

## Sedbergh & District

# LOOKAROUND

May 2005

Issue 222

Donation 50p

A continued thank-you to all contributors and advertisers this month. Another bumper issue at 68 pages with a full colour supplement about Settlebeck High School's visit to Zrece in Slovenia.

The months move on and Summer is

almost here. There are oodles of events on in the area for the forthcoming months with fun and entertainment for everyone. Please support them and keep our community thriving.

*Dennis & Jacky Whicker*

**The Fairly Famous Family**  
**TWINS**

**Sedbergh Gala**  
**Saturday 21st May 2005**  
Procession starts at 12:30 from Maryfell

**\* Starring \***  
Gala Queen and Attendants  
'Twins' Fancy Dress  
Sedbergh Town Band  
Floats

**Gala Events all afternoon on**  
**Lupton Field, Back Lane**  
**Entrance:- Adults £2.50 ~ U16 Free**

*Cumberland & Westmorland Wrestling*  
*May Pole Dancing*  
*Army Aerial Rope Slide*  
*Rodeo Bull*  
*Juckalo*  
*Show Dogs*  
*Slide & Maze*  
*Corio Raptors Birds of Prey*  
*Donkey Rides*  
*Fell Races*  
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*Football & Rounders Finals*  
*Beer Tent*  
*Children's Sports*  
*Bee Tent*

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# CHILDREN'S BIRTHDAYS MAY 2005

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

The recipients this month are:-

Brogan Stanley who is  
8 years old on 20th May  
Rebecca Harper who is  
8 years old on 24th May  
Kelly Scarr who is  
8 years old on 24th May

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



Day	Name	Age
3	Tom BAINBRIDGE	10
3	Martin WOOF	10
4	Mark WOOF	7
7	Georgina CRAGG	7
8	Kane WOODHOUSE	6
10	Bethany ORR	10
10	Sarah HAGON-HOOD	10
10	Stephen HAGON-HOOD	10
11	Zoe ALDERSON	2
13	Ruben SWALLOW	3
13	Kelvin HODGSON	10
14	Harry PAGE	6
20	Brogan STANLEY	8
22	Paris HEYWOOD-DAWKINS	3
22	Bethany HANDLEY	5
22	Megan HANDLEY	5
22	Francine GLANVILLE	7
22	Terence GLANVILLE	7
22	Patrick BANNISTER	8
23	Darryl HODGSON	9
23	Xavier BAINES	11
24	Rebecca HARPER	8
24	Kelly SCARR	8
28	Kieran MILBURN	9
31	Harry COOLING	9
31	Joseph CLARE	11

## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (05/10) ..... <i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB; GF</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby .....	15 Back Lane, Sedbergh (05/12) ..... e-mail:- antique.thurlby@amserv.net <i>ID; IT; CH; L; NP*; P; DR; VB</i>	20251
Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh (06/02) ..... e-mail: sangold.kwood@virgin.net <i>ID; IT; IS; CH; TVL; NSB; P; CB; VB</i>	21808
Mrs P Bainbridge .....	Ullathorn's Farm, Middleton, Kirkby Lonsdale (05/10) ..... e-mail: pauline@tossbeck.f9.co.uk <i>IF; ID; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i>	015242 76214
Mrs L Hopkins .....	Brantrigg, Winfield Road, Sedbergh (05/09) ..... <i>IT; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com	21455
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (05/10) ..... e-mail:- susan@holmecroftbandb.co.uk <i>2D; IT; CH; TVL; NS; NP*; P; DR</i>	20754
Mrs C Cooper .....	Far End Farm, Garsdale Head, Sedbergh (05/10) ..... <i>IF; ID; IT; ES; CH; L; P; DR; VB; GF; CB; CW; PetsW; NS</i> e-mail: farendfarm@onetel.com	21906

## CAMPING, CARAVANNING & SELF-CATERING

Various Cottages sleeping 2 - 12 (05/09) .....	e-mail: holidays@dalesdusters.co.uk	21002
Mrs Sproul .....	Borrett Barn, Sedbergh (05/04) ..... <i>ID; IT; CH; TV; NS; P; CW</i>	21175
Moss Barn Holiday Caravan, Garsdale Road (05/09) .....	4-5 berth; full sized kitchen; shower; sep. WC; TV, NS, Dogs (up to 2) welcome	21567

### KEY

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

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*accompanied with the correct money*  
*at the time of submission.*  
 Articles etc. by 19th of every month

## PERSONAL & SMALL ADS £1

### ARMITSTEAD

Happy **12th Birthday** Emily and Congratulations on your Badminton achievement since you started in September last year, and on being selected to play for Cumbria U12's in Largs on 14th-15th May. Well Done and keep up the good work. Lots of Love Mum, Dad, Debbie and Charlotte.

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### ARMITSTEAD

Happy Birthday Emily and Congratulations on your Badminton. Good Luck in Largs. Julie, Bomber, Scott and Becky.

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### ARMITSTEAD

Well Done Emily for your achievement on Sunday 3rd April at Kendal Leisure Centre. Winning a trophy for U15's singles. Also runner up in Mixed Doubles and U15's Girls Doubles. Happy Birthday. Love Shaun and Sarah, and Nana and Grandad.

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### BOYLES

I would like to thank everyone who sent me cards when I was ill and also those who sent me birthday cards. Thank you all very much. Valerie.

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### PAYNE (nee Williamson)

Hayley and John would like to thank everyone for their lovely cards and presents received on the birth of Katie and Eleanor.

### MIDDLETON

Elizabeth of Dent says thank you to all the many people who helped celebrate her **90th Birthday**, making it a wonderful weekend. Thanks to the many people who sent individual cards and those who added their greetings to cards from Dentdale Methodist Church, W.I. gifts Over 60's and bought gifts. To all my relatives and neighbours who called at 8 Flintergill Close and the good wishes expressed about the village. I was very moved when the congregation sang "Happy Birthday" to me at St. Johns, Cowgill, and over 60's. Special appreciation to Helen, Robert, Amanda, Janine, Eddie and Rita and Marlene and catering. Sadly the balloons blew away, but each one carried happy memories. May God's blessings be upon you all.

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### WILLIAMSON

Lisa and Guy would like to thank everyone for the lovely cards and gifts received on the birth of Alana Ann.

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### WOOF

Happy Birthday SUSAN hitting the Twenties on May 22nd. It will be wonderful when we have you home again, enjoy your day. Love Mum and Dad.

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### FOR SALE

Hotpoint Ice Diamond Freezer. Upright. Four drawers. Excellent condition. Length 32". Width 21½". £30. Contact 015396-21672.

## PERSONAL & SMALL ADS £1

### FOR SALE

Three way electric chair. Jade colour. Used only for a short time. Contact Sed. 21202.

### FOR SALE

Dog cage, used for just three weeks. Easily folded down. £30. Tel: 20754.

### FOR SALE

Two single beds. 3' width with mattresses, headboards and legs. Buyer to collect. Small donation to Sedbergh Community Centre. Tel: Robert Powell on 20482 or 07971-500825.

### FOR SALE

Strawberry flavour Apple G3 iMac. 384MB RAM, 10GB hard disk. CDROM/DVD internal drive, USB and Firewire ports, built-in modem and Ethernet, keyboard and optical mouse. OSX and OS9.2 installed plus lots of Apple software. PLUS Lacie d2 external Firewire CDRW drive. £350 the lot. Tel: Andrew 015396-21255. PS Did I mention it's pink?!

### FOR SALE

Corsa 1.5 TD LS. Diesel. Smart very clean, very reliable car with 12 months MOT. Up to 65 MPG. Makes very economic motoring. Well serviced and no work needed. New battery and recent timing and power steering belts replaced. Immobilizer fitted. Highly recommended, genuine reason for sale, AA/RAC inspection welcomed. Ready to drive £1,200 ovno. (Set of 4 alloy wheels and tyres also available only £150). Telephone 015396-21397.

### FOR SALE

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## Farfield Mill

Arts & Heritage Centre

**Sunday 1st May to  
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### 'Kimono'

A Japanese Experience

by Jill Clay & Katie Chaplin

A fantastic exhibition by two textile artists with a passion for Japan. Jill & Katie are fascinated by the sumptuousness of Japanese fabrics, traditional wood block prints and silk painting. They will be holding a series of workshops on various Japanese Arts and on selected days, modelling ceremonial Kimono

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## VOLUNTEERS

The Volunteer Centre South Lakeland is a registered charity that involves and assists local communities. We recruit, place and support volunteers in a number of different roles within the Sedbergh Community. We offer information, advice and guidance to community groups and organisations dealing with volunteers, but most of all, we support and participate in your local community projects, which make a difference to everyone in Sedbergh...

.... yes, even YOU reading this now!

So what ... I hear you say! Well every good relationship has give and take, and now it's your turn....

...**WE NOW NEED YOU!**

**Sedbergh's Girlguiding** group needs

your support; otherwise it will have to close down. The owls are flying the nest. After 26 years Dot is retiring from Guiding altogether and Jeanette is moving on to pastures new.

They have 9 Rainbows, 19 Brownies and 8 Brownies waiting in the wings to go up to Guides. They currently meet in the Methodist Hall on Mondays.

(Rainbows: 4.15 – 5.15, Brownies: 5.15 – 6.45)

Sedbergh has the girls, it has the place, but after July it has no leaders. Will anyone come forward to help keep alive Girlguiding in Sedbergh?

All the help and necessary training will be given through The Guide Association to those who are willing to become future guiders.



*Special Saturday  
Evening Menus  
throughout the year*  
**Bookings Necessary**



**Dogs  
Welcome**

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Every Week

### Fish & Chip Suppers

Friday 13th May & Friday 10th June  
A RELAXING CAFÉ-BAR ATMOSPHERE!

Jeanette and Dot have had many happy years within the guiding movement, done things they never thought possible, but now the time has come for them to move on.

SO...THE PEOPLE OF SEDBERGH (me being one of them!), I put it to you to save this group from closure and to save the disappointment of all the youngsters involved. Please if anyone can spare the time to help lead this group, then contact Dot on 01539 737346, or Jeanette on 015396 21731, for more information...or pop into Rainbows or Brownies on a Monday for a chat.

This is just one of the groups that the Volunteer Centre South Lakeland supports. We have many more voluntary opportunities available throughout

Sedbergh and the South Lakes. We can help with any aspect of volunteering and have many different ways of advertising opportunities.

So...if you are a community group/organisation in Sedbergh that needs volunteers, or you are sat there thinking you have a couple of hours to spare, then please contact us and let us help you to become involved.

You can contact me, Abigail Staveley, or my colleague, Jane Robinson on 01539 742636, or email us on:

[info@volunteersouthlakes.org](mailto:info@volunteersouthlakes.org)

Dot, Jeanette and myself look forward to hearing from you soon! :o)

2005 is the official 'year of the volunteer'. Look out for events happening near you to celebrate this year.

**Sedbergh Wanderers Football Club**

Over 18's

**DISCO**

10 pm till late

**Saturday 7th May**

People's Hall  
*Dancing to*

**DANNY'S  
DISCO**

Entry £3

Licensed Bar

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### CHAMBER OF TRADE

From the minutes of the meeting held on 21st March.

#### Correspondence

- Letter from Gala group asking for sponsorship, it was agreed that £100 would be given.
- Letter and invoice received by R Lewes from Sedbergh Community Development Centre for £1700 for work carried out Feb – June 2002. Monies ear marked for this purpose are in the bank account and we were waiting for an invoice that this duly is. Also stated in the letter are various ways in which they would be able to arrange training/support for Chamber of Trade members “..at minimum cost to members (and

possible free)...). It was agreed that this would be discussed at the next meeting.

- An email from R Beilby has been received asking if the Chamber could negotiate for its members to advertise on the Dentdale Business Forum. Members present at the meeting stressed that although we are developing our relationship with Dentdale Business Forum and had attended recent meetings it was due to the type of funding that they have been given that dictates who can become members and thus advertise on their site; Members of the Dentdale Business Forum must both live and have a business in Dentdale. If R Beilby would like to take this further then he should contact Dentdale Business Forum directly.

### CHRISTIAN AID EVENING

Sunday 8th May  
6.30pm in The People's Hall  
Speaker: *Ben Humphreys*  
Area co-ordinator for  
Cumbria & Lancashire

### CHRISTIAN AID SHOP

*in the URC Rooms, Joss Lane*  
Monday 16th to Friday 20th May  
Monday to Wednesday 9.30 - 4pm  
Thursday & Friday 9.30 - 1pm  
Tuesday 6pm to 8pm  
*Good as New Clothes ~ Bric-a-Brac*  
*Home Baking ~ Books ~ Plants*  
*Toys ~ plus more*  
Tea & Coffee Served each day

Goods also gratefully accepted  
at URC Rooms Saturday 14th May  
9.30 am to 12 noon

#### *Feedback Forms from Members*

9 Forms have thus far been returned, 4 of which have comments on:

- Having a presence at Country Fares and Tourist Exhibitions – The Tourist Information Office will be doing this next year when they are up and running.
- Improving the visual impact and visibility of the web site – It as acknowledged by D Collier that the web site is becoming outdated but that now that he has been recruited to develop the Community Office Website which will be integrated into the Sedbergh-yes website. He did say that as this work was done voluntarily it was difficult finding the time needed to improve the site, volunteers to help would be much appreciated.

<ul style="list-style-type: none"> <li>• Lobbying for facilities for visitors e.g. Car Parking and Toilets – The car parking issue has been discussed at the Parish Council Meetings in recent months and figures had been produced for the change of the Loftus Hill Car Park to become a Pay &amp; Display once the current lease expires. This would be added to the April Agenda and N Brown would bring these figures to the meeting. C Nelson did also state that she was in discussions with Laurie Kay from Sedbergh Auction Mart with regards making a Long Stay car parking at the Auction Mart something which they are both very keen to go forward with.</li> <li>• Church and Chamber forge stronger links – As the Church’s representative L Alban did state that there were ongoing investigations into the possibility of using the Church for more community activities, she would report back to the Chamber when she had further information.</li> <li>• Setting yearly goals with aims and objectives laid out clearly – This was met with strong agreement and it was thought this could possibly be done at the AGM each year.</li> </ul>	<ul style="list-style-type: none"> <li>• created for future trips and various fund raising events throughout the year are to be arranged</li> <li>• Twinning group as a whole have made great achievements over the last few months and this is down to the various sub- committee’s created. They will be having a Group meeting once the School Party have arrived back from Zrece to see how we go forward from here.</li> <li>• N Brown did raise the point that there seemed to be a lot of Monies going out of the town but not a lot coming into the community thus far, N Close pointed out that it had been agreed quite early on that the TV exposure to the nation would far out weigh the Twinning itself. G Steadman acknowledged that it did appear to be one-way traffic at the moment but to give it time. It was agreed that any opportunities for Economic improvements would be discussed at the next Twinning Group meeting.</li> </ul>
<p>Sub Committee Reports</p>	<p><i>TIC &amp; Dales &amp; Lakes Book Centre</i></p>
<p><i>Twinning</i></p>	<p><i>AOB</i></p>
<ul style="list-style-type: none"> <li>• The Promise Auction held on Friday 18<sup>th</sup> March 2005 raised £2700 towards the cost of sending Settlebeck’s Year 9 to Zrece. This puts the total raised at approx £3700, just short of the £4000 ideally required.</li> <li>• Trust Fund for Twinning is to be</li> </ul>	<ul style="list-style-type: none"> <li>• Although the Tourist Information Office will not be opening fully until May Bank Holiday the office will be open for the Easter weekend offering a limited service to Tourists.</li> <li>• Approx 9 Book Dealers have been booked to share the space offered.</li> </ul> <p>It was noted that since the closure of the Post Horn the town is sadly short of Café’s. It was pointed out that there was a lot of positive activity in the town with regards empty shops and this problem would hopefully be sorted by the beginning of Summer.</p>
	<p style="text-align: right;">[]</p>

### DENTDALE WI

Already well into April as I write and the busy Business Meeting reflected the coming of warmer days as we were reminded of the group meeting on May 16<sup>th</sup> when the musical group "Sounds Great" will be entertaining us. Members were asked to make sure that this date was in their diary. We will be hosts to guests from the Lune group and we have been informed that visitors from Oxfordshire Federation and a small group of ladies from Finland will also attend! WI suppers are legendary. So, Dentdale members please volunteer to bring food on the night. However, if you really cannot manage this, the entrance fee of £2 will suffice. Above all we hope for a really good attendance!

And then to the July outing where we have taken up Coniston WI's offer to prepare our Supper. There will be plenty of time to look around the town beforehand. Members were told that arrangements could be made to visit

Brantwood or to take a trip on the lake in the Gondola and a choice could be made at the next meeting.

Dentdale Gala on the August Bank holiday also had a mention as it has moved back to the Memorial Hall venue. The general opinion was that we would revert to serving teas instead of a cake stall as our contribution to Memorial Hall funds.

Our talk this month was entitled "Storm Chasing" illustrated with slides and videos by Thomas Lynch. Thomas was very enthusiastic about his hobby and told us that groups of enthusiasts like himself would journey to the mid west of American in April when storms were fairly predictable. With the aid of a variety of electrical gadgets - GPS navigational system, CB radio, Laptop computers for the radar websites they were able to track accurately where storms would be most likely to occur and drive to the danger zone. To think we had our own mini tornado in Deepdale last

CHARLESWORTH

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year!

Freda Meakin's skyscape photograph won the competition this month.

Members have been out and about on Federation days. Catherine Sugden and Pat Allen attended a "Singing for fun day" in Windermere and enjoyed singing a selection of songs in three or four parts in the company of thirty or so others.

Pat Allen joined a very large group for a federation eight mile guided walk around the pretty village of Morland near Appleby. Dentedale will host a federation walk later in the year. Will we get over a hundred walkers I wonder?

Next Month we will be discussing the resolutions before the AGM in London and then there will be a talk about *Aloe Vera* by Pam Knowles. Visitors and new members always welcome. []

#### **KILLINGTON W.I.**

This was an afternoon I had been looking forward to ever since I learnt that our Spring outing was to be a visit to Kendal! No, I'm not being funny for I am ashamed to admit that in the eight years we have been living here I still hadn't been to see the Quaker Tapestry. I must have passed the entrance to the exhibition a hundred times and each time thought, "Must go and see that soon". But you know how it is – there is never enough time to do everything. We used to live in Windsor but only visited the

Castle when we had visitors. At least to visit the Tapestry I didn't expect to have to brave the hordes of Japanese tourists all following the little lady waving the flag above her head. Though you never can tell!

We set off in our usual fleet of 'limos', not exactly sure of how to reach our



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destination. "It's opposite the Aga shop", I had been told. And so it was, with easy parking as a bonus. We were greeted at the Friends' Meeting House by our guide Sandra Rose who told us a little about the history of the Quaker Movement and how the tapestry which originated in the southwest of England came to be exhibited in Kendal. At the very time when the Kendal Quakers were having great difficulty in finding funds to maintain their now over-large place of worship, the embroiderers of the tapestry were hunting for a permanent home for their growing collection of stitched panels. Two problems solved!

In my ignorance I had thought that the tapestry was an ancient one dating from the early days of Quakerism but I was completely wrong. The inspiration for the work came from a teacher and pupil in a Sunday school class in the 1980's. Instead of a painting to illustrate the history and activities of the Society of

*(Continued on page 12)*

Friends the idea of an embroidery was born. Since that time over 4000 people in 15 different countries have shared in the creation of this community work of art. The panels illustrate such diverse topics as Fox's Pulpit to chocolate factories, and the craftsmanship is superb.

We finished our visit with afternoon tea in their teashop – a habit of ours. Our thanks are due to Sue Sharrocks who organised it all for us. Next month it is back to business when our meeting will be discussing the resolutions for debate at the national A.G.M. at the Albert Hall. Oh, and followed by entertainment and tea. Tuesday 10<sup>th</sup> May in the Methodist schoolroom in New Street at 2-00pm. Be there.

P.S. The Sedbergh Embroidery is even better!  
*W.F.U.*

#### **HOWGILL W. I.**

Our April meeting was held at Firbank Church Hall. Mary Silva presided welcoming members and one guest.

Mary gave a report on the half yearly Council Meeting held at the Town Hall in March. Entertainment was by 'The Mewes' a group of local singers. Speaker for the evening was Pat Ascroft of Garstang, 'Pat in Peru'. The resolution concerning the closure of public toilets was passed unanimously.

Four members had success at the Sedbergh Show with their craft and home produce. Congratulations to Killington W.I. Winners of the W. I. Cup.

The 'Stepping Out' Challenge is going well. Judith Stainton has walked 50+ miles already and some of us are joining in the Federation Spring Walk at Morland on April 16th.

Names have been taken for a visit to Ronald Davies garden at Winderwath which is a 4.5 acre garden near Penrith open to the public with many unusual plants. This is arranged for May 4th.

Our speaker for the evening was Trevor Hughes who has been interested in the history of Kendal for over thirty years. We were given a fascinating glimpse into Kendal's ancient heritage. With the help of audio video we could see how the town has changed over the centuries. One or two facts; the highest arch at Woolpack Yard was to do with the wool trade. There were once 42 butchers in the Old Shambles and Elephant Yard in named after the Elephant Hotel. Our guest Tanya Hoare expressed thanks for an interesting talk packed with information we all enjoyed the recollections.

The competition for something made in Kendal was won by Elsie Middleton with Helen Beare second. Elsie was the raffle winner. The evening was rounded off with a get together and jacobs join supper.

Mr. Ronald Davies will be visiting us 'A Year in a Cumbrian Garden'. If you need some advice and are interested come along to Howgill Village Hall on May 5th. The competition is 'A Miniature Garden'.  
*A.H.*

#### **FROSTROW W.I.**

There was a good attendance at the April meeting to which our President Ann Petyt, welcomed everyone. She read a thank you letter from Nora Walker who hoped to be back with us soon. We heard news of other members Rosemary Mason, Jenny Dawson and Brenda

Rycroft - who are not well or awaiting treatment and hope they will be able to join us again soon.

Ann led us briskly through the business meeting, highlighting events of special interest and encouraging us to partake. Jean Jones gave a short report on the half yearly Council Meeting when the resolution concerned the closure of public toilets which is unacceptable. Two members will attend the AGM Briefing Conference and four will join the Federation visit to Muncaster Castle on May 20th. The Outdoor Bowling appealed to four of our members who have chosen the Staveley venue.

A mystery evening outing leaving at 5.30 pm will take the place of our normal meeting on June 8th. Frostrow members will man the raffle at the Group meeting 'Sounds Musical', in Dent on May 16th.

Our speaker was Les Telford, a member of the Kendal Mountain Rescue Team, trained as a dog handler. He was accompanied by his collie dog, Kess,

**St Mark's, Cautley**  
**A Whitsun Flower Festival**

**13<sup>th</sup> to 15<sup>th</sup> May 2005**  
**10am to 6pm**

**The Church, the Garden of Christ**  
*[Themed on the hymn by Isaac Watts]*

The Festival will provide an opportunity to see some wonderful floral art displayed a delightful church.

Linger to enjoy tea and refreshments in this idyllic country setting in the Yorkshire Dales.

*Hello Panto Goers*  
**ROBIN HOOD, The Panto**

7.30 Friday 13th May  
2.30 & 7.30 Saturday 14th May

Tickets are now on sale from  
The Green Door, Our Gallery  
& Cast Members

*Proceeds to*  
*The Rose Fund and Against Childhood Tumour*  
Further details, Tel: 21808

who qualified as a rescue dog two years ago. They belong to SARDA (Search and Rescue Dogs Association) and their work is mainly on the mountains, though they may be called out to search for runaway children, Alzheimers sufferers or people contemplating suicide. The dogs are mainly pure bred collies and take an average of two years to train. They learn to associate finding someone with a reward, are very loyal and love to please their handler. Their sense of smell is so acute that they can detect a scent up to 200 metres away.

Working with a Mountain Rescue Team involves a lot of commitment for members and also their families. Les emphasised that they enjoy their work, even though the circumstances can be serious, and want others to have the pleasure of fell walking.

José Templeman thanked Les warmly for his very informative talk which was of interest to everyone. The competition for 'A Mountain View' photo was won by Margaret Faulkner.

Our meeting on May 11th is the Resolutions Meeting when Doris Aldsworth, W.I. Advisor, will join us.

*M. F.*

**SEDBERGH & KIRKBY LONSDALE  
NEIGHBOURHOOD FORUM**

**Community Minibus**

Sinead McCann, Community Transport South Lakeland, explained that there is now a community minibus available for hire in this forum area to non-profit making community groups, clubs and local organisations. The charge is 70p per mile from 1st April and there is a daily minimum charge of £12 per day for journeys less than 20 miles (rising to £15 in April). This charge includes the cost of fuel, 'vehicle and public liability insurance.

**Drivers**

The bus may be hired on a self-drive basis or with a trained CTSL volunteer driver. There will be a small additional

cost to cover driver travel expenses. In peak times, CTSL require one month's notice to secure a volunteer driver.

**Driver Training**

Drivers must have received some form of minibus driver training, eg. MiDAS, PCV or Cumbria County Council driver training. CTSL can provide MiDAS training if required; this takes the form of a driving assessment followed by a training day and currently costs £40 per delegate. Interested groups will need to contact the CTSL office on 01539 735598 to request a registration pack. Membership is free. All minibus bookings are handled by CTSL and arranged on a first come first served basis. The keys are handled by the Kirkby Lonsdale Tourist Information

# SEDBERGH WANDERERS PRESENTATION NIGHT

**Saturday 14th May**

at the Plough Inn, Lupton

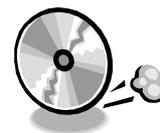


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*Ian Taylor 07789 116621*



**SLOVENE - SEDBERGH  
SINGING WEEKEND**

Saturday 14th & Sunday 15th May

Join

**LJUDSKI PEVCI IZ STRANIC**

from Zrece and singers from Sedbergh  
for concerts, workshops, singing,  
supper and singing walk.

Details: David Burbridge 21166

Centre.

Winter Warmth

Susan Rimmer, Resource Advisor, explained that Age Concern are doing research into winter warmth needs of people in South Lakeland. A questionnaire has been distributed and Age Concern hope that the findings will help them improve their winter warmth service. Susan said that there are lots of services available such as 'South Lakeland Energy Efficiency Scheme which is promoted by South Lakeland District Council to help with costs of loft insulation/cavity wall insulation. Age Concern also have lots of information of home improvement grants and help with paying bills.

She added that The Pension Service have also produced a booklet for elderly people which gives advice on a wide range of subjects including money and tax advice; health and social security; keeping warm and home improvements. For further information call Susan at Age Concern on 01539 742603/728118.

Open Forum

A question was raised about the possibility of Capita using local people to do minor highways works. Cllr Pearson,

Chair of South Lakeland Local Committee replied that they (SLLC) have been looking at this, but that some aspects, ie. insurance, need further clarification. Cllr Pearson added that CALC (Cumbria Association of Local Councils), Capita and Cumbria County Council are to get together to produce something workable which it is hoped will be in place by summer. He added that information will be fed back through Neighbourhood Forums.

It was asked what the procedure was for reporting problems on roads. Cllr Pearson replied that any such problems should be reported to the Highways Hotline (0845 6096609). He added that callers should always ask for a reference number so that if a follow up call is necessary it can be dealt with quickly. Cllr Nicholson stressed the value of informing the local member too.

Future Meeting dates

18th May 2005 in Garsdale Village Hall  
at 7.00pm

□



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### ALGAL BLOOMS

Algal blooms are caused predominantly by blue-green algae and have been hitting the headlines for quite a number of years but their cause and, to some extent, their effects are less clear. At their worst they can cause unsightly, smelly and dangerous conditions that may impact not only on wildlife, but also on farm animals and human exploitation of that water body. In the past, people have over-reacted and banned all access to water affected by blooms which has had serious repercussions for recreation and consequent loss of financial income. However, they are a symptom of a bigger problem, which is more difficult to unravel and may be much more worrying in the long term.

Essentially these blooms occur due to increasing nutrients reaching the water which may be due to the natural development of the water body, agriculture (both drainage improvement and use of fertilisers) and sewage outflow. The development of a cyanobacteria (blue green algae) bloom depends upon local conditions and site specific characteristics. But they generally occur where there are high levels of nutrients, principally phosphorus, together with warm, sunny and calm conditions. The bloom will form on the surface of the water and can accumulate downwind forming a scum on the lakeshore that looks like blue-green paint. It is on this downwind shore that occurrences of death in animals drinking

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through the scum have been reported.

Both our Environment Agency and the World Health Organisation have published guidelines concerning safe use of and access to waters affected by blooms but a key issue is whether or not the bloom is producing toxins or not. At their worst algal toxins can cause illnesses such as dermatitis, gastroenteritis, atypical pneumonia and hepatoenteritis in humans. Symptoms of these include skin rashes, eye irritation, vomiting, diarrhoea, fever and pains in muscles and joints in those that swallow or swim through the concentrated scums. The toxins can also cause severe illness and death to wild, farm and domestic animals. However, from personal experience, you can wade around in "bloom water" while launching and sailing boats with no harm at all. Simple advice would be to not keep cuts covered, wash after immersion and not to drink the water!

Blooms that have occasioned the posting of precautionary notices by the Environment Agency have affected Killington Lake in recent years. In its catchment there have been improvements to the drainage of surrounding fields. The motorway service area discharges treated wastes into the lake. The large population of birds that nest and roost on the lake also introduce a large amount of wastes gleaned not only from within the catchment but further afield. The lake itself is ageing and evolving from the time it was created as a reservoir; as material comes into the lake it renders the water body more eutrophic (nutrient rich). Teasing out which of these factors, or some other unidentified factor, is the

## MASONIC HALL SEDBERGH

Interest is invited from individuals, clubs and societies with regards to the future use of the Masonic Hall as a public facility. Interest should be registered with the Yorkshire Dales National Planning Authority at Yorbridge House, Bainbridge, North Yorkshire DL3 3EE for the attention of Andrew McCullough, Deputy Head of Planning

predominant cause is next to impossible.

Larger lakes have found it necessary to take action to slow down or reverse the nutrient build up eg Windermere introduced "phosphorus stripping" to the sewage treatment and some of the decline in water quality has been reversed. Smaller lakes have found that placing barley straw bales in the water has helped to control the algae. The most popular theory for its action is that it decomposes, it releases a chemical that inhibits algal growth.

Algal blooms won't "go away", but their impact can be minimised or controlled by some of the measures above. They are a symptom of a natural process, but one which can be exacerbated by human related activities. It is these activities that must be considered by water owners/managers in their management strategy. It may well involve cooperation between all the users of a catchment area.

*MP Ripley*

**SEDBERGH READING GROUP**

*'Critical Injuries'*

Sedbergh Reading Group met to discuss 'Critical Injuries' by Joan Barfoot on Monday, April 11<sup>th</sup> in the town library, and a lively 'exchange of views' took place – in fact the best meeting to date, thanks to the bold choice of book by Jennifer Wheten.

The story concerns the life and times of Isla, married, two children, busy active professional woman, marriage on the slide but nothing out of the ordinary until husband is accused of sexually harassing very young female office staff and is sent down for paedophilia, son Jamie gets into drugs, and daughter Alix goes off with a hippyish little cult in search of 'serenity'. Isla herself finds the handsome, attentive

Lyle, and things look set for a period of calm until she is accidentally shot while shopping for ice-cream in a small town ice cream parlour, by 17 yr old trapped, disgruntled by small town claustrophobia Roddy. Isla is paralysed, terrified, then massively frustrated, and nearly terminally depressed awaiting possible but not totally rehabilitatory surgery. Meanwhile, daughter Alix visits assassin Roddy and the two make an unlikely alliance, pulling him back from the world of crime and dangerous pretence in jail. Isla eventually regains use of her upper body only and is wheelchair bound, returns to a family Welcome Home Party to discover that daughter Alix has arranged for Mummy to meet shotgun Roddy over the family dining table. Not

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unsurprisingly, both parties are lost for words, and the book ends on an ambivalent note. Are Alix's attempts to reconnect her mother and the would-be killer for the purposes of reconciliation and 'serenity' well-judged, or is the lack of communication between the two revealing that this initiative is well-meaning, but only at best fruitless and at worst confirming in public an unbridgeable gap, thus perpetuating Roddy's status as outsider. Are Isla and Roddy 'healed' and reconciled, or merely tangentially in the same room for a short time?

Themes of choice, prejudice, family bonds and break up, self-esteem, reconciliation, dealing with severe illness, taking responsibility for oneself were all presented. Some in the group felt that this was a brilliant, moving, and gripping insight into a family on the verge of total implosion, but getting its

soul back through suffering and the ministrations of the innocent Alix, while others felt it was an aimless, self-indulgent book, structurally unbalanced by on the one hand a brilliant portrait of the paralysed Isla's recovery but flawed by a lazily stereotyped small time hoodlum in Roddy, and a series of stock American (or actually Canadian!) TV 'sit com' type characters weakly drawn and only just kept in balance. Both sides learnt a lot from the debate, and the book came out of it as an absorbing and engaging read.

Both sides learnt a lot from the debate, and the book came out of it as an absorbing and engaging read.

The Next meetings all @ 3 p.m. in the Sedbergh Town Library:  
May 9<sup>th</sup> – 'Small Island' by Angela Levy. The Orange Prize winning novel  
June 13<sup>th</sup> – 'Notes from a small island' by Bill Bryson. A hilarious trip round England. Members will make their recommendations for Summer Reading. For the Sedbergh Festival of Literature and Drama:  
Sept 5<sup>th</sup> – 'Swallows and Amazons' by Arthur Ransome. In an age in which children's literature is having a massive renaissance, we look back at one of the seminal classics of yesteryear.

And being considered for the autumn programme are: :  
Michael Frayn's novel 'Spies', Sebastian Faulks 'Birdsong'.

Do come along. We sit, talk about books, have a cup of tea and go away refreshed and enthused to read more.

*Stuart Manger*

**SEDBERGH PARISH COUNCIL**

*From the minutes of the meeting held on 23rd February*

**GUEST SPEAKER**

The Chairman welcomed Constable John Orr to update us on police matters.

Cllr. Blair raised the issue of speeding by cars approaching Sedbergh down Cautley Road. The police agreed to look at this matter and if necessary they could use a speed trap here to assess the problem and warn drivers.

There was a discussion about travellers in the summer and a meeting is to be arranged by the Police with the Councils concerned to discuss the matter.

The need for a downlight at the zebra crossing by Settlebeck was discussed. We have already requested this from the

Highways department and the police also agreed this was required.

Matters Arising - Sedbergh School has very kindly agreed to remove the fallen tree in Queen's Gardens at no cost to the Parish Council.

**HIGHWAYS**

The poor condition of Cautley road was raised. Repairs have been put to tender and will take place within the next few months.

Dowbiggin Lane needs attention where a tree on the roadside was blown over in the storms and the edge is now about to collapse.

The road to Marthwaite, the Oaks is also undermined by the beck.

The sign at the Hawes Road junction is corroded and looks unsafe.



**Sedbergh Community Development Centre**

**\* Courses for May & June \***

**\*\*\* Open Day/Evening \*\*\* Wednesday 25th May \*\*\* 11am - 9:30pm \*\*\***

**\* Free food & drink \* BBC Bus staff \* Students Work \* Video Editing \***

**\* Collect your certificate from completed courses \***

**Maths, Maths, Maths at the Opening Evening:** A great opportunity to upgrade your maths skills for employment, helping the kids, or personal satisfaction. Drop in between 6:30pm and 9:30pm to find out about free courses we are planning.

**Tennis for Anyone!** Beginner or improver, come on your own or with a partner. Learn skills & tactics for both doubles & singles. Racquet supplied if needed. £21/£13/£5.25 Wednesday 4th May, 7pm-8.30pm, for 7 weeks

**BCMS Cattle Tracing:** Learn to register passports and cattle movements using the BCMS online cattle tracing system. FREE Monday 9th May, 7pm-9.30pm, for 1 week

**Digital Photography for Beginners:** Find out about digital cameras, loading pictures onto your PC and picture editing. £25 full fee, £13 benefits Monday 9th May, 2pm-4pm, for 5 weeks

**Windows Desktop Management:** Includes how to create folders & short cuts, move files, install & remove software, use Control Panel & Media Player. £30 full fee, £15 benefits. Wednesday 8th June, 7pm-9.30pm, for 5 weeks

**Contact us for more information or to book your place:-**

**email: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)**

**Tel: 015396 21031**

**CAR PARKS**

We have advised SLDC that we are interested in taking over the running of the car parks in town and are waiting for their proposals.

**PLAYING FIELDS**

A load of sand has been delivered and spread on the pitch by Sedbergh School staff.

**OTHER BUSINESS**

We have been offered a bench by Mrs Gunnill which she would like to site on Winder Drive. Cllr Hirst said that this should be acceptable to the school but we will write to confirm.

**PLANNING**

Planning applications were considered as follows:

FPP Erection bulk cake hopper for cattle feed at The Riddings, Howgill

*No objections*

FPP (retrospective) Consent to display sign at Pinfold Caravan Park

*No objections*

FPP erection kiosk, chemical storage tank and gate/access road at Brigflatts waste water treatment works

*No objections*

LBC Repairs and maintenance at the Cloisters and handrail to parapet at Sedbergh School

*No objections*

LBC/FPP Change use barn to part residential and office/workshop at Cross Haw, Cautley

*No objections*

Planning decisions were received as follows:

FPP Creation Passing place on

Dowbiggin lane

*Granted*

FPP erection conservatory at 23 Maple

Close

*Granted*

LBC demolition of existing greenhouse

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and erection replacement and internal works at Stone Hall *Granted*

LBC to replace existing modern windows and alter existing kitchen window and to

replace existing fireplaces at The Mill House, Howgill *Granted*

FPP Erection 2 storey extension to form additional bedroom at Crosedale Beck

Farmhouse, Howgill *Granted*

FPP erection sheep shed at Castle Haw Farm, Sedbergh *Granted*

FPP erection extension at Mirehead, Howgill lane *Granted*

FPP to clad west gable with vertical slates at Sun Lea, Joss Lane *Granted*

FPP extension to existing dwelling to provide living accommodation at Town

End Cottage, Long Lane *Granted*

FPP alterations to existing dwelling at New House, Howgill Lane *Granted*

The planning officer has advised that the erection of a shed at Pinetrees Cottage is unauthorised and the owner has been requested to submit a planning application.

Cllr Blair asked had the planning officer provided us with an update on the situation at Pinfold Caravan Park. []

**SETTLEBECK HIGH SCHOOL**  
*The Spring Term at Settlebeck – the  
Heads' thoughts*

The performance of *Sweeney Todd* at Settlebeck and the Zrece visit proved demanding for all involved, not least the staff, but it's in these times, in the company of enthusiastic and dynamic teenagers, that I particularly appreciate the privilege of being a teacher. Both of these events proved enormously successful and it was a delight to watch young people grow in confidence and maturity before our eyes.

Particular mention must be made of the astonishing achievement of Caroline Lamb, who wrote the script for *Sweeney Todd* (out of interest, in her spare time!), wrote all the song lyrics to accompany

Mr Graham's inspired music, designed the poster and tickets, designed, compiled and typed the programme, designed the set and, finally, acted the all-singing, all-dancing role of Mrs Lovett. In the whole of my career I have never known the equal of this achievement combining drama, art and English skills. Caroline was undoubtedly the star of the show. The ethos among the cast for this performance was also exceptional. They worked together so well, supporting each other and always positive, cheerful and brimming with enthusiasm. A big thank you to Mr Graham and Mr Banks for making it such a success, but especially to Caroline.

Having spent a week in Slovenia with thirty of our students I was also cheered by their tremendous spirit and goodwill towards one another and towards everyone they came into contact with. This was hopefully a very significant event, not only for Settlebeck, but also for the town. Perhaps in 2055 staff and students will be able to look back over fifty years of Zrece/Sedbergh visits to this first link that laid the foundation for our friendship, and students will be able to ask their grandparents what it was like for them when they visited the Zrece secondary school, the Postojna caves, Ljubliana and the Gorenje centre.

Now we look forward to the return visit of fifteen Slovenian students and their teachers from 10 to 17 July and to our next year 9 visit to Slovenia which will take place the week before the February half-term holiday in 2006.

There have been so many other highlights to our spring term, among them the Gifted and Talented Brathay and

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and  
Dent Meditation Centre

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science events, Sedbergh School's band performance in aid of Settlebeck, links with Sandgate School and the wind turbine project, the visit to Dukes Theatre to see *Blue Remembered Hills*, the tsunami appeal concert and year 11 interview day.

Finally, a note about school dinners. How many of you, like me, watched the television series *Jamie's School Dinners* with a growing sense of dismay at the state of school meal provision in so many of Britain's schools. Little wonder that nationally there seems to be a problem of declining attention spans and poor behaviour that disrupts learning. These programmes were extremely effective at highlighting the link between diet and behaviour, between good nutrition and healthy bodies and minds. I watched with interest at the solutions offered by these programmes and felt a good deal of satisfaction that Settlebeck could have shown them the way from the start. We are proud of our kitchen staff and their rigorous standards. At Settlebeck we source all of our vegetables and meat locally. Maureen, Linda and Joan prepare nearly all meals from scratch, and they are made to a high nutritional standard. Every day there is a good choice of healthy wholesome meals (I know because I eat them!) and fizzy sugary canned drinks are not sold in the school.

I believe there is a direct link between the high standards of behaviour and attention to learning at Settlebeck and the quality of school meals. Jamie Oliver's dinner ladies should have paid Maureen a visit to see how it's done.

*Dave Smith*



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**SEDBERGH & DISTRICT  
BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers held their 9<sup>th</sup> Annual General Meeting on 21<sup>st</sup> March, nineteen members and guests attending. The formal business was quickly covered; the Chairman's, Treasurer's, and Secretary's reports for 2004/5 were all very encouraging, highlighting that the club had gained a lot of new members, had achieved a very full and successful programme of meets through the year, and that the club's finances were even stronger! All hoped and expected that the 2006 season would be even better. The out-going Chairman, John Tallon, was presented with our superb new club trophy - a beautifully crafted wooden model beehive made and given to the club by Bill & Mary Eglin - for his outstanding contribution to the club. The new committee was then elected: Vic Hopkins, Chairman; Mike Hart, Treasurer; Malcolm F-U, Secretary, and

Tommy Brooks, John Rogers, and Bill Eglin, Ordinary Members.

The club was also well represented at the Sedbergh Spring Show on 2<sup>nd</sup> April. Vic Hopkins, our new Chairman, is to be congratulated for winning a Highly Commended award for the club's organisation stand that he set up in the Masonic Hall at very short notice indeed due to sudden illness of the usual presenter. Richard Nankivell, the Show celebrity, was most complimentary both at the time and on air afterwards on Radio Cumbria! Also to be congratulated are the winners of the honey and wine classes in the Produce Section of the show.

From mid-April, if the weather is favourable and the bees can find sufficient fresh pollen and nectar to feed the many new bee larvae that the nurse bees are raising from the tens of thousands of eggs that the queen lays, the beekeeper can expect some of the

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stronger colonies to decide to swarm, i.e. reproduce the colony by dividing into two. This process usually affects the amount of honey that the bees can make and beekeepers therefore have ways to deal with the problem. Our last evening meeting of the pre-season before the start of the apiary visits was on Monday 18<sup>th</sup> April, when Bill Smith presented to eighteen members his own approach to managing the natural instinct of the bees to swarm. He described and demonstrated his own variation of the well-known Snelgrove method of moving the queen from a colony that has indicated its intention to swarm into an extra 'hive' placed above the hive that would otherwise swarm, which tricks the colony into believing that it has indeed swarmed. Both of the new colonies continue to collect honey while a new queen is born in the lower hive, so that neither bees nor honey is lost. After the honey season is over, the two colonies are united again!

SEDBERGH & DISTRICT  
**HISTORY SOCIETY**

**Saturday 7th May**

Broom Hill, Windermere

2.30 pm by kind permission of

*Mr & Mrs Potter*

(Limited numbers)

**Wednesday 25th May**

Shap Abbey

2pm

with tour of the ruins

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1pm Loftus Hill Car Park

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

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Our next meeting is our first apiary visit of the year, which will be held at John & Anthea Rogers apiary near Ingleton on 30<sup>th</sup> April. This will be the first full inspection of their two colonies in the apiary they set up in 2004. If you read this in time you will be made most welcome to join us. Please call 21902 for directions. May will be another very busy month, with the club present at the opening of the Dent Farm Life Heritage Centre on Saturday 14<sup>th</sup>, a live bee demonstration at Sedbergh Gala on the 21<sup>st</sup>, and an apiary visit to our apiary at Lingarth on the 28<sup>th</sup>. Again you will be made most welcome at any or all of these. Just call 21902.

*Malcolm Fraser-Urquhart*

### FAMILY MUSINGS

If my holiday in Cornwall ever actually happens I can go to Lamorna Cove via the delightful named Trewoofe, you probably have to know what my surname is to really appreciate that. Talking of trees, we have begun to remove the fir that blew down in the winter storms, some taken away, some prepared for burning on the fire and some used as ground cover, younger daughters response to the demise of the tree was "Oh, not Robin Hoods tree" obviously the one tree she could climb, was she the man himself or one of the side-kicks? No matter, she and sister are now fruit picking in Tasmania, a bit different to fruit picking at Underly, don't expect there will be inclement weather out there. Then its back to Australia and travelling up the coast back to Sydney, soon be on the last lap although it's the home-straight we are most interested in!

Glancing out the kitchen window the other morning I saw not one but two

Thrushes busy on the food trail, they are such lovely birds, then a couple of little Wrens popping in and out of the wall what a joy our wild birds are to watch and to listen to, although something has a sore throat me thinks, it grates a bit every evening as it sings the day to bed. That's when I am home early enough to hear! With another elderly friend now in hospital the visiting tags on after work making a later return, but what a lovely home to return to, dozens of bright yellow Daffs to wave a welcome.

If it could be arranged that the middles of tinned carrots would stay intact I would be really grateful 'cos then there's a bit of a chance they'd be more like proper ones prepared by yrs truly! My short cut would not be so obvious. Only once have I resorted to packet potato, never again, but tinned veg does come in handy.

Lunching at the Craft Centre I purchased one stem of Orchid from the vast array of silk etc flowers and have

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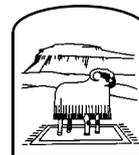
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stuck it among my real Orchid, the one which flowered non-stop for two years, where buds are showing and one is opening, just to remind it what to do, I explained this to the young staff member and hubby thinks she would think I've gone loopy. Probably I have, never mind, it makes life interesting. Better than being dull and boring do you not think?

Son has finished at Capernwray Bible College and is working between a relatives Gardening business and the family farm, he and T have been looking at houses and the wedding plans are coming along very nicely, I find people are either certain they know where Wray is or they have no idea at all, no half measures. That is where the wedding will be on August the 13th, and yes, the girls

**CELEBRATION**  
**at St Andrew's**  
*with music from*  
**The Town Band**  
**and the Schools**  
**Friday 27th May**  
**7.00 pm**  
 Everyone is invited  
 to this joint venture of  
 Community and Church  
*Free Refreshments*

are coming home, they cannot miss their brothers wedding and would not want to, but I seem to remember them telling him not to be getting engaged or anything before their return in 2006. Oh, how I love obedient children!

Mitz is enjoying being partly mistress of all the garden she surveys, re the house it is a bit like " the cat and her housekeeping staff live here" though we do try to not spoil her, when I get home she sits on my coat as if to say "you are going nowhere", I guess hubby probably feels a bit like doing the same although his hours are erratic due to lambing time.

Both my brothers are coming for the wedding, a good happy family event to cheer us on our way, other family members and friends will be invited here for Sept 3rd for a Celebration of son and T's marriage and the girls return over my birthday weekend, that flag will fly again!

Enjoy your celebrations see you next month. □

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# CHARITY DISCO

Sunday 29th May

People's Hall

10 pm till late

Admission £3

*Strictly No Under 18's*

All monies raised will be added to the JCB Fund

-----  
*Coming Soon*

Another Ladies Night

The return of the

**PLAYBOY DANCERS**

17th September

## **YOUR TOURIST INFORMATION CENTRE & BOOK CENTRE NEEDS YOU!!!**

Volunteers are needed to help staff Sedbergh's new and independent Tourist Information centre and Book Centre.

The Book Town company have managed to access grants from all directions to keep the TIC going. But - part of all the grant applications is the contribution of the people of Sedbergh. Your time is costed into each application so that funders can see that the town is behind the project. If volunteer time is not costed in often grants can be refused. So .... we need one volunteer per day for 4 hours, so a possible grand total of about 30 volunteers if each person does one day

a month, or 15 if people do two days.

There is a full-time paid member of staff on duty each day so the only time you will be on your own is when that person has a break.

Training in TIC systems will be given but volunteers will probably not need to worry about computers etc. just know how to talk to people and use a till.

Volunteers are needed seven days per week.

If you would like to know more or definitely would like to volunteer please send a letter to the TIC c/o the Community Office or ring 015396 20034. All ages from about 16 to 96 and gentlemen as well as ladies are extremely welcome. Thank you. []

## Family Charity Fun Day

# *with* **CHEEKY CHARLIE**

The Children's Favourite *free* 2 hour show  
Comedy, Musician, Balloon Modelling,  
Unicycle, Karaoke, Magic

In The Bull Hotel Beer Garden and Car Park

**Sunday 29th May From 1pm**

also

Bouncy Castle ~ Roundabout ~ Trampolines  
Face Painting ~ Miniature Train ~ Teddy Tombola  
Buckin' Bronco ~ Pillow Fighting

Barbecue Served All Day

*All monies raised will be added to the JCB Fund*

### **SETTLEBECK HIGH SCHOOL**

#### *New Recreation Area*

Anyone visiting Settlebeck through the rear of the building (from the tennis court area) cannot fail to notice an impressive transformation to the rear garden area. What was very overgrown, dark, damp, and muddy lawn unusable for nine months of the year has now been given a total face-lift. Thanks to Jeff Cresswell and M K Conversions the tulip tree has been cut back, the yew tree lower branches and various overgrown shrubs removed to let in the light and air. All the topsoil has been removed, drainage channels created, 80 tons of gravel laid, topsoil replaced and then turf. A store-slab path around the lawn has been

created with six new benches and around the base of the tulip tree there is now attractive decking and a wooden seat. Thanks to Mike Tebay for his tireless effort moving many tons of earth back and forth and to the Langford's for their expert turf laying and new shrub borders. The path around the lawn is now an alternative route from our bus park to the rear entrance of the school and is suitable for wheel chairs.

It was three years ago that this project was originally conceived and Settlebeck students raised over £4000 towards the cost. The recreation area will be open to students and visitors after the summer half term, once the turf has become established. □

### CELEBRATION

We're looking forward to lots of local people coming to help celebrate the work we've just finished on the Parish Church at Sedbergh. Several years after starting, and with over £300,000 spent, much of it from townspeople, we have carried out major restoration and repair work, rewired and relit the building, and made an easy access for prams and wheelchairs.

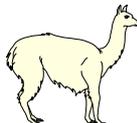
This has not just been done for the congregation's benefit. The church isn't there only for Sunday and weekday services and church meetings, but as a landmark in the town, a witness to our history and a local centre of activity. We want it to be used far more often for events of importance to this area and its people, and we intend to make it far easier for community groups to share in its facilities as a public venue.

To start this new era, we have organised an event for 7-00 pm, on the evening of Friday 27th May. The Town Band, the schools, and many local musicians will be joining together to offer everyone a wide selection of items chosen for their popularity, quality and breadth of appeal.

If you're asking what this Celebration is, it isn't a service and it's not a concert either. It's a mixture of many different

### Ghyllas after the Gales

Alpacas & Gardens



**Sunday 29th May**

2 - 5 pm

Raffle      Teas      Cakes

Tombola    Sideshows    Plants

Entry £3 ~ Children £1

Proceeds will be divided between  
Marie Curie Cancer &  
McMillan Cancer Relief

things put together in a way which we hope will show the links between church and community, and say something about what we, the Church of England in Sedbergh, believe we're here to give.

It will last an hour or so, with free refreshments served afterwards. We welcome everyone warmly to come and enjoy a Sedbergh Celebration of who we are and what we hope to be.

*Alan Fell, on behalf of the  
Churchwardens and Parochial Church  
Council.*      □

*Bank Holiday Fun at Howgill*

**Duck Race at 7pm**

**Coffee Evening at 7.30pm**

Howgill Village Hall

**Monday 30th May**

All Welcome

*All proceeds to the Village Hall*

St John's Church, Cowgill

**ANNUAL SALE**

**Monday 30th May**

Dent Memorial Hall

10 am to 1 pm

Raffle ~ Bottle Tombola ~ Books

Cake Stall ~ Plants ~ Bric-a-Brac

Teas & Sandwiches

*All Welcome*

### PHOTO CALL

The picture of the Over 60's treat is still being identified as we go to press so hopefully there should be a list of names in the June Lookaround.

This time we have another Settlebeck Class photo from 1954, Miss Casson's Class. I have most of the names but can anyone supply the missing two..

Top Row: Tommy Capstick, Frank Capstick, Austin Robinson, Billy Stavely, xxxxx

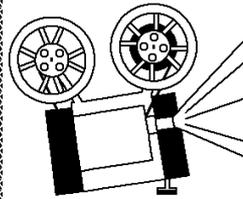
Next row: Lily Wilson, Heather Potheary, Dilys Evans, Vera Reynaldson, Joan Lambert, Olive Harper, Doreen Dawson

Next Row: Eve Capstick, Lena Sedgwick, Miss Casson, Elizabeth Moor, Jean Middleton

Front Row: Billy Ward, Dennis Winn, xxxxx, Terence Garnett, Michael Bracken, Bill Metcalfe.

Answers as always to Shirley Tebay,

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The Mystery Photo that appeared on Page 31 of the March Lookaround prompted no entries so the £5 prize will go to a worthy cause. The lad was a very young Paul Mitchell who was standing by the waters of Great Widdale just off the Coal Road between Cowgill & Garsdale. □



### A SEDBERGH VIEWPOINT

I was expecting to have to eat humble pie this month; but thankfully I don't have to. Last month I wrote that I believed there was a £1,000 fine liable for allowing your dog to foul in the street and you not poop scooping up the deposit. Someone drew to my attention the fact that there are little round signs on several street light columns (an appropriate place no doubt) indicating that the maximum fine is only £100. I've not previously noticed these signs. No wonder, they are quite small (about 4 inches across - like a small ash tray), many have faded in the Sedbergh weather, and many of them have been broken into two pieces still on the lamp column. Then I discovered more similar

signs (some are just stickers on lamp posts) which do give the maximum fine as £1,000. Inspector Hound thought he had better investigate and I've discovered that under the Dogs (Fouling of Land) Act 1996, "if you allow your dog to foul, you must clean it up or scoop the poop straight away. Failing to do this will make you liable for an initial fixed penalty of £50. and persistent offenders will (?) be taken to a Magistrates Court and face a fine of up to £1,000." The regulations are enforced by South Lakeland District Council and apply to "all land within/on the District Council's boundary which is in the open air to which the public are entitled or permitted to have access with or without payment including all roads with a speed limit of



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40 m.p.h. or less and adjoining footways, footpaths and verges.” So now I know for sure - and so do you. Perhaps dog owners will take note and act accordingly.

Am I becoming a cynical grumpy old man worthy of the tv programme, I ask myself. I was astonished to see recently laid red road markings on Loftus Hill and Busk Lane admonishing traffic to “Slow”. To me they spoil the landscape, and being in a 30 mph speed limited area are totally un-necessary. I presume they are to protect Sedbergh School pupils crossing these roads - why not zebra crossings if it is felt so necessary. However I would have thought that Sedbergh School pupils would be so well educated as to know how to cross a road safely.

Daffodils are dying off and the buds on trees and hedges are bursting forth, so Spring must be here. May means its time for our annual Gala, one of my favourite events of the Sedbergh year. I pray for good weather and a successful day for the organisers who work so hard every year to stage the event.

I often “knock” our local councils, but I won't do that this month. Instead I'll just

go out and vote for a County Councillor on May 5<sup>th</sup>, assuming there will be more than one candidate. I have heard too that there is another election that day so I can exercise my democratic right to have my say in choosing not only a County Councillor but an MP too. Now that is good value for money. It is said that if you don't use your vote you can't moan about the elected body which must be an encouragement to us all to go out and cast our vote on May 5<sup>th</sup>. Remember every vote counts. Use yours. *N. Hastle*

### KILLINGTON SPORTS

**Thursday 2nd June**

commencing at 6pm

**Beckside, Killington**

Open Sports ~ Fell Races

Field & Track Events

Children's Races ~ Pillow Fights

Side Shows ~ C&W Wrestling

Tug-of-War ~ Mountain Bike Racing

Adults £3 ~ Children £1.50

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## DENT PRIMARY SCHOOL

Articles and News Reports from  
Schoolchildren - Spring 2005

### *Roman Costumes*

Most clothes were made from wool. The woollen cloth was dyed red, blue, green, yellow and purple. Some were made from finer materials such as linen and silk.

Children dressed like their parents.

Roman men wore tunics and warm woollen cloaks with hoods. It was worn over a knee length tunic that had a belt.

In Britain togas were worn by a few wealthy men, on special, formal occasions. Normally men wore tunics and warm woollen cloaks with hoods. The women of Roman Britain wore long tunics fastened at the waist by a belt. Both men and women used silver or bronze brooches to fasten tunics and

cloaks. The brooches were often decorated with brightly coloured enamels. Ladies hairstyles changed according to the latest fashions, but were always based on long hair. Shoes were made of leather.

*By Lucy*

### *Runners Run Rapidly Round the Racetrack*

Dentdale run is all about running around the Dale until you get to the finish line.

On Saturday 12<sup>th</sup> March at 1pm it all started at Dent Primary School. The runners got ready on the starting line and Ben Lyon clicked the starting gun and they were off.

When they all returned, Steve Littler won the men's race and Briget Comer won the women's race Jill really enjoyed it. There were 425 runners doing the race. We do the Dentdale run because it's to

## THE HEAD AT MIDDLETON

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ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

BASKET MEALS SERVED after 9:00 pm

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SERVED UNTIL CLOSING TIME

### **USUAL OPENING TIMES**

Monday to Friday open every evening from 6 pm

Wednesday, Thursday & Friday Lunches 12 noon to 2 pm

Saturday open all day 12 noon to 11 pm ~ Sunday open all day 12 noon to 10.30 pm

*(Closed Monday & Tuesday lunch only except Bank Holidays)*

Proprietors: David and Elizabeth Martin

raise money for the school through the entry fee and the sponsorship from Lyon Logistics.

It is so long, it is actually 13.8 miles to run round the whole dale and it also took one year to organise it. It has been going on for 21 years, which is a long time. It was a real success and I really enjoyed watching the finish.

*By Eve*

### *Super Sporty School*

Sports Club is a PE lesson after school for the children of Dent Primary. Sport Club is on Thursday, after school from 3.15 to 4.15pm. It is either in the playground if it is dry or in the hall if it is raining. The teachers take it in turns every week. We do Netball matches, Football matches and we play Rounders. The teachers organise it to get the children fit and healthy. It also makes you

very good at sport.

When we've got changed the teacher that is doing it does the register. Before we start we do a good warm up. Fiona helps every week as well. I asked Shannon some questions and this is what she said 'I really like sports club, my favourite sport is netball and I also do swimming.' I asked Mrs Parkin some questions as well and this is what she said 'I love doing Sports Club, my favourite sport is football but when I was at school I liked hockey best, it takes just a few minutes to organise a Sports Club.' It started in September and goes on for an hour.

I think Sports Club is absolutely great. It is a great success and I hope it will continue.

*By Rosie* □

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

# THE HEAD AT MIDDLETON



Tel: 015396 20258  
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# Menu

Dear All,

As the newly appointed Police Sergeant for Sedbergh and Kirkby Lonsdale I thought I should say a few words by way of introduction so I don't seem a stranger when you see me out & about. (Although some would say I am a bit strange anyway?!) I've been with Cumbria Constabulary for fourteen & a half years, my first couple of years being at Barrow-in-Furness, before a few months at Kendal, then on to 9 years as the Rural Officer for Grange-over-Sands & surrounding areas. I was promoted to Sergeant 3 years ago and after an initial 3 months at Barrow, returned to Kendal, where I have been since. But my heart lies with all things countryside & I wasn't

going to settle until I had returned to Rural Policing. I was born & brought up a bit further down the Lune Valley at Brookhouse and went to school at Hornby - so I'm not exactly a stranger to this area!

Sedbergh & Kirkby Lonsdale has an excellent team of experienced Officers dedicated to providing the quality of Policing you have all come to expect. I am delighted to be a member of that team. You will see me out and about at every available opportunity & I look forward to meeting you. The existing Officers working out of Sedbergh Police Station should be able to deal with most things without any need for my involvement. However, if an issue arises

## SPONSORED CHARITY 8½

Devil's Bridge to Sedbergh

Bank Holiday Sunday

29th May

Starting at approximately 10 am

All monies raised will be shared between the late Jackie Wilson and Joanne Burrow Breasts Cancer Fund, Sedbergh's Children's Playgroup and Zebras.

Approximately 40 Sedbergh, Tebay, and Dent lads will attempt this feat. Please give your support on the day and by guessing the time it will take to complete the course.

The closest guess wins

**£50**



Everybody

where you feel you need to speak to me personally, you are most welcome. I can be contacted by calling the Communications Centre at Penrith on 01539 722611. If I am on duty, you may be able to speak to me immediately - if not, you may be asked to leave a message and I will re-contact you. Bear in mind though that in these modern times we do get days off!!! (it's not like the old days - bread & jam for tea, jumpers for goalposts, bobby on the corner of every street, etc, etc...!!!)- so ask when I am back on duty & be prepared to speak to one of my colleagues if it is a matter that won't wait.

I promise I'm an approachable soul, so please do take the time to stop & speak or

give me a wave when you see me about. I'm committed to ensuring that Sedbergh stays the fabulous place that it is ..... and to that end, if it's something that matters to you, then it matters to me and my team too. We NEED your help to do a good job ..... we need you to let us know where the problems are (my crystal ball got smashed in the move!) ..... we need YOU to keep passing us the information ..... we can't possibly be everywhere at once, so let us know where the problems are, and support us as we deal with them. We can't work miracles, and we have to act within the law ..... but I promise you we will do our best.

*Sgt. 1149 Jo FAWCETT  
Sedbergh & Kirkby Lonsdale*

## TON JCB 10½ MILE PULL

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Norman Jackson Contractors Ltd  
*Carnforth 01524 732952*  
Sedbergh Post Office  
Braithwaite's Coaches  
Lyon Equipment Ltd

The pull will be followed by a Fun Day in the Bull Hotel Beer Garden and Car Park with Children's Play Area plus Bouncy Castle, Trampolines, Mini Roundabouts and Trains.  
Plus Barbecue and the Adult Buckin' Bronco and Pillow Fight competitions for a Case of Ale.

Welcome



### THE BENCH

- A play written specially for Sedbergh, set around the bench opposite the fish and chip shop.
- A series of short scenes to cover as many times of the day as possible from early morning to late night. .
- No scene is longer than four pages of A4 script, so nobody has a huge amount to learn. Most actors have only one scene.
- The 'football club' (see below) have two. The girls have two.

*I am looking for:*

4 lads, aged between 14 or 15 -17.

Better would be if groups of friends got together. *Ages not all that crucial – the ages I have put down indicate the ages of the characters in the play scenes. It would help if two could also skateboard.*

*2 of the lads have some dramatic stuff to do! Ideal for any Y11/ Y12 / Y13 lads bored in school holidays!*

5 women, [a] one about mid 20's, one about mid thirties – but negotiable ages. Both mothers. [b] three of any age, preferably already friends for a fun script  
3 men, one earlyish 20's, one about late 30's, the other late 40's, preferably who know something about football. Ages negotiable. 1 girl about 16, (to join two others already picked)

Rehearsals will be held in Sedbergh in short bursts until very close to performance dates which will be on September 8th, 9th & 10th in Settlebeck School Hall.

For more details, contact Stuart Manger 015396 – 20108. □

## Sedbergh Office Services

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**SETTLEBECK HIGH SCHOOL**

*Auction of Promises and Sedbergh School Band*

Thank you to all those people who made contributions to our Auction of Promises on 18<sup>th</sup> March in aid of our Slovenian visit. The generosity of members of our community and businesses was overwhelming. In the end we had over 120 different lots ranging from bags of bark chippings from Baliol, cakes from numerous contributors to Family Football tickets and two First Class rail tickets to a destination of your choice.

The auction itself at the Bull Hotel was a great night out and John Beck with colleague Kevin Kendal did a tremendous job talking the talk. Our PTFA were magnificent – special thanks too Sandra,

Jane, Olive, Elaine and their willing supportive daughters. £3085 was raised in all and I'd like to give particular thanks for 3 individual contributions of money from very dear friends of the school who, by their generosity, made such an impact on that total.

Thank you also to Alan Lewis and Sedbergh School Band who filled the school hall on 8<sup>th</sup> February and provided a superb evening's entertainment in aid of the school. Nearly £500 was raised and Alan insisted that all that he required was some water for the boys! We are so fortunate in this community to have such talent on our doorstep and we look forward to more links with the Sedbergh School band in the future.

*Dave Smith*

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### **SEDBERGH AND DISTRICT SPRING SHOW**

A wonderful spring day. A wonderful batch of entries. A wonderful speaker to grace our opening. Richard Nankivell, the presenter of 'Good Morning Cumbria' on Radio Cumbria was kind enough to travel down to Sedbergh for our annual show. He said it was the first time he had been to Sedbergh and I am sure he was suitably impressed, both with the warm welcome and with the standard of the entries. As always the amazing work done by local people never ceases to impress, from the wonderful quilts to the model of a fantastic Rough Fell sheep, created out of a cauliflower. The unsung heroes are those who meet month after

month, contacting judges, going through the schedule with a fine tooth comb and putting every last detail into place before the event.

Next year it will be ten years since the Sedbergh and District Buildings Preservation Trust, who had started on the restoration of Farfield Mill to create an art and craft centre, decided to restart the Show for the benefit of the Sedbergh area. In that time it has encouraged craft, highlighted the creativity of the local people and brought visitors from far and near to see a wonderful Show. LET'S MAKE 2006, THE TENTH YEAR, A REALLY BUMPER CELEBRATION YEAR.

Our thanks go to all those who helped to



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A delightful Country Inn Since 1590

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We offer a large range of Malt Whiskey's (40 in all)  
and our Cask Beer range has been awarded by CAMRA.

Cask Beers for May include:- Black Sheep Best Bitter; Timothy Taylor Landlord;  
Theakston's Best Bitter and Tirrel Brewery Brougham Ale as well as others.

**Children welcome with separate menu, high chairs and outdoor play area.**

#### Opening Hours

Tuesday to Friday      12 noon to 2.30pm      6 - 11pm  
Saturday & Sunday      Open All Day from 12 noon

*Sunday Lunch £5.95      Bookings Advisable*

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make the Show such a success, including the judges, our volunteers who man the door and the raffle or ease the task of judges; to our excellent Master of Ceremonies; to Les Maddox for the use of his shop window and to Su Brooks who does such an excellent job with the refreshments. We were also especially pleased to have an excellent musician, Carolyn Francis to entertain us inside and out. We must also thank the Milburn family for putting up the many signs, year after year. Finally thanks to all our entrants. WITHOUT YOU THERE WOULD BE NO SHOW!

Finally we thank those who, as always, were so generous in giving us raffle prizes. They include: Mr and Mrs Fraser-Urquhart, the George and Dragon Dent, Sedbergh Chemist, Powell's, Roger and Jane Underwood, Carol Dawbarn, Mr and Mrs Stacey, Mr and Mrs Sowerby (Millthrop), G. Steadman, the Spar, The Bull Hotel and W. Milburn and Sons. []

**DIALECT DIGEST**

Speakers of dialect tend to be brief and pithy, but there are times when confusion can occur because of the way certain

words are used. "How dis thoo want thi eggs cooked?" asked a waitress. "Will it mek onny difference ti t'cost?" the diner enquired. "Nut a bit." "Reet," he said. "Cook 'em wi a nice slice of ham."

The tale is told of a doctor who was called for the first time to a recently bereaved family, and as he wasn't getting very helpful answers to his questions, he asked the widow what her husband had died of. She thought about it for a moment, then replied, "He deed of a Wednesday."

There's a rumour that Yorkshire folk aren't very generous with their brass. Soon after the arrival of their first baby, a Dales farmer's wife went upstairs one evening and found her husband standing by the cot, gazing earnestly at it. She was very touched by the sight and she asked him what he was thinking. "Nay lass," he said, sadly. "It beats me hoo they hev t'nerve ti ask twenty poond fer a cot lahk that."

And it's advisable not to ignore this timely warning about the way we dress: "Ne'er cast a cloot till May be oot!"

*Michael Park*

**SEDBERGH AND DISTRICT  
SPRING SHOW RESULTS**

The overall winner of the 2005 Spring Show was Mrs Margaret Milburn. The prize for the most new entries to the show was Mrs Margaret Fearnhead.

Two new prizes were awarded this year. The Lookaround Cup for the *Adult Best in Show* went to Mrs Ruth Gardner and the Lookaround Cup for the *Child Best in Show* went to Miss Emma Postlethwaite.

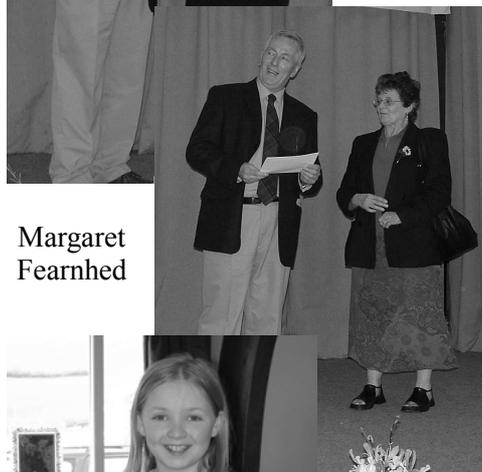
The following Section Winners were as follows:

- S1 Handicrafts Cup (tied)  
Mrs Dilys McCaffery  
Miss Kimberley Shuttleworth
- S2 Handmade Toys Cup  
Mrs Christine Bracken
- S3 Flowers & Plants Cup (tied)  
Mrs Jean Sowerby  
Mrs Joyce Bird
- S4 Garments Cup  
Mrs Margaret Milburn
- S5 Home Produce Cup  
Mrs Pauline Hughes
- S6 Art & photography Cup  
Mrs Susan Garnett
- S7 Children's Section Cup (tied)  
Miss Leanne Postlethwaite  
Miss Alice Horlon
- S7 W Milburn & Son Cup  
Master Tom Cooling
- S7 Special Cup  
Master Harry Cooling
- S8 Local Organisations Certificate  
Kirkby Lonsdale Country Market  
WI Cup Killington WI

There were over 90 categories and many entries into the Show. The full list of Class Winners (sadly, too many to list here) is available at the Lookaround Office. []



Margaret Milburn



Margaret Fearnhead



Emma Postlethwaite



Ruth Gardner

**SETTLEBECK HIGH SCHOOL**

*Staff Changes and iP*

Since our last Newsletter Mrs Buxton has left us and Mrs Owen has taken over her Spanish and French teaching while Mrs Oughton has assumed her joint head of lower school (years 7 and 6 transition) role.

Mrs Redfern left us at Easter and we are currently advertising for a new Learning Resource Centre teacher.

Mr Gardner left us at Easter and his year 10 Resistant Materials lessons are being taken by Mrs Larkin while Mrs Leaver is teaching year 10 Enterprise lessons.

Jean Sowerby leaves us as a cleaner in charge after many years of loyal service to Settlebeck. We will miss her.

Mr Glanville, until recently our local policeman, has now joined our Teaching Assistant team and as has Susan Larkin and Rachel Dean – welcome all.

We are always very sad to lose highly respected and able staff but like any organisation, we move on, the staff team changes and develops and new staff bring new skills, perspectives and energy to our school.

It has always been a great strength of Settlebeck that the staff team work so closely and in support of each other. This



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has been recognised recently by our recent iP Assessment. We were reassessed in February and in the report the assessor said

“Staff at Settlebeck are exceptionally dedicated and display a strong collegiate approach to school issues and concerns. There is a strong commitment to training and development of all staff at all levels. Staff at Settlebeck show an exceptionally strong commitment to students success in terms of time to support them and in the creation of an inclusive environment. Hence students achieve well in external examinations with results in both KS3 and GCSE well above national averages.”

Copies of the report are available from the school office. []

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## SEDBERGH TOWN BAND NEWS

### Auction of Promises

The band's contribution to the 'Auction of Promises' to raise funds to assist the Year 9 pupils of Settlebeck to visit Zrece involved the Director of Music, Alan Lewis, composing a piece of music, for the band to play, to the specification of the successful bidder.

On offer was a piece of music, about four minutes long to be in the form nominated by the successful bidder who would give it a title and whose name would be connected with the piece on its first performance at the band's Summer Concert on Wednesday 18th May and at any subsequent playing of the piece.

A most generous bid by Sandra Waters beat off other interested parties and the piece she commissioned is to be called 'A Song for Brian'.

### Tony Playfoot

Our congratulations go to Tony, a prominent tuba player in the band, who recently attended a course at a specialised college near Nighton in Wales and achieved the distinction of gaining the qualification of the National Association of Musical Instrument Repairers. This intensive course has qualified him to repair all aspects of brass instruments, and as a holder of this qualification he gains the added distinction of being one of only four people in the North of England who are similarly qualified.

### Bernard Lyons

It is with regret that we report the retirement of Bernard from the band. An early recruit to the band he has played his cornet with distinction in many concerts and engagements. Since moving from Sedbergh to near Carlisle some three

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years ago Bernard has unfailingly made the journey south in all weathers to attend our weekly rehearsals.

He now feels that the journey is getting too much and has decided to call it a day. As an expression of the gratitude felt by the band Bernard has been offered Life Honorary Membership of the band which he has graciously accepted.

Readers may recall that Bernard's talents extended beyond music: a fine self-portrait of Bernard in full band uniform was prominent in the Annual Art Exhibition of two years ago.

Our thanks go to Bernard coupled with our wish to see him a member of the audience at our forthcoming concerts.

G. B.

## CONTENTED

Current wisdom is often not very accurate at foreseeing the future, and never more so than when predicting what will happen with the introduction of technology. The new machines are going to turn us all into de-skilled automatons aren't they? But they never seem to; what happens rather is we all have to get a little more technical and a little better at DIY. Just think how much more you have to know about now, in order to write a letter.

This is happening around websites. The days of saying to the technical expert, here Abdul, put this on the website for me please, are numbered. Abdul will tell you that you must do it yourself.

This can be quite a complicated subject, because many websites contain information that is not all owned by one person, rather different people are responsible for different bits, and you don't want to have a free-for-all because that would look a muddle and be asking for arguments.

The buzz-phrase here is Content Managed Systems, where you have a system that manages the content of the website and allows different people to keep their own areas of responsibility up-to-date, without needing to refer to Abdul.

It can be a bit needling for the person who wants to have their information put onto the website, because it is certainly easier to scribble something down on a sheet of paper and give it to Abdul, that it is to sit down at the screen and work out what to do yourself, but it has to go that way.



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With the Sedbergh town websites being among the finest in the world, naturally we are introducing Content Management, and with us being so annoyingly short of money and time as ever, this too has to be something of a DIY job. But it's beginning to happen.

If we can make this work well, we shall have something resembling a community website resource, like what you see written about so enthusiastically, but which always seems then to so quietly fade away. That would be nice if we could succeed with this.

As a start, you can already put your own entries on the events calendar and you can get a set of pages for promoting permanent displays etc linked to the calendar. You can also enter info, thoughts and pictures about Zrece, which will show under the 'Town Twinning' link on [sedbergh-yes.net](http://sedbergh-yes.net) (only that site at time of writing, we're bringing it together with [sedbergh.org.uk](http://sedbergh.org.uk), slowly, slowly.)

So, for pictures of Zrece, see [sedbergh-yes.net](http://sedbergh-yes.net), and to include your own pictures and write-ups about Zrece, ask me for your personal password.

*Dave Collier*

### **SEDBERGH WRITERS' PROJECT**

So far, we have received a good variety of material ranging from two children's story – one with innovative illustrations, to a beautifully illustrated journey through Garsdale, to frisky poems, school memories, a ghost story and more. In the coming months, we are intending to produce a booklet for sale to coincide with the Sedbergh Festival of Literature and Drama in August 2005.

We are looking for quality work on almost any topic that reflects Sedbergh life in the widest sense. 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:

- How does changing schools, or leaving school, or home affect people?
- Sometimes, job changes are forced on people, sometimes a conscious decision is taken. Effect?
- How might someone about to retire feel?
- What do you think are the most dramatic seasonal changes in the countryside in Sedbergh?
- How do children feel about the changes in their own status and life?
- The breakdown of relationships causes great heart ache. How do people come to terms with it?

You might deal with any of these in

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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 know of children who have produced really good stuff for Key Stage 3 or 4 creative writing. Do 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:

Editor of the Project: Stuart Manger,

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Arrangements to e-mail material to the  
Editor can be made if you get in touch  
with him by phone. *Stuart Manger*

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## WHO IS GOVERNING THIS COUNTRY?

The debacle at MG Rover showed this very clearly. When HM government were talking about letting the company have £100 million loan the EU spokesman was soon on the scene saying they could not as that would be unfair competition!! Those of you who happen to be caught up in the problem of disposal of carcasses since the EU stopped the burial of stock are aware of that absurdity. If the sheep was a pet and you could prove it wasn't destined for the food chain then you could legally bury it. If not you have to leave it lying around rotting until the knacker man can come. I understand this has been weeks in some cases.

We are well into the election campaign

but have you heard the EU mentioned? I haven't and all the talk about immigration, NHS, crime and education are simply wallpapering over the cracks as however good the plans are the ultimate say on immigration and the funding for other schemes is no longer in the hands of HM government. You've guessed it Brussels sets spending and borrowing targets etc. As usual our government sticks by these agreements others don't.

What haven't the parties told us? The so called Labour party wish to ratify the constitution and join the euro. The Lib Dems are keener than the Labour party to join the EU. The Green Party also is keen on the EU. U.K.I.P. wish to leave EU. At

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the time of writing they haven't published their manifesto but I understand it is quite comprehensive. We shall have to wait and see. The Conservative party say they will renegotiate the treaties with the EU. How they expect to do this they haven't said because there is no way they can get agreement within any EU organization as we have less than 14% of any votes. It doesn't help when most decisions are decided by qualify majority voting. It could be achieved quite easily by revoking the 1972 Act and then renegotiating from outside. As you can see it is very complicated but none of the parties are giving us the whole story. There is a lot of talk about taxes. Just think what could be done with the

£billions we give to our competitors in the EU. The UK is the 2<sup>nd</sup> largest net contributor to EU funds.

I hope that you will all vote on 5<sup>th</sup> May because our democracy depends on it. I belong to no political party I simply want our country governed by our own parliament so that we control our own destiny.

*Brian Wright*

### JCB FUN DAY/EVENING

On Sunday 29th May lads from Sedbergh, Tebay, Dent and Kendal will attempt to pull a 8.5 ton JCB digger from Devils Bridge to Sedbergh 10.5 miles. All monies raised will be shared between the late Jackie Wilson/Joanne Burrow Breast Cancer fund and Sedbergh's children's charity groups, Zebras and Playgroup.

We will be leaving Devils Bridge at approximately 9.45 am, and the going will be tough, but we hope to be arriving back in town at approximately 1.00 pm. There is a full afternoons entertainment planned in the Bull Hotel beer garden and car park including a Bouncy Castle, roundabout, trampolines, miniature train, face painting, teddy tombola, pillow fighting, bucking bronco, plus free children's entertainer Cheeky Charlie, with magic, fun, karaoke, balloon modelling and unicycling.

A barbecue will be working all afternoon then the day will be finished off with a disco in the Peoples Hall for the Over 18's, from 10pm onwards. Please give us your support on the day and we are hoping to raise a lot of money for our chosen charities.

*Caspa*

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### NEIGHBOURHOOD WATCH

The Neighbourhood Watch office in Kendal is now under new management and, with their new Voice Connect system, your area and local Neighbourhood Watch co-ordinators will have already witnessed on increase in the number of crime alerts being sent out by the Kendal Office. If these alerts relate to your area, you should have heard about them from your local co-ordinator.

At a meeting of area co-ordinators in Kendal in early April, the Neighbourhood Watch officers stressed the importance of two-way communication between the police and the public. The new Voice Connect system will keep us in the community better informed but we must do our bit too. Notifying the police of

suspicious activity is absolutely vital in the fight against crime and the officers were at pains to emphasise the following points.

- You will never be criticised for giving information that proves to be of no value.
- The most trivial suspicious events can be significant. Even if you have the most minor concern, notify the police. Computerised data collection systems used by the police bring all these little items of information together and your observation may provide the missing link.
- If you see a crime being committed, telephone 999.
- If you wish to report suspicious activity, then phone the police on



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01539 722611 and say you are a Neighbourhood Watch member.

- In reporting suspicious activity, give good descriptions of people, their clothing and any vehicles involved with vehicle registration number if possible.

Neighbourhood Watch staff also voiced their concerns about "doorstep crime". Be alert to unknown callers. Do not let them into your home without convincing evidence of their good intentions. Be alert to distractions which cause you to leave callers unsupervised in your home. Be aware they may have an accomplice entering your property by another door while you are distracted by the caller. Do not agree to work being done to your house or garden by uninvited workmen.

Police statistics tell us that about 30 of burglaries occur in unlocked premises. 'Sneak in' theft is common. Keep your house locked at all times.

With the approach of the gardening season, car boot sales will be awash with gardening equipment. Make sure it isn't stolen from your garden shed. Lock it! And when the warm weather comes and you have that barbeque in the garden, just make sure that sneak-in thief can't get into your house. Lock the doors you cannot see.

We all want to live in a safe and secure environment. A watchful community is a major weapon in the fight against crime. Please do your bit. Be alert to crime and, above all, act if you are suspicious. Don't dismiss it. Report it!

If you want to know more about Neighbourhood Watch then please contact the Neighbourhood Watch Office in Kendal on 01539 818681. []

## SEDBERGH POST OFFICE

AND  
NEWSAGENTS

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Do you feel that you need to improve your maths? Maybe because you can't keep up with the kids, or you need an up to date qualification for work? If so we can offer you a free course, with the help of Settlebeck High School via the Rural Academy, plus support from Cumbria Adult Education. We can help you gain a Level 1 or 2 National Numeracy Certificate which can also lead on to GCSE if you wish.

To find out more come along to our Open Evening on 25<sup>th</sup> May. Information on the maths courses will be available from 6:30-9:30pm. You can have a chat and look at the types things you would be

doing on the course.

*Open Day / Evening*

As mentioned above we are holding an open "event" during Adult Learners Week. The Cottage at Settlebeck will be open from 11am and staff from the BBC Bus will be on hand for part of the day.

- See our facilities
- Look at students work from previous courses
- Find out about maths for adults
- Look at Digital Video Editing with the BBC
- Find out more about the BBC People's War project

*Changes to Adult Education*

You may have seen reports in the press about changes to the structure of Adult

**WHITE HART CLUB**

Katy & Nicola are going to University and we currently have vacancies for Part-Time Bar Staff.

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Education in Cumbria. I am pleased to say that Sedbergh CDC has been chosen to be the lead centre in the new Kendal Area Consortium. This means that we will be working closely with Queen Katherine School, the Brewery Arts Centre and Ghyllside CDC. We will produce joint plans, share ideas, tutors and perhaps some administrative work. We hope this will lead to a wider range of courses be available in Sedbergh. Watch this space.....

If you would like further information on anything to do with Sedbergh CDC please ring us on 015396 21031, or check out our updated website at [www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)

*Chris Wood*



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**MAY GARDENING**

Some plants have rather unprepossessing English names and if someone offered me a 'Buffalo currant' as an ornamental garden plant I might not be too enthusiastic about taking them up on the idea. It sounds so much more like an enormous, cow flavoured fruit than a beautiful flowering bush. In this case the botanical name, *Ribes odorata* is far more descriptive, although I would have preferred to call it *Ribes fragrantissima*, because the attractive racemes of yellow flowers have a beautiful clove scent, reminiscent of old fashioned pinks. *R. odorata* is one of the parents of another very beautiful currant, *R. x gordonianum*. This shrub has long racemes of flowers red outside and yellow within, produced in early summer. Both of the above plants are very hardy and produce strong growing shrubs, rather similar in habit to our more common, familiar "Flowering currant" (*R. sanguineum*). Much less hardy, and requiring a warm south facing wall in a sheltered spot is *R. speciosum*, the "Fuchsia flowered currant". This species has long, tubular flowers, bright red in colour, with long pendulous stamens.

Similar in growth and habit and leaf shape to the hardy currants but grown for their foliage rather than their flowers are two *Physocarpus*. One, "Dart's Gold" has bright golden yellow foliage in spring and the other "Diabolo" has dark red (almost black) leaves. Both make striking additions to the shrub border and are very easily grown.

*Elaine Horne*

**SEDBERGH  
BOOKTOWN FESTIVAL  
OF LITERATURE AND DRAMA**

August 20<sup>th</sup> – September 10<sup>th</sup> 2005

*Outline Programme*

Festival Patron and Chairman: ERIC ROBSON (BBC 'Gardeners' Question Time' etc )

August

Sat 20: Howgill Walk / Paul Wilkinson

Sun 21: "In the Footsteps of Wainwright" / Derry Brabbs – expert on Wainwright introduces his new book on AW.

Mon 22: Sarah Hall – she is the widely acclaimed Cumbrian author of 'Haweswater' and 'The Electric Michelangelo', and was on the Booker Prize Short List for 2004.

Thurs 25: Quakers: 'Dangerous Days' / David Boulton / talk + tour of Quaker sites

Fri 26: "Pied Piper of Hamelin" – cast of local children in a play for all the family

Sat 27: "Pied Piper of Hamelin" – cast of local children in a play for all the family [two performances on the day of the Medieval Market Fayre ]

Mon 29 Story telling day: events all over town for all ages.

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Wed 31 "Poetry Please" – your favourite poems read aloud. Chaired by Gordon Swindelhurst of BBC Radio Cumbria

September

Thur 1: Ghost Story Evening – famous tales in spooky locations

Fri 2: Jacob Polley – Cumbria's brightest young poet, author of 'The Brink' collection

Sat 3: "Showing Well" – Anne Pierson's Dinner Theatre event

Sun 4: Reginald Hill (Dalziel and Pascoe author)

Mon 5: Reading Group Open Meeting: "Swallows and Amazons" – a classic re-considered.

Thurs 8: "The Bench" – local actors in local location inspired play.

Fri 9: "The Bench" – local actors in local location inspired play.

Sat 10: "The Bench" – local actors in local location inspired play.

Venues, starting times and ticket prices and all other details nearer the time. []

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**CALOR  
GAS**



Dear Sir,

Is a vote for a 'fringe' party such as U.K.I.P a 'wasted vote'? Not if the voter understands the issues.

Of course we all want a healthy, secure future, with enough money to enjoy life and retirement; and kids who leave school equipped with the right attitudes towards life, the future and other people.

All of the three 'main' parties promise these things, they have promised them for years; but if we keep on doing what we do, we will keep on getting what we get!

All of the three 'main' parties want us to stay in the E.U. - the European Union. The cost of E.U. membership to the U.K. is about £100 billion! Yes, billions per year (www.civitas.org.uk). it is more than the N.H.S, costs! Worse, the secret agenda of the E.U. is to abolish the



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info@killingtonmarquees.co.uk

Nations States, including England, and have a Federal Europe ruled from Brussels! Do we want that?

Jean Monnet, a founding father of the E.U., said "Europe's Nations should be guided towards the superstate without their people understanding what is happening. This can be accomplished by successive steps, each disguised as having an economic purpose, but which will eventually and irreversibly lead to federation."!

The U.K. has been inveigled into the E. U. by insidious means; we are not allowed to vote on political union, only on a trading relationship.

None of the three 'main' parties will allow us a vote on E.U. exit. They say membership is an advantage to the U.K.! Is the cost of £100 billion per year an advantage?

Could it be that they have one eye on the E.U. 'Gravy Train' of £140,000 per year plus expenses, plus a pension of £70,000 per year, all paid for by the U.K. tax payers? !f it means that we lose the right to hire and fire our politicians when the E.U. plan is complete, is a vote for any of the pro E.U. 'main' parties not a 'wasted' vote?

Yours sincerely,

*Edwin Bateman*

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**COMMUNITY OFFICE NEWS**

The "Elders" drop-in is now underway and all are welcome - come in and voice concerns, have a cup of tea and a chat!

Monday afternoon is for games so drop in and meet new people - any ideas for a league table???

Someone was asking for a comprehensive list of just what the Community Office provides. So, here it is in its entirety.

We provide:

- Planning Surgery *Wednesday Afternoons*
- CVS (Council for Voluntary Services) *1st Wednesday morning of every month*
- Car Park Permits *Everyday*
- Community Advice *Everyday*
- Art Exhibition *Open Display*
- Books Sales *Everyday*
- History Society *Everyday*
- Cumbria Wildlife Trust *Open Display*
- Elders Drop-In *Thursday Mornings*
- Games Afternoon *Monday Afternoons*
- Computers *Pending*
- Internet use *Pending*
- Youth Drop-In *Pending*
- Parish Clerk *Wednesday Mornings*
- Park Ranger's Office
- Recorder Group *Friday Mornings*

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Community Fund *Please Ask*  
 Community Notice Board  
 Guided Walks *Monthly*  
 The Guided walks will start at 10am on Friday 20th May, Wednesday 22nd June and Friday 22nd July.  
 If you want details of any of these services, please ask. We also have a modem, little used filing cabinet for sale this month - offers please!  
 And the office still lacks a cleaner (although I'm doing my best!). But we will pay £5.50 for an hour cleaning per week if anyone can fit this into his or her schedule?  
 Any further ideas of how the Community Office can provide services are always welcome. *Deyna Hirst*

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**MARCH WEATHER**

Well March “many weathers” certainly lived up to its name. We had a bit of everything from snow to a mini “heat wave”, from gales to one day without any wind registered and everything else in between! We had a maximum temperature of 67.3F to a minimum of 24.1F with a lowest wind-chill of 10F. Rainfall was a modest 2.17 inches but in spite of a couple of dry spells the general quagmire has not cleared up yet. Wind direction was as variable as its strength coming from all points of the compass but still with a greater frequency from the north west.

Natural signs were evident of a move towards spring with a dazzling display of

daffodils. I didn't get over to see the “Wordsworth” daffodils this time but I understand they are becoming concerned that the small wild ones are hybridizing with cultivated ones. There has been a lot of bird activity this month with lots of tits at the bird table along with groups of finches and ubiquitous house sparrow. There does not seem to be a shortage around here. Each dawn and dusk the singing is punctuated by the alarm calls of blackbirds as they try to defend their nests from magpies. I regularly have 4 of these black and white bandits in the garden! Foxes, badgers and rabbits are about most nights with the latter running the gauntlet of the cats during the daytime. I finally put one of my clockers (broody hen) to use by putting some eggs under her. I have had clockers throughout December, January and February. Another first for me to have them so early, is this another sign of global warming? We had a frog hopping around the utility room but we haven't had any frog spawn in the pond. Newts have been active on the warmer days. They obviously bred there last year as there are some efts about (young newt). []

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### BREAST CANCER BIKE RIDE

Thank you to everyone who sponsored us on Saturday the 16th of April for the Breast Cancer bike ride. All the girls from Dent and Gawthrop completed the 14 mile Dentedale run circuit. It was an enjoyable day, and really want to do other sponsored events in the future. We are hoping to raise about £300 plus. Look out for posters advertising a Junior Disco in Sedbergh (and hopefully in the *Lookaround*) for the same very good cause.

*Thank you, from Abbie Mason, Kerry McClurg, Amy Baines, Alice and Rebekah Sutcliffe, Joanne and Michelle Bentham, Chelsea Thomson and Rachel Burton.* []

### At the Chair Workshop

- Chair seating & supplies
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### St MARK'S CHURCH

The Cautley Flower Festival will be held from Friday 13<sup>th</sup> to Sunday 15<sup>th</sup> May from 10am - 6pm.

The theme of the Flower Festival is 'The Church, the Garden of Christ' based on the hymn by Isaac Watts.

Our team of floral designers share a love of working with plant material, and what better place to enjoy the beauty and artistry of their work than in the striking simplicity of this country church.

St Mark's was built in 1847 and was designed by the eminent Victorian architect, William Butterfield. The majority of his projects were ecclesiastical, St Mark's is an early example of his work. His best known church is All Saints, Margaret Street, London and he also designed the chapels at Rugby School and Balliol College, Oxford.

Cautley is situated 3 miles north of Sedbergh on the Kirkby Stephen Road A683. Why not spend a little time here enjoying the peace and tranquil setting of St Mark's, nestled under the Howgill Fells.

Refreshments are available all day.

More information from Linda Hopkins  
tel. 015396 21455 []

### PEOPLE'S HALL

*per session*  
Committee Room £6 (inc. heating)  
Main Hall (*daytime*) £9  
Main Hall (*evening*) £20  
(£35 for functions with bar serving alcohol)  
Regular bookings may attract discount  
Changing Rooms can be booked  
Bookings: Sedbergh Office Services  
13 Kings Yard, tel. 20788

### STIC

*Sedbergh Tourist Information Centre and Dales and Lakes Book Centre.*

Around 26th of April we are hoping all the alterations and decorations will be finished in the TIC building. Then .... we will leap into action to get everything shipshape for the Holiday weekend.

The new twin Centres will be a huge asset to Sedbergh with seven day per week opening year round. The new Tourist Information Centre needs all of your new information! So all of you out there with businesses you want to promote to visitors please get your brochures and posters to us on 27/28/29th April.

The Dales and Lakes Book Centre is a whole new store for you all to explore. Some of the foremost dealers in such specialist and diverse subjects as, music, birds, railways, illustrated books, collectable children's books etc. will be bringing a selection of their treasures to tempt you.

In addition to second hand and collectable books, the joint centre will have a huge collection of local guide books and maps, interesting souvenirs and gifts for the whole family. This is the first new shop for Sedbergh. The Book Town company is expecting that there may be as many as eight book stores in Sedbergh by the end of the summer and, we hope, at least one new restaurant, possibly two and maybe other new shops as well. We are building confidence in the Book Town project to give everyone a chance for a more successful business, or a new job, or simply somewhere interesting to wander into when you've an hour to spare.

As always we welcome any interested people who might like to join in the organisation of all of this. Please contact the new TIC staff for details. []

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### SEDBERGH PLAYGROUP

Do you use Persil Soap Powder?  
Sedbergh playgroup are collecting the PERSIL STAR TOKENS on the washing powder boxes, If you have any Persil star tokens which you would like to donate to Playgroup, please take them to either SEDBERGH POST OFFICE or the SPOONER ROOM at Settlebeck where there is collection boxes.

*Karen Brewer*

### SEDBERGH YOUTH SUPPORT FUND

The trustees welcome applications for financial assistance from any young person, living in the Sedbergh area, wishing to participate in any Christian based activity. Eg joining in Summer Camps. Grants may also be available to leaders or groups engaged in Christian based activities within the Sedbergh area. For more information, contact Martin Cope on Sedbergh 20678. []

### **SEDBERGH SCHOOL**

#### *The Local Boys Fund*

The committee of management will meet on June 17th to consider applications for grants for educational tuition and facilities for boys resident in the parishes of Sedbergh, Garsdale and Dent.

The fund does give priority to local boys attending Sedbergh School but it also considers applications from local boys attending any other centre of learning.

Anyone wishing either further information or to apply for a grant should contact the secretary, Joyce Priestley, Havera Bank, Sedbergh. Tel: 015396 20104. []

### **EXPERIENCED DRESSMAKER**

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### **THOUGHT FOR THE MONTH**

Where will you put your cross, how much thought will you give to this big decision? Are you just sick of all the stuff about the Election and just want it to be over? Have you put pen to paper to ask the candidates what they think about issues important to you? Or are you doing the worst thing of all, nothing? Don't just think about it. Take action. Now! []

### **TOURIST INFORMATION CENTRE**

Sedbergh Book Town Ltd would like to make the people of Sedbergh aware that Tim Farron has had no input whatsoever in the arrangements to take over and reopen the TIC.

The Book Town company has had assistance from the Parish Council and Community Office, the Chamber of Trade and many individuals including Sid McLennan who has been giving out basic information from his shop for the last months. SLDC and YDNP are helping with funding towards the running of the office but most funding will be earned by sales from the TIC.

It is particularly unhelpful when it is reported in a newsletter delivered to a great many houses in Cumbria that Sedbergh Tourist Information will remain closed this summer. This is not the case the office will reopen as reported elsewhere about 26th April for 7 days per week year round.

It is a pity that this community initiative has been hi-jacked for political purposes!

---

### **SEDBERGH SWIMMING CLUB**

The Swimming Club is now in a new term. There have been some changes to the Tuesday night sessions for this term. There are no aqua-aerobics so we have ladies recreational at 7.30-8.15pm. Adults open recreational 8.15-9pm. All the other sessions including lessons are at the usual times. Also a reminder that lesson fees are now due. (£12 per child).

New members welcome, more details can be found on the posters. Come along and get fit for summer. []

## SETTLEBECK HIGH SCHOOL

### *Sweeney comes to Sedbergh*

Sedbergh's Settlebeck High School entertained parents, students and friends with their end of term 'Sweeney Todd' in an atmospheric set, well-crafted text and lyrics written by Year 10 student, Caroline Lamb, produced and directed by Head of Drama, Nigel Banks, with Music Director David Graham, sensitively composing all the show's catchy tunes. Sweeney Todd himself was played with neurotic intensity by Laurence Hansen Diamond, while Caroline Lamb was excellent as the crafty, possessive Mrs Lovett, owner of the notorious Fleet Street pie shop. With strong performances from Ian Mitchell, as corrupt Judge Turpin, and a touchingly played and sung ward, Jenny Lamb's Johanna, the ardent and innocent lover Anthony, Joel Davies, and the slapstick duo of Ryan Iveson and Brad Dalzell as Signor Pirelli and his con-man sidekick Tobias, the show bounced along, revealing love tangles, clever niche-marketing techniques, wicked law officers – the chilling Beadle Bamford of Matthew Kirsch was notable here – some nice cameos – notably Cally Steadman -, and a cheery supporting chorus of singing and dancing streetgirls, madhouse inmates, ruled by the brazen, bullying Mrs Wadsworth of Hannah Fearnhead. The final hours of both Todd and Mrs Lovett were particularly dramatic – electric moments from both leads as the show reached a gripping climax. Costumes and make-up were handled with care for detail, Noel Bertram conducted a skilled band, Bill Longlands lit the show with calm authority and

concentration, and the alert and meticulous backstage team of Andrew Britton and Ian Bainbridge kept proceedings moving at an efficient pace.

*Stuart Manger*

## SPARE TIME?

### WHY NOT BECOME A VOLUNTEER CAR or MINIBUS DRIVER?

### VOLUNTEERS REQUIRED IN THE SEDBERGH AREA

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

COMMUNITY TRANSPORT SOUTH LAKELAND

### DO YOU LIVE IN FIRBANK?

Then come to your next Parish Meeting on Friday 20th May at 7.30pm in the Church Hall and let us know your views about what you like about Firbank and what you would like to see change. Your local councillor - Peter Thornton - will be there to answer questions and there will be discussions about the state of our roads in Firbank and the new bin collection service.

Do you object to the new Bin System about to be launched in Firbank? Come to the meeting and tell us why.

You can call Secretary Alexandra Stephenson on 21087 or Chairman Alan Tattersall on 20152 if you would like any matter regarding Firbank to be put on the Agenda for discussion.

The annual Meeting is a great opportunity to meet your neighbours and your committee members in a friendly atmosphere where we listen to your concerns

□

### **SEDBERGH GOLF CLUB**

Ron Gerrard (Men's Captain) and Maureen Prince (Lady Captain) Drove-in the new season at the beginning of April, supported by many members of the club. The event signals the start of the new season and also helped to raise money for charity. Following the drive-in, a 9 hole team competition took place in glorious conditions, which was won by Jenny Bleakley, Peter Swift and Edward Lord.

We are now only a few weeks into the season and already there has been plenty of excitement. Not one hole-in-one was recorded in competitive play, throughout the whole of last year, however, in the individual stableford competition on Sunday 17th April **TWO** Hole-in-Ones were recorded. Andrew Mattinson holed on the 7th, with the ball pitching directly in the cup, and then Peter Swift recorded an ace on the 11th.

Peter went on to win the competition with an impressive 46 points, ahead of runner-up Dominic Leatherbarrow (40 points) and third place Andy Wilson (39 points).

Results from the previous weeks:

#### **10 April - Betterball Stableford**

1st Bob Mason/Andrew Mattinson 46pts  
2nd Steven Dalzell/Peter Swift 45pts  
3rd Shaun Gardner/Robert Moffat 43pts

#### **03 April - Individual Medal**

1st Jason Thornton 71-8=63  
2nd Ivan Moffat 79-14=65  
3rd Matthew Parking 75-08=67

#### **27 March - Easter Egg Medal**

1st Robert Moffat 81-15=66  
2nd Philip Gardner 84-17=67  
3rd Matthew Parkin 76-08=68 []

### **SOUTH LAKELAND CARERS ASSOCIATION**

The May meeting of the Sedbergh Support Group at the Health Centre will be on Tuesday May 3rd at 2pm and the Speaker will be Mrs Shiela Boothman. All past and present carers are welcome. Our next Coffee Morning is at the URC Rooms on May 11th and we invite your support.  
*Sarah E Woof.*

---

### **SETTLEBECK HIGH SCHOOL**

#### *Student Fundraising*

Well done once again to Settlebeck students for their fundraising efforts this year.

The Tsunami rock concert featuring 'Dead Patriot' (Patrick Timson, Joel Davies, Kyle McConnell and Brendan Lewes), 'Braindead' (Nic Smith-Saville, Robin Langford and Matt Thompson) and 'Monkey Deathstick' (Richard Wilson, Tom and Jack Swannick) was arranged by Richard Wilson and raised over £200. As I'm sure you can imagine, it was suitably loud!

Red Nose Day raised £317.58 []

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### **LADIES N. F. U.**

The speaker for the April meeting was Mrs. K. Ferguson re. Moving House.

She gave us a talk about her life experiences of moving house. Altogether she has moved over 10 times staying in the Kendal/Staveley area, now determined never to move again.

She finished her talk with quotes on old age. Our next meeting will be held on Tuesday 17th May in the People's Hall committee room. []

### ASTHMA UK

Thank you to everybody who came and supported the coffee morning and helped in any way on Wednesday April 13th.

We raised £360 for Asthma UK. Thank you all once again.

*E.W.*



### MK CONVERSIONS

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### POLICE REPORT

Some good news this month is that we have made some headway in the recent burglaries in the area. People have been arrested and charged but we are still making enquiries. If anyone has any information about any crime, please contact one of the Sedbergh Officers, ring 01539 722611 or Crime Stoppers on 0800 555111 where a reward may be awarded.

Some bad news is that we have started to have minor bits of damage in the area. I saw in the new 'hut' on the People's Hall field that someone had carved their initials into the table. A lot of hard work and good money has gone into this. It is a shame that one person can ruin it for many. Continuing in the same vein, damage has been caused to the Wendy House used by the Playgroup as well as to parts of the Primary School. Again, any information about those responsible will help to make this a better place to

live.

Next are two subjects also close to my (professional) heart. Parking on the footpath on Main Street and Speeding. If people park where they should not, a Fixed Penalty of £30 for Obstruction can and will be issued. Those of you who continue to speed in our 30 mph areas are encouraging my firm to install Speed Cameras which inflict £60 and 3 Penalty Points *guaranteed*. Please slow down and stop the installation of such things.

*D J Whicker*

### BARNARDO'S

The Sedbergh Barnardo's Support Group wish to thank the people who supported their Coffee Morning on the 30th March. Over £140 was raised towards the cost of Barnardo's projects in Cumbria.

*E.S.M.*

### PLACES OF INTEREST TO VISIT WHILE IN THE AREA

Cautley Spout, A683 towards K. Stephen.  
Community Office, Main Street.  
Cumbria Wildlife Trust, Community Off.  
Farfield Mill, A684 Garsdale Road.  
Fox's Pulpit, Firbank  
Friends Quaker Meeting House, Brigflatts.  
History Society, Community Office.  
Langstone Fell, A684 Garsdale Foot.  
Methodist Church, New Street.  
Queen's Gardens, Station Road.  
St Andrew's Church, Dent.  
St Andrew's Church, Main Street.  
St. Gregory's Church, Vale of Lune  
St John's Church, Cowgill.  
St John's Church, Garsdale.  
St Mark's Church, Cautley.  
Sedbergh Embroidery, Library  
United Reformed Church, Main Street.  
Y. D. N. P. Centre, Main Street.

## BUS SERVICES

### Sedbergh to Kendal via Oxenholme

#### Monday – Friday

Sed	Arr				
0745	0825		564	S	❖
0940	1010		564	W	
1005	1040		564	S	❖
1005	1040	<b>Wed</b>	564B	W	❖
1240	1310		564	W	
1300	1335		564	S	❖
1300	1335	<b>Wed</b>	564B	W	❖
1400	1430	<b>Tue</b>	804	D&H	❖
1440	1510		564	W	❖
1550	1620		564	S	❖
1711	1745		564	W	

#### Saturday Only

1005	1040		564	S	❖
1050	1125		564A	D&H	❖
1300	1335		564	S	❖
1550	1620		564	S	❖

### Sedbergh to Kirkby Stephen

#### Monday – Saturday

0900	0935	<b>M-F</b>	564	S	❖
1120	1155		564	S	❖
1440	1504		564	S	❖
1655	1730		564	S	❖

### Sedbergh to Kirkby Lonsdale

0945	10.18	<b>Thu</b>	567A	D&H	❖
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#### To Hawes

0845	0920	<b>Fri</b>	112	B	
0910	0945	<b>Tue</b>	112	B	
1000	1035	<b>Tue</b>	804	D&H	❖
1120	1155	<b>Fri</b>	112	B	
1400	1435	<b>T&amp;F</b>	112	B	
1535	1620	<b>Sch</b>	112	B	
1535	1620	<b>Fri</b>	112	B	

### Sedbergh to Cowgill

0940	1009\$	<b>Sat</b>	564A	S	❖
1205	1232	<b>Wed</b>	564B	W	❖
1415	1443	<b>Sat</b>	564A	S	❖
1500	1530\$	<b>Wed</b>	564B	W	❖

### Blackhall Road, Kendal to Sedbergh via Oxenholme

#### Monday - Friday

Dep	Sed				
0830	0900		564	S	❖
0835	0919	<b>Sch</b>	564	W	
0930	1000	<b>Tue</b>	804	D&H	❖
1030	1056		564	W	
1050	1120		564	S	❖
1130	1205	<b>Wed</b>	564B	W	❖
1330	1356		564	W	
1340	1415	<b>Wed</b>	564B	W	❖
1410	1440		564	S	❖
1625	1655		564	S	❖
1630	1656		564	W	
1745	1815		564	W	❖

#### Saturday Only

1050	1120		564	S	❖
1410	1440		564	S	❖
1625	1655		564	S	❖

### From Kirkby Stephen to Sedbergh

#### Monday – Saturday

0710	0745	<b>M-F</b>	564	S	❖
0940	1005		564	S	❖
1225	1300		564	S	❖
1515	1550		564	S	❖

### From Kirkby Lonsdale to Sedbergh

1215	12.48	<b>Thu</b>	567A	W	❖
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#### From Hawes to Sedbergh

0800	0845	<b>Sch</b>	112	B	
0920	0955	<b>Fri</b>	112	B	
1200	1235	<b>T&amp;F</b>	112	B	
1325	1400	<b>Tue</b>	804	D&H	❖
1445	1520	<b>Fri</b>	112	B	
1635	1710	<b>Sch</b>	112	B	
1635	1710	<b>T&amp;F</b>	112	B	

#### From Cowgill to Sedbergh

0937	1005	<b>Wed</b>	564B	W	❖
\$1020	1050	<b>Sat</b>	564A	D&H	❖
1232	1300	<b>Wed</b>	564B	W	❖
\$1545	1615	<b>Sat</b>	564A	D&H	❖

M-F Monday to Friday Only

Tue Tuesday Only

Wed Wednesday Only

Thu Thursday Only

Sat Saturday Only

Sch Schooldays Only (M-F)

W&F Wednesday & Friday Only

T&F Tuesday & Friday Only

*All times are from and to The Dalesman Inn*

B = Braithwaite's Coaches

D&H = D&H Travel

❖ = Provided with Support from CCC

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

For Comprehensive up-to-date information ring :-

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

All times valid from 4th April 2004

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

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

**Canon A W Fell Tel: 20283**

### ROMAN CATHOLIC

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

**Rev. Dr. P Campbell Tel: 20918**

### METHODIST CHURCH

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

### UNITED REFORMED CHURCH

Main Street  
 Sunday 10.30

**Secretary: Mr M Cope 20678**

### SOCIETY OF FRIENDS

#### QUAKERS

Brigflatts  
 Sunday 10.30

**Mr. M Roberts Tel: 20005**

### UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30

**Rev. G Jones Tel: 01539 - 722079**

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

### CHURCH OF ENGLAND

Firbank; Howgill & Killington  
**Rev. A Pitt Tel: 20670**

Cautley & Garsdale

**Canon A W Fell Tel: 20283**

Dent & Cowgill

**Rev. P Boyles Tel: 25226**

### METHODIST CHURCH

Dent; Dent Foot;  
 Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

**Rev. T Widdess Tel: 20329**

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



## OPTIONS for health and well-being

June Parker	Acupuncture	015396 20972
Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648
Denise Williamson	Homeopathy, Bowen Technique	015396 20846
Jenny Heath	Alexander Technique	015396 25002

*Complementary therapists practising locally*

## DIARY OF EVENTS

*All Diary entries are FREE. Dates are held up to 14th March 2006*

MAY						
1	1030	Kimono Exhibition starts (5) FM	20	1930	Annual Firbank Parish Meeting	FCH
1	1400	Tennis Club Family Fun Day G	21	1000	Silk Painting Workshop starts	DCMH
1	1530	Jacob's Ladder DMH	21	1230	Sedbergh Gala (1)	Sedbergh
1	1930	Dentdale Choir Concert StBB	22	1200	CWT Greenbank Open Garden (22)	Greenbank
2	1430	CWT Duck Race BL	22	1000	Hand in Glove Exhibition starts	DCMH
3	1400	Carers Support Group HC	24	1930	Town Band Summer Concert	PH
3	1400	Spinning DCMH	25	1000	Firbank Church Coffee Morning	URCR
3	1930	GL Annual Auction Changed	25	1100	CDC Open Day (20)	SHS
4	1000	StAS Mission Coffee Morning URRCR	25	1300	HS Shap Abbey (25)	LHCP
5	1930	WIH Gardening HVH	27	1315	Zebras	SMCR
6	1315	Zebras SMCR	27	1900	Celebration (27)	StAS
7	1430	HS Broom Hill, Windermere (25)	28	1000	Rag Rug Making	DCMH
7	2200	Football Club Disco (7) PH	28	1000	SS Speech Day	SS
8	1830	Christian Aid Coffee Evening (8) PH	28	1430	Beekeepers' Varroa Management	Lingarh
9	1500	Book Group Small Island L	28	1830	Barbecue	FCH
9	1930	GL Annual Auction GVH	28		SS Half Term Begins	
10	1400	WIK Resolutions SMCR	29	1000	Charity Pull (34/5)	KL
11	1000	Carers Coffee Morning URRCR	29	1300	Charity Fun Day (29)	Bull
11	1915	WID Resolutions DMH	29	1400	Alpacas & Gardens (30)	Ghyllas
11	1930	WIF WI Advisor - Resolutions Meeting PH	29	2200	Charity Disco (28)	PH
11	1930	GVH AGM GVH	30	1000	Cowgill Annual Sale (30)	DMH
12	1430	Network Spring Meeting SMCR	30	1900	Duck Race & Coffee Evening (30)	HVH
13	1000	St Mark's Flower Festival (13) SMCC	<b>JUNE</b>			
13	1100	Victorian Wash Day DCMH	1	1000	WIK Coffee Morning	URRCR
13	1315	Zebras SMCR	1	1000	Hand in Glove Exhibition starts	DCMH
13	1930	Robin Hood, the Panto (13) SHS	1	1030	Kimono Exhibition ends (5)	FM
14	1000	Beekeepers' Furness Convention Bardsea	1	1300	Garsdale Sports	GVH
14	1000	Wildlife Weekend DCMH	1	1830	Garsdale Sports	GVH
14	1000	St Mark's Flower Festival (13) SMCC	2	1800	Killington Sports (33)	BK
14	1100	Dent Heritage Centre Opening Dent	2	1930	WIH Members Evening	FCH
14	1430	Robin Hood, the Panto (13) SHS	5	1000	Silk Painting Workshop ends	DCMH
14	1930	Robin Hood, the Panto (13) SHS	5	1530	Jacob's Ladder	DMH
14	1915	Football Presentation Night (14) Plough	5		SS Half Term Ends	
14		Slovene/Sedbergh Singing Weekend (15)	7	1930	GL AGM	GVH
15	1000	St Mark's Flower Festival (13) SMCC	8	1000	Dent Foot Chapel Coffee Morning	URCR
15	1000	Wildlife Weekend DCMH	8	1915	WID Tanzania Hippos	DMH
15		Slovene/Sedbergh Singing Weekend (15)	8		WIF Outing	tba
16	0930	Christian Aid Week (8) URRCR	11	1400	CWT Coal Road Flora	DCP
16		WI Group Meeting	11	1430	Beekeepers' Honey Cropping	Three Wood
16	1930	WID Lune Valley Group Meeting DMH	11		Town Band Garden Party	Bendrigg Lodge
17	0930	Christian Aid Week (8) URRCR	13	1500	Book Group	Library
18	1000	Christian Aid Coffee Morning URRCR	14	1400	WIK Paper Craft	SMCR
18	1300	A Touch of Elegance (18) PH	15	1000	Sedbergh Playgroup Coffee Morning	URRCR
18	1900	Neighbourhood Forum GVH	17	1830	GVH Evening Walk	GVH
19	0930	Christian Aid Week (8) URRCR	18		Concert	StAS
20	0930	Christian Aid Week (8) URRCR	19		Town Band Brass Band Competition	KL
20	1000	Monthly Walk CO	22	1000	NCH Coffee Morning	URRCR
20	1315	Zebras SMCR	22	1000	Monthly Walk	CO
			22	1800	HS Holehird House	LHCP

*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.*

24	Dent Folk Festival	Dent		
25	1000 Beekeepers' Summer Convention	PH		
25	Dent Folk Festival	Dent		
26	Dent Folk Festival	Dent		
29	1000 RBL Coffee Morning	URCR		
30	1000 Hand in Glove Exhibition Ends	DCMH		
<b>JULY</b>				
1	SS Term Ends			
3	1530 Jacob's Ladder	DMH		
6	1000 URC Coffee Morning	URCR		
7	1930 WIH Cookery Demonstration	HVH		
9	1930 BBQ & Duck Race	KVH		
10	1400 CWT Walk to Cautley Spout	LHCP		
13	1000 Alzheimer's Coffee Morning	URCR		
13	1930 WIF Shiatsu	PH		
14	WID Outing	TBA		
15	1830 GVH Evening Walk	GVH		
16	1300 HS Brougham Hall	LHCP		
16	1430 Beekeepers' Watch this space	The Bothy		
20	1000 WIH Coffee Morning	URCR		
22	1000 Monthly Walk	CO		
23	1430 GVH Fun Afternoon & BBQ	GVH		
27	1000 Network Coffee Morning	URCR		
<b>AUGUST</b>				
3	1000 Howgill Church Coffee Morning	URCR		
3	1345 HS Hawes	LHCP		
4	1930 WIH Antiques Roadshow (Open)	HVH		
6	1000 WI Coffee Morning	URCR		
6	1015 CWT Walk to Foulshaw Moss	LHCP		
10	1000 NW Cancer Research Coffee Morning	URCR		
10	1915 WID Lakeland Life & Industry	DMH		
10	1930 WIF visit to WID			
13	1430 Beekeepers' Honey Cropping	Langber End		
16	1930 Domino Drive	FCH		
17	1000 StAS Mission Coffee Morning	URCR		
20	Booktown Festival Begins	Sedbergh		
24	1000 Beekeepers' Coffee Morning	URCR		
27	1000 Medieval Market Fayre	Sedbergh		
28	1400 CWT Tree Trail in Dentdale	DCP		
31	1000 Garsdale Church Coffee Morning	URCR		
<b>SEPTEMBER</b>				
1	1930 WIH The Meaning of Surnames	HVH		
3	1000 Beekeepers' Cockermonth Convention			
7	1000 GVH Coffee Morning	URCR		
7	SS Term Begins	SS		
10	Booktown Festival Ends	Sedbergh		
10	1000 CWT Visit to Muncaster Castle	LHCP		
10	1430 Beekeepers' Re-Queening	Old Vicarage		
13	1400 WIK Salt Dough	SMCR		
13	1930 Domino Drive	FCH		
14	1000 Dent Foot Chapel Coffee Morning	URCR		
14	1915 WID Welcome to Sarajevo	DMH		
15	1930 WIF Implements	PH		
17	1930 GVH Theme Night	GVH		
17	Ladies Night	PH		
19	1930 FC Harvest Sale	FCH		
21	1000 Firbank Church Coffee Morning	URCR		
28	1000 Playgroup Coffee Morning	URCR		
<b>DIARY KEY</b>				
BF	= Brigflatts			
BK	= Beekside, Killington			
BL	= Busk Lane			
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	= Fairfield Mill			
G	= Guldrey			
GL	= Garsdale Ladies			
GVH	= Garsdale Village Hall			
G&CC	= Garsdale & Cautley Churches			
HC	= Health Centre			
HS	= History Society			
HVH	= Howgill Village Hall			
JLCP	= Joss Lane Car Park			
KC	= Killington Church			
KL	= Kirkby Lonsdale			
KVH	= Killington Village Hall			
L	= Library			
LHCP	= Loftus Hill Car Park			
MCH	= Methodist Church Hall			
MCCCKL	= Methodist Church Centre KL			
MH	= Masonic Hall			
PH	= People's Hall			
SBH	= Sedbergh Bright Hour			
SC	= Swimming Club			
SCC	= Sedbergh Cricket Club			
SHS	= Settlebeck High School			
SIC	= Sportsman's Inn, Cowgill			
SMCC	= St Mark's Church, Cautley			
SMCR	= Sedbergh Methodist Church Room			
StAS/D	= St Andrew's Church, Sedbergh/Dent			
StJAR	= St John Ambulance Rooms			
SR	= Spooner Room			
SSPH/L	= Sedbergh School Powell Hall/Library			
TIC	= Tourist Information Centre			
URCR	= United Reformed Church Rooms			
WHC	= White Hart Club			
WID	= Women's Institute, Dentdale			
WIF	= Women's Institute, Frostraw			
WIH	= Women's Institute, Howgill			
WIK	= Women's Institute, Killington			
WVH	= Westhouse Village Hall			

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218  
Repeat Prescription ☎ 015396 20239  
Out of Hours ☎ 01539 781999

#### Dr P A Orr

Monday	0830 - 1030	1500 - 1900 *
	1030 - 1100 #	
Tuesday	0830 - 1100 *	
Wednesday	0830 - 1100	
	1130 - 1200 #	
Saturday	0830 - 1100	

#### Dr W Lumb

Monday	0830 - 1045 *	1530 - 1830 *
	1230 - 1300	Dent
Tuesday	0830 - 1030	1530 - 1830 *
	1130 - 1200 #	
Wednesday	0830 - 1100 *	1430 - 1730
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

#### Dr C Hunt

Thursday	0830 - 1030	1500 - 1800*
Friday	0830 - 1030	1500 - 1800 FP

#### Practice Nurses

Monday	0845 - 1200 b	1300 - 1700 b
Tuesday	0845 - 1300 a	1400 - 1730 a
Wednesday	0845 - 1200 b	1300 - 1630 b
Thursday	0815 - 1200 a	1300 - 1730 a
		1300 - 1800 b
Friday	1000 - 1200 b	1300 - 1730 b

a = Adele Reynolds  
b = Anne Crome

<b>District Nurse</b>	<b>Health Visitor</b>
☎ 015396 21690	☎ 015396 20979

#### A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 \*

#### 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	

### TOURIST INFORMATION CENTRE

Main Street ☎ 20125  
NOW OPEN

### 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

Kendal Office  
☎ 0870 1264061  
e-mail via site www.cabkendal.ndo.co.uk

### PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600  
☎ 01539 795000 or 0845 6060265

### SLCVS @ Community Office

1st Wednesday every month  
10 am to 12 noon  
☎ 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