

Sedbergh & District

LOOKAROUND

June 2005

Issue 223

Donation 50p

Another bumper issue of 76 pages this month. Lookaround and Sedbergh seems to be drawing in people from all round the world. A warm welcome to all our visitors and we hope you enjoy being with us.

Will all contributors please note that we cannot accept anything by e-mail for the July issue. Please drop off either a printed hard copy, Disk or CD at the Office. We apologise for any inconvenience caused.

Dennis, Jacky & John Whicker



DENT FOLK FESTIVAL

24th - 26th June 2005

Shooglenifty ~ Nancy Kerr & James Fagan

Roy Bailey ~ Dick Gaughan ~ Pete Coe

Keith Donnelly ~ Ben Paley & Tab Hunter ~ Vicki Swan & Jonny Dyer
Andy Halsey ~ Ken & Claire Pope ~ The Wild Wood Band ~ Jig Busters
Proper Punch ~ Lava ~ Striding Edge Acoustic ~ Bill Lloyd ~ Wynndebagge
Tony Wilson ~ Bill Lloyd ~ Dent School Band ~ Local Dance Teams

Box office 01524 582803 weekend ticket £30.00

Single event tickets available Many free events

www.dentfolkfestival.co.uk



CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

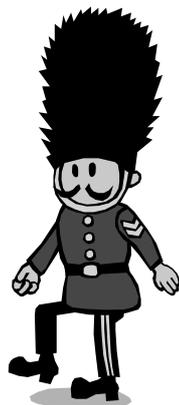
e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.whicker73.freeserve.co.uk>

CHILDREN'S BIRTHDAYS JUNE 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:-
Alexander WINSTANLEY who is
9 years old on 7th June
Jack LEDDY who is
9 years old on 9th June

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



Day	Name	Age
2	George HINSON	6
2	Demeer BALDERSTON	8
5	Tyler JAMES	8
7	Alexander WINSTANLEY	9
9	Christopher McCONNELL	6
9	Edward LAWSON	8
7	Ross SEDGWICK	9
9	Edward LAWSON	8
9	Jack LEDDY	9
15	Lavinia CAPSTICK	1
16	Omar NOUR	4
18	Lauren CHARNLEY	3
19	Cameron PARK	4
23	Jay KIRBY	2
23	Joe GAME	6
23	Jake WOOF	9
24	Laura HARTLEY	9
28	Annabelle BREWER	6



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh (05/12) e-mail:- antique.thurlby@amservice.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
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
Primrose Cottage, 17 Back Lane, Sedbergh Holiday Cottage	Sleeps 4; some vacancies July & Aug. Winter let from Sept (05/06)	21339

CAMPING, CARAVANNING & SELF-CATERING

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
Various Cottages sleeping 2 - 12 (05/09)	e-mail: holidays@dalesdusters.co.uk	21002

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

PERSONAL & SMALL ADS £1

CAPSTICK

Since suddenly losing the sight in my very good eye, I may not recognise you in the street, so do please call out. Friends give kind help with shopping and transport etc, and the patient help of our friendly shop assistants is all much appreciated. Not able to read Lookaround, big print is a loss. Any volunteers? Nora.

METCALF

Dorothy would like to thank all family, friends and neighbours for cards flowers and well wishes during my stay in Ward 16, R.L.I. Special thanks to Bill, Brenda, Maurice and families for all the support love and encouragement when I was feeling down.

MIDDLETON - HAYGARTH

Steven, Michelle and CJ would like to thank everyone for the lovely cards and presents received following the birth of 'Sienna May' on the 25th April 2005.

MIDDLETON - HAYGARTH

Congratulations Steven, Michelle and CJ on the safe arrival of 'Sienna May'. Best wishes for the future, love from Grandad, Nana, Uncle John, Uncle Martin and Auntie Emma xxxx

MASON

Congratulations to Denis & Rosemary Mason on your **Silver Wedding Anniversary** on July 5th 2005. Best wishes from Ronnie

TEBAY

Margaret would like to thank all her friends and relations who sent cards, gifts and flowers on the occasion of her **90th birthday**. In particular she would like to thank all those who attended the surprise party at the Bull. It was a wonderful afternoon and something she will always remember. The birthday she was given is a continuing source of interest. Thanks to you all

WALLER

Billy would like to thank all those who sent cards & gifts on his **90th Birthday**.

WINTER LET AVAILABLE

Primrose Cottage, 17 Back Lane, Sedbergh (next to Sleepy Elephant). Available mid-Sept or early October to end of March 2006. Sunny, South facing. 2 Bedrooms. Tel. 015396 21339.

FOR SALE

Small brown leather armchair. New 'Carr + Bleasdale'. November 04. Cost £450; Will accept £280-00. Single pine futon. Used twice only, £55. Back stool (kneeling type) £15. Computer - Windows '98, CD rewriter, DVD player, 17" Monitor (still boxed), keyboard + speakers (unused), £85 the lot. Tel. 20185.

CAR FOR SALE

1995 N Reg Ford Mexico, 5 door saloon, 1600 petrol, 12 months M.O.T tested, miles - 73k. £1,200 or nearest offer. Tel. 20539.

PERSONAL & SMALL ADS £1

FOR SALE

Motorola V525 flip phone. Includes hand-free kit. Has BlueTooth and WAP. £50. Tel. 20993.

FREE TO A GOOD HOME

Some well rotted horse and Goat manure. Free to collect. Bring bags or trailer. Sedbergh 21073.

FOR SALE

Pair of alloy racing cycle wheels 700c deep section with 8 speed cassette and tubes, £35 the pair. Thule agro roof bars for Peugeot 307 with silver box + Thule Velo VIS cycle carrier, hardly used £100. Tel. 21799.

FOR SALE

Aquatec motorised bath chair. Very good condition, free to good home. Sherbone motorised reclining chair. Helps you stand up too! Nice fabric, very good condition. £400 ono (Cost nearly £1,000). Phone Andi or Helen on 21336.

FOR SALE

Chair bed with sprung mattress, easy to operate, very clean and comfortable. Ideal for holiday cottage or B&B, or occasional visitor. £25. Tel. 25486.

FOR SALE

Renault Clio 1.2 M Reg (1994). 77,000 miles. Taxed to February 06. MOT till August 05. £995 ono. Tel: 20993

HOUSE CLEARANCE ITEMS

Circular ext. dining table, in teak VGC £35. Office type guest chair, cloth back&seat £18. Yamaha Midi touch sensitive keyboard, 5 octaves internal tutor etc, as new £95 ono. Trouser press £15. Pine double bed base, in as new condition £60. Single bed and mattress in pine 2'6" in as new condition £55. One single 2'3" and one 2'6" mattresses both as new £20 each. Two hob Baby Belling cooker and oven with stand, very clean and in good order £75. Samsung microwave, clean, as new £25. Two modern Sony TV sets, both in VGC 14" £35, 20" £45. Stag drop leaf mahogany table vgc £35. Tel. 21397.

FOR SALE

Intex comfort Rest Bed. 60"x80"x22" bilt in electric pump. Brand new, never been used. Ideal for camping or caravan awning. £80 new, accept £50 ono. 2 Bin Liners full of curtains, fully lined ready made. Ideal for 3 bedroomed house. Tel: 21187.

WANTED

Will swap seven brand new 2005/6 season different coloured new design with stars and stripes Home & Away Manchester United Shirts with Malcolm Glazer's name on back. Worth £2,000. Will swap for a most sought after replica American soccer shirt from the Tampa Bay Buccaneers. Must have my hero's name Glazer printed on the back. Please contact Jaws urgently.

PERSONAL & SMALL ADS £1

FOR SALE

Bed settee (double), brushed chrome finish with navy blue mattress, £35. Single divan, 2 drawers with mattress, £20. Mitsubishi VCR, Nicam, twin-speed, Videoplus, £20. 'Solid' black speakers, 150 watts, home or commercial use, £30. 7 rolls Laura Ashley wallpaper, Lyme Regis design (stone/beige vertical stripe) still in wrappers £15. 'Custom' executive pilot-style briefcase in top quality deep brown leather, (cost over £200) £20. Table football game, 39" x 24" £10. Corner desk 1600 x 1200, office quality, very heavy, sliding beige top, cabling system, modesty board (makes excellent PC workstation) £20. IKEA birch table 150 x75, chrome legs £10. Philips 28" wide-screen TV, £100. Tel: 21509

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

FREE PARKING

For all enquiries, ring

015242 76251 or 015396 21343

**SEDBERGH
POST
OFFICE**

**AND
NEWSAGENTS**

BREAKFAST NEWS!

ENJOY A PAPER OVER BREAKFAST

**WHY NOT HAVE A DAILY PAPER
DELIVERED?**

**OUR PAPER BOYS ARE UP EARLY
TO DELIVER WITHIN THE
TOWN EVERY DAY**

**WE ALSO DELIVER
MAGAZINES**

WIDGET COLLECTORS

**WE CAN DRAW UPON
THOUSANDS OF TITLES
COVERING ALMOST ANY
SUBJECT**

**IF YOU DON'T SEE IT IN THE
SHOP, JUST ASK. MANY TITLES
ARE AVAILABLE THE NEXT DAY**

SEDBERGH 20406

CUMBRIA WILDLIFE TRUST

Duck Race 2005

The race took place once more at Riverside on the River Rawthey by kind permission of the Headmaster of Sedbergh School. The Gala Queen, Cally Steadman, kindly started the race and presented the prizes to the winners.

The winning duck-backers were:

1st Mrs Betty Hall from Huddersfield

(grandparents from Sedbergh)

2nd Mrs Monica Marriott from Sedbergh

3rd Mr Alan Collins from Manchester

(family connection Hallbank)

4th Mrs Ada Neail from the Wirral

Merseyside

The winner of the Primary School poster competition was Grace Cowperthwaite. Alexandra ?, Leah Murray and Samuel Roper were all Highly Commended. Rowan Hall, William Cox, Emma Hopkins and Thomas ? were Commended. Well done everyone!

We would like to thank everyone who helped to raise the record sum of over £820.

(Our ducks are for hire! Please contact Jackie Foott 25453)



Smug Winning Duck

CHURCH CLOCK

As I'm sure many people will have noticed, the Sedbergh Parish Church clock in St Andrew's Church has been out of action for some months now, actually since the stormy night when the trees blew down. It seems that the wind somehow got behind one of the minute hands, pulled it out of place and disconnected it from the works.

The old clock has faithfully recorded the passage of the hours for over one hundred years, and the time has now arrived for it to receive long overdue attention. We have had an inspection made by an expert who declares that after a good overhaul, it will continue to perform for another Century or so. Another of our clock's original functions was to strike on the hour, but there are probably few in Sedbergh who can actually remember the clock striking.

Whilst carrying out the general overhaul, we intend to restore the striking function so that things are put back as they were originally, BUT, by means of modern technology, striking will be restricted to sociable hours only so that no-one need worry about losing any beauty sleep, but we can once more enjoy the charm of an old Parish Church clock chiming out the hours.

Obviously, there is a financial aspect to this, and although the Church will have to try and meet the estimated costs, anyone who might wish to help is invited to make a contribution in the Collection Box in the Lookaround Office. Any cheques should be made payable to "St Andrew's Church PCC".

*Dave Mason,
Churchwarden, St Andrew's*

SEDBERGH PARISH COUNCIL

From the minutes from 30th March

HIGHWAYS

A reply is still awaited about our request for more bollards on Main Street.

Problems with roads were reported as follows:-

Erosion of the road to the Oaks, Marthwaite

Potholes at Four Lane Ends

Potholes on Buckbank Lane

The condition of Settlebeck Corner and the poor state of repair of the signs at this corner which are rusted and dangerous.

Complaints were received from the residents of Howgill that during the last snow spell the far reaches of Howgill lane were impassable and never cleared.

PLAYING FIELDS

The hole left by United Utilities has now been filled in.

A letter has been received from Paul Wilkinson, the Park Ranger, offering help/advice regarding disabled access and the proposed path from Havera. This will be passed on to the playground group.

A group has begun fund raising for a skate board facility and it was agreed in principal that we would make an area available on the field for the skateboarders. This could either be behind the People's Hall on at the top end near Havera.

TOWN TWINNING

Thirty nine children from Settlebeck School have left for Zrece. Cllr. Hopkins advised that he was soon also going to Zrece on a personal visit but would give us a report on his return.

FOOTPATHS

The Highways department has now completed work on dropping further

RASCALS

42 Maryfell, Sedbergh

*Childcare for Children aged
0 to 12 years*



Tel: 22042 or 21214
for further details

curbs.

**MEETING WITH POLICE re
TRAVELLERS**

It was agreed that Cllr. Blair would attend on behalf of the Council the forthcoming meeting with the police and other local parish councils.

OTHER BUSINESS

Police Report - An update from the police was received -

Speeding - An officer trained in use of the radar gun will pay the area some attention in the near future.

Burglaries - Two people from Halifax have been arrested and charged with some of the recent events and property recovered.

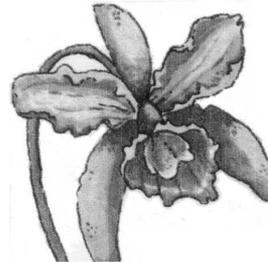
'Wheellie' Bins - It was reported that there are numerous wheelie bins stored on Dawson's yard and enquiry was made as to when these were to be introduced.

People's Hall - Cllr Longlands advised us that the People's Hall committee wished to improve the outside area of the Hall but the only have part of the car park area. It was agreed that to enable them to raise funds to improve the car park we would be prepared to lease to them more of the car park area.

Planning applications were considered as

Mobile & Home Based Beauty Therapy

*Facial Treatments
Eye Treatments
Manicures
Pedicures
Thermal Clay Masks
Waxing
Bleaching
Ear Piercing
Pamper Packages
Gift Vouchers*



*For further information and Price List, call
Janine Janelli
Tel: 015396 25027
Mobile: 07815 447391*

follows:

FPP erection agricultural building at Kiln Beck, Dowbiggin No objections
FPP erection extension to single storey dwelling at Scarrthwaite, Station Rd. No objections
FPP erection of porch at No. 1 Bridge End Filed, Millthrop No objections
Installation satellite dish at 63 Maryfell No objections
FPP replacement existing grass sports pitch with an all weather pitch at Baliol School No objections

Planning decisions were received as follows:

FPP erection building to house sheep or horses at Underwinder Barn, Marthwaite
Granted

FPP replacement garage/store at Green Lane Cottage, Four Lane Ends
Granted

An update from the Planning Officer on the situation at Pinfold Caravan site was read out and discussed. It was agreed that we should write to advise the planning officer that we were concerned that provision for touring caravans would be lost and their place taken over by static caravans/lodges.

Also mention was made of the situation at Beamsmoor and concern was expressed at the lack of affordable housing in the area. It was agreed that the Planning Officer should be invited to talk to the Council about the changes to policy concerning affordable housing.

CHAMBER OF TRADE

From the minutes of 18th April

“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.” (Minutes of 21st March 2005.) It was agreed that members would be asked for their input and ideas now, ready for the October AGM, A form is to be sent out with these Minutes asking people to start making notes.

Correspondence

·Letter from Settlebeck PTFA inviting the Chamber to attend the Settlebeck Quiz night on the 22nd April, N Close already has a team entered and will fly the Chamber of Trade Flag!

Community Development Work

As stated in the last Minutes it may be possible for The Sedbergh Community Development Centre to “...*arrange training/support for Chamber of Trade members...at minimum cost to members (and possible free) and could include: Web Design; Desktop Publishing; Marketing; Business Management; Health & Safety; Basic Food Hygiene; Book Keeping*”

This would also extend to members employees. Enclosed is a sheet asking for you to state an interest in any of the above, if they in turn prove to be viable then you will be contacted to arrange dates etc.

Car Parking

N Brown reported back from the Parish Council that a meeting with SLDC is to be arranged to discuss the possibility of the Parish Council taking control of one of both car parks.

·The Parish Council has produced a list

LADIES GOLF LESSONS

Sedbergh Golf Club will be holding lessons for ladies throughout the summer, beginning **FRIDAY 10th JUNE at 6.30 pm.**

All equipment will be provided

Please call 015396 21551

for further details or just turn up at 6.15 pm on the day.



of potential new car parks and the feasibility of these is being addressed.

The BT land was brought up again and the Chamber members thought it still a viable option with the possibility of making the limited car park spaces there into contract spaces, charging a yearly fee for a space. A letter is to be sent to BT with regards the access, they would like the access to be from the rear; that is not possible as this is private land, and we will ask if access could be obtained from the main road to the right of the BT Exchange.

It was stressed that it is very important that this issue is addressed as the Town will be attracting more and more visitors over the next 12 months, with the Dales and Lakes Book Centre and nation wide advertising from the Tourist Information Office.

C Nelson will be meeting with Laurie Kay from Sedbergh Auction Mart w/c 18th April to discuss Long Stay and Coach car parking in the Auction Mart.

Litter Awareness Week

This is to be arranged for the middle of June. All the schools are to be invited to take part with the possibility of a poster competition. This could then be done

SEDBERGH JUNIOR SCHOOL

Co-Educational, Ages 4-13

OPEN MORNING

Saturday 11 June 10-12:30



For more information and booking:

T 015242 61275 **E** hmsjs@sedbergh.sch.uk

W www.sedbergh.cumbria.sch.uk

Sedbergh Junior School, Low Bentham, North Yorkshire LA2 7DB

Sedbergh School is a Registered Charity No. 1080672

well in advance and put around the town. An advert will be placed in the Lookaround.

The Chewing Gum on the pavements, particularly at the bus stop and outside Spar is a problem, this will be address during the week with the possibility of a 2nd poster competition showing that the children are setting an example.

A letter is to be sent to The Highways Department asking that the litter on the road leading to the Motorway be collected as it is starting to look very untidy.

Sub Committee Reports

Twining

An open meeting is to be held at Settlebeck High School on Monday 25th

April at 7.30, all are welcome. There will be presentations from Year 9 who visited over the Easter Holidays and the Cautley Carolers recently returned from a very successful stay in Zrece. There will be a report at the next Chamber Meeting.

An Antique Road Show is to be organized with local Auctioneer Kevin Kendal and associate on hand to advise locals on their prize possessions.

A Town Visit to Zrece is to be organised for the end of the year anyone interested please contact G Steadman

TIC & Dales & Lakes Book Centre

- The Tourist Information Office and Dales & Lakes Book Centre will be opening for business w/c 25th April.

(Continued on page 12)

- C Nelson has asked that all Accommodation providers that have been inspected contact the Tourist Information Office with their full details so that they can be added to the new Data Base.
 - Leaflets are to be distributed all over the North up until Oct ½ term.
 - Sedbergh Advert is now in the Yorkshire Dales 2005 Welcome pack/ Bedroom Browser, this has a distribution of approx 45,000
 - Help is still required in the Centre – Just 4 hours a month. Please contact C Nelson if you can spare some time. There will be 4 paid members of staff backed up by volunteers.
 - C Nelson reported to the meeting that The Festival of Literature, Drama and Music that is to be held in August 2005 is gaining momentum! It has already attracted some well-known names – Reginald Hill (creator of BBC Crime Drama Dalziel and Pascoe), Zoe Sharp – Novelist – these are only two of a number. There will also be various book launches. 3 different plays are to be performed.
 - G Steadman thanked C Nelson for all her hard work and enthusiasm, as without this it is unlikely that we would where we are today with the Dales & Lakes Book Centre and the Tourist Information Office re-opening.
- Medival Market Fayre*
New Committee members are urgently required!! If none come forward then the 2006 Fayre may be in jeopardy! Please contact S Sharrocks or J Cox if you are interested.
- AOB*
- S Cottrell has asked that the bunting that is put up for the Market Fayre be extended to the bottom of Main Street, it currently only goes as far as Rycrofts. It was pointed out that height is a problem is that part of the town but the Fire Brigade would be asked. Even if it means just putting swags on the buildings rather than across the road. Possibly put flags in the Xmas Tree holders.
 - C Nelson and the Dales & Lakes Book Centre may be producing a Sedbergh Cook Book for Summer 2006 – Grants and other funding will be investigated and will report back at a later meeting.

DAVID RYCROFT

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PLUMBER & ELECTRICAL CONTRACTOR**
over 35 years of experience

DOMESTIC HEATING SPECIALIST
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SEDBERGH TOWN BAND

Dent Concert

The Town Band we're delighted to visit Dent for the third year running on Wednesday 20th April. Two years ago a concert was given in the Memorial Hall to assist in raising funds for it's refurbishment. Last year the band played in St. Andrew's Church, which was also the venture this year.

Numbering thirty plus players the band was performing this year was some ten stronger than last year. Apprehensions regarding room in the chancel for playing were proved groundless following meticulous measurements and setting up of chairs and stands in the afternoon. Whilst players were closely adjacent to each other all were able to play freely and see the conductor. In fact, the closest alignment enabled a pleasingly fine, compact sound to be achieved.

An imaginative and varied programme was put together by Director of Music, Alan Lewis. Stirring marches ('true and Trusty' and 'Slaidburn' respectively) heralded the beginning of both halves of the concert, whilst the exciting and popular 'One Moment in Time' and 'Instant Concert' concluded the two sections. In between there were many fine moments. In the first half 'All is the April Evening' was most appropriate, whilst Mark Hodgson's expertise on the Cornet was superbly demonstrated in his solo playing in 'The Last Trumpeter'. In the second half another fine piece of solo playing came from Tony Crofts on Euphonium to begin the Barry Manilow favorite 'One Voice'. New to the band's ever expanding repertoire was 'The Great Escape' featuring the members of the

NEED

2

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HIRE

COMPETITIVE RATES

Phone: 015396 21359

band laying aside their instruments and whistling. The range and variety in the programme was amply demonstrated in the penultimate number 'Mood Indigo' composed by Duke Ellington.

Alan Lewis thanked the sizeable and appreciative audience for their support and invited anyone interested to join the Sedbergh Town Band: Complete novices of any age are particularly welcomed at the beginners' class on Monday evenings at 6:15 in the Sedbergh School Bandroom. Alan concluded by drawing attention to the fact that players in the band came from Kirkby Stephen, Appleby and Dent as well as Sedbergh.

In conclusion, we would like to thank the vicar of Dent, Peter Boyles, for both welcoming the band to his splendid church and for his kind observations and remarks. He noted that the acoustics seem to suit a brass band well and could see how well the band had been developing it's skills and repertoire over the past year since he last saw us. He thanked the band for giving a most enjoyable concert with a varied programme. He closed by saying that he looked forward to the band's return to Dent.

SETTLEBECK HIGH SCHOOL

New Recreation Area

Anyone entering 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 a 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 and the yew tree lower branches and various overgrown shrubs removed to let in the light and air. All the topsoil was removed, drainage channels created, 80 tons of gravel laid, topsoil replaced and then turf. A stone-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 Langfords 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.

PHOTO CALL

This month I have a lot of names from the April photo taken in the Peoples Hall at an old folks treat 1966 (above). I have had a lot of help with this one including



several local girls who were born in the 1920s. Thanks also to Roy Mackareth for identifying his grandmother, Eva Fairbrother. The accompanying numbered chart seemed to be the best way of going ahead with a key to the numbers also given.

Key to Plan

- 1: Mrs Bainbridge
- 2: Mrs Sanderson
- 3: Mrs Iveson
- 4: Hettie Gibson
- 5: Mrs Kit Alderson
- 6: Mrs Balmer
- 7: Mrs Coulthard
- 8: Eva Fairbrother
- 9: Miss Wreay
- 10: Sally Greenbank
- 11: Walter Harrison
- 12: xxxx
- 13: Mrs Verity
- 14: Mrs Walter Harrison
- 15: Daisy Armstrong
- 16: Miss Ousby
- 17: Emily Mason
- 18: Alice Cragg
- 19: xxxx
- 20: xxxx
- 21: Ella Greenbank
- 22: Mrs Udale
- 23: Mrs Frank Handley



Children's Holiday Club
For children aged 5 - 11
From 10am - noon daily

15 - 19 August
At the People's Hall, Sedbergh

Booking forms available from Sedbergh Office Services
Book early to ensure a place!

For further details, contact Dick Gorst on 015396 20939

HOLIDAY CLUB

- | | |
|-------------------------|-----------------------|
| 24: Mrs George Metcalfe | 42: George Pickthall |
| 25: Mrs Pickles | 43: Nellie Hunter |
| 26: xxxx | 44: xxxx |
| 27: xxxx | 45: Jock Greenwood |
| 28: xxxx | 46: Harry Braithwaite |
| 29: Mrs Raby | 47: Mrs Bingley |
| 30: Tant Mason ? | 48: xxxx |
| 31: Jane Mason | 49: Mrs Procter |
| 32: Hilda Pickthall | 50: xxxx |
| 33: xxxx | 51: Mrs Johnson |
| 34: xxxx | 52: Winnie Mounsey |
| 35: Mrs Fred Elvey | 53: Mrs Thwaite |
| 36: Fred Elvey | 54: Cissie Thompson |
| 37: Mr Beddows | 55: xxxx |
| 38: Mr Jenkinson | 56: Sadie Dinsdale |
| 39: Mrs Beddows | 57: xxxx |
| 40: Mrs Jenkinson | 58: xxxx |
| 41: Mrs Stobbart | |

(Continued on page 16)



59: xxxx

60: xxxx

61: James Winn

62: xxxx

63: Mary Winn

64: xxxx

65: Mrs Walter Thompson

66: xxxx

67: xxxx

68: George Braithwaite

69: Mrs Towler

70: Mrs Holmes or Doris Waller

71: Charlie Johnson

72: John Waller

73: Jackie Woods

The May photo which was short of 2 names gave me several answers. Frank Capstick thought the boy on the front row was John Airey, so I was pleased when John phoned to confirm this. It was thought the boy on the top row was a German called Wolfgang but others thought it was Jimmy Turnbull ... thanks

to Terry Garnett.

A huge thank you to all the people who got in touch with me.

This month is another photo from Settlebeck dated 1957. I only need one name to complete this one.

Top row: Frank Capstick, Billy Stavely, Jim Turnbull, Austin Robinson, Lester Garnett

Middle row: Michael Bracken, Brian Garnett, Lily Wilson, Lena Sedgwick, Heather Potheary, Eve Capstick, Jean Midleton, Elizabeth Moore, Sylvia Smith, Brian Goad, Peter Bigland

Front Row: Betty Baines, Lorna Kevan, Kathleen Hoggarth, Doreen Dawson, xxxx, Joan Lambert, Harry Sutcliffe, Frances Mason, Mary Parker, Dorothy Seed.

As always you can contact me, Shirley Tebay at Walnut Bungalow, Dent LA105QT, by phone, 015396 25001, or by e mail shirley.tebay@btinternet.com

David Labbate

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COMMUNITY OFFICE NEWS

If you haven't got your resident's pass, please call in as the traffic warden's seem to be chomping at the bit to book people.

We are also issuing bus passes for people over 60 or anyone registered disabled. These are free and you can collect a form from the office. You will need a passport photo, which can be done at the Post Office.

After half term we are going to pilot our youth drop-in service. This will be on Thursday from 3:45p.m. until 5p.m.. It is open for young people of Secondary School age to come in and discuss any community projects, do homework, chat or bring ideas about the centre. Pauline Hartley from Young Cumbria will be here - we could do with another male volunteer though if anyone is available?

Our Walks for Health continue - this months will be on June 22nd so do join us at the Community Office starting at 10a.m.

We have a great range of novels, holiday reading, kids books and non-fiction too. These are for sale but cheap and support office funds.

A letter will be going out this month to community/support groups, telling you about the Sedbergh Community Trust, a local charity that helps groups obtain funding. If you run a group but did not get a letter, please call in at the Office and pick one up!

several people have been asking about the possibility of allotments in Sedbergh. Sounds a great idea but we need somewhere to have them! If anyone has a piece of land to rent that may be suitable for allotments, please contact the office.

If you are interested in working with community health, you may be interested in the South Lakeland Healthy Community Network morning and lunch on July 6th. Please call in at the office for further information. Thanks.

Deyna Hirst - 20504

Philip Horner

Fencing & Walling

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TIM FARRON MP

A huge 'thank you' to you all for choosing me as your Member of Parliament in the election on May 5th. My commitment to you is that I will be a hard working local MP and will do my best to represent all residents of Westmorland and Lonsdale irrespective of your normal political persuasion.

Before I go any further I would just like to pay tribute to my predecessor, Tim Collins, who served our area for two parliamentary terms. I wish Tim and his family the very best for the future.

One of my first acts as your MP in May was to hold a surgery in Sedbergh in the Community Offices and was delighted to get the chance to see many of you and to discuss your concerns. My aim as your

MP is to get results for local people through campaigns here and at Westminster. To me, South Lakeland is home and Westminster is a place that I visit in order to work for you and to make a difference for our area.

As I start life as your new MP, I want to share with you some of my priorities for the coming weeks. My priorities are based on listening and responding to you following my experience as a fellow resident of South Lakeland, a local parent and a user of local services over the last few years.

A major priority for me is the serious shortage of NHS dentists. More than 50% of people in our part of Cumbria have no access to an NHS dentist, despite the fact that you have paid for this vital service

SEDBERGH WANDERERS PRESENTATION NIGHT

Saturday 18th June

at the Plough Inn, Lupton

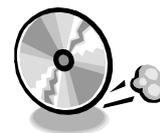


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Please book supper through Ada Beck on 22109

through your taxes. To tackle this problem, I am meeting with local dentists to seek a solution, I will then be meeting local health chiefs to press for quick action to improve this dire situation.

Another huge problem is the lack of affordable housing here. I have contacted the Minister for Housing to ask for action to bring 'second-homes' back into use as homes for local families and to create more affordable housing in other ways. If the minister will not take action, then I will take action by proposing a private motion in Parliament.

The government is still refusing to listen on the issue of domestic care charges for older people and people with disabilities. In Scotland, domestic care charges have been scrapped – but in England the Government forces older people to face the indignity of having to sell their homes in order to pay for basic personal care. One of my first acts as your MP will be to vote for the introduction of personal care that is free at the point of use.

I also want to take action on single farm payments. Local farmers are rightly angry at the length of time this Government is planning to take before releasing the new annual payments. This will plunge many farmers in to serious

hardship. In addition, the Government is introducing excessive restrictions on what farmers can or cannot do with their land. I am pushing Ministers to speed up the single payments and to be much more flexible in allowing farmers to make good, sustainable use of their land.

Most importantly, I want to spend most of my time as your MP listening to you! That is why I will be holding surgeries every week and keeping in touch through regular local newsletters. I will hold the surgeries both indoors and outdoors, right across our area so that I visit every community to allow you to come along more easily. Otherwise you can always get in touch with me by calling 01539 723403 or e-mailing tim@timfarron.co.uk Best wishes
Tim Farron

**Hawes Junction Chapel
 History
 Weekend**

June 18th & 19th

Opening at 12:30 on Saturday by **Bill Mitchell**
 Display of **local history, photographs, etc.**

 **7 p.m. Slide Show**
 on the Settle to Carlisle line:
 £2 including supper.

Sunday: 10:45 short service at Garsdale Station
11:15 Ramblers' service in the chapel.
with the Gunnerside Choir
2 p.m. to 3:30 p.m. Video:
"The Dale that Died"
Refreshments, local walks.
Contributions to the Chapel.
Hawes Junction Chapel

NHS REFORMS

I can't be the only person who is really worried about the so-called "reforms" in the NHS. But it seems that this "patient-centred" policy being pursued by the Government is taking no heed whatsoever of the concerns of patients.

The idea of utilising the private sector to help cut waiting lists is inherently ridiculous, as the length of the waiting list is directly related to the amount of time a consultant spends working privately rather than in the NHS. A day a week spent doing private work means a day a week less in the NHS. A waiting list builds up – then, under the new scheme, the patients is offered the "choice" of going to a private hospital for the same operation, performed by the

same consultant, for which the consultant receives a whacking great fee, paid by the NHS. Surely this is hardly an economical way of spending NHS money.

Moreover, in a private hospital there is none of the back-up available in an NHS hospital. All you get is a hotel room, and once the surgeon has left, the care of a Resident Medical Officer, who has to be a Jack-of-all-trades. The nursing staff are all NHS trained, paid the same as they would be in an NHS hospital, but having to cope with really difficult conditions of work – patients incarcerated in separate rooms, no other specialities to call on in case of emergency. Any severe complications result in a hasty trip to the nearest NHS hospital to sort them out.

The way politicians glibly talk about

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“the private sector” gives the impression that there is a whole complete alternative to the NHS. This would be true if doctors accepted a straight choice – either work for a handsome salary in the NHS, or rely on large private fees and work only in private hospitals. But, alas, that isn’t the case. The private sector gently sucks the life blood out of the NHS.

The other suggestion that worries me, and I should think a lot of other patients, is the idea of “choice” in the NHS. I don’t want choice. I just want the best possible treatment in my local hospital. Maybe there’s some point in it for Londoners, who can ask to go to Guy’s or the Middlesex or the Hammersmith etc., all of which are within striking distance, but for those who live in rural areas there isn’t that choice. Who would want to choose a hospital a hundred miles away from home? Besides, it’s bad enough being ill, without having to exercise your brain deciding what hospital to choose.

The other great worry is the direction of

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

Jodie Mitchell

Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON

Primary Care. Nowadays you daren’t be ill at weekends or at night, as the local GP’s are no longer on call. All you get is a voice on the phone from Kendal. This is a real deterioration in service to patients. A patient-centred NHS? Don’t make me laugh.

Another backward step is in the field of hospital transport. As my eyesight has failed, I can no longer drive. I live alone, and therefore can’t get to Outpatient appointments. Until recently that was no bother – a hospital car used to come and take me and a few others to Kendal in time for the appointment. Nowadays the appointment has to fit in with the availability of the rattling hospital minibuses, which can actually mean changing your appointment to a later date because it was at the wrong time of day for the bus. Patient-centred? I don’t think so.

But what can we, the users of the NHS do about it? Apparently nothing. We just have to watch our wonderful NHS slowly going down the pan in the name of “reform”. I don’t know who these people are that Tony Blair says he listening to – it certainly isn’t us.

Carol Dawbarn

SETTLEBECK HIGH SCHOOL

Sports Report

We are now coming into one of busiest times of the year; however, we also had many activities during the previous term, including some new developments.

Thinking back to early January there was the Cumbria Cross Country Championship held at Kirkby Stephen. We had two runners representing Settlebeck, Alex Lavery-Hoffe in the minor girls and Alice Sutcliffe in the intermediate girls. We also had a number of reserves in the district team although they were not called upon to run. The weather in the week leading up to the championships was appalling and the event was almost cancelled due to flooding. However when we arrived at Kirkby Stephen to take part, the courses had been shortened slightly and were extremely muddy. The races were tough and the weather still fairly unpleasant but both the girls ran well and were a credit to the school.

After a number of requests we have re-introduced girls football as an extra-curricular activity and have had a strong group of year 8 girls and these have been joined by a few from year 7. The girls are very keen and show a lot of potential. Our first game was arranged against Kirkby Stephen but again the weather was against us with gale force winds and driving rain. However, the girls played well and we were unlucky to lose one goal to nil, a goal that was scored very close to the end of the game. We also fielded an under 12 boys team which was a combination of boys from year 7 and also some year 6 pupils from Sedbergh primary. Again it was a really good game but in the end they also went down one

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 22nd June
Holehird House

A talk on the history of
Holehird House followed by
a Conducted Tour of the outside
of the house pointing out its
architectural features.

This will be followed by
a visit to the gardens.

With Ian Jones

Meet 6pm Loftus Hill Car Park

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

goal to nil. A little later on in the term the under 14 team played the same opposition and another good game was played but in absolutely freezing weather. Unfortunately we lost the game 3 – 1.

In early March we took part in the South Lakeland Indoor Inter-Cricket Tournament which was held in the sports hall at the Lakes School. This is a new initiative from the English Cricket Board to bridge the gap between Kwik cricket and the full game and is aimed at getting more young people involved in cricket. A few weeks before the event we had some coaching from Bob Simpson who is the Cricket Development Officer for Cumbria. The teams consist of eight players with ours being made up from, Stewart McCandlish, Martyn Knapton,

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Ben Chetwood, Daniel Amos, David Goad, Emily Crompton, Robyn Lewes and James Woof. We were narrowly beaten by the Lakes School in the first match by one single run. At the end of the competition we were runners up in the plate final having lost to John Ruskin School at Coniston.

Towards the end of the spring term we always hold our house football, netball and cross country competitions. In the senior house football competition, the Ghyll team of Steven Wilson, Andrew Mason, Matt Kirsch, Dan Sedgwick, Andrew Postlethwaite, Bradley Dalzel, Antony Amos, Edward Bannister, Dean Raw, James Thompson and Adam Littlewood won all their matches and lifted the trophy. The other houses in

order were Dale, Tarn and finally Beck. In the junior competition, all the students in year 8 took part, and it was the Dale team made up of, Stewart McCandlish, Scott Lowther, Toby Richardson, David Goad, Jonathon Harper, Thomas Calvert, Sam Bolsher, and Robin Littlewood which came out as overall winners but only on goal difference! The other houses in order of finishing were Tarn, Beck, and finally Ghyll.

In netball Beck won the senior girls competition. The team consisted of Emma Rowlinson, Cally Steadman, Josie Hopps, Alice Sutcliffe, Aimee Scott, Amy Baines, Melissa Barnes and Jade Jameson. Beck also won the junior girls competition making it a clean sweep for

(Continued on page 24)

Beck. The junior Beck team consisted of, Victoria Farrell, Kimberley Hurst, Natalie Iveson, Kim McCarthy, Elizabeth Parkinson, Rachel Bainbridge, Katie Hoggarth and Alexandra Lavery-Hoffe.

Just before the end of term we ran the house cross country competition, which we encourage all students in years 7 - 10 to enter. All the students score points for their house and these are added together at the end to find out the overall winner. The individual results of each of the 4 races is shown below:

Junior Boys: - Martyn Knapton, Magnus Dent, Sam Bolsher

Junior Girls:- Olivia Law, Alex Lavery-Hoffe, Elizabeth Thexton

Senior Boys:- Bradley Dalzell, Sam Jackson, Nathan Close

Senior Girls:- Alice Sutcliffe, Rebekah Sutcliffe, Tracey Hodgson

The overall house results were as follows:-

1st – GHYLL, 664 points 2nd – TARN, 634 points 3rd – DALE, 609 points 4th – BECK, 542 points

Medals are awarded to all the individual winners in each of the house competitions.

The summer term has not started well with two matches in the Nestle tennis



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competition having already been cancelled due to bad weather. We have entered junior and senior teams in both the girls and boys competitions. We are very lucky to have Jon Griffin running tennis coaching sessions at Settlebeck during May and June since he is a Senior Cumbria Coach.

I would also like to thank a number of members of the community who have been coming into Settlebeck and helping out with activities in the PE department. James Atkins, who left about 6 years ago, has been coming in regularly on a Tuesday to help out in lessons and help to run lunchtime clubs, which has been great. Simon Parkin has continued to kindly volunteer to referee a number of school soccer matches and he has been

SEDBERGH PRE-JUNIOR

DANNY'S DISCO

People's Hall

Saturday 25th June

Admission £3

No Under 16's



joined on occasion by Richard Oughton. It is good to see former Settlebeck students coming back into school and giving us the benefit of their expertise. A special thanks to those three former students and if anyone else feels that they can contribute to the PE department then please get in contact with us.

Tennis matches still to be confirmed with QES, Kirkby Lonsdale, Casterton and Kirkby Stephen as are a number of girls rounders matches. Whilst we tend not to organise inter-school cricket matches we encourage all our interested students to support the local cricket clubs who offer great opportunities to our youngsters. There are already net sessions once a week at Sedbergh School sports hall and the outside sessions will start shortly. Support your local clubs!!

After missing the last couple of years we decided to enter a boys and girls team in the Cumbria Cross Country Relay Championships which were to be held at

Keswick on April 19th. The weather was fantastic and Keswick School had a great backdrop of Skiddaw, partially covered in snow. The event is a relay with one runner from each year group at school. The course is not that long but it is quite tough with a hill which you have to go up twice! Our teams in the order that they ran are as follows:

Sam Bolsher, Alex Lavery-Hoffe, Martyn Knapton, Olivia Law, Joe Robinson, Tracey Hodgson, Bradley Dalzell, Alice Sutcliffe, Bill Longlands, Rachel Law

There was only one other small Cumbrian school in addition to ourselves and the competition was very tough.

While it was clear we would not finish in the top three there were some excellent runs from our students and we challenged a number of the other runners. In the girls event we finished sixth out of eight teams and in the boys we finished 7th out of 9 teams. Great performances under difficult conditions.

GARDENING AT MRS GIBSON'S!!

Every Thursday since September, we have been visiting Mrs. Gibson and making plans for her garden on Maryfell.

We planned to make the garden a focal point of the residential area, so to allow everyone to appreciate it.

To fund this project, we applied for a grant from the 'Key Fund' organization. To obtain the grant we had to carry out a presentation in front of a board of people. In this we were successful and were awarded one hundred pounds to spend on flowers, plants and gardening tools.

We went to a garden centre and bought some flowers and plants which we thought would look fitting with the surroundings and also were hard wearing and flowered throughout the majority of the year.

We are currently expanding borders, rescuing old plants and putting in new ones.

As a group, we have benefited immensely from gardening at Mrs. Gibson's house we have formed a strong friendship with her and increased our knowledge of plants, both of which we hope are evident in the garden!

Magdalena Gray, Abigail Rook



Hannah Cuthbert, Helen Clover

PLAYGROUP QUIZ SHEET

The fears and phobias quiz sheet which was for Sedbergh Playgroup raised £123.

The winners were:

1st, Mr J. Gibson, Windermere.

2nd, J. Joslin, Sedbergh.

The answers were:

- 1) Agoraphobia
- 2) Altophobia
- 3) Pogonophobia
- 4) Pentheraphobia
- 5) Claustrophobia
- 6) Dentophobia
- 7) Arachibutyrophobia
- 8) Hydrophobia
- 9) Hypnophobia
- 10) Gametophobia
- 11) Linonophobia
- 12) Phobophobia
- 13) Zoophobia
- 14) Telephonophobia
- 15) Pyrophobia
- 16) Cyberpobia
- 17) Aviophobia
- 18) Monophobia
- 19) Ergophobia
- 20) Photophobia
- 21) Chronophobia
- 22) Mottephobia
- 23) Hippophobia
- 24) Sciophobia
- 25) Motorphobia
- 26) Bibliophobia
- 27) Glossophobia
- 28) Ligyrophobia
- 29) Ideaphobia
- 30) Achluophobia

Thank you very much to everyone that bought a quiz sheet and the local shops for selling them

SETTLEBECK HIGH SCHOOL

Our trip to Brathay

At the end of April we went on a trip to Brathay. It was organised by the Cumbria Rural Academy and it was for the Gifted and Talented.

We went for a weekend and set off on the Friday after school with 2 other pupils from Sedbergh Primary School. When we got there we went straight to our accommodation blocks, which were painted pink!!!

On the first day we went ghyll scrambling, which was really fun because we got soaking wet. We got to jump in the river backwards and it was freezing!

Then we tried an orienteering challenge and it gave us a chance to get to know the people in our group. Everyone was really nice and we all became friends really quickly. Then last in the day we went on a type of boat called a whaler and got stuck in the middle of the lake! In the end we worked together and got ourselves back ... after a few hours!

We then had dinner and the cooking was really good. We had some really nice meals like Spaghetti Bolognese. Our rooms were cool too because they were warm in the evenings when we came back and there were hot showers waiting for us!

The next day we did lots of different challenges like catching eggs in aprons and guiding people to pop balloons while they had a blindfold on! We were sad to leave and got the numbers of our new friends, which we have already wasted quite a bit of phone credit on! But we really enjoyed it and would love to go again!

Robyn Lewes and Hannah Scully

SETTLEBECK HIGH SCHOOL

Footprints in the Sand

On the 18th March Year 9 students from Settlebeck went to the Solway coast. It was all part of a project called Footprints in the Sand. We went with Dr Ann Lackie, who is a scientist and creative writer. I really enjoyed the trip to Solway because it was an interesting day. We looked at shells and the patterns in the sand. Another good thing about the day was working with Ann Lackie as she inspired me and gave me lots of ideas about my project.

Katie Metcalfe

We looked at all the different things; shells, mussels and the submerged forest. At this point we were very wet so we went back to the pub and had chips and drinks!

Rebecca Martindale

Me and Nick found that on the beach when you jumped up and down on the sand all the water rushes to the surface and you begin to sink. This is called THIXOTROPY. We also liked finding out about ripples formed in the sand by the currents of water flowing faster then slower and travelling in different directions.

Joe Robinson

Me and Joe Robinson were looking for information on:

- Lugworms
- The raised beaches
- Sand dunes
- Also, the different types of sand or mud that are on the beach

Nick Game

When we went to the Solway coast it looked like it would be a horrible day because the weather was dark and gloomy. But when we got there it was fun because we found lots of mermaid purses. We found around 40 of them.

A SEDBERGH VIEWPOINT

Sedbergh has a reputation as a wet place though I'm not aware that rainfall records bear that out. It is an undeserved reputation, my impression being that although we get more than our fair share of rain it really isn't excessive. Indeed the first part of May was pleasantly dry and sunny even if the wind kept the warmth at bay.

However, I detect that there is a different sort of wind beginning to blow through Sedbergh - a wind of change.

The Tourist Information Bureau has opened under new local management, refurbished as a bookshop, looking very welcoming in its new décor and the first of many new bookshops to make up our

Book Town. Congratulations to all concerned - we all agree you have done a wonderful job and deserve all our support.

Our town twinning seems to be getting established judging by the number of events taking place even though I do hear comments about a lack of co-ordination.

Roughly half of us elected a new man as our Member of Parliament. Time will tell whether he can do more for the area than the last man did. It is certainly a change for us and I'm all for change provided it is forward looking.

Now we have wheelie bins and blue boxes for our various different sorts of refuse. Good for the environment and not to be criticised. However I've heard



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moans about where to put the things. Many town centre homes really have nowhere to put them other than outside their front doors. Its OK if you have a sizeable garden front and back but otherwise it is a bit of a problem. A stroll through The Folly illustrates the point. Perhaps the new situation is not so good for the environment after all. I'm at a loss to make any suggestion how to overcome the problem though.

Sedbergh is and always has been a great place and I'm sure that by the end of the year Sedbergh will be even better than it was at the beginning of the year. So many people are looking forward and working hard to improve the well being of our community and I'm confident that their efforts will be rewarded, and we will all benefit.

Recently I was given a copy of another community newsletter. It can't be compared to *Lookaround* as it is one sheet of paper folded to give the content of just eight *Lookaround* pages, but it gave news of everything happening in a small village. What impressed me was the fact that it is produced by the Parish Council publicising itself, listing the

councillors' names and phone numbers, telling how it is spending its Community Charge precept and what it would like to do to further improve the village and its amenities. It seemed to me to be a refreshing contrast to publicity-shy Sedbergh Parish Council. I do feel that our Parish Council could better use the pages of *Lookaround* to publicise itself more and keep us informed of its achievements and aspirations. Stale minutes don't convey a picture of dynamism. (*Details of the finances of the PC are omitted from the minutes as well as the members that attend but these details can be read at any time at the Community Office. Ed.*)

In this column recently I've been joining the campaign to clean our streets of dog deposits. Guess what stood out in that village newsletter. Yes, the problem of dog deposits and the need to keep the village free of them. It said dog fouling is highly antisocial and fines are heavy. Please take note, it said.

Sedbergh is a great place, let's keep it clean, active and forward looking. Keep up the good work.

Best wishes

N Hastle

SLOVENE-SEDBERGH SINGING WEEKEND

For weeks everyone has been asking "When are the Slovenians coming to Sedbergh?" But after the Slovene-Sedbergh Singing Weekend in the middle of May, most people knew the answer - they've already arrived.

And in case you hadn't realised, the four burly farmers in rabbit skin hats and immaculate suits walking the streets of Sedbergh were singers from our twin town of Zrece - a folk group called Ljudski Pevci iz Stranic, which every Slovene scholar knows translates as "Folk Singers from Stranic" - a small hamlet just outside Zrece town. None of them spoke English - but they were accompanied by Igor Cvetko from

Ljubljana who does.

I met Igor when I was in Ljubljana researching arrangements of folk songs to teach to my Sedbergh singing group. When I asked him if he had any songs from the Zrece region, he not only showed me the book - he gave it to me to keep! So on his recommendation I went back to Zrece, and invited singers he had collected songs from to come to Sedbergh and sing them for us.

The Ljudski Pevci iz Stranic have been singing all their lives - in Anton Roser's case: 75 years. They specialise in the songs of Juri Vodovnik, the bard of Zrece whose grave is a famous attraction in Skomarje, where the Cautley Carollers sang at Easter. Not speaking English could have been a problem for many



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places.

But not for the good hearted people of Sedbergh. On their visit to buy souvenirs from This and That in Sedbergh Main Street, Ivan got into conversation with the owner, Vivian Postlethwaite. They talked at length for about 15 minutes, and afterwards parted as great friends. The extraordinary thing when watching them was that neither of them spoke the other's language but it didn't seem to stop them having a fine conversation.

Other visits included singing to the boys and girls at Sedbergh Primary school - and then the children singing to them, and the whole school joining in a short song in Slovene, Mojsta Jaka. The Ljudski Pevci were particularly impressed with how well behaved the children were - though I suspect that some of it was just sheer astonishment! Having led the boys in a singing group for some weeks now in a project designed to get more men singing in future years, the Slovene men made a fine role model.

They also had a nice encounter with Dennis Whicker who drove up in his Patrol car and leapt out in full uniform to greet them. The lads so terrified the fear was almost palpable. I had to repeat one

of the few Slovene words I know (Priatelj - friend) several times before they calmed down enough to recognise this was a welcome, not an arrest!

Then it was down to the folk session at the Middleton Head where they sang alongside the assembled folk musicians - with only a mild disturbance when the Slovene Ambassador and his entourage walked in and greeted his fellow countrymen with great excitement. But the abundance of spoken Slovene didn't trouble the singing of Ken Pope. Afterwards he said: "Oh it wasn't a problem, they all talk like that in Dentdale."

Many people in Sedbergh showed enormous kindness to them. George Handley opened half his home to them providing them with somewhere to stay during their visit. And David Collier drove down with me in his car to collect them from Liverpool airport - and return them for the early morning Monday flight. Sandra showed them round her chair repair shop and showed them the old clogs of Sedbergh - which inspired some songs about clogs from Zrece - and others drove them to singing venues.

(Continued on page 32)

I am sure most people feel the same way about visitors - that they help you appreciate what is familiar. So it was with our visiting Slovenes - everywhere I became aware of archetypes of English country life as if it had been laid on by the tourist board: cricket on the green, bell ringers in the belfry, roast beef and Yorkshire pudding for Sunday lunch. Invited by Derek Cox, they sang for the Sunday morning service at the Church with the Christians, and afterwards were greeted by the congregation who surprised them by having members who spoke both German and Slovene.

Other venues included a singing supper at Oakdene House, where David and Hillary Collier kindly offered their home for a small concert of their songs, as part

of the Cautley Flower festival concert organised by Judith Bush, and after teaching some of their songs to a group of about 30 singers: on a singing walk with stops for singing amongst the bluebells in the woods, on the banks of the rivers Rawthey and Dee, over Frostrow Fell, and outside the cottages of Millthrop where people sat on their doorsteps to hear them.

The weekend finished with the Slovenes singing alongside the Sedbergh Summers Singers and soloist Caroline Smith in a celebration of singing, international harmony and ... afternoon tea! When Alan Pratt, as the chairman of the Parish Council, made a fine speech praising their singing and expressing his connection with them as a fellow farmer,



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they asked if they could see his farm - an experience which they talked about at great length afterwards.

People often say there is not just one, but several Sedbergh's - referring to the different cultures who live alongside each other in our town. My experience is that as we find bridges between the differences with our Slovene friends, we also find bridges between the differences within our own society. And all of that helped by the metaphor of harmony singing - different voices coming together to create a whole which is richer than the sum of the parts.

Srecno pot in lep pozdrav (May your path be happy and your greetings beautiful,)
David Burbidge

DR JOHN SYRED

With profuse apologies for the delay, Dr Syred has written to acknowledge the final contribution to his leaving present (the despatch of which was reported in Lookaround last year). He writes "Please reassure the contributors to my leaving present that the money has been well spent. I purchased a twenty-four hour electrocardiogram. Partly in memory of Pat but also as a useful tool to have when the hospital is so very far away from here (Muasdale, Kintyre). I really am thankful that Sedbergh has been so generous and hope the gift will be put to good use for years to come." *Joyce and John Bird*

REVISION TIPS FROM 'KIP'

Every student in the country must take a National Test at some stage but if you're prepared there's no need to worry. It's time to plan ahead and set aside time for revision but before you start it's useful to know how you learn best as people learn in different ways.

When you spell do you try to 'see' the word in your mind, do you 'sound' out the word, or do you write it down on paper to see what it looks like? Visionary learners learn best by seeing, while auditory learners listen so setting facts to music or 'rapping' out spellings will be a good way to learn for them. If you learn best by doing, then you are a kinaesthetic learner and you need to make your revision active by, for example, placing post-its with little bits of information all over the house.

Anxiety about exams is one of the main obstacles to success. To keep stress levels low prepare well to feel confident. Revise with other students to reassure you that you are not the only one who feels the way you do. Turn to teachers who can help you plan what areas you need to revise. Talk to someone you can trust like friends and family.

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Useful websites: www.learning-power.co.uk and www.revisionaid.co.uk

Morag McRoberts, Centre Director at Kip McGrath Professional Tutoring, can be contacted for a free assessment in reading, spelling, English or maths on 01539 724000.

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KILLINGTON W.I.

WOW! What a busy day! I feel quite exhausted. And what, you may well ask, is the cause of this great weariness?

It may well have escaped your notice that in addition to the "Lookaround hat" for Killington W.I., I also wear the Vice-President's hat. Now this is normally a sinecure involving few or no extra responsibilities but today in the unfortunate absence of President "Shirley, the supreme", I had to get my act together and deputise. I counted fifteen separate items I had to mention from the local W.I. news. Moreover it was the one meeting in the year when the President has a lot to say. We were discussing the resolutions which are to be presented to the A.G.M. of the W.I. at the national meeting at the Albert Hall later in the summer. The resolutions are intended to put pressure on the government in order to influence policy. The first resolution concerns the difference in price between what the

farmer is paid for his milk and what we as consumers pay. Somewhere in between these two a large amount of money seems to go missing. The second resolution urges the government to do something but I have forgotten what it was. Ah, now I remember, to urge that waste be reduced. Our recently delivered wheelie bins are intended to be a contribution in this direction. We were strongly in favour of both propositions (who could be against?), and instructed our delegate Pat Allen from Dent W.I. to vote accordingly. We were delighted to have her as a guest at our meeting.

Our meeting continued with entertainment and a special tea laid on by members of the committee. We congratulated ourselves on winning the W.I. cup at the Spring Show (I forgot to mention this last month--smack!) The raffle was won by Pamela Moran and the competition for flowers in a sugar bowl was won by Majorie Henson

WFU.

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FAMILY MUSINGS

One of the most difficult things about Grandads death was telling our girls over the phone, hearing them cry and not being able to hug them. At that moment Australia really did feel very far away. Recent events have left me feelings as if I have been tossed up in the air and every part of me has got muddled up, first came the death of my dear friend Barbar, so called between us because of her love of sheep! This happened somewhat unexpectedly and at the end of a long day where I had been on a course connected to my work and held up in Wallsend, ironically the course subject was 'Bereavement', mainly about helping children to cope with it but it opened up emotions and feelings about my bereavement in the past. Then back I came to news I was needed at the hosp and I was there at the end of Barbars life. So much a part of the life of this family and such a familiar sight around the town with her dog Cleo and when it came to hey! Lads Hey! I could not let Cleo be rehomed elsewhere, so, Mitts has just had to adjust to sharing her pad and we now have a dog.

5 children, 11 grandchildren and 4 great-grandchildren I lost count of the number of times I reeled that off to nurses and carers while we all looked after Grandad at his home right to the end. Sometimes I'd look at all the wedding photos on Grandmas wall and remember those happy times, happy memories to sustain the hard times.

Hubby and son have been sorting and dosing lambs while we got to grips with a hospital bed, a syringe-drive, a hoist and helpful things, we would meet up for

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meals and it did seem that Grandmas café served at all hours, whatever time of day or night you wanted food and it was there, so to was company and he was so pleased to be cared for at home by his family all working together, daughters and daughter-in-laws, sons and son-in-laws, although it took a wee while for Grandma to find everything after we had found new places for things!

Cleo had her new routine upset and vented her feelings by escaping from both hubby and son at times, but wow! What a welcome she gives me when I get back, hubby could take some lessons!

Mitts was not impressed with Cleo but was told she had to help her settle in, on the second night Cleo and I went down

the drive and then turned for home, all was well until Mitts flew out the hedge and Cleo ran off! They have settled down and even try to eat each others food, the dog has to know where I am or else she cries and a couple of her pals have sent her biscuits in the post!

The girls are back in Mainland Australia now, they were fruit picking and visiting friends in Tasmania and their trip home will take in a few places of interesting value I.e. Fiji and New York.

Having heard about folk taking compassionate leave I have now experienced it personally, one session running into another but I am back at work again now, still trying to clear out the garage and to sort out my house and another house and do all the mundane things too!

Dog walking is another 'thing' to do but also very therapeutic, even when the said dog wakes us at 4:15a.m. having got the sudden urge to be outside to do something, hubby also got a sudden urge



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to do something to the dog, or perhaps to me (me?) so Cleo and I went around the back-lane for a long walk. A little after we returned, a house guest took her out again but Cleo had sat down in the road, refused to move except to return home!

Mitts continues to bask in our love and affection but not impressed at being taken to the vet to be 'done' and was decidedly out-of-sorts for a few days, she has given a little friend from next door who wanders in and out at will when we have the door open and the visitors say they have met our two cats and when I look blank they say "Haven't you two cats?" as if I am somehow to blame! The cat is now fed upstairs and the dog in the hall and son has found he is very much in cats favour as dog cannot easily reach his upstairs bedroom, not that she hasn't tried...

So folks I sign off this month with a heavy heart having not once but twice in a month had to cope with parting with someone close. Happier days are ahead, the return of our girls and sons wedding, and next year our Silver Wedding, life goes on and that is as it should be. Take care.

KARTING

*British Racing Drivers Club
BRDC 125 ICC Championship Round 1
ROWRAH nr Cockermouth.*

There's a big prize this year, so this means it will be a bigger than average challenge, with no dropping points at all, just all out racing, this year is to be the best kart racing to be seen any where, with all the top drivers, going all out to win. My first thought were bumper cars, especially at the first round, but no I'm wrong again, brilliant racing was the order of the day.

Heat one

Sam put together a good result with a 4th place. On the other hand, James had a challenging heat and had a nightmare finishing 10th.

Heat Two

I can't go into detail but James's luck must of ran out as he again had a disaster of a heat to finish in 13th place, as for Sam in his second heat he came home to the flag in 5th place, this was not the exact plan, his brakes had over heated, without the ability to stop quickly meant he was a sitting duck, as he had to brake sooner than normal, this make it easy for others to pass.

Heat Three

Its about now I must say James's luck is all bad luck as he finished in 16th place, these are all poor results for James in all three heats anything that could go wrong did for him.

Sam had another 4th place finish and I had not found the answer to his over

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heating brakes. With new back brake pads at the start of a 10 lap race and by the end no rear pads left a rethink would be necessary as the final is over twelve laps, the answer Tom came up with was to use heat treated pads that were in the spare chassis, in other words part used ones that have had time to go cold and hard.

FINAL

Frank Wrathall who Tom (my youngest son) mechanics for had pole position with Sam's teammate. Mark Fell on second. Sam was to start on grid 5. James had a better grid position than we had first thought he was on grid 15.

Sam's days racing finished on the second comer as everybody braked hard, Michael Simpson the top 100 cc driver

punted Pete Mitchell who cannoned into Sam just as he turned into the comer, they both left the track airborne, from that crash Sam had a large cut in the rear tyre, even though we replaced the tyre with one just like it he was flagged off the track as he was braking a technical rule, with there being no dropped points this year, Sam is all ready in trouble with the championship points as he is at leased 30 points down but its not all bad for Sam as James is still below Sam in the over all points.

Round Two will be featured on Sky TV sometime in June. Could we please earnestly request a kind reader to record it for us and let us know on 21922.

More next month.

G Moore

Starters		Fish Dishes	
Prawn Cocktail & Marie Rose Sauce	£3.60	Salmon Steak with Parsley Sauce	£8.90
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Venison Casserole		Half Roast Chicken	£7.50
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Pork in Pepper Sauce		Lasagne	£6.30
Cod & Prawn Crumble		Steak & Kidney Pie	£6.30
		Cumberland Sausage	£6.30
		Gammon & Pineapple	£6.30
		Barnsley Lamb Chops	£9.50
		Marinated Lamb Steak (6oz)	£9.50
		Pork Chop in BBQ Sauce	£6.70
		Cheese & Ham Pasta	£6.30
		Tuna Pasta Bake	£6.30

**ALZHEIMER'S SOCIETY
SOUTH LAKELAND**

*Alzheimer's Awareness Week
3rd - 9th July 2005*

When the Society was founded in 1979, hardly anyone had heard of Alzheimer's. Earlier this year Alzheimer's hit the headlines with the publication of draft NICE guidelines which recommended that specialist medication currently available to people with Alzheimer's Disease should no longer be prescribed. These guidelines are not yet policy so Awareness Week is an opportunity to remind everyone of the need to continue providing this treatment for appropriate patients.

The theme of Alzheimer's Awareness Week this year is "Think Again",

focussing on Younger People with Dementia. Although the majority of people with dementia are in their 70s and 80s or older, it is not confined to this age group. A small number of people, some in their 40s and 50s, can and do develop a dementia. This younger age group tends to develop rarer dementias, making diagnosis a rocky path for patients, GPs and specialists alike. Symptoms are often much more difficult to manage, patients are more active and their families are younger. How would you explain to a 14 year old why their father can no longer do sums to help them with their homework or can't sign his name on their birthday card? Services for Younger People with Dementia are very limited and Awareness Week aims to focus on

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their particular needs.

The South Lakeland Branch has recently developed some new services for Younger People with Dementia. Funded by Cumbria Social Services, our Benson Green Day Centre is starting the Wednesday Club in July. This is a day where younger people can be based at Benson Green, and, supported by trained staff and volunteers, plan and undertake activities of their choice. We are developing a Resource Bank of information about dementias affecting younger people. We also run a Support Group for Carers of Younger People with Dementia which is held at 7.00 – 9.00pm on the last Monday of the month.

We continue to provide information, advice and support and the Memory

Advice & Support Service. We will be in Sedbergh on Wednesday 13 July, 10.00am – 12 noon, when we are having a Coffee Morning in the United Reformed Church Rooms, Sedbergh, and a street collection. Do please come and support us and see us if you would like information on our services.

Alternatively, please contact: Suzanne Duckworth, Nancy Huck, Elaine Moneypenny or Lalik Nasmyth at Alzheimer's Society, South Lakeland Branch, Stricklandgate House, 92 Stricklandgate, Kendal, LA9 4PU, tel: 01539 742631. Open Mondays to Fridays, 9.00am – 2.00pm. Or for Day Care: Angela Harvey, Benson Green Day Centre, 9 Benson Green, Kendal, LA9 4RG, tel: 01539 727563



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ONE DISEASE, DIFFERENT TREATMENTS

The title of this article is a saying often quoted in traditional Chinese medicine. It reflects the fact that any named disease may manifest very differently in different people. For example, one person's headache may be dull, on the top of the head and worse when tired. Another may have a pounding "weekend headache" on the temples and behind the eyes. The underlying patterns of disharmony would be very different and treatment would vary accordingly.

In this sense, the treatments based on traditional Chinese medicine (acupuncture and Chinese herbs) are holistic: they consider the whole person

rather than just treating the diseased part. The philosophy is based upon treating the root of a problem and not just the symptoms. In fact, to find the root, it may be necessary to look beyond the mind and body of the patient to the world beyond. The "weekend headache" mentioned above probably has its root in the work or school environment. Many diseases, obesity and eating disorders, for example, are rooted in disharmony in the society in which we live.

To go back to the original saying; in fact it is a two-liner:

"One disease, different treatments.

One treatment, different diseases."

The second line reflects a fundamental difference between conventional

medicine, which is based on disease differentiation, and traditional Chinese medicine. The latter is based on identification of the underlying pattern of disharmony, the body-mind process, which is out of balance. Any type of imbalance can result in a range of symptoms in different people, which may be labelled as different diseases. If a patient has a skin problem, it is not the label of eczema or psoriasis, which determines treatment, but the underlying process giving rise to the symptoms.

I sometimes catch myself reflecting that I have given similar (but probably not identical) acupuncture treatments to patients whose reasons for coming appear to be quite different. Someone with exam phobia could receive a treatment very like that given to a young woman with menstrual problems, if the underlying patterns are the same. This is reflected in the wide range of use of some traditional herbal formulas. One well-known formula can be used for the prevention of recurrent colds and flu, for various types of prolapse, for chronic diarrhoea or for recurrent miscarriage, provided the underlying pattern is the one for which the remedy is designed.

In this respect, traditional Chinese medicine is similar to homeopathy. The task of the practitioner is to recognise the fundamental patterns of a patient's disease. One homeopathic remedy can cover a whole range of diseases and two people with the same disease will very likely receive different remedies.

One of the most important things both of these systems can do is to help us understand the interplay between emotional symptoms and physical

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June M. Parker

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symptoms. Another Chinese gem for your entertainment:

“The five emotions transform into fire.”

The effect of emotions on the physical body is very often heating. This ranges from stress related skin diseases to premenstrual tension to stomach ulcers and irritable bowel syndrome. The emotions affect all systems of the body, but particularly the liver and the heart. This can often be seen as redness of the tongue and in a fast pulse. Unfortunately many of the things we use to cope with our emotions: alcohol, chocolate and coffee, for example, though they may make us feel better temporarily, also create internal heat and so make things worse in the long term. The good news is that the urge to use these things is all part of the underlying pattern and forms part of the diagnosis.

For more information, please contact me. My telephone number is (015396) 20972.

June Parker

SETTLEBECK HIGH SCHOOL

Two

On Wednesday 11th May Mr Banks and Mr Smith took the Year 10 and 11 Drama groups from Settlebeck to the pub. This pub was in Bolton and it was set at the foot of half-amphitheatre style seating with glasses and beer pumps that were mimed. The couple that owned it and worked behind the bar also doubled as the customers. Strange, you might say. No, this was just a typical production of "Two", a play by Jim Cartwright. A play written for only two actors, in this case Emma Atkins (Emmerdale) and Simeon Truby. Set in a pub with nothing but a bar and stools to work with, these two have to portray several different characters ranging from a sentimental

pensioner who occasionally feels the calming presence of his dead wife to the 'other woman', completely drunk and there to spy on her lover and his wife.

The performance went smoothly and impressively, the transformation of the actors into their many different characters utterly believable. I was amazed at how fast the pair managed to change into their different costumes and at how they had managed to learn so many lines each. Finally, of course, I was stunned at how they conveyed the emotional, physical and social state of each character, showing the heavy strains on the relationship between the landlord and lady, the forlornness of the forgotten little boy and the tension between the violent young man and his girlfriend.

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Every one of us was amazed at the climax, a massive argument between the landlord and lady, as real tears were rolling down Emma Atkins' face. When the play was over and the actors were taking their bows, I was momentarily surprised that there were only the landlord and lady on stage. I thought, 'what about the other characters?' Then suddenly I snapped into reality and realised that there were actually only two.

Caroline Lamb

We set off on the minibus to Bolton to watch a play called "Two" at about 5pm. We were told that the journey would take about two hours and we had music playing all the way there and back. When we got onto the motorway we started waving to the people behind us. As there was a slight traffic jam we managed to get lots of waves and thumbs-up back! We got to Bolton and we were sure we were lost as we had to make some U-turns!!

The play had modern pop music playing and you got enticed straightaway. At half time Andrew Mason managed to get chocolate all around his face! Near the end of the play it had a serious bit, which was quite sad, and some people started to cry including Hannah Jenkins! I thought

the play was very good and it got lots of applause.

On the way home we all changed around on the bus and Kyle made a flag from kitchen roll and hung it out of the window! We started telling horror stories about people getting attacked in cars and buses as it was quite dark by now. Then a few lorries started to flash their lights at us and Brendan Lewes thought he had seen something fall off the bus so we had to pull over at the service station to make sure the minibus was all right. (We didn't think it would last all the way to Bolton and back!) This really freaked out a few people like Megan Henderson and Cally Steadman because of the stories they had heard just a few minutes before! Mr Banks and Mr Smith couldn't see anything wrong with the bus so we carried on and arrived home safely about 45 minutes later.

Overall, I thought the trip was really good. The play was excellent and the bus journey was ace!!!



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BARBECUE AWARD

Sedbergh Q butchers Steadman's have won a top award in the 2005 Guild of Q Butchers National Barbecue Championships.

Competing as "Steadman's Cumbrian Crusaders", the team of Garth, Jean & Brian Steadman and Rachel Wearing were awarded Highly Commended status by a judging panel headed by television personality and food author Clarissa Dickson-Wright.

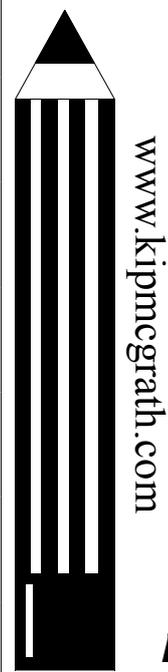
The championships were hosted by the Guild's North West Region – chaired by Garth Steadman - at Kendal (24th April) and attracted 19 teams of some of the best butchers in Britain. The Guild of Q Butchers represents the finest independent meat retailers who are noted for product innovation, presentation and quality.

Garth said: "The Q barbecue competition is one of the most prestigious in the meat trade and to win one of the top awards is a tremendous accolade for our business.

"Clarissa Dickson-Wright was full of praise for our products which we are sure will be big sellers during the barbecue season."

Products included Cumbrian Straight 8,





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Clarissa Dickson-Wright's fellow judges were Gillian Cowburn, Food Editor of the Westmorland Gazette, Justin Woods, Executive Chef at the Castle Green Hotel and John Crouch, who focuses on food for local radio in the North West.

Clarissa said: "It is so pleasing to see that craft butchery skills are alive and well! We were presented with barbecue products that showed flair and imagination, but most important of all, products that tasted so good. The Guild is to be congratulated on encouraging such innovation."

WHEELIE BIN'S PICNIC

If you go down to the town today
You're sure of a big surprise
If you go down to the town today
You'd better go in disguise

For ev'ry bin that ever there was
Will gather there for certain, because
Today's the day the Wheelie Bins have
their picnic.

Ev'ry Wheelie Bin who's been good
Is sure of a treat today.
There's lots of marvellous things to eat
And wonderful games to play

Beneath the walls where everyone sees
They'll hide and seek as long as they
please
'Cause that's the way the Wheelie Bins
have their picnic

If you go down to the town today
You'd better not go alone
It's lovely down in the town today
But safer to stay at home

For ev'ry bin that ever there was
Will gather there for certain, because
Today's the day the Wheelie Bins have
their picnic.

Picnic time for Wheelie Bins
The little Wheelie Bins are having a
lovely time today
Watch them catch us unawares
And see them picnic almost everywhere.

See them gaily gad about
They love to play and shout
"Just chuck all your refuse in!"

At six o'clock their Mummies and
Daddies,
Won't take them home to bed,
Because they're OUR little Wheelie Bins.

*With Apologise to Jimmy Kennedy b.
1902 Omagh, Northern Ireland, d. 1984*

EN GARDE, LADIES!

New free fencing class for women
begins on 14th June.

Whether it's un-vented
aggression or unwanted
pounds, come and fence it
off, ladies!



The sport of fencing, often referred to as
physical chess, is a great way to get fit
and keep your mind sharp. Fencing will
also trim your buttocks and thighs but
most importantly you will have lots of
FUN learning this ancient sport.

Our six week course begins on Tuesday
June 14th and runs until 19th July. Classes
are from 7.30pm to 9.00pm. Special
Cumbria Adult Education Service
funding means that we can provide this
course **free!** Unfortunately places are
limited so please book a place as soon as
possible by ringing *Sedbergh CDC on
015396 21031*, leaving your name and
phone number. The class is open to
women of ALL ages over 16.

The course is taught by Szilvia Naray-
Davey, accredited coach, and former
British, Swiss and Californian champion.
Szilvi, who has 20 years experience of
fencing and coaching, has just moved
from California and is thrilled to be
bringing fencing to Sedbergh. As well as
the adult class, Szilvi is also planning to
teach fencing to Settlebeck High School
students.

MOUNT ZION CHAPEL

Perched high in the Pennines, at the very top of Garsdale, just before the border with Richmondshire, sits Mount Zion Chapel. It was built in 1876, the same year that the Midland railway company opened the spectacular Settle to Carlisle line, and the chapel is more usually known as Hawes Junction after the station (now called Garsdale) which provided a link to the east coast line via the Wensleydale line, axed by Beeching and now being gradually re-opened. The stonework of the chapel matches that of the nearby Dandrymire viaduct which, according to local memories, spans a bog so deep that the navvies could not reach bedrock for a foundation, so they poured in hundreds of tons of shoddy from the

mills until it was firm enough to build. Another local legend (with less foundation in fact) is that a whole steam locomotive lies buried in the embankment where the top of an old smoke stack used to be visible half-way down the slope.

On June 18th and 19th, Hawes Junction Chapel will celebrate its history with a special weekend, to be opened at 12:30 on the Saturday by Bill Mitchell, famous local author and former editor of *The Dalesman* magazine. There will be a free exhibition of old photographs and local history in the chapel, a plant stall and other items on sale, a walk round the local area led by Bill Mitchell at 2 p.m., and refreshments available until 5 p.m. A slide-show about the Settle-Carlisle line will be from 7 p.m. until 8:30 p.m. - admission £2 including refreshments in the interval.

On Sunday, June 19th, the arrival of the northbound train at 10:30 a.m. will trigger a short service on the platform, including singing "Marching to Zion", followed by a march? (but transport provided) to Mount Zion Chapel for a Ramblers' service at 11:15 with the Gunnerside Choir. Refreshments will be available from 12:30, and the afternoon will offer a choice between another local walk, and a screening of Yorkshire Television's *The Dale that Died* which featured the chapel.

The chapel no longer holds regular services, but remains open for the annual "Carols by Candlelight" and other special services. Funds raised at the weekend will help to pay for the repair and maintenance of this historic listed building.

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After our recent inspection from the powers that be at Ofsted and our joining of NCMA (National Childminding Association) We can happily confirm that our official opening date was Monday 18th April 2005.

There has been a great deal of interest from our local area and we would like to take this opportunity to tell everyone what we have to offer.



For those who don't know me, my name is Margaret Hall but everyone knows me as Mags, my sister Lorraine Kirby and I have lived in Sedbergh for over 20 years and have always had a love of working with children. Now that we both have children of our own we have decided that now is the time to make the most of our ambitions.

We are both fully qualified and have lots of experience with children of differing age ranges. I work with an amazing group of people at Sedbergh Playgroup who have taught me so much over the years, and thanks to the encouragement, experience and fun that all of the staff at Nichola's (Nichola Packham - Registered

DRY STONE WALLING

Judge: Mr Steven Allen, Tebay

A Silver Cup to be competed for annually, given by

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This is really too good an opportunity to miss.

TOWN TWINNING NEWS

Representatives of the Town Twinning Group and the Parish Council had the great pleasure on 12th May of welcoming His Excellency the Slovenian Ambassador, Iztok Mirošič, and his Third Secretary, Anita Stanković, to Sedbergh. Unfortunately a tour of the town was cancelled due to their late arrival. A major accident on the M6 held their party up for two hours. However a very convivial evening was enjoyed over dinner at the Cross Keys followed by entertainment by the singers from Zrece, Ljudski Pevci iz Stranice, at the Middleton Head.

The Twinning Charter will be (was) signed in Zrece on May 27th by their mayor Jože Kosir, Alan Pratt Chairman

of Sedbergh Parish Council and Garth Steadman Chairman of the Town Twinning Group and the Chamber of Trade. It is hoped that the newly appointed ambassador to Slovenia, Tim Simmons, will also be in Attendance.

SEDBERGH SINGERS SING SLOVENIA

“It is a Sunday and the rustic community is slowly gathering for the morning service. Take your seat in that comfortable pew with the hard bench – no, there are no cushions or hassocks, and the floor is of stone; there is no stove or heating gear, the building is cold.

“But there will be warmth and life in the gallery behind you. You will hear a band of keen rural singers, burning, and

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sometimes nearly bursting, with whole-hearted zeal for one of their chief delights in life.

“They are the church gallery minstrels. They are not robed in cassocks or surplices. Simple and homely, rough-shod and heavy-handed, but zealous beyond words, and very proud of their performance.”

Although this is a description of an 18th century English west gallery country choir in Canon MacDermott’s book “The Old Church Gallery Minstrels,” it could equally well describe the village choir that the Cautley Carollers’ sang with in Skomarje, near Zrece, in April.

The gallery is approached by a ladder at the rear of the building, and looks out

over the beautiful and ornate Catholic church in this hilltop village. Including us, there are about 20 singers in the tiny gallery, some with their children, and having mentioned to the choir master Jose Kovse – who was also our host at Medved, the guest house where we stayed – that Roger Bush was one of Sedbergh’s finest organ players, he was given the honour of playing for the service.

After the service we performed a concert from the front of the church. Andreja Ponikvar, who had visited Sedbergh earlier in the year to teach us all basic Slovene, had kindly done translations for the introductions to our songs. For our

(Continued on page 52)

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audience, who were perhaps more concerned with the need to attend to their farm work than to our English folk harmonies, it is possible that our attempts at speaking Slovene provided the greatest entertainment!

After the concert we again ascended into the gallery for a party with wine and cake (like Cowgill at Christmas) and toasts and speeches in praise of our mutual friendship.

For our last concert in Slovenska Konjice we walked the four miles down from Skomarje in glorious sunshine through forests and past waterfalls – our stage clothes brought down by our road manager Dudley Carruthers on the bus, a trip which cost him 40 tollers (about 10p.)

The Pope had just died, and feeling both respect for his passing and the low temperature in the church, we did some last minute pruning to our programme. But such was the acoustic in the church

that the merest whisper was transformed into the most angelic music. We like to think that we went some way towards laying to rest the dreadful insult given to Sedbergh by the BBC, which portrayed our town as populated by tone deaf singers sneered at by bad mannered music masters.

Our final night together was a party back at Medved where we were honoured by local dignitaries including the mayor of Zrece, the president of Union, and the chairman of the Skomarje – and all the many friends we had met and sung with while we were there. And more speeches, providing a fitting context for the drinking, and singing rich in conviviality.

There is so much about Zrece which makes me feel how grateful I am to live in a community which had the good sense to choose such a good place to be our twin – the beautiful landscape, the kindness and welcome of the people, the appreciation of song.

FRIENDS' NEWS

from Brigflatts

In July, Brigflatts Friends' (Quaker) Meeting House will be losing its resident Warden, Melvin Roberts, and welcoming a new Warden, Tess Satchell.

Melvin has looked after the Meeting House for fourteen years, overseeing the buildings, burial ground, and garden, as well as welcoming many visitors from home and abroad, showing them around, and giving the history of this famous second oldest, purpose built , and still in use, Meeting House in this country, dating from 1675. Thankfully, since he and his family are only moving to Dent, Melvin will continue to be a Member of the Meeting, and to represent us at the Ministers' Meeting, while his wife, Kate will go on representing us on Churches Together in Sedbergh.

So, in July, we shall see the Warden's house, Rosebank, occupied by Tess Satchell, her husband Phil, and their four children, ages two to thirteen. This is encouraging us to rethink our plans for Children's and Young People's Meetings, and of course we also look forward to carrying on Melvin's good work.

On June 12th, at 2.30pm, there will be

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the annual "Fox's Pulpit " Meeting on Firbank Fell, which remembers the time in 1654 when George Fox talked to a great crowd of people by the big rock up there. Everyone welcome.

We have had the first of our talks on other religions, given by a Muslim who emphasised how much Jewish, Christian, and Muslim religions have in common. We are shortly going to visit a Hindu Temple and a Mosque.

We have further plans in the pipeline for some social activities throughout the year---so what with one thing and another, we feel we have much to look forward to, and much to be thankful for. In Friendship, Valerie Finch, on behalf of Brigflatts Friends' Meeting.

JUNE GARDENING

Some people have a bit of a thing about Alliums - those ornamental onions which grow from bulbs planted in Autumn. They come in a variety of colours and sizes but mostly conform to the shape of a round ball of flowers on a straight stalk. They fall into two main groups - those for borders and those for rockeries - although I would be wary of planting any of the latter amongst any but the strongest bushiest rock garden plants as even the dwarfiest species reach 9-12 ins high and most of them seed or spread prolifically leaving the rockery covered in a crop of fine hair like leaves. The larger, border types or *Allium* species are far more to my liking with *A. cristophii* and *A. schubertii* taking the lead, followed by *A. 'Purple Sensation'*, *A. 'Globemaster'* and *A. giganteum*.

A. cristophii has perhaps the largest flower heads, 8 ins across, bearing 50 or so star shaped, metallic sheened, violet flowers. The flower heads dry well to resemble enormous dandelion clocks. *A. schubertii* definitely wins the wackiest garden plant category. It's stout shortish stems bear small pink flowers on stalks of varying length and the plant thus resembles an exploding firework. *A. 'Purple Sensation'* is my favourite coloured *Allium* with it's rich, deep purple flowers on tall (3ft) stems.

A. 'Globemaster' and *A. giganteum* are perhaps the most eye catching *Allium* species with dense heads, 6-7ins across bearing 100s of rich pink flowers. Some years ago I planted a small group of latter bulbs in one of our borders. They proved to be robust plants and soon set about seeding themselves around and about in

the border. Unfortunately the resulting plants turned out to have smaller flowers, a rather dirty shade of lilac/mauve and as the flowers faded they clashed disagreeably with the bright vermillan red "Oriental Poppies" already present in the border. We dug them up and moved them to be amongst the lime green and dark purples of *Euphorbia polychroma* and *Geranium phaeum*. The following year they came up in both places and they have continued to do so ever since, much to the consternation of resident colour purists. I suspect that the original *A. giganteum* crossed with the nearby chives (*A. schoenoprasum*) and the resulting hybrid with its funny flower colour and exceptional vigour is with us to stay. Perhaps I should market it as *Allium robustissimum* 'Grubby'! Could make a fortune.

Elaine Horne

SEDBERGH TOWN BAND

Settlebeck Quiz

Town Band responded to the invitation from the indefatigable Sandra Longlands to enter a team in the Settlebeck fundraising quiz by assembling half a dozen willing contestants.

Although not challenging for top honours the team, ably captained by Keith Wood, achieved a competent middling place. Under the name of 'Brassed Off' the team were disappointed to have fared below par in the music section of questions when the joker was rather optimistically played.

A great night was enjoyed by all and congratulations go to Sandra and her helpers for all their successful organization.

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SEDBERGH & DISTRICT HISTORY SOCIETY

The History Society has a programme in summer of visits to places of historical interest within a short drive of Sedbergh. The first in the 2005 season was to the house of Mr. and Mrs. Uter Potter, Broomhill in Windermere.

Mr. Potter is a native of Sedbergh and a descendant of the eponymous distinguished builders active in Sedbergh in the first half of the 20th Century.

Broomhill was built in 1922, one of numerous beautiful houses in the Lake District, constructed by successful Manchester industrialists and businessmen, the best known being Blackwell.

Broomhill's stylistic influence is the Arts and Crafts movement, a loose amalgam of anti-industrialisation ideas which were predominant in the second part of the 19th Century and which extended into the 20th Century, into the Art Nouveau style.

Key exponents of its philosophy were William Morris and John Ruskin, and its central concept, the application of craftsmanship to create objects of beauty can be seen in Broomhill.

It was designed by the local Windermere architect, Thomas Mawson. Less grand than some of the Manchester houses, its alignment secures an amazing vista of the profile of the Coniston fells, the Langdales onto Scafell and the northern fells, with the lake in the middle distance and woods and treetops sloping from the house towards the water. There are several gables and steep roofs with small tiles, typical of Arts and Crafts designs. Inside, chestnut is the predominant wood, with the fireplaces and staircase, landing and balustrading carefully designed to harmonise and please the eye. There are numerous windows, each placed to let in light and give frames to the Lakeland views outside, some majestic, others small studies of nature. Broomhill largely remains as it was conceived, down to the door and window furniture, and the Society was privileged to have enjoyed this small gem for an afternoon.

The party was also shown round the gardens, which extend to 12 acres in all, but for their details you will have to find one of the group who went and spend some time listening to their account.

SEDBERGH GOLF CLUB

Sedbergh have started their defence of the Dales League Trophy with a convincing win over Bentham, running out 5-1 winners.

The Dales League Trophy is contested between 5 local clubs (Sedbergh, Kirkby Lonsdale, Casterton, Bentham and Settle) and was first played for in 1969.

Sedbergh have won the trophy 9 times out of the last 12 years and are looking for their fourth win in a row.

Recent Competition Results:

Rowena Kliszat Memorial

Stableford - 15 May 2005

Division 1

1st	Simon Parkin	39 points
2nd	Matthew Parkin	38 points

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3rd	Steven Dalzell	37 points
-----	----------------	-----------

Division 2

1st	Barrie Staveley	44 points
2nd	Craig Barnes	42 points
3rd	Raymond Campbell	41 points

Division 3

1st	Graham Dalzell	35 points
2nd	Edward Lord	35 points
3rd	Graham Staveley	34 points

Seniors - Dinsdale Bailey Trophy

12 May 2005

1st	Hugh Wadsworth	93 - 23 = 70
2nd	Peter Swift	80 - 09 = 71
3rd	Geoff Housego	90 - 15 = 75

The Thornton Salver Medal

8 May 2005

1st	John Siemaszko	87-21 =66
2nd	Craig Gardner	85 - 17 = 68
3rd	Shaun Gardner	83 - 13 = 70

Marie Curie Cancer Care

Stableford - 1 May 2005

Division 1

1st	Simon Parkin	37 points
2nd	Peter Swift	37 points
3rd	Dominic Leatherbarrow	36 points

Division 2

1st	GeoffHousego	37 points
2nd	Craig Barnes	36 points
3rd	Alan Pratt	31 points

Division 3

1st	Edward Lord	35 points
2nd	Robert Haygarth	34 points
3rd	Peter Weiss	29 points

Seniors - Bob Metcalfe Trophy

28 April 2005

1st	Geoff Housego	37 points
2nd	Bruce Wilson	36 points
3rd	Peter Swift	36 points

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THOUGHT FOR THE MONTH

These words have been a great comfort to me and mine over recent times. I cannot remember where I read them or who wrote them but I share them with you in the hope that should life be difficult for you just now you will be helped by them.

"I'd rather walk in the dark with God than go alone in the light. I'd rather walk by faith with Him than go alone by sight"

"Christ leads us through no darker rooms than He has gone before".

In other words where ever we find ourselves and however heart-breaking it is, we are not alone, Jesus is with us and has already gone before us. LD

SEDBERGH TOURIST OFFICE

You may have noticed that the Sedbergh Tourist Office has reopened.

Our new and independent Tourist Office is now combined with a co-operative book store named The Dales and Lakes Book Centre.

On Thursday 30th of June we would like to invite anyone from Sedbergh and the district to come along and visit the new premises. Perhaps you would like us to publicise your business or event, to sell tickets for your organisation, or perhaps you would just like to have a look at what we have done. The staff will be on hand to tell you all about what we are doing and to answer your queries.

So please visit us between 11.00 and 4.00. All are most welcome.

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DENTDALE WI

The May meeting was presided over by Margaret Fothergill who welcomed members to the Resolution Meeting. The resolutions were presented by members Pat Allen and Catherine Sugden, both of whom will attend the National AGM next month. Pat gave information on 'Raising awareness of low farmgate prices for milk' and Catherine presented the issue of 'Care of our environment'. Both resolutions were passed unanimously.

Final arrangements were made for the Lune Valley Group meeting on May 16th.

Members were reminded of the choices before them for the July excursion to Coniston.

Pam Knowles then talked about the amazing properties claimed for Aloe Vera and members were able to sample several products.

The competition continued on the theme of herbal remedies and was won by Catherine Sugden.

At next month's meeting we look forward to hearing Angela Monkman-Brischett's experiences of 'Tanzania – Hippos and Hornet's Nests'. As always, visitors and prospective new members are very welcome to join us.

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SETTLEBECK HIGH SCHOOL

Thank you

Dear Everyone who has organised and supported the recent auction of promises, which enabled us to go to Zrece.

I'm writing to thank everyone very much for helping raise money that enabled us to go to Zrece. We all thoroughly enjoyed the experience and are very grateful.

The trip was a very interesting experience. We were able to try a whole range of Slovenian foods, sports, activities and even visited the school to receive a lesson in the language.

Everyone especially enjoyed tobogganing at the nearby ski resort, Rogia, swimming at Zrece's own spa, Terme, and shopping in Slovenia's capital city, Ljubjuana.

Slovenian food is very interesting and very different to the food we are used to, but we all enjoyed trying new things.

Thank you again for everything you have done that enabled us to go on this trip. We all really enjoyed our time in Slovenia and are very excited about seeing our new friends over here in July.

*Jenny Lamb
(on behalf of Year 9)*

FROSTROW W.I.

It was a beautiful evening for the May meeting when members met to vote on the AGM Resolutions. Marjorie Fishwick, Vice President, welcomed everyone, including Doris Aldsworth, our W.I. Advisor. We were delighted to have Nora Walker and Rosemary Mason back amongst us.

The recent coffee morning had been successful and everyone was thanked for their support. Final arrangements were made for our Mystery Evening Outing on June 8th and also for the group meeting at Dent on May 16th.

Flowers at Cartmel was discussed at length. Frostrow W.I. Will be supporting it in various ways—decorating two grids under Linda Hopkins' guidance, stewarding and baking cakes.

After the business, Doris Aldsworth spoke about the two AGM resolutions:-
1: Urging W.I. Members to do all in their power to raise public awareness of the unfair difference between the retail price of milk and the price paid to farmers.
2: Calling on W.I. Members to take further action to reduce waste and conserve resources at home and in the communities, to lobby manufacturers, retailers and decision makers to reduce waste in the production and transportation of public and consumer goods.

There was nothing to pay against these resolutions and they were carried unanimously. Our speaker hopes that, as a federation, we may be able to concentrate on a particular aspect of recycling. Although we were discussing serious subjects, she presented the facts in an interesting way and was thanked by

Marjorie Fishwick.

Linda Hopkins had prepared a Handbag Quiz which was won by June Hudd who also won the raffle.

Light refreshments provided by the committee were served by Margaret Faulkner and Peggy Ingham. *MF*

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TSUNAMI ROCK CONCERT

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 and Tom and Jack Swannick) was arranged by Richard Wilson and raised over £200. As I'm sure you can imagine, it was suitably loud!



SEDBERGH'S TRIP TO ITALY

As you read this, a group of 23 people, mainly from the Sedbergh area, will be busily engaged in exploring the area around Rome during the first week in June. Most are, or have been, members of Italian classes held in Sedbergh over the last three years. Many will be practising their language skills as well as taking a look at some of the sights around the phenomenal *Citta Eterna* where so many aspects of our western civilisation began.

We shall be staying in a family-run hotel in Fiuggi, a medieval hill-top town amongst the mountains east of Rome. Son of the family, Piero, who has been twice to Sedbergh and met many of those visiting his home town, has arranged visits for us to places such as the Villa d'Este with its splendid gardens full of fountains dating from the 16th century. Another day we shall go by coach to the incredible archaeological site of POMPEII, where the daily life of an ancient city lay preserved under layers of burning fragments of pumice from the volcano Vesuvius. Making a trip off the normal tourist track, we shall visit the house where the English novelist D.H. Lawrence lived, on the edge of the beautiful Abruzzo National Park, lunching on local farm produce. We shall also go to the impressive Benedictine Abbey of Montecassino, perched on a mountaintop, and tragically bombed to ruins by the Allies in May 1944 when it was occupied by the Germans.

The climax of our tour will be a whole day with a professional guide in Rome, starting at The Vatican and St Peter's, calling at The Pantheon, the famous

Fountains of Rome, the Forum of the Ancient City and the fabulous Colosseum with all its echoes of gladiatorial combat in front of sixty thousand spectators.

Interspersed with our visits will be a number of light-hearted Italian lessons in the hotel's conference room and plenty of opportunities to enjoy local food and wine. We have hopes that the Sedbergh visit to the Eternal City may become an annual event!
George D. Handley

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SEDBERGH TOWN BAND

New members of the band

Samantha Scarr has recently joined the band and has already performed in her first concert assisting Matthew Wilson in the role of trainee percussionist for the Dent Concert.

Josh Wray (Cornet) has been joined by his twin younger brothers Sam (Euphonium) and Henry (Tenor Horn), the latter having made his public debut at Dent.

Having both passed grade three recently Liz Cooling (Horn) and her elder son Tom (Cornet) will be moving up from the beginners class after the Annual Summer Concert to join the full band.

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ST ANDREW'S PARISH CHURCH

On Saturday June 18th. At 8 p.m. the celebrated Pro Nobis Singers will be giving a concert in the church. For those of you wishing to have a gastronomic feast as well as wonderful music, there will be a chance to have supper before the concert. See the advert for details. It would be helpful to have some idea of numbers for the supper, so please contact Ada Beck (22109) or a member of the church if you would like the pre-concert meal.

Following the Music Festivals of 2000, 2002 and 2004, St. Andrew's is planning a Festival 2006, from June 10th to 25th June.

ROBIN HOOD PANTO

The Rose Theatre Group wish to thank everyone who came to the performance of Robin Hood and for all the praise they have lavished upon us. We are delighted that the Panto was so well received.

Comments such as; "Brilliant!", "Wonderful", "I almost fair off my chair laughing", "Well done", "When's the next one?", made all the work worthwhile.

The whole thing grew from a germ of an idea and evolved into a great deal of fun. So far we have raised more than £1,500 before expenses. I will update the total in next month's issues as well as in the Westmorland Gazette.

Mere words could not convey my feelings towards all the cast, helpers, musicians, lighting and sound engineers, and our terrific director, all of whom had never done anything like it before. Heaps of thanks to Settlebeck school for the loan of the hall, the Methodist Church for having to listen to all of those rehearsals, the White Hart Club, and of course our audiences, the performances would have been pretty dull without that support.

As usual the local folk showed themselves to be outstanding, generous and kind. Matthew Dawkins received orders for videos as soon as the curtains were closed. If you would like a copy, call 015396 20927, it all adds to funds. I must also add my thanks to those people who have sent donations because they were unable to get to any of the performances. For any information about; The Rose, and Ali's Dream, call 015396 21808. Donations call the treasurer 015396 21830.

Sandra Gold-wood



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ORANGE SKIES

"Orange Skies Music Books Ltd" are delighted to be opening up their new specialist second-hand music bookshop in Sedbergh as part of the Book Town project. They are hoping to be open for Summer 2005, and in the meantime are currently purchasing stock - both individual items and collections - in all of the following areas: Rock, Pop, Classical, Folk, Blues, Jazz and World Music. Please contact David Johnston-Smith on 07904 186463 or by email at orangeskiesmusic@gmail.com for further information. Otherwise please watch this space for further news."



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DENTDALE METHODIST CHAPEL

Our Sunday services are now at 7p.m. and up to date details are usually available in the glass-fronted box on the chapel wall, or from a copy of the Circuit Plan in the porch. We use printed notices each week on the reverse side of the Sunday Link sheet and include information and ideas for prayer and action. Pray and share continues fortnightly on a Thursday at 1:45p.m. in the schoolroom and everyone is always welcome to our services and activities.

WHITE HART CLUB

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

If you are interested, please pop in to see us or phone 20815 or 20773 (evenings)

SEDBERGH SWIMMING CLUB

Are you a good swimmer with the urge to teach swimming to children? Are you a swimming teacher who would like to teach? Sedbergh swimming club is looking to employ new teachers for September. If you have any interest at all please contact Jacqueline Smith on Sedbergh 20760 for further details.

Money is still being collected from the children who took part in the Asthma Research sponsored swim in March. It looks like we may, once again, have raised over £1000. Well done everyone. The recent 'Inflatables' session was enjoyed by many children, where blow up dinghies and inflatable whales abounded with the end of the club year approaching. The children can now begin to look forward to the 'Fun Gala'. Lots of prizes to be won.

Thanks again to everyone who has supported the club this year and we look forward to hearing from any prospective teachers. Don't forget our AGM in early September.



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HOWGILL W.I.

Vice President Dilys McCaffrey welcomed members and one guest to our May meeting held at Howgill Village Hall.

Freebies from Yorkshire tea were distributed also tickets for members who are attending the Holker Garden Festival in June. Entries have been submitted on the theme 'Lets celebrate'. Time was spent going through the various categories at the Cartmel Flower Festival in July. Helen Beare is to take part in the celebration concert with a Cello trio.

Member Hilary Wilson has been featured in the April edition of the Countryman magazine. This follows her success of being nominated as Country Woman of the Year 2005.

On May 4th the weather was perfect when two members visited the Winderwath Gardens near Penrith. The garden was originally laid out at the beginning of the Twentieth century.

Extensive work has been carried out on the rockeries and the Herbaceous borders since the 1960's. There is now a large collection of Alpine and Himilayan plants and many other rare and unusual plants.

We had a double treat when head gardener of Winderwath, Mr Ronald Davies brought the gardens to Howgill with a talk and slides. We were given a run down of a year in a Cumbrian garden. With plants of all shapes and sizes

providing colour throughout the year. Dilys thanked Ronald for sharing with us his interest and knowledge of gardening.

The monthly competition for a miniature garden was won by Mary Stainton with Sheelagh Denniss second. The social half hour was a quiz where all the answers ended in 'City' this was won by Helen Beare.

June 2nd is our next meeting and will be held at Firbank Church Hall if you have a talent you would like to share or a story to tell, now is your chance at our members evening. Everyone welcome.

A.H.

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SOUTH LAKELAND CARERS ASSOCIATION

A huge thank you to all who helped in any way at our May coffee morning and who supported us, we raised around £200.

For our June Carers Support Group meeting we hope to go out for lunch but to be certain, please contact the support worker or the office, all carers, past carers and other interested people are welcome at our group, usually the 1st Tuesday in every month 2p.m. at the Health Centre.

LUNE VALLEY W I GROUP MEETING

The annual group meeting was held on Monday May 16th at Dent where Margaret Fothergill, President of the host Institute, welcomed a large turnout of members including ACWW members visiting the area from Finland and Oxfordshire.

After the minutes of last year's meeting had been read and approved, Mary Silva gave a report on the various Federation activities and encouraged members to partake of the many interesting events on offer. These include the Holker Hall Garden Festival in early June, a visit to the RHS Show at Tatton Park in July and , most important of all – the

Cumbria-Westmorland celebrations to mark it's 85th anniversary. The premier event will be the **Flower Festival in Cartmel Priory between 28th and 31st July 2005** . Mrs. Silva asked members for their support in various ways to help with this event – as stewards etc during the event or by providing eats for refreshments. Institute secretaries have all the relevant information.

There followed a brief message from the ACCW visitors about the links that have been created over the years and a very warm invitation was extended to members to visit Finland!

'Sounds Musical' then provided us with a wonderful musical offering which brought back memories to many.

A splendid supper followed which everyone enjoyed.

The competition for a verse including the words 'sounds musical' was won by Casterton who were presented with the cup.

The evening was brought to a close with the singing of 'A song of peace'.

SEDBERGH TOWN BAND

The projected trip to our twin town Zrece has now become a reality and firm arrangements for the venture are being put into place. A party of thirty will be flying from Manchester Airport on July 21st: A small advance group will already have set out overland transporting the instruments.

Accommodation in Zrece has been booked and our contact, Samo, is in the process of arranging four or five concerts during the nine day stay.



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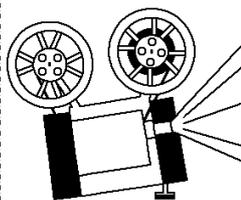
APRIL WEATHER

A fairly mild month when on only 2 nights did the temperature drop below freezing, the minimum being 28F. At the other end of the scale on 13 days the temperatures got into the 60sF with a maximum of 70.9F. On the night of the 8th the wind chill dropped the temperature down to 10F! We woke up to a keen frost on the 19th though the minimum that night was only 32.4F. We had a couple of snow coverings with the fell tops being dusted over on the 7th and another fall on the 16th. The month started off fairly dry but between the 5th and 18th 2.52 inches fell. This was followed by a dry spell for 8 days. This was broken the day my first lamb was born. I don't think the poor chap was dry for his first 12 hours! A fair amount fell in the last week giving us a monthly total of 3.23 inches. Winds were fairly brisk with a maximum of 24.4mph.

The natural world heralded the changing season with the return of the swallows in mid month. A mating pair of small tortoiseshell butterflies on the 2nd being the earliest I recall. Hedgehogs were about as one got itself into our cattle grid and the inevitable RTA season has

started. I saw swifts in Kendal on the 26th but haven't seen them around us yet. Myxomatosis has cleared off the rabbits, another sign of milder winters? One local poultry keeper has learned this the hard way as a fox has taken several clockers no doubt to feed her growing brood. Badgers continue to be active at nights. A late night check on the sheep found one brock feeding amongst the sheep totally unconcerned by my lamp. The trees are bursting into leaf and the celandines and dandelions have been providing for the bees on milder days.

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SETTLEBECK HIGH SCHOOL

Former Leavers' Achievement

Congratulations to our former students who have been awarded prestigious positions in local sixth forms. We were delighted last year when Jack Swannick became Head Boy at Kirkbie Kendal School. Keeping up the tradition, Andrew Bonsall becomes Head Boy at Queen Elizabeth School and Richard Wilson at Kirkby Stephen Grammar School Sports College. Well done to you all, we are very proud of your achievement.

Judith Walsh

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SETTLEBECK HIGH SCHOOL

Election Day 2005 – Citizenship Action

In line with tradition at Settlebeck, we held a Mock Election on 5th May. All three main parties were involved. Each party was led by Year 10 students: Freya Leach; Labour, Ian Mitchell; Conservative and Liam Mason; Liberal Democrat, each having their own team of supporters, publicity officers, etc. This was part of Ms Ingham's Year 10 Tutorial work on Citizenship.

Each party campaigned with talks and question times using the party manifestos to win over the Settlebeck voters. The parties researched from the internet and we rang party HQ for school election materials. Both of these sources provided lots of excellent materials for schools. Posters were displayed around the school and a public opinion poll was taken in the week before the Election, with Conservatives well ahead but 11% still undecided as to who to vote for.

All the students received their polling cards two days before voting day. A polling station was set up in the library with poll clerks from Year 8 (Charlotte Orr, Simone Raw, Patrick Booth, Calum Hopps, George Sewell and Matthew Mudd) checking students in with their polling cards against the Electoral Roll. Students put their ballot papers in the ballot box, the proceedings carefully watched by Presiding Officer, Mr Andy Denton.

After all the votes were counted, the results were given to the whole school in a special assembly by Mr Tully, who acted as the Returning Officer. Conservatives were the winners with 78 votes (43%), Liberal Democrats were second with 61 votes (34%) and Labour

last with 23 votes (13%). As in the rest of the UK, the Liberals had caught up considerably but at Settlebeck we had a much better turn out than at national level; 92% - what politicians would do to get such democratic involvement!

All the students know what it means to listen to political debate and how to cast their vote. A Mock Election at school makes the whole process meaningful and hopefully will persuade our students to use their voting power in the future.

Ian Hutt and Mrs J Walsh



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ONE NIGHT STANZA SEDBERGH POETRY GROUP

Anyone interested in reading, writing and discussing poetry is invited to the first meeting of the Poetry Group to be held in the Committee Room at the White Hart on Wednesday 15th June at 7.45pm.

The evening will be led by Jonathan Allen, a young prize winning poet, who is currently studying for a Masters Degree at Lancaster University.

If you want to hone your skills, express your views or read poetry with more understanding, please come along. Younger people will be especially welcome (over 16).



SEDBERGH PLAYGROUP

The Playgroup is an organisation with charity status and relies on volunteers and support from the local community to continue running.

We would therefore like to say a very big Thank You to Caspa and the Disco Team (including Spinner, Chez, Parky, Roger Keighley, Mags, Andy Todd, Tommy Brookes and Jim Hoggarth) for donating – and then erecting! - a new Wendy House to Sedbergh Playgroup. The old Wendy House was sadly vandalised.

We are extremely grateful to everybody for their continued support and fund-raising for the Playgroup.

TOWN BAND WEBSITE

Assistant Band Master, Tony Crofts, has set up a website designed to provide information on the band's background, current preoccupations and, most importantly, a comprehensive calendar of events for the forthcoming months.

To visit the site, simply log on to: www.sedberghtownband.co.uk

GB

ROBIN HOOD GRAND DRAW

The winning ticket for the Grand Draw at the Robin Hood Panto was drawn from all the ticket stubs fro all three shows. It was Saturday Evening, No 182, Congratulations!

The Original Water of Bolton Castle was claimed at the Saturday evening show.

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SEDBERGH PRIMARY SCHOOL

Sedbergh Primary School are creating a sensory garden and would be grateful if you could donate any suitable plants.

Year 6 are under taking this project. It came about after the children decided they would like an area where go and sit quietly.

The sensory garden will contain areas where there will be plants which produce different smells, textures and colours.

The children are also making in Technology wind chimes and sculptures, for other children to enjoy looking at.

We have already begun to design how we'd like the garden to look, feel and smell but we need more plants. So if you could donate anything please send them to school or ring Sed. 20510.

Many thanks.

COUNTY COUNCIL ELECTIONS

May I take this opportunity to thank everybody who voted for me at the County Council Elections. Although I was unsuccessful I was greatly heartened by all your good wishes prior to the election and interest in the result immediately afterwards

Syd McLennan

DENT NEWS

Please, Please, Please can people involved in events ring me/e-mail me or call in and tell me details so something can go into The Lookaround, Gazette and Craven Herald! I am not physcic. I work full time and don't get to many events ... I need feedback! Sarah on 25212 or sarahwoof@hotmail.com

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LADIES N.F.U.

On Tuesday 17th May, we had a very enjoyable evening with hats. Janice Longmire from Mad Hatters brought a selection of hats and head pieces for us to look at and try on. She told us howshe started her business and what to and what not to wear.

Next month is our annual trip and our next meeting is the AGM in September.

PROFESSIONAL TUTORING

If you would like your child to improve at school, there is something you can do. Many problems at school are not what they seem on the surface. Some pupils may have a gap in their knowledge because they have missed classes at some stage through illness or because they have moved schools. Other pupils may not have grasped a topic completely before the rest of the class moved onto the next step and so they have never quite understood it.

Matthew had been struggling with maths for some time. When he came to us for an assessment the reason was soon apparent ... Matthew had a reading problem. He wasn't reading the question properly, so he got the wrong answer.

At Kip McGrath Professional Tutoring Centres we get to the heart of the problem and fix it! And now there is a centre in Kendal offering tutoring after school and during the holidays. The centre is owned and run by Morag McRoberts and Clara Fleming, qualified and experienced teachers, fully trained in the Kip McGrath method which is based on original computer-based activities, audio cassettes, workbooks and homework sheets which support the national Curriculum. It offers the best possible help for children who are struggling at school, or those who want to increase their skills.

Help is available. Please call Morag or Clara at the centre on 01539 724000 for a FREE assessment or to discuss your concerns.

Kip McGrath

DENTDALE MEMORIAL HALL

Once upon a time everyone in the community supported hall, it was theirs, all the many and varied organizations in the dale held their meetings and fund raising events in the hall and there was always somebody ready to give a help if a job needed doing. So what happened?

On Saturday June 18th the hall will host its own coffee morning and every organization in the community should be taking some part especially those who have a representative on the committee which manages the hall. This help should be automatic and the secretary really hopes it will be as she is struggling to cope at the moment, so please let's bring back the community spirit and pride in our hall, yes ok, things need to be done, but surely the best place to start is here and now.

This year the Gala is back at the hall and the school, back in the heart of the community, again helpers are needed, if each organization could take responsibility for one stall/competition/whatever and do everything needed for it that will lighten the work load of the Gala/Fundraising committee.

Can you help in some way? Do you need more information? Please contact the Secretary; Mrs Sarah E Woof, "Rhumes", Laning, Dent.

LIBRARY READING GROUP

The next meeting of the Library Reading Group will be at 3pm on Monday 13th June.

The discussion will be about notes from a 'Small Island' by Bill Bryson.

Everyone is welcome to attend.

FARFIELD LUNCHEON CLUB

This month the venue is Meadowside Café at Dent, please 'book' with me by the previous Friday, or even the previous Monday is better than not at all!

SEW

DIALECT DIGEST

I was brought up in a small North Riding village, and the arrival of summer meant us lads spending every possible moment in the great outdoors. Weekends and holidays, we'd set off on our bikes first thing, stocked up with bottles o' tap watter an' drippin' sarnies, and we'd not return home until the sun was setting.

The countryside was packed with things to do. In season, we'd goa blegging – gathering blackberries – to tak yam soa us Mams cud mek tasty pies – that is, if theer were eneeaf left efther we'd hed oor fill.

Then theer were rose hips. We used ti gather hundreds fra t'hedgerows an' tek 'em tiv a man i' t'village who collected 'em to mek into rose hip syrup. Thoo got soa mich fer ivvery poond, an' as Ah recall, it took a fair few hours o' gatherin' afooar thoo cud mek a daycent amount o' pocket money. Them as we hed left ower, we used ti split oppen, an' insahd theer were thease here seeds, all covered i' tiny lahtle hairs. They med a reet good itchin' powder fer tippin' doon lasses' frocks at schooil!

Children these days seem to be always complaining that they're bored, but when I was young, out and about explorin' t'wonders o' natcher, theer were nivver enough hours in t'day!

YOGATHON

To fit in with the making poverty history campaign, this is a mad sponsored event that involves twenty-four hours of yoga in aid of charity! At least two people will be there for the whole 24 hours and we are inviting people to drop-in join us at any time.

Or, there will also be 5 taught classes run by different teachers to give a taste of different yoga styles and ideas. These will be:

- For beginners - A 'Welcome to yoga' class at 4:30p.m. on Friday June 17th
- 8pm on Friday evening for anyone.
- A dawn class at 4a.m. on Saturday 18th June morning - for the early riser!
- Shivananda Yoga at 10a.m. on Saturday morning.
- A celebration/intergration class at 2:30p.m. on Saturday afternoon.

We suggest a donation of £5 per class attended but please give what you can.

The sponsored charity Action Aid who work at a political level to alleviate global poverty but also support local projects round the world that help create sustainable communities. More information can be found on their website www.actionaid.co.uk

If you are unable to come to the classes but would like to sponsor me or make a donation, please ring me or call in at the Community Office. Hope to see you there.
Deyna Hirst - 21556

SETTLEBECK HIGH SCHOOL

The Thackray Medical Museum, Leeds

The exhibits in the museum include the reconstruction of one of the worst streets in Leeds in 1842. Here you experience

the sounds, sights and smells as you walk through the slaughterhouse yard, past the lodging houses, shops and privies. This is very effective in giving a feeling of what it was like in the 19th Century.

In another part of the museum you see all the medicines and operating equipment doctors used over the years and you can watch a tape of what surgery was like, through a particular study of the injured factory girl, Hannah Dyson. She had to have her leg amputated with no anaesthetic so she had to be held down by several surgeons' assistants. The amputation had to be very quick.

Like all museums there is a place for children to learn through interactive and hands-on simulations, you learned about your brain and organs and walked through a huge "gullet" as if you were a piece of food! There were also competitions with prizes to be won.

I would recommend the museum for just about anybody. It is interesting and informative. It really helps GCSE medical coursework as you get a feel of what life was like for people in that time, particularly the poor. The £3.50 entrance fee is very good value for money.

Emily Smith-Hanratty, Year 10

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

ZEBRAS

Zebras would like to thank everyone for the response to the Bag 2 School collection. We raised £190.40. We would like to say a big thank you to Chapel for letting us store the bags and also to Baliol School for their donation of bags.

Zebras New to You sale raised £309. Thank you to everyone that helped on the day.

Thank you to Caspa and the disco team for donating the mountain bike, we raised £40 from it.

RECYCLING

Everyone in the area should have received their 'recycling' containers by the time you read this.

There are many questions that you may wish to ask about them. There will be 4 Road-Shows in the area to answer all your questions and they will be situated as follows:

1st June	Joss Lane Car Park
7th June	Dent Car Park
8th June	Joss Lane Car Park
7th September	Joss Lane Car Park

SETTLEBECK HIGH SCHOOL

14 - 19 Education

As part of our school development some year 11 students have applied to attend University Summer Schools this July. We are very pleased that the Aim Higher Programme is helping year 11 students to "taste" higher education, with funding for accommodation, courses and transport. We look forward to the responses our students give us later this summer.

Judith Walsh

POLICE REPORT

No real problems this month but please remember to keep your property secure, including sheds, from opportunists. If you want any advice on security, please contact any Officer at Sedbergh. Prevention is better than cure. With the increased use of Digital cameras and computers, it is very easy to take photographs of all your valuables and put them onto a CD for reference. I can provide this service if required.

Lights. When should you display lights on vehicles? At times of poor visibility. This includes night time and when it is raining. As a guideline, if you use your windscreen wipers, put on your lights too.

D J Whicker

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£0.90
Postal Overseas	=	£2.00

All enquiries to
13 Kings Yard, Sedbergh LA10 5BJ
Adverts by 15th of every month.

No adverts

by e-mail or FAX please

*Can all adverts please be
accompanied with the correct money
at the time of submission.*

Articles etc. by 19th of every month

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

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

Complementary therapists practising locally

DIARY OF EVENTS

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

JUNE		
1	1000	WIK Coffee Morning URCR
1	1000	Hand in Glove Exhibition starts DCMH
1	1000	Recycling Roadshow JLCP
1	1030	Kimono Exhibition ends (36) FM
1	1300	Garsdale Sports GVH
1	1830	Garsdale Sports GVH
2	1800	Killington Sports (6) BK
2	1930	WIH Members Evening FCH
3	1100	Cheese & Butter making DCMH
3	1315	Zebras SMCR
5	1000	Silk Painting Workshop ends DCMH
5	1530	Jacob's Ladder DMH
5		SS Half Term Ends
7	1000	Recycling Roadshow DCP
7	1930	GL AGM GVH
8	1000	Dent Foot Chapel Coffee Morning URCR
8	1000	Recycling Roadshow JLCP
8	1915	WID Tanzania Hippos DMH
8		WIF Outing tba
10	1315	Zebras SMCR
10	1830	Ladies Golf Lessons (10) Golf Club
11	1000	SS Open Morning (11) Low Bentham
11	1400	CWT Coal Road Flora DCP
11	1430	Beekkeepers' Honey Cropping Three Wood
11		Town Band Garden Party Bendrigg Lodge
13	1500	Book Group 'Small Island' Library
14	1400	WIK Paper Craft SMCR
15	1000	Sedbergh Playgroup Coffee Morning URCR
15	1000	Xpedition Force Holiday Club (15) PH
16	1000	Xpedition Force Holiday Club (15) PH
17	1000	Xpedition Force Holiday Club (15) PH
17	1315	Zebras SMCR
17	1830	GVH Evening Walk GVH
18	1000	Xpedition Force Holiday Club (15) PH
18	1230	Mount Zion Chapel Exhibition (19) HJG
18	1915	Football Presentation Night (18) Plough
18	2000	Pro Nobis Singers Concert (19) StAS
19	1000	Xpedition Force Holiday Club (15) PH
19	1230	Mount Zion Chapel Exhibition (19) HJG
19		Town Band Brass Band Competition KL
22	1000	NCH Coffee Morning URCR
22	1000	Monthly Walk CO
22	1800	HS Holehird House (22) LHCP
24	1315	Zebras SMCR
24	2100	Boy 2 One PH
24		Dent Folk Festival (1) Dent
25	1000	Beekkeepers' Summer Convention PH
25	2200	Danny's Disco (25) PH
25		Dent Folk Festival (1) Dent
26		Dent Folk Festival (1) Dent
29	1000	RBL Coffee Morning URCR
30	1000	Hand in Glove Exhibition Ends DCMH
30	1100	Open Day STO
JULY		
1		SS Term Ends
1	1315	Zebras SMCR
2		Coach Trip to Beamish (37)
3	1530	Jacob's Ladder DMH
3		Alzheimer's Awareness Week
6	1000	URC Coffee Morning URCR
7	1930	WIH Cookery Demonstration HVH
8	1315	Zebras SMCR
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	1315	Zebras SMCR
15	1830	GVH Evening Walk GVH
16	1300	HS Brougham Hall LHCP
16	1430	Beekkeepers' Watch this space The Bothy
20	1000	WIH Coffee Morning URCR
22	1000	Monthly Walk CO
23	1430	GVH Fun Afternoon & BBQ GVH
26	1200	Shire Horse Day Dalesman
27	1000	Network Coffee Morning URCR
AUGUST		
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	Beekkeepers' Honey Cropping Langber End
16	1930	Domino Drive FCH
17	1000	StAS Mission Coffee Morning URCR
20		Booktown Festival Begins Sedbergh
24	1000	Beekkeepers' Coffee Morning URCR
27	1000	Medieval Market Fayre Sedbergh
28	1400	CWT Tree Trail in Dentdale DCP
31	1000	Garsdale Church Coffee Morning URCR
SEPTEMBER		
1	1930	WIH The Meaning of Surnames HVH
3	1000	Beekkeepers' Cockermouth Convention
7	1000	GVH Coffee Morning URCR

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.

7	1000	Recycling Roadshow	JLCP		
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		
OCTOBER					
5	1000	Barnardo's Coffee Morning	URCR		
6	1930	WIH AGM	FCH		
11	1400	WIK Kirkby Lonsdale Tales	SMCR		
11	1915	WID Corsican Landscape	DMH		
11	1930	Bingo & Potato Pie Supper	FCH		
12	1930	WIF Hats	PH		
17	1930	Beekeepers' Honey Show	PH		
19	1000	Christian Aid Coffee Morning	URCR		
21		SS Half Term Begins	SS		
24	1930	GVH Beetle Drive	GVH		
NOVEMBER					
1		SS Half Term Ends	SS		
4	1830	FC Bonfire Night & Skittles	FCH		
5	1930	WIH Clog Dancing	HVH		
8	1400	WIK AGM	SMCR		
9	1915	WID AGM	DMH		
9	1930	WIF AGM & Jacob's Join	PH		
9	1930	GVH Domino Drive	GVH		
13		Remembrance Day Service	StAS		
15	1930	FC Domino Drive	FCH		
23	1930	DMH AGM	DMH		
25	1930	WIH Domino Drive	HVH		
DECEMBER					
3	1000	G&CC Christmas Fair	URCR		
6	1930	Town Band Christmas Concert	PH		
13	1430	WIK Christmas Lunch	tba		
13	1930	Domino Drive & Mince Pies	FCH		
14		WID Christmas Meal	tba		
14		SS Term Ends	SS		
		WIH Christmas Party	tba		
JANUARY 2006					
17	1930	Domino Drive	FCH		
FEBRUARY					
21	1930	Domino Drive	FCH		
MARCH					
7	1930	FCH AGM	FCH		
14	1930	Domino Drive	FCH		
				DIARY KEY	
				BF	= Brigflatts
				BK	= Becksides, 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	= Farfield Mill
				G	= Guldrey
				GL	= Garsdale Ladies
				GVH	= Garsdale Village Hall
				G&CC	= Garsdale & Cautley Churches
				HC	= Health Centre
				HJG	= Hawes Junction, Garsdale
				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
				STO	= Sedbergh Tourist Office
				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 1030 - 1100 #	1500 - 1900 *
Tuesday	0830 - 1100 *	
Wednesday	0830 - 1100	
Saturday	0830 - 1100	

Dr W Lumb

Monday	0830 - 1045 * 1230 - 1300	1530 - 1830 * Dent
Tuesday	0830 - 1030 1130 - 1200 #	1530 - 1830 *
Wednesday	0830 - 1100 *	1430 - 1700
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

Dr C Hunt

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

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

District Nurse ☎ 015396 21690	Health Visitor ☎ 015396 20979
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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	

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125
Open every day

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