

Sedbergh & District

LOOKAROUND

August 2004

Issue 214

Donation 50p

A very warm welcome to you all this month to a bumper issue of 80 pages, the largest single issue ever produced. This month we have lots of articles which will take the whole of August to read. There are also many new advertisers too. We thank you for your support and we hope

that you receive much response.

At the end of this month, Sedbergh will be transported into the world of Television. We hope that all those involved with the filming enjoy their stay with us.

Dennis & Jacky Whicker

Friday 27th August

Disco - 'DJ Danny'
10pm to 1am Bar

Saturday 28th August

Bar + BBQ all day
Rounders Tournament From 11am
Table Top Sale 11am to 3pm
Teas & Refreshments in Marquee
Kids Talent Show 6.30 to 8.30pm
Live Band - 'Devil's Dance'
10pm to 1am

Sunday 29th August

'Lads v Dads' Football Match 2pm
Bar + BBQ
'Your Favourite Hymns' in
St Andrew's Church, Dent
Treasure Hunt 5pm
followed by Hog Roast on the field

Sunday 29th & Monday 30th

Craft Fair
11am to 5pm Free Entry



DENTDALE ANNUAL FESTIVAL

CHURCH BRIDGE
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27th - 30th August

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August Bank Holiday Monday

admission includes Prize Draw

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CHILDREN'S BIRTHDAYS AUGUST 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.

The recipient this month is:-
Edward Pike who is
9 years old on 7th August

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	Jordan BURROW	6
3	Ethan LENNON	4
3	Rachel HOPKINS	6
4	Jacob ROBERTS	11
4	Jessica JOEL	11
4	Cai ROBERTS	11
5	Alisha HOLT	7
5	Thomas WINSTANLEY	11
7	Edward PIKE	9
11	Fennella McCALLUM	11
11	Michael STAINTON	11
15	Ben THOMPSON	4
17	Lewis GARNETT	1
18	Anna PRALL	5
20	Georgina BROWN	2
20	Bryan BEAGAN-TAYLOR	11
23	Finn THORNTON	2
23	Hugh GALLAGHER	10
25	Joshua THORNTON	6
27	Red NIXON	9
28	Connor WINN	6
29	Jay FERGUSON	3

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	10 Main Street, Sedbergh (04/07) <i>ID; IT; IS; CH; TVL; NSB; P; CB; VB; GF</i> e-mail: sangold.kwood@virgin.net	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (04/09) <i>IT; ES; NS; NP; P; DR</i>	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (04/10) e-mail:- susan@holmecroftbandb.co.uk <i>2D; IT; CH; TVL; NS; NP*; P; DR</i>	20754
.....	Crook-O-Lune Farm, Howgill (04/08) <i>ID; IS; TVL; NS; NP*; P; DR</i>	01539 824270
Miss S Thurlby	15 Back Lane, Sedbergh (04/12) e-mail:- antique.thurlby@amsolve.net <i>ID; IT; CH; L; NP*; P; DR; VB</i>	20251

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Holiday Cottages in Sedbergh & Dent sleeping 4 - 6	e-mail: holiday@dalesdusters.co.uk (04/08)	07970 514452
Holiday Cottage on the Dales Way	Sleeps 3. 3½ miles from Sedbergh (04/08)	01539 824270
Moss Barn Holiday Caravan	Garsdale Road, Sedbergh Call to view or SAE for Brochure 4-5 berth; full sized kitchen; shower; sep. WC; TV, NS (04/09)	
Holiday Cottage in Heart of Sedbergh (Back Lane).....	Sleeps 4. New Let so available all August & September	21339

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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Postal Overseas	=	£1.70

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No adverts
by e-mail or FAX please
Can all adverts please be
accompanied with the correct money
at the time of submission.
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

CAPSTICK

Steven and Carol would like to thank friends and relatives for the lovely cards and presents received on the birth of **Lavinia Frances**.

DICKIE

Congratulations Grandad on your **80th Birthday** on 21st August 2004. Love from Martin, Ian, Garry, Thomas, Nicola, Jack and Joe.

HILL

Edna would like to thank friends and neighbours for flowers, cards and offers of help during her stay in hospital and since. Special thanks to my sister for all her help, and to the District Nursing team for their attention.

KOO

Congratulations Gemma on your Bachelor of Arts (Hons) English. First Class Honours. You've made it and you are still in one beautiful piece! Every best wish for the next part of your journey. Lots of love from Mum, Dad, Grandma, Ray and Chris. Xxxx

ROBERT S. MARTIN

B.A., M. Chem., (Hons), (Oxon).

Well done Rob, a First Class Honours Degree in Chemistry from Oxford University. Good Luck with the next four years at Cambridge Earth Sciences Department, Volcanic Studies. Lots of Love from us all at The Head, Middleton.

MIDDLETON

Eva and family would like to thank all relations, friends and neighbours for all their kindness and help after the sudden death of Jack. Also all the flowers, cards of sympathy received, the Rev. Peter Boyles for his kindness and many thanks to Brian Goad for all his help and Dorothy for the lovely tea. Also the many donations received for Cowgill Church.

MIDDLETON

On Saturday September 4th at "Rhumes" Dent there is to be a Celebration of Mums Life and all members of Marjorie's family, her many friends, her neighbours, past customers and friends of the family are warmly invited to join in the celebrations. A very short and simple graveside service for those who wish to be there, to be followed by food, drinks and 'remembrances' at the bungalow. Do Come! From 2 pm to 5 pm. Further details for Sarah on 25212.

WILLIAMSON

Ken would like to say thank you to family and friends for cards, gifts and good wishes on his **60th Birthday**.

WOOF

Congratulations! Jenette B.A. Hons in Business Management and Administration. You can sort us all out now! Much love Mum, Dad, Andrew and Susan.

PERSONAL & SMALL ADS £1

WOOF

David would like to thank family and friends for all the cards, presents and good wishes received in his 60th birthday. I had a lovely day

ST. JOHN THE BAPTIST GARSDALE

The Gangmaster and Convicts would like to thank all those who helped by sponsorship or donations to make the Chaingang Walk from Garsdale Head to Garsdale Foot a success. The weather was cool but the support was warm. In the order of £750 was raised towards the Restoration Fund and your help is greatly appreciated.

FOR SALE

Various items of furniture all in good condition including drawer divan beds with pine headboards, large pine mirror, pine cabinet with cupboard and 3 drawers, nest of pine tables, TV and microwave. House move forces sale. For further details Tel: 25091 (Cowgill)

FOR SALE

Ducal Pine Dresser 36" wide £150.
Ducal Pine Table 36" diameter £100.
Pine Single Wardrobe with 2 drawers £50. Two bed chairs £30 each. Hifi housing unit £30. Tel: 015396-21634.

WANTED

To Buy. Large Family Home. Minimum four bedrooms, garage and land if possible, in Sedburgh or district. Contact *Lookaround* office on 20788. 10/4

FREE

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WANTED

Good home needed for country loving nine year old female short haired cat. Needs retired home with lots of cuddles. Very affectionate. Ring Dee on 07791769565 and I will get back to you.

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SEDBERGH PARISH COUNCIL
 Minutes from the Meeting held on 26th May.
 GUEST SPEAKER - Mr. D. Smith - Headmaster Settlebeck School
 The Chairman welcomed Mr. Smith to update us on the progress of Settlebeck School.
 Mr. Smith said there were three main issues:-
 The deficit in the School budget and the request for parental contribution. Last year there was a deficit of £43,000 which arose as a result of poor budgeting by the Government and had affected all schools. This deficit had now been cleared and the books balanced. Thanks were due to the parents and community who had raised £5,000.

The bid by the school for technology college special status had taken 2½ years. 9 schools in Cumbria will form a Rural Academy, which is the first in the country, with closer links utilising technology between the schools. Settlebeck will develop Technology/Maths/Science and IT, this will mean more computers and redesign of the technology facility. There will also be more courses in the CDC and links with the primary schools (Sedbergh, Dent and Hawes).
 There has been an OFSTEAD Inspection which took 10 Inspectors 2½ days. It was a very good report and put them in the top 15% of all schools in the country.
 As to the future there is a new



Sedbergh Community Development Centre

*** Autumn Star Attractions ***

Along with many old favourites we have an number of new courses planned for the Autumn.

Course Title	Weeks	Day	Start	Time
Landscape Art in different media	12	Tue	14/09/04	pm
Dry Stone Walling	2 Day	Sat/Sun	18/09/04	day
Life Drawing	8	Thu	07/10/04	eve
Pastel Painting for Beginners	12	Wed	15/09/04	eve
Digital Photography - beginners	4	Thu	23/09/04	eve
Digital Imaging - intermediate	10	Thu	04/11/04	eve
ECDL Version 4	25	Tue	14/09/04	eve
Introduction to IT	5	Mon	20/09/04	eve
New CLAIT modular course		Mon	08/10/04	eve
Alexander Technique	12	Mon	13/09/04	eve
Tai Chi	12	Tue	21/09/04	eve
French for Beginners	12	Sat	11/09/04	am

Full Brochure in September Lookaround Enrolment Evening 9th Sept
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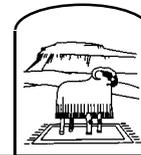
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government initiative 'Building Schools for the Future' which will bring a lot of extra money into education - £56m next year for capital expenditure. Cumbria is in the next phase of this initiative so a consultation exercise will soon start and will involve consultation with the wider community to see what sort of school they want in future.

At present there are 210 pupils and the new Learning Resource Centre will have 6 pupils next year.

Cllr. Longlands raised the problem of litter on the playing field. Mr. Smith said this was a constant problem that they tried to address.

The Chairman thanked Mr. Smith and congratulated him on his achievements.

ELECTION OF CHAIRMAN AND VICE CHAIRMAN

Cllr. G A Pratt was unanimously re-elected as Chairman and Cllr. D Blair was unanimously re-elected as Vice Chairman.

ELECTION TO COMMITTEES

There was no change to the Parish Council representatives on external bodies and Cllr. S. Hirst agreed to be our representative on the Playground Group. The meetings for Farfield are always held on Saturdays and this made them difficult to attend and thus there is no representative for this body.

Planning applications were considered as follows:

LBC Siting satellite dish at 1 Settlebeck Cottages *No Objections*

LBC Alterations including strengthening roof and installation fire wall

No Objections

FPP Creation of new driveway at Burnt Mill Cottage, Cautley *No objections*

FPP Change use barns to centre for Rough Fell Trust at Catholes Farm

We are in favour of this project which will benefit the area.

FPP erection single storey extension and

(Continued on page 8)

<p>alterations to roof at Birksholme, Birks Lane <i>In favour</i> FPP change use from Guest House to Offices at Oakdene, 1 Garsdale Road <i>No objections</i> Planning decisions were received as follows: FPP erection extension at 2 Sycamore Av. <i>Granted</i> Erection timber framed agricultural building at Bowers Farm <i>Granted</i> Erection conservatory at 20 Maple Close <i>Granted</i></p> <p>It was confirmed that we supported the application for the play area at the Bull and that for some considerable time this had been a pub garden</p> <p>HIGHWAYS A letter has been received from</p>	<p>Settlebeck School requesting our support for action to be taken on Settlebeck Corner. This has been raised in the past and we agreed to fully support Settlebeck's proposal.</p> <p>The markings on Joss Lane car park need to be re-painted.</p> <p>The condition of the whole of Birks Lane is very poor and the needs resurfacing, also there has been damage to the Cemetery wall on Birks Lane.</p> <p>The pavement on Fairholme has not been attended to, although it has been reported.</p> <p>PLAYING FIELDS The playing fields have been re-seeded with the help of Sedbergh School, who were thanked for all their help.</p> <p>The issue of the lease of a small part of</p>
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the field to Powergen continues and is at present in the hands of the solicitors. It was agreed that the lease should be signed by the Chairman and vice chairman.

A drainage pipe from the People's Hall has been replaced.

CUMBRIA IN BLOOM

The town has not entered into the Cumbria in Bloom competition this year due to the amount of work involved and the lack of volunteers to help. More volunteers are urgently needed to help this committee keep the town looking good. Hanging baskets will still be put out and bedding plants will be planted out.

The Chamber of Trade is to run the commercial premises competition.

Wild flowers are to be planted on Toll Bar corner with the aid of the Yorkshire Dales National Park who have given us a grant to buy the plants.

QUEEN'S GARDENS

Sedbergh School

Cleaners & Domestic Assistants Required

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Tom Wilson
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07790 946578

It was agreed that the bowling club could extend the seating area onto the green in front of the club house.

COMMUNITY OFFICE

Mrs. A Whittle has been appointed to the post of Community Office manager. The clerk will continue to attend the office on Wednesday mornings for Parish business.

CORRESPONDENCE

Voluntary Action Cumbria - Request for support for the Catholes Rough Fell Sheep project. It was agreed that we fully support this project.

British Telecom - Advice that they are to close more uneconomic telephone boxes in the area. It was agreed that this was a shame but inevitable with the increase in use of mobile phones. The question as to whether mobile phones worked in Cautley and Howgill should be raised.

OTHER BUSINESS

Cllr. Allan had raised the problems of gypsies with our MP who is to look into the matter.

We understand that the council will now remove garden waste with domestic waste.

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SEDBERGH TOWN BAND

2nd Annual Brass Band Festival

Sponsors and organisers, Steve and Alison of the Bull Hotel were pleased to welcome four bands to the Second Annual Sedbergh Brass Band Festival on Sunday 20th June.

Unfortunately last year's winners, Kirkby Lonsdale, were unable to compete this year as they have now become a registered band, a status that precludes participation in competitions such as the one held at the Bull. However, Burneside happily took their place and joined the rest of last year's contestants Sedbergh, Sedbergh School and Hartlepool.

After weeks of excellent dry, warm, sunny weather it was disappointing to hear the gloomy forecasts for the day of the Festival. In the event, the rain, which threatened all day, held off until the final adjudication was made. The only part of the proposed programme to be affected was a short concert due to have been given by the Sedbergh School Band to round off the day.

The contest followed the pattern common to events of this nature and required each band to progress from the Joss Lane car park to the Bull playing a march. When assembled on the bandstand a programme consisting of three verses of a hymn, a concert march and a test piece was to be played. The adjudicator, to ensure total objectivity, concealed in a tent, evaluated the performances and awarded trophies, cash prizes and certificates.

Being primarily a festival rather than a contest the day provided the opportunity to recall those sadly no longer with us

who have contributed so much to the Town Band. Their names are immortalised in the trophies: the Bill Graveson Shield for the overall winners: the Amy Ferguson Cup for marching and deportment, and the Brian Waters Cup for the best hymn tune.

Sedbergh School C.C.F. Band improved on their second place last year to take the Bill Graveson Shield: all elements of their programme were first rate, particularly a most exciting rendition of the Best of Bond. Burneside were runners-up and the adjudicator, Bob Wilson, was unable to separate Sedbergh and the Hartlepool so placed them third equal. Sedbergh School again demonstrated impressive marching proficiency in taking the Amy Ferguson Cup for the second year, whilst Burneside were able to capture the Brian Waters Cup with their version of Eventide.

The fourth trophy, the Michael Duke Cup, attracted just two entries, both from Sedbergh School. This is awarded to the best under sixteen soloist and was won by Calum Greenall whose outstanding playing of the tuba just beat last year's winner Fraser Precious.

An excellent afternoon's entertainment was thoroughly enjoyed by a large and appreciative audience. Equally the participants welcomed the opportunity to play in such convivial circumstances and surroundings. Steve and Alison are to be thanked for their efforts and generosity in making the event possible. Thanks are due to all the musicians, particularly the band from Hartlepool for making the lengthy journey to be with us, and to the adjudicator Captain Bob Wilson. *G. B.*



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Sedbergh Lookaround

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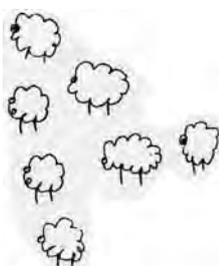
*An Audience View of Sedbergh
Pepperpot Club's Contribution to
Sedbergh Festival 2004*

Sunday, 20th June, saw Sedbergh Pepperpot Club's presentation of *Long Long Ago and Far Away West* by local writer Kim Lyon, performed by St Andrew's junior drama group Chameleons in the Church and providing a lively prologue to the main work *Across an Unknown Sea - the Quest of St Brendan* with music by the composer Christopher Gibbs and words by Anna Gibbs.

These performances were a real community effort and a highlight of the two week biennial Sedbergh Festival with contributions by so many local people both young and old as well as those from further afield, although with close ties to Sedbergh. The instrumental music, conducted by Ian Jones, well known to local audiences, was provided by the Serafin String Quartet, led by Julian Cann of Sedbergh, the Pepperpot Players and, in particular, Pepperpot Music Makers, who have been working hard since early in the year in order to take part.

It is always rewarding to have a good turn-out and, despite a rainy evening, St Andrew's Church was very nearly full.

For the Prologue, the Chameleons transformed themselves into Brendan, Earth, Sea, Wind and Storytellers with gusto as well as a few props and lots of



actions, and told us the story of St Brendan, word perfect and clearly : the scene was set.



However, in a brief interlude, Ian Jones, so adept at encouraging audience participation, rehearsed from his rostrum, the last section of the Finale as printed in our programmes, line by line with the orchestra and our massed voices. This really built up a sense of anticipation and then the lights dimmed and from the west end of the Church came the Chorus from Settlebeck School, playing villagers and monks from Innishmore, chanting, the plainsong immediately creating a sense of the medieval, and in such a setting!

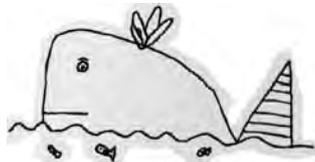
We all knew that Brendan, at first a most curmudgeonly monk, was going to be transformed by his journey across the sea, but not exactly how, and now the orchestra and soloists set to work to create a sense of drama and danger and to develop the tale, ably supported by the Chorus building their boat; being buffeted by storms; mistakenly landing on a whale and then having to escape violent volcanic eruptions and avoid icebergs on their



voyage to the Promised Land.

With little room to manoeuvre, these young people relied on gesture, facial expression and their voices to good effect.

Nicholas Hurndall Smith as Brendan clearly enjoyed his role as kill-joy into saint and, standing in the pulpit to direct proceedings in the boat, his voice soared above the orchestra. As Messenger, Shepherdess and Angel, Anna Crookes (Patron of Pepperpot Music Makers under her pianist name of Anna Markland) had a gentler role and yet the purity of her high notes and her scenes with Nicholas contributed to some of the most moving and inspiring moments in the performance. (These soloists have experience of working together worldwide in the solo voice group I Fagiolini as well as more locally in the Finzi Festival in Kendal.) It was impressive too, how effectively the whale and volcanic eruption sections worked in such a small space, and here it was the conductor and the instrumentalists, and especially guest cellist Kalina Dimitrova, who helped to create this sense of fear and potential catastrophe in some very



powerful and exciting music.

Of course, the excellent acoustics in the church helped as well.

All too soon, this delightful music drama had reached its conclusion but not before all of us had contributed to the final hymn of thanksgiving for Brendan's transformation. What a treat it is to sing, even if only briefly, with an orchestra, and so to make music. That is the kind of thing Sedbergh Pepperpot Club does to support and encourage young local people in their musical endeavours, with some success.

And who says that community spirit is dead? It isn't in Sedbergh!

Judith Ryder



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TEA IN "RHUMES" GARDEN

Saturday 14th August 2 to 4 pm

Part Proceeds for

Dentdale Methodist Church

ALL WELCOME

SETTLEBECK HIGH SCHOOL

Buddhism Community

As part of our Religious Education at Settlebeck we study what a variety of people believe and think and how different people choose to live their lives as well as looking at what we ourselves believe and think about a wide range of issues. In year 9 we have recently been looking at Buddhism and this involved visiting a Buddhist community in Ulverston based at what was once a Christian priory before being the site of a house. As one student noted, "The visit helped us have a better understanding of Buddhism than we might have had if we'd just read about it in class".

When we got there, having been transported by Braithwaite's driven there by John, we were met by a young and friendly nun called Dava and she took us across to the Temple first and then later showed us around the old converted house. She also arranged for us to eat our

packed lunches in the dining room as the rain had rather spoilt our plans to picnic in the beautiful gardens. Luckily the sun emerged as we finished our lunch so we were able to explore the gardens and walk down to the pebbly beach. During our visit to the Temple and house, Dava gave us some insights into the life of nuns as well as into Buddhism in general. Students observed the following:

"Both monks and nuns wear short hair so it can be difficult to tell males and females apart. They have it short so everyone is alike and equal and it is easier to look after if short and prevents you from wasting time making it look nice; also this can stop you from becoming quite vain and proud; if it's cropped short you can more easily avoid

SEDBERGH & DISTRICT

HISTORY SOCIETY

**Saturday 14th August
Stennersceugh Clouds**

a look at the geology
and history of the area

*joint visit with
Cumbria Wildlife Trust*

Led by Helga Frankland

Meet at

Loftus Hill Car Park 1:00 pm or
the Quarry [GR 734 006] 1:30 pm

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

Chairman: Joyce Scobie 21106
Secretary: Diane Elphick 20605
Treasurer : Marlene Mason 20509
Member Sec: Richard Cann 20771

OPEN GARDEN

Grassrigg Farm, Killington

Saturday 14th August

10 am to 5 pm

Entry £2

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Friday August 13th & September 10th from 5 pm to 10 pm

this”.

“Buddhist nuns and monks also wear red and yellow robes. The colours are symbolic: red is for compassion and yellow for wisdom. By wearing these colours it is a reminder to them that these are the two main qualities they would try to foster in their lives. Meditation is one way of helping them learn to become more compassionate and wiser. As a class and not being used to meditating we found it hard to do it without laughing. However we did learn that meditation can help calm our inner selves and relax us.”

As another student observed though, “Not all Buddhists wear robes, only the nuns and monks who are ordained or are aiming to be. They will train to teach

others. They become celibate meaning they will not get married or have intimate relationships with someone or have children. However there are lots of Buddhists who wear ordinary clothes and have families. In many ways Buddhists live their lives very similar to us but they try to abide by particular rules or rather follow particular guidance in their dealings with others and meditate regularly to help them become better people. Meditation can just be for a short time but can be done several times in a day. The more experienced Buddhists are in almost permanent meditation even whilst they are carrying out their work and other daily activities. Buddhism is

(Continued on page 16)

not so much a religion but a way of life".
 Something else a lot of students noted was that, "In Buddhism there are a lot of pictures (tankas) and symbols; these can be used to help focus the thoughts and mind. In the grounds of Conishead Priory a Temple has been built and in this you will find a lot of the symbols common in Buddhism. The Buddhas in pictures hold their hands in different ways and these gestures all have meaning. One hand gesture symbolises teaching. A sword is a symbol of a sharp mind which is what Buddhists try to develop. The lotus flower is a symbol of purity which is something else Buddhists aspire to. The number 8 seemed special to Buddhists. In the Temple there were pictures of wheels with 8 spokes and there was a sort of octagonal dome in the middle with eight beams running from the centre and eight columns all octagonal in shape. Along some stretches of wall were 8 pictures. It might be because, as part of the guidelines to living, Buddhists follow what's known as the Eightfold Path which invites you to behave in a right way towards others. The nun speaking to us said she actually

had 21 steps to follow to help her be a good Buddhist!"
 "We also learnt that the Buddha is not a god but someone who is seen as extremely wise and to be respected and listened to. There were statues of Buddha in the Temple and the old building and these as well as some of the other decorations were coated in real gold leaf. There were bowls of water and sometimes cider and bars and boxes of chocolates and other foods at the feet of many of the Buddha statues. These are not given to the Buddha and left there but are eventually shared out amongst the Buddhist community. Individuals give in order to teach themselves to become giving and generous people.
 Conishead Priory is open to visitors between 2 pm and 5 pm in the summer months and is well sign posted once you get into Ulverston.
 I'd particularly like to thank Janet Oughton for organising this trip and Melanie Porter and Andrew Bonsall for accompanying us as helpers and it was good to be joined by David Missenden and his and Melanie's baby daughter, Ellie.
Sally Ingham

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Sunday, June 20th was not the best day to have picked to walk up Rawthay Gill!! However, a goodly number of History Society members were taken on an expedition to see the remains of an old copper mine by Kevin Lancaster. We parked the cars on the Uldale road and walked up the footpath passing Uldale House (was it an inn at one time?) and across the fells for nearly three miles to reach a most impressive spoil heap at the side of an old ruined building. Although this had been used as a cow-shed over the years no-one suspected its real function until Kevin was flown up the River Rawthay some time ago and spotted what was obviously a spoil heap.

An investigation of the ruin showed that

it had been more than a simple dwelling and was probably the scene of some copper workings in the 1840's or thereabouts. There were apparently two bore holes but it was rather difficult to find them in the long grass.

As we were leaving the heavens opened and we descended to the beck for a tricky crossing and then walked back on the other side(where we got a better view of the spoil heap), up and down, up and down the many gullies getting pretty wet.

Eventually we passed the huge quarry where blue stone was quarried for many years but the weather did not encourage us to investigate very thoroughly – that will have to wait for another visit as we decided to call it a day – exhausted but enjoyable.

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**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers held their 2nd Annual Summer Convention at the People's Hall on Saturday 26th June. Fifty-one attended, including twenty-two members, twenty-six visiting beekeepers from as far away as Carlisle and the Wirral, and our three external speakers. The theme was 'practical beekeeping'. All enjoyed a very successful and social day, in spite of the cool, wet, weather.

Our Chairman, John Tallon, welcomed everyone, and introduced our first speaker, Graham Law. Graham and his wife Annie, in addition to their normal outdoor hives, have kept a glass 'observation' hive in their dining room, continuously, summer and winter, for more than ten years! Graham first showed film of how he constructed various versions before perfecting his present one; how he filled it with a colony of bees that could reach the outside world to forage via a plastic pipe through the wall of the house; how he was able to feed the bees when necessary, and to remove detritus from the floor that the bees were unable to do themselves. He described how important it was to maintain as constant a temperature in the room as possible (difficult with central heating that in winter went off at night!), to avoid direct sunlight; apart from that the bees did not

seem to mind normal household lighting and activities - the interior of a normal hive is practically pitch dark - but they didn't like the smell of curry!! He has thus been able to video-film every aspect of bee behaviour inside the hive, at all times of the day and year. With great humour at times, he showed us remarkable footage of the preparation and birth of a queen, the worker bees dragging the 'reigning' queen away from other cells containing queen bees about to emerge, and preventing her from killing them - which they do sometimes permit; he played a recording of virgin queens, still in their cells, 'piping', a squeaking sound the purpose of which beekeepers still do not fully understand; we saw bees meticulously storing every scrap of pollen from their bodies into the appropriate storage cell; bees feeding each other and the drones; bees like line dancers, coating new wood in the hive with their own 'sealant', propolis; and many, many, other fascinating insights of bee behaviour!

After coffee, provided by the ladies of the club, Peter Hewitt entertained us for over an hour with his wide range of beekeepers' gadgets, each one as part of an anecdote of his many decades of beekeeping, often provoking gales of laughter! Too many to describe, it was like a conjuror bringing rabbits out of a hat. He could easily have his own catalogue - but in its absence, most of us were desperately trying to commit the ideas to memory!

After lunch, Ian Molyneux, the Northern Regional Bee Inspector, more seriously, went through the need to test for the bees'



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developing resistance to the only *chemical* treatment for the accursed varroa mite in our colonies. He demonstrated the practical test for resistance that we can, and all should, carry out, while adopting so-called bio-technical methods for keeping the population of mites in the colony down to harmless level. Once we have acquired such skills, the inevitable development of resistance to the artificial pyrethroids on which we currently rely will become relatively unimportant. He then described in detail the menu of bio-tech control methods we must learn: replacing the solid floor of our hives with open mesh through which the living mites will fall from the bees harmlessly to the ground

outside, culling the drone brood in which the mites breed, the use of proprietary thymol gels, and other methods. He made us very aware that unlike so many of our fellow beekeepers elsewhere in the country and abroad, we have a vital 'window of opportunity' that we must not waste.

After tea, our last speaker was our own Vice Chairman, Vic Hopkins, who entertained us with great humour on the perils of being a beginner! Although fascinated with bees in childhood, he only started keeping bees in April 2000, with *three full colonies* - very much thrown in the deep end - and reminded the more experienced, and comforted

(Continued on page 20)

today's beginners, with all the many unexpected demands that bees make on their keeper if he is to ensure both theirs and his own and his family's health (!) *and* achieve the rewards of happy bees and loads o' honey! That he now wins prizes for his honey and many eager customers wishing to buy it, is witness to his patience and persistence! He concluded with a very amusing and telling comparison between the members of the bee community, the queen, the guard bees, nurse bees, foragers, and drones, with the different types of members of our beekeepers' association, identifying some of us, but modestly not the queen or the drones!!

After a short speakers' panel, the Chairman thanked all the speakers and the assembled company and brought the Convention to an end with the raffle draw and presentation of the photographic competition prize to Stewart Beattie, our visiting seasonal bee inspector! I'm sure that all felt the day had been very worthwhile.

On Saturday July 17th sixteen members and guests visited the apiary of new members Roy & Nancy Pallitt in their lovely garden in Melling. The weather in the morning was most unpromising, but by the afternoon had become a beautiful summer's day, just right for the 'Mid-season Inspection'. Roy had constructed one of the new long, deep, Dartington hives, and combined his former three colonies into it. This innovative hive design has some undoubted advantages, but one or two possible drawbacks - such as when we found that the queen had laid eggs in large areas of the honey supers! This type of hive is easy to examine,

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which was very useful for our nine year old guest, Eilidh Sproul, who clearly was very interested in everything she was shown. The inspection complete, Nancy provided tasty refreshments while we discussed how this up-and-down weather was affecting each type of colony - some members already had record honey crops, others were suffering *very* late swarms, and still others were having to feed sugar syrup to their bees to prevent starvation - a weird year indeed. As our Chairman's apiary was close by in Melling, we were invited to see his observation hive in his workshop, and Eilidh was able to see even more, spotting the queen bee, and watching the bee dances - the way returning foraging bees tell the others how to find her rich source of nectar or pollen.

Our next apiary visit is on Saturday August 21st at 2.30pm at Jane Timshle's apiary in upper Dentdale. Mid to late August is the normal time to remove the honey crop, and to treat for the varroa mite if necessary. We shall be concentrating on these two aspects. You will be most welcome to attend. Please call 21902 for directions.

Malcolm Fraser-Urquhart

Prayer/Praise
Headway Holiday Week
 14th to 21st August
 based around Dentdale Methodist Church
 Details from 25212 or 25275

CONCESSIONARY FARES

Half fare bus passes - NoWcards

The Council, with the help of all those people who have registered so far, has now distributed over 9,000 new half-fare bus passes - NoWcards. The passes, in their protective wallets, will last for about four/five years.

There have been very few problems, but if anyone still has any queries about the system, there is a free NoWcard help line number- 0845 095 2100. Alternatively, you can contact the Council either by phone or e-mail as shown below.

Tel: 01539 797513
 E-mail: b.atkins@southlakeland.gov.uk

So far, registration for the new NoWcard has been by visiting the Council's Tourist Information Centres. (Not Sedbergh). The next phase of the scheme for all new applicants, to be implemented from 1st October 2004, will include the following alternatives:

- A visit to South Lakeland House in Kendal, where our staff will use a computer with integral camera technology to register new eligible people. Our staff will take your photograph.
- A visit to one of the Council's Tourist Information Centres at Ambleside, Grange-over-Sands, Kendal, Kirkby Lonsdale, Ulverston or Windermere to complete an application form. This will require applicants to provide a "passport" size photograph.

- A postal application - we will send you the necessary application form to be returned to our office for our staff to process. This will require applicants to provide a "passport" size photograph.

In all cases, copies of the relevant eligibility documents will need to be inspected or supplied.

We are keen to involve our community in the development of the application process and would welcome any views from either eligible or interested persons. Contact us with your views or to discuss any issue.

Barry Atkins

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TOWN TWINNING

So is Sedbergh's Twinning film to be a 'soap doc' or Big Brother?

Why should I bother with this?

Most people should know by now that BBC2 have commissioned a Film production Company - Ideal World Productions - to cover the story of how Sedbergh Town have been trying to find and establish links with a similar Town overseas. This Twinning idea was established in part to attempt to generate trading and economic links in the aftermath of the Foot & Mouth disaster in 2001-2.

The reasons for twinning are simple and explained elsewhere.

As a side issue, TV interest was courted in the early days to gain publicity for the twinning venture. Over a longer period, that interest was maintained by the TV production company and only recently has it progressed to becoming a viable opportunity through them receiving backing from no less than the BBC2 to

allow them to become involved as described below.

The intention is to help Sedbergh find its 'best mate' out of all the Towns overseas who are, and were, looking for a twinning arrangement in the same way that Sedbergh is. It is very important at this stage to make clear that no new Town starting to look for a twin (who may be accused of seeking to advantage themselves of the extraordinary PR that will spin out from this programme) will be included in the same way that Sedbergh has not been chosen to be part of this idea for a film production. It is the Film company who have looked at all the many attributes that Sedbergh has to offer in this 'story' and are bowled over by how fantastic a story it is.

This story then will be about YOU. It is a story of how your community lives, works and plays together. It is an observation of how Sedbergh people exist in the greater cogs of organised community living. How our people are



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educated, employed, socialise and gather together for irregular occasions such as the Twinning venture in order to overcome some unforeseen events that impact on the Town's normal methods of functioning.

Film crews have been, throughout June and July, visiting and recording 1 hour film recordings of 16 different Towns in Europe. Those 16 films will then be reduced to a shortlist of 4 potential twinning partners for Sedbergh. These are the ones who the BBC2 and film company consider will make suitable candidates to move to the next stage.

(It might be worth considering here the immediate financial effects of the work of the twinning group on the economy of Sedbergh. This will be in, the short term, experienced in September but for a very long time after that when the Programme is planned for release from January onwards.)

That next stage will commence from the

first event, Sedbergh Market Fayre 2004 on Saturday August 28th, when at least 40 people of the film crews will be in Sedbergh to start shooting material and will continue for the next 6 weeks. Do please involve yourself in that day by being there. You will be part of the 'wider show' by creating a well attended event in Sedbergh that will be the first filmed event of the programme makers.

And this is where YOUR help is needed.

What can your organisation, group, business or family do to help host, organise or support in any way possible an event or occasion that may be of interest and be part of the record of Sedbergh Town life?

It is easy to cast aside any involvement and say that its nothing to do with you. It is easy because its more comfortable. But hopefully we can all extend our comfort zones in this period and recognise that we can all benefit by becoming involved in

(Continued on page 24)

some way. Many people can help in many different ways to project a positive image to the world.

Most peoples experience of extending their comfort zone is that their returns are always, always far greater than any initial discomfort. I feel sure that those helping out in any way over this next two / three months will reap rewards far into the future. And that's personally, commercially or communitively.

So, if your sporting group have a training night or regular club night/day, can you think of a way to incorporate a visiting overseas Towns person in one of the weeks to allow them to sample your club atmosphere?

Can anyone putting on some display or activity adapt the timing of an event that may be of more use one week than another due to forward planning by the film crew?

In short, what have you got planned in your own group that you are willing to share the experience with the overseas people and maybe the film crew?

It is all of interest. We should let nothing go to waste. Your involvement and willingness to share and participate will add to the interest of the programme

and help to offer the best position possible to promote Sedbergh.

The film producers think we are special. They think Sedbergh is special. Sedbergh has an unimaginable amount of PR available and I would beg anyone who can offer to help to call on the committee members through Garth Steadman, David Collier, Sandra Gold, Paul Brassington (Green Door), Sedbergh TIC, Avril Whittle (Sedbergh Community Office). I will also pass onto them any ideas or offers of help if you wish to call in at Cobble Country Property.

At the end of all this, we will be in the wonderful position of looking at all these potential overseas partners and hopefully finding our 'best mate' to share a future friendship with.

The next two months will simply have been a tremendous opportunity that we will look back on and be able to say in the words of TV programme's Opportunity Knocks Mr Hughie Green: "Ladies and Gentlemen, opportunity knocked and Sedbergh Townsfolk didn't shy from opening the box".

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SEDBERGH & DISTRICT COMMUNITY OFFICES

We have to report quite a number of changes.

John Stanton, after serving the community as Office Manager for the last six years, has now moved on to occupy his time more fully with his favourite pastime, which is gardening for himself and others. We wish him well in this new enterprise. John will still be found in the Community Offices on Wednesday mornings, in his capacity as Clerk to Sedbergh Parish Council, when any queries or business relating to Parish Council matters can be dealt with.

A few alterations in our team of trusty volunteers:

Pam Symonds has retired with honours after being a staunch and reliable member of the team for six years – many thanks, Pam, from all of us.

Carol Dawbarn has recovered from her leg injury sufficiently to do the Thursday afternoon shift. Her knowledge of people and systems, particularly with regard to funding, will be invaluable; welcome back, Carol.

A new face in the team is that of Ray Whittle, ex-R.A.F. engineer, who can

wrestle a bit with the computers and also do some D.I.Y. as necessary.

Just to remind you, services currently available in the Community Offices include:

1. Y.D.N.P. parking permits for residents.
2. Regular visits by a Pensions advisor.
3. Regular visits by Citizen's Advice Bureau advisors.
4. Regular visits by the Y.D.N.P. Planning Officer.
5. Regular visits by an advisor from South Lakeland Council for Voluntary Action.
6. Regular visits by the Clerk to Sedbergh Parish Council.
7. History Society records (open to the public).
8. Community Legal Service information.
9. Reference material from local authorities and help in contacting them.
10. Cumbria Wildlife Trust information.
11. Baby changing facilities.
12. Meeting-room hire (including evening sessions).

The new Community Office Manager is

(Continued on page 26)

Avril Whittle, who has lived in the area for the past twelve years, ten of them in Garsdale. The most important aspect of her new job is to find ways of raising money to keep these essential services going; at the moment they are seriously under threat. Cumbria County Council were very reluctant in helping with the funding last year, and have said that their contributions (usually in the region of £4,200 per annum) cannot continue.

Apart from seeking funding from various authorities and institutions, we are planning to raise money OURSELVES, in line with an old Westmorland maxim "the Lord helps those who help themselves". These plans include:

1. Turning the old "Genesis" office

(unused for the last 3 years) into a community Reading Room and Sales area. All reference files on services and departments of Cumbria County Council, South Lakeland District Council and Y.D.N.P. will be housed here, together with as much Employment information as we can gather. We will be allocating space to actually SELL light reading (i.e. paperbacks in good condition), bric-a-brac and possibly local crafts. DONATIONS will be most welcome! Our Sedbergh Librarian, Doune Ward, is fully in favour of this undertaking, which should be under way by the time you read this article. Any donations which are too large or unsuitable will be passed on to local

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- charities.
2. Developing the existing Meeting Room (which is currently available for small groups at reasonable rates. We are discussing with the Sedbergh & District Arts Society the possibility of using the wall space as a permanent Exhibition area for paintings etc to be sold on commission. We will need to repaint the room, organise a proper hanging/display system, and possibly install better lighting. It is possible that a grant and/or sponsorship may be available to help with the expenses of the project.

WE ARE DELIGHTED TO REPORT THAT:

- A. The Posthorn Restaurant will soon be displaying a selection of books for sale, all proceeds to go to the Community Office funds. Many many thanks to Martyn Reynolds.
- B. We will soon be seeing a smart new carpet in the Community Offices, in the Reception Office and the central corridor. This is to be supplied and fitted **FREE OF CHARGE** by Treadwell Flooring! It will make such a difference. Many many



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- thanks to Gordon and Nicola.
- C. DONATIONS OF PAPERBACKS are already coming in – we need more!
- D. OTHER DONATIONS already received:
- Yard brush (Kay and Omar)
 - Help with painting (Denni Chambers/ Dal Dawkins)
 - Help with filing (Dal Dawkins)
 - Muscle as required (Matthew Dawkins)
 - Curtains and curtain pole for Reception Office
 - New computer (David Collier)
 - Regular deliveries of newspapers (Sedbergh Post Office)
 - Mirror for washroom
 - Haulage (John Capstick)

WE ARE IN NEED OF:

- A new TOILET SEAT
- More help with repainting
- Help with clearing out-dated leaflets
- A very small FRIDGE
- More fund-raising IDEAS!
- Adverts for JOB OPPORTUNITIES
- MONEY!!

That's all for now folks, but **WATCH THIS SPACE!**

Avril Whittle, Tel. 20504/20026

**CELEBRATED AUTHORS VISIT
CUMBRIAN SCHOOL**

Able Writers Workshops have been held at Sedbergh Primary School during the academic year 2003-2004.

The three workshops were held.

The first one was led by Peter Corey (author of the *Coping with....* series amongst many others). The children worked together planning a story about a boy who suddenly found out, on the eve of a school trip to France, that his parents were not his real parents. The group explored many ideas, some of which they abandoned.

The second session was led by poet Robert Hull who presented the group with a variety of ideas and opportunities to write. During the session many poems

were completed.

The final session was led by Denis Bond, a firm favourite with the children. He explored story telling, then, gave the group a story beginning...

Alex threw the pebble into the air

The children were given the task of writing a short story in the given time that included the sentence given (though there was some negotiation).

The workshops were for year 5 and 6 pupils from three primary schools, Sedbergh, Dent and Grayrigg. They were made possible with funding from Cumbria LEA.

I should like to thank Martyn Worrell for his support obtaining the funding, Jo Steele for her continued support, Maggie Cullen for enabling me to organise the



Sedbergh

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Main Street

on

Saturday 28th August
10 am to 4 pm



FUND RAISING EVENTS

Dentdale Memorial Hall
Saturday 28th August Table Sale
Monday 30th August Gala Day
Tuesday 31st August Concert £5 inc.
Refreshments. Raffle
Wednesday 15th September Fashion Show

workshops and helping me to remain enthusiastic, *Speaking of Books* who organised the writers and of course the children who participated in the workshops all of whom worked so hard. An anthology of the children's writing has been produced, with illustrations from some Y5/&6 pupils.

Pam Tipping

FROSTROW W. I.

The July meeting was rather sparsely attended, but a good one in spite of that.

Anne Petyt presided over the meeting, and welcomed a visitor - Dorothy Gerrard's sister from Australia.

On going through the newsletter there were many interesting events for members to attend. Apart from invitations from both Dent and Howgill. We then had a most interesting talk from Mrs. Polly Gabriel from the British Red Cross, who is the Skin Camouflage Manager for the Kendal area. A part of the Red Cross we didn't know a lot about.

Skin Camouflage is the application of specialist cover creams to improve the appearance of scarring, and other disfiguring skin conditions such as burns, Rosacea and birth marks - also helping to give people their confidence back.

Dorothy Gerrard was a brave model enabling us to see how the creams can be matched to the skin.

Patients are only seen by referral. The cream is not a make-up cream as such and not to be used in a frivolous way. Mrs. Gabriel told us about the work the Red Cross does at home, dealing with emergencies such as the cockle pickers tragedy at Morecambe; and on standby at Sellafield. It isn't all 'Wars'. She was thanked by Nora Walker for a most enlightening talk.

The competition for a mask was won by Jean Mitchell and the raffle by Jean Jones. Our next meeting on August 11th will be on CancerCare. *N. W.*

Denman College Visit Three of our members joined the Federation visit to Denman, 8th to 11th July for three nights. A stay in the lovely Georgian house is quite special, but there was not much opportunity for relaxing! Nora Walker and Jean Mitchell opted for the Glorious Gloucestershire course, so were out and about visiting stately homes or learning more about the Cotswolds from their tutor through videos and slides in the evenings. Marjorie Fishwick was kept busy learning and practising techniques on the ways with Flowers in Watercolour course.

On the last evening, light-hearted entertainment was provided by tutors, members of the Executive Committee and students. The whole experience was enjoyable and stimulating.

M F

DENT TABLE SALE

In the marquee on the field
Saturday 28th August 11am to 3pm
£5 booked - £6 on the day
Tel: 25212 to book

Proceeds to Dentdale Memorial Hall

Refreshments
For Sale

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CHAMPIONSHIP 2004**

Round 2:

Held at Rowrah near Cockermouth

Heat One

Sam started on grid 8.

James Mudd was also in this heat starting nearer the front. James had a first place win with Sam coming second. Even though Sam had to make his way through the field, James was just too quick.

Heat Two

Grid 2 for Sam this time, but it was Frank Wrathall that was too quick this time, Sam finished second place again.

Heat Three

Sam this time started at the back of the grid and made his way through to fourth place at the flag.

The Final

The results from the third heat put Sam on Pole Position with Jonny Lang on grid two, Frank on three and Lee Stamp on grid four. The final started well with Sam taking the lead, but on lap two Sam was muscled wide by Jonny allowing Frank to sneak by. That was not the thing to do to us, as I had helped Jonny set up his kart for the third heat, Which he won, but he paid us back very badly in the final. No more help for him from no one. Jonny finished second, Sam third and James finished sixth.

**SEDBERGH PLAYING FIELD
NEW PLAYGROUND**

The Playing Field Playground Committee was set up in 2001 by a group of volunteer parents to raise funds for a new playground and to manage and maintain the site. A comprehensive survey confirmed the inadequacy of the

current playground facilities in Sedbergh and the whole community was given the opportunity to make suggestions of what a new playground should include.

Over the past two years the committee has raised nearly £55,000 of the total cost of the new playground which is £65,000. (Yes, we were surprised at the cost of playgrounds!).

The new playground will include facilities for toddlers, juniors and teenagers together with a seating area for all to enjoy.

Donations have come from a variety of different sources including many local groups as well as national organisations. Local fund-raising events have included discos, sponsored car wash, coffee mornings and street parties. **Many thanks to all of you who have given your support towards this project!!**

With only £10,000 left to raise we are now approaching local businesses and everyone in the community for their support. No donation is too small or too big! If you would like to help please send your donation to Nichola Packham our Treasurer, of 6, Highfield Villas, Sedbergh, LA10 5DF. Cheques should be made payable to 'Playing Field Playground'. Please let us know if you do not wish your donation to be publicly acknowledged.

We hope that you will consider this request favourable and thank you for your time. If you would like any additional information regarding the work of the Playground Committee or would like to be further involved please contact Nichola on 015396-21484 or Carol Douglas on 015396-20876.

HOWGILL W. I.

Our July meeting was held at Howgill Village Hall and was well attended. A warm welcome was extended to members.

Vera Hodgson was welcomed as a visitor and hopefully a new member. Vera is a former member of Grayrigg W. I., who disbanded last year due to lack of membership.

Elsie Middleton was thanked for the lovely flower arrangement she provides for the Presidents table each month from her own garden.

News so far from the A.G.M. in Sheffield is that the resolution on air ambulance finding was defeated. Our delegate will be reporting back to us in due course.

Our singing group led by Helen Beare have had praise following their performance at Cautley Church part of the Sedbergh Festival. Watch the space!

Four members enjoyed an evening of archery at Kendal Cricket Club on June 30th. On August 24th several members are looking forward to a visit to a working farm. In invitation from the Inman family at Strickland Hill Farm, Witherslack. After seeing the farm at work the evening will continue with a talk by Les Armstrong renowned in farming circles.

Our speaker for the evening was historian Trevor Hughes. With the help of computerised slides we could see for ourselves the changes that have taken place from the 1850's to the present day. We were taken on a tour of Kendal, exploring Milnthorpe road, Kirkland and Highgate including the Parish Church, Abbott Hall, and the old Grammar

School. Bridget Postlethwaite thanked Trevor for giving us an insight into old and modern Kendal. We are looking forward to part two of Old Kendal when Trevor visits us again, next year.

The competition for a photo of Old Kendal, Sedbergh or Howgill was won by Peggy Postlethwaite with Elsie Middleton second. Raffle winners were Mary Stainton, Helen Beare and Judith Stainton. The social Girls Names Beginning with B was won by Mary Silva.

August 5th at 7.30 pm is an open meeting to be held at Firbank Church Hall. Mary Lawson will talk and play on her concert harp. There will be a Bring and Buy stall. Do join us, you will be given a warm welcome. *A.H.*

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SETTLEBECK HIGH SCHOOL

Luckily the rain didn't ruin Settlebeck's Sports Day on Wednesday, 23rd June. It held off until the last 45 minutes at which point we were driven off our fields by a heavy downpour. The relay races had to be reorganised for Friday afternoon during another brief respite from the monsoon, but all in all it was once again a very successful and enjoyable competition and once again all of our students took part.

Our Year 10 Duke of Edinburgh Award expedition rolled in last Friday, after an 18 mile hike with full backpacks and an overnight camp in Cowgill, looking a bit damp after 24 hours of heavy showers. But come on – they're young, fit, healthy and up for it! Congratulations to them all

for a successful outcome to a tough challenge.

It's been a very lively half term, especially once the Year 11 GCSE exams and Year 9 National Tests were out of the way. Year 7 spent a glorious sunny day in Hutton in the Forest watching an open air version of *The Tempest* with 600 other children. Our Year 9 Enterprise Day, organised by our Kirkbie Kendal School partners, was very successful, as was a year 9 trip to Conishead Priory near Ulverston. Sixteen students from Settlebeck performed in the Sedbergh Festival – *The Voyage of St Brendan* at St. Andrew's Church - and all agreed that this was a very impressive event. And once again, Settlebeck students were the stars of our Open Days and Open

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Evenings last week when many of them (a third of the school) gave up two evenings to come into school helping staff display teaching and learning in action, performing many excellent musical pieces and acting as guides to visitors. These events were very enjoyable and I'd like to thank all those students, parents, friends of the school, governors and staff who contributed to their success.

We're planning now for the Autumn term. This will involve some media attention as BBC2 film in the town and school. Also we will welcome two new staff. Mr Mark Henderson will join us to take over ICT teaching at the school during Ann Newbold's maternity leave and Mr Nigel Banks will take over the reins from John Fisher as English and Drama teacher.

It is with great regret that we say goodbye to John Fisher, and he will be sorely missed by students, staff and in



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particular Mrs. Hurr and I. John has taught at Settlebeck now for 11 ½ years, and during that time he has had a huge impact on English and Drama teaching in the school. His ability to motivate and enthuse students is outstanding and as a head of school and then deputy he has played a major role in supporting the welfare of our students and in managing the school. His sense of humour is infectious, his humanity has been a strength of the school and his loyalty to Settlebeck unceasing. I will miss him as a friend and colleague and we wish him the very best for his future career as a training consultant in partnership with his wife Jackie.

Mrs. Hurr will now assume full Deputy Headteacher responsibilities and I'm confident that the senior management team of the school will continue to manage the school very effectively.

Mrs. Buxton will return as head of lower school in September, and I'd like to thank Mrs Oughton for holding the fort so very effectively over the last half term.

All the best to friends of the school for the summer vacation.

Dave Smith

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SUPER 4 BRITISH KART 125 ICC
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Round 3:

Three sisters track Wigan.

Heat One

Grid position 1 for Sam, this was a lights to flag victory on the hottest days racing so far, I mention the heat because the type of kart Sam races is better suited to cooler or damp conditions, were as the short circuit kart that Sam used to race (which at this moment James is racing) is suited to the hot weather more.

Heat Two

Sam was 21st place on the grid, along side the last place driver Lee Stamp. The start was a shambles, Sam and Lee were half way up through the grid when Sam had to jump on his brakes because it was a false start plus the front drivers had stopped. Lee of course had not seen this and ran clean into the back of Sam's kart, no damage was done, but they were stuck together so they had to jump out and part the karts, then get back into position for the restart. The second start was good, that also goes for the racing in that heat, 7th place for Sam.

Heat Three

A middle grid position of 12th, but a poor start. Sam has not made a bad start for ages, so this was a shock as he dropped well back down the field then he had to battle his way back through to 7th place. This was a good recovery after his disaster on the start line.

Final

That poor heat dropped Sam to 5th on the grid, but he made up for his poor start in the third heat, by flying into second place at the first corner. The local driver Paul Ozaine, who was on pole position had dropped behind both Frank and Sam at the start and was soon into his stride quickly making his way to the front to win, this didn't matter to the rest of the drivers as he was a guest driver and this does not take the points away from anybody. So the maximum points went to Frank (this pleases Thomas, my younger son as he gets a winners bonus.) Sam second, Jonny third, Tom Hibbert, the winner of the first round, fourth and James fifth place. I didn't mention James much in the report, but he was the quickest driver in the championship all weekend and the result in the final didn't do him justice.



SEDBERGH PRIMARY SCHOOL RECIPE FOR SUCCESS

Pupils from Year 6 Sedbergh Primary School celebrated the opening of a wonderful new addition to facilities at their school - a refurbished, specially adapted pupil kitchen. For the past few years Year 6 pupils have taken part in a Junior Masterchef challenge, working in groups of three or four to plan and prepare a 3 course meal for invited guests.



Starters varied from Vegetable Soup, Avocado with Prawns, Melon with Parma Ham, Fruit Salad: Main courses included Shepherd's Pie, Home-made Pizza, Lasagne, Spaghetti Carbonara, Spaghetti Bolognaise, Meatballs. Delicious

puddings added that final touch, ranging from Strawberry and Cream Gateau, Fruit Salad, Banana Split, Chopped Fruits in Toffee Sauce and Lemon Cheesecake.



SEDBERGH PRIMARY SCHOOL The Writers Workshop with Denis Bond

It was Thursday the 22nd of April when Denis Bond came into school to help some of the better writers in Dent, Grayrigg and Sedbergh Primary School.

We went into the Year 6 classroom where Denis (and his shirt with pictures of books he had written on) sat waiting for us.

It began with a discussion of books in general, such as Harry Potter, The Illustrated Mum and Northern Lights.

After first break we began to plan our stories. This took a whole session as one by one we found something wrong and had to start again.

The whole afternoon was spent writing our stories, this was very quiet. At the end of the day Denis gave his signature to anyone who wanted it and then caught a taxi home. The Dent people went home and so did we. Tires, hungry by satisfied.

Grace Ormerod

CUMBRIA WILDLIFE TRUST

Meeting at Hartley Fold & Cote Garth

Sixteen members of the Sedbergh and Upper Eden groups of the CWT met at Hartley Fold, Kirkby Stephen on Saturday 26th June 2004. Hartley Fold is a 620-acre farm owned and managed for conservation by the John Strutt Conservation Foundation, which has recently also acquired the adjacent 201-acre farm of Cote Garth. It was to the latter that the party was taken by a Trustee of JSCF, Sir Martin Holdgate.

Cote Garth (NY799099) is an 18th-century post-enclosure farm standing at 240m asl at the northern end of a prominent limestone ridge, Longrigg Scar, which rises to 413 metres. It has been farmed as a small mixed stock-farm, and today most of the land is grazed by sheep although there are three hay meadows. Its flora and fauna are not well known, so the party's visit was especially welcomed by JSCF as a first step towards its documentation.

Unfortunately the weather was inclement, with strengthening wind and intermittent drizzle, turning to steadier rain. The visit began with an examination of a diverse limestone grassland on the steep northern end of the Longrigg ridge, immediately above the track to Cote Garth. Here *Primula farinosa*, *Helianthemum chamaecistus*, *Viola lutea*, *Polygonum viviparum*, *Linum catharticum*, *Poterium sanguisorba*, *Polygala vulgaris* and a good variety of other species were encountered: the rock rose formed what in sunshine would have been brilliant carpets along the crest of a west-facing rocky scar. The party then examined a field known as Stain Bank

immediately north of Cote Garth farm, where similar patches of rich limestone grassland alternated with less diverse vegetation over deeper soil. JSCF intends to extend native ashwood in a small corner of this field, immediately above the disused South Durham and Lancashire Union Railway, and it was confirmed that while this corner had a diverse flora it did not contain any exceptional species.

Returning to the farm, the party looked at two meadows over the wall, noting that they appeared to be improved grassland with relatively low diversity. The group then returned to the ridge of Longrigg Scar, walking above the steep west-facing rocks and encountering further extremely rich limestone grassland. Unfortunately by this time wind and rain had strengthened making the traverse of the length of Long Rigg unappealing, so the group instead traversed the dip-slope of the escarpment where alternating limestone and sandstone or shale Yoredale Series rocks create a pattern of limestone grasslands alternating with more acid vegetation, including some strips of heather and bilberry which JSCF intends to encourage by reduced grazing within a fenced enclosure. Some Golden Plover were noted on the higher ground.

Despite the weather, an enjoyable walk of some two hours duration allowed the party to see a very interesting and beautiful area which commands superb views over the upper Eden Valley. Several parts of the land clearly merit County Wildlife Site status and detailed descriptions need to be prepared on another occasion, when weather conditions are less daunting.

FAMILY MUSINGS

Traveling along the motorway which I seem to do quite often these-days its really interesting to watch peoples reaction to presence of a police car..far better than a speed camera, although these seem to be cropping up more and more, the biggest problem I encounter is the brilliant sunshine in the evening, especially as I drive west, an extended visor and sunglasses help but its too easy to loose the road. I go to the "other man in my life " the one who picnics all night sometimes and who loves a good giggle! Returning one Monday morning and stopping off at Tebay Services, where they really do look pleased to see people, I was walking somewhat stiffly towards the main doors and saw the reflection of a very haggard looking lady coming behind me, as I reached the doors I turned to see if she was coming through with me no-one there, it had been me !!

We have just purchased another "Henry" and in answer to the person who exclaimed, "You should buy a Dyson, you can see what you pick up " my reply is, I see what I am going to pick up, on the floor, no need to see it again thank you!

Can someone solve a mystery for me please, when I buy a pack of "turkey ham" am I buying ham or turkey ? A young friend recently showed me how to eat Tunnocks Teacakes, you take a small bite at the edge and then carefully spoon out the mallow with a tea spoon then eat the shell, just one thing did there not used to be jam inside?

Missing Mum and Granny never really goes away, and when things happen which are really worth celebrating we

remember her enthusiasm for parties and celebrations, how she loved people around her here, so its fitting that next month we get together to remember her long happy life here at her beloved home. Who knows perhaps we shall have something else to celebrate too.

The first raspberries and the first sweetpeas couldn't be given to Granny this year, and for the first time in my life I will not have her here to share my birthday but others will and all the time are new memories being made, new things happening,

New friends being met, new experiences coming our way, in some cases great adventures, more about that later. Enjoy your family times, our family will increase by one great-niece or nephew around Christmas time, a good boost when we shall need it. Meanwhile the little twins, Alex and Charlie are three this month real live-wires, one of them has such a lovely quizzical expression ... People often do around me ?!

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SETTLEBECK HIGH SCHOOL

Settlebeck Sports News

Athletics

A team of 14 students took part in the Year 7 Athletics Competition at the Lakes School, Windermere. All performed well against athletes from ten other schools. Olivia Law (800m) Natalie Iveson (200m, relay) and Martyn Knapton (1500m reserve) were selected to represent the South Lakes district at a county competition the following week. Unfortunately the event was cancelled due to bad weather.

Rain also affected the smooth running of Sports Day this year! Most of the events took place on the appointed day but some sprints and all the relays had to take place the day after. Nevertheless and according to tradition, all the students, except a very few ailing people, took part. Many gained personal bests and contributed to the excitement of a close, well fought, house competition. The Sports Day Trophy was won by: Beck (2537 pts.), followed by Tarn (2524), Ghyll (2388pts), and Dale (2388pts). The winners were Suzanne Escolme (senior girls), Brendan Lewes (senior boys), Jennie Lamb (junior girls) and Dan McCandlish (junior boys). Congratulations to them and everyone who took part.



Tennis

Just as the Wimbledon players had to cope with the poor weather this year so did our 24 tennis players as they completed their 8 weeks coaching sessions with Jon Griffin. Tennis



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standards are improving and this has been reflected in the games played in the Settlebeck tennis competition over the last few weeks. Emma Teal has won the junior girls shield with Debbie Armitstead runner-up, Nathan Close has won the senior boys shield with Sam Jackson runner up. Well done to those players. The other two groups have not yet been completed.

Rounders

Matches have been played against Kirkbie Kendal and Dallam, all resulting in plenty of rounders and excitement. At Dallam Yr. 10 lost 10 – 12 Yr. 8 lost 16 - 11 and Yr. 7 won 7½ – 7. At Kirkbie Kendal Yr. 10 lost 15 - 20, Yr 9 lost 16 - 23 and at home against K.K Yr. 8 won 21½ – 11½ and Yr, 7 lost 13½ – 17. Rounders is very popular at Settlebeck and it is a pity that the playing season is so short.

Outdoor Pursuits

The Norway trip is now underway! The lucky travellers sailed away with bags, tents, bikes and packed lunches and will be enjoying challenges in a different and beautiful environment. We hope the weather is kind to them and that they have a really good time.

DANCING YESTERYEAR, TODAY AND TOMORROW.

Man was born to dance, especially when chivied by woman.

Looking back in history, dancing appears to be a basic human activity. The Old Testament covering thousands of year B.C. has numerous references to dancing as an expression of joy, celebration and religious praise.

In tribal societies throughout the world, dance formed an important community activity which helped support their heritage and culture. It served equally for rites of initiation to adulthood, marriage, war, victory or placating the Gods.

In later years countries developed their own style of dance. Examples are Cossack, Hungarian, Greek and Spanish.

Moving forward to Victorian times it was an essential activity because the Queen and Prince Albert were enthusiasts, leading off at the balls held in Buckingham Palace. This was an activity for the elite - the masses need not apply. However, this all came to a sudden halt in 1861 on the death of the Consort. The Queen, the court and the nation went into deep mourning and dancing went into decline for a period of 40 years.

At the start of the 20th Century, there was a movement to build public and village halls with polished floors and this led to dancing for the masses as we know it today. Thus developed Ballroom, Latin American, Old-time and Sequence. We shall consider this in greater detail later.

Various other types of dance have found support from time to time of honourable



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mention are:- Country, Folk, Square, Morris, Scottish and Irish. The last decade produced Line Dancing from across the pond.

Dancing in Sedbergh

There is a long tradition of dancing in Sedbergh - probably stemming from the war years when there was a heavy concentration of forces personnel stationed in this area.

Later years found the various clubs and institutions holding an annual event so that there would be several dances per month.

The purpose of dancing varies with age. In the teens and twenties the primary motive is the mating game.

For the next 20-30 years child rearing and family demands tend to reduce dancing opportunities, until suddenly about the age of 50-60, the house is empty, the children have fled the nest and the parents can consider their own pleasures.

This is when Old-time and Sequence dancing comes into its own. A further aspect is mental health. Most medical authorities now recognise that the mental aspect of learning new dance sequences delay or prevent the onset of Alzheimers Disease and forms of dementia.

Most governments are pushing the benefits of exercise - so what nicer way of exercising than dancing??

To Be Continued

GA

TIM COLLINS MP

Children in Sedbergh could be quite literally swinging into action in a few weeks. That's if the Sedbergh Playing Fields Playground group complete their mammoth fundraising effort to reach the £65,000 total they need to provide a new playground and play area for tiny tots right through to young teens.

The sorry condition of the town's existing playground means parents currently have to take their children to either Hawes or Kendal if they want to play on an up-to-date, safe playground.

As parents of an energetic two year-old my wife and I know only too well the benefits of a good local playground in burning off some of that energy which young children seem to find in

abundance.

At any given time, I know that a group of parents or residents, like those in Sedbergh, is likely to be hard at work raising funds to buy new playground equipment for their local park.

Unfortunately, I am hearing all too often that money raised through local playground appeals buys less and less equipment. Several thousand pounds that would once have paid for an entire playground now barely covers the cost of a fraction of the equipment needed.

Part of the problem lies in new European regulations, which have made it more costly for firms to manufacture and install playground equipment. Any decision by a local fundraising committee to ignore the precise detail of these new

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standards can now also create the risk of legal action from a parent of a child who hurts themselves. Playground accidents which twenty years ago would have been accepted as no-one's fault can all too often end up these days before the courts.

The Government's own architecture and building advisers (CABE) say that this daft playground compensation culture is turning public parks into dreary fun-free spaces.

CABE have highlighted the decision to require the removal of a swing from a playing field because, would you believe, it faced the sun and thus to some official created the risk of blinding children.

Another regular occurrence, CABE say, is the removal of three-in-a-row swings because the outer swings could hit the

one in the middle.

The unintended consequence of these new playground regulations is that in a desire to remove all risk, more and more children are losing out on the chance to exercise and play safely away from busy roads and other dangers.

If the well intentioned aim to make playgrounds safer results in more children coming to harm, surely that would warrant a fundamental rethink of the way we seek to regulate risk in regulated in Britain. Making sure that the regulations in question are British, rather than European, might be a good start.

Let's hope that children in Sedbergh can play locally and happily for a good long time yet.

Tim Collins

<p style="text-align: center;">Starters</p> <p>Prawn Cocktail & Marie Rose Sauce £3.60 Garlic Mushrooms on Toast £3.10 Pate with Garnish, Toast & Butter £3.10 Soup of the Day £2.95 Egg Mayonnaise £3.10 Grapefruit Cocktail £3.10</p>		<p style="text-align: center;">Fish Dishes</p> <p>Salmon Steak with Parsley Sauce £8.90 Grilled Rainbow Trout £8.90 Breaded Scampi £6.30 Breaded Haddock £6.30</p>	
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<p style="text-align: center;">Main Courses</p> <p>Roast Dinner of the Day £6.30 Mixed Grill £11.90 Fillet Steak £11.90 Sirloin Steak approx. 8oz uncooked £9.55 Half Roast Chicken £7.50 Chicken Kiev £6.30 Lasagne £6.30 Steak & Kidney Pie £6.30 Cumberland Sausage £6.30 Gammon & Pineapple £6.30 Barnsley Lamb Chops £9.50 Marinated Lamb Steak (6oz) £9.50 Pork Chop in BBQ Sauce £6.70 Cheese & Ham Pasta £6.30 Tuna Pasta Bake £6.30</p>		<p style="text-align: center;">Rice Dishes</p> <p>Chilli £6.30 Chicken Tikka Masala £7.20</p>	
<p style="text-align: center;">Salads</p> <p>Ploughman's Lunch £4.90 Cold Meat Salad & Roll & Butter £5.90 Prawn & Rice Salad £6.30</p>		<p style="text-align: center;">Sandwiches</p> <p>Prawn with Marie Rose Sauce £4.00 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.50 Toasted Sandwiches from £2.70 Portion of Chips £1.50 Mixed Side Salad £1.50 Portion of Mushrooms £1.50 Roll & Butter £0.45</p>	

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Menu

**SUPER 4 BRITISH KART 125 ICC
CHAMPIONSHIP 2004**

Round 4

We were back to Fulbeck in Lincolnshire. I'll try to tell you what our plan was and how it worked. For starters going into the weekend Frank Wrathall leads the championship on 465 points,

Sam's on 452 points, then Tom Hibbert, if you remember the young lad that is new into seniors. He won the first round, also if you remember I said that I would not expect him at the front, more likely in the chasing pack, well he's proving me wrong at the moment, he's on 429 points after three rounds There is also dropped points that come into it, but we will look at them later in the championship. So these are the two other drivers as well as Sam that I concentrate on for this weekend. I look to see if they are in the same heats as Sam and where they start, then I work out a plan for the set up of the kart to be able to do better than them in all three heats. This weekend they were well spread out in the heats so the three didn't see much of each other really.

Heat One

Sam started at the very back on grid 23, he made a very good start and passed loads of drivers going into the first corner, then got caught up in someone's accident crashing and ripping off his front nose cone (which I fasten on with strong ties just in case of this sort of thing but the impact was just to much) Sam was thinking well a head though, because the crash was a long way away from us and we can't see properly. He caught his nose cone and drove as quickly as possible round the rest of the lap waving

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the nose cone in the air to let me know. This was so I have time to run "well I call it running" to get a spare nose cone out of the van and back to meet him. He has to do the job himself, as the rules state nobody is aloud to help him, we can shout instructions, but that doesn't help when you are full of adrenalin and rushing. He managed to replace it then start his engine and get back on track. He managed to put in five laps just an enough to be able to be classed as the last place finisher giving him 11 points.

Heat Two

This time Sam starts on grid 13. To make up for the first heat Sam was firing on all cylinders and was out to win this heat, then just before the last lap disaster struck for the second time this weekend, this time his chain broke, so that was 0 points for a non finish. That meant that for definite Sam was going to have to qualify from the "B" final. The



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lad was gutted; he was dropping points in the championship like a stone.

Heat Three

Grid one, he had to win this one from the front, just so that I could see if the kart settings were right because after each heat I would change things to suit the next heat. Quietly working toward the settings for the final, but with the non-finish and the crash in the first heat meant Sam had dropped behind on information; so all eyes were on the kart and how it handled. A win didn't look possible half way into the race, but a good finish did. On the very last lap Sam put his hand up and coasted to a stop, again the chain had broken, I think sam was too by the time I arrived to take his kart back. That was 11 points in three races, where as we were looking for big points at the beginning of the weekend.

This is the worst result possible. Sam started 9th and last in the "B" final we

were now looking to finish in the first 4 to qualify at the back of the "A" final. There was also other drivers equally as good as Sam in the "B" final the reigning British champion Carl Millington and leading driver of the over forty's Jock Borthwick. Luckily these three made it through with Sam finishing 2nd behind Carl.

"A" final

Sam starts the A final on grid 21 "with a good run through the field I could only see Sam making it to 7th" as I explained to Michael Mudd before the start. He jokingly said "oh. You don't think he can win then?" I replied "no because there are 6 very good drivers at the front." "Is that not counting James then?" he asked. As James had qualified 9th "yes it did but you have to set your sights high and go for it" Sam made another good start leaving Carl and Lee behind. He drove like mad getting up to 10th. Carl then caught up and passed Sam setting the quickest lap of the weekend in the process. By the time the flag came out James was 6th, Carl 7th and Sam 8th. Sam I thought should have won the driver of the day trophy, as he had got to 8th from the back of the "B" final passing twenty drivers in the two races, but the trophy went to a 250cc gearbox driver who always drives well but never does well at fulbeck. Don Kennedy only finished 6th out of the eighteen drivers this was not from the back either. The judge for the driver of the day cannot have been watching the entire racing. Never mind Sam them that were watching saw a very good recovery drive well done.

Report sent in by a sorry mechanic.

BOOK TOWN

*News from the Book Town Company -
Yorkshire Dales National Park*

Information Office - the Book Town Co. group have been talking to YDNP with the dual intention of renting the ground floor of the YDNP building and taking over and running Visitor Information Services for the town and district.

Although all of these plans **have yet to be completely finalised**, as there is so much worry about the loss of the information services we would like to explain and therefore reassure everyone that something is being done.

The plan is this: from the turn of the year (approximately) the ground floor will be refitted to become the flag ship book centre for the Book Town project.

Within this space will remain the tourist information desk and computer facilities and an expanded department selling guide books and maps. The opening hours will be seven days per week all year round for both the book centre and the information desk. We will be seeking part-time staff to look after information and sales generally in the centre who, if not already qualified, will be offered the opportunity of taking NVQ qualifications in tourist services and who will attend training by YDNP and SLDC tourist information departments. There will probably also be a requirement for volunteers to help out at busy times.

The book centre part of the centre will be supplied by several very high-class booksellers sharing the space and sales staff. There are already more booksellers than we need waiting to take up space so filling the centre will be no problem.

In addition to this centre the Book Town Company are hoping to be grant aided to employ a book town manager for 3 years and to have a marketing budget for the project and events for 3 years. Although this grant will be to the Book Town project, as you can see, the arrangements within the YDNP building and for the TIC will mean that the grant for marketing will cover much that Sedbergh and District as a whole needs to publicise. We anticipate forming a committee through the Chamber of Trade to consider the whole matter of visitor information with the aim of giving every business the best possible chance of reaching every possible customer.

We hope that this news will put minds at rest, any comments or queries please ring 20034.

See also the report on Page 63. Ed

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TONY KEPT ON WALKING

170 miles and no blisters!

'Footsteps for Food in Sudan'

From Alnmouth along the River Aln to Anwick where the Queens Head had all the Saturday night action, needed to be 40 yrs. younger though. Then below the Duke's phenomenal 10ft high dressed stone wall, straighter than an arrow, for 3 miles into the hills and on to Rothbury. Up onto the Simonside above the verdant Coquetdale and into miles of Harwood Forest, could get seriously lost here, down to Otterburn. Virgin paths through vast green fields with suckler herds in the Rede and North Tyne valleys led to Hexham; beds almost 2 miles out of town, bad news after a long day in the fields!

Next over Eshells Moor to Allendale Town and a queer hotel with all doors barred. The toughest day followed into a cold 30mph headwind (what heatwave?) and mile after mile through the heather and grouse on the lonely Hartley Moor to Nenthead. From Garrigill, big, big breakfast defeated all except the overweight house dog, a great track led up onto the highest point, Cross Fell. The 100 mile marker and the very first walkers encountered would you believe? The lush Vale of Eden beckoned into the foothills of the Lakeland mountains and the very hospitable Bampton Inn; a trip to the loo here and both French goals missed in Euro 2004! A brilliant track under cloudless skies climbed onto High Raise then an exhilarating walk followed along the High Street ridge and down the Roman road path into Troutbeck. Here a pint of Coniston Bluebird never tasted better after a tough 15 miles.

The Lake District scenery was seen at its very best and walking to Coniston via Loughrigg Tarn, Elterwater and Tilberthwaite was a delight. The best of all was the glorious descent into Eskdale from the Duddon Valley in the late evening sun; pity about the evening meal.

The last morning and a hot pace down Eskdale to Ravenglass for lunch and the train home. The very last field being guarded by a huge mangy bellowing bull pawing the ground. A final paddle in a choppy sea heralded the end of a wonderful walk in the great company of long time friends; and also the onset of the summer monsoon.

Bishop Andudu's shopping list, bought to England in March by the Archdeacon of Craven, read as follows;

- 100 sacks of grain for a year for food for widows
- Food for orphans
- School fees for 50 orphans for a year
- Bicycles for 10 cripples
- 30 glass eyes
- Transport

This has been met in full with £1,000 over, perhaps to fund a priest in training. Now to have enjoyed this fantastic trek and to be the instrument whereby almost £4,000 has resulted, thanks to the generosity of so many friends and parishioners in the local churches has been a humbling experience. The situation in the Sudan is very delicate but this money will most likely be delivered in person by an officer from the Bradford Diocese.

Praise be to God for this opportunity. Donations may still be given to Alan Fell, vicar of St Andrew's, or myself marked 'Sudan Appeal'. *Tony Hannam*



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FREE GOLF COACHING 2004

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

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

Sedbergh Golf Club is running FREE GOLF COACHING sessions for beginners during the summer holidays. For further information and to book a free lesson please telephone 015396 21551 and quote 'Free Golf Coaching'.

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

FREE GOLF COACHING for BEGINNERS is just one of several initiatives within the 'Get into Golf' grass roots structure developed by the EGU and ELGA.

For further information on FREE GOLF COACHING or the 'Get into Golf' structure please contact the EGU Golf Development Department:
Tel: 01526 354500

E-mail:

development@englishgolfunion.org

Website: www.englishgolfunion.org

Key Results 2003

99% of participants said they had benefited from the Free Golf Coaching
80% of participants said they have been involved in golf since their initial Free Golf Coaching

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A SEDBERGH VIEWPOINT

It was good to see the Parish Council Minutes published in last month's Lookaround, even though they referred to the April meeting. Surely it is possible to have them published sooner. OK, the Parish Council meets towards the end of each month, a few days after the Lookaround closing date for publication in the following month's issue, but by my reckoning the April minutes could have been with Lookaround by 19th May to be printed in the June Lookaround rather than the July issue.

However the Parish Council Minutes did solve the mystery of the disappearing litter bin on Back Lane and its subsequent reappearance about two months later in a new position not more than 20 yards

away! All because someone didn't like seeing it from their dining room window! I just don't believe it! At what cost, and to whom? I trust the house owner paid and not me out of my Council Tax.

I'm just wondering too who is paying for all this Town Twinning fiasco, and how it will benefit the town.

Last month I referred to the new building being built in front of Balliol School describing it (from my viewpoint) as an eyesore. Now a month later work has progressed and it seems to be an ever worse eyesore. Where else would the planners allow a farmyard barn to be built in front of architecturally pleasing buildings? Worse still the building is on the road frontage at the entrance to town and in an otherwise residential area.

I'm still offended by those people who let their dogs poop on the footpath and don't clear the mess up. Full marks to all who do use their poop scoops and plastic bags. Thank you.

I know I'm sounding like Victor Meldrew, but I really am astonished at some of the things happening in Sedbergh at the present time. However I still believe that Sedbergh is a wonderful place to live. We have beautiful countryside all around us and we are a friendly and welcoming community.

A warm welcome to all our visitors in this holiday month. I hope you enjoy your stay with us. Similarly I hope all our local youngsters (and their parents) will enjoy the school holidays, and possibly time away. I might even take some time out myself. So if I'm missing next month you will know why - but I will be back; you can't keep me away from Sedbergh too long!

Best wishes *N. Hastle.*



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THE BBC IN SEDBERGH

As a result of the town twinning groups efforts Sedbergh attempts to find a twin town is to become the subject of a programme on BBC 2. A crew of 40 or more will be descending on our town from 28 August until approx. middle of October, which will be for about 6 weeks. Foreign visitors will be brought in to exchange with local counterparts and join in with jobs, and social life while being filmed for the programme.

This programme is very exciting for the whole community, as Sedbergh will become a household name nationally after a proposed weekly series on BBC 2 showing 4 nights a week for about 4 weeks in January 2005. If we are, or are not successful in finding a suitable twin through the programme the benefits to our community are endless. School contacts, business exchanges, job swaps etc but above all exposure on prime time T V which will raise the profile of Sedbergh nationally.

To maximise the benefits and exposure on BBC 2 we need to plan ahead. Every School, Church, Group, Organisation, Pub, Hotel and Business needs to make a special effort to impress the T V Company. You are not guaranteed to be in the final programmes but your efforts as members of our community are important to give a good impression.

The town Twinning Group are co-ordinating everyone's efforts so that we can maximise their efforts and avoid clashing events. We are setting off with an already highly successful event which is our Medieval Fayre August 28. There are already at least 70 stalls booked,

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Any further information on your own event timing, costume loan, suggestions etc can be got from members of your town Twinning Group. Garth Steadman, David Collier, Sandra Gold, Paul Brassington (Green Door), Sedbergh TIC, Avril Whittle Sedbergh Community Office to name a few. Remember this is your town so don't think someone else will do something. You must make the effort and be part of the success of Sedbergh's future. The Market Fayre committee have promised to leave their newly invested bunting up for the duration of filming and all traders are encouraged to make a special effort with their shop fronts, displays, window boxes and hanging baskets. At the end of the day the traders will gain the maximum benefit from the increased trade brought about by the T V exposure. Please make an effort do not be the odd one out! We need everyone to make a special effort.

LOCAL PRIMARY SCHOOL GAINS AN EXCELLENT OFSTED REPORT

Staff and pupils at Sedbergh Primary School are delighted with their recent Ofsted report, which commends the school as: *“a highly effective school, with some outstanding features. Pupils achieve very well and reach very high standards. The school meets the needs of all its pupils and supports and cares for them very well. The school is very well led and managed and is highly regarded by its pupils, parents and local community.*

The school was last inspected in June 1998. High standards and a good quality of education were identified then and the school has managed to improve these still further.

The very good curriculum is interesting and exciting and is enhanced by the range of experiences and opportunities provided, both during and outside school time. The provision made for pupils with special educational needs is very effective. Throughout the school higher attaining pupils achieve well, which is reflected in the high numbers of pupils reaching higher than expected levels in tests. The personal qualities of pupil attitudes was especially noted, inspectors deeming their spiritual, moral, social and cultural development to be very good.

“Attitudes of pupils are excellent; pupils work hard and respect others. Behaviour is very good; pupils behave responsibly in class and around school.” The partnership with parents is very good, with the community and other schools it is excellent. The extent to which all staff provide care, guidance and support is excellent; teaching is consistently good

through the school and is often very good or excellent. Parents, too, are praised for their valuable practical and financial support. Support staff, specialist teachers and others volunteer adults are deployed very well and they always make a valuable contribution to the overall quality of learning in lessons. Governors also support the school and its community very well and have a very good knowledge of all aspects of the school’s work. Pupils are very happy with their school.”

Needless to say staff, governors and pupils are delighted with this outstanding report and look forward to another purposeful year.

THOUGHT FOR THE MONTH

Everyone thinks about all the young people, and older ones who have 'gone back' to education, who await exam results this month. So much can rely on those results, places at university, further education, employment and so on. Yes, they need support. What about the parents, probably especially mum, who probably did most if not all of the cossetting and spoiling during exams, the clearing up of book-strewn rooms, who refused to get upset at the temper tantrums, snide remarks, who turned a deaf ear to the yelling and a blind eye to the smoking ('just to calm my nerves') how's about some support for parents/mums? Who will be left at home or told in no uncertain terms to stay in the car as the pupil goes for the results? Perhaps a bunch or two of flowers could find their way to Mums once the results are known, just to say "thanks".

LD

SETTLEBECK HIGH SCHOOL

“Across an Unknown Sea - The Voyage of St Brendan”

As part of this year’s Sedbergh Festival, musicians from Pepperpot Club combined with professional Soloists to perform a specially commissioned choral work by local composer Chris Gibbs. Sixteen students from Settlebeck formed a choir and became an integral part of the whole production. They dressed as monks and villagers, and brought the story of life through a series of tableaux during the show. It was a huge success, performed to a packed St. Andrew’s Church on the evening of Sunday 20th June. Here are some comments from students:

“I enjoyed taking part in the play of St Brendan, ‘Across the unknown sea’, I think it is a good opportunity because you don’t usually get to do anything so special until you have left school so I think it is a privilege. In the play we

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were the monks. We had to do singing and acting. The performance went really well.”
Charlotte Orr 7B

“I really enjoyed doing ‘Across the unknown sea’ as everyone was really nice. I will always remember this as it was brilliant having a live orchestra backing you up! Putting the effort in for learning the words and doing all the acting was really worth it.”

Robyn Lewes 7O

“Performing ‘Across an Unknown Sea’ was great fun. All of us children enjoyed using up some of our time to practice singing with our singing teacher Rachel Little. We were allowed to use the music room at Settlebeck High School to practice our songs. Rachel was great and really nice to work with. She really helped us to improve our voices. We did the performance in St Andrews Church. When it came to the night of the show we were all really excited and were making sure we knew all the words and knew when to come in.

It was a great experience to work with professional singers and musicians and we all learned a lot about producing a musical.”
Elizabeth Thexton 7B

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SEDBERGH COMMUNITY WRITERS' PROJECT

Anyone from Sedbergh and district is encouraged to submit a written piece of prose, poetry or drama of no more than 3000 words in length. Original illustrations and /or photographs may be included.

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

[a] All pieces will be included in a specially bound book to be kept on open access in the Town Library.

[b] Suitable pieces will be selected by the Editorial Committee and published by Hayloft Publishing of Kirkby Stephen. This book will then be made available for purchase in the local community and for visitors to Sedbergh.

The Editorial Committee will be chaired by Mr Stuart Manger, former Head of English at Sedbergh School.

Rules:

- Entries must refer to and / or use in some way to the word "SEDBERGH", perhaps even as a character's name. You might write factually about Sedbergh, just so long as the word is included in your piece.
- One entry only per author.
- All writers of 15 years and older are eligible.

Entries should be submitted by the end of October 2004.

Entries can be left at Sedbergh Office Services, clearly marked 'Writers' Project'.

Any piece referring to living persons, or to their living relatives must be accompanied by written permission by the interested parties for their names to be included in the piece and published.

Entries should be made on either CD-ROM, or floppy disk, but MUST be accompanied by hard copies of all material included on the disk.

Handwritten original material can be submitted if access to computers is difficult.

The originals will be included in the Community Scrapbook of the Project, so therefore please make your own copies.

The Writers' Project will not return submissions.

SETTLEBECK HIGH SCHOOL

Parents Online

If you ever shop online there is a new Settlebeck PTFA (Parents, Teachers & Friends Association) website which will contribute money to the PTFA absolutely free. The website is:

www.buy.at/settlebeckPTFA

All you do is log on to this PTFA purchasing website. Click on which company you wish to purchase from. You are then transferred directly to that company. You make your purchase as normal at exactly the same price as if you'd normally gone to their website. The company then give a percentage commision to Settlebeck's PTFA with a monthly cheque.

Two of our parents made some purchases as normal last month and immediately earned nearly £20 towards the PTFA for seemingly no effort!

It almost seems too good to true but it is real, it does work and it's simple. If you're an online shopper please check out the website and see how easy it is— this is potentially a great money spinner for Settlebeck.

SEDBERGH BADMINTON CLUB

The club fielded two teams in the Eden Valley Junior Badminton League for the 2003/04 season;

FIRST TEAM: Joe Robinson, Andrew Postlethwaite, Sam Mitchell
Emily Crompton, Olivia Law, Elizabeth Thexton

SECOND TEAM: Adam Robinson, Simon Hunter, Luke Ingham
Emma Teal, Rebecca Wheatley, Rosie Mason.

Everyone gained valuable experience of playing matches and competing as a team and hope to build on this in the new season. Luke Ingham, Adam Robinson, William Thexton, Emily Crompton, Olivia law and Elizabeth Thexton were all invited to Primary (u13) monthly

County Coaching sessions at Keswick.

Well done to Joe Robinson who had an outstanding season, winning two out of three County Championship competitions, runner up in the third! Joe also got to the final of the Badminton Association of England, North East Area u13 Competition. What an achievement!

In the end of season club knock-out competitions, Joe Robinson, Rebecca Wheatley, Olivia Law and Simon Hunter were winners; most improved junior boy was Simon Hunter; most improved junior girl was Elizabeth Thexton; junior girl of the season was Rosie Mason; best performance went to Tom Cooling-well done to all.

If anyone would like to come along and have a go the new season begins Friday 3rd September 7.30 at Queens Sports Hall (adults 8.30) .If you would like to know more please feel free to ring either of the junior coaches: Mr. R. Mason on 20565 or Mr. D. Wheatley on 22140.

JOHN SOUTER

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YORKSHIRE DALES NATIONAL PARK

The YDNP Authority has become more effective at communicating and consulting with Park residents according to the results of a new survey.

The findings stem from recent research in which 500 people were questioned about various aspects of the National Park, the Authority and its work.

65% of residents surveyed agreed the National Park Authority lets people know what is going on, compared to 56% in 1999.

Meanwhile 44% of those questioned agreed the National Park Authority asks for opinions about its actions, which is up



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from 36% in 1999.

The survey also reveals awareness of the Authority and its work has risen significantly, with 95% of those quizzed saying they have heard of the Authority, compared to 78% in 1999; a rise of 17%.

Figures also show an increasing number of residents are engaging with the Authority. In 1999 only 32% claimed to have contact with the Authority but this figure has increased to a healthy 59% in the latest survey.

Respondents also had plenty of praise for National Park Authority staff; of those who said they had been in contact with an Authority representative, 85% found them professional, 82% found them friendly and 75% found them helpful.

Of those surveyed, 86% agreed the Authority has been successful in helping look after the Park as a whole. In addition 71% agreed the Authority has been successful in telling people why the National Park is a special place.

Annie Galloway, Head of External Affairs at the Yorkshire Dales National Park Authority, said: "The results are very positive and indicate a high level of understanding of our role as a National Park Authority, and our duties and responsibilities.

"This valuable survey has produced a wealth of information that will now be used to further improve our work and communications with National Park residents.

"The positive feedback shows we are working along the right lines for the National Park and its communities."

Questions Answered Ltd of York conducted the survey on behalf of the Yorkshire Dales National Park Authority. It contacted and screened residents to achieve 500 interviews with a representative sample of residents across the Park.

As with the 1999 survey, the work was deliberately undertaken outside the main tourist season and largely during evening hours to ensure a representative sample.

The research was a key requirement of the Best Value Performance Plan 2003-2004, which stated the Authority would conduct an independent survey of National Park residents' perceptions of its role and services.

Also see the report on Pages 44 & 63 Regarding the demise of the Sedbergh Centre.

Ed

AUGUST GARDENING

Hydrangeas do not grow well in the garden at Firbank, in fact the only species to thrive here is the climbing plant *H. petiolaris*, which took two or three years to get itself organised on a south-east facing wall, but now makes a beautiful show of creamy white, sweetly fragrant flowers of the flat "lace cap" variety every June. Mine grows mixed up with *Hedera* 'Goldheart' - a variegated ivy with yellow centred dark green leaves and the colour combination of cream flowers and borrowed yellow foliage makes a very pleasing picture. I recently came across this attractive mixture again in a "Tapestry Hedge" (a hedge in which two or more contrasting plant varieties are grown mixed together to give a mottled affect) containing *H. petiolaris* and Golden Yew (*Taxus baccata* 'Aurea') I assume that this hedge will be trimmed to shape in August - the usual time of the year for both hedge and climbing hydrangea pruning.

The most common species of shrubby hydrangea grown in less windswept gardens is *H. macrophylla*. This has numerous offspring which are divided into two groups; the Lacecaps and the Hortensias or mopheads. Named varieties are grown for differently coloured flowers but your chosen specimen may change its colour depending on your soil because flower colour is affected by the amount of available aluminium there and this is governed by soil pH. Below pH 5.5 plants will produce blue flowers, above pH 5.5 they will be pink. On near neutral soils a blueing compound may be added influence flower colour. White flowered plants are unaffected by soil

type and perhaps it is for this reason that my favourite shrubby hydrangeas are those with white flowers. Two plants which I particularly like are *H. paniculata* 'Grandiflora' and *H. arborescens* 'Annabelle', both of which are strong growing cultivars with large rather elongated heads of smallish creamy white flowers.

Elaine Horne

ASTHMA CAMPAIGN

Just like Tim Henman and our national football team, I have failed to achieve my dream, BUT, like them, I made a good attempt and managed to lose 8 pounds. This is nearly halfway to my goal and I know that I wouldn't have managed to achieve this without the impetus of the sponsored slim. At the Rosemary Conley Fun Day in Kendal on Sunday 11 July, just under £2,000 was raised for the Asthma Campaign. This was a fantastic result! The proceeds of the sponsored slim will take this total to over £2,000.

Unfortunately I cannot put my hands on my sponsorship form just at the moment, so would all those kind souls who supported me please put their sponsorship in an envelope and either post it through my door at 16 Guldrey Terrace or put it into the box which will be left at Sedbergh Office Services. There were some people who pledged a very generous total donation and I would understand if you would like to scale that down to match my scaled down achievement. Please could you get all the money in before the end of August?

Thank you for your generosity from the Asthma Campaign and from me.

Rosemary Lewes

SEDBERGH & DISTRICT ART SOCIETY

The summer programme of sketching days outdoors at a wide variety of venues has been rather at the mercy of the weather, but the one at Rash Mill was well attended.

A large group attended a days course at Gayle, when Sue Harpley unveiled some of the mysteries of water-colour painting - reckoned to be the most difficult. We started by gathering around a large stretch of paper, paint brushes in hand, to paint a 'group' picture of hills, sky, trees etc., moving around from place to place - so that a bit of picture one had worked lovingly on might be briskly over-painted or embellished by someone else - an interesting and productive ice-breaker to begin the session. After an explanation of colour-mixing, and a demonstration, we ventured down to the river, and up the hill, to make sketches. Unfortunately, after a while it started to rain, so we all trooped back to the hall, had lunch, and settled down to complete our paintings. And, of course, the sun shone all afternoon!

We are now looking forward to our annual Summer Exhibition starting on 20th August. More details soon. *V. Finch*

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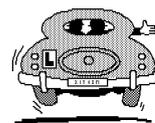
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SEDBERGH PRIMARY SCHOOL A DAY WITH DENIS BOND

On Thursday April 22nd, Denis Bond came to our school to work with some of the more talented writers..

In the morning Denis talked about how every story had to have a beginning, middle and end. He gave us a few examples, good and bad ones. He also told us to sort of drip in the descriptions e.g. 'Sally stared into the mirror her green eyes staring back at her. We wrote our first sentences and did our plans.

In the afternoon we carried on with our stories. We got about halfway. Whilst we were writing Denis came round to look at our work. His motto was: quality not quantity.

After afternoon playtime we worked quickly to get our stories finished. Denis made some of us go to the front to read out our stories. Then the Dent children went back to their own school. About ten minutes later, Denis went home leaving us to finish our stories.

Most people finished their stories before Mrs Tipping collected them in. We were all given an evaluation sheet to fill in. It was a really great day!

Will Gray

SETTLEBECK HIGH SCHOOL

The Tempest

Year 7 recently went to see a production of Shakespeare's "The Tempest" in the grounds of a house at Hutton in the Forest. They recorded their various thoughts on this.

"We'd been doing it in drama so it was good to see it performed by real actors and actresses"

"It was done in the open air which was nice"

"It was really hot. We were sitting in the sun for most of the performance but that didn't spoil the show. And they gave us juice in the interval"

When asked which parts of the play they thought were the best students gave a variety of responses:

"I liked the opening scene. It showed a boat in a storm on which were Alonzo, the king, Ferdinand, Sebastian and the crew. The scenery looked like the boat of a pirate ship but when they did the storm instead of having this boat moving they had a little plastic boat bobbing along and they had plastic flags waving to represent the wind and the waves."

"Many of the scenes showed Caliban, a monster, and others getting drunk which was funny"

"The acting was very good, many of the actors and actresses changed character several times which was cleverly done as they had to change costumes really quickly"

"Also during the performance the actors kept stopping it and asking us questions, this helped you understand and follow what was happening.

"It was entertaining. There was never a time when you felt bored or restless"

The Green Door Sweet Shop 35 Main Street, Sedbergh

Carole & Paul would like to thank all their friends and customers for making their first year in Sedbergh so enjoyable and successful.

Special thanks to Gordon & Linda and the rest of the Midget Gems.

Cheers!

DENTDALE COMMUNITY FOLK BAND

Thank you to everybody who supported the Inaugural meeting of the Band on June 9th at Dent School.

In all, 5 children attended and 11 adults. The Dentdale fiddlers performed, and a committee was established.

Unfortunately our first attempt at gaining a grant to establish an after-school band has not been successful, but we are very grateful to have received a donation from *Lookaround* to help get us started.

On Tuesday August 10th we shall be celebrating the centenary of Ralph Vaughan-Williams visit to Dent, when he collected several fiddle tunes from John Mason in the Sun Inn.

The evening will consist of a clog dance workshop open to all, from 5 - 6 pm in the Memorial Hall, followed by an informal concert with Dentdale fiddlers, Lakeland fiddlers and Alex Fisher at 7 pm. We shall then adjourn to the Sun Inn and play fiddle tunes in their natural environment!

There will be no charge for these events but donations will be gratefully accepted in order to help develop this project.

Carolyn Francis

SETTLEBECK HIGH SCHOOL

The New Learning Resources Centre

This time last year we stood within the empty shell of the new Settlebeck Learning Resources Centre. We were planning colour schemes and the positioning of furniture.

A year on, at the official opening of the LRC, as we spoke with guests, we realised just how valuable a resource this is and how much it has benefited the whole school.

The LEA built the LRC as a strategic facility for a small number of students with Autistic Spectrum Disorders, it was very important to us however that this resource should be used for much more than just this.

From the first day in September the two classrooms and the ICT suite have been open to and used by all Settlebeck students to study.

Year 10 and 11 students often arrive with coursework to complete and they appreciate an environment that is

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conducive to independent study. The GCSE separate sciences group have also been taught here each week.

The airy and spacious design provides an attractive environment for meetings. The student council, YETI (The Young and Elderly Together Initiative) and governors all meet regularly here.

At break-times the LRC is probably one of the busiest and most popular areas within the school, with large numbers of students choosing to participate in any of the many activities on offer. These include the Craft Club, Homework Club, Board Games or touch-typing skills practice. The Stationery Shop and Fairtrade Shops are run by students and both attract many customers.

After just one year with our new Learning Resources Centre we wonder HOW DID WE MANAGE WITHOUT IT?

Honor Redfern and Alison Gardner

SPORTS AWARD FOR LOCAL PRIMARY CHILDREN

Year 5 and 6 pupils from Sedbergh Primary school have been taking part in the English Schools' Athletics Awards throughout the Summer term, a nationally accredited scheme to promote excellence in school sports. Each pupil works towards age-related, standardised timings and distances, and at the end of competition, their level is judged across 3 categories of performance: Running, Jumping and Throwing.

Certificates awarded to Year 6 this year are:

- 8 Gold Standard
- 12 Silver Standard
- 6 Bronze Standard

SETTLEBECK HIGH SCHOOL

Settlebeck Trust Fund

You may remember that Settlebeck has a trust fund which, like the PTFA, regularly contributes sums of money to the school for the many extra activities and resources which we offer our students.

The trust fund works by attracting gift aid contributions from friends of the school. The value of the gift is increased because we are able to claim back the tax from the government. So every £1 is worth £1.28.

A gift aid form is available for any friends of the school who would like to contribute to the school. The most effective contributions are the direct debit annual gifts which can be anything from £1 upwards. If you'd like to contribute please request a form from school.



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**FRIENDS OF THE
CARLISLE-SETTLE RAILWAY**

Northern Railway Franchise Announced

News that Serco/Ned Railways are the preferred bidder for the Northern Railway franchise - which includes the Leeds-Settle-Carlisle line - was welcomed by the Friends of the Settle-Carlisle Line .

After a long drawn out period with two companies on the shortlist to become the new franchisee, the uncertainty has been ended by the Strategic Rail Authority announcement.

The new franchise is expected to begin in the autumn, and run for the next nine years.

The Friends will be seeking a meeting with Serco/Ned to clarify how they view the Settle-Carlisle route, and to see how the Friends aspirations might be included. All the bidders were circulated with a list of improvements being sought; with the retention of current services paramount, plus :-

- Reinstatement of early morning through services between Leeds-Carlisle and vice-versa, instead of the part way services now operating.
- New services between Carlisle-Hellifield-Manchester, where the track is in situ, but has no regular

St Mark's Church, Cautley

**The Cautley Carollers
In Concert**

Friday 3rd September

7:30 pm

Retiring Collection for Church Funds
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service on it.

- Reinstatement of Anglo-Scottish passenger trains.
- Improved types of trains.
- Reductions in fares to make travel more attractive.
- Standardised information at rural stations, which is currently haphazard.

Friends vice president Pete Shaw said, "We look forward to working with Serco/Ned Railways and establishing a similar rapport as with previous operators, to whom we have contributed both financially, and with volunteer support, to ensure that the Settle-Carlisle line is promoted and developed as an important part of the national railway network."

Pete Shaw

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COMMUNITY TRANSPORT SOUTH LAKELAND

**SOUTH LAKELAND SOCIETY
FOR THE BLIND**

Summer Outing

The Sedbergh group held their annual lunch outing in June and were again lucky with the weather. The Cross Keys Inn was the venue for the third year in succession and a simple lunch of soup and sandwiches was enjoyed in excellent company. It was pleasant to be able to sit outside after the meal and relax in the sunshine. Many thanks to the staff of the Cross Keys and to the drivers from Woof's for providing transport with patience and humour on that day and throughout the year.

Street Collection

Barbara and Gordon Axford organised a street collection day for the Society in Sedbergh last month and raised £236. This included several donations made before the event. We are grateful to everyone who contributed and to Gordon and Barbara for their hard work again this year.

The group do not meet in July or August so the next meeting will be on September 19th in the People's Hall at 2.00 p.m. New members are always welcome.

Jennifer Levitt

DENTDALE W.I.

The month for us to be out and about and enjoying ourselves. The outing to Hawes museum proved to be a very pleasant and interesting experience. Lots to discover about life in the Yorkshire Dales over the previous centuries. All agreed that the museum was very well laid out and a wonderful visitor attraction in this beautiful part of the world. Time for a stroll along the High Street had been included and to round off the afternoon an early evening meal had been arranged at the Wensleydale Pantry.

The Federation visit to Denman from 8th to 11th July was well supported by Dentdale WI with six of our members attending. There should have been seven but Margaret Schofield had a bad fall just a day or so before our departure. Denman was booked to capacity with over seventy members housed in the excellent accommodation. There was a range of leisure courses on offer filling the hours from morning until night and as usual, the organisation was impeccable. Three of us had chosen to spend the days *Painting flowers in watercolour*. One to learn more about *The glories of the Gloucestershire architecture* and for the fittest amongst us, the chance to participate on some day walks under expert leadership to gain the most from the surroundings. So, lots of pleasant memories to store away. We were well fed and in good company. Yes, lots of noise at meal times everyone taking the chance to chat to Members from other branches! Would thoroughly recommend the Denman experience!

Well, back in the Memorial hall next month when on August 11th we welcome David Mower to talk on *Seabird Summer*. Visitors welcome.

MARK DODD

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PAINTER & DECORATOR

KILLINGTON W. I.

Here we are again on our annual W. I. Outing to the Manjushri Buddhist Centre based at Coniston Priory in Ulverston.

We were greeted by Margaret a colourful lady both in personality with purple and blue stripe ankle socks in appearance.

The centre was founded in 1975. Margaret lives in the community of one hundred resident students including many monks and nuns as well as lay practitioners.

Television was not allowed. To hear 'Eastenders' blaring out was not conducive to those seeking simple relaxation or to those who wish to find lasting inner peace and contentment through following the Buddhist path.

The Priory has a long history dating back to 1140. The Manjushri Buddhist Centre was founded in 1975, The Kadampa Temple completed in 1997. The Venerable Geisha Kelsang Gyatso spiritual guide to the centre and 700 others throughout the world remarked that organising the construction of the Temple to be one of his major works.

The Temple, a place for quiet, for stillness and inspiration, as well as of holy objects and the images of Buddha is said to have a beneficial effect on the mind. Out of people's devotion various bowls of offerings were set before the statues.

An eight foot high statue of Buddha stands amongst many other symbolic objects.

The centre stands in attractive grounds. In the wild garden a border of medicinal plants flourish and many blooms of

Evening Primrose were at their best.

Our tour was ended by tea. We thanked Margaret for her interesting insight into the Buddhist way of life along with her humorous anecdotes which so helped to make our outing such an enjoyable one.

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Good Queen Bess at the Market Fayre.

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A small charge will be made and this will go toward the general funding of the Market Fayre. It is important to get in touch early so that the certificate can be made up ready for presentation. All good fun folks part of the spirit of the day.

Call Queenie on 015396 21808. If I've time to run up a costume, Black Adder may just be there too!

DENT MEMORIAL HALL

Reminders about 3 fund raising events coining up in the next few weeks.

The first is DENT GALA, on the afternoon of August Bank Holiday, Monday 30th August, on the parish playing field next to Church Bridge. We hope for a good afternoon with sunshine.

Proceedings will commence at 1p.m. There are games on which to test skills and expend energies and stalls from which to make some purchases, including the W.I. cake stall for some tea time treats. Refreshments will be served in the pavilion.

Bric-a-brac for the White Elephant stall or books for the second hand book stall may be left with Sarah Woof, the hall secretary, at Rhumes Bungalow in the Laning, tel:25212.

More information about Gala may be obtained from Libby Hartley tel: 25263

It is an important day in Dent's calendar and we hope to see many people on the field enjoying themselves and supporting the village hall.

The following night Tuesday, 31st August sees a concert in the hall by the Dales Chamber orchestra starting at 7.30p.m. Tickets are £5 including interval refreshments.

Ten talented instrumentalists will play a varied programme of chamber music suitable for an evening in summer.

The musical standards of the orchestra are very high. Come along and support young musicians and help the funds of the Memorial Hall.

Two weeks later Wednesday, 15th September there is a fashion show of

various styles and costumes featuring local models much in demand on the catwalks. Tickets are £3 including glass of wine and nibbles.

All proceeds are for the hall. Look out for further details in next month's Lookaround.

FARFIELD LUNCHEON CLUB

This happy group of Mill supporters meets on the first Tuesday of every month from Feb.- Dec at a different eating place each time, to enjoy food and each others company, just sometimes we change the day as happened in June when we visited the Dent Craft Centre and enjoyed the sandwiches, toasties, soup and lovely home-made cakes. Last month saw us traveling a bit further, up to the Clifton Hill Hotel, Clifton, nr Penrith, for some of us there was the added pleasure of using the A6 with its lovely views. This month, (August) we are having a buffet lunch at "Rhumes", Dent, meeting 12 for 12.30 (usually 12.30 for 1) as a fund raising event. As well as the monthly "freebie" raffle there will be a paid one to boost the funds, new people are always welcome, transport can usually be arranged amongst us, please contact the number below to gather more information or to "book", please book by the Friday previous to the luncheon Tuesday. A new programme is being compiled, watch this space! If you are interested but cannot come every month that is not a problem, even I miss sometimes!

*Luncheon Club Organiser
Sarah on 015396 25212*

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SEDBERGH SCHOOL CHORAL SOCIETY

All singers welcome - do come and join us. The new season begins on Monday 13th September at 6.15 pm in the School Chapel and thereafter at 6.25 - 7.45 pm approximately.

This year we are singing the Schubert Mass in A♭ and Elgar Music Makers - both new to most of us. There are two performances, one on 29th January 2005 in Kendal Parish Church and on 30th January in Powell Hall, Sedbergh School.

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

People's Hall

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Main Hall (<i>daytime</i>)	£9
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13 Kings Yard, tel. 20788

ALZHEIMERS SOCIETY SOUTH LAKELAND

On behalf of the South Lakeland Branch of I thank most warmly all who helped, baked cakes and supported the very successful Coffee Morning, and Street Collection on Wednesday 14th July.

The total amount raised was £440.25 of which £189.50 was for the Street Collection and £250.75 from the Coffee Morning and donations to it.

The Society is very grateful for your support which enables us to carry out our work providing information, support and advice to local people.

Thank you all so much.

George Tomlinson

SEDBERGH GALA

In last month's *Lookaround*, we identified the 1964 Gala Queen as Margaret Bell. Her attendants 40 years ago were Linda Wadeson, Julie Mason, Brian Sedgwick and Michael Towler.

Congratulations if you identified any of them. *RK*

YDNP

The National Park Authority will not be providing a visitor information service in Sedbergh in the same way beyond the end of the current season. The Authority is currently investigating partnership proposals with other organisations, including Sedbergh Book Town and the Community Office, and will submit a report to its members for a final decision in July. There will continue to be a National Park Authority presence in Sedbergh but at this stage it is not possible to say exactly what form this will take. *YDNP spokesperson*

POLICE REPORT

Not much to report on this month which is good news for the area.

A little while ago, I gave a talk to the children of Dent School regarding the dangers on the roads. This included the way youngsters ride their cycles without regard to their own safety. SEE and BE SEEN were the words I used. This could be adopted by many car drivers on our roads too. How many times have you seen a car driving along our dark country roads in the rain without lights? Lights should always be displayed during times of darkness *and* at times of 'poor visibility'.

Another point that was raised with the children was the wearing of seat belts. It is an offence for anyone not wearing a seat belt and could earn you a £30 fine. All children *must* be secured in vehicles by the appropriate means for their size which includes seat belts, booster cushions or a securable carry cot. In a recent road accident in our area, the driver received severe bruising from the seat belt. Had the driver not been wearing the seat belt, it could have been serious injuries or even worse. Remember - BELT UP.

Some drivers may have noticed the use of the Hand Held Speed Camera recently. Speed is one of my pet subjects, so slow down. Remember, a short lapse of your concentration will not only earn you a £60 fine *and* 3 Penalty Points, but will affect your Insurance for the following 5 years. *You know I make sense.*

STOP PRESS: How disappointing to report that between lunchtime on 19th

and the morning of 20th July, a pane of expensive glass was broken at the United Reformed Church. If anyone has information regarding this, please contact me or any Officer at Sedbergh. *DJW*

ALPACA/GARDEN DAY

Despite a very wet afternoon the Alpaca/Garden Day on 26th June at Ghyllas was a great success and £700 was raised.

The proceeds were divided between MacMillan Nurses and Marie Curie Cancer Care. Thank you everyone who came and supported us and helped on the day.

FESTIVAL 2004

Thank you to everyone who helped in any way with the catering. A total of £1160 was raised for St. Andrew's Church.

SETTLEBECK HIGH SCHOOL

Settlebeck PTFA Lottery Information

The PTFA at Settlebeck are starting a lottery to raise money for Settlebeck in September.

There will be one prize at the end of each term of £100. Payment is £15 per year (£5 per term) paid by standing order. There needs to be a minimum of 50 participants, and many parents have already expressed an interest. There will be an opportunity to join in September; if you're interested please contact Marion Wood via Settlebeck's office.

And remember, the odds in favour of you winning are considerably better than any other lottery!

**125cc GEARBOX KART
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Round 3

Fulbeck in Lincolnshire

Both Tom and Sam were racing, as well as it being Gala weekend so I had to again stay behind on the Saturday, so they were having to practice and find the right settings for race day with out me.

Sunday Race Day

Heat One

Tom started on grid 7 along side Sam, who was on grid 8

Tom made a fantastic start and flew of the line, he raced very well, and he was in third place going like a steam train, and then crashed with a back marker as he tried to pass. Disaster, this would have been a very good third place but that's what they call racing, it shouldn't happen but it does. As for Sam he stalled the engine on the line, jumped out pushed his kart to start it, then jumped back in again, by this time the last man was 200metres in front and Sam drove like a man possessed, caught and past everybody upto 6th place.



Heat Two

Tom started on grid 22 and at the flag came home in 18th place, where as Sam started on grid 20, but made better progress finishing 5th.

Heat Three

The middle of the grid this time, Tom on 14, Sam on 16, this time Tom slipped back a little to 23rd place. Sam got to 5th

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place, before he crashed dropping him back down the field he recovered a little, getting back up to 13th place at the finish.

“B” Final

Tom's grid position was 3rd he set the fastest lap out of the qualifiers finishing in 2nd place.

“A” Final

Tom this time started on grid 24, drove very well but only made up four places finishing 20th. Sam's on grid 10 and made a very good start which helped him upto 4th place at the flag.

This means that Sam still leads the championship but only by one point from Jock Borthwick. Tom is in 18th place two points behind the reigning class B driver, Dave Eastham. (Over 40's class)

TOWN TWINNING 2

What do we want to be twinning with 'them' for?

For two years, a small and dedicated group of Sedbergh town people have been working away to discover a Town from another country that has similarities to our own and to see if they want to formally establish links to 'Twin' with Sedbergh.

Some people may think that we can get as much information on any other town, country or place from the Internet that we need and why therefore do we need a twin. Correct but that cannot surely make up for shared experiences with people from another place.

I know that for many years schools have travelled afar to allow students to sample another 'cultural environment' and those people have generally returned with many happy memories.

Then overseas holidays take place with families and friends and farther chapters

are added to those peoples experiences of 'another way of life'.

Why then do we need to twin with anyone?

Establishing formal links with another like minded group and town from another country is well described by this link from the Dortmund City web site:

www.city.dortmund.de

"Town twinning arrangements serve to further, experience and understand cross-border relationships in the intellectual, cultural and economic walks of life. The precondition for any town twinning relationship is therefore that the towns involved maintain a firm intention to cultivate the spirit of solidarity among their citizens and thus to make a vital contribution to international understanding, friendship and peace.

Town twinning schemes originally took the form of cultural and sports events.

Culture and sport and school exchange programmes provided a very good

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context in which to build friendships. Even today, town twinning schemes form an essential part of the foreign relations work of municipalities. However, the character of the town twinning schemes is changing. For several years now, there has been a clear shift of emphasis in the town twinning activities. Nurturing business relations, organising aid and support programmes, sharing experiences at managerial levels and in the organisational and scientific fields are becoming the new priority areas of today's town twinning arrangements."

As one of the Sedbergh twinning committee said to a meeting recently, one of the main objectives of these schemes is to encourage reciprocal trading and business benefits for the communities.

Having just been abroad for a week with my eldest son Robert and his football mates and their parents from Wattsfield Youth team in Kendal, I can vouch for how much trade we took to that part of the world with our group of 33 people. Travel, accommodation, food drink and entertainment must have averaged out at £300 each person. Everyone thoroughly enjoyed the experience and the boys came back with another continental (or international) win as their last and final match as a youth team.

I'd like to think that our part of the world will play host to more groups of people interested in spending their time (and money) in our town to help sustain and profit those people who choose to operate a business and create employment for others in this - our beautiful area.

Thanks to those intrepid people who had

the faith in the initial vision of twinning to have brought it this far. The Town now has an absolutely Golden Opportunity to showcase to the world what Sedbergh has to offer. Let's not blow it. Get involved for the sake of the community if not yourself.

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SEDBERGH PRIMARY SCHOOL A DAY WITH DENIS BOND

On Thursday 22nd April we had a workshop with the author Denis Bond. In the morning we talked about the plan and people's favourite books.

We had to write a fantasy story. Denis kept calling people 'nana's' and saying how good our stories were. Then after last break we finished our stories and some people read theirs out.

Then Denis had to change for the taxi. After he had, he came back and shook everybody's hands.

The title of the story had to be 'Alex threw a pebble in the air and...' He signed a piece of paper lots of times for everybody.

Altogether I thought the writers workshop with Denis Bond was great.

Tom Gray

PHOTO CALL

Another bumper crop of replies to last months 2 photos. I had my fingers rapped for not realising that the photo of Miss Campbell's class was taken at the new Primary school and NOT the National (yes I ought to have known) and many thanks to Margaret Mason for the loan of the photo.

The one taken at Dent was from April 1956 and was a sort of Mummings Play which was also staged in the auction mart at Sedbergh (now the Joss Lane car park) which I suspected because as a 9 year old we were taken from the National School to watch it and I recall it was most exciting. Thanks to Betty Teal, Mike Bracken and others for their help with this photo.

Miss Campbell's class photo was identified mainly by Tracy Robinson and Judith Dixon (their maiden names) There is still a couple of names lacking so if anyone knows

Top from l -r: John Haygarth, Wayne Rawlinson, Jonathan Green, Paul Sowerby, Robert Mason, Robert Staveley, Trevor Waring, Andrew Morris, Brian

Woof.

2nd row: Kathleen Woof, Brenda ***, Lynne Howarth, Helen Moore, Joanne Stephenson, Linda Raw, ***, Carol Woof, Judith Dixon, Janet Braithwaite, Vivian Souter.

3rd row: Jacqueline Douglas, Jane Woof, Diane Brooks, Tracy Robinson, Joyce Parker, Miss Campbell, Elizabeth Meadows, Patricia Harris, Jackie Hall, Nicola Taylor, Elizabeth Buckley
Front row: Kevin Elliott, Graeme Scarr, Timothy Kay, Michael Packham, Kenneth Woof.

And as for the missing name of a couple of Months ago, I can tell you it was Norma Fawcett, daughter of the Garsdale Policeman... thanks to all those who phoned me about that.

This month I am submitting just the one. This is Settlebeck in the 1950s. I recognise David Rycroft, Derek Ousby and Marlene Mason but who are the others ?? Answers as always to Shirley Tebay, Walnut Bungalow, Dent, LA105QT. Tel: 015396 25001 or by email to shirley.tebay@btinternet.com I look forward to your response as usual.



SEDBERGH SWIMMING CLUB

Once again we have come to the end of another successful swimming year. We would like to thank everyone who has helped the club in any way and hope that we can rely on you next year. We would also like to thank Sedbergh School for continuing to allow us to use the swimming pool for community use.

It was decided at the beginning of this year to reduce swimming class numbers to 12 in order to allow better progress to be made. We hope that you have benefited from this decision, but it does mean that class places are in demand. Having classes on 2 nights a week has meant that more children have had access to lessons. Numbers at community swimming times have dropped slightly this year and very few have attended the 'Inflatables' Saturday sessions. Please have your goggles at the ready next year so that we can make as much use as possible of this valuable facility.

Over 50 children took part in the Asthma Research Sponsored Swim in March. Between them they swam 1675 lengths which is over 26 miles - a 'marathon' attempt!! 7 children swam 1 mile (64 lengths) or more and Chelsea Woof and Chloe Brown swam over 2 miles. Many children made brave attempts with Harry Page and Joe Game being very proud of their 2 lengths. Well done everyone who took part and thanks to all who helped on the day. Collectively they raised over £1100 for Asthma Research with 5 children raising over £70 each. The children also took part in a 'Fun Gala' at their last swim session and seemed to enjoy all those silly games.

We would like to invite you along to our

AGM on Tuesday 7th September 2004 at 7:30pm in the upstairs room at The Bull Hotel. If you have any suggestions to offer about the club please come along. We look forward to seeing you in September.

Gardening  Gardening

J Sanderson NCH MRHS
Estate Management

Garden Maintenance & landscape.
Water features, ponds & Rock Gardens
Trees, Shrubs & Plants

All work carried out to the highest standard
Phone: 015395 67535 (John)
or 015396 25212 (Andrew)

SETTLEBECK HIGH SCHOOL

Scott, Rebecca and Jack come up trumps

Our congratulations to Scott Littlewood who left Settlebeck last year with an excellent set of GCSE results to take up a Kendal College course to train in his chosen occupation as a chef. At 17 years old Scott has just won the Fine Foods North West Chef of the Year competition.

Rebecca Haigh who left us 7 years ago has, during her 5 years at Glasgow Dental School, been awarded with The John Hunter Medal, Physiology; The John Hunter Medal, Applied Bidental Sciences; Dentsply Pharmaceutical Award for Excellence in Elective Projects; MDDUS elective prize and BDS (Hons). Congratulations Rebecca

We're impressed that Jack Swannick who also left us last year has become head boy at Kirkbie Kendal School where he is taking History, Biology, Psychology and Physics. *Well done Jack!*

EMBROIDERERS' GUILD

Kirkby Lonsdale and District Branch

Our meeting in June was held at Cowan Bridge Village Hall where Rachelle Blondel showed us how to make paper. She brought along some of the things she had made using the paper, including some high heeled shoes. We then all made paper from four different pulps, one of which was made from denim jeans. Handmade paper can be layered, trapping fibres, plant pieces and other items. It is able to be stitched by hand or machine.

On July 8th the meeting took the form of a trip to Liverpool where we visited the Metropolitan Cathedral, the Voirrey Centre and the Lady Lever Gallery in Port Sunlight. It was a very full and interesting day, enabling us to have a taste of the different venues.

Our next meeting will be held on Thursday 16th September when we will learn about new metals in embroidery Eric Caton from the Smithfield Gallery in Lancaster. All our meetings are held from 2-4pm at Cowan Bridge Village Hall, usually on the second Thursday (but the 3rd one in September). Further details can be obtained from Ann Hunter on 01242 41120, Kay Stockdale on 015242 76443 or Tracey Pearce on 01539 741869. All are most welcome. No previous experience is needed.

DENTDALE METHODIST CHURCH/CHAPEL

I have been reminded that we should call the church, chapel, hence the two part name at the top. I guess it makes the difference between the Methodists and the Anglicans. Although at present we

are finding out where we are the same... after all we all worship God and Jesus and although our forms of service, the way we do this are not always the same God is.

What a wonderful service we all shared together in the Memorial Hall at the end of June. It was packed. We are thankful to all who took part and look forward to other such services in the future. This was in a way a springboard for 'Jacobs Ladder' an ecumenical praise and activities event for families, in the Memorial Hall on certain Sunday afternoons starting September 5th. This is being put together by folks from both Methodist and Anglican churches. It will be light and simple, no heavy stuff. Do come with your youngsters.

'Headway' arrive to camp on the 14th August. On the day there will be tea in the garden at 'Rhumes' with part proceeds to the Chapel and part to ... something not yet decided! 'Headway' is a movement of the Methodist church committed to 'Prayer for revival and witness to the evangelical faith'. The weeks theme is 'God is able', and all are welcome.

We join our Dentfoot friends on the 22nd for their Chapel Anniversary. Pray and Share meets alternate Thursdays at 1.45 pm (5th and 19th). The graveyard has seen a wonderful profusion of wild flowers this spring and swallows are nesting under the eaves, do visit us. The Chapel is always open during the day. Service times are in the porch and the 'Church' is active in the community, praying, helping and supporting.

JUNE WEATHER

Well not as good as last month but reasonable though not “flaming June”. In spite of this we had high temperatures with 3 days reaching the 80sF the maximum being 83.7F. The lowest maximum was a mere 56.5F. The minimum temperature was 36.9F! I believe it was this day that Shap had snow! Some years ago I lost a litter of rabbits in the first week of June when the temperature got below freezing!

Pressures were generally in the mid to low 29” with a low of 28.85 inches of mercury. As usual with such pressures it was fairly breezy with a maximum of 19.5 mph. The lowest maximum recorded was 8.7mph.

Again only 6 days when the wind wasn't blowing from a west or north westerly direction. Rainfall totaled 2.44 inches but it was scattered across the month without giving a really good haytime. The silage brigade managed a cut so we will have to hope for a decent break soon. There are still few butterflies about. Mentioning butterflies you can collect a well produced identity chart from the Information Office and record your sightings for the YDNP. There have been some young birds about but although I have seen blackbird, thrush and robin feeding I have yet to see one of their young. I reckon the magpies are finding them before they leave the nest.

Last month's good weather saw a record fruit setting. For the first time, since moving up here, I have fruit on the Cox's Orange Pippin. This variety is supposed to be above its northern limit but obviously the weather last month had the bees doing their best. There hasn't been much of a “June drop” either presumably because of the extra rainfall this year. There are lots of young rabbits around at present

DENT YOUTH FOOTBALL TEAM

Another chapter in Youth football in Dent begins this month with an Under 16's class farther enhancing opportunities for progression from Youth to adult football.

The blossoming club now has a fall range from Under 8's, 10's, 12's, 14's, 16's and girls teams and is a credit to the efforts of those who initially made the effort to establish the Dent Youth team.

In calling it Dent, it really is a joint effort between Sedbergh and Dent youths and parents and will in all probability need extra support from Sedbergh facilities this year as it really is too much to hope that all matches can be played on the one Dent pitch.

Any offers of a farther field in Dent area?

Sedbergh certainly has the extra facilities needed and the final product of these youth teams will end up playing for either Sedbergh or Dent senior teams and hopefully some move onto even higher levels so a joint effort in the youth stages of the game seems sensible without people getting hung up about a name.

So, to all youths in Dent, Sedbergh and other areas who want to play football this year, please contact any manager of a team or Jill Mitchell at Dent.

I will be managing this new group of Under 16's and will be starting training in August on Wednesday nights in Sedbergh. Please call Cobble Country 21000 to make sure of dates and times and place but first meeting will be August 4th 6.30 pm at Castlehaw Farm when we will have some general fitness training. Anyone new and interested should come along.

Nigel Close

SEDBERGH TOWN BAND

BAND NEWS

Danish Band Visit: On Monday 12th July a visiting band from Denmark stopped off in Sedbergh and gave a short lunch-time concert on the Bull Hotel bandstand.

Links with Sedbergh had been formed a few years ago when the Danish band attended the Brass Summer School held in Sedbergh School. Contact and friendship was also established with Harry Wilkinson, at that time landlord of the Bull. In his day Harry had been a euphonium player of considerable note and reputation, a figure held in high regard by the Danes.

When they stopped off in Sedbergh they were in the middle of a tour that had seen them playing concerts on the continent and around Yorkshire. The Sedbergh visit was to both renew acquaintances and have a break in their journey to Stirling which would see the completion of their concert tour.

Sadly advance publicity of their visit was impossible and so only a small audience, attracted by sound of brass music, was able to sit in the sun and enjoy a programme of stunning virtuosity and variety. The thirty five strong band demonstrated clearly why they are Denmark's leading championship band.

Sedbergh School Belgian Trip: Band Master Alan Lewis took the forty seven strong Sedbergh School C.C.F. Band and Drums to Belgium immediately after the end of term for an intense five days of performance. Concerts and marching displays were given at the Menin Gate,



Charleroi, Ypres, Liege, Namur and Aiseau..

The Band were awarded the unique honour of being invited to play the long reveille at the Menin Gate, a role exclusively for the local trumpeters and until now denied to all, including regular army bands. The Band marched through the town to the memorial gate, a massive structure inscribed with the names of 57,000 soldiers who fell in the First World War but whose final resting places are unknown. In the course of the ceremony, witnessed by a crowd of 5,000, four wreaths were laid in honour of seven Old Sedberghians whose names are commemorated on the Gates: Capt. K.

McDiarmid, Private C.A. Newby, Trooper J.L. Pumphrey, Lt. T. P.A. Ritchie, Capt. T.R. Scott, Lt. A.N. Sherriff and Lt. W.S. Turner.

Subsequently the Band journeyed to the small village of Chievres, located some 15km north of Mons, where in the Communal Cemetery lies the grave of Flight Sergeant William Dawson, R.A.F.V.R., the brother of Jack Dawson, of Highfield Villas, himself a Second World War pilot. William Dawson, a navigator, was killed on 17th April 1943 aged 22 when his bomber was shot down. The last post was played and full military honour accorded in the laying of a wreath.

On their return to Sedbergh the Band went directly to Lowther Castle to play at the induction of the new High Sheriff of Cumbria culminating in the beating of the retreat in front of the Castle. *G. B.*

FILLERS?!

We have, over a period of time, accumulated many what we call 'Fillers'. That is to say items humourous, ironic or topical, which have not found their way onto the pages of *Lookaround*.

Apologies to all those who submitted items which have never appeared, due to lack of space. We intend to include some or all of these over the next few issues,

starting with some gentle one liners to make you smile.

If you're too open-minded, your brains will fall out.

Don't worry about what people think; they don't do it very often.

It isn't the jeans that make your butt look fat.

Artificial Intelligence is no match for natural stupidity.

NO SMOKING ZONES

ACCOMMODATION

Phone (015396)

Slack Cottage, Dent, Sedbergh (B&B)	25439
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.)	21000
Moss Barn Holiday Caravan, Garsdale Road, Sedbergh (Self C.)	21038
Scow Cottage, Cowgill, Dent, Sedbergh (B&B)	25445
River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B)	25592
The Lodge, Loftus Manor, Sedbergh (B&B)	21855
Garsdale Foot Farm, Garsdale, Sedbergh (B&B)	21329
Swan Inn, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Wilkinstile, Dowbiggin, Sedbergh (Self C.)	20436
Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms)	21820
Sun Lea, Joss Lane, Sedbergh (B&B)	20828
The White House, Flintergill, Dent, Sedbergh (B&B)	25041
Cross Keys Hotel, Cautley, Sedbergh	20284
High Brigflatts, Sedbergh (Self C.)	20570
Syke Fold, Dent, Sedbergh (B&B)	25486
Lea Yeat Cottage, Wray Rigg, Cowgill, Dent, Sedbergh (Self C.)	25091
Holmecroft, Station Road, Sedbergh (B&B)	20754
The Bungalow, Cautley, Sedbergh (B&B)	21649
Middleton Head, Middleton (B&B)	20258
Randall Hill Cottage, Station Road, Sedbergh (Self C.)	21346
10 Main Street, Sedbergh (B&B, All Bedrooms)	21808
Stone Close, Main Street, Dent, Sedbergh (B&B)	25231
St Marks, Cautley, Sedbergh (B&B, All Bedrooms)	20287
Catholes Bunkhouse Barn (Self C)	20334
Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms)	25043

EATING PLACES

Bull Hotel Restaurant, Main Street, Sedbergh	20264
White Rose Fish & Chip Cafe, Main Street, Sedbergh	20468
Le Rouge Restaurant, Finkle Street, Sedbergh	20433
Fran's Bakery Tea Room, Main Street, Sedbergh	21058
Dent Crafts, Helmside, Dent	25400
Swan Inn Restaurant, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Meadowside Tearoom, The Laning, Dent	25329
Cross Keys Hotel, Cautley, Sedbergh	20284
Dalesman Restaurant, Main Street, Sedbergh	20
Stone Close Tea Rooms, Main Street, Dent	25231
The Head Restaurant, Middleton	20258

Entries in 'No Smoking Zones' are **free** for any premises in the Sedbergh, Dent & Garsdale areas (not including retail shops.)

ZEBRAS

Zebras Baby and Toddler Group would like to say a very big THANK YOU to everyone that supported our Bag 2 School collection. We raised £264. The response we had was overwhelming, everyone was so generous.

We would like to say a special thankyou to the Methodist chapel for letting us store the bags in the pool room, it was very kind.

Once again thank you very much to everyone. We are so grateful for the support.

ORGANISATION	CONTACT	Tel:	015396
After School Club	Mrs Packham	Sed:	21484
Age Concern Monday Club	Mrs Winder	Sed:	20512
Age Concern South Lakeland PH (M, & F)	Mrs Alderson	Sed:	20814
Angling Association	Mr Dandy	Sed:	
Art Society	Miss Nelson	Sed:	20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed:	20665
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bowling Club (Indoor)	Mrs Greenbank	Sed:	21720
Bridge Club	Mr Mr Stanton	Sed:	20901
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed:	20553
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Caving & Potholing Club (Dent)	Mr Stephenson	Sed:	21285
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Smith	Dent:	25209
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dentdale Festival Committee	Mrs Owen	Dent	25505
Dentdale Players	Mrs James	Dent:	25037
Dent School (Friends of)	Mrs Mason	Dent:	25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders	Mrs Brown	Dent:	25542
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mr Kooper	Sed:	20234
Guides	Miss Stephenson	Sed:	20731
	Mrs Mackereth	Sed:	20346
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Gladstone House	Mrs Mackereth	Sed:	20346
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
Hockey	Miss Capstick	Sed:	20259
Howgill Harriers	Mrs Moffat	Sed:	20907

BUS SERVICES

Sedbergh to Kendal via Oxenholme

Monday – Friday

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

Saturday Only

09.55	1030		564	GP	❖
10.50	1125		564A	D&H	❖
12.45	1320		564	GP	❖
15.25	1600		564	GP	❖

Sedbergh to Brough

Monday – Saturday

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

Sedbergh to Kirkby Lonsdale

09.45	10.18	Thu	567A	D&H	❖
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To Hawes

08.45	0920	Fri	112	B	
09.10	0945	Tue	112	B	
10.00	1035	Tue	804	D&H	❖
11.20	1155	Fri	112	B	
14.00	1435	T&F	112	B	
15.35	1620	Sch	112	B	
15.35	1620	Fri	112	B	

Sedbergh to Cowgill

09.40	10.09\$	Sat	564A	S	❖
12.05	12.32	Wed	564B	W	❖
15.00	15.30\$	Wed	564B	W	❖
14.15	14.43	Sat	564A	S	❖

Blackhall Road, Kendal to Sedbergh via Oxenholme

Monday - Friday

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

Saturday Only

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

From Brough to Sedbergh

Monday – Saturday

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

From Kirkby Lonsdale to Sedbergh

12.15	12.48	Thu	567A	W	❖
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From Hawes to Sedbergh

08.00	0845	Sch	112	B	
09.20	0955	Fri	112	B	
12.00	1235	T&F	112	B	
13.25	1400	Tue	804	D&H	❖
14.45	1520	Fri	112	B	
16.35	1710	Sch	112	B	
16.35	1710	T&F	112	B	

From Cowgill to Sedbergh

09.37	1005	Wed	564B	W	❖
\$10.20	1050	Sat	564A	D&H	❖
12.32	1300	Wed	564B	W	❖
\$15.45	1615	Sat	564A	D&H	❖

M-F Monday to Friday Only

Tue Tuesday Only

Wed Wednesday Only

Thu Thursday Only

Sat Saturday Only

Sch Schooldays Only (M-F)

W&F Wednesday & Friday Only

T&F Tuesday & Friday Only

All times are from and to The Dalesman Inn

GP = Grand Prix of Brough

B = Braithwaite's Coaches

D&H = D&H Travel

❖ = Provided with Support from CCC # = Kirby Stephen

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

For Comprehensive up-to-date information ring :-

Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)

All times valid from 4th April 2004

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

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

Complementary therapists practising locally

DIARY OF EVENTS

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

AUGUST		
1	1000	YDNP East Cowgill
1	1000	Moor & Dale Exhibition Ends
3	1000	Spinning a Yarn
4	1000	Howgill Church Coffee Morning
5	1930	WIH Open Meeting
6	1000	Craft Exhibition begins
7	1230	Open Gardens Weekend
8	1230	Open Gardens Weekend
8		StAS Table Top & BBQ
10	0830	Lunesdale Agricultural Show
11	1000	North West Cancer Coffee Morning
11	1930	Needles & Pins Club
11	1930	WIF Meeting
14	1000	Open Garden (14)
14	1300	CWT & HS A Walk on Clouds (14)
14	1400	Tea in Rhumes, Dent (14)
14-21		Headway Holiday Week (21)
15	1400	YDNP Watermills
16	1000	Holiday Club
17	1000	Holiday Club
17	1930	FCH Domino Drive
18	1000	StAS Missionary Coffee Morning (18)
18	1000	Holiday Club
18	1000	Craft Exhibition Ends
18	1030	Textiles Exhibition ends
18	1300	YDNP East Cowgill
19	1000	Holiday Club
20		S&D Art Society Exhibition Starts
20	1000	Holiday Club
20	2000	Mark Hawkins Singer & Disco (20)
21		Town Band Charity Concert
21	1030	P&PM Exhibition begins (21)
22	1030	People's Hall Service
22	1230	Nostalgia Motorcycle Scramble (22)
27	2200	DAF DJ Danny Disco (1)
28	1000	Market Fayre (28)
28	1000	Beekopers C'Mouth Convention
28	1100	DMH Table Sale (29)
28	1100	DAF Rounders (1)
28	1430	Fun Afternoon & BBQ
28	1830	DAF Kids Talent Show (1)
28	2200	DAF Devil's Dance
28		Gardening Ass Annual Show
29	1100	DAF Craft Fair (1)
29	1400	DAF Lads v Dads (1)
29	1415	CWT Children's Walk
29	1700	DAF Treasure Hunt
30	1100	DAF Craft Fair & Gala Day(1)
30	1300	YDNP Dentdale Walk
31	1930	Dales Vacation Chamber Orchestra (31)

SEPTEMBER		
1	1000	Garsdale Church Coffee Morning
1	1030	P&PM Exhibition (21)
1		S&D Art Society Exhibition Ends
3		WIK Outing to Cartmel Flower Festival
3	1930	Cautley Carollers (59)
3	1930	Badminton Season Starts
4		Victorian Fair
4	2000	PH Old Tyme Dance
5		Victorian Fair
5	1300	Town Band Performance
5	1400	Senior Tennis Tournament
5	1500	Jacob's Ladder
7	1900	Neighbourhood Forum
7	1930	Swimming Club AGM
8	1000	URC Coffee Morning
8	1930	Needles & Pins Club
8	1930	WIF Meeting
9	0900	Westmorland County Show
9	1800	CDC Enrolment Evening
10	1900	Torchlight Procession
12	1015	YDNP Cautley Spout Walk
12	1400	YDNP Surprises in Sedbergh
13	1930	Beekopers
14	1400	WIK Mad Hatters
14	1930	FCH Domino Drive
15	1000	Dent Foot Chapel Coffee Morning
15	1930	Ladies Fashion Evening (29)
18		Moorcock Show
19	1030	People's Hall Service
20	1930	FC Harvest Sale
21	1400	SLVSB
22	1900	CWT Bat Watch
29	1000	Firbank Church Coffee Morning
29	1030	P&PM Exhibition ends (21)

OCTOBER		
1		Folk Weekend
2		Folk Weekend
3		Folk Weekend
6	1000	Barnardo's Coffee Morning
10	1500	Jacob's Ladder
12	1400	WIK A Taste of Cumbria
12	1930	Bingo & Potato Pie Supper

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

It is printed by Stramongate Press.

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.

13 1000 NISCU Coffee Morning	URCR		
13 1930 Needles & Pins Club	StJAR	BF	= Brigflatts
13 1930 WIF Meeting	PH	BS	= Baliol School
18 1930 Beekeepers Honey Show	PH	BVH	= Barbon Village Hall
19 1400 SLVSB	CO	CDC	= Community Development Centre
20 1000 Christian Aid Coffee Morning	URCR	CO	= Community Office, Main Street
24 1030 People's Hall Service	PH	CS	= Casterton School
25 1930 GVH Beetle Drive	GVH	CWT	= Cumbria Wildlife Trust
NOVEMBER			
5 1830 FC Bonfire Night & Skittles	FCH	DAF	= Dentdale Annual Festival
6 1800 Sedbergh Bonfire Night	PH	DCMH	= Dales Countryside Museum, Hawes
7 1500 Jacob's Ladder	DMH	DCP	= Dent Car Park
9 1400 WIK AGM	PH	DMH	= Dent Memorial Hall
9 1930 FC Domino Drive	FCH	DMC	= Dent Methodist Church
10 1930 Needles & Pins Club	StJAR	EG	= Embroiderers' Guild
10 1930 WIF Meeting	PH	FCH	= Firbank Church Hall
10 1930 GVH Domino Drive	GVH	FM	= Farfield Mill
13 2000 Howgill Dance	HVH	GFK	= Grassrigg Farm, Killington
15 1930 Beekeepers Review	PH	GVH	= Garsdale Village Hall
16 1400 SLVSB	CO	HFM	= Holme Farm, Middleton
21 1030 People's Hall Service	PH	HS	= History Society
26 1930 WIH Domino Drive	HVH	HVH	= Howgill Village Hall
DECEMBER			
5 1500 Jacob's Ladder	DMH	JLCP	= Joss Lane Car Park
8 1000 Garsdale/Cautley Ch Coffee Morning	URCR	KC	= Killington Church
8 1930 Needles & Pins Club	StJAR	KL	= Kirkby Lonsdale
11 2000 PH Old Tyme Dance	PH	KVH	= Killington Village Hall
14 1400 WIK Christmas Party	PH	LHCP	= Loftus Hill Car Park
14 1930 FCH Domino Drive & Mince Pies	FCH	MCH	= Methodist Church Hall
19 1030 People's Hall Service	PH	MCCKL	= Methodist Church Centre KL
20 1930 Beekeepers	PH	MH	= Masonic Hall
21 1400 SLVSB	CO	PH	= People's Hall
2005			
JANUARY			
11 1930 FCH Domino Drive	FCH	SC	= Swimming Club
FEBRUARY			
15 1930 FCH Domino Drive	FCH	SCC	= Sedbergh Cricket Club
MARCH			
1 1930 FCH AGM	FCH	SHS	= Settlebeck High School
8 1930 FCH Domino Drive	FCH	SIC	= Sportsman's Inn, Cowgill
		SMCR	= Sedbergh Methodist Church Rooms
		StAS	= St Andrew's Church, Sedbergh
		StJAR	= St John Ambulance Rooms
		StMC	= St Mark's Church, Cautley
		SR	= Spooner Room
		SSPH/L	= Sedbergh School Powell Hall/Library
		TC	= Tennis Club
		URCR	= United Reformed Church Rooms
		WHC	= White Hart Club
		WID	= Women's Institute, Dentdale
		WIF	= Women's Institute, Frostrow
		WIH	= Women's Institute, Howgill
		WIK	= Women's Institute, Killington
		WVH	= Westhouse Village Hall
		YDNP	= YDNP Centre, Main Street

We note that many organisations are using Notice Boards around the town to advertise their functions. Can we please have the details of the events for our Diary for our readers.

Please remember to submit your details of events, meetings and games fixtures so that everyone can support your organisation.

DJW

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079/20218

Dr P A Orr

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

Dr W Lumb

Monday	0830 - 1030 * 1230 - 1300 Dent	1530 - 1830 *
Tuesday	0830 - 1100 1130 - 1200 #	1530 - 1830 *
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

☎ 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