested in supporting in any way, whether as a committee member, a volunteer at the club, with fund raising, or with encouraging comments, please come along. Carolyn's phone number is 25472 should you wish to contact her, or would like to offer support but cannot make the AGM time. |

BALIOL SCHOOL ACTION GROUP FOR THE COMMUNITY

Unfortunately, this year we are unable to hold our annual "Fun Day" due to the fact that the grounds at Baliol are in a state of upheaval at the moment, as anyone who has passed recently will have noticed. There are tree trunks lying around which are irresistible for little ones to climb on and we would not want any accidents to happen.

We have had to have quite a few trees felled because of disease making them dangerous in that, they could blow down in strong winds. Also, we are having a 'Playbarn' erected so that the boys will have a sheltered area to play football etc. when the weather is bad. This will be available to clubs and organisations in Sedbergh on completion, which hopefully should be in a couple of months time.

We are having a Christmas Fare in the URC Rooms on the 24 November this year when we will be raising funds for the 'Air Ambulance' organisation.

Sorry about this year but we look forward to holding a 'Fun Day' next summer when we can raise more money for local causes. If you are part of an organisation in the Sedbergh/Dent area and would like us to help raise funds for you, please write to either Jo Sedgwick or Dot Dunn at Baliol School, Cautley Road, Sedbergh LA10 5LQ. |

SETTLEBECK QUIZ NIGHT

Thank you to all the competitors in Settlebeck's Quiz night on Friday 23rd April. There was an excellent turnout once again and some very impressive results from both the student and adult teams. The Smith-Saville team won both the adult prize and 'dog competition' and the Year 11 team secured the student prize very convincingly. Well done to both teams.

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JUNE GARDENING

Some plants are so common and have been around for so long in our gardens that we almost forget their worth. I was trimming lawn edges today and came face to face with a beautiful white shrubby *Potentilla*, growing sturdily under a large lime tree, flowering its heart out in this dry position. *Potentilla* flowers are simple open blooms, and the petals have a lovely reflective sheen which makes them clear and bright. *Potentilla fruticosa* is a British native but only grows in a few select places in the North West - in Teesdale and above Wastwater. In both these places it lives in areas of rough scree and river stones, but

in gardens it seems to survive almost any kind of soil and position. The original wild *Potentillas* have clear, bright yellow flowers, but these have been intermingled with a Chinese species, *P. dahurica* to produce a variety of colour forms. *P. 'Primrose Beauty'* is my favourite as its pale yellow flowers "go" with any other coloured blooms. *P. 'Tangerine'* and *P. 'Sunset'* on the other hand can produce the most dire colour combinations known to man, when mixed with the bright cerise pink of plants such as *Geranium sanguineum*. (I know. I did it once by mistake) Put these plants with strong yellows, reds or blues, and if you want to keep the colour good and clear, grow them in part shade, or they will fade. The darkest flowered *Potentilla* is 'Red Ace' with rich orange red petals and rather bright green leaves. 'Red Ace' and 'Princess' a pretty pale pink form are probably the most compact cultivars of *Potentilla* and are excellent for small gardens. Lastly, two good white forms are *P. 'Abbotswood'* and *P. 'Manchu'*.

Elaine Home

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

The Annual Meeting for Worship at Fox's Pulpit, Firbank Fell, will be on Sunday 27th June at 2.30 pm.

There will be refreshments afterwards at Brigflatts Meeting House. If the weather is bad the meeting for worship will take place at the Meeting House.

All are welcome to come along, and further information is available on Sedbergh 20005. *Melvyn Roberts*

SETTLEBECK HIGH SCHOOL

History Visit To Thackray Medical Museum

Settlebeck Year 10 history group visited the Thackray Medical Museum in Leeds to help with examination course work.

The museum featured a number of areas detailing the development of modern medical science. The first part was a reconstruction of an 1840's Leeds street, which highlighted the bad living conditions, which we have studied in class.

It gave a very clear impression that you don't get from looking in a book, through the lighting, smell and sound effects.

We then progressed into a section about health choices in the 19th century, there were reconstructions of herbalist's counters and of a chemist shop, this gave us a feel for the sort of prices these people would have to pay for treatments and potions. We were also given character cards on different people and had to find the best way to treat their illnesses and assess their life chances of survival.

Other sections of the museum focused on the improvements on health with the work of Fleming, Pasteur, Lister and others. It included galleries on modern day diseases such as cancer and heart disease.

One section focused on surgery and the problems with it including a reconstruction of an 1840's operating theatre, (not a pretty sight). The next gallery focussed on reducing the rate of infection, use of anaesthetics and blood loss and how surgery has been developed including keyhole surgery and transplants.

Our group found the exhibits and information very useful as a back up to our studies on Medicine and Health.

Based in the old St James Hospital building next door to the new St James Teaching Hospital it is a very good museum and well worth visiting.

Nick Smith-Saville



MK CONVERSIONS

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

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Contractors

Dear Editor

As frequent visitors to the Health Centre we are writing to say how impressed we always are with the beautiful displays of art work supplied by children from the primary school.

There is such a wide variety of pictures to look at and we obviously have some very talented children in and around Sedbergh.



We notice that this month there has also been a display of entries in a competition for pre-school children which has been a pleasure to see.

Thank you to all the boys and girls who have had their work displayed, to make the poorly patients feel a bit brighter.

Peter & Janice Rusling

TONY KEEPS ON WALKING.....

You may have heard of Felix who “kept on walking” but did you know Tony, in Sedbergh, is doing the same? He has walked thousands of miles in recent years, not only in this country but also in Wales, Scotland, France and Spain. Now he is doing it again.

Tony Hannam will very shortly be setting off to walk the 160 miles from Alnmouth in Northumberland to Ravenglass in Cumbria, a Coast-to-Coast walk with a difference. He is taking twelve days to do it, and is walking to raise money to help provide food for people in The Sudan which has been ravaged by civil war since 1983. In the present period of relative stability, the people are just beginning to rebuild their lives. Grain mills have already been provided and Tony’s aim is to raise £2,500 to provide grain to be made into food. He will be walking between 10 and 15 miles each day for twelve days, and is looking for people to sponsor him.

When a Bishop from The Sudan visited Sedbergh and saw all the good things we possess, he realised again how materially disadvantaged his people were. We are indeed so fortunate! But how good that someone can use his “footsteps for food” and turn a 160-mile walk into bread for hungry mouths in that war-torn part of Africa.

If you would like to support Tony, please ring Sedbergh 20897 for further information, put your gift (clearly marked) in the donations box in St Andrew’s Church, or post it to “Footsteps for Food”, The Vicarage, Sedbergh, Cumbria.

George D. Handley

SOUTH LAKELAND

COUNCIL FOR VOLUNTARY SERVICES

SLCVS are bringing their services to you through a regular drop-in surgery in Sedbergh.

If you’re looking for funding advice, training or advice on running a voluntary or community group, come to a *Drop-In Surgery* where we will provide:

- Funding Advice
- FunderFinder searches
- Advice and information on various topics e.g. managing meetings, grant applications, effective funding.
- Access to our reference library which has a comprehensive stock of books and information sheets, with up to date information on legislation, trustees, management committees, health and safety, general voluntary sector issues and much much more !!!!! (Information can be brought to the Drop-In Surgery or forwarded to you later)

We will be bringing our services to you on the 1st Wednesday of every month at Sedbergh Community Offices from 10.30am – 12.30pm

For further details contact:

Jane Johnson, Information Assistant,
SLCVS Tel: 01539 742627

E-Mail: info@slecv.org

SEDBERGH PLAYGROUP

The Playgroup would like to thank the “Spaghetti Group” for their kind and generous donation which will be used to purchase a variety of multi-cultural musical instruments and CD’s. We are sure the children will find these both enjoyable and stimulating.

HEALTH OPTIONS

It is that time of year when the trees and flowers are in full bloom and many poor souls are stricken with itchy eyes and runny noses. Did you know that homeopathy can help hayfever sufferers to enjoy summer again?

How many of us (ladies) groan inwardly when it is "that time of the month again" and our boobs are lumpy and sore, and we become clumsy and irritable!

Homeopathy can bring relief from all PMT symptoms – relief to ourselves and to our longsuffering families. If it is the menopause that is causing the problems, homeopathy can help there too.

Is the problem recurrent bouts of cystitis, recurrent ear or chest infections? For these and many more everyday health problems, homeopathy can help with a remedy tailored to each individual patient. Come along to your Friday morning homeopathy clinic at the Masonic Hall, Sedbergh for help or just to have a chat about homeopathy and what it can do for you and your family.

Denise Williamson

SEDBERGH MEMORIES

Further Sedbergh memories from Freda Trott

In reply to Mrs Barbara Morrison's letter in last month's *Lookaround*:

Mr and Mrs Stainton, Billy and Flo, ran a taxi business at that time. Flo was very slim but fairly tall.

I do not remember Mr Sisson sitting cross-legged on his tailor's bench in his shop window. My grandfather, Thomas Wilson Douglas and his son, my uncle Athelene, ran a tailor's shop at 72 Main Street, now the Yorkshire Dales Tourist Information Centre. Their tailoring room

was upstairs, over the shop, and my grandfather used to sit cross-legged on the tailor's bench, sewing, but, certainly, not downstairs. They used to make shorts and blazers for Sedbergh School boys.

I don't remember any agent for "Pullars of Perth" in Sedbergh but T.W. Douglas and Son were agents for Turnbulls of Hawick, sending garments to be dry-cleaned, cleaned and, often, to be dyed. In those thrifty days between the wars faded or soiled garments were often re-dyed.

HOLIDAY CLUB

This year's holiday club for 4 to 11 year olds will be held in the People's Hall from 16 to 20 August, from 10am to mid-day. The title of this year's club is 'Seaside Rock' and as the name suggests the activities will all be based on a seaside theme.

Application forms will be distributed via the primary school before the summer holidays, to be returned to Sedbergh Office Services by the date indicated on the form.

The Holiday Club has been great fun in previous years and we look forward to welcoming new children, as well as welcoming back previous participants.

LADIES N.F.U.

The April meeting of the Ladies NFU was held by kind invitation, at Ghyllas, the home of Mr & Mrs Sandys Clarke. We visited the Alpacas and learned many interesting facts about these fascinating animals. We were served refreshments by the family. Our thanks to their hospitality were given by our President Barbara Escolme.

Linda Killops

BUTTERFLIES

Tots & Carers Drop-In Centre

"Butterflies" has been running now for over four years in St Andrew's Church Room and was set up to meet a need for a carer and child drop-in centre in Sedbergh. However, the need for such a centre has diminished and attendance over the last six months has been very low. So it has been decided not to run "Butterflies" after half-term and the last Wednesday we were open was 26th May.

A big thank you to all the volunteers who have put so much time and effort into the running of this venture and a special thank you to all the children and their carers who have made it all worthwhile.

We shall however keep our options open for the future and should the need arise to re-open the Centre, then we would be more than happy to do so.

Dorothy Gerrard
"Butterflies" Co-ordinator

THOUGHT FOR THE MONTH

In Church Services, we share the peace, often with a firm hand-shake and a few words, sometimes with a hug or even a kiss. Supportive. Kind. Loving. We are sharing hope, the assurance of Jesus being with us always and that is something important to remember, and share.

Lda

FAREWELL GIFT

Dr J R Syred's Leaving Present

The total sum raised for Dr Syred's leaving present was £2007. An initial gift of fishing equipment and gear was made

before he left and a cheque for £1714 representing the balance in the fund has now been sent to him.

There was some delay in sending the balance because it was necessary to be sure that the regulations regarding gifts to GPs were met. Confirmation has now been received from the Morecambe Bay NHS Primary Care Trust that there is no objection to this gift. █

CHAMBER OF TRADE

Sedbergh and District Chamber of Trade Litter Awareness Week 28th June to 4th July 2004.

Many residents of Sedbergh and the surrounding area have expressed concern over the growing problem of litter on the streets, footpaths, yards and other public areas in the town and on nearby lanes, riverbanks and hedgerows. Sedbergh Litter Awareness Week, sponsored by the Chamber of Trade, aims to focus attention on this problem and to encourage residents and visitors to take positive action to help reduce it.

Events will include:

- A Competition for the best Litter Awareness poster by a Primary School child.
- Litter clearing sessions, particularly at local litter "black spots".
- Liaison with local authorities to improve provision of litter disposal facilities.

If you are able to help in any way, particularly with litter clearing sessions during the week 28th June to 4th July, please contact Ernie Hailwood on 015396 21539. █

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
 Sunday 08.00; 10.30 & 18.30
 Wednesday 11.15

Canon A W Fell Tel: 20283

ROMAN CATHOLIC

St. Andrew's Parish Church
 Sunday 12.00
 Holy Days 19.30

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Secretary: Mrs M Mason 20048

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Mr. M Roberts Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30

Rev. G Jones Tel: 01539 - 722079

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington

Rev. A Pitt Tel: 20670

Cautley & Garsdale

Canon A W Fell Tel: 20283

Dent & Cowgill

Rev. P Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. T Widdess Tel: 20329

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



OPTIONS for health and well-being

June Parker	Acupuncture	015396 20972
Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648
Ruth France	Remedial & Therapeutic Massage	07866 596958
Denise Williamson	Homeopathy, Bowen Technique	015396 20846

Complementary therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 8th March 2005

JUNE				
1	1000	I love 1954/I love 2004 Exhibition	DCMH	19 1915 Sedbergh Festival Organ Recital StAD
1	1000	East Meets Dales Exhibition	DCMH	20 1030 Sedbergh Festival Morning Service StAS
1	1000	Antique Valuations	DMH	20 1330 HS Rawthey Gill (20) LHCP
1	1030	Textile Exhibition	FM	20 1930 Sedbergh Festival Unknown Sea StAS
2	1000	British Legion Coffee Morning	URCR	21 1300 Sedbergh Festival St John Passion StAS
2	1300	Garsdale Sports	GVH	21 1930 Beekeepers PH
2	1300	YDNP Discovering Dentdale	DCP	21 2100 Sedbergh Festival Supper Concert StAS
2	1800	Garsdale Sports	GVH	22 1500 Sedbergh Festival Tea Concert StAS
3	1800	Killington Sports	BK	22 1930 Sedbergh Festival Ensemble StAS
3		Appleby Fair Starts	Appleby	23 1000 Cumbria in Bloom Coffee Morning URCR
5	2200	SWFC Disco	PH	23 1300 Sedbergh Festival Chetham's Concert StAS
6	1100	Jumble Sale (6)	DMH	23 1500 Sedbergh Festival Storytime StAS
6	1200	YDNP East Cowgill	Dent Station	23 1915 Sedbergh Festival Organ Recital URC & MCH
6		SS Half Term Ends		24 1315 Sedbergh Festival Christ in Art StAS
8	1400	WIK SLVSB	PH	24 2100 Sedbergh Festival Supper Concert StAS
9	1000	Garsdale Church Coffee Morning	Cancelled	25 1300 Sedbergh Festival Organ Recital StAS
9	1030	Textile Exhibition Ends	FM	25 1545 Chameleons Drama Club StAS
9	1530	Dent Community Band AGM	DS	25 1800 Folk Festival Cancelled
9	1930	Needles & Pins Club	StJAR	26 0900 Junior Tennis Tournaments TC
11	1545	Chameleons Drama Club	StAS	26 0930 Beekeepers Summer Convention PH
11	1815	SWFC Presentation Night	Heversham	26 1100 Ravenstonedale Country Fair (26) ELR
12	1030	Photo Exhibition Daily (12)	FM	26 1300 Sedbergh Festival Early Music StAS
12	1430	Beekeepers Visit	Garsdale	26 1315 CWT Grassland Management LHCP
12	1930	Sedbergh Festival	StAS	26 1800 Folk Festival Cancelled
12	1930	SWFC AGM	WHC	26 1930 Sedbergh Festival Music & Wine SS
12		Barbon Hill Climb	Barbon	27 1030 Sedbergh Festival Morning Service StAS
13	1000	East Meets Dales Exhibition ends	DCMH	27 1400 YDNP Surprises in Sedbergh YDNP
13	1830	Sedbergh Festival Evensong	StAS	27 1430 Society of Friends Annual Meeting BF
13		Brass Band Concerts	KL	27 1800 Folk Festival Cancelled
14	1000	I love 1954/I love 2004 Exhibition ends	DCMH	27 1930 Sedbergh Festival St John Passion StAS
14	1300	Sedbergh Festival French Connections	StAS	28 Litter Awareness Week Sedbergh
14	2100	Sedbergh Festival Lite Bites & Music	StAS	30 1000 WIK Coffee Morning URCR
15	1300	Sedbergh Festival Talk	StAS	
15	1400	SLVSB	CO	JULY
15	1930	Sedbergh Festival Concert	StAS	1 1030 Photo Exhibition Daily (A) FM
16	1000	Sed. Playgroup Coffee Morning (A)	URCR	2 SS Term Ends
16	1300	Sedbergh Festival Piano Trio	StAS	2 1545 Chameleons Drama Club StAS
16	1400	YDNP Walls & Flowers	YDNP	2 SHS Open Day SHS
16	1500	Sedbergh Festival Story Time	StAS	3 1000 Coffee Morning GVH
16	1915	Sedbergh Festival Organ Recital	SS	3 Jura Singing Holiday
16	2145	Sedbergh Festival Lite Bites & Music	StAS	4 1015 YDNP Cautley Spout YDNP
17	1300	Sedbergh Festival Century of Sound	StAS	4 1100 The Whinash Walk Shap
17	1930	Sedbergh Festival Wind Ensemble	StAS	4 BBQ & Duck Race KVH
18	1300	Sedbergh Festival Recital	StAS	4 Jura Singing Holiday
18	1545	Chameleons Drama Club	StAS	5 Jura Singing Holiday
18	1830	GVH Evening Walk	GVH	6 Jura Singing Holiday
18	1915	Sedbergh Festival Organ Recital	SS	7 1000 URC Coffee Morning URCR
18	2130	Sedbergh Festival Lite Bites & Music	StAS	7 Jura Singing Holiday
				8 Jura Singing Holiday
				8 1545 Chameleons Drama Club StAS

The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker

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

9	Folk Music Weekend	SIM			
9	Jura Singing Holiday		BF	= Brigflatts	
10	Jura Singing Holiday		BK	= Becksides, Killington	
10	Lakeland Rose Show	Crooklands	BS	= Baliol School	
11	Lakeland Rose Show	Crooklands	BVH	= Barbon Village Hall	
13	WIK Outing		CDC	= Community Development Centre	
14 1000	Alzheimer's Coffee Morning	URCR	CO	= Community Office, Main Street	
14 1030	Photo Exhibition Ends (A)	FM	CS	= Casterton School	
14 1330	YDNP Dentdale Floral Frenzy	DCP	CWT	= Cumbria Wildlife Trust	
14 1930	Needles & Pins Club	STJAR	DCMH	= Dales Countryside Museum, Hawes	
14 1930	WIF Meeting	PH	DCP	= Dent Car Park	
16 1545	Chameleons Drama Club	StAS	DMH	= Dent Memorial Hall	
16 1830	GVH Evening Walk	GVH	DMC	= Dent Methodist Church	
18 1030	People's Hall Service	PH	DS	= Dent School	
18 1400	CWT Wildlife of Coombe Scar	DCP	EG	= Embroiderers' Guild	
20 1400	SLVSB	CO	ELR	= Elm Lodge, Ravenstonedale	
21 1000	WIH Coffee Morning	URCR	FCH	= Firbank Church Hall	
21 1400	YDNP Watermills	YDNP	FM	= Farfield Mill	
21 1400	HS Kirkby Stephen	KS	GVH	= Garsdale Village Hall	
24 0900	Cumbria Steam Gathering	Flookburgh	HS	= History Society	
24 1400	YDNP Surpises in Sedbergh	YDNP	HVH	= Howgill Village Hall	
25 0900	Cumbria Steam Gathering	Flookburgh	JLCP	= Joss Lane Car Park	
28 1000	Methodist Coffee Morning	URCR	KC	= Killington Church	
31	Barbon Hill Climb	Barbon	KL	= Kirkby Lonsdale	
	AUGUST		KVH	= Killington Village Hall	
1 1000	YDNP East Cowgill	Dent Station	LHCP	= Loftus Hill Car Park	
4 1000	Howgill Church Coffee Morning	URCR	MCH	= Methodist Church Hall	
7 1230	Open Gardens Weekend	Garsdale	MCCKL	= Methodist Church Centre KL	
8 1230	Open Gardens Weekend	Garsdale	MH	= Masonic Hall	
8	StAS Table Top & BBQ	SIM	PH	= People's Hall	
10 0830	Lunesdale Agricultural Show	KL	LHCP	= Swimming Club	
11 1000	North West Cancer Coffee Morning	URCR	SCC	= Sedbergh Cricket Club	
11 1930	Needles & Pins Club	STJAR	SHS	= Settlebeck High School	
11 1930	WIF Meeting	PH	SIC	= Sportsman's Inn, Cowgill	
14 1300	CWT & HS A Walk on Clouds	LHCP	SIM	= Swan Inn, Middleton	
15 1400	YDNP Watermills	YDNP	SMCR	= Sedbergh Methodist Church Rooms	
16 1000	Holiday Club	PH	StAS	= St Andrew's Church, Sedbergh	
17 1000	Holiday Club	PH	StJAR	= St John Ambulance Rooms	
17 1400	SLVSB	CO	SR	= Spooner Room	
17 1930	FCH Domino Drive	FCH	SSPH/L	= Sedbergh School Powell Hall/Library	
18 1000	StAS Missionary Coffee Morning	URCR	TC	= Tennis Club	
18 1000	Holiday Club	PH	URCR	= United Reformed Church Rooms	
18 1300	YDNP East Cowgill	Dent Station	WHC	= White Hart Club	
19 1000	Holiday Club	PH	WID	= Women's Institute, Dentdale	
20	S&D Art Society Exhibition Starts	MH	WIF	= Women's Institute, Frostrow	
20 1000	Holiday Club	PH	WIH	= Women's Institute, Howgill	
22 1030	People's Hall Service	PH	WIK	= Women's Institute, Killington	
28 1000	Market Fayre	Sedbergh	WVH	= Westhouse Village Hall	
28 1000	Beekeepers Cockermouth Convention	Keswick	YDNP	= YDNP Centre, Main Street	
28 1430	Fun Afternoon & BBQ	GVH			
28	Gardening Ass Annual Show	KL			
29 1415	CWT Children's Walk	DCP			
29	Dentdale Annual Festival (A)	Dent			
30 1300	YDNP Dentdale Walk	DCP			
30	Dentdale Gala	Dent			
30	Dentdale Annual Festival (A)	Dent			
	SEPTEMBER				
1 1000	Garsdale Church Coffee Morning	URCR			

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079/20218

Dr P A Orr

Monday	0830 - 1100	1500 - 1900 *
	1130 - 1200 #	
Wednesday	0830 - 1100	1500 - 1900 *
	1130 - 1200 #	
Saturday	0830 - 1100	
	1130 - 1200 #	

Dr W Lumb

Monday	0830 - 1030 *	1530 - 1830 *
	1230 - 1300 Dent	
Tuesday	0830 - 1100	1530 - 1830 *
	1130 - 1200 #	
Wednesday	0830 - 1100 *	1430 - 1730
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

Dr C Mingins

Thursday	0830 - 1100	1500 - 1800 *
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Dr C Hunt

Friday	0830 - 1030	1600 - 1900 FP
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Practice Nurses

Monday	0845 - 1200	1300 - 1730
Tuesday	0845 - 1200	1300 - 1630
Wednesday	0845 - 1200	1300 - 1630
Thursday	0815 - 1200	1300 - 2000
Friday	1000 - 1200	1300 - 1900
Monday & Friday		Anne Crome
Tuesday & Wednesday		Janice Hancock
Thursday		Adele Reynolds

District Nurse

☎ 21690

Health Visitor

☎ 20979

A Collinge Optometrist

Every Friday	0900 - 1300	1400 - 1730 *
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DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner & Mr M Brickles		
Monday to Thursday	0900 - 1700	
Friday	0830 - 1500	

* By Appointment Only

Telephone Consultation

FP Family Planning

LIBRARY Main Street ☎ 20186

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

Y. D.N.P. CENTRE Main Street ☎ 20125

Open 7 days a week 10.00 - 17.00

Closed 1300 - 1330 for lunch

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

e-mail office@sedbergh.org.uk

web page www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Wednesday 1000 to 1300 & Friday 0930 to 1230 *

☎ 21185 or 08451 202 999 (local rate) 24 hours

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

PENSION SERVICE SURGERY

Community Office Alt. Mondays 1000 - 1200

☎ 01539 795000 or 0845 6060265

SLCVS @ Community Office

1st Wednesday every month ☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

e-mail: admin@sedberghcdc.org.uk

POLICE ☎ Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

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

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY