

Sedbergh & District

LOOKAROUND

September 2004

Issue 215

Donation 50p

A very warm welcome to this modest issue of only 60 pages, after last month's mammoth 80.

There has been a vast diversity of weather in August and our area has thankfully missed out on the problems that have besieged the rest of the country,

for which we are grateful.

We extend a warm welcome to all our visitors in the month of September and we hope your visit to us will be one of much pleasure and that we will see you again in the future.

Dennis & Jacky Whicker



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CHILDREN'S BIRTHDAYS SEPTEMBER 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:-
Stephanie Gardner who is
8 years old on 11th September

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.

A little apology to Scarlett O'Neil who was really 5 on 18th July, not 4. Maths *used* to be my favourite subject!

Ed.



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

BED & BREAKFAST

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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
Mrs Bailey.....	Crook-O-Lune Farm, Howgill (04/09) <i>ID; IS; TVL; NS; NP*; P; DR</i>	01539 824270
Miss S Thurlby	15 Back Lane, Sedbergh (04/12) e-mail:- antique.thurlby@amserve.net <i>ID; IT; CH; L; NP*; P; DR; VB</i>	20251
Wardses Studio, Frostrow Lane, Sedbergh LA10 5JU (04/11).....	<i>ID; CH; TV; NS; P; NP*</i> e-mail:- msg@fish.co.uk	21138
Mrs S Gold-Wood	10 Main Street, Sedbergh (04/07) e-mail: sangold.kwood@virgin.net <i>ID; IT; IS; CH; TVL; NSB; P; CB; VB; GF</i>	21808
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (04/10) e-mail: pauline@tossbeck.f9.co.uk <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; CW</i>	015242 76214

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 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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at the time of submission.
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PERSONAL & SMALL ADS £1

CAMERON

Many thanks for all my lovely flowers, presents and cards. Annie.

DODD

Albert wishes to thank everyone for his many cards and presents received on his 90th birthday on August 2nd.

KIRKBY

Happy Birthday Mummy on the 27th September. Love and big Kisses. Jay.

MASON

Margaret would like to thank family and friends for cards and gifts and best wishes received on her **70th Birthday**. God Bless you all.

MATTINSON



Happy 18 Birthday Charlotte on Wednesday 22nd September 2004. With love and very best wishes from Mum, Dad and Megan.

MATTINSON

Happy 18th Birthday Charlotte for September 22nd. Love and happiness always. Nan and Auntie Pauline. xxx

MIDDLETON

Marjorie (died 28th January 2004) Dear Mum. You live on in the hearts of those you have touched, for nothing loved is ever lost and you were loved so very much. Always in my thoughts. Sarah.

MIDDLETON

A Celebration of Marjorie's life will take place at "Rhumes", Dent on Saturday September 4th from 2 - 5 pm. A short simple graveside service for those who wish to attend will be followed by afternoon tea and 'remembrances' at the bungalow. All her many friends, family, past customers, neighbours and friends of the family are warmly invited to join the celebration. Need a lift? Contact Sarah on 25212

MOXHAM (Peggie)

Chris and Jen would like to thank all Mam's friends and neighbours for their help and support given so readily to Mam over recent years. Special thanks to the team of Cumbrian carers who helped Mam in her own home over the past few months. We would also like to thank Canon Fell for the funeral service and Brian Goad for his kindness and compassion at this difficult time. The numerous lovely cards and letters of condolence were greatly appreciated. All donations received will be forwarded to Arthritis Car Kendal.

WOOF

Andrew. Congratulations on your **21st Birthday** and all good wishes for a wonderful time at Capernwray. With love always, Mum and Dad, Jenette and Susan.

PERSONAL & SMALL ADS £1

WOOF

We wish to record our appreciation for all the support and help received at and since Susan's accident. To Dr. Lumb, the ambulance staff, the fire brigades, the police and all those who assisted at the scene especially the milk tanker driver and Joe Stephenson. To all who have shown concern and kindness to all of us since. Thank you.

WOOF

Congratulations and Best Wishes Helen and Martin on your forthcoming wedding on Saturday 4th September 2004. Lots of Love Dad, Andrew & Jayne, Paul & Rachel. xxxxx

FOR SALE

White wardrobe. Sliding Doors. 5' x 3'. Available mid September. Free to a good home. Space needed. Tel:- 20007.

FOR SALE

Boys Bike. Suit age approx. 7-9 years. Green Raleigh Bike. Excellent condition. Just serviced by Askew's. Includes instruction book, allen key. Cost £180. Will Accept £40. Telephone 25226.

FOR SALE

Winnie the Pooh nursery items. Avent Bottle steriliser, warmer and breast pump. £25. Graco pushchair, navy/green check. Two position backrest and raincover. £35. All in excellent condition. Call Susan on 01539-824050.

FOR SALE

Mellerware Bread Maker. VGC. £25. Tel:- 21022.

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Creda Commodore Cooker. Very good condition and clean. Two and a half years old. £100 ono. Also Hotpoint Automatic Washer. Needs new rubber around door. £30. Telephone Mrs Baines on 015396-22192 anytime.

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WANTED

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

**SEDBERGH AND DISTRICT
HISTORY SOCIETY**

Visit to Kirkby Stephen, 21st July

On a glorious summer afternoon 17 members of the History Society (and friends) were treated to a guided tour of the church and town by Mrs Margaret Gowling of the Upper Eden Historical Society. Her extensive knowledge of early and medieval Kirkby Stephen ensured we all learned a great deal during the course of the afternoon.

She started by explaining some of the background history of the town, saying it is likely that its name derives from its position by the River Eden. In earlier days it lived somewhat in the shadow of Brough and is not mentioned in the Domesday Book. Brough was considered

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the more important place strategically by reason of its position and the possession of a castle. However, Kirkby Stephen was able to build its prosperity on its geographical position on the drovers' and traders' route from Scotland and, in time, became and has remained the more important of the two towns. On our tour of the town Mrs Gowling was able to show us some of the sites of the mills, brewery, tanning and weaving works. She pointed out the building from which Abraham Dent supplied the British Army with over a thousand pairs of socks during the Napoleonic Wars. In the eighteenth century Kirkby Stephen also boasted a clockmaker and purveyors of fine cloth as well as farms within its boundaries. Wills and inventories are an invaluable source for providing information of this kind. Also, some very useful and detailed sketches survive of the town and its buildings as they looked in the early nineteenth century.

The church, churchyard and some of the buildings immediately beyond are of great historical interest as we found. The advowson of the church, which was almost completely rebuilt in the nineteenth century, originally belonged to

Lindisfarne Priory and, later to St Mary's Priory, York. Once Carlisle Diocese was established it challenged this and a compromise was reached over the distribution of the tithes. Inside the church there are a few relics of the original building and a very interesting stone with carvings depicting 'the bound devil', possibly the only surviving one of its kind in the country. The Musgrave and Wharton tombs are very impressive, these families being the local landholders, subtenants of the Clifford Family. The side chapel containing the Wharton tomb had been used at one time, before the rebuilding, as a hen-house. One or two of the incumbents had interesting careers.

To the north of the church had been the

green, later the site of the workhouse and other buildings. To the south east are the fine buildings which housed the grammar school and master's house. The latter had been the vicarage previously. The school was founded by a member of the Wharton family and its first Headmaster served for forty years. Up to twenty boarders were accommodated.

The coming of the two railways had added considerably to the size and prosperity of the town.

Kirkby Stephen is a fine town with some interesting buildings and a beautiful area down by the river and we are most grateful to Mrs Gowling for giving so much of her time and expert knowledge in bringing its history back to life for us.

Elsbeth Griffiths



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A SEDBERGH VIEWPOINT

Ah, September, the season of mellow fruitfulness, shortening days and Harvest Festivals. I hope that our farming folk have all safely gathered in ere the winter storms begin.

September for me is a time of new beginnings. Summer holidays past for another year and back to school for our younger residents. I wish well all those who are starting school or nursery for the first time and all who are changing schools. Best wishes too to all who are starting their first jobs or who are preparing to go to university. Make the most of your new beginnings and new opportunities.

Many local organisations will be beginning their new seasons too and

deserve our support.

Sedbergh is a vibrant community and has much to offer its residents and I hope the TV documentary being made will make this clear. As I've said before I'm not sure of the benefits of town twinning but thanks to Nigel Close for his explanation in last month's *Lookaround*, though personally I'm little wiser. Perhaps I need to go back to school! It seems to me that the idea is that we should get chummy with a particular community in another EU country so that we can appreciate each other's culture and learn from each other. OK. That's fine, but how does that benefit the individual? As Nigel says the benefits are more for business people

- nurturing business relations

A TOUCH OF ELEGANCE

(of Rothbury, Northumberland)

LADIES CLOTHING EVENT

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A Selection of Autumn Wear

- organising aid and support programmes
- sharing experiences at managerial levels
- organisational and scientific fields.

I would like to put an exclamation mark after each of those for these things don't seem to tie up with what Sedbergh has to offer as far as I can see.

What is Sedbergh's main business? I would suggest tourism. So are we aiming to get more tourists from just one European town or are we going to build on what we already have and attract people from the UK and throughout Europe and beyond.

We have to concentrate on hospitality, tourism information, the Book Town idea, more B&B accommodation, more café provision, and longer business opening hours. Sadly we now live in a 24/7 culture and businesses need to be more responsive to this. Have you seen the coach loads of fell walkers who arrive early Sunday mornings in Joss Lane car

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park? The Tourist Information hasn't yet opened, and the walkers are straight up Joss Lane to the fells, returning after the Tourist Information place has closed as have all the other shops and cafes, so it's back on the bus and away they go. We need to get those people (and others like them) to stay overnight in our community and support our businesses, which in turn have to be responsive to their needs.

Sedbergh is a wonderful place to live in or to stay in and enjoy. It positively buzzes Wednesday and Saturday mornings, but at other times ... well, we just tick over. So perhaps we should be looking closer to home than to Europe. A bit of navel gazing might help!

But that's just one Sedbergh Viewpoint!
Best wishes, *N Hastle.*

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

On Wednesday 11th August in the People's Hall, Sedbergh beekeepers attended a practice resuscitation session specially arranged for us and conducted by Mark Winn, Divisional Superintendent of the Sedbergh Division of St John Ambulance.

Although it is thankfully a very rare thing indeed actually to happen, it is possible for the reaction to a bee sting to be so severe that the individual suffers anaphylactic shock that can, in the very worst cases, cause loss of consciousness as both breathing and the heart stop. We learnt that if the correct resuscitation actions are not started within three minutes there is little or no chance of the person surviving. So learning what to do *could* be a matter of life or death.

With his assistant Matthew Dawkins following his instructions, Mark carefully described and demonstrated each step of the process using a dummy called 'Little Annie'. He emphasised the need for *immediate* action while waiting for professional assistance to arrive - and to make sure that it did. We learnt the process called Cardiac Pulmonary Resuscitation (CPR) to provide the patient with the right amount of air in the lungs by mouth-to-mouth ventilations and to restart the heart by rapid compressions at the right place on the chest. Some of us then practiced on 'Little Annie'. It was clearly not easy to get it right first time - hence the need for practice. Mark then demonstrated that a small, not particularly strong, person could turn a heavy patient over into the so-called recovery position once the CPR

had worked. We practiced that too. Mark finished by recapping all the key steps and pointing out that this lifesaving technique is also vital for dealing with heart attack, electric shock, drowning, other extreme allergic reactions, etc. We have a printed checklist of each step to take to our apiary visits, *just in case!!*

We should like to thank Mark and Matthew and the St John Ambulance very much indeed for their time and expertise, and for giving us a better feeling that we *could* cope if we ever had to.

On Saturday 14th August some members travelled to the Shrewsbury Flower Show where we were able to see some two hundred classes of honey and other bee products on display as well as all the flower and other exhibits and attractions of a major flower show. The weather was excellent, just for a change, in a month of record rainfall and indifferent weather. Let's hope that September will be much kinder to us all, and to our bees!

Malcolm Fraser-Urquhart



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TOWN TWINNING

The Committee were surprised to read the comments from N Hastle in last months *Lookaround* (August, page 47 Sedbergh Viewpoint). There is no need for N Hastle to wonder where the money has come from for the Town Twinning. This has been clearly stated from the outset and repeated in almost all the Twinning articles which have appeared both in the *Lookaround* and in the *Westmorland Gazette*. That each individual committee member has paid for any cost incurred. It was felt that Mr Hastle's criticisms were rather misplaced and perhaps he would do better to involve himself in a community group who are doing something positive for the Town.

A small amount of fund raising took place at Christmas in the form of a raffle, those taking part were fully aware of where their ticket money was going. The raffle prize went to the winner the same as any other raffle. Anyone who wishes can have a copy of Twinning meeting minutes or the Treasures report.

Once again lets us explain that money for Town Twinning is generally only available through Educational channels, schools, colleges and universities. Some larger Towns in deprived areas may qualify but Sedbergh certainly does not. The Committee feel insulted by the suggestion that Town Twinning is no more than a fiasco, given that the word means, failure, flop, mess, debacle and misfortune. Considering that the BBC are making a programme about Town Twinning based in Sedbergh and looking at the process of Twining through our Town it is hard to see where the word fiasco and it's associated meanings fit in.

T'AI CHI and QI GONG

existing classes in:

Sedbergh ~ Garsdale ~ Hawes

**New class in Dent
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to register your interest.*

Ian McPherson
Telephone 20648

We too believe that Sedbergh is a wonderful place and wish to show our Town to the rest of Britain in a good light. If the Town is to have a sound economic future then a chance like the BBC is giving us through the Town Twinning programme can benefit all the community. Naturally everyone is entitled to their view but strength is better found when people work together. Most of the groups in Town will have had a letter asking them to organise something for our Twinning Visitors, the first group arrives August 29. Second on the September 6. Third on Sept 18 and the last group on Sept 26. Each group will be here a week and at the end of that week there will be an event of some kind organised by the Visitors. However during the week it would be great if any of our many groups/associations could put something on. For example the Bowling club are holding a competition. The Book Town planning a informal social gathering. The Fire Fighters are having an open day and There is a Car pull sponsored by the Football Club on Sunday Sept 26.

Contact the Chairman 015396 20431.

DANCING

To most people dancing is a mystery and they are content to let it remain so. To the participant, it is an activity like no other which transports them into another world.

Ballroom and sequence dancing are closely related in that they use the same dancing figures, music and technique. In both, a couple move around the room in an anti clockwise direction.

If at a dance each couple is doing their own thing independently of the other dancers - then it is a ballroom dance.

However, if all couples in the room are completing the same step at the same time - then it is a sequence dance.

Some far-reaching consequences of the difference are:-

- 1 Ballroom has 10 main dances. Sequence has well over 1000 dances and is growing by 45 per year.
- 2 Ballroom is physically more demanding and tends to attract the under 40 age group. Sequence is far more mentally demanding and attracts the over 50's.
- 3 Ballroom requires more space per couple than sequence. A room which has space for 40 ballroom dancers will accommodate 50-60 sequence dancers.
- 4 In ballroom dancing, collision is common. In sequence dancing collision is rare.
- 5 In ballroom dancing there is closer body contact between the couple and a code of understanding so that the lady is aware of her partners lead. With each new sequence dance, is published a script comparable to a



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cookery recipe, which details the foot movements of both parties. Probably far more people rely on a dance teacher to teach the sequence of steps

Dancing Teachers

For the past 200 years all dancers owe a great debt of gratitude to teachers. They have guided and directed us in the art - or is it sport as shown in the Olympics of dancing.

Most of us start with two left feet and it may seem a slow process to change from timid uncertainty to that of relaxed confidence. A good dance teacher realises this and he or she must be a person of patience.

The early teachers were of lively mind and nimble body who saw the opportunity to make a living. They composed their own dances, set them to music which they provided or arranged. Their skills were often passed from father to son and mother to daughter and a dancing heritage grew in families which is found even today.

Over time dance teachers got together to help each other and eventually formed dance societies which then formalised both dance steps and teachers. G. A.

OXFAM

I know it's only September but Oxfam (unfortunately!) is already gearing up for Christmas. By the end of this month we'll have all our Christmas gift ideas, advent calendars, Christmas cards and next year's calendars and diaries on sale. Come October we'll be selling our range of Christmas foods alongside our existing range of Fair Trade foods and drinks.

I'm not writing this to get you to spend your money in Oxfam, although that would be nice and our gifts are definitely worth investigating. I am writing this to ask for your help. As Christmas approaches all shops get busier and take on more staff, Oxfam needs more staff now. We need people to work in the shop, serving customers, tidying and

keeping shelves stocked. We need people to sort our donated goods. We need people to unpack incoming gifts and food. We need people to price everything.

What does Oxfam give in return? Excellent wages – you get to make new friends. Great job satisfaction – you know you're helping people all round the world. And we offer a free fitness regime – hard work! Still interested? Come and see us in the shop on 46 Highgate, Kendal or phone 01539 729695.

We don't just need you, we also need your money and your unwanted goods. We're still collecting for the refugees in Darfur, Sudan. We can also take money for disaster relief in Bangladesh. Or we could just take your money and use it to support any of our ongoing projects around the world – like setting up 1 million water tanks in Brazil, or funding safe houses for victims of domestic violence in South Africa, or providing schools and teachers around the world, the list goes on.

As for your unwanted "stuff" – we'll take, in good condition, clothes, bedding, shoes, kitchen items, bath stuffs, ornaments and so on at the shop. We also take books, music and videos either at the shop or in any of our book banks like the one on Joss Lane car park.

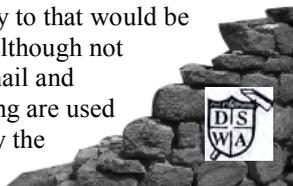
(Unfortunately we cannot accept electrical goods, furniture, prams + pushchairs, car seats, helmets, magazines or plants.) Our aim is "to make as much money as possible to overcome poverty and suffering". The more you give, the more we can sell to achieve this aim.

Thank you.

RD

Dry Stone Walling Association

Do you have an interest in traditional crafts, a working knowledge of Charity accounting and computer literate? If so, the Dry Stone Walling Association is seeking to appoint an Honorary Treasurer to join the existing management team and help develop the Association, which is a registered charity. The Association has its office based at Crooklands, Cumbria and close proximity to that would be an advantage although not essential as email and teleconferencing are used successfully by the Officers.



For an information sheet giving further details please write to DSWA, Lane Farm, Crooklands, Milnthorpe, Cumbria, LA7 7NH, or contact John Riddick on 01671 402048 for an informal chat.

PULSE PROJECT

I was talking to a few people who were wondering what in fact has happen to the Project. For many reasons things did not progress as they might have done. To raise funds for such a large under taking as the Udales building requires trust and serious commitment. Yes, Mr Fulford did our business plan and very good it was but we needed to get charitable status to unlock the door to the kind of funding we would need, more trust and commitment. Half a million pounds would have just about it got things going but how many people would want to stand guarantor on that kind of commitment, exactly.

When I first broached the subject with the Lottery they couldn't have been more helpful however it was a small carrot and then later one finds out just how big the stick is.. Add to this the mountain of forms which a body is supposed to fill in. Ok, so you make it you fill in the form and you send all the necessary evidence that is required by the funding body off

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before the deadline a only to find out that...

1. They have mislaid it and you have missed the deadline.
2. They have another one or two requirements that you now haven't time to get in.
3. These extra's requirements cost a great deal of money not to mention time.
4. They have changed the form and the requirements all together. (A favourite.)
5. They have run out of money.
6. You can't get funding from us if you already have it from So & So.
7. You can't get funding from us if you haven't got any from So & So.

I'm sure you can see a pattern emerging here. I could and I called it insanity. I even wrote to the Government department dealing with such matters who said they were looking into it. At the time they were throwing money at the Dome so not much left.

After the foot and mouth the

regeneration funds were around only trouble was the Pulse Project had started up before the F&M and so once again we were not eligible.

I take my hat off to the Booktown Committee who have done so well. They have worked so hard and have been so committed which has brought them to their goal. They are to be congratulated especially Carol Nelson without whom it would not have got started.

Back to the Pulse Project, having been through the minefield of funding a new committee was formed with different ideas. The vision was the we would rent a Unit at the Toll Bar. This seemed to be the ideal solution, the SLDC had no objection. After consultation with the Yorkshire Dales planning office an

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GENTURY OF FASHION

50 costumes from 1890's onwards
Costumes are modelled,
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Wednesday 15th September
7:30 pm

Tickets £3 ~ Refreshments

All proceeds for Hall funds
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The Show for the Hall
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Irene Caldwell of Crosby Garrett

Tickets from Dent Post Office
Or on the door

... application was put in for change of use to the then empty Unit at the Toll Bar. We were ready to celebrate as we had a company willing to put in the equipment and someone prepared to do the members inductions.. Wonderful!

Two days after the change of use planning application went in the SLDC informed us that the Toll Bar Unit had been let... The YDPA would not give us back the fee sent with the planning application and we were back to square one. However there are plans to build some more units. But until they do we will have to stay on hold.

In the meantime the Pulse Project has sponsored the Sedbergh Calendar, produced postcards for the Town and now a T/Towel. These promotional items have served to increase the funds for the Pulse Project and enabled to make donations to the Town Band and the Playground project. Any enquires to 015396 21808

Sandra Gold-Wood

KILLINGTON W. I.

August again - so that means President's Tea Party time but this year it seems that the weather fairy hadn't heard about our plans. On the previous day two inches of rain had fallen (or been chucked down) and on the day of our gathering a further inch and a half! Hence the River Rawthey was roaring and tossing along its rocky bed so we decided that this wasn't the day for a cooling dip. We listened to the rain and river from the comfortable fastness of the house and once again enjoyed the company, conversation, and a splendid tea. Thank you Shirley and thanks also to all those who contributed. Mary Tallon won first prize in the raffle and chose a box of chocs, leaving the boozy bottles for later lucky folk.

We discussed future plans. On Medieval Market Day we will be having a stall - let's hope that the weather faerie has heard about this one. On September 3rd some of us will be paying a visit to the Flower Festival in beautiful Cartmel Priory to which several flower arrangers from Sedbergh will be contributing. Our next routine meeting will be at the People's Hall on the afternoon of Tuesday 14th September when our speaker/demonstrator will be Janice Longmire with a title of "Mad Hatters" (very apt for us lot!). The competition is for a favourite hat. Dig yours out and join us.

W.F.U.

FROSTROW W. I.

Our President, Ann Petyt, gave a warm welcome to everyone attending the August meeting.

The five members who had attended Howgill W. I.'s Open Meeting had had a splendid evening. Jean Jones will be our

delegate at the Autumn Council Meeting in Ulverston and two other members will attend. There was some interest in the Scenes of Chatsworth House meeting at Kendal Town Hall and our President encouraged us to support the W. I. Writers' Presentation at Shap in which she and Margaret Copestake will be involved. She also reminded us to save Yorkshire Tea tokens which can be used through Oxfam to plant trees in Ethiopia.

After discussion, we agreed that we would be willing for the BBC to attend our September meeting in connection with the Town Twinning if they so wish.

Our speaker was Mrs. Chris Ashby from CancerCare, which is the largest cancer support service in the country and was started 24 years ago by a local Consultant Oncologist. CancerCare looks after families as well as patients over a wide area and all the services are free.

Counsellors are trained to help people cope with the shock of being diagnosed with cancer and different therapies are available to remove stress and help people manage their life-changing experience. A qualified member of staff is always available and there are 170 volunteers who provide transport, help with administration etc. A patient or carer may refer themselves by ringing the main office at Slynedales or may be referred by medical staff.

CancerCare relies on donations, fund raising, volunteers etc. to carry out this all-important work. Linda Hopkins thanked Mrs. Ashby for giving us an insight into the many kinds of support which can be provided so sensitively.

On September 8th we look forward to The Mallerstang Yomp. If you are new to the area and are interested in knowing about W. I., do come along! *M. F.*

DENTDALE W. I.

There was a good attendance for our August open meeting. During the business part Margaret Fothergill read a report on the National AGM sent to us by our delegate Pamela Moran detailing the outcome of the resolutions.

Good news from the treasurer that our funds had been increased by £175 following the mini market sale of cakes etc. More baking effort needed for the cake stall at the Gala on 30th August when we are raising funds for the Memorial Hall.

Business over we settled down for an illustrated talk by David Mower entitled "Seabird Summer". David had spent a season on the Island of Handa off the Sutherland coast during the seventies as a young warden. The Island is owned and managed by the Scottish Wildlife trust and internationally famous for its sea-bird colonies of Guillemots, Puffins, Fulmars, Shag, Razorbills, Skuas, Kittiwake, Gulls and Terns.

The Island is renowned for magnificent sandstone cliffs, which rise to 400 ft along the dramatic northern edge of the Island. The weathered horizontal layers provide ideal ledges for breeding and many birds return to the same spot on the cliff year after year. During early summer this year David Mower returned to Handa (little changed so he says) and photographed the birds. We were treated to some stunning shots of the nesting birds and the beauty of the Island. Freda Meakin gave the vote of thanks as she herself had been to the Island.

The meeting finished with a Jacob's Join supper with a selection of mouth-watering food to tempt our visitors and

us.

Judith Newsham won the competition with her photo of a sea view. Three raffle prizes this month one won by a visitor and the others by Doris Foster and Alice Ellison. Next month September 8th there will be a demonstration of Quilling by Laura Harker.

Visitors always welcome.

JOHN SOUTER

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ALL RUBBISH REMOVED

CUMBRIA WILDLIFE TRUST

The Sedbergh Support Group of the Trust is very well supported and another full diary of events are planned for the forthcoming season.

If you have any enquiries regarding membership or any of the visits, do not hesitate to contact the Honorary Secretary Chris Parr on 015242 76424.

HOWGILL W. I.

We would like to thank everyone who supported our coffee morning on July 21st. It was successful, raising £161 for W.I. Funds. Thanks also to those who gave donations.

Four members were given a warm welcome by Dent W.I. on August 11th when they enjoyed a talk and slides by David Mower from the R.S.P.B. A 'Seabird Summer'.

On August 5th members met for their open meeting and bring and buy sale.

Our President welcomed members including Dilys who despite her mishap with the hay bales was still able to come and join us. We wish her a speedy recovery.

We were delighted to be joined by members of Killington, Frostraw and Dentdale. Following our business meeting Mary Silva welcomed our guest for the evening Mary Lawson who talked and played her concert harp and smaller Celtic harp. Mary, who grew up in Wales, now lives in Tebay. She learnt to play at the age of eight and has used her musical talent to perform in the Haffner Orchestra. The harp is an ancient musical instrument. It consists of a triangular shaped frame with strings running vertically. It is played by plucking the strings with the fingers. Harps are very expensive but hold their value. We enjoyed folk, classical and Spanish pieces. Volunteers were eager and able to have a go for themselves.

Hilary Charlton thanked Mary for a splendid performance and giving us such a joyous evening. The competition for a pair of hand made shoes for a child or doll was won by Barbara Axford with Judith Capstick second. There was a

good selection of raffle prizes with several lucky winners.

On September 2nd we will meet at Howgill Village Hall when Mrs. Pat Ashcroft will be 'Adventuring'.

Everyone is welcome.

A. H.

DIALECT DIGEST

Does anyone still 'donkeysteean their dooarstep', I wonder? When I was a lad, it was common practise for the lady of the house to scour the front doorstep, and possibly the edges of windowsills, in yellow or white. The term 'donkey-stoning' came from the trade name of the stone used, Read's Donkey Brand – 'refuse imitations', as it said on the packet. There was pride, and perhaps an element of showing off to the neighbours, in keeping the fronts of houses immaculate. A lot of 'elbow-grease' was needed too in the laborious task indoors of black-leading the kitchen ranges which were once common.

Folks liked to keep their houses 'i' good fettle.' Modern machines weren't available, so 'weshday' was a long and hard process, involving the use of 'set-pots' (copper boilers), much manipulation of 'posers' (the wooden stick which moved the clothes around), hand-operated wringers, and finally the transfer to the washing line of the clothes in a wicker basket known as a 'voider'.

Now we all have the latest gadgets, and perhaps we are no longer bothered about what the neighbours think of us. Mind, the folks who lived in the cities in times gone by were probably taking things just a bit too far when they spent time and energy 'black-leadin' t' tramlines!'

Michael Park

PEPPERPOT MUSIC MAKERS

The Music Makers club for young musicians will have its first session of the new school year on Monday 6th September. Rehearsals are held in the Library at Sedbergh Primary School and are open to young people (and adults) who are learning to play violin, cello, flute or recorder. Players of other instruments are welcome to come and join in with percussion instruments or keyboards.

The sessions start straight after school (3.30) and finish at 4.30. We play a range of music and aim to have fun whilst improving our musical skills. Sedbergh Peppercup Club currently has several instruments that are available on loan to promising young musicians. Anyone who is interested in such a loan should contact Mrs Shirley Smith (21196).

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TWIN TOWNS

As *Lookaround* goes to print, there are many events organised but have not yet been finalised so look out for information. As soon as they *are* known, I will put details into the *Lookaround* Office.

By the time you read this, the filming in

Sedbergh will have already started for the BBC which will be screened on National Television in January 2005.

The Market Fayre on Saturday 28th August was the first event to be featured and the first 'Town' arrived on the Sunday.

On Saturday 4th September, the first Cultural Event will take place. On Sunday 5th, there will be a 'Video Postcard' from the Second 'Town' in the People's Hall at 1pm and 3pm where the BBC Film Crew will answer any questions.

Monday 6th sees the Second 'Town' arriving. There will be a 'Welcoming Event' in the People's Hall.

Sunday 12th will be the second Cultural Event.

On Monday 13th, there will be another 'Video Postcard' from the third 'Town' in the People's Hall at 12 noon and 8pm followed by questions and answers.

Saturday 18th sees the third 'Town' arrive with a Welcoming Event in the People's Hall followed by the third Cultural Event on Friday 24th.

On Saturday 25th, there will be the fourth 'Video Postcard' at 12 noon and 4.30pm, again with questions and answers. The fourth 'Town' will arrive on Sunday 26th with a Welcome Event in the People's Hall.

Saturday 2nd October will see the fourth Cultural Event which will be followed by Sedbergh Voting Day on Tuesday 5th.

On Wednesday 6th October, the Mayors of all four Twinning 'Towns' will be in Sedbergh for the counting of the votes followed by a Party celebrating the links. Again, more details will be published nearer the time.

Ed

SETTLEBECK PTFA NEWS

Used Clothes Collection

Settlebeck PTFA is collecting used clothes, soft furnishings, shoes, belts and soft toys to raise money for the North West Air Ambulance and the school. The collection will take place on Tuesday 21st September. Black plastic bags will be available from the second week in September from the school office or you can provide your own. Please deliver filled bags to the school by 3pm on the 21st September

Do You Shop Online?

Settlebeck PTFA now have a website through which you can shop online and raise money for the school PTFA at the same time. If you log onto the website you can then access many favourite shopping sites such as Amazon, Marks and Spencer's, Oddbins, MFI, Blackwell Books, various internet financial services and holiday companies. The PTFA then gets a percentage of what you spend at no extra cost to you or us! Take a look and then help raise money for us while you shop. The website is:

www.buy.at/settlebeckptfa

or it can be accessed through the school's own website.

<http://www.settlebeck.cumbria.sch.uk/>

(If you have never shopped online and would like to find out how contact Sedbergh CDC Tel 21031, who would be pleased to help you!)

Win £100 in Our New Lottery

Settlebeck PTFA is starting a lottery in this autumn term. The cost will be £15 a year (£5 a term) paid by direct debit. The prize of £100 will be drawn in the last two weeks of each term, at school and the

winner notified by post. If you would like to participate please contact Elaine Teal, tel 20721 or leave your name and address with the school, and you will be sent the information and forms.

Marion Wood (secretary)

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DENTDALE METHODIST CHAPEL

As this is written the 'Headway' holiday week is taking place and we are all really enjoying it. The singing and worship is so uplifting, the speakers challenge us, and everyone is so friendly.

Would it not be great to have regular services of praise and prayer? No sermons, no old fashioned hymns with difficult tunes, no notices, no collection, just pure praise and prayer! We come close at the 'Pray and Share' alternate Thursdays at 1.45 pm (2nd, 16th and 30th September). Do join us, its ecumenical.

September 5th is the launch of 'Jacobs Ladder' at 3 pm in the Hall. Our schoolroom is available for hire and along with the Chapel was certainly well used over the Headway week! Beginning each day with an 8 am prayer meeting then a kids club, perhaps other events and then in the evening a service.

The Chapel is open daily.

SEDBERGH GALA GROUP

The Group will be holding their AGM on Monday 11th October at 7.30 pm in the People's Hall Committee Room.

Members of the public are invited to attend.

It is at this meeting that the Gala Group distributes any surplus monies to Local Organisations and Individuals.

If you would like an application for funds to be considered, please apply in writing to the Secretary by 9th October at Fell House, Joss Lane, Sedbergh LA10 5AS.

SPARE TIME?

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COMMUNITY TRANSPORT SOUTH LAKELAND

SEDBERGH TOWN BAND

Charity Concert On Wednesday 21st July the Kirkby Lonsdale Brass Band, augmented by players from Sedbergh and Burneside, gave a concert on the Bull Hotel band stand.

The concert was to launch Joe Symond's 'Euphonothon' -this is an unusual fund raising venture that involves Joe cycling from Land's End to John O'Groats, stopping on the way to play his euphonium with some twelve different bands. In the course of the three weeks that it will take him to cover the nine

hundred miles involved he will have played in St. Austell, Launceston, Weston-Super-Mare, Swindon, Worksop, Harrogate, South Shields and Glenthroes in Fife. He hopes that a combination of sponsorships and collections at concerts will enable him to make a donation in excess of £5,000 to cardiovascular research.

It was always the intention to hold the concert on the bandstand if the weather was at all co-operative. In fact the designated night proved to be one of the few dry spells of July and it was unnecessary to take up the option of moving at the last minute to the People's Hall which had been hired as a back-up.

The whole evening was a resounding success: a good sized audience was treated to an impressive range of well played band music. Particularly pleasing were the two 'numbers' that featured Joe playing his euphonium - 'The Grandfather Clock' and 'Blaydon Races'.

A collection taken at the interval raised a most gratifying £181.80. Our thanks go to the audience who supported this venture. Steve and Alison for providing the venue and most particularly to the Kirkby Lonsdale Brass Band.

Band News The best wishes of all the band for a speedy recovery from injury go to cornet player Bernard Lyons. Bernard, formerly a resident of Sedbergh but now of Brampton from where he journeys for all rehearsals and concerts, suffered a broken arm when he came off his bicycle taking avoiding action when some young children ran into the road in front of him. Sadly he will be unable to play with the band for at least six weeks.

PUBLIC BENCHES IN SEDBERGH

From time to time, I get enquiries about donating Memorial Benches and we are always very happy to accept gifts of benches. The benches around town are well used and this makes a useful and lasting memorial of a departed loved one.



The Parish Council would like to thank *Lookaround* for their offer to supply a new bench on Main Street to replace the broken one. This will hopefully be in place in

the next few weeks.

If you would like to donate a bench to the Town please contact me either at the Community Office on Wednesday mornings or telephone me on 20901.

John Stanton
Clerk to the Parish Council.

PLAYING FIELD PLAYGROUND

Update

A big thank-you for all the donations and support from local businesses and members of Sedbergh Community.

We are now, thanks to you, close to meeting our target! This means that we hope to have a new Playground by November.

We would like to invite the community to view the proposed plans and play equipment. The venue is the People's Hall on Thursday 2nd September from 2.30pm until the early evening. The Toy Library will also be there on this day.

Thank-you again for all your help and support.

Playing Field Playground Committee



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It's low key, friendly and fun – and it's supported by all the main Christian denominations.

You're not on your own either. Almost 5 million people worldwide have already found Alpha to be a worthwhile experience.



So join us on a journey of discovery. There's a course starting in Sedbergh in September 2004.

We will meet Wednesday evenings in Sedbergh Methodist Rooms, New Street, commencing 29th September. Evenings will start with supper at 7.00pm, and finish around 9.30pm.

The introductory Alpha Supper will be held on Wednesday 22nd September at Thorns Hall. There will be no charge, but we need to know numbers for catering. Further details from Tim Widdess 20329, or Sandy Roy 20785.

**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.

THOUGHT FOR THE MONTH

Leaving the sunshine roof of my car part open on a day when it seemed like rain was a rather foolish thing to do. I sat in water all the way home. How often do you do or say something really silly?

Don't worry, you are not alone!
Sometimes we hear of something someone has done and we wonder if they're making it up! Sound far-fetched! Try this; A Prince, A King, born to an unmarried couple with a dirty stable as a maternity home, brought up in exile, shunned by his own family, followed everywhere by a crowd wanting more and more of him. Put on trial, falsely accused, hung on a cross until he died. Laid in a borrowed tomb, unrecognised when he came to life.

The wonderful thing is he did all this for you!
L. D.

FEMALES WANTED

On Sunday 26th September at 1.00 pm sees part of the long term planning and creating of a Sedbergh Junior Football Team. A lot of fundraising and events will be taking place to get this project up and running but along the way the pre-juniors F.C. will be working with other groups in the town. The first event being a 16 minimum female Car Pull from Dent Memorial Hall to Sedbergh People's Hall, a distance of 5.5 miles.

This will be a well organized event hoping to raise a lot of money shared between Sedbergh Playgroup and Zebras, Although we will get 16 ladies, the more over this figure the easier the pulling will be. So, if you are interested and wish to be away from your husbands, or boyfriends, for approximately three days estimated time, this event will take, then see either Mags, Lorraine or myself.

There is a £50 prize for the person who guesses how many minutes, hours, days, weeks or years this feat will take and along the way the BBC cameras will want to film this one. *Caspa*

PHAT CAFÉ

The popular Phat Café re-opens on Friday 17th September in Sedbergh Methodist Church and will be open every Friday during Term Time between 8pm and 10pm.

The Café is open to everyone aged 11 to 16 years at the start of the school year and membership is £5 for the full year. Application forms are available from Sedbergh Office Services or by e-mailing your details to ann@rawcus.co.uk.

Dear Editor,

I am wondering if you might be able to help me. My father spent his childhood at Stocks House Farm in Sedbergh. He lived with a family called the Armstrong's. My father is called George Edward Handley and he left Sedbergh when he was about 10 years old. He is now 73 years old and is wondering if there are any living relatives left in Sedbergh with the name Armstrong who lived at that address.

Many thanks. *David Handley.*

The only reference I was able to find regarding Stocks House was Stock House in Shacklabank. If anyone has any information that would help Mr Handley, please drop details off at the Lookaround Office.

Ed.

ANOTHER INTELLIGENT ONE

Sir Alex Ferguson is sat at home polishing his Charity Shield runner up medal when the phone rings. "Hello boss it's Alan Smith here" says the caller. "Hello Alan what's wrong son?" asks Fergie. "Well the girlfriend has bought me this jigsaw and I just can't get any of the pieces to fit". "What's it meant to be?" enquires Fergie. "It's meant to be a chicken according to the box boss, but it's doing my head in". Always one to help his new players Sir Alex says he'll come round to Smiths house to help him. Twenty minutes later Smith and Fergie are stood over the kitchen table while Smith moans that the pieces don't fit together so he's unable to make the picture of the chicken on the box. "Alan" says Fergie, "put the cornflakes back in the box lad".

David O'Leary

THE PEOPLE'S HALL SERVICE

These popular services are held on Sunday mornings in the People's Hall, Sedbergh, once a month, starting 10.30 am.

We meet in a relaxed informal environment, with all ages sharing in Christian worship using contemporary music and multi media resources as appropriate. We have a wide variety of visiting speakers, and children of all ages are catered for. We particularly welcome people who have no regular church connection.

The next few service dates are Sundays 19th September, 24th October and 21st November.

Why not join us at one of these services – you're invited!

*Sponsored by
Sedbergh Methodist Church*

POLICE REPORT

I was recently interviewed by Mr Jim Wilson of Fresh Radio regarding my role as a Community Policeman in Sedbergh. Jim asked "What about the problems of vandalism in Sedbergh?" My reply was "The children of Sedbergh have a great deal of respect for people and their property and there is very little, if any,



that occurs. Our children are a great credit to us and are a good example to the rest of the country. I also feel that if you show youngsters respect, it comes back to you". Long may it last.

DJW

CHRISTIAN AID

Christian Aid Week is held every May, when there are special fund raising events, and in particular the house-to-house collection. During the rest of the year Christian Aid is active throughout the world distributing aid utilising the cash made available by your generosity in Christian Aid Week.

At the present time the situation in Darfur, Sudan, is very much on our television screens and in our minds, and of course Christian Aid is working with other charitable organisations to get aid to the suffering.

This year's house-to-house collection in Sedbergh and Dent and district raised a record £3090, an increase of nearly £150 over last year. Furthermore thanks to

those who Gift Aided their contributions which adds a further £1300 to that collected.

Together with other events, particularly the Christian Aid shop which operated in the URC Rooms, you have given £6622 during the year. Especial thanks to the pupils of Dent School who contributed nearly £60 of that total.

As Christian Aid works throughout the year so does the local committee. By the time you read this we will have provided refreshments at the Sedbergh Market Fayre on 28th August.

Please give Christian Aid your support at the Wednesday coffee morning to be held in the URC Rooms on 20th October. We look forward to meeting you there.

The Revd. Ian McLoughlin.

SEDBERGH JUNIORS FOOTBALL CLUB



The Fundraising Begins

THREE SENIORS DISCO'S

Saturday 25th September
Saturday 30th October
Saturday 27th November



All at 10 pm till late
In The People's Hall

Late Bars



SEDBERGH SCHOOL GIRLS FUND

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

- 1, The income of the Fund shall be applied by the Committee for the benefit of beneficiaries, in one or more of the following ways:
 - a) The award of Scholarships, Bursaries or Maintenance Allowance tenable at any School, University or other place of learning approved by the Committee;
 - b) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or any other educational establishment, to prepare for, or to assist their entry into, a profession, trade or calling;
 - c) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education;
 - d) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the provision of coaching in athletics, sports and games, for beneficiaries who are receiving primary, secondary or further education;
 - e) The provision of financial assistance to enable beneficiaries to study music

- or other arts; and
- f) In otherwise promoting the education of beneficiaries.

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

Anyone wishing to make an application for a grant from the Fund should contact the Honorary Secretary, Mr N A H McKerrow, before 22nd September at The Bursary, Sedbergh School, LA10 5RY

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LANDSCAPES
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ZEBRAS

Zebras Baby and Toddler Group re-opens on Friday 3rd September.

Everyone is welcome from babies to school age children. We would really like to see you there this autumn.

We are also looking for help making simple refreshments. So, if you have an hour or so to spare on a Friday afternoon, please could you help. Telephone Emma Wilson on 20555 or Trish Woof on 21644. Thank You.

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.

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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

HOMEOPATHY CLINIC IN SEDBERGH

Drop-in Clinic for acute cases
every Friday morning
Between 09.30 & 12.30
in the Masonic Hall

No need to book
Nominal Charge

Children especially welcome

for further details, contact
Denise Williamson 20846

or

Ian McPherson 20648

*Please note that there will be
no Clinic on 3rd September*

THE MEANING OF VALUE

Value your friends and neighbours - even people you only know by saying 'Hello' whilst out shopping - because they could be your life line when faced with emergencies, as I found out whilst taking my daily walk with my dog Lucy and ending up the wrong side - my back side - over a stile - which I've clambered over countless times before. I soon realized - after trying to stand that my ankle was broken, and of course there was no one around.

After what seemed an age, in reality only about 5 - 10 minutes, my 'guardian angels' appeared - in the guise of Mary Harkness and her family - complete with mobile phone - (something I've always scorned and felt I could do without) and their innocent walk down by the river changed dramatically - things really 'buzzed' afterwards - for me anyhow.

So - here goes my Gwyneth Paltrows grateful Oscar acceptance speech! To Mary Harkness - just for being there - Laura and Stephen on the ambulance, Dr. Lumb - first meeting - don't know what you gave me but it was great! ?? John - groundsman at Sedbergh School. My good friend Jean Dixon - who made all the essential phone calls and ferried things to Lancaster for me - well, you

never have anything with you on these occasions - my work mates from Beamsmoor - that once fine establishment now sadly no more - and so many others who have visited and been in touch. Also my neighbours - John and Annie Mason who gave Lucy a home whilst I was in hospital—I'm beginning to worry I might lose Lucy to Annie. And lastly to Lucy my Yorkie - who was faithful, true and really didn't want to leave me.

Believe me - your friends really are your life lines in situations as this. I shall have been home for a month when this is in the *Lookaround* - so there could be more revelations from someone who has One Foot on the Ground.

Joan Collins

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**SOUTH LAKELAND SOCIETY
FOR THE BLIND**

The Group recently distributed a Quiz Sheet in and around the area to raise money for local funds. The Quiz consisted of 40 famous people and you had to identify their partners. Almost 400 sheets were bought and 52 correct entries were submitted, the winners were:-
1st P Hodge of Carnforth
2nd M Wilson of Kentrigg, Kendal
3rd D Butterfield of Bowes, Barnard Castle.

The Group are grateful for the support given and £160 was raised for funds. A big thank-you goes to Mrs Atkinson of Underbarrow, Kendal for setting the questions and answers.

- | | |
|--------------------------------|-------------------------|
| 1. Rula Lenska | Dennis Waterman |
| 2. William Shakespeare | Ann Hatthaway |
| 3. Sarah Brightman | Sir Andrew Lloyd Webber |
| 4. Billy Wright | Joy Beverley |
| 5. Prunella Scales | Timothy West |
| 6. Tony Blair | Cherie Booth |
| 7. Maureen Lipman | Jack Rosenthal |
| 8. Lee Chapman | Leslie Ash |
| 9. Lady Carina Fitzalan Howard | David Frost |
| 10. Roy Rogers | Dale Evans |
| 11. Steffi Graff | Andre Agassi |
| 12. Arthur Miller | Marilyn Monroe |
| 13. Zoe Ball | Norman Cook |
| 14. John Le Mesurier | Hattie Jacques |
| 15. Victoria Adams | David Beckham |
| 16. Alan Lake | Diana Dors |
| 17. Rosemary Clooney | Jose Ferrer |
| 18. Desi Arnaz | Lucille Ball |
| 19. Connie Booth | John Cleese |
| 20. Blake Edwards | Julie Andrews |
| 21. Judy Finnegan | Richard Madeley |
| 22. Desmond Wilcox | Esther Rantzen |
| 23. Jemima Goldsmith | Imran Khan |
| 24. Richard Attenborough | Sheila Sim |
| 25. Barbara Kelly | Bernard Braden |
| 26. Colin Baker | Liza Goddard |
| 27. Dawn French | Lenny Henry |
| 28. Sonny Bono | Cher |
| 29. Cleo Laine | Johnny Dankworth |
| 30. Peter Davison | Sandra Dickinson |
| 31. Nanette Newman | Bryan Forbes |
| 32. Billy Connolly | Pamela Stephenson |
| 33. Sandie Shaw | Jeff Banks |
| 34. Tom Cruise | Nicole Kidman |
| 35. Paula Yates | Bob Geldof |
| 36. Peter Hall | Leslie Caron |
| 37. Joanne Woodward | Paul Newman |
| 38. Harry James | Betty Grable |
| 39. Moira Shearer | Ludovic Kennedy |
| 40. Desmond Park | Kiri Ti Kanawa |

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TIM COLLINS MP

I recently had the pleasure of returning to Settlebeck School for a very special open evening. The event was being held to mark the completion of several exciting school facilities which included a spanking new library.

It was also a chance for parents, pupils and teachers to celebrate the school's success in achieving technology college status. Capped off with a glowing report from the Government's Chief Inspector of Schools, the evening was a magnificent high-note upon which to reflect on the year just gone and look ahead to the new school year in September. It was all a welcome turnaround on the school's fortunes which looked decidedly bleaker just a

few months earlier.

As Lookaround readers will remember, earlier this year the school was forced for the first time ever to write to parents asking for cash to buy books and other essential items. Thanks to problems caused by a new national school funding formula and the extra costs associated with the Government's increase in National Insurance payments, Settlebeck found itself £43,000 in the red through no fault of its own.

At the time I wrote to Education Ministers complaining that no parent should be expected to fork out for school books at a time when the Government was - and still is - taking record amounts of tax each year. I even raised the school's problems with the Secretary of

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State for Education on the floor of the House of Commons. I am glad to say that after a lot of hard work by the school, the generosity of local parents and some belated but nevertheless welcome action by the Government, I am told that Settlebeck is now back in the black.

Despite the welcome upturn in events at Settlebeck, I for one would like to see a change to the way schools are funded by Government to prevent problems like those we saw at Settlebeck ever happening again. Part of the solution has to include a simplification of the way schools are funded. More and more Headteachers tell me that the present system is too time consuming and that all the different pots of money to which they are forced to apply mean that not enough

taxpayers' money is getting through where it counts - in the classroom.

By making sure the school's funding comes directly from the Treasury, following pupil numbers Headteachers would not have to spend time bidding for special grants, or lose sleep worrying that the Local Education Authority will suddenly alter the school's income.

The Government are slowly moving in this direction but need to move much quicker if we are not to see more problems of the kind that dogged Settlebeck and Sedbergh parents earlier this year.

In the meantime, let's celebrate another success story for a South Lakeland school.

Tim Collins

<u>Starters</u>		<u>Fish Dishes</u>	
Prawn Cocktail & Marie Rose Sauce	£3.60	Salmon Steak with Parsley Sauce	£8.90
Garlic Mushrooms on Toast	£3.10	Grilled Rainbow Trout	£8.90
Pate with Garnish, Toast & Butter	£3.10	Breaded Scampi	£6.30
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Chicken with Basil, Port & Dill Sauce		Mushroom & Nut Fettuccini	£6.30
Venison Steak with Red Wine Sauce		Broccoli & Cream Cheese Bake	£6.30
Venison Casserole		Vegetable & Pasta Bake	£6.30
Supreme of Pheasant Chasseur		Vegetable Tikka Masala	£6.30
Pork in Pepper Sauce		Macaroni Cheese	£6.30
Cod & Prawn Crumble		<u>Rice Dishes</u>	
		Chilli	£6.30
		Chicken Tikka Masala	£7.20
<u>Main Courses</u>		<u>Salads</u>	
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Mixed Grill	£11.90	Cold Meat Salad & Roll & Butter	£5.90
Fillet Steak	£11.90	Prawn & Rice Salad	£6.30
Sirloin Steak approx. 8oz uncooked	£9.55	<u>Sandwiches</u>	
Half Roast Chicken	£7.50	Prawn with Marie Rose Sauce	£4.00
Chicken Kiev	£6.30	Ham, Beef, Cheese & Tomato;	
Lasagne	£6.30	Cheese & Pickle or Salad	from £2.50
Steak & Kidney Pie	£6.30	Toasted Sandwiches	from £2.70
Cumberland Sausage	£6.30	Portion of Chips	£1.50
Gammon & Pineapple	£6.30	Mixed Side Salad	£1.50
Barnsley Lamb Chops	£9.50	Portion of Mushrooms	£1.50
Marinated Lamb Steak (6oz)	£9.50	Roll & Butter	£0.45
Pork Chop in BBQ Sauce	£6.70		
Cheese & Ham Pasta	£6.30		
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Menu

SEPTEMBER GARDENING

September used to be one of the traditional months for putting down a new lawn because it was assumed that the hot, dry summer weather would be over by this time and the new seed or turf would get a good watering in and wouldn't be scorched to death. Those summers must have been very different from this year when it seems that any new grass would have been drowned rather than parched.

If you are planning on a new lawn from turf or from seed then it is well worth putting lots of effort into ground preparation so that you finish up with a good, long lasting result. If your new lawn is replacing an old one or is going onto an area containing perennial weeds then it is vital that you remove all of that first. I always spray off existing lawns with their inevitable dandelions and speedwell or clover and self heal and all perennials such as ground elder with Glyphosate (Tumbleweed or Roundup) This kills the weeds right down to their roots and, once dead they can be turned over and dug in when you prepare the seed or turf bed. Make sure that the area is well dug over and then well firmed down. The most effective way of doing this is to walk all over it putting all your weight on your heels and shuffling along with little steps. You will feel very silly and afford your friends, neighbours and passers by great amusement as you do this. The best policy is to suggest that they come and help -they usually go away quite quickly then. After treading the next job is raking to smooth out the soil to give an even base for a lawn.

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Remember that your soil will settle over the coming months so if you are laying a new lawn up to an existing path or paved area make sure that the soil is well up above the paving level. You should lay your turf directly onto the soil bed so that the soil on the turf is in contact with the soil on the ground and hence the new grass roots find it easy to make the transition through down into the ground. (The quick fix, building site method of spreading a layer or grit sand or builders sand to make a lovely smooth bed onto which to lay new turf is bad news for grassroots and excellent news for deep rooted dandelions and other lawn weeds. The turf will not thrive and can often be peeled back years after it has been laid because the sand makes an unmixable layer in the soil.) If you are using seed for your new lawn then choose the right type for your site. There are seed mixtures for sun and shade and for fine or tough warring lawns. Use lawn seed and not agricultural grass seed. The former will contain dwarf types which will grow at a reasonable pace and be easy to mow; the latter grow at a pace to keep up with a hungry cow.

Elaine Horne

Anthony Collinge



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SEDBERGH WRITERS' PROJECT

So far, we have received a good variety of material ranging from a children's story, to a beautifully illustrated journey through Garsdale, to frisky poems, school memories, a ghost story and more. In the coming months, *Lookaround* has kindly agreed to publish a selection. Some has been very serious, some delightfully light-hearted. So if you want to see your material in print, get writing!

We are looking for quality work on almost any topic that reflects Sedbergh life. But we are particularly interested in getting material on moments of transition and change, moments when what you accepted as normal is about to be or has been turned upside down by events or the natural rhythm of life. Here are some suggestions:

- Are you about to change schools, or leave school? Or college? How do you feel about it?
- Are you about to change jobs? Or

taken a radical new direction in your working life?

- Are you about to retire? What do you have planned?
- As you walk the fells, what do you notice changing, and what stays the same?
- Are your children about to leave home for college, or marriage, or a job away?
- Are you about to emigrate? Or have you come back from a long period abroad?
- Has a relationship developed or broken down making a change in life?

You might deal with this in short story form, or a poem, or even a short play script, as well as in a journal or diary format, or maybe a series of letters - real or imaginary. You choose the form, you set the standard.

In general, we want to encourage anyone from 15 years and upwards, but we are *not* against looking very carefully at material from writers younger than 15 if it is of good quality. For example, some of you may have really good Key Stage 3 or 4 creative writing about Sedbergh and the surroundings that you like. Well, let's see it!

The aim is that if we get enough good material - and we are now on the way - we shall try to put a book together. Send in your material to the new Editor of the Project:

Stuart Manger, Crow's Nest, Back Lane, Sedbergh, LA10 5AQ, or to Sedbergh Office Services (off Main Street behind the Bull). Arrangements to e-mail material to the Editor can be made if you get in touch with him by phone on 20108.

Stuart Manger

SEDBERGH PARISH COUNCIL

From the minutes of 30th June.

GUEST SPEAKERS

The Chairman welcomed Messrs. Steadman, Byatt and Collier from the Town Twinning group to update us on their recent twinning visit to Guglingen in Germany.

Mr. Steadman said that three weeks before, they went on a visit to Guglingen where they had a most enjoyable visit and were made very welcome by the people of Guglingen who were very keen to twin with us, as they were to twin with them. However there have been developments with the BBC Twinning programme. A meeting was held last night with the film crew who are want to go ahead with the programme but they will not proceed if

we are already twinned. A decision therefore had to be made between going with the BBC or twinning with Guglingen. After a long and difficult meeting they decided that for the sake of the town we had to go with the BBC as this will be of great benefit to the town and will bring us a lot of publicity and therefore business to the town. The BBC have said that we must have no more contact directly with Guglingen as this would be unfair to other towns to be involved in the programme. The position will be explained to Guglingen and it is hoped that they will also be able to take part in the programme.

Filming will take 4 to 5 weeks in August and involve 4 towns from Europe.

There was a discussion and it was

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unanimously agreed by the Parish Council that the committee had made the right decision to go the BBC route as this would be best for the town. Once the BBC have made their programme there is of course nothing to stop us then twinning with Guglingen.

The Chairman thanked the Committee for all the work they had done and looked forward to future developments.

Matters Arising :

Closure of Telephone Boxes - The deadline has been extended to 5th August. Also residents of Howgill are concerned about the closure of their box and are going to send a petition to BT.

Refuse Collection - A question was raised as to the position regarding

‘wheelie’ bins.

HIGHWAYS

It was agreed to accede to a request from Farfield Mill via Cumbria Highways to locate signs at the Toll Bar Junction.

Various items were raised :

1. Settlebeck Corner needs resurfacing and parking outside Settlebeck Cottages causes concern at times.
2. Loftus Hill - there is increasing concern caused by parking at the brow of the hill and it was agreed to ask for double lines on this section.
3. The new salt box at the top of Joss Lane has been destroyed
4. Fairholme continues to deteriorate.

(Continued on page 36)

5. The cattle grid on the Garsdale road needs attention.
6. A car appears to have been abandoned on the grass at Maryfell.

PLAYING FIELDS

The Play equipment group are well on their way to raising all the funding they need and work should start in the near future to install the new equipment. The present equipment is getting into a worse state but it was agreed not to repair it as it will all soon be removed.

It was agreed to donate a further £1,000 to their fund raising efforts.

Cllr. Winn raised the point that the field was for all the Community and more latitude was required when allowing other users on the field as long as they did no damage to the pitch.

It was agreed to allow the Gala group to use the field for bonfire night.

STREET LIGHTING

Two lights on Station Road are not working.

FOOTPATHS

The path from Station Road up to Havera is once again overgrown. The matter will be raised with Mr. Wilkinson the Park Ranger.

Work continues on Maryfell but it was pointed out that some 8 weeks ago many of the kerbs were dropped but they have now been dug up again and replaced.

CORRESPONDENCE

Sedbergh School - Plans for a Heritage Centre at the rear of the School library were looked at and it was agreed that this would improve the site and be a benefit

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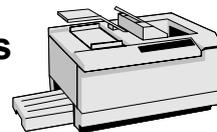
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to the Town. It was hope that extra parking would be provided.

Travelers - Two letters have been received from Pinfold residents complaining about the travelers at New Bridge. The position was explained to them.

Tennis Club - Changes to the rules are proposed. We had no objections.

PLANNING

Mr. G. Dalton advised us that subsequent to the site visit at Beamsmoor a decision will be made at the next meeting on 13th July. The number of boys to be catered for has now reduced to 11. It was confirmed that we still strongly objected to this plan as follows:

1. What about any further development in the future in response to education authority requirements.
2. Inadequacy of the site for residential educational needs.
3. Inadequate parking and dangerous access, especially if the gates have to be kept shut.
4. All access will have to be by car as not in walking distance of the town.

The plans for Udale's shop has been recommended for refusal but the applicant has asked for deferment.

Planning applications were considered as

follows:

FPP erection single storey extension at 27 Loftus Hill *Concerned at the loss of parking on the site which could lead to more parking on the road at the brow of the hill near where children cross.*

FPP subdivision and alterations to create additional dwelling at Town End, 96 Main St. *No Objections*

FPP Installation solar panel to existing dwelling at Woolly Place, Millthrop Mill. *No objections*

Planning decisions were received as follows:

FPP 2 Storey extension at Bramaskew, Howgill *Granted*

FPP erection extension and demolition existing garage at Hylands, Howgill Lane *Granted*

FPP insertion window and replacement existing window with patio doors at 6 Sycamore Av *Granted*

FPP erection extension at Ash Gill, Millthrop *Granted*

Alteration to parking bays and ATM area at Natwest Bank, Main St. *Granted*

FPP siting children's play equipment in Hotel garden at the Bull Hotel, Main St. *Granted*

LBC replacement windows at 3 New St. *Refused*

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MEMORIES OF A FORMER PRISONER OF WAR IN SEDBERGH

Alfred HARTMAN was born 28th July 1925 in Seifersdorf, East Germany and spent some time as a prisoner-of-war in the old workhouse on Loftus Hill in Sedbergh

Alfred was a wireless officer who volunteered for the German Navy and served on a minesweeper. His ship was sunk by her crew in Bordeaux along with other ships, (between 11th and 25th August 1944, 28 German warships and 28 merchant ships were scuttled in Bordeaux, Nantes and estuaries of the Seine and Gironde). Their crews, several thousand of them, walked through France to try to escape but near Orleans they surrendered to the Americans. They were

brought to Cherbourg and shipped to England where at first they went into a camp at Oxford, then to Glasgow from which they were embarked for America. After docking in New York they were transported for four days to Arizona where they were put into a prison camp. Alfred got a job working in the canteen at an airfield but also worked picking cotton, as did most of the prisoners. They wore clothes which were marked POW. In 1946 they thought they were being repatriated to Germany but found themselves back in England at Liverpool after a voyage from San Francisco which took them through the Panama Canal. Alfred claims they were 'sold' to the British. After being sent to Edinburgh, where they spent two weeks, they went to



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Longtown where they lived in tents and did some work in a local depot. From Longtown they were sent to a big camp at Milnthorpe from where about fifty came on to Sedbergh where they were billeted in the old workhouse on Loftus Hill. Food was sent over from Milnthorpe and if medical treatment was needed this was administered at or from Milnthorpe also. Dental treatment was from a trailer or caravan in Sedbergh.

As to their freedom, they had no guards and were allowed to fraternise with the local people in Sedbergh but not with

those in Milnthorpe (where the main camp was) and were permitted to walk up to five miles out of Sedbergh; also, they were allowed into the Golden Lion (now the Dalesman). For clothes they were issued with a type of overall but with a triangular piece cut out front and back and a different type of material inserted in the gap. They slept in bunks and were issued with what they called 'camp money' which was enough to buy six Woodbines or toothpaste and other necessities. They worked at Kirkby Stephen where they were usually taken

by truck but, during a blizzard in the very hard winter of 1946-1947 they taken to Rawthey Bridge and told to walk but got stuck and had to be picked up again after sheltering in snow holes they had made. They then helped the local farmers to bury the sheep, which had died in the severe weather, in pits. During this winter food was very scarce as supplies could not get through from

(Continued on page 40)



Milnthorpe so, when the prisoners once managed to find a dying sheep this helped a bit. It was so cold that the pipes froze and they had no fuel to light a fire in so they used to visit the rubbish heap where Mounsey's Garage was and take things back to Loftus Hill to burn in the fireplace to keep warm. In the summer, Alfred hay-timed for the Raws at Killington Hall and also worked for Mr Fishwick, Marjory's father.

Jack Moxham was the labour officer for the camp and they jokingly called him, 'the slave driver'; he worked for the West Riding Agricultural Committee. Tom Mason was the foreman in charge of Alfred's working group. He also remembers Roly Harper and Jim Harper of the Waterboard from whom he

acquired motorbike.

Provision was made for the welfare of the prisoners: Mrs Alice Robinson of the Oaks, whom they called 'Mum' and Mr Max Goodwin of Holmecroft visited twice a week to look after prisoners needs and see if they required anything. Mrs Robinson helped to look after a sick prisoner, Fritz Neuhaus, and said she wished to 'treat him as I would wish my son would be treated if he were a prisoner'. Mr and Mrs Hartman visited her and stayed with her in Sedbergh after their return to Germany.

Alfred had contact with home and letters were exchanged; there were no food parcels as the family had nothing to send but they knew where he was and were happy for him to be here as there was no



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food or employment at home.

The prisoners were not bothered to try to escape.

The prisoners were invited to one of the 'Sedbergh Evangelistic Meetings' at the Masonic Hall in July 1947, where they were served tea by local ladies and were taught the following:

'If you want joy, real joy, wonderful joy,
let Jesus come into your heart

Your sins he'll take away, your night he'll
turn to day

Your heart he'll make over anew and then
come in to stay

If you want joy, real joy, wonderful joy,
let Jesus come into your heart'.

Later in 1947 the prisoners were finally discharged or 'freed' and could have been repatriated but Alfred chose to stay and he was not alone in this. From 1947-8 he worked at Aisgill Farm in Mallerstang and by this time pay was allowed which amounted to £2 10 a week. He then went to work for Ernest Pratt at Thornymire at Hawes for two and a half years. He made

his first visit home in the winter 1949, for four weeks, and then came back to Hawes.

In September 1951 he moved to Hanging Lund at Mallerstang; then to Longtown for harvesting. Then, in 1952, when, after the 1st January ex-prisoners of war were permitted to take jobs outside farming, he worked at Eden Hall brickworks and, also, in a gypsum mine, finally going home on 3rd June 1952.

He enjoyed going to dances all round the area and, at one in Hawes, he met his future wife, Lydia, who worked in Kirkby Stephen from 1949-1952, looking after an elderly woman for her family. She had answered an advertisement from England for German girls to work over here. She described her mother's opposition, a bit about her work in Kirkby Stephen and the people she had met and about her home in Germany, in Wurtzburg, which had been badly bombed, the conditions after the war and the American occupying troops.

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**SEDBERGH & DISTRICT
CHAMBER OF TRADE**

From the Minutes of Monday 19th July.
Dent Business Forum

Liz Hilton, G Steadman and B Manwaring were made to feel very welcome at the meeting held in June. It was agreed that we would forge better links with each other in the future. They stressed their main concern was the TIC.

Litter Awareness

The Chamber would like to express its thanks to E Hailwood for organising the first Litter Awareness week. There was a good response from the primary school with posters exhibited in Library, Gallery and former Co-Op windows. Lester's old caravan chassis has been removed from the river (thanks to the help of Paul Mitchell and his tractor). Unfortunately the litter pick up sessions were disappointing as the response for help was nil. There was a small pick up in the area near Garsdale Bridge but that was it. This was the first year and thought to be a

very good initiative and will go from strength to strength in coming years. We will endeavour to start the campaign earlier next year.

Businesses in Bloom

Dorothy Blair was welcomed to the meeting as a representative of the Sedbergh in Bloom. Following some confusion over this year's competition to clarify; Sedbergh in Bloom have always organised the judging around the town including Commercial Premises, this is separate from the County Competition. This would have continued had the Chamber not advertised in the Lookaround. For this year the Commercial Premises within the town will be sponsored by Sedbergh and District Chamber of Trade in Association with Sedbergh in Bloom. The Chamber would ensure that all Business Premises along Main Street, Back Lane and Finkle Street would receive an Entry Form by Wednesday 21st July. Sedbergh in Bloom will judge the competition the first week

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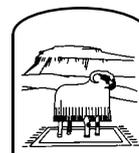
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in August.

Proposed Parking at Rear of BT Exchange Building

Following our earlier request to BT asking for them to donate the land at the back of the BT Exchange Building we have now received a response: they are willing to sub-let the land to the town with a number of conditions. It was agreed that we would approach Sedbergh Parish Council and ask them what the next step would be. A copy of the letter will also be sent to Sedbergh School to keep them updated.

Correspondence Sedbergh Playing Field Playground

A letter has been received by the Chamber asking for our support towards

the costs required for the new playground. It was agreed that the Chamber would donate £300 subject to this been within the Constitution.

Sub Committee Reports

Book Town & TIC

They are very close to meeting their goals. The TIC in its current state will close in October. But the Book Town would hope that they would take over the building and the TIC from this time. The opening hours would be increased to 7 days a week 362 days a year (closed Christmas day, Boxing day and Easter day). Their greatest concern is that following the broadcast of the proposed BBC programme in January there will be an influx of enquiries and they would not

have had the proper training or experience to deal with this. They would like to set up a "Business Steering Group" from a cross section of Businesses from Dent, Garsdale and Sedbergh. Anyone interested please contact C Nelson. This will be discussed further at the next Chamber of Trade meeting in August. C Nelson also asked for a yearly donation from the Chamber to assist in the running costs of the TIC. It was agreed that we would give £300 and review this on a yearly basis.

Medieval Fayre

45+ stalls need to be erected on the morning of the Fayre (28th August). Volunteers are urgently required!! Start time will be 7am and will take approx 1½ hours. Please contact Joyce Cox Tel: 015396 21820

Twinning

The recent visit to Guglingen by a number of Sedbergh folk was a great success and everyone was made to feel very welcome and the hospitality received was next to none!! Unfortunately the BBC have said that if we went forward with the Twinning with Guglingen at this time they would not be prepared to make the forthcoming


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programme. Although the BBC has been persuaded to put Guglingen amongst the 16 contenders that are been put forward as potential Twinning Towns. A letter was sent to Guglingen expressing our regret and we had to put the Town (Sedbergh) first, they have responded very positively and are pleased to be included in the programme.

3 letters to be put in the Lookaround in August.

A.O.B.

Pantomime – Robin Hood

Sandra Gold is producing a Pantomime and would like some volunteers! There are not large parts and rehearsals will start in October with performances in January. Please contact Sandra on *Minutes & Agenda's*

Anyone wishing to receive the Minutes and Agenda for each Sedbergh and District Chamber of Trade Meeting please email

sdct@dalesdusters.co.uk .



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HAS ANYONE SEEN A CRAYFISH?

If you've ever come across a curious looking lobster-like creature with claws and beady eyes staring up at you in the local becks, then your help would be very much appreciated! The future of our native white-clawed crayfish, a sensitive and retiring animal, is threatened by disease and by the invading American crayfish, which are bigger and more aggressive (much like the grey squirrels). Many populations have already disappeared throughout the UK, although parts of northern England still offer an important stronghold.

This summer the Environment Agency has launched a survey of crayfish in the River Lune and its tributaries to find out exactly how widely they are distributed in this area, where few records had

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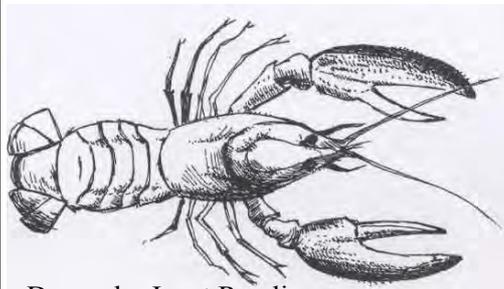
previously existed. Along with actively searching for crayfish armed with wellies and hand-net, a vital part of the survey is also to collect stories and experiences of local people who have encountered a crayfish. Any memories would be appreciated: If your little finger was nipped by one in the 1930's whilst tickling trout if your child proudly held one up at you grinning whilst building a dam last week (children often have the best idea of what lives under a stone in a stream). Any information is useful and will help protect the future of our only native crayfish. You can phone me directly or contact Bernie at the EA office and say when and where you saw a crayfish. Many Thanks, Martin Pugh 0777 9618 111, Bernadette Lobo: 01772 714027, email: bernadette.lobo@environment-agency.gov.uk

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Drawn by Janet Rawlins

BEATING OBESITY

There Is a lot spoken and written of obesity these days probably because we know so much more about the dire health consequences it can have. There is obviously a big problem as more and more people are becoming obese and at a younger age, often in childhood.

Is there a difference between being and obese and fat? Not really. Perhaps fat sounds Less threatening. Obese is a clinical word and the more obese (fat) you are the more likely you are to get debilitating and life threatening illnesses and complaints,

We do not like to call somebody fat to their face, it can be very hurtful and we go to all sorts of lengths to get around it. Saying they've overweight is a little kinder and rounded even more so.

If you are very fat, so that you can hardly walk or lift yourself out of a chair or take up room for two on the bus then you are already having serious health problems and unable to do lots of things you would like and are probably not able to live a normal life style.

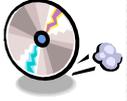
If you are just fat you will find it difficult to do any activity other than moderate walking and perhaps swimming. Clothes will have to be bought in very big sizes, that is if you can find them in shops apart from M & S or Evans. You couldn't go to the younger outlets.

If you are only a little overweight you will often feel more sluggish than you should, not able to sustain activities and find it difficult to buy clothes you like. They either emphasize your tummy, look better in black or feel just a little bit tight.

If what you are eating or the amount of



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activity you are taking is causing your weight to increase you must change your habits now!

Say you have put on 5lbs over the last year. That is not a lot but if you carry on in the same way imagine yourself in ten years time. 3½ stone does not sound so good does it? However overweight you are you need to do something about it now.

What is the answer?

The good news is that losing weight and keeping it off can be much easier and simpler than you think. Forget about fancy fad diets. Dr. Atkins, Detox diets and the rest. They all work whilst you stick to them but very few people can for a lifetime and would it be healthy anyway?

All you need to do is eat healthily for life. Sounds boring, well it could be if healthy eating just meant lots of fruit and vegetable, no chips ever and forget a glass of wine or a cream cake. Healthy eating means lots of variety, correct portion sizes, eat more of the foods that are good for you and less of those that are not. Nothing is really bad, its just excessive amounts of them that are.

We are very lucky these days, there are

so many wonderful foods out there. We can have fruits out of season, varieties from far lands that were not dreamt of 50 years ago and recipes from around the world that are unlimited.

With a little bit of thought we can all eat good healthy tasty food without depriving ourselves. There is always some alternative from the vast varieties available and I do not just mean the low fat or sugar free versions although these can be helpful.

Here are some ideas to get you going.

Change from full cream milk to semi-skimmed or even better skimmed milk. Try it for two weeks to give it a chance. Some people prefer the UHT variety as it has more taste. Grill rather than fry and eat more fish and chicken, reducing the amount of red meat.

Strictly limit processed meats and pies.

Do not use a sugar coated cereal for breakfast. Some have honey and nuts and dried fruit and may give a healthy impression but you might as well be eating a handful of sweets.

Change from white to brown wholemeal bread or multi grain bread. There are lots of varieties and they keep you feeling fuller longer.

Brown wholemeal pasta and rice is much better for you than white. I thought I would hate it but find I can hardly tell the difference and I prefer it now.

Watch the amount of cheese you use. It is good for us in small amounts but has a very high fat content. I try to limit it to 2oz. a week.

Cut out butter or even light spreads on your sandwiches. Most fillings are moist and with a bit of lettuce, tomato and cumber and a dash of low fat dressing

you cannot tell the difference.

Use salad vegetables more. They can be really tasty if you go for variety and make your meal last longer; leaving you feeling fuller. Add them as a garnish to a sandwich.

Cut out the crisps except perhaps once or twice a week.

Do not have take - aways except as a special treat now and then. They are generally very high in calories and fat.

Make sure you limit sweet and sugary foods to just now and then and keep alcohol to a minimum. It does have calories just like sweets and to excess will make you fat.

Have smaller portion sizes. Use a smaller plate.

You have to be prepared to change your lifestyle a little. No matter how much we like a food we usually sicken of it and go on to something new. Make that something new a wise change. Do not think about what you cannot have but what you can. There is so much choice.

You do not have to join a slimming club to lose weight but most people find it makes it easier. Having to weigh in on a weekly basis, being with like minded people and the help and motivation provided all help towards success.

Harmony slimming club has been running in Sedbergh for nearly three years and has lots of success stories. Meetings are held on Thursday evening for an hour, starting at 6.30pm.

The club has been closed for the summer holidays but re-opens on Thursday September 9th, ready to get people into shape for Christmas?

*Barbara Uttley
Tel 01539 722568*

HERBAL REMEDIES

Earlier this year, I completed a course of study in the use of Chinese herbal remedies, at the Northern College of Acupuncture in York. "Why Chinese?", you might ask, "Why not use our own herbs?" This is question I asked myself too, when deciding whether or not to take the course.

The main disadvantages with using Chinese herbs are the distance they have to travel ("herb miles") and, that improved manufacturing standards have led to less environmentally sound forms of packaging such as bubble packs, which can not easily be recycled.

From my point of view, the great advantage is that Chinese herbal remedies fit so well with the practice of acupuncture. The method of diagnosis is the same as for acupuncture and the two are traditionally used together. For example, people who suffer from chronic fatigue often catch frequent colds, which they find very debilitating. It would be possible to address the underlying problem with acupuncture, while having a herbal remedy on hand to take at the first sign of a cold. Or someone with joint problems might have acupuncture to ease

the pain and improve mobility, while taking a long-term blood tonic to assist in better nourishing the joints. (Blood deficiency is very often a factor in joint disease.)

Chinese herbs have been used for at least 2000 years. The modern method of putting herbs into categories according to their effect on the body (for example, "cools the blood" or, "settles the mind") was developed during the Qing Dynasty (1644 - 1911). More recently the Communist Party in China promoted the use of herbs as a cheap and effective alternative to pharmaceutical drugs. Now, much medical research is carried out every year into the actions and efficacy of herbs. This has resulted in alternative treatments for serious diseases such as prostate cancer.

Many of the individual herbs are familiar: liquorice, ginger, cinnamon, ginseng, ginko biloba, aloe, lovage, peach kernel, magnolia, for example. A few others have become well known, such as *dang gui*, which is sometimes recommended in the West for menopausal symptoms (although in Chinese medicine it is regarded as a blood tonic). There has been some

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attempt to grow Chinese herbs in the West, but often they do not have the same medicinal properties as herbs grown in China.

The individual herbs are combined together in formulas, some of which are very simple, with just a few ingredients, while others are more sophisticated and can deal with complex symptom pictures. The combinations of herbs used often have their own checks and balances. For example, tonic formulas are relatively rich and so would contain some herbs to help the body digest and absorb the formula. Tactics for combining herbs have been developed over hundreds of years and many of the recipes used are traditional. Modern formulas have been created to deal with peculiarly western

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conditions, such as menopausal syndrome and to treat new diseases such as ME.

Chinese herbal remedies are made, by cooking the whole herbs in the traditional way. The herbal mixture is then often made into small pills, which are usually pleasant to take because they have the taste of the herbs. The use of whole herbs has advantages compared to the modern practice, common in the West, of making standardised extracts of herbs.

There are some excellent Chinese herbalists in this country, who import and supply the remedies. They ensure the quality and purity of the herbs used and that the producers comply with Good Manufacturing Practice (this concerns both the standard of manufacturing and the working conditions of the employees).

If you would like to more about this form of treatment, please contact me. My telephone number is (015396) 20972.

June Parker

FLITTERMICE

Is "fluttermouse" a northern English name for a bat, or is it more widespread? I had always thought that the word derived from the German "fledermaus", but it seems that it is much more likely to be from "flytjamús", the old Norse name, which like so many other Norse words has hung on in this part of England.

Worldwide there are about 900 species of bats, ranging from fruit-eaters weighing over a kilogram with a wingspan of about 2 metres to tiny 2 gm insect eaters. Perhaps because they are nearly all nocturnal they have often been associated with magic and the black arts (how else could they navigate in pitch darkness?); and their reputation was not enhanced by the discovery of the South

American blood-sucking vampires.

However, we now know that in this country they all find their way and locate their insect prey by echo-location, a very high pitched sound equivalent of radar, and none are blood-suckers! In fact they are all entirely harmless to man.

We have about 17 species of bat in Britain, thinning out as you go northwards, and as with birds they tend to specialise. Noctules are very like Swifts with long wings and rapid, high flight, from which they may dive spectacularly to catch a beetle or moth. They usually fly over open country such as our riverside fields when hunting and have loud "voices" to detect their prey at a distance. It is interesting that at least some moths can hear the echo-location

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system at work and drop out of the sky to avoid capture. By contrast, Brown Long-eared bats only seem to whisper as they hover among leafy branches on their relatively short broad wings, and this enables them to pick unsuspecting insects from tree flowers or leaves, perhaps along the edge of Akay Wood. Daubenton's bat specialises in aquatic insects like caddis flies, usually cruising back and forth just above calm water like the Clews and often skimming pond skaters off the surface.

Like so many other wild animals and plants, most species of bats in Britain have declined in numbers over recent decades, partly because their insect prey have also declined, but often because their homes have been destroyed: old hollow trees, holes in the stonework of bridges, etc.. But at least one species has thrived; Pipistrelles seem to have taken to modern domestic buildings enthusiastically, being small enough to squeeze through gaps only 10 mm wide,

perhaps between roof soffit and the house wall into the boxed-in eaves. They may also use the space between roof slates and roofing felt, but they will often move around to find a place where the temperature suits them if the weather changes.

There are commonly between 50 and 150 Pipistrelles in a summer roost, but usually the house owner is quite unaware of them.



Marked bats have been weighed as they were caught leaving home for a night's feed and again on their return, and have been found to have eaten up to a quarter of their own body weight of insects in one night. For a colony of 150 bats that adds up to an awful lot of insects!

We have at least 6 species of bat in and around Sedbergh, not all of them easily recognisable even if you have one in your hand. A few years ago the first Brandt's bat to be identified for sure in Cumbria was found in Dowbiggin, but they have probably been around all the time. They are so similar to Whiskered bats that you can only tell them apart with certainty by examining the male reproductive organ (sorry!) or one of their back teeth! With the help of bat detectors which lower the pitch of the bats' echolocation sounds to a level which is audible to humans, and by modern tagging methods, the experts are finding out more and more about these fascinating and difficult-to-study animals. If you get an opportunity to go out of an evening with someone who knows what he/she is talking about, seize it!

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YORKSHIRE DALES NATIONAL PARK

Members of the Yorkshire Dales National Park Authority have elected Carl Lis as chairman of the Authority.

Mr Lis was elected on 27th July at the National Park Authority meeting in Ingleton. At the same meeting the Authority's members elected Jerry Pearlman as the new deputy chairman.

Commenting on his appointment, Mr Lis said: "It is an honour to be elected to the role of chairman of the Yorkshire Dales National Park Authority and I am looking forward to the challenges the coming year will bring.

"I intend to be an inclusive and involved chairman, who recognises that every member's voice is important. We all have our strengths and indeed interests and these are of great value to the Authority.

"Over the last year the Authority has made some difficult decisions regarding selection of partnerships that can best deliver our objectives. This hasn't been

an easy process but I believe we deserve credit for facing up to our responsibilities and dealing with these real issues.

"I believe there's much more that we can achieve, to the greater benefit of the National Park and our communities and environment, by working together with other individuals and organisations. We need to concentrate on consultation and not confrontation."

Welcoming Carl Lis, retiring chairman Steve Macare said: "It has been a great honour to have led the Yorkshire Dales National Park Authority for the past five years.

"I know that Carl is committed to working with local people for the benefit of residents, visitors and our wonderful Dales environment. I look forward to working with him during the coming year."

Commenting on his appointment to the position of deputy chairman, Mr Pearlman said: "As a member of the Authority for much of the past 20 years,

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"Authority members all care deeply about the Yorkshire Dales, its wonderful scenery and particularly its people. Although members don't always agree about the best way to look after the Park, we all want to see the Yorkshire Dales prosper and retain their beauty and character.

"I'm honoured to be chosen as deputy chairman and in this role look forward to continuing to assist the Park and its people."

Mr Lis has been a member since 1993 and is a Craven District Council Appointee (District Councillor) to the National Park Authority. He is the current leader of Craven District Council and has been the elected Craven District Councillor for the Ingleborough Ward since 1991.

A resident of Ingleton since 1982, Mr Lis has worked in the quarrying industry since 1965. He is currently employed by Hanson Aggregates as the manager of

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Ingleton Quarry.

Mr Pearlman is a Secretary of State Appointee to the National Park Authority. He has practised as a solicitor for 40 years and is a consultant with Zermansky and Partners in Leeds. He is honorary solicitor to the Ramblers Association and the Open Spaces Society, a member of the National Countryside Access Forum and a trustee of the Yorkshire Dales Millennium Trust.

In the contest for chairman, Carl Lis defeated Roger Harrison-Topham by 13 votes to 11 on a second ballot. The first vote was tied at 12 votes each.

Roger Harrison-Topham, Steve Macare and Jerry Pearlman all stood for the position of deputy chairman. In the first ballot Mr Pearlman received nine votes, Mr Harrison-Topham eight and Mr Macare seven votes. As there was no overall majority, a second ballot was held between Mr Pearlman and Mr Harrison-Topham, with Mr Pearlman succeeding by 14 votes to 10.

The election of chairman and deputy chairman is held every twelve months, with the 26 members of the Authority eligible to vote.

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PHOTO CALL

Last month's photo was identified within hours of the *Lookaround* being published. My thanks to Marlene Williamson nee Mason for the names which are as follows.

Back Row: Derek Ousby, Tommy Winn

Middle Row: David Rycroft, Frank Benson, Alan Capstick, Bessie Seed, Irene Metcalfe, Rita Bainbridge, Jack Middleton, Johnny Akrigg.

Front Row: Susan Yates, Heather

Staveley, Margaret Blades, Marlene Mason, Miss Hunt, Joyce Todd, Elizabeth Pratt, Dorothy Lund, Rosemary Allen.

As well as that I continue to receive phone calls from former pupils of Settlebeck from all over the UK, the last one being from Alan Capstick in Leyland who was pictured on last month's photo who was delighted when his sister sent him a copy of the *Lookaround*.

This month there is one main photo of Settlebeck 1947 which again comes by



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kind permission of Margaret Mason. Margaret has managed to identify the majority but there are a few who still need identifying.

The names I have are as follows
Top Row: Hugh Brooks, Derek Hoggarth, Stanley Hill, Harold Goad
Third row: Margaret Brunskill, Lily Woof, Eunice Metcalfe, Freda Benson, Dorothy ***** (from Killington)
 Margaret Heigh (hope I have spelled that right Maggie !!) Margaret Bradley, Mr Schonut.

Second row: ***** , Pat Bell, Elsie Richardson, ***** , *****.

Front row: Thomas Harper, Dennis Pratt, ? Metcalfe, ? Metcalfe.

I am also adding 2 photos from about 1968 . Can anyone oblige with names for these 2 girls please.

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

Many thanks for all your help and keep those phone calls coming

Shirley Tebay



FAMILY MUSINGS

Our beloved little black cat, the one who would climb up onto my shoulder and sneeze in my ear, the one who came to live with us at the bungalow and since Granny died has been the one constant living-being to welcome me home, my darling Terror puss, has been put to sleep after becoming very poorly. For the last few weeks of her life she craved company and could be seen sitting in the road or in next-doors garden when we were all out, or giving the neighbours willa-be-gibs thinking she would be run over. Believe it or not she was 15 !! Whatever the equivalent age is in humans .. she did well. I miss her. She was really elder daughters cat, a family cat, along with Woo who lives on the farm and was born under my bed sounding like an owl but one cannot call a cat twit, would give it a complex!!

People never cease to amaze me, as if it had not been stressful enough to see our younger daughter in her bashed up car, moments after it and a milk tanker had a crash, some of them, the "they" we hear about had to decide they were (I quote) "pleased she had had such a traumatic crash". When one local lady told me she was pleased about the crash she achieved something very rare, I was lost for words! I could not believe I was hearing right, but I was. There is something about people who live in glass houses not throwing stones and how many of us could say in all honesty we have NEVER taken our local roads for granted and gone a bit fast or cut a corner ? We all need a gentle reminder, a bit of a bump, a near-miss but no-one. especially my

daughter, deserved what happened to her at Gowans Cross ! The diesel which some-one unknown had spilt on the road that morning added to the speed of her car as she tried to brake. Indeed we witnessed a miracle that day, and that, after all is what matters! The "they" can keep their thoughts to themselves, please.

If you phone us at the farm the message gives you the bungalow number which in turn gives you my mobile number which gives ... nothing you can leave a message, could just keep sending you from one to another!! At one of the Sedbergh coffee mornings, I bought a cube clock with a chart to show what time it is around the world, the first day it rang very early, too early, and woke us up. It seemed such a good idea. Have you played with a spinning top recently? I got one each for the twins for their 3rd birthday along with Peter Rabbit aprons and they wanted to get cracking baking at once! Perhaps they could come and bake cakes for the afternoon tea at the Celebration of Mums life?! Meanwhile can the rain stop please so we can get the garden into good shape, and yes, the gardener as well! Meantime the guests at my birthday party dined well and so did the midges! Then next day I found more party food in the freezer, forgotten! One of my cards apologized my pressie was late but promised I will be very "smitten" with my late present .. a kitten! I am thrilled and as for hubby he could hardly contain his enthusiasm, not! All will be well he has a kind heart, I've seen him with cats/kittens when he thinks no-one is looking Mmm !!

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

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

Complementary therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 27th April 2005

SEPTEMBER							
1	1000	Garsdale Church Coffee Morning	URCR	19	1030	People's Hall Service	PH
1	1030	P&PM Exhibition (29)	FM	20	1930	FC Harvest Sale	FCH
1	1400	Art in the Park	DCMH	22	1900	CWT Bat Watch	LHCP
1		S&D Art Society Exhibition Ends	MH	22	1900	Alpha Supper	Thorns Hall
2	1430	Playground Display	PH	24		Third Cultural Event (19)	TBA
3		WIK Outing to Cartmel Flower Festival		25	1200	TT Video Postcard (19)	PH
3	1100	Jam Demonstration	DCMH	25	1630	TT Video Postcard (19)	PH
3	1930	Cautley Carollers	StMC	25	2200	SJFC Senior Disco (25)	PH
3	1930	Badminton Season Starts	SSQH	26	1300	Charity Car Pull	Dent
4	1000	Victorian Fair	KL	26		Fourth Town Welcome Event (19)	PH
4	2000	PH Old Tyme Dance	PH	29	1000	Firbank Church Coffee Morning	URCR
4		TT First Cultural Event (19)	TBA	29	1030	P&PM Exhibition ends (29)	FM
5	1000	Victorian Fair	KL	29	1900	Alpha Course commences	SMCR
5	1300	Town Band Performance	K Village	OCTOBER			
5	1300	TT Video Postcard (19)	PH	1 - 6		Advaita Retreat	St Mark's Cautley
5	1400	Senior Tennis Tournament	TC	1		Folk Weekend	Ingleton
5	1500	Jacob's Ladder	DMH	2		TT Fourth Cultural Event (19)	TBA
5	1500	TT Video Postcard (19)	PH	2		SMC Harvest Ceilidh	PH
6	1530	Pepperpot Club starts	SPS	2		Folk Weekend	Ingleton
6		TT Second Town Welcome Event	PH	3		Folk Weekend	Ingleton
7	1400	Spinning a Yarn	DCMH	5		TT Sedbergh Voting Day (19)	
7	1900	Neighbourhood Forum	DMH	6		TT Sedbergh Twinning Day (19)	
7	1930	Swimming Club AGM	Bull	6	1000	Barnardo's Coffee Morning	URCR
8	1000	URC Coffee Morning	URCR	6	1930	HS Kendal to Krakow	SHS
8	1300	A Touch of Elegance (8)	PH	9	1000	Pepperpot Club Coffee Morning	URCR
8	1930	Needles & Pins Club	StJAR	10	1500	Jacob's Ladder	DMH
8	1930	WIF Meeting	PH	11	1930	Gala Group AGM	PH
9	0900	Westmorland County Show	Crooklands	12	1400	WIK A Taste of Cumbria	PH
9	1230	Woodland Birds of the Dales	DCMH	12	1930	Bingo & Potato Pie Supper	FCH
9	1800	CDC Enrolment Evening	SHS	13	1000	NISCU Coffee Morning	URCR
9	1830	Harmony Slimming Club begins (9)	PH	13	1930	Needles & Pins Club	StJAR
10	1900	Torchlight Procession	Kendal	13	1930	WIF Meeting	PH
11	1000	Free Entry to Museum	DCMH	13	1930	CWT Water Voles	SHS
11		Annual BBQ & Duck Race	KVH	17	1030	FM Collectors Fair	PH
12	1000	Free Entry to Museum	DCMH	18	1930	Beekkeepers Honey Show	PH
12	1015	YDNP Cautley Spout Walk	YDNP	20	1000	Christian Aid Coffee Morning	URCR
12	1400	YDNP Surprises in Sedbergh	YDNP	20	1930	HS 2001 Foot & Mouth outbreak	SHS
12		TT Second Cultural Event (19)	TBA	24	1030	People's Hall Service	PH
13	1200	TT Video Postcard (19)	PH	25	1930	GVH Beetle Drive	GVH
13	1930	Beekkeepers	PH	30	1000	CWT Table Top Sale	PH
13	2000	TT Video Postcard (19)	PH	30	2200	SJFC Senior Disco (A)	PH
14	1400	WIK Mad Hatters	PH	NOVEMBER			
14	1930	FCH Domino Drive	FCH	3	1930	HS 17 - 19C Book Trade in Cumbria	SHS
15	1000	Dent Foot Chapel Coffee Morning	URCR	5	1830	FC Bonfire Night & Skittles	FCH
15	1930	Ladies Fashion Evening (15)	DMH	6	1800	Sedbergh Bonfire Night	PH
18		TT Third Town Welcome Event (19)	PH	7	1500	Jacob's Ladder	DMH
18		Moorcock Show	Mossdale	9	1400	WIK AGM	PH

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

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

9	1930	FC Domino Drive	FCH
10	1930	Needles & Pins Club	STJAR
10	1930	WIF Meeting	PH
10	1930	GVH Domino Drive	GVH
13	2000	Howgill Church Dance	PH
15	1930	Beekkeepers Review	PH
17	1000	Nat. Kidney Research Coffee Morn	URCR
17	1930	HS Parliamentary Enclosure	SHS
21	1030	People's Hall Service	PH
24	1930	CWT Barn Owls	SHS
26	1930	WIH Domino Drive	HVH

DIARY KEY

BF	= Brigflatts
BS	= Baliol School
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CS	= Casterton School
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
EG	= Embroiderers' Guild
FCH	= Firbank Church Hall
FM	= Farfield Mill
GVH	= Garsdale Village Hall
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KC	= Killington Church
KL	= Kirkby Lonsdale
KVH	= Killington Village Hall
LHCP	= Loftus Hill Car Park
MCH	= Methodist Church Hall
MCKL	= Methodist Church Centre KL
MH	= Masonic Hall
PH	= People's Hall
SC	= Swimming Club
SCC	= Sedbergh Cricket Club
SHS	= Settlebeck High School
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



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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 1st Monday 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