

Sedbergh & District
LOOKAROUND

August 2005

Issue 225

Donation 50p

A big thank you to everyone for understanding that e-mails could not be dealt with while we had a well earned rest in the Canyons of America. John has done a sterling job in our absence.

On a regular basis, we find that many events are advertised on posters around

the town but never appear in Lookaround. This deprives the community of being informed of your event as not everyone can get onto Main Street. Just a Diary Date in Lookaround will suffice! Help us to help your community.

Dennis, Jacky & John Whicker



You are Invited to

The Market Fayre

Main Street, Sedbergh

on

Saturday 27th August

10 am to 4 pm

Events Include

Taffy Thomas Story Telling from 1100

Sylvester the Jester and Juckalo

Fancy Dress for Harlequin Masks

Good Raffle



First Prize is a Helicopter Ride over the Lakes or Dales

Children's Area ~ Stalls selling Food & Crafts

Refreshments in URC Rooms plus lots more!



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

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CHILDREN'S BIRTHDAYS AUGUST 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:-
Betty ADAMS who is

9 years old on 13th August

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



Day	Name	Age
2	Jordan BURROW	7
3	Ethan LENNON	5
3	Rachel HOPKINS	7
5	<i>Alisha HOLT</i>	8
7	Edward PIKE	10
13	Betty ADAMS	9
15	Ben THOMPSON	5
17	Lewis GARNETT	2
18	Anna PRALL	6
20	Georgina BROWN	3
23	Finn THORNTON	3
23	Hugh GALLAGHER	11
25	Joshua THORNTON	7
27	Red NIXON	10
28	Connor WINN	7
29	Jay FERGUSON	4



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (05/10) e-mail: pauline@tossbeck.f9.co.uk <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i>	015242 76214
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (05/09) <i>1T; 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; 1T; CH; TVL; NS; NP*; P; DR</i>	20754
Mrs C Cooper	Far End Farm, Garsdale Head, Sedbergh (05/10) <i>1F; 1D; 1T; 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
Miss S Thurlby	15 Back Lane, Sedbergh (05/12) e-mail:- antique.thurlby@amserve.net <i>1D; 1T; CH; L; NP*; P; DR; VB</i>	20251
Mrs B Bailey	Crook-O-Lune, Howgill (05/09) <i>1D; 1S; PB; TVL; NS; CH; NP; P; DR; Evening Meal available</i>	01539 824270 or 078666 79258
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02) e-mail: sangold.kwood@virgin.net <i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB</i>	21808

CAMPING, CARAVANNING & SELF-CATERING

Various Cottages sleeping 2 - 12 (05/09)	21002 e-mail: holidays@dalesdusters.co.uk
Moss Barn Holiday Caravan, Garsdale Road (05/09)	21567 4-5 berth; full sized kitchen; shower; sep. WC; TV, NS, Dogs (up to 2) welcome
Primrose Cottage, 17 Back Lane, Sedbergh Holiday Cottage (05/08)	21339 Sleeps 4; sunny, south facing, 2 bathrooms. Some summer vacancies. Winter let from Mid September

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

DONOGHUE

Congratulations Ian. Student of the year, Options Course, Lancaster and Morecambe College.

DONOGHUE

Congratulations Ian on gaining Student of the Year for Options Course at Lancaster. Love from Mum, Dad, Martin, Gary, Nicola, Gran & Grandad and Meg.

MILD

Happy Birthday!! Mr Mild on 7th August 2005. With love from Mrs Wild and The Princess.

PAJACZKOWSKI

Congratulations to George of Boarbank Hall Nursing Home formerly of Birks, Sedbergh who reached his **111th Birthday** on the 19th July 2005. (Probably the oldest man in Britain).

SHIELDS

To all who sent cards and letter following Donald's death; thank you for your kind words and thoughts. A special thank you to Brian Gould. Sorry for not expressing these thanks before now but mum's health has been very poor since dad's death. Dad/Donald will always be in our hearts and is deeply missed. He was a wonderful husband and a wonderful father and grandfather. Mary Shields and 'The Girls'.

STRAY

To Tony and Kath. Congratulations on your Silver Wedding Anniversary on the 9th of August. Lots of love Alan and Betty.

STRAY

To Mum and Tony. Happy **25th Wedding Anniversary** on August 9th 2005. Have a great day! Love Sarah xx

STRAY

To Kath and Tony. Have a wonderful **Silver Wedding Anniversary** on August 9th. With love always from Claire, Ken, Laura, Andy and Poppy, Becky and Jamie xx.

SWIFT

Following their recent celebration, Kathleen and Peter would like to thank all their friends and relations for the lovely cards, gifts and donations. A grand total of £500 was raised for the Children's Intensive Care Unit. Thank you so much to all - you made it a very special day.

THE DALES WAY

Congratulations to Anita Carey, June Mudd and Dorothy Parker on walking the 'Dales Way'. Starting at Ilkley on Sunday 12th June and finishing at lunchtime in Bowness-on-Windermere on Friday 17th June. Well done.

PERSONAL & SMALL ADS £1

WOOF

To my three children (Jenette, Andrew and Susan!) whom I love dearly, and am so proud of and grateful to. May the warmth of blessings abound. May you know deep and lasting happiness, and my God hold you in the palm of His hand. And please, if it's possible can you all live in the same part of the world for a while at least! (By that I mean this country!) Thinking of you often, loving you always. Mum xx (and Dad).

FOR SALE

ShopRider Mobility Scooter for sale. Good condition. £600. Mattinson Cowgill 015396 25423.

FOR SALE

3 wheeler Implast pushchair and rain cover £30. Baby bath ring £5. 1 pair Tomy baby monitors £5. Telephone Dent 25364.

FOR SALE

3 piece suite, mint green, VGC, £150 ono Darkwood cot, with mattress VGC £30. Ring 015396 20616

FOR SALE

1 pair of good quality dark green embossed curtains. 72 inch drop, 75 inch width. Fully lined with tie backs. £30. Sedbergh 20616.

FOR SALE

1 Alba TV/DVD television, colour. Approx. 1 year old. £50 ono. Tel 21086 or 20508.

FOR SALE

Pink dralon 3pc. suite. Reversible floral cushions - excellent condition - £150. Tel. 015396 20334.

TO LET

Idyllic 2 bed cottage, Flinterghyll, Dent. OCH, open fire, small garden, parking available, mid Sept. Please phone 015396 25323 and leave a message, I will get back to you.

TO LET

Primrose Cottage, 17 Back Lane, Sedbergh (Next to Sleepy Elephant) available mid-September or early October to end of March 2006. Sunny south facing. 2 Bathrooms. Tel: 015396 21339.

CHARITY SALE

Ladies leather jacket, black, size 14-16, £20. Morphy Richards Food Processor, £25, used once - local purchase. George Foreman lean meat grilling machine, never used £20 ono. Contact Sedbergh 21202.

COFFEE MORNING

Saturday 6th August
10 am to 12 noon

Waterside Farm, Firbank
Coffee & Biscuits
Usual Stalls & Bouncy Castle

Proceeds to be divided between
Mencap and Downs Syndrome Association

SEDBERGH & DISTRICT

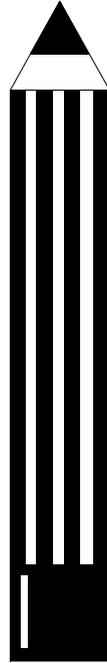
HISTORY SOCIETY

Wednesday 3rd August

HAWES

Rural heritage walk around the environs of Hawes, conducted by *Alastair Macintosh*. This will cover about seven miles and take about three and a half hours to complete. Please take water and stout boots. Meet at the Countryside Museum, Hawes [GR 875 899] at 2.30 pm or at Loftus Hill car park at 1.45 pm. The museum is well worth a visit for any member arriving early.

Chairman: Richard Cann 20771
Secretary: Diane Elphick 20605
Treasurer : Marlene Mason 20509
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KILLINGTON W. I. REPORT OF JUNE MEETING

My sincere apologies to those of you who were waiting with baited breath for this item last month. Its absence was nothing to do with our revered editor's e-mail being unavailable but just that I was too busy to produce the report at the correct time. I thought about it before, I thought about it after but I didn't think about it at the correct time! I really must renew my resolve to do it straight after the meeting. Whatever business was conducted at the meeting must by now be irrelevant which is just as well since I can't remember what it was. It is fortunate for posterity that we do have a Minutes Secretary (Valerie Cann) who

records promptly and accurately what happens at our meetings. I just add the frivolous bits!

Our speaker or rather demonstrator was Anne Pattison whose subject was "Paper craft", and a real 'hands on' session it was. We were all issued with card, sticky things, coloured papery bits, silver stars and such like, and following Anne's good example, set to with a will to produce greetings cards of every hue. Although we were rather slow we each managed to complete a couple of cards so if you receive a 3 D butterfly on a card you can be sure that it comes from a member of Killington W. I. Unfortunately we cannot demonstrate our newly acquired skills by reproducing them in "Lookaround". We

St. John's Ambulance
FUN DAY & BBQ
& TABLE TOP

7th August
Swan Inn, Middleton
11am-6pm


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didn't get onto fancy parcel wrapping so will have to be content with plain presents.

Once again we were celebrating a special birthday and were treated to one of Shirley's special cakes. This time our good wishes were for Mary Fisher on her 80th birthday and we were especially glad that Mary was with us after the recent sad loss of her husband Eric. We also send her our best wishes for her move to the lovely new home which she and Eric planned together.

Our competition this time was for "an Eggcup" and was won by Nora Capstick with a colourful little cockerel. It was good to see Nora amongst us again as it was Renee Smith who won the raffle

prize of a decorated chopping board. We send our thoughts and good wishes to two of our Pamelas (Symonds and Moran) , both of whom are undergoing hospital treatment and wish them a return to rude health (or polite!) We also send our good wishes to Joan Moores on her move to "The Gables" in Kirkby Lonsdale. We could do with an Abbeyfield residence in Sedbergh. Happily Joan intends to maintain her membership with us and we now have another place to pop in for coffee when we are in Kirkby. We trust that you will all be dropping in for coffee and soup at lunchtime and afternoon tea, at the U.R. C. Rooms on Saturday 6th August. The combined W.I.s of Howgill, Frostron and Killington are joining together to raise money for our Air Ambulance so be sure to support this worthy cause See you there.

W.F.U.

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TIM FARRON MP

One of my most important roles as your Member of Parliament is to defend this part of the world in the face of the increasingly urban focus of Government. If I was honest I don't think that I realised when I was elected quite how much effort this would need. Speaking up for the South Lakes on the issues that affect us demands a great deal of my energy and time. No-one in Government seems to have the slightest awareness of what goes on around here and they certainly don't take our needs into account unless they are forced to.

A recent example of this is the change in the rules for funding of adult education. The Government moved very swiftly after the election to change these to focus

resources on 16-19 year olds. All well and good you might think, improving the education of young people so that they can get jobs. However, they have done this by switching money away from adult education for people who are older than this age range, in particular retired people who want to take advantage of their increased free time. The chance to start studying again is one of the great things about retirement, not only does it keep the little grey cells active as you, at last, get a chance to develop interests that work may have stood in the way of letting you pursue but it also plays an important social role, introducing people to new friends with similar interests they may not have met otherwise. This shift towards younger people



THE DALESMAN
Main Street, Sedbergh Tel: 015396 21183

SHIRE HORSE DAY

TUESDAY 9th AUGUST
Shirehorses @ 1 pm and in the evening for the first time
Free Buffet early afternoon
Sedbergh Town Band will be playing in the afternoon

£1 A PINT OF BITTER ALL DAY

Each pint bought gets a token.
Save your tokens and exchange for prizes.

means that an area like the South Lakes where we have a higher than average number of retired people will suffer disproportionately. Chris Wood of the Sedbergh Community Development Centre has said that the funding for accredited further education courses is to be cut by 12% for Cumbria. This means that places like the Sedbergh Community Development Centre will have to have to increase their charges for courses for the over 60's. As sure as night follows day the numbers of people attending these courses will drop and, because the Centre has a high number of people aged over 60 who study there, the future of a wonderful resource is placed in jeopardy. This not only robs the area of a place for older people to study but also means that

young people around here (who were the ones that this change in priorities was meant to benefit) will lose a place where they can improve their skills.

As I said, they just don't think about our needs.

I have written to Ruth Kelly (the Secretary of State for Education and the person who is responsible for this situation) to make her aware of this issue and to ask what she intends to do about it. As we go to press I am still awaiting her response.

If you feel strongly about this or any other issue then please contact me and let me know your views. You can reach me at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk *Tim Farron*



THE DALESMAN

Main Street, Sedbergh Tel: 015396 21183



SHIRE HORSE DAY

TUESDAY 9th AUGUST

BBQ commences at 5pm in the Car Park
Live Music at 8pm with "Missdeameanor"





SETTLEBECK ZRECE NEWS

On Wednesday 22nd June Peter, Polona and Barbara, the Zrece teachers, arrived at Settlebeck at 10.30pm with fifteen Year 9 students after a long day of travel from Graz in Austria via Stansted to Blackpool. The students met their host families and were immediately whisked off home to supper and bed.

On Thursday the teachers and students came to school and, with their hosts, joined other Year 8, 9 and 10 students for a morning of drama activities. These involved our guests in 3½ hours of intensive English conversation with Settlebeck students and we were delighted to see how well they coped with this challenge. Soon they were engaged in role-play, games and mini-dramas, presenting their efforts to the rest of the group and thoroughly enjoying themselves.

After a school lunch they were accompanied by their hosts on a walk by the river along the Dales Way and into Sedbergh to look around the town.

On Friday, fifteen Settlebeck students (including the hosts) accompanied our Zrecian guests on a trip to Carlisle Castle, Cathedral and town centre. From there

we went to Housesteads Roman Encampment on Hadrian's Wall and our visitors were infused with a sense of the history of our region through the Romans and the Border Reivers. We constantly expected thunder storms and torrential rain on this day but, as the rest of England and Scotland were battered by these storms, we managed to escape and our guests were spared the experience of real British weather.

On Saturday, again accompanied by Settlebeck students, we walked in Borrowdale in the Lake District. An extended dip in the river near Grange was much appreciated at the end of a very hot day.

On Sunday the visitors spent time with their host families and in the evening came together for a party in the school hall at Settlebeck.

On Monday, their last day with us, we went to Manchester. First there was an official tour of Manchester United football stadium, which was much appreciated by our visitors who seemed to be great United fans. Later there was time for shopping in the city centre and, since their capital city of Ljubljana has a population of only 300,000, it was quite

an experience for them to see such a huge city.

They returned that evening for a barbecue at Settlebeck and lots of fun games and activities on the field, culminating in the inevitable Zrece-Sedbergh tug-of-war and egg throwing.

It was a sad and only half-awake parting at 4.30am on Tuesday morning. We'd all made good friends and we will all keep in contact.

The first cohort of Zrecian/Settlebeck twins has exchanged and the relationship between our young people, staff and our schools has been forged. We look forward to next February when forty Year 9 Settlebeck students will take their first step towards making the bond.

I had two Zrece students staying with my family and I thoroughly enjoyed the experience. Their names were Rok and Anze. I found the pair very easy to get along with as were all the students.

The experience was good fun and I hope to meet the Zrecian students again some time in the near future. I think that this trip has really strengthened the bond between the two schools as now we've really got to know the people and have become really good friends.

Ed Bannister

We were all a bit nervous when the pupils from Zrece came. I don't think anyone knew what to expect. I had met some of them before, having been to school with Ines in Zrece at Christmas and I knew their English was excellent. They have only been learning for about three years and almost all of them are completely fluent!!

Anyway it was a really fun week. We all really enjoyed ourselves. It was great

experience and we all made good friends. I am sure lots of us will see each other again. I would like to say thank you again to everyone involved in raising money for our trip to Zrece. It was much appreciated!!

Jenny Lamb

When 15 of the Slovenian students around my age came to stay with families, I was lucky enough to be a host. I really enjoyed this experience because I got to learn more about their way of life and their language. I enjoyed the challenge of communicating with them and discovering what they liked and disliked and I got to take them places and tell them about my life.

Having Urska and Klensentina to stay was really enjoyable and as a result I have made two new friends. I will remember this event in the future and will probably go back to Slovenia.

Mary McCullagh

I really enjoyed having Gregor and Seba from Zrece. We really had fun and a great time. They said how they wished they had more time and the time we had with them was fun, I really enjoyed everything, so thank you Mr Smith for organising it. I think that the twinning will really work.

Ryan Iveson

Paul Hoggarth

Building Contractor



015396 21413

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**SETTLEBECK HIGH SCHOOL
NEWS FROM THE HEAD**

With only a few days to go we wanted to tell you about our great Summer Term at Settlebeck.

We have just had our sports day and fete, both of which were very successful, partly due to the wonderful Mediterranean weather on the day. Luckily we had postponed both events from the previous week when the skies opened and turned our fields into a swamp. We have had one of our most fruitful harvest of voracious midges this year and occasional semi-tropical swamp conditions on our fields have certainly contributed.

Well done to Mrs Marriott who won the £100 first prize in the raffle and thank you to all those members of our community who once again gave so generously in prizes, manpower and goodwill.

The visit of our Slovenian friends in June was another high spot of the term, particularly for Year 9 who hosted, entertained, partied, sang, danced and guided them and finally exchanged parting hugs and tears. It was a great occasion for Settlebeck and a very fitting response to the warmth and generosity we experienced in Zrece at Easter. Looking back over the last 9 months since the Twin Town vote we feel very pleased that Settlebeck students are forging relationships with Zrece in a way that should sustain the bond for many years to come.

There were many other important opportunities for our young people during the term but this was also the time of exams and hard work, particularly for

Year 9, who took their National Tests (previously called SATs) and for Year 11, who took their GCSE exams after completing all their coursework assignments. It is too early to judge how well Year 11 have performed, though we have high hopes, but I am very proud to report that Year 9 have gained the highest SATs results in Maths and Science that we have ever had. Level 5 is considered to be the main target for Year 9 students and to reach Level 6 indicates a high level of performance. In the event Year 9 achieved 100% of students at Level 5 (75% Level 6) in Science and 97% Level 5 (86% Level 6) in Maths. For Science and Maths respectively our target in both subjects had been ambitious at 90% at level 5 and they were well and truly met. Our results last year were 76% and 84% and these compared with 67% and 73% nationally. Congratulations to our Year 9 students and to their teachers. The English results will not become available until the end of August 2005 but in other subjects Year 9 have also had good results in their teacher assessments.

Unfortunately we will be saying goodbye to some staff next week:

Mrs Newbold has decided not to return as ICT co-ordinator after her maternity leave and we wish her all the best spending time with her young daughter.

Mr Henderson covered ICT for a year now in Mrs Newbold's absence but he is off to teach in the Bahamas and we all become more and more green with envy as his leaving day approaches.

Mr Sedgley is cutting down on his teaching commitment at Settlebeck next year and we have a new Design Technology and Information Technology

co-ordinator, Mr David Jermy, who lives in Sedbergh and joins us full-time in September.

Mr Trull is becoming our new School Sports Co-ordinator from September and he will be spending two and a half days per week working in Settlebeck, Dent and Sedbergh primary schools, across the community, to develop sporting opportunities for young people both in and out of school time. He will continue as Geography co-ordinator at Settlebeck and will still co-ordinate PE and Outdoor Pursuits but his boys' PE teaching commitment will be filled by Mr Michael Orme who joins us for four days per week. Mr Orme is also an ICT teacher and he will teach ICT in Years 7 – 9.

Mrs Owen has filled in teaching some Spanish and French since Mrs Buxton left at Christmas and she leaves us now to seek a full-time post. Ms Janice Harrison will join us in September to teach some Spanish and some English after working for many years here as a supply teacher.

Mrs Jane Storey joins us in September as Learning Supervisor to teach lessons when staff are absent, to give a greater continuity for students when their normal subject teacher is absent.

Mrs Julia McDonald is the new ASD (Autistic Spectrum Disorder) teacher who will be leading the Teaching Assistants team in our Learning Resource Centre alongside Mrs Julie Calvert who has become a HLTA (Higher Level Teaching Assistant) this year. Mrs McDonald replaces Mrs Redfern who left us at Easter.

Since the last Newsletter Miss Rachel Dean, Mr Mark Browne, Mrs Angela Bradley and Mrs Susan Larkin have all

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left our Teaching Assistants team and Ms Cath Haygarth has left us a Midday Supervisor. Mrs Anne Fern has joined the Midday Supervisor team.

Finally a sad goodbye to Jean Sowerby, Cleaner in Charge, who has left us due to continuing back problems. Jean gave many years of loyal services to the school and she will be particularly missed by the many students with whom she formed warm and friendly relationships.

A big thank-you to those friends and colleagues who are leaving us. They all contributed to the skilled and committed teams of Settlebeck staff. We look forward to forging relationships with our new staff and to exciting times ahead.

Dave Smith

NEIGHBOURHOOD FORUM

Adult Education in this Neighbourhood Forum area

Gwen Harris who manages adult education in the Kirkby Lonsdale area and Chris Wood who manages the Sedbergh area gave details of courses on offer at venues used in both areas and the numbers participating in adult education. It was mentioned that courses at the 'Snooty Fox' now have broadband and access to the internet via laptops, but village courses cannot access the internet as there is no connection. Kirkby Lonsdale may arrange silk painting classes next year as well as computer classes, but the service is subject to 12 budget cuts due to increased funding for 16-19 year olds/Skills for Life and people without qualifications.

Gwen talked about the expense of using outreach venues but stressed the importance of using local people and local venues. Chris said that £1 million would be lost to Adult Education next year in Cumbria which, unfortunately, meant small venues could be under threat. Worse, more cuts are likely! He suggested 'if people value adult education in the community, make some noise - before it's too late!'

Chris handed out the summer course programme and invited any questions.

Dianne asked if there was enough feeling in the room re the threat to adult education to make a referral to South Lakeland Local Committee. It was agreed the following referral be made:- Sedbergh & Kirkby Lonsdale Neighbourhood Forum expressed its concern about the recent cuts in the Adult Education budget and the likely loss in provision which will

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result from them.'

Gateway Project

David Sykes, Culture & Economic Prosperity Manager, South Lakeland District Council, brought the Forum up to date with the project and the work which has been done to define the proposal and how it will look. The site will include:

- Showfield
- Relocated Kendal Auction
- Visitor Centre
- Some business premises (to serve Auction Mart)
- New products centre (foods etc.)
- Some retail (Made in Cumbria), foods, crafts.

David stressed it would not be a business centre or out of town shopping centre, but would aim to link the tourism industry with business and would create employment for the area.. He was unaware of any plans for a car auction on the site. The Project has worked closely with the Highways Agency and would



MK CONVERSIONS

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involve new slip roads and a junction with the motorway. Concern was expressed about implementation of slips roads as there are single track roads around the site!

David explained how access to the auction mart will be provided and said that if outline planning application is granted, it is likely that it will be 'pulled in' by Government Office North West to be determined by public enquiry. Public consultation will take place prior to any planning application going ahead and communities in the vicinity will be kept up to date with developments by their Parish Councils.

Open Forum/Any Other Issues

It was noted that the English National Sheep Dog Trials to be held in Barbon on 19th August 2006.

Community Bus - queries were raised about the usage of the community bus.

Dianne to check. *Post Meeting Note* -

The Community Bus project is working well. Approximately ten Kirkby Lonsdale groups have requested use of the bus and interest continues to grow. The bus is already booked for most of August.

Recycling - concern was expressed that recycling facilities might be lost when the

kerbside scheme commences. It was confirmed recycling facilities will remain in place.

Sedbergh-Kirkby Lonsdale Road -

Councillor Nicholson confirmed the work will be finished. He also confirmed that the water/manhole cover problem at Devil's Bridge should have been solved. Concern was expressed over the condition of signs at Casterton which are 'falling to bits'. Councillor Nicholson asked for details of these so that he could pass the complaint on to the County Council.

Appleby Fair - it was suggested that the clearance of rubbish at Devil's Bridge should have been more frequent, as rubbish was allowed to pile up by the skip. Concern also that the SLDC Hotline was not operating over the Bank Holiday weekend (the Parish Council has referred this to the District Council). David Sykes said that he would take these concerns directly to Mark Richardson. Duncan Hamnet explained that representatives of each Parish Council on the Fair route were meeting with the police after the Fair to talk through the event. The feeling was that progress had been made this year, though there were concerns over horses and traps going too fast on the Main Street in Kirkby Lonsdale.

C.R.I.S.P. - Cumbria Rural Infrastructure Support Programme (CRISP) is a new scheme which provides grants of up to £25,000 for community led initiatives working in partnership with a social enterprise, business and parish council, or in collaboration with the public sector. For more information call Paul Dodson on 01228 606753.

Diane Whitehead

**CHRISTIAN AID
IN SEDBERGH AND DISTRICT**

Christian Aid's HQ reported "Music, dancing and celebration were integral to Christian Aid Week this year as supporters around the UK and Ireland gathered to fundraise and remind the general public why it's important to put money in the famous little red envelopes.

Thanks to our volunteers, more than 16 million households received envelopes through their door, two million were printed in weekend newspapers, and there were plenty of events around the United Kingdom and Ireland to encourage people to give in other ways as well."

Well as yet we haven't had the music and dancing but the local Christian Aid Committee want to thank everyone who

helped and supported the fund-raising efforts especially during Christian Aid Week. Once again the response to the agency's appeals for help in gathering funds for the vital life saving and life enhancing work worldwide was reflective of the generous nature of our community. The house-to-house collection made £3180.32 and the shop based in the URC Rooms sales total was £1641.76. Money raised from various fund raising events for the whole week and sent to Christian Aid Head Office was £4931.66. The total from the Committee for the whole financial year for Sedbergh including these last figures was £6542.38.

Congratulations also go to St Andrew's Church, Sedbergh for raising £689 - 30p from the Lent lunches for Christian Aid's

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Wednesday 17th August

3:00 - 5.00 pm

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Normal Summer opening times:

12:00 - 5:00 Tuesday, Wednesday and Thursday

11:00 - 5:00 Friday, Saturday and Sunday

Closed Mondays

work in Darfur, Sudan.

You might like to read a little of what went on round other parts of the country during Christian Aid Week for inspiration for ideas about fund-raising and to see who else was involved. Here are a few excerpts:

In London a vibrant and dazzling display of dance and drumming by the West African group Maambena inspired cyclists as they set off on their annual Circle the city ride.

'In my country Sierra Leone I have seen that Christian Aid is doing fantastic work, so I didn't hesitate to come along today' said drummer Usifu. 'My music brings joy and heals you. We should all be using the tools God has given to us. For me, it's

music.'

Music followed supporters on their walk through the City of Durham too, as hundreds of local residents paraded through the streets carrying Christian Aid banners and bright red balloons to the sounds of a brass band.

It accompanied supporters as they walked to the riverside Race Course where children joined in an unfair tug-of-war match to highlight what it feels like to be on the end of unfair trade rules, as millions of people living in developing countries do.

This year students at York University have been particularly active introducing fellow students to Christian Aid through the Make Poverty History Campaign and by turning their hands to fundraising during Christian Aid Week - hosting a live music event during which they collected money for the charity's development work.

(Continued on page 18)

St Andrews Missionary

Coffee Morning

10am Wednesday 17th August
URC Rooms, Joss Lane
Usual Stalls



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'It's fantastic to have students getting so involved,' said Alex Jones, Area and Youth Coordinator for Christian Aid in Leeds and Yorkshire.

In Kings Norton, Birmingham, one church organised an entire weekend of events, including an 'unfair' football match, to highlight the issue of unfair trade rules across the world, as well as workshops on everything from Israel and the Occupied Territories to HIV/AIDS.

They worked very hard indeed,' said Jill Smith from Christian Aid's Birmingham office. They even put on a concert in the evening.'

You will find more stories about people's efforts on Christian Aid's website www.christianaid.org.uk

You may wonder how much money Christian Aid raises in a year and how it is spent. In 2003 -2004 annual review this report was given:

As always, around 60 of our expenditure went towards funding development and emergency programmes overseas. In total, we provided grants of £29.3 million to 586 organisations, making us the UK's seventh largest grant-giving organisation.

Approximately £6 million went to emergencies in countries, including Iraq,

Haiti and northern Uganda.

We spent £11.4 million on fundraising and publicity, a rise of £1.2 million on 2002/03, building our supporter base in our drive towards becoming a larger and more effective organisation.

We spent £9.2 million on campaigning and education, an increase of £2.1 million on last year, as part of a commitment both to tackling poverty overseas and addressing its causes through advocacy and awareness-raising at home.

Expenditure 2003/04:

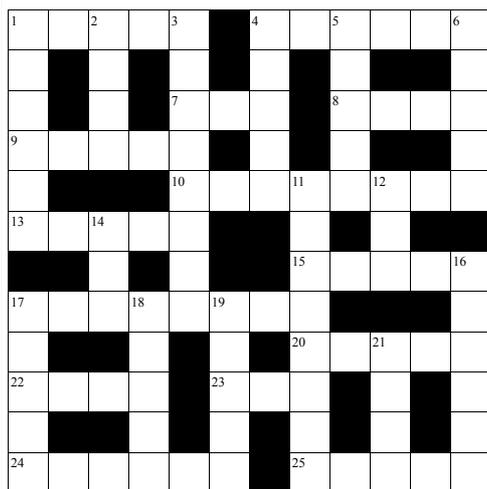
Development	52%
Emergencies	11%
Campaigning & Education	16%
Management & Administration	2%

These are considerable sums - all raised from activities such as those we have had locally - and they result in real life changing development in the lives of others around our globe. Thank you once again for helping.

NB. Our next fundraiser is at the Sedbergh Market Fayre on the 27th August where we will be serving refreshments in the URC Rooms from 10am to 4pm. Hopefully we'll see you there.

CROSSWORD 2

We hope you enjoyed the crossword last month which was the first of many to come. Please let us know if you enjoy this new feature.



Across

- 1 University in area like Cautley? (5)
- 4 Correspondent is friendly with a swan, perhaps? (3-3)
- 7 Hear sheepish noise in pub (3)
- 8 Drink to horse carrying old king back (4)
- 9 See you heard South American city's 'novelty' (5)
- 10 Taster e.g. rum is the best! (8)
- 13 Less lively colouring lacks energy (5)
- 15 European graduates stand up with right weapon (5)
- 17 A minute bug hangs around on shell (8)
- 20 Slid around topless, in fact without any clothes (5)
- 22 Strange slow birds (4)
- 23 Hit postman (3)
- 24 Bold metallic colour (6)
- 25 Exotic new deed is abolished (5)

Sedbergh and District Art Society Summer Exhibition

Masonic Hall
Friday 19th August to Wednesday 31st August
10 am - 5 pm Daily



Down

- 1 Spilt one hundred in 3? (6)
- 2 Old vicar stands around (4)
- 3 Tonga confused about wet land slide (8)
- 4 Wallet found in chase, after missing second turn (5)
- 5 Eve is close to the start (5)
- 6 Ray held up by both gills (5)
- 11 Missing person has gone with drugs (8)
- 12 Reduce English lead, bowled twice (3)
- 14 Computer giant should use boron instead of sulphur, in theory (3)
- 16 Twisted journalist passed away (6)
- 17 Explosive first letters about gang turned up (1-4)
- 18 Musicians in paradise? (5)
- 19 Suggest I am multi-layered type (5)
- 21 Amiable family has daughter (4)

Answers to #1

ACROSS: 6 Splits up; 7 Tea; 8 Eve;
9 Nautical; 10 Tessa; 12 Feeder;
14 Ascend; 17 Offer; 20 Espresso;
21 IOU; 22 Rue; 23 Suppress.
DOWN: 1 Allude; 2 Stride; 3 Spelt;
4 Stems; 5 Cats and Dogs; 11 Etc;
13 Doe; 15 Script; 16 Easter; 18 Flier;
19 Reuse.

DON'T EAT THIS ARTICLE

I have just finished reading Morgan Spurlock's book, "Don't Eat This Book" (Penguin 2005). You may have seen his documentary film, "Super Size Me", which follows his progress through one month of eating only food bought at McDonald's and restricting his exercise to 5000 steps a day (two and a half miles).

Very quickly he started to feel unwell. He got pimples on his face, a feeling of pressure in the chest, he felt lethargic and unfocussed, forgetful and fuzzy headed. He was reading more slowly and was slower at problem solving. He experienced radical mood swings. He got headaches and nausea. He had difficulty walking upstairs. He suffered sexual dysfunction. By day 18 his whole body was aching and he found himself entering McDonald's like a zombie and had difficulty deciphering the menu.

He put on 1 stone 10 pounds in weight. His blood pressure and cholesterol went up and he suffered liver damage similar to the cirrhosis of the liver caused by excessive alcohol intake.

As he points out, many of his symptoms are routinely treated by drugs, such as Prozac for depression, Ritalin for attention deficit disorder and Viagra. What proportion of the patients taking these drugs could be helped by cleaning up their diets?

The addictive quality of McFood (as he amusingly calls it) was obvious. He says, "I'd get inexplicable feelings of hunger in the night, even though I was stuffed from McMuffins, Big Mac and chicken McNuggets". He started to get pre-meal headaches, which only disappeared when

he had his next McDonald's fix. After a meal he would feel "high, jitterbuggy and goofy". When this subsided he began to feel low, lethargic and headachy again and could only think of how long it was until the next McMeal.

So what is it that makes fast food so unhealthy? There seem to be several factors:

High sugar, fat and salt. Morgan Spurlock estimated he was eating a pound of sugar a day in his three meals at McDonald's.

Use of partially hydrogenated oils (stable, but unhealthy).

Meat from factory farmed animals raised in unhygienic cramped conditions, leading to neurotic behaviour and proliferation of pathogens such as salmonella. Use of antibiotics.

Intensively farmed grains and vegetables contaminated with pesticides and with lower nutritional content due to impoverishment of the soil.

Lack of flavour of this poor quality food necessitating chemical flavourings and

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SUNDAY 21st AUGUST

Practice 10:30 am A683 Road Racing 12 noon



Spectator Admission Charges: £6 Adult Children under 16 Free

flavour enhancers.

It is not only Mc Donald's, or even fast food in general, which suffers from this combination of factors. Much convenience food is no better. Supermarket chains use our addictions as a lever in their advertising campaigns. A good example of this came through my door this week. It was a leaflet advertising special offers for a local shop, and it listed 24 alcoholic drinks, 15 items of junk food, 27 items of mass produced

processed food and only 6 items of fresh food. Food companies spend millions making unhealthy food an attractive and convenient option. Effectively they are programming the population to seek out certain brands and types of food. The trick is, to reprogram yourself to like the things that are good for you and to dislike adulterated, assembly line food.

Morgan Spurlock poses the question, "How often is it safe to eat fast food?" and receives answers from nutritionists ranging from "Never" to "Once a month". But why would you want to eat it at all? "Once a month" makes it sound like some kind of treat. Why not give yourself a treat, which is good for you? Learn to prefer buying fresh food, locally produced where possible and cooking it at home.

If you would like to take this theme further, please contact me. My telephone number is (015396) 20972.

June Parker

"Try a Sail Day"

Killington Sailing Association
Sunday August 21st 2005
11am - 3pm



Contact: Myles Ripley
015396 21101
Myles@riple.demon.co.uk



Cragg and Clive Hunter on the back row, but which is which?

In the centre we have Vivien Leake, Elizabeth Mason, Phyllis Parkinson is 4th from left then I think Dorothy Sedgwick, Florence Garnett, Pat Ellis and Bill Scarr.

On the front row from left, unknown, Gillian Swannack, Margaret Dawson, Maureen Childs, Joan Baines, Ruth

PHOTO CALL

Last month I have had very little feedback, only one call. This was from Jenny Dawson with a name for one of the Observer Corps. Many thanks to Jenny. I had nothing at all on the Settlebeck photo, let's hope this month that we have better results.

This is a Settlebeck class photo from 1957. The names I have are a bit confused as I am unsure who is who!

I know that it is David Airey on the very far left, others are David Woof, John

Hodgson, unknown, Robert Heigh and unknown.

Answers as always to Shirley Tebay, Walnut Bungalow, Dent, LA10 5QT or 015396 2500, or by email shirley.tebay@btinternet.com. I look forward to your replies.

Shirley Tebay

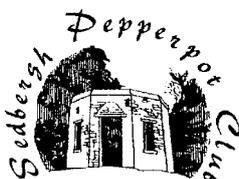
Another resident of Sedbergh has submitted a photograph and is looking for any information regarding it. Do you have any ideas as to the date, location and any of the persons featured. Any replies to Lookaround Office please.



SEDBERGH PEPPERPOT CLUB

The dates of two concerts, to be presented by Sedbergh Pepperpot Club, fall during the Booktown Festival. The programme for this is now well publicised and you will see the concerts listed there. Both contain items with literary associations: the first, on Sunday September 4th at 2.45pm in St Gregory's, Vale of Lune, Marthwaite, features Vaughan Williams' song settings of Housman's poems *Along the Field* and on Wednesday September 7th in St Andrew's Church, Sedbergh, members of the Dales Chamber Orchestra will perform *Till Eulenspiegel*, a tone poem by Richard Strauss, based on the medieval legend of an irreverent travelling jester.

St Gregory's is a familiar landmark along the road from Sedbergh to Kendal, on the left next to the Weathercock, just before you reach the bridge over the Lune. Many tourists call in as they pass by, but it is surprising to find how few local folk have actually been inside to admire the little church (no longer used for regular services) and its beautiful stained glass windows. There will be a five-minute talk about the windows during the interval of the concert which is to be given by three musicians, Nicholas Hurndall Smith (tenor), Julian Cann (violin) and Kalina Dimitrova (cello) who all took part in *Across an Unknown Sea - the Quest of St Brendan* during the Sedbergh Festival last June. They have compiled an attractive and varied programme, with the soloists combining in different ways. Make sure of a seat - the church holds only a limited



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number of people - and buy your tickets now before they sell out! Teas will be served after the concert.

We are grateful for grants from the Churches Conservation Trust and from Making Music, without which this concert could not take place.

The Dales Chamber Orchestra concert at St Andrew's, one of a series they are giving while they are based at Hardraw and Ripon, follows on from the last concert they gave in our immediate area. This was very much enjoyed by a large and appreciative audience in Dent Memorial Hall last autumn when a goodly sum was raised for its restoration. If you have not heard them yet, you should not miss this concert! Sedbergh Primary School will be having a treat in the afternoon when the same group will go to play to them.

Look out for further details in the September Lookaround. Tickets are on sale from Sedbergh Pepperpot Club (015396 21196) and Sedbergh TIC & Festival Office (015396 20125).

Any profits from the concerts will go towards the Pepperpot Fund for Young Musicians.

KILLINGTON SAIL DAY

“Try a Sail” day at Killington Reservoir is attempting to raise money for the RYA Sailability charity that raises funds for disabled sailing. Furthermore we are attempting to give people the chance to experience sailing, perhaps for the first time, and to inform people about the existence of the sailing facilities at Killington.

All equipment is provided - although buoyancy aids for young/small (e.g. under 8's) people cannot be provided. Experienced dinghy sailors will be on hand to take people out on the water. A range of dinghies will be available including Laser Pico. Topper, Wayfarer and Bosun.

A donation of £5 is requested for RYA Sailability.

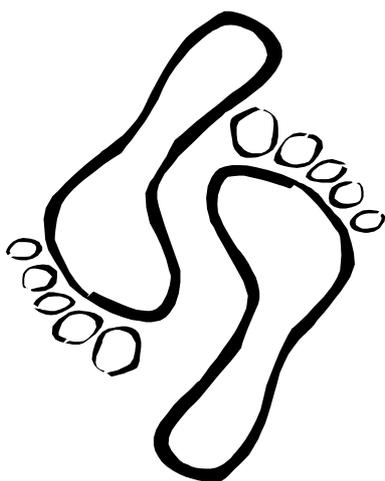
Some low level catering will be provided at the club.

For further information, please contact Myles Ripley on 21101.

KILLINGTON, FROSTROW & HOWGILL W.I.'S

The WIs of Sedbergh are joining together for a special fund raising day on Saturday 6th August in the URC Rooms between 10.00 a.m. and 3.00 p.m. to support our Air Ambulance "Pride of Cumbria", which many of you will know has been grounded because of a lack of funds. The Air Ambulance is a vital link with the other emergency services serving scattered communities and needs all the financial help we can give them. Please come along on the day and enjoy a cup of coffee, or a light lunch, with friends and spend some money on our stalls.

We are planning to offer coffee, tea, and a light lunch consisting of soup and a roll, plus the usual stalls - home baked cakes and produce, bric-a-brac, raffle, etc. It is hoped that the people of Sedbergh and its surrounding area, plus any visitors who happen to be in Sedbergh that day, will support this venture and we look forward to welcoming you on that day.



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POETRY FESTIVAL

Its that time again!

A great big wodge (not a very literary word) of things are going to be taking place in our town in August and early September under the banner of Sedbergh Festival of Books and Drama.

As you can see from your pull-out programme, here in the Look Around, there really is something for everyone to enjoy. The word Festival does imply a feast, and we have a delicious spread of special events, but to be successful the Festival needs audiences and participants. So this is a heartfelt request to all of you who live in Sedbergh and appreciate all the good things the town offers us - PLEASE make an effort to come along. Not only to the type of event you know you like and will enjoy, but use that free ticket to choose something you have never experienced before. Free Tickets? Yes - if you buy two tickets you get a third one (the cheapest) free. This means if you buy 4 tickets you will get 2 free and so on. It's a brilliant deal and the whole purpose of keeping ticket prices down and free is to give all of us a chance to really be part of this year's Festival. Please book ahead for this at the Tourist Office.

FESTIVAL HIGHLIGHTS

I'm sure there won't be anyone who hasn't watched Andy Dalziel on the tele, Reg Hill's fat and very blunt detective played by Warren Clarke is one of the most popular characters on television. Reg doesn't "do" book signings any more but, he's coming to Sedbergh because he is a Cumbrian (from Ravenglass), he wants to support us.

Don, at the Nisa supermarket is beside

himself with pleasure because George Macdonald Fraser creator of Flashman is his hero, and George is coming here! Why because George is a Cumbrian and wants to support Sedbergh. George will be talking to Eric Robson, old velvet voice (that's a bit cheeky but I'm sure lady listeners to Gardener's Question Time will agree). Both Eric and George have agreed to be Patrons of Sedbergh's Book Town. It should be a really good opening evening for the Festival.

Derry Brabbs is a most marvellous photographer, he's the one who has taken all the pictures in most of the James Herriot books and, as he will tell us, most of the Alfred Wainwright books. He is launching his glorious new autobiographical account of his life as a photographer and friendship with Wainwright here in Sedbergh, just underneath Wainwright's sleeping elephants the Howgill Fells. Derry is one of the most sought after after-dinner speakers in this country.

Zoe Sharp writes thrillers and is already up to 6 hugely successful published books. She lives at Mallerstang. Charlie Fox bodyguard, her heroine, is one tough lady and I suspect Zoe is too. Why not come along and meet her.

Booker Prize authors tend to be wonderful writers, Sarah Hall offers us a more thoughtful account of why she writes.

Neil Astley makes his day to day living running Bloodaxe one of the country's foremost publishers of poetry. Neil will read from his Poetry Anthologies at Farfield Mill, but later on the same day he's going to tell us all about his latest book which isn't poetry at all - it's a

TABLE SALE
SATURDAY AUGUST 27TH
10AM-2PM

DENT MEMORIAL HALL
REFRESHMENTS

£6 A TABLE
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Proceeds to Dent Memorial Hall



satirical comedy about a black sheep who changes the world. Since this particular sheep is cloned half human half sheep I wonder which half gets the upper hand. This is one for all of you who work with and love the animals which are almost our trademark here in the Dales.

Jacob Polley is gorgeous, you girls out there, you need to check him out and, yes, he's a POET. In fact we have one or two really dishy poets coming to Sedbergh during the Festival. Poetry is something we can all do and all appreciate, it's not highbrow at all, as our Poetry Writing Group on Wednesday nights at the White Hart is proving. Use those three tickets, buy two get one free, to do the Poetry events - Jacob Polley, Poetry Please (we need your requests), Neil Astley and Young Writers.

We have a Premier at the Festival, this is rather prestigious don't you think? Not quite like a film premier at Leicester Square but nevertheless a coup for Sedbergh. Anne Pierson who lives here and was Director of the Brewery for many years has been studying script writing. This prize-winning play for radio has never been performed. We have set the play into a Dinner Theatre evening, a

scrumptious meal, music and a lot of laughs are promised by the Premier of Showing Well.

Stuart Manger has written our second play which takes place around the bench outside Jeff's fish and chip shop. Come along and see not only your friends and neighbours acting their socks off, but try to guess who Stuart was thinking of when he wrote the parts. The Bench will have three performances at Settlebeck.

The other really special event is for our very much younger citizens. Taffy Thomas is coming along on Bank Holiday Monday to tell you all some stories. We're hoping for fine weather and promise 3-4 hours of gentle entertainment. Mums and Dads don't go out and struggle through the traffic just stay here at home and let Taffy weave his magic. Who needs Harry Potter? If you read through the programme you'll find all sorts of other highlights, Samo and his singers are here from Zrece, the Town Band, Pepperpot Concerts, The Art Society Exhibition, History, Talks, Make a Book, take a Walk. Something for everyone, you cant' miss this - see you there!

Carole Nelson

SLOVENE CHOIR VISIT
August 27th—29th

Join the Vladko Mohoric Choir from our twin town of Zrece for workshops and a concert with the town band on Monday, and a Ceilidh and singing walk on Saturday. All welcome

Ticket and more details from the Tourist Information Centre 015396 20125 or David Burbidge 21166

OPEN GARDEN

"RHUMES" DENT

SUNDAY AUGUST 28th

1 to 3:30pm

REFRESHMENTS

"FAVOURITE HYMNS"

JN ST ANDREWS CHURCH in the eve

Proceeds to Dent Memorial Hall



Jodie Mitchell

Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON

FAMILY MUSINGS AUGUST

How silly can I get, fancy getting upset about my car coming to the end of its life, after all she came to us from friends cost little to get up and running and has run very well all over the place for years! Somehow the fact that we are not going to have her repaired really upsets me, perhaps because at the moment I find the thought of any more "change" hard to cope with or perhaps because of all the links with Granny and Elsie and Barbar, trips out, holidays etc. She has moved furniture inside and on top, carried me to Applethwaite on dark frosty nights and almost sailed up the M6 and back again. Before Granny died I planned a trip all around the country down the west side and back up the east calling on friends and family and stopping off in Cornwall and Ermitrude was the car to take me. The trip has never happened, somehow I doubt it ever will until I retire, certainly not with Ermitrude, but perhaps with a younger sleek model, and who knows if I keep going to the gym I might match my car in one respect! Anyway, we have looked at cars and I think decided on one just please if possible not a Silver one, it might match my hair but yellow

would be more "me", a bit different! So thanks folks for waving at Erm' and me its been good and a new car will be good to, might even slow me down a bit but will she fly up Black Horse like my old blue banger?!

At last, the long awaited return of the girls is just over a week away, or as you read this they will be back, and probably had to mop me up at the airport. Son and T's wedding is on the 13th, my 48th on the 6th and our home celebration of the wedding on Sept 3rd, lots of other happy events this month too, just hope (and pray!) my stamina lasts out! Granny was a great one for putting her best foot forward whatever the circumstances and I think I have inherited that ability but oh it gets a bit hard at times. Younger daughter has done a Bungee jump in Australia and it is all captured on video which I will enjoy watching now I know she is safe, elder daughter learnt to scuba-dive and younger one plus friend were going out in the boat with her to go snorkeling, do you think Dent will be a bit tame for them? Never mind, I am here to liven things up! It will be strange for them so very different to their experiences around the world lots to talk

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about, photos to see and the video to watch, will we ever sleep?

Cleo has been clipped, possibly the Dog Groomers greatest challenge and has a new lease of life even chasing Mitts down the drive, in fact she goes off on walks on her own and tried to visit next door but got stuck in the cattlegrid where I caught up with her. Mitts still comes on walks with us so I have bought her a collar and lead just have to introduce them to her, 1yr old on July 27th she is a really lovely little cat but we decided not to have a birthday party for her, I mean who would we invite? All the cats in the locality visit daily anyway I don't have to feed them as well. Grandma has some adorable kittens who play and

mew around her house a bit of company she would love to part with.

November seems an age away just as the girls return seemed a lifetime away when they left back then and if son and T were not getting wed at the little chapel at Wray their return would still be an age away, who knows they might have got very settled and not come back at all, so, I owe you one son! Enjoy the family times for life moves on and parting with loved ones is so so hard whatever the circumstances, but for this family at long last happy times are here! And I have got my outfit including a stupendous hat, all ready for the big day! Now - where's that confetti?

DENT GALA

August Bank Holiday Monday
 Fancy Dress 1:30 pm in School Yard
 Theme:- Children's TV Characters.

Stalls & Sideshows in School Yard
 Home Made Teas in the Hall. Raffle
 Sports & Races on School Field
 Dog Obedience/Agility Event
EVERYONE WELCOME



DENTDALE WI

Two months in one here: We welcomed seventeen members and three visitors to the June meeting in Dent Memorial Hall. Dr. Gill Ioannou acted as secretary in the absence of Catherine Sugden who was attending the AGM at the Albert-Hall in London with Pat Alien, our delegate.

It was agreed that an order should be placed for a reprint of the Dentdale Guide. This publication is available at various outlets in the dale and is a useful pocket guide for visitors. It also helps to raise much-needed funds for the Institute. Plans for the July outing to Coniston were finalised and members were asked to meet on the car park at 2.15 on Thursday July 14th.

Members were encouraged to attend Howgill's Summer Evening event and also the Cumbria-Westmorland 85th Anniversary events at Cartmel in July. Following the business, Angela Monkman-Bruschett gave a most interesting account of her experiences in Tanzania. She was thanked by Rita Corpe.

The raffle was won by Belle Burrow and the competition for a summer posy by Margaret Schofield.

Now to July: Those going to Coniston enjoyed a very pleasant afternoon, choosing between a boat trip on the Lake, a visit to Brantwood, or just a wander around the town and museum! Weather cloudy after days of heatwave and blue skies and Old Man Coniston was hidden from view, also those who thought they would be gliding along on the Gondola, had to make do with a substitute boat as

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- ❖ Bead jewellery
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the Gondola was out of action! Still always another time! High tea was taken in the delightful setting of one of the rooms in Coniston Library and catered for by Members of Coniston WI and followed by a short business meeting: Margaret Fothergill our president, mentioned that we had received an invitation from Howgill WI to join them for an Antique's evening on 4th August at 7.30. The entrance fee being £2 per item. Member's agreed that Gala teas on 29th August should be limited to cakes scones teabreads etc. and offers of baking will be sought at the August meeting on 10th August. On that date we will be joined in the Dent Memorial Hall by Frostrow WI for a joint meeting and a talk and slides of Lakeland life and Industry. This will be followed by a Jacob's Join Supper.

Looking ahead still further, members were reminded about the Annual Council Meeting at Appleby on 24th September and, looking back Pat Alien gave her report on the excellent AGM of the NFWI at the Albert hall in London.

Anyone wishing to join us on the 10th of August will be very welcome!

Pat Allen

SETTLEBECK HIGH SCHOOL SPORTS DAY

After cancelling sports day because of rain, we then were faced with the opposite problem on the reserve date of being too hot! However students were encouraged to bring in hats, to sit in the shade as much as possible and to drink plenty of water. In the end it went very well and it was a pleasant day sat out in the sunshine.



All students were encouraged to take part in three events and there were some really good performances all round. The overall house results was as follows:
1st = TARN, 2nd = GHYLL, 3rd = DALE, 4th = BECK



The individual results were also keenly contested and the top three athletes in each age group were as follows:

- Junior Girls
- 1st Claire Hunter
- 2nd Olivia Law
- 3rd Natalie Iveson
- Junior Boys
- 1st Stewart McCandlish
- 2nd Martyn Knapton
- 3rd Ben Chetwood
- Senior Girls
- 1st Jenny Lamb
- 2nd Emma Mason
- 3rd Caroline Lamb
- Senior Boys
- 1st Bradley Dalzell
- 2nd Sam Jackson
- 3rd Will Metcalfe

BADMINTON CLUB AGM

Friday 2nd September
7pm
Sedbergh School
Sports Hall



Club Nights Mondays & Fridays
7:30 - 8:30
Juniors Fridays 7:30 - 8:30 from 9th September

THE ALPHA COURSE

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So join us on a journey of discovery. There's a course starting in Sedbergh in September 2005.

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

The introductory Alpha supper will be held on Wednesday 28th September at Thorns Hall. There will be no charge, but we need to know numbers for catering. Leaflets for this purpose will be available in Sedbergh Office Services from early September.

Further details from Tim Widdess 20329 or Sandy Roy 20785.

SEDBERGH TELEPHONES

How much do you know about the history of Sedbergh's telephone network?

If you are of a certain generation you may be able to recall, as Jack Dawson can, when in order to make a telephone call you first had to wind a handle at the side of the instrument to obtain the services of a Telephonist to connect you. Those were the days when the 'Operator' would probably know all the local

subscribers by name, and even be able to tell you if they were in or had just gone out to see so and so.

Sedbergh's first telephone exchange was housed in a building behind the Post Office, and to obtain access to the switchroom you had to climb a set of wooden steps.

It would have been originally provided, when a sufficient number of local subscribers had signed up for the service, by the National Telephone Company Limited in the second decade of the 20th. Century, who installed the first exchange in Kendal back in 1895.

The original switchboard would have been worked on the Magneto system, whereby to call the exchange you turned a handle on the instrument to gain the attention of the Telephonist. You would also have had a 'local battery' either in, or near by to the instrument, and this battery might have taken the form of two glass jars filled with a solution of sal ammoniac which would require periodic 'topping up' with water, or possibly a new zinc rod to be fitted.

At the exchange switchboard each subscriber had an 'indicator' - a little flap which would drop down when someone called the exchange, and it is here that an interesting legend exists.

In conversation with a former Telephone Engineer who as an apprentice was detailed to visit Sedbergh's Exchange, he recalled that two ladies who maintained the service had a collection of cats, one of which used to sit on the keyshelf of the switchboard looking out for any 'calling subscribers'.

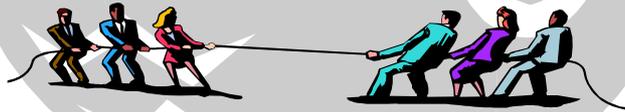
When someone called the exchange, this animal would deftly restore the indicator

KIRKSTONE PASS CHARITY CAR PULL

**Sunday 18th September
At Ambleside
10:00am start**



**Five teams against the clock
Ambleside Rugby Club
Manchester Police
Ulverston Young Farmers
Penrith Boxing Club
Sedbergh and District Lookaround Team**



Please give the lads your support on the day!

with a bat of its paw.

We do not know whether Miss. Dorothy Jackson or Miss Marjorie Thompson had the cat on the Post Office pay roll, but we do know that between them twenty five years of service were given to the people of Sedbergh between 1939 and 1956, and as a token of thanks local residents presented them with a cheque for £63 when their offices as Telephonists at Sedbergh terminated with the first step in the automation of the service on March 30th. 1956.

Miss. Jackson subsequently transferred to the Kendal Exchange in Stricklandgate.

Mr. Hugh Burrows, who is currently collecting information about Kendal's

Telephone Network before automation in order to record this aspect of our social history, would be interested to learn about any aspect of Sedbergh's Exchange and its personalities, if for no other reason to confirm the names of two of the cats - Moses and Aaron!

So if you have anything of interest in this respect however insignificant you might think it may be - for example what was your old and new telephone like - were you on a party line - please bring it to light so that future generations will be able to know how things were.

My telephone number is Kendal (01539) 738118, strict confidences will be observed and any photographs loaned promptly returned. *Hugh Burrows.*

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KILLINGTON BBQ, GAMES NIGHT & DUCK RACE

Quoits Cup goes to the Philippines this year!

In contrast to last year, the annual Killington BBQ & Games Night was held at the Parish Hall in glorious weather, but there was little water in the Beck outside for the Duck Race - well we can't have everything! The event was again well supported by villagers, relations and guests, although many of the farming community were well occupied until late in the evening (or even later!) mowing, and baling the second cut. In all, another successful evening at Killington.

This year we were able to fully utilise the new patio and garden with all the

usual games of Quoits, Pitchpenny and Horseshoes, etc. taking place outside - plus unofficial games of dominoes inside the Hall! The competition this year was for the making of an edible necklace for which there were about a dozen entries. As usual, Richard and Carol Kirkby did a sterling job slaving over a hot barbeque and salads' and puddings were provided by the ladies and wives of the Committee.

The Duck Race - raising funds for both Killington Sports and the Hall - was again popular, viewed from the bridge and the new patio and providing some excitement in the middle of the evening as the spectators cheered on the ducks as they wended their way through the rocks

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and hazards of the beck. The eventual winners were;

1st Prize £50 Joseph Gorst,
2nd Prize £30 Colin Clarkson,
3rd Prize £15 Billy Waller,
4th Prize £5 Ian Dawson.

Dick and Betty Capstick kindly volunteered to judge the Edible Necklace competition. The standard of entries was very high and all entrants received a bar of chocolate for their efforts, but the winners were judged to be;

1st Abbie Allan,
2nd Joanne Hurst,
3rd Sophie Waller.

The entries were then quickly consumed by their makers!

Kate Waller organised a Food & Drink Quiz which caused a lot of interest and there was a tie for 1st. place between Annie Waller and Linda Allan. The customary raffle was won by John Waller, Billy Waller, Barbara Escolme and R. Park.

The highlight of the evening, however, was the Knock-out competition for the Quoits Cup which this year (to the mortification of the regulars!) went to a visitor from the Phillipines - Miss Crescencia Calma Davin. Quite an achievement for a first time "quoiter"! We hope she returns to defend her title next year.

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A SEDBERGH VIEWPOINT

I extend a warm welcome to August holiday makers visiting Sedbergh. You have made a wise choice. Perhaps you saw the TV programmes featuring Sedbergh earlier this year and thought you would come and see us as we really are. Perhaps you have seen tourism publicity or learnt that we are a fledgling Book Town. However you have been attracted to visit us we are pleased to see you and know that you are reading Lookaround. You will have realised by now that there is much to see and do in our small community. Our Festival of Books and Drama begins towards the end of the month but if your visit is before it

starts please enjoy our shops, attractions and hospitality. Start at our splendid new Tourist Information Centre just below Joss Lane car park, get all the local information and browse and buy some books at the Book Centre inside before you explore more. Make yourself known to us locals, most of us are quite friendly!

This column usually tries to air local views as heard on the street which might be critical of the powers that be or sometimes complimentary. It must be summer for the word on the street hasn't been heard loud and clear just recently.

We have begun to get used to our new wheelie bins even though we still get confused as to which ones to put out

when and some of us put everything out every week just to make sure at least something is emptied. I hear from visitors that their Councils take considerably more different wastes for recycling than South Lakeland does. I have heard (and experienced for myself) that the folk who manned the recycling "road show" before the scheme started were rather less than helpful. Personally I don't see why cardboard and plastic bottles can't be collected with our paper, glass and tins. We get more plastic bottles than glass ones now-a-days and what can you buy today that isn't packed in a cardboard box? Both are recyclable, but SLDC can't manage to do it even though they have strict government targets to meet for

recycling as a percentage of all waste collected. (The target set for SLDC is to recycle or compost at least 21 of household waste by 2005/06).

I'm told that the Council Tax would have to increase to cover the cost of recycling cardboard and plastic bottles etc. but surely if SLDC is penalized for not meeting government targets, then the Council Tax will go up to pay the fine. Have I missed something here?

Enough of recycling for now. Enjoy your August holiday, whether away or at home. Hopefully visitors to Sedbergh will come again and recommend their friends to come too.

Best wishes

N Hastle

<u>Starters</u>				<u>Fish Dishes</u>	
Prawn Cocktail & Marie Rose Sauce	£3.90	Salmon Steak with Parsley Sauce	£9.40	Grilled Rainbow Trout	£9.40
Garlic Mushrooms on Toast	£3.40	Breaded Scampi	£6.80	Breaded Haddock	£6.80
Pate with Garnish, Toast & Butter	£3.30	<u>Vegetarian Dishes</u>			
Soup of the Day	£3.25	Tropical Vegetable Curry	£6.80	Stilton & Vegetable Crumble	£6.80
Egg Mayonnaise	£3.40	Vegetable Lasagne	£6.80	Mushroom & Nut Fettuccini	£6.80
Grapefruit Cocktail	£3.40	Broccoli & Cream Cheese Bake	£6.80	Vegetable & Pasta Bake	£6.80
Garlic Bread	£2.50	Vegetable Tikka Masala	£6.80	Macaroni Cheese	£6.80
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Loin of Pork in Cider & Apple Sauce		Chilli	£6.80	Chicken Tikka Masala	£7.70
Lamb & Apricot Casserole		<u>Salads</u>			
Chicken with Basil, Port & Dill Sauce		Ploughman's Lunch	£5.40	Cold Meat Salad & Roll & Butter	£6.40
Venison Steak with Red Wine Sauce		Prawn & Rice Salad	£6.80	<u>Sandwiches</u>	
Venison Casserole		<u>Roast Dinner of the Day</u>			
Supreme of Pheasant Chasseur		Roast Dinner of the Day	£6.80	Mixed Grill	£12.40
Pork in Pepper Sauce		Fillet Steak	£12.40	Sirloin Steak approx. 8oz uncooked	£10.30
Cod & Prawn Crumble		Half Roast Chicken	£7.90	Chicken Kiev	£6.80
<u>Main Courses</u>		Lasagne	£6.80	Steak & Kidney Pie	£6.80
Roast Dinner of the Day	£6.80	Cumberland Sausage	£6.80	Gammon & Pineapple	£6.80
Mixed Grill	£12.40	Barnsley Lamb Chops	£9.90	Marinated Lamb Steak (6oz)	£9.90
Fillet Steak	£12.40	Pork Chop in BBQ Sauce	£7.20	Cheese & Ham Pasta	£6.80
Sirloin Steak approx. 8oz uncooked	£10.30	Tuna Pasta Bake	£6.80		
Half Roast Chicken	£7.90	THE HEAD			
Chicken Kiev	£6.80	AT			
Lasagne	£6.80	MIDDLETON			
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Marinated Lamb Steak (6oz)	£9.90	Menu			
Pork Chop in BBQ Sauce	£7.20				
Cheese & Ham Pasta	£6.80	Ploughman's Lunch			
Tuna Pasta Bake	£6.80	Cold Meat Salad & Roll & Butter			
		Prawn & Rice Salad			
		Prawn with Marie Rose Sauce			
		Ham, Beef, Cheese & Tomato;			
		Cheese & Pickle or Salad from £2.70			
		Toasted Sandwiches from £2.90			
		Portion of Chips £1.70			
		Mixed Side Salad £1.70			
		Portion of Mushrooms £1.70			
		Roll & Butter £0.65			

AIR AMBULANCE APPEAL

Having a number of Bric-a-Brac items left after the Tsunami Appeal Coffee Morning, I decided to hold another one, but this time for the Air Ambulance Appeal and this was held on 9th July 2005.

Once again it was well supported both by local people and visitors and made the wonderful amount of £239.36. Thank you to all who came.

I must thank those who gave up the Saturday morning to make it a success. Alison Cowperthwaite who single handedly made all the coffee and did all the washing up. Dorothy Pratt, Eileen Scarr and Lorraine Millington for manning the stalls, Margaret Mason for running the raffle and Stephen Mason for

manning the door. A big thank you to all of you.

On the following Sunday, 10th July, Linda Dawson and Joanne Orr very kindly sold some of the remaining Bric-a-Brac for £13.00.

We therefore were able to send a cheque off to the Appeal Fund for £252.36.

During the morning I was also given the sum of £30.32 which had been collected by the Sedbergh Ladies Bright Hour. This amount was also forwarded to the Appeal along with the £252.36.

I am all ways amazed how events are so well supported in the town; as within 2 weeks there had been 3 coffee mornings and 2 fun days. One at Baliol and one at Settlebeck. Well done again Sedbergh People.

Dorothy Blair



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Evening Menus
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BALIOL FUN DAY

Baliol's Fun Day, held on Sunday 10th July, coincided with a magnificent spell of dry, hot weather. This enabled the large number who attended to enjoy the wide range of activities which had been so efficiently organised and run. These included a car boot sale, a tombola, a bouncy castle, face painting, wet sponge throwing as well as a splendid variety of refreshments.

The band were delighted to be able to participate and played a selection from their repertoire in the afternoon. Many people welcomed the opportunity to cool off by listening to the band who shed their jackets in deference to the continental temperature.

SB

THREE PEAKS WALK

On Saturday 25th June, along with several members of my family, I did the Three Peaks Walk. We had a fantastic day, and even managed to finish the 25 mile trek within 12 hours, making us eligible to become members of the "Three Peaks Club". Because I had Breast Cancer last year, we had decided to raise money for Breast Cancer Research, so I would like to thank everyone who sponsored me.

Between us, we have raised around £900. Anyone who would still like to contribute to this worthy cause, please forward your donation to; Rosemary Lord at East Rackenthaite, Garsdale, Sedbergh, LA10 5PD. Thank you

Rosemary Lord

SEDBERGH PRE JUNIOR

WOMENS NIGHT

With the return of the

PLAYBOY DANCERS

2½ hours of fun and games with Antonio, Storm and Turbo

Followed by

DISCO

With Kendal's Professional

DJ MILLIE



SATURDAY 17TH SEPTEMBER

Doors Open 7:45pm Till Late
Peoples Hall

Tickets £9-£12 on door
From Tracey Thornton, Nicola Gardner,
Mags and Nicola Bentham
Lads Allowed in at 11:00pm
£3 No U16s



**SETTLEBECK HIGH SCHOOL
“BLUE REMEMBERED HILLS”
REVIEW**

A grown man in knee-length trousers and braces, speaking in a Gloucestershire accent, running about and playing aeroplanes like a seven year-old is not really something you expect to see in Lancaster in the evening. Well, maybe not on the street. In the Duke’s Theatre earlier this year, however, it was a completely different matter. The Year 10 drama group from Settlebeck was eager to see this performance of Dennis Potter’s ‘Blue Remembered Hills’, originally written as a television script but well adapted to meet the needs of this theatre, especially as Mr Banks and Mr Smith had reassured us, without a shadow of a doubt, that there *would* be real fire in it, although this would be contained in a hollow in the stage to meet safety regulations. So we weren’t in danger of losing our lives but, despite that let – down, it was a very enjoyable performance.

Humour was a major factor in the play, both accidental (when the man playing young Peter, the second toughest lad in the school, swung a little too hard against a piece of wooden scenery – painful!), and purposeful (a stuffed squirrel tumbling from the hidden platform above the stage and getting its ‘guts’ kicked out made us all hoot with laughter), but at the end the serious theme of the play, loss of innocence, came through with a bang.

Status, a major issue in the story, was also portrayed well. Peter, who I have mentioned before, showed great formidability when first speaking to the

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actor playing Donald, an abused, disrespected young pyromaniac whose revenge attempt on the world ended ironically and tragically, and he in turn showed his fear and doubt perfectly. Another excellent actor in the play took the part of John, a strong leader who gets the better of Peter and becomes ‘number two’. He was by far the most believably childlike, throwing himself about with total confidence and hyperactivity. And before my piece comes to an end, I simply must voice my respect for the actor who played Donald, an introverted boy with a stutter. He had obviously injured his leg sometime during the rehearsals or the actual running of the play, but had refused to back down and kept going, using crutches on the stage and having to race around after the other more able actors. Very inspirational stuff!

*Caroline Lamb
Year 10 Drama student*

KEEPING IN TOUCH

During the Music Festival of 2002, I hosted two ladies from North Carolina, USA, who were members of a visiting Choir. The ladies were called Dorothy and Carol and we have kept in touch ever since. I have recently received an e-mail from Carol and thought Lookaround readers may find it of interest.

Pamela Symonds

Dear Pamela

I was so sorry to hear about the tragedy in London this week. I cannot believe that direction the world has taken since our visit. There are so many in our church and community that disagree with the policies of the administration of our government. Things were looking like our congress may have started to come to

their senses and were starting to stand up to Bush, but I am afraid that the events of last week will only encourage Bush to push his agenda even more. I really do not know how to express my sadness and frustration and feeling of helplessness in the situation.

I just wanted you to know, that I was thinking of you and that my prayers are with your country and the families of the wounded and killed.

I hope you are well and that life is being good to you. I cannot think of England without thinking of you and your wonderful hospitality. Although I do not write often, you have a special place in my heart.

Take care and may the peace of God be with you. Carol



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DENTDALE CRICKET CLUB

Dentdale Cricket Club is alive and batting. The following fixtures have been arranged:-

7th August at Dent Ingleton C.C. 2pm
14th August at Sheepton Cavaliers C.C. 2pm
21st August at Dent Barrow Nomads C.C. 2pm
4th September at Dent Sheepton Cavaliers C.C. 2pm

A BBQ is being arranged for 4th September, whatever the weather.

If anyone wants to play or help in any way please phone John Hyde on 015396 25503. Also if any team is looking for a friendly fixture on a Sunday next season please phone the above number.

SEDBERGH PEOPLES HALL

This is a wake up call for the community of Sedbergh. For more years than I care to remember, I have been a committee member and a helper for Sedbergh Peoples Hall. We have struggled to get members for many years, yet people do not want to commit their time to help in any way. At the present time, we are down to six committee members and our treasurer is wanting to give up his present position that he has held for many years. If the Hall is to continue on its present form, we need more members and help before we all resign in despair. The hall is a good amenity for Sedbergh and would be missed by many. I await with hope to this letter.

Margaret Mason



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

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

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

Opening Hours

Tuesday to Saturday 12 noon to 11 pm
Sunday 12 noon to 10.30 pm

Sunday Lunch £5.95 Bookings Advisable

BUFFETS & FUNCTIONS CATERED FOR



SLOVENE CHOIR VISIT

Many of you will have met Samo Ivacic when he came last year for the filming of *The Town that Wants a Twin* - or have seen him on the BBC2 programmes. So you'll be delighted to know that he's coming back to Sedbergh later this month from 27th to 29th August with the Vladko Mohoric choir (pictured) that trains in Zrece.

The choir of 30 young men and women aged 16-30 sings at a very high standard - many of them have been singing together in choirs since primary school, and this choir has performed throughout Slovenia winning awards and acclaim from all.

The choir was formed in 1932 by Samo's grandfather and have a repertoire which includes Slovene folk song arrangements, religious music and spirituals, and many other songs in both Slovene and English arranged by Samo. I had the good fortune to hear them at the Independence day concert in Zrece last Christmas and was stunned by the beautiful singing of Samo's arrangement of *Bridge over Troubled Waters*.

Despite being only 31, Samo has many musical achievements under his belt. He studied at the faculty of pedagogy in Maribor, graduating in choral conducting.

And then at the Music Academy in Ljubljana, where he graduated with distinction in the class of Professor Irene Baar. As a soloist he performs regularly at home and abroad, and has prepared recitals and recordings for national radio. He also works as a choral composer and arranger, as a lecturer in different choral workshops, and leads the multi-awarded acapella singing group DUST.

There is no doubt we are lucky to have such fine musicians visit Sedbergh and I hope you'll take this wonderful opportunity to hear them at the Ceilidh in Dent on Saturday evening, in Sedbergh Parish Church with the town band Monday evening, or while learning some of their songs in the People's Hall during the day on Monday.

David Burbidge



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SEDBERGH POETRY GROUP

On our second meeting, Wednesday 29th of June, we played a well known party game with a difference, as ours was 'Pair the words'. To play, all you need is a small group and a leader to remind you of the main senses, Sight, Hearing, Smell, Touch and Taste. The game goes as follows: Each player thinks of a word of phrase associated with each sense, writes it down, then passes it around each player doing the same so all end with five words written by another. The trick is then to utilize all five in a few lines of poetry, otherwise called 'Off the cuff doggered'! If you're lucky, five minutes may be given. This task is not as hard as may be thought - as we are all using our sense most of the time. So one person had the

words "Uncertainty" (a feeling as in Touch), "Low hum" (as in Hearing), "Golden" (Sight), "Dry" (Taste) and "Soft Warm" (Smell). Everyone managed some lines which were then read out. We invite readers to try this game out in their own homes.

The meeting started with a good attendance again, by several of the group reading what they had written on the set word of 'Rocks'. Three original pieces were read plus a very notable one by Normal Nicholson. Titles written by the group included "A million years is too hard a sum", "Rocks can't run" and "Eagle Crag"

We then compared how silence, spaces and punctuation in poetry are similar to their usage in music "Poets need to tune

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their ears as finely as musicians” according to Denise Levortor.

Try pronouncing words in different ways and observe how different they may sound, eg. Remember, Forget, Blackberry. The poem ‘We Real Cool’ by Gwendolyn Brooks was read in two ways by the groups in our version using the word “We” at the end of each line, then at the start, inducing a drastic change in meaning. We then read and discussed “A Hip Flask”, a poem of 22 lines. Opinion was sharply divided! Some 30 questions to check against your own work were provided.

Finally, the future of the group was discussed and it was decided to put up handbills in future well in advance of the next meeting as, by the time you read this, our third meeting will have taken place (7:30 at the White Hart, Wednesday 13th July). We agreed we should keep and circulate our own work and it was mentioned that there may be funds available (and prizes) by the time of the Booktown Festival taking place here, 20th August - 10th September. For further details please ring Carole on 20034 or myself on 20905.

John Mander

COMMUNITY OFFICE NEWS

A quiet month as everyone enjoys the sunshine!

Rosie Kirsch will cover my holidays with the support of our regular volunteers so the office will stay open all summer.

Book sales are doing well and soon we will have a shelf in the Book Town centre downstairs to promote funds. We also have shelves in the 'Sleepy Elephant' and in the Bakery so please call in - lots of holiday and hobby reading.

I am writing a development strategy for the office in order to attract funding so if you do have any ideas as to how you see the future of the Community Office this is a good time to come forward and let me know. I will be here the middle two weeks of August and am open to all suggestions. So far we are planning to have youth after school drop-ins, creative afternoon workshops, games afternoons and parent gatherings, as well as our regular planning surgeries, activities and Ranger presence. Tim Farron is also due to hold another surgery here on 10th September so do come along. We are also a first port of call for council and parking queries as well as any other community concerns. Do call in.

We are still collecting names for allotments and if a few more people are interested we will be able to apply to South Lakeland District Council. So, if you like the idea of home-grown fruit and vegetables, please do put your name on our list.

Have a good rest of summer. Cheers.

Deyna Hirst

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SETTLEBECK HIGH SCHOOL RESOLVE

During this term Year 9 students at Settlebeck have been trained in mediation through a special pilot project by the RESOLVE organisation. RESOLVE are the people who support neighbours in dispute and help them to find common ground to resolve their differences. They are now beginning to extend their work to anyone in dispute, including families, friends and students.

Settlebeck was approached by our local group, along with Kirkbie Kendal School, to see if we'd like to be involved and we identified Year 9 as the best place to start. First, a number of staff were trained and then the students had six two-hour sessions learning how to support others to find their own solutions to their disagreements.



This has been a very interesting first step for Settlebeck. From September we will be setting up a peer mediation service in which students who have fallen out or feel aggrieved with each other can get together with two of our trained Year 10 mediators to resolve their differences.

SPECIALIST TECHNOLOGY COLLEGE

Over the last 12 months we have upgraded our computer networks and ICT suite, introduced 8 new digital projectors

into classrooms, created 5 banks of computers (about 25 in all) in the Maths, Science, Design Technology and Food Technology rooms, introduced Computer Aided Design and Computer Aided Making into D & T, created new Textile facilities, completely refurbished and remodelled the D & T room, introduced Catering and Applied Art into KS4 options and contributed to the Brathay residential courses for the Gifted & Talented an extended Science course for enthusiasts.

All of these developments have arisen from our new status as a Technology College in additions to the community work, which the school is now leading. In 2004-5 these included:

Colin Gardner worked with Year 6 students in Dent and Hawes primary schools on D & T projects for half a day per week and with Sandgate Special School students on the construction of a wind turbine. This project won 2nd prize in a National competitions.

Janet Oughton worked with a more able Year 6 Maths group at Sedbergh Primary School which in 2005-6 will be extended to Year 5.

In 2005-6 Janet Oughton will also be running a maths course in the evenings as part of Sedbergh Community Development Centre's adult education programme.

It has certainly been a busy and successful year for the school as a technology college and it is certain that these new resources and the teaching and learning strategies arising from them have impacted on our students learning and the excellent Year 9 KS3 results in Maths and Science.

JUNE WEATHER

Well June came in like a damp squib with more than half the month's rainfall in the first 3 days! It did improve to give us the next 8 days without measurable rainfall but the rest of the month was mixed resulting in a total rainfall of 2.44 inches. Temperatures were not brilliant until the latter part of the month with a maximum recorded of 88.7F. We actually had a couple of nights in the mid 30sF with a minimum of 36.9F. Some years ago I recorded a frost in the first week in June losing a litter of rabbits as a result. On 6 occasions the minimum temperature was recorded as I took the readings, at bedtime. On only 5 days of the month were the winds not from a north westerly direction. June was a fairly calm month with a top gust of 15.9mph.

Wildlife has been busy with lots of activity on the nesting front with blackbird, house sparrow, robin, various tits all feeding young. I still have to see a baby blackbird. The collared doves and wood pigeon have given up it seems as once again the magpies have driven them

out. The rabbits are back. After an early start at breeding they vanished, presumably due to an early outbreak of myxomatosis. Is this a sign of warmer winters when the virus isn't killed off by prolonged frost? I have seen very few butterflies since the first few were on the wing. These had presumably hibernated,. Bats have been noticeable by their scarcity as have hedgehogs. Sadly I have heard of grey squirrels but no reds around here. We are getting a greater spotted woodpecker on the nuts. The swallows, which moved into the next door kennel having left 3 eggs, have built and laid again. They don't seem to mind being locked in each night!

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POETRY

Poetry Please with Gordon Swindlehurst.

On Wednesday 31st August there will be a Poetry Please Evening in the Peoples Hall chaired by Gordon Swindlehurst from BBC Radio Cumbria. Adults £4 Children free.

Many of you will know the format of the programme on Radio 4 – we need people from the town to put forward their favourite poems by letter with reasons why they like them so much. Just a few words explaining when you first read or heard the poem and its associations for you.

On the night we will either ask the choosers to explain themselves before actors read the poems, or the letter of explanation will be read by Gordon.

This will be something different for Sedbergh and we hope everyone will want to join in! Anyone of any age can suggest a poem but PLEASE MAKE SURE YOU EITHER INCLUDE A PHOTO COPY of the poem WITH AUTHORS DETAILS, OR EXACT DETAILS OF WHERE THE POEM IS TO BE FOUND! We don't have the BBCs resources so please help on this.

We need at least 15 poems for the night

so get suggesting!

Suggestions in an envelope marked POETRY PLEASE TO THE TOURIST INFORMATION CENTRE.

BELLRINGING

At 5 pm on Sunday the 10th July, six of the bells of St Andrew's Church were rung to mark the official commemoration of the Second World War, along with 'all the bells in the land', if the directive from the Ministry of Defence was observed. The ringers were: Robin Hildrew, Adam Hopkins, Julia and Steve Skomp, Angela Wilson and Elspeth Griffiths. Bob Doubles, Grandsire Doubles and some plain hunting formed the methods and, in addition, Queens was rung to mark the occasion. It was a privilege to be able to take part in this national act of commemoration. It was a pity that our Tower Captain, Susan Sharrocks, had to miss it as she was away in Canada.

On Saturday 25th June, the full eight bells were rung in a fine quarter-peal by a team of young ringers from the Bath area. St Andrew's Church was the first of many towers on their busy ringing schedule for the following week.

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CLERK WANTED

SETTLEBECK HIGH SCHOOL GOVERNORS

The governors of Settlebeck High School need a replacement Clerk to Governors from 1st September to assist them with their role supporting the school.

An honorarium of £1,300 per year will be paid (monthly or quarterly) to recognise the work required which included 20 meetings each academic year (full Governors' and 3 supporting committees) plus an advisory role regarding DFES initiatives and other regulations/requirements

If you want further details or the chance to talk about the responsibilities of the post before applying, please contact either Anne Atkins (Clerk) on 015396 20031 or Hilary Dixon (Chair of Governors) on 015396 20280 as the school is closed during August.

Letters of application to include details of relevant qualifications and experience together with contact details of two referees to be sent to the current clerk (Mrs Anna Atkins, Garden House, 2 Loftus Hill, Sedbergh, LA10 5RX) to be received no later than 3:30pm on Monday 22nd August 2005.

FROSTROW W.I.

The July meeting was well attended and presided over by our President, Ann Petyt. We remembered Brenda Rycroft who is recovering from an operation.

Pat Allen, our link delegate from Dent W.I., gave an excellent report on the AGM which she had attended in London. The two resolutions had been carried unanimously.

Our congratulations to Luida Hopkins who gained two firsts and a Highly Commended in Floral Art at the Lakeland Rose Show, also to June Mudd who has been "Stepping Out" walking the Dales Way recently in poor weather conditions.

Several members are looking forward to a musical Summer's Evening at Howgill on July 15th and others will be supporting Federation events.

Arrangements for the joint W.I. Coffee Morning for the Cumbria Air Ambulance were finalised, also the joint meeting with Dent W.I. on August 10th.

Our President introduced Jill White, an alternative therapy practitioner, who started by briefly outlining the theory behind Chinese medicine. Sue explained how the Chinese believe that energy flows through different lines in the body and various therapies can change the way the energy flow is released if people have a problem. The therapist considers the whole body, a person's diet and lifestyle. Jill showed us simple ways of releasing energy in our bodies and then demonstrated Shiatsu and Acupressure on Margaret Copestake. This seemed very gentle and relaxing. Jean Mitchell proposed a note of thanks.

The competition for 'A Chinese Article' was won by Rosemary Mason and Jean Joes won the raffle.

On August 10th members wishing to go to the joint meeting at Dent please meet at Loftus Hill car park where transport will be arranged. Telephone 20047

MF

FREE GOLF COACHING

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

Free Golf coaching is available to beginners of any age, gender or background at venues all over England during 2005. Anyone wishing to experience golf for the first time can simply register with a participating venue and receive Free Golf coaching - golf balls and clubs are also provided free of charge.

Sedbergh Golf Club is running Free Golf coaching taster sessions during August. For further information and to book a free lesson please telephone 015396 21551 and quote 'Free Golf



Coaching?.

After the coaching session all participants are given information on a variety of initiatives aimed at continuing involvement in golf. Further opportunities include the Associate Membership Scheme that allows non golf club members to obtain official handicaps and the Membership Vacancies database, which enables golfers to search for available vacancies.

Free Golf coaching for beginners is just one of several initiatives within the 'Get into Golf' grass roots structure developed by the EGU and ELGA.

For further information on Free Golf coaching or the 'Get into Golf' structure please contact the EGU Golf Development Department: Tel: 01526 354500 or E-mail: development@englishgolfunion.org Website: www.getintogolf.org

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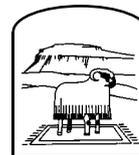
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IRON MAN OR MEDIAEVAL MAN

I imagined I was a mediaeval messenger. I had to get up at 4am to eat to get me through the first part of my journey. At 7am I had to swim the lake, 2.2 miles, which took me 121 minutes! Having passed that task and left the dangers of the waters behind I jumped on my trusty steed, (Bike) and 'galloped' a very hilly 112 miles in 30 degree heat. My medieval daydream was interrupted by the cheering of the crowds as I reached the top of the hill affectionately known as 'The Beast', akin to Hartside pass in the Pennines, surpassed only by the crowds at the top of 'Heartbreak Hill', which is more like our Coal Road, I felt like I was winning the Tour de France, they parted as I rode, shouting 'hup-hup-hup' ringing cow bells, sounding air horns and banging anything that made a noise, by my third time round they were a little more subdued, as was I. Slipping back into my messenger mode I was very glad to have to leave my steed, he was tired and I was sore, to get on with the last bit. Run a marathon, the full 26.2 miles. I have to say I loved every step, I knew I was going to make it, I just had to keep on running. I had a huge motivator, if I made it, Derian House Children's Hospice would get over £500 and I could go home proud.

When I really began this journey, months ago, I had no idea of how much it would change my life, nor had I anticipated the enormity of the event itself. To swim 2.2 miles, cycle 112 miles then run 26.2 seems beyond the reaches of most, but I realise what a privilege it is to be able to do it. The money raised and support I have had reflects the generosity

of my friends and family. A very big thanks to you all, letting some of that privilege be passed on to the children at Derian House.

I have already had over £500 pledged and we are currently collecting in sponsorship money. It's still not too late to make a donation! – you can just drop it into me in an envelope to 50 Bainbridge Road (cheques made payable to 'Derian House')

Mike Hinson

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HOWGILL TODDLERS

Everyone at Howgill Toddlers would like to give a big thank you to Caspa and the team at Sedbergh Football Club for their donation of 3 great new bikes and £100 towards the cost of new toys. Thanks to all the team - Caspa, Spinner, Chez, Mags, Nicola, Parky, Tommy Brookes and Jim Hoggarth.

Toddlers will be closed over the summer holidays, but will reopen on Monday 5th September 1:15 - 3:15pm. Why not come along to meet other mums and carers and let your children have fun and games, painting, playing with playdough, sticking and gluing and singing. Hope to see you all at Howgill Village Hall in September.

BRING ON THE BOYS

Sedbergh Primary School's junior boys have been taking part in an initiative organised by staff at The Sage in Gateshead. Known as 'Bring on the Boys Cumbria', the programme has included ten sessions of singing for enjoyment with local community singer, David Burbidge. These sessions were followed up with an exciting day of singing workshops and performances in the Peoples Hall, run by dynamic song leaders from The Sage, who included a professional rapper!

Just to put the icing on the cake, the boys were then invited on a free trip to The Sage in Gateshead, an awe-inspiring, glass structure on the edge of the Tyne which was purpose built for all kinds of musical performance and participation. Despite an incredibly hot day, the boys worked hard to learn new songs and raps, culminating in a performance to the public in The Sage, alongside boys from schools in Gateshead and Barrow.

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 as 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*

**DENT PRIMARY SCHOOL
THE FUN RUN**

We did the Fun Run to raise money for sports equipment for the school. This took place at Dent Primary School, on the 22nd June 2005.

For the Run we had to go around the playground and field. On the playground there was an obstacle course, made up of tables and posts. All the children did well, no one beat the record of 48, but Wayne equaled it, he set the record last year. We had drinks to refresh ourselves. Simon did 40 laps, Philip did 43 laps, despite twisting his ankle twice, Peter H did 41 laps. Eve took the Nursery round, but still managed to do 30 laps. I did 44 laps, Stuart was on holiday so he didn't do it, but Connie who's in year four did 44 laps.

So far we have raised £436.00 and we would like to get to a target of £600. We might get it because not everyone has brought their money in, so we might get there, who knows? We have raised a lot of money for a small school
Hannah

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NORTHERN KART FEDERATION

Heat 1

Both Sam and James Mudd are in this class.

Sam was on grid position 8. He made a good start, raced well, moving up through the field, and then things went a little wrong. When he arrived back to the pits, he said "I hit a curb hard which then put me out of position on the track for the next corner then a train of karts came past, I could do nothing about it" this had dropped him back down the pack, but he managed to recover back up to finish 5th. I don't know where James started from but he finished 8th.

Heat 2

Sam started on pole and won "that was short and sweet" that's because I don't have the result sheet, but I can tell you Sam was not the quickest but he had the open track to his advantage.

Heat 3

Just like Tom's heat three, Sam started at the back but in 14th and last place. Disaster for James in this heat as his gearbox broke and he did not finish, but Sam finished in a good 5th place.

Final

James started on grid 9th and finished 6th I didn't see much of James's race as I was concentrating on Sam's but James was only 100th of a second slower than Sam's best time so it was not that he was slow at all, it comes down to being at the front with a clear track.

Sam started on grid 2nd took the lead and led until two laps to go then Mark Fell double 125 open champion and the fastest driver there that weekend squeezed past in a hard braking area and Sam could do nothing but chase, finishing in 2nd place. These two are teammates so you will hear more about Mark in the BDRC championship.

Sam's Dad

SEDBERGH WARTIME DEFENCES

John Fishwick's memories are of the wartime situation at Ingmire and he recalls:-

"During the war part of our land at Ingmire was commandeered along with land from surrounding farms. There was a high barbed wire barrier round this restricted area which was used for storing thousands of gallons of aviation petrol in four gallon cans. These were covered with camouflaged netting. The fuel arrived to Sedbergh station so it was not far to take it to Ingmire for storage. There were also large sheds which must have stored military supplies. One of these sheds still remains on the Ingmire caravan site.

Some of our land could still be grazed and we were allowed to haymake and paddock and use the barn. The other buildings were used as workshops and soldiers were billeted in Ingmire Hall. There were armed guards and we needed a pass to enter the land.

On one occasion we had left one of our horses in the paddock but Snip decided that it wanted to go home to Buck Bank and the guards were unable to stop it! Unfortunately it caused an accident near Settlebeck with a car driven by the Methodist minister, Rev. Davidson. The horse was not much worse for wear for its escapade, but the car was badly damaged with its headlights pointing upwards and cost my father about £200 to repair.

When Barrow shipyard was being bombed some bombers came back this way and one night two bombs were dropped - one at Luneside Farm, blowing some windows out of the house, and the

other on a rocky hill end on Ingmire land. It was thought at the time that the pilot was jettisoning his bombs rather than targeting the fuel store.

Towards the end of the war, or maybe after, I remember that a large quantity of army motorbikes were stored in shed at Ingmire"

MF

DENT PRIMARY SCHOOL

Every week Sophie Chaplin came in and taught us French vocabulary and words about fruit and vegetables, she also brought in (to eat) what we were saying.

Every Wednesday for three weeks Sophie Chaplin came in to teach us French vocabulary and phrases for ordering fruits and vegetables, also to help us Mr. French got an interactive CD ROM called Petit Pont, which teaches us everything we were learning with Sophie. For example the days of the week, the French alphabet and numbers in French. Also she told us some French conversations here is an example...

"Salut, Ca va?"

"Ca Va bien merci et toi"

"Comme ci Comme sa, ou habite tu?"

"Je habite Dent."

We did French to prepare the year 6's for secondary school and also just in case any of us go to France. During our last lesson we got to make pancakes and a fruit salad and a normal salad. That was sent to the kitchen and served at lunchtime.

I liked the part when we got to eat the fruit and vegetables. I now know how to say "where do you live?", "swimming pool", "school" in French and I know how to say "I would like".

Mason

SEDBERGH SCHOOL CHORAL SOCIETY

All singers welcome - do come and join us.

The new season begins on Monday 12th September, under our new Director of Music, John Seymour. This year we are singing The Creation by Haydn. We meet at 6:25pm in Powell Hall, Sedbergh School. We are giving two performances as usual but the exact dates have not been fixed yet, most likely to be sometime in February 2006. Everyone is very welcome to join. If you enjoy singing do come along.

Please note *the first rehearsal begins at 6:10pm.*

If you need any further information please contact Mrs Lesley Alban at The Old Vicarage, behind Sedbergh Primary School, or telephone her on Sedbergh 20233.

SETTLEBECK HIGH SCHOOL DANCE AND FENCING

This term we have had two new after-school activities for students. Jasper Marriott an ex-Ludus dancer from Queen Elizabeth School Kirkby Lonsdale has been running a dance class, which culminated in a day of dance activities at Queen Elizabeth School on Wednesday of this week.

Also Sylvie Davey a local champion fencer has worked with 20 of our students to help them cope with the cut and thrust of daily life at Settlebeck. Their course culminated in a tournament, which was won by Alex Lavery-Hoffe in Year 7.

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SOUTH LAKELAND CARERS ASSOCIATION

For our August meeting we are traveling to Dent for Afternoon Tea in the garden at "Rhumes" and invite carers/ past carers to join us 2 - 4pm.

In September we will be back at the Health Centre.

Do phone if you are interested in coming or need support. 01539



732927. We wish the Director, Mrs Brenda Sykes all the best as she leaves us to pursue other things and look forward to meeting her successor Steven Pollard. Meantime we are here to support all (unpaid) carers, emotionally and practically all around the area.

DENTDALE METHODIST CHURCH

What a lovely "open air" service we all shared in on the Green during the Folk Festival, very many thanks to the Worship Group from Sedbergh, Tim and Peter for all the arrangements, it is good to get-together instead of always doing things separate. The united Pray and Share continues fortnightly on a Thursday at 1.45pm and services on Sunday evenings at 7pm, see notice in glass fronted cabinet outside the chapel. Mrs Karen Brewer will be the speaker at the Harvest Festival service at 2pm on Sept 11th we extend a warm welcome to all. This month we join our Dent Foot friends for their Chapel Anniversary on 21st at 2pm and join the Favourite Hymns at St Andrews on the 28th. Information is available in the chapel about a wide range of events and clubs inc Age Concern, Carers and events at the Kendal Leisure Centre. If you have a prayer need please do contact us and members will remember your situation in their prayers, anonymously if you wish. We hope to have a Prayer line telephone number available soon for requests, please contact us if you would like to be part of the praying team.

J & SE Woof

FRIEND'S NEWS FROM BRIGFLATTS

By the time you read this, our new Warden Tess Satchell, and her family, will be living in Rosebank, and carrying out Wardenship duties.

But at the time of writing this, we are still preparing! This has involved a Boon Day, when we all turned out to give the Meeting House and other buildings a spit

and polish - on a very hot Sunday. We disturbed a good few spiders, cleared out some rubbish, worked hard and had fun.

On Sunday 25th August, Mr. Ishwar Tailor will be speaking at Brigflatts Meeting House at 1:00pm, about Hinduism. As well as being President of the Hindu Forum of Great Britain and a member of the Inner City Religious Council in the Office of the Deputy Prime Minister, Mr. Tailor also has an MBE, is a J.P., and is the Deputy Lieutenant for Lancashire. Some of us met him on our visit to the Temple in Preston, where he was most welcoming.

If you feel like coming along, please do. There'll be tea and biscuits afterwards.

In friendship.

Valerie Finch

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DENT PRIMARY SCHOOL SCIENCE DAY

On the first of July, we had a Science Day. We had to look for all kinds of little mini beasts on the playground and field.

We were given little pieces of paper to tell us where to look for them, on the paper there were pictures of the creatures. Before we did all of this we were split up into groups, my group had two pieces of card, one saying to look under stones and wood and the other to look in walls in the school playground.

We found spiders, centipedes, millipedes, worms, little red spiders, slugs, flies, beetles and a lot more different mini beasts. There were five people from school who helped, they were Mr. French, Mrs. Parkin, Mrs. Pollard, Mrs. Knapton and Mrs Mitchell

there was also two other volunteers, they were Jim Kirton and Judith Newsham

We did the Science Day to do a survey on all of the different kind of bugs. We used nets to catch frogs and pond life and pooters to catch things like small spiders and flies, we also used a magnifying glass to get a closer look at the mini beast.

My favorite part was pootering the bugs into the pooter. Philip found a fluffy red spider, I have never seen one of them before. It was called a red velvet mite.

Stuart

DIALECT DIGEST

As it's summer, here's a tall tale about a boat trip at the seaside. While on holiday i' Scarborough, Ah went oot ti sea on yan o' them trips on t'Coronia. T'watter were as flat as a mill pond. Leastwise, it were flat till thoo got away fra t'shore. Then t'waves started tossin' t'boat all ovver t'spot.

By, Ah were badly! Ah spent maist o' ftrip hangin' ovver f railings, admirin' tTish. Then t'boat gev a sorta jump, an' blow me, mi false teeth shot oot o' mi gob an' vanished unner t'waves.

Ah were reet narked Ah can tell thoo, cos they were new an' Ah'djist got 'em brokken in, an thoo knaws hoo lang that teks.

Ah thowt that were fend o' t'story. Bud dis thoo knaw, aboot a month later, a mate o' mine was fishin' off fend o' fpier, an' he pulled in this girt big cod.

An' when he opened its mooth, ffish were wearin' ma teeth! Noa wunder it were soa big. It mun hev bin usin' mi teeth ti eat ivverythin' in seet. Orlreet, Ah admit it, Ah's coddin' thoo. Ah didn't flnd mi teeth in a cod at all. It were a haddock!

Michael Park

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DENT MEMORIAL HALL

The Hall has received the generous donation of an indoor bowling mat with sets of bowls and other equipment from the Masonic Hall in Sedbergh.

Bowls is a popular activity at other village halls and we will see if a club can be established in Dent.

Please watch out of details of an exploratory session on the notice boards and come along is interested.

Reading the adverts for the GALA and other events over the Bank Holiday weekend will I hope prompt you to put the dates in your diary and plan to come along and enjoy what is going on. We always need helpers and can fit you up if you just want a small ½ hr job or a bigger longer one so please, if you want to be

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If anyone has a small worktop fridge they no longer require we would love to give it a new home in the hall kitchen, again please get in touch.

On the Saturday we have a Table Sale from 10-2, £6 a table, refreshments will be served, on Sunday "Rhumes" garden is open, donations for hall funds, and on Monday is the GALA back at the hall & school, all the money you spend at the stalls etc is for Memorial Hall funds and don't miss the WI teas. Theme for Fancy Dress is "Children's TV Characters" and Frances Bennett is the person with the happy task of picking the winners! For info or to offer help contact me, Sarah (25212), Monica C or Graham D.

SOUTH LAKES BLIND SOCIETY

The street collection on the 18th June raised £262.50. Many thanks to all who took part and to the URC Church for use of their premises.

On the 21st June 16 members and helpers joined in a meal at Farfield Mill and we now have a recess until we meet at the Peoples Hall on the 20th September.

GA

ZEBRAS BABY AND TODDLERS

Zebras held their AGM on the 6th of July. Thank you to everyone that attended.

There have been a few changes; Trish Woof is now chairperson, Jane Storey stepped down because of personal reasons, Joanne Kitchen has taken over from Trish as Secretary, with help from other committee members, Emma Wilson is still Treasurer.

At the meeting we decided to change Zebras from a Friday to a Wednesday starting in September because of the

infants at school finishing earlier on a Friday (We will remind people in September).

There will be no Zebras in chapel over the summer holidays. We will be meeting else where on a Friday, a full list of venues will be on the side door at chapel or you can phone Trish on 21644 for details.

We would like to say a big thank you to everyone that has helped in the past year.

We wish Jane all the best in her new job. Also best wishes to Emma and Matty for their wedding in August. Thank you

SEDBERGH TOWN BAND

The band would like to express its gratitude to two new and most generous patrons, and to take this opportunity to thank all the existing patrons for their much appreciated support.

If any reader would like to join the list of patrons of the band please contact the Treasurer, Carl Storer, or any member of the band.

SB

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KILLINGTON W.I.

Our annual outing this year was an afternoon trip to Dalemain. The house was originally a 12th century pele-tower but has undergone several additions during the passing centuries ending up as we see it now, a very pleasant family home. Because the weather was so good, everyone wanted to be outside in the sun, so we almost had the house to ourselves and were able to have a long lingering look round. The room guides were very helpful, answering any questions and showing us nooks and comers of the house not usually seen when the house is full of visitors. We then had an amble round the garden and decided we would not volunteer to dead head their roses, which must be an impossible task. Soon

it was time for our much anticipated afternoon tea, which we thoroughly enjoyed. Unfortunately only eight members were able to enjoy this wonderful afternoon out and our thanks go to Susan for setting this up before she departed on her trip to Canada.

The September meeting will be held on Tuesday 13th at 2.00 p.m. in the Methodist Schoolroom, when the speaker will be Diane Bath and her subject is "Salt Dough".

Please join us if you would like to know more about this.

HOWGILL W.I.

The July meeting was held at Howgill Village Hall, President Mary Silva welcomed members and one guest. A warm welcome was given to Pat Allen from Dent W.I. Who gave us an interesting and informative report on the A.G.M. which she attended as link delegate.

After the business part of the meeting our guest speaker Ann Farnell demonstrated her culinary skills with some easy hors d'oeuvre recipes. We sat back and watched simple starters being made from readily available ingredients, all looking colourful and appetising.

We were invited to sample them during the evening. The competition for 'A favourite hors d'oeuvre recipe' was judged by Ann. First was Judith Stainton with Helen Beare second.

The evening was rounded off with a raffle and Jacobs Join supper.

Next month there will be an open evening, an antiques road show with Mr Brian Higgs as seen on BBC television. Everyone is welcome to Howgill Village Hall 7:30pm August 4th. *A.H.*



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**SEDBERGH TOWN BAND
PIE AND PEA SUPPER**

On Monday 20th June, after the finish of the beginner class's weekly session, some thirty plus members of the band gathered in the dining room of the Bull Hotel for a Pie and Pea Supper. (In fact there were also chips to accompany the choice of beef and mushroom or chicken pie - both were equally delicious.)

The ostensible reason for the gathering was to view a recording of the very first concert given by the Town Band soon after its inception which was also soon after the majority of the players had taken up their instruments for the first time. The audience in the Summer of 1999 were presented with an interesting and enlightening commentary by the Director of Music, Alan Lewis, which was interspersed with ten musical items of varying degrees of difficulty. The band of the time coped with admirable confidence and competency showing clearly the great potential that was apparent even at this early stage of the band's development.

Of great interest was a second video which showed selected highlights of this year's Annual Summer Concert. This

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video, shot to a professional standard, lucidly exhibited changes and developments in this comparatively short interval between the two concerts: a smart new uniform, stands attractively decorated with the band's crested banners, a doubling in the numbers playing, and a demanding and wide ranging programme of music. The only things not to have changed were the obvious enthusiasm of the players and the superb support of the town audience which has been a constant feature of all the concerts given. *SB*

MEMORIES

No one can take away the memories of yesterday, to remember helps to heal the heart.

Did you see the faces of those we think we know.

Do you ever imagine what thoughts are in their minds?

Your modern ways of living make you blind to the fact they once were young, just like you.

There's not many left who can tell the tale, don't leave it too late or you'll fail to capture the glint in the eye or the secret little smile, of memories gone by.

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**SETTLEBECK HIGH SCHOOL
SPONSORED WALK FOR
CANCER RESEARCH**

Lindsey Telfer, a former student of Settlebeck, has committed herself to an International Challenge for Cancer Research UK. She is raising £3500 for the charity and as a result of this is able to participate in a trek across the Inca Trail in Peru. Cancer Research UK raises 1.5 million pounds a year from such challenges. This money is used to fund their vital research, attempting to cure cancer faster. As many of you will be aware, 1 in 3 people will be diagnosed with cancer in their lifetime and 1 in 4 will die from it. When Lindsay was 5 years old she lost her mother to cancer and sees this as an amazing opportunity to raise awareness and contribute to the work of this worthwhile charity. The charity receives very little government funding and they can only exist with the help of generous individuals and volunteers. 100,000 people a year are now being treated successfully.

Lindsey, with help from Mr Trull,



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proposed a marshalled 5-mile circular walk from Settlebeck on Friday 8th July with a BBQ at the finish for all who participated.

The walk started from Settlebeck and went up to the old golf course via Frostrow Fell. The Dales way was followed for a short distance before dropping down to the Dent road at Rash. The river was then followed to the new golf course from where a variety of routes were

taken back to school. Lindsey had assembled a good support team who had burgers and drinks ready for extremely hot walkers.

The walk went really well with approximately 50 walkers including students, staff, parents and two Year 2 girls (who did really well!). The weather was extremely hot but there was a very jovial atmosphere throughout. The amount raised to date is £522 with sponsor money still being collected.

This was a great turnout by Settlebeck High School students and some very large sums of money have been raised. Well done!



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SEDBERGH BOOK TOWN PATRON

GEORGE MACDONALD FRASER

George Macdonald Fraser is the writer of the Flashman books.

In an age when e-mails, text messages, websites and other mechanical forms of communication (all of them mysteries to me) seem to be in danger of superseding the traditional written and printed word, any promotion of books and encouragement of real reading is to be welcomed, and Sedbergh deserves congratulations and hearty thanks for its decision to become a Book Town.

Bookshops, especially of the second-hand variety are, for me, the hallmarks of a civilised community, as are the literary occasions which support them, and there is no reason why Sedbergh should not rival any book festival in the country. No other small town lies in such a splendid literary heartland, between the Lakes and the Bronte country and with the Scottish borderland of Scott and Burns at no distance. Once established it can be a magnet for book lovers. I am honoured to be asked to be a patron, and very much look forward to the inaugural festival.

GMF

CROSS KEYS

Many of you may already know that Alan & Chris Clowes of the Cross Keys Temperance Inn Cautley, Sedbergh, are leaving the Cross Keys for a period of 3 years to enable them to spend time working as volunteers on an empowerment project in South Africa.

Alan and Chris write:-

During our holidays in South Africa we have been helping a group in our local community to establish a Farm Kitchen and craft centre. They already grow grapes which make excellent wines and apples, pears and plums but have now asked us to help them full time to really put the Farm Kitchen on the map.

So we hope to leave in September. We have the blessing of The National Trust, who own the Cross Keys, and we have found a couple, Peter and Jenny McWilliam, who have agreed to look after The Cross Keys along with all our usual staff for the next 3 years.

To say goodbye to us and hello to them we invite all our customers and friends to call in at The Cross Keys on Friday 2nd September and share a cuppa and a cake.

We will be open all day between 9.00am and 5.00pm and look forward to seeing you.

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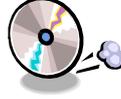
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SEDBERGH AND DISTRICT ART SOCIETY

We've had two interesting day courses this summer. The first was a portrait painting day, tutor Mike Fennel, held at Farfield Mill, an appropriate venue. Mike was excellent, both informative and helpful, and at the same time most encouraging to those of us who felt somewhat inadequate.

The second day, in complete contrast, was about pen-and-wash sketching, taken by Mike Gutteridge, whose drawing talent is amazing. This was supposed to be an 'out-and-about' in Sedbergh event, but the weather defeated us—more wash than pen! So we decamped to the Community Offices and worked from photos of Sedbergh, thoughtfully provided by the tutor.

Hope you'll visit our Summer Exhibition—the last in the Masonic Hall, we're desperately searching for another venue for the future.

Anyway, the Exhibition runs from 19th August to 31st August - see our advert for timings.
Valerie Finch

UK JUNIOR MATHEMATICAL CHALLENGE

This year Settlebeck has been involved in the UK Mathematical Challenge organised by Leeds University.

In April 2005 about 30 students in Year 7 and Year 8 sat down to do 25 multi-choice maths questions in the space of one hour. I am pleased to report that Robyn Lewes, Natalie Iveson, Chloe Packham, William Richardson and Robin Littlewood were awarded bronze certificates. Silver certificates were awarded to Hannah Scully, Megan Ingham, Zoe Craven and James Smith Saville.

These nine students are to be commended for their performance. However, I would also like to congratulate all students who attempted the competitive task. The competition will continue next year. I have already booked 30 places on both the Junior (Year 7 and Year 8) and Intermediate (Year 9, Year 10 and Year 11) Challenges. The opportunity to take part is open to all students who are willing to try. I look forward to the time when I need to book more than 30 places!

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SEDBERGH SWIMMING CLUB

Now that another year at the swimming Club is over, it is nice to reflect on what has passed. The 'Fun Gala' in June was much enjoyed by all the children, who went away happy with their prizes. The Committee would like to thank the teachers, parents, pool-side helpers, lifeguards, money collectors and children alike, for their continued support. We are also looking forward to welcoming our new teachers for the new season. We sadly no longer have Eleanor Moore teaching swimming and we would like to thank her for the very generous years that she gave to the club. As you may remember, she had an encouraging and gentle manner with the 'arm-bands' classes. Thanks again Eleanor.

Our AGM will be held on Tuesday 6th September at 7:30pm at the Bull Hotel. Please come along if you can, as all are welcome, or contact a member of the committee if you have any issues you would like to raise. There has been some disappointing behaviour at the Thursday evening children's recreational sessions, and this will be reviewed at the AGM.

Once again we are grateful to Sedbergh School for allowing us the pool for the community.

We hope to see you at the AGM, and then keep your eyes peeled for posters informing you about the start of the new season in September.

SAYINGS

"Money for old rope", rope sold off after a hanging (Hangman's PERKS)

"Hangers on", a name given to people who pulled the feet of people who were hung, this gave them a sudden death, not suffocation. CG



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Age Concern Monday Club	Mrs Winder	Sed:	20512
Age Concern South Lakeland PH (M, & F)	Mrs Alderson	Sed:	20814
Angling Association	Mr Dandy	Sed:	
Art Society	Miss Nelson	Sed:	20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed:	20665
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
Book Group	Mr Wheten	Sed:	21488
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed:	20553
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Caving Club (Kendal) *	Mr Teal	Sed:	20721
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Smith	Dent:	25209
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dentdale Festival Committee	Mrs Owen	Dent	25505
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
Dent School (Friends of)	Mrs Mason	Dent:	25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders (Dent)	Mrs Brown	Dent:	25542
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mr Kooper	Sed:	20234
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SETTLEBECK HIGH SCHOOL BRATHAY – GIFTED AND TALENTED WEEKEND

Brathay was a great experience. Although it was a weekend it felt like ten minutes. On the Saturday we were there we could go gill scrambling (crawling up rivers and waterfalls) or whaling (a type of rowing boat), in the evening we played small activities to gain points to try and win a prize. In our free time we could play table football, table tennis, watch TV, play real football or just do nothing. On Sunday, the last day of the weekend, we had a choice to do either wall climbing or whaling again.

Whaling on Sunday was great fun as we were allowed to go out into the middle of Lake Windermere. People who went wall climbing could climb up walls almost sixty feet high! Doing both of those activities gave our groups a piece of a map which, when we had collected all of the pieces, showed where the treasure chest was hidden. *Adam Parkinson*

KIRKSTONE PASS CHARITY PULL

Because of the excellent efforts from our J.C.B. charity pull team, we have been exclusively invited to enter a 12 man team from the town and district into this years Kirkstone Pass three mile one

ton car pull. We are currently handpicking a strong team to challenge Ambleside Rugby Club, Manchester Police, Ulverston Young Farmers and Penrith Boxing Club. Our squad will be called Sedbergh and District Lookaround team. The British record is 52 minutes and last years teams averaged 1 hour 7 minutes but with a good support from the town we should be there abouts in the placing. The event takes place at Ambleside on Sunday 18th September with a 10:00am start. Please give the lads your support. Or if you want to learn more have a look at the official website www.kirkstonepasspull.co.uk.

THOUGHT FOR THE MONTH

Weddings do seem to be happening around the area, happy days for couples and their relations and perhaps a few fraught weeks to live through first! Then there are the dreaded exam results and dare I say it the preparations for back to school! Time goes ever onward however much we long at times to stand hard on the brakes, so do you think we should then make the very best we can of every situation? Probably, but we also all need someone to have a moan with from time to time, get things off our chest, have a laugh even a cry dust ourselves down and carry on. I read somewhere that a day without laughter is a wasted day, and although some days are terribly sad and hard to live with that's a very good idea.

When did you last have a good laugh?!

LD

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DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 19th August 2006

AUGUST						
1	1030	A Mosaic of Memories FM	21	1100	Try a Sail Day (21)	KR
3	1000	Howgill Church Coffee Morning UR	21	1100	SF History Exhibition (Centre)	URCR
3	1345	HS Hawes (6) LHCP	21	1200	Nostalgia Motorcycle Scramble (21)	HFM
4	1930	WIH Antiques Roadshow HVH	21	1400	Dent CC v Barrow Nomads CC	Dent
6	1000	WI Coffee Morning UR	21	1945	SF Derry Brabbs (Centre)	SHS
6	1000	Charity Coffee Morning (5) WFF	22	1100	SF History Exhibition (Centre)	URCR
6	1015	CWT Walk to Foulshaw Moss LHCP	22	1945	SF Sarah Hall (Centre)	FM
7	1100	St John Fun Day & BBQ (7) Swan Inn	23	1100	SF History Exhibition Ends (Centre)	URCR
7	1400	Dent CC v Ingleton CC Dent	23	1945	SF History of Books (Centre)	PH
9	1300	Shire Horse Day (8-9) Dalesman	24	1000	Beekkeepers' Coffee Morning	URCR
10	1000	NW Cancer Research Coffee Morning UR	24	1945	SF Zoe Sharp (Centre)	PH
10	1030	A Mosaic of Memories Ends FM	25	1430	SF Quaker Sites (Centre)	TIC
10	1915	WID Lakeland Life & Industry DMH	25	1500	SF Singing Walk (Centre)	TIC
10	1930	WIF visit to WID	25	1945	SF Danger! Quakers (Centre)	StAS
13	1000	Art & Guild Craft of Lancs begins (13) FM	27	1000	Medieval Market Fayre (1 + Centre) Sedbergh	
13	1100	HS 25th Anniversary Exhibition Begins DMH	27		Slovene Choir Visit to Sedbergh (27)	
13	1430	Beekkeepers' Honey Cropping Langber End	27	1000	Table Top Sale (27)	DMH
15	1000	Xpedition Force Holiday Club PH	28		Slovene Choir Visit to Sedbergh (27)	
16	1000	Xpedition Force Holiday Club PH	28	0900	Car Boot Book Market (Centre) Auction Mart	
16	1100	HS 25th Anniversary Exhibition Ends DMH	28	1300	Open Garden, (28)	RD
16	1930	Domino Drive FCH	28	1400	CWT Tree Trail in Dentdale	DCP
17	1000	StAS Mission Coffee Morning (17) UR	29	1030	Slovene Choir Visit to Sedbergh (27)	PH
17	1000	Xpedition Force Holiday Club PH	29	1030	SF Singing Workshop (Centre)	PH
17	1500	Chocolate Tasting (17) SCD	29	1030	SF Taffy Thomas (Centre)	StAS + Bull
18	1000	Xpedition Force Holiday Club PH	29	1330	Dent Gala (29)	Dent
19	1000	Art Exhibition Begins (19 + Centre) MH	29	1430	SF Singing Workshop (Centre)	PH
19	1000	Xpedition Force Holiday Club PH	29	1930	Coffee Evening	HVH
19		Dentdale over 60's Fundraising DMH	29	1945	SF Concert (Centre)	StAS
20	1100	SF History Exhibition Begins (Centre) UR	29		SF Town History Walk (Centre)	TIC
20	1930	SF George McDonald Fraser (Centre) PH	30	1945	SF Young Writers (Centre)	PH
			31	1000	Garsdale Church Coffee Morning	URCR

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

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.*

31	1000	Art Exhibition Ends (19 + Centre)	MH		
31	1945	SF Poetry Please (Centre)	PH		
SEPTEMBER					
1	1000	Art & Guild Craft of Lancashire (13)	FM		
1	1930	WIH The Meaning of Surnames	HVH		
2	1900	Badminton Club AGM	SSSH		
2	1945	Jacob Polly (Centre)	PH		
3	1000	Beekeepers' Cockermouth Convention			
3	1500	SF Staying Alive (Centre)	FM		
3	1930	SF Neil Astley (Centre)	SHS		
4	1400	Dent CC v Sheeptown CC + BBQ	Dent		
4	1445	SF Pepperpot Concert (Centre)	VOLM		
4	1930	SF Reginald Hill (Centre)	SHS		
5	1430	SF Book Group (Centre)	PH		
5	1945	SF Dinner Theatre (Centre)	PH		
6	0930	SF Helen McGlasson (Centre)	SPS		
6	1400	SF make your own book (Centre)	PH		
6	1930	Swimming Club AGM	Bull Hotel		
6	1945	SF Restoration Drama (Centre)	PH		
7	1000	GVH Coffee Morning	URCR		
7	1000	Recycling Roadshow	JLCP		
7	1500	SF Processor to Page (Centre)	PH		
7	0900	SF Sandra Glover (Centre)	SHS		
7	1930	SF DCO Concert (Centre)	StAS		
7		SS Term Begins	SS		
8	1930	SF The Bench (Centre)	PH		
9	1930	SF The Bench (Centre)	PH		
10	1000	CWT Visit to Muncaster Castle	LHCP		
10	1430	Beekeepers' Re-Queening	Old Vicarage		
10	1930	SF The Bench (Centre)	PH		
11	1000	SF Settle to Carlisle Rly (Centre)	Dent Stn		
11	1945	SF Settle to Carlisle Rly (Centre)	StAS		
12	1900	Neighbourhood Forum	DMH		
13	1400	WIK Salt Dough	SMCR		
13	1930	Domino Drive	FCH		
14	1000	Dent Foot Chapel Coffee Morning	URCR		
14	1000	Art & Guild Craft of Lancs Ends (13)	FM		
14	1915	WID Welcome to Sarajevo	DMH		
15	1930	WIF Implements	PH		
17	1930	GVH Theme Night	GVH		
17	1945	Ladies Night (39)	PH		
18	1000	Charity Car Pull (33)	Ambleside		
18	1200	Annual Brass Band Festival	Bull Hotel		
19	1930	FC Harvest Sale	FCH		
21	1000	Firbank Church Coffee Morning	URCR		
28	1000	Playgroup Coffee Morning	URCR		
30		MacMillan Coffee Morning	TBA		
OCTOBER					
1	1400	Grand Jumble Sale	SHS		
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		
12	1930	Charirty Town Band Concert	SHS		
17	1930	Beekeepers' Honey Show	PH		
19	1000	Christian Aid Coffee Morning	URCR		
				DIARY KEY	
				BF	= Brigflatts
				BS	= Baliol School
				BVH	= Barbon Village Hall
				CDC	= Community Development Centre
				CO	= Community Office, Main Street
				CS	= Casterton School
				CWT	= Cumbria Wildlife Trust
				DCMH	= Dales Countryside Museum, Hawes
				DCP	= Dent Car Park
				DMH	= Dent Memorial Hall
				DMC	= Dent Methodist Church
				EG	= Embroiderers' Guild
				FCH	= Firbank Church Hall
				FM	= Farfield Mill
				GL	= Garsdale Ladies
				GVH	= Garsdale Village Hall
				G&CC	= Garsdale & Cautley Churches
				HC	= Health Centre
				HFM	= Holme Farm, Middleton
				HS	= History Society
				HVH	= Howgill Village Hall
				JLCP	= Joss Lane Car Park
				KC	= Killington Church
				KL	= Kirkby Lonsdale
				KR	= Killington Reservoir
				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
				RD	= Rhumes, Dent
				SBH	= Sedbergh Bright Hour
				SC	= Swimming Club
				SCC	= Sedbergh Cricket Club
				SCD	= Stone Close, Dent
				SF	= Sedbergh Festival
				SHS	= Settlebeck High School
				SIC	= Sportsman's Inn, Cowgill
				SMCR	= Sedbergh Methodist Church Room
				StAS/D	= St Andrew's Church, Sedbergh/Dent
				StJAR	= St John Ambulance Rooms
				SR	= Spooner Room
				SSSH	= Sedbergh School Sports Hall
				STO	= Sedbergh Tourist Office
				WFF	= Waterside Farm, Firbank
				URCR	= United Reformed Church Rooms
				VOLM	= Vale of Lune, Marhwaite
				WHC	= White Hart Club
				WID	= Women's Institute, Dentdale
				WIF	= Women's Institute, Frostrow
				WIH	= Women's Institute, Howgill
				WIK	= Women's Institute, Killington
				WVH	= Westhouse Village Hall

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218
 Repeat Prescription ☎ 015396 20239
 Out of Hours ☎ 01539 781999
 Bay Call ☎ 0845 0524 999

Dr W Lumb

Monday	0830 - 1045 *	1500 - 1745 *
	1230 - 1300 Dent	
Tuesday	0830 - 1030	1500 - 1745 *
Wednesday	0830 - 1030 *	1430 - 1645 *
Thursday	0830 - 1045 *	
Friday	0830 - 1045 *	1500 - 1745 *

Dr C Hunt

Monday	0830 - 1030	
Tuesday	0830 - 1045 *	
Thursday	0830 - 1030	1500 - 1745*
Friday	0830 - 1030	1500 - 1745 *

Practice Nurses

Monday	0845 - 1200 b	1300 - 1700 b
Tuesday	0845 - 1300 a	1400 - 1730 a
Wednesday	0845 - 1200 b	1300 - 1630 b
Thursday	0830 - 1200 a	1300 - 1730 a
		1300 - 1800 b
Friday	0830 - 1300 b	1400 - 1730 b

a = Adele Reynolds

b = Anne Crome

District Nurse	Health Visitor
☎ 015396 21690	☎ 015396 20979

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *

DENTAL SURGERY

Finkle Street ☎ 20626
 Mr I. R. Dawson, Ms G Turner & Mr M Brickles
 Monday to Thursday 0900 - 1700
 Friday 0830 - 1500

* = By Appointment Only
 # = Telephone Consultation
 FP = Family Planning

LIBRARY Main Street ☎ 20186

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

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