

Sedbergh & District LOOKAROUND

October 2005

Issue 227

Donation 50p

The months march on and we are out of the warmth of summer and approaching the depths of winter.

Lookaround still improves every month with new advertisers and contributors for which we say a big thank you.

December is only 2 issues away so don't forget all of your Christmas Messages and Advert selling your wares. Also, if you have a Christmas function, let us know.

Dennis, Jacky & John Whicker



*A sell-out at the
Literature Festival
- back by demand!*

**People's Hall
WEDNESDAY OCT 5th
7.30 p.m. £8.50**

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written and directed by
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CHILDREN'S BIRTHDAYS OCTOBER 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.

The recipient this month is:-
Jennifer STAINTON who is

10 years old on 28th October

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.



<i>Day</i>	<i>Name</i>	<i>Age</i>
2	Christopher STAINTON	5
2	Amy THOMPSON	11
4	Amy HARPER	5
5	Thomas HALL	6
6	Ben GIBSON	2
7	Abbi WOOF	3
7	Alice HOLTON	4
8	Adam CRAGG	9
9	Robin PRESTON	6
10	Rosie NEWBOLD	1
11	Ben FIDDLER	5
13	Dillon OVERSBY	5
17	Aaron TROUGHTON	4
20	Hugo HEAGREN	6
20	Harry PACKHAM	9
21	Liam MIDDLETON	6
25	Robbie ALDERSON	5
28	Rhianne WOODFINE	9
28	Jennifer STAINTON	10

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (05/10) e-mail:- susan@holmecroftbandb.co.uk 2D; 1T; CH; TVL; NS; NP*; P; DR	20754
Mrs C Cooper	Far End Farm, Garsdale Head, Sedbergh (05/10) 1F; 1D; 1T; ES; CH; L; P; DR; VB; GF; CB; CW; PetsW; NS e-mail: farendfarm@onetel.com	21906
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (05/10) 2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB; GF e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (05/12) e-mail:- antique.thurlby@amservice.net 1D; 1T; CH; L; NP*; P; DR; VB	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02) e-mail: sangold.kwood@virgin.net 1D; 1T; 1S; CH; TVL; NSB; P; CB; VB	21808
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (05/10) e-mail: pauline@tossbeck.f9.co.uk 1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW	015242 76214
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (05/09) 1T; PB; TV; NS; NP; P; DR; VB brantrigg@btinternet.com	21455

CAMPING, CARAVANNING & SELF-CATERING

Primrose Cottage, 17 Back Lane, Sedbergh (Next to Sleepy Elephant (05/10) Sleeps 4; sunny, south facing, 2 bathrooms. <i>Sat - Sat holiday lets available. Winter let available. Tel: 20251 until 13th October then 21339</i>	21339
Various Cottages sleeping 2 - 12 (06/09) e-mail: holidays@dalesdusters.co.uk	21002
Moss Barn Holiday Caravan, Garsdale Road (05/10) 4-5 berth; full sized kitchen; shower; sep. WC; TV, NS, Dogs (up to 2) welcome	21567

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;
NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); P = Parking;

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

PERSONAL & SMALL ADS £1

BRACKEN

Agnes would like to thank all relations and friends for the lovely cards and gifts sent on her **80th Birthday**.

DENTON

Margaret and Andy would like to thank everyone for the kindness shown following Margaret's operation. The good wishes, cards, flowers, gifts, offers of help, visitors and prayers are greatly appreciated.

JAMES

Happy Birthday Mum. Have a great day.
Love Jenny and Chris. XX

JAMES

Happy Birthday Nana.
Love Nathan. XX

JAMES

Happy Birthday Mum.
Love Hayley. XX

MISS WILD

Happy Birthday, enjoy your day.
Mr Wild. XX

LAKE

Bill & Judy would like to thank everyone for their wonderful appropriate cards (& bottles) and the family for the necessary dishwasher. You all made our Anniversary a happy & memorable occasion for us forty years on.

LAW

To Grandma and Grandad. Have a lovely **Golden Wedding Anniversary** on 31st October. Love from Sharon, Chris, Jessica, Rachel, Olivia, Jasmine, Alexander and Harvey. XX

LAW

Congratulations Mum and Dad on your **Golden Wedding Anniversary** on October 31st 2005. Love from Janet, Grizz, Duncan and Jill. XX

W. MILBURN

As we are now giving up our Christmas Turkeys, we would like to 'Thank' all our customer's, over the last 40 years, for their valued custom.

PEARSON

Happy **21st Birthday** Chris, Hope you have a great day. Jane.

PEARSON

Happy **21st Birthday** Chris, have a fantastic day. Lots of Love always.
Jenny. XX

PEARSON

Happy **21st Birthday** son, hope you have a wonderful day. Love Mum and Dad. XX

PEARSON

Happy **21st Birthday**. Tara. X

PEARSON

Happy Birthday little tiny. All at the George and Dragon.

PERSONAL & SMALL ADS £1

PEARSON

Happy Birthday Chris. Enjoy your day. Bill.

SIEMASZKO

Mrs Kitty Siemaszko would like to say Thank You to all the kind people who came to her assistance when she fell on Station Road on Sunday 21st August. She is recovering at home and thanks everyone who has asked after her.

THANK YOU

Maureen would like to thank all her family and friends for making her **60th Birthday** a brilliant night. It was a surprise. Indeed a special mention to John & Michelle for what must have been a nightmare for them. Also Babs for the lovely cake and many thanks for the lovely gifts and cards.

FOR SALE

New unused Osram small Halogen spot lights - 50W 240v Available because wattage is too high for our lighting. The full price per spot is normally about £2.50 - £1 each. Tel: 21604

FOR SALE

Round Extending Mahogany Dining Table and four chairs. Centre Pedestal. £100. Telephone 20443.

FOR SALE

4 Folding Firescreen. Black Panels with polished Brass finish. 'New'. Never used. £12. Tel: 015396-20587.

FOR SALE

Goose Feather and Down Duvet. 13.5 tog. £30. New and unused from Ponden Mill. Tel 015396-21400.

FOR SALE

Foldaway Carl Lewis MT15 manual treadmill. Brand new, hardly used. Has speed, distance and calorie console functions. For sale due to moving to smaller home Was £99.99, sell for £60 ono. Quick sale! Call; 077922-17725.

FOR SALE

Children's trampoline. 8' diameter, 21" high, galvanised steel frame. Can deliver locally. £30. 015396-21715.

FOR SALE

Road Knight Scooter. Ten miles from new. Pull's up Joss Lane easily. Immaculate. Was £1,650, will sell for £900. Singer Sewing Machine. Non Electric Treadle. Folds down. Factory re-conditioned. Offers? Phone 015396-21840.

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Three bedroom detached villa. Double (en-suite), twin and bunk. Complex—swimming pool, paddling pool, bar, table tennis, games etc.. Available: 4/11-11/11, 11/11-18/11, 18/11-25/11, 25/11-2/12. £300 per week. For details tel: 015396-20796.

WANTED

5 Berth Touring Caravan - MUST be in good condition. Please contact Tel no. 01524 781081

PERSONAL & SMALL ADS £1

WANTED

Space to rent for book storage. Double garage or similar. Please contact Ian Higginbotham on 21073 or 07813 818958.

WINTER LET AVAILABLE

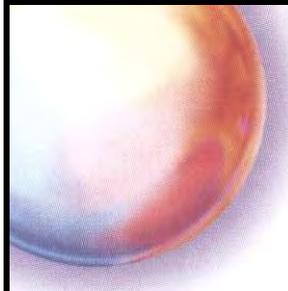
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SEDBERGH GALA GROUP

The Group will be holding their AGM on Monday 10th October at 7.30 pm in the People's Hall Committee Room.

Members of the public are invited to attend.

It is at this meeting that the Gala Group distributes any surplus monies to local organisations and individuals.

If you would like an application for funds to be considered, please apply in writing, by 3rd October, to the Secretary, Fell House, Joss Lane, Sedbergh, LA10 5AS.

*This should have appeared last month but due to an error, it was omitted. Please make any applications **NOW**.* Ed

POLICE REPORT

It is not very often that I have to report sad tidings in the area.

Settlebeck School has suffered yet another blow to their education and economy. Computer equipment was taken in the latest Burglary in which the



children will lose out with their learning and the loss of finance as the cost will have to be borne by the School. I feel that someone in Sedbergh must have an idea as to who is responsible. Please let us know by contacting any of the Sedbergh Officers, ringing 01539 722611 or Crimestoppers on 0800 555111 where a reward may be received.

Something close to my Professional Heart is speed. There have been a few

accidents in our area this last month which could have been avoided had the drivers been *travelling at a speed they could stop in the distance they could see to be clear*. If I was to be attending an incident involving you and I did not arrive because I'd had an accident, you would be the first to complain about the lack of response by the Police so I drive with 100% safety. You should do the same. One of the biggest complaints that I receive from residents and the Parish Council is 'Boy Racers'. Having said that, not all the drivers are 'Boys' and be warned, because of your actions with speed, the use of the Speed Gun will be increased and Fixed Penalties of £60 and 3 Penalty points will be issued. And don't forget, this also affects your insurance for 5 years.



PLEASE SLOW DOWN!

PC D J Whicker

CAN YOU HELP?

Sedbergh Primary School are looking for adults to come to read to the children during Book Week. Book Week runs from the 3rd October to the 7th October.

We are looking for people to read to small groups or whole classes. The theme is "Hair Raising Tales". (Excluding the 5th when we have Penny Dolan visiting).

You could read part of your favourite book, choose a book from School, discuss with the children a favourite book or author, or tell a story.

If you would like to take part please contact Tracy Whetton at Sedbergh Primary School on 20510. Thank you.

<p style="text-align: center;">A concert by THE GILBERT AND SULLIVAN SINGERS</p> <p style="text-align: center;">Will be held at St John The Baptist Church, Garsdale 7:30 p.m. on Saturday 8th October In aid of the Church Restoration Fund with a Buffet Supper to follow in Garsdale Village Hall Admission £4.00 (For tickets contact 21993, 20993 or 20723) <i>Your support will be welcomed and appreciated</i></p> <p style="text-align: center;">TALES OF THE UNEXPECTED</p> <p>Through the medium of the ‘Lookaround’, I would like to relate an incident which happened to me at the beginning of September, and try and wave the flag a little (no, a lot) in behalf of the organisation which did much to save my life.</p> <p>I am a 56 year-old insulin dependent diabetic of nearly 20 years standing, whose condition has always been well controlled, although I noticed that a day or two prior to visiting our old friends’ house in Dent, en route for a walking holiday in the Scottish Highlands, my blood sugar levels had been abnormally high, and resisted attempts to bring them down. I felt well enough, and we arrived on the Thursday evening in Dent with no problems, other than the fact that I was somewhat thirsty (a warning sign of diabetes). Throughout the evening, I felt progressively unwell, and my condition continued to deteriorate throughout the next day. We all assumed that this was probably a ‘24-hour bug’, and would right itself. By the Saturday morning, I was shaking, experiencing breathing difficulties, unable to retain any fluids, and my blood sugar level had gone off</p>	<p>the top end of the scale of the meter I use to monitor this.</p> <p>Our friends called the emergency GP helpline number, and were quickly contacted by the duty GP, who on being informed of the symptoms, summoned the Air Ambulance. Within a few minutes, three First Responders arrived at the house, to try and prepare me for the arrival of the air ambulance.</p> <p>This arrived very shortly afterwards, and I was swiftly despatched by helicopter to Westmoreland General Hospital in Kendal. I have been in a helicopter before, but on that occasion I was able to sit next to the pilot and enjoy the view! On arrival at Kendal, I was whisked straight through into emergency, and my blood sugar level was found to be 53.5 – the figure for a non-diabetic person would be c. 4.5!</p> <p>My treatment in Kendal by the medical staff was excellent, and I am now back home in Hampshire, although rather weak at present, but slowly on the mend. My problem was diagnosed at septicaemia, which is a bacteriological infection of the blood, though where that came from is a complete mystery.</p> <p>I was later informed that the Great Northern Air Ambulance has only very recently recommenced operations, as there were insufficient funds available. At the present time, they have funds of c. £290,000 available, which is enough to continue for a further 9 months. In an area such as the Western Dales, where road networks are poor, this is a vital service which must not be allowed to die. Looking at the maths, the service needs c. £385,000 each year. If 7,000 families were each to pledge £5.00 per month, that</p>
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would result in a cash inflow of £420,000. Modest enough contributions for a truly essential service which may be called upon at any time, as I'm sure all your readers will agree.

More information may be obtained from their website: <http://www.greatnorthernairambulance.co.uk> which also provides the facility to download a regular contributions form, and I would strongly urge everyone to try and contribute something to this very worthy cause. I don't really wish to dwell on what the consequences for me might have been without this service being available.

Finally, may I say a very heartfelt 'thank you' to the good people of Dent for all their concern about my well-being, to the

First Responders for their remarkably quick arrival, and most especially to our friends, Jock and Kate Cairns, who did so much to make my stay in hospital more pleasant and greatly assisted in my convalescence at their home afterwards.

The moral of the story? – it can happen to you, so don't allow the air ambulance to shut down again for want of a small donation from every household in the area.

From what I was eventually able to see of Dent, Sedbergh and Kirkby Lonsdale, you live in a beautiful area, and I look forward very much to visiting it again, although not perhaps in such dramatic circumstances!

*Rob Stebbing
Romsey, Hampshire*



**Saturday 8th October
Live Band**

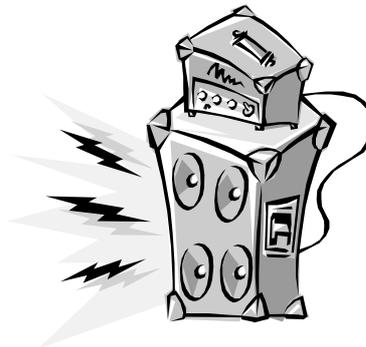
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D. J.

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SETTLEBECK HIGH SCHOOL

Year 7 Activities Week – July

On Monday some of us went on a bus and some of us on a minibus. At the Wildlife Oasis we held some animals and watched them being fed.

Then we went into the shop. We then travelled to Williamson’s Park and had lunch. We then went into their shop before going round the Butterfly House and mini beasts. I enjoyed the day and liked holding some of the animals. My favourite animals were the snake and tarantula.

Hannah Mason 7L

I enjoyed the Butterfly House more than the Wildlife Oasis as they gave us the



chance to look at all the animals and tried to give us time to look carefully and observe the animals.

Rachel Bainbridge 7L

The Wildlife Oasis was good but I knew what was there because I had already been there. I liked the Butterfly House but I didn’t like the creepy crawlies like the spiders. I liked the butterflies, small mammals and the small

monkey.

Clare Thompson 7L

I liked nearly all of the animals we saw except the cockroaches.

Robin Littlewood 7O

I’m glad I held the tarantula, cockroach and the snake; they were really great.

Hannah Smith-Saville 7O

It was great. When I held the snake I thought it would be slimy but it was quite smooth and dry. My favourite animal is now a snake.

Harry Ellison 7L

I took loads of good photos. The animals there were well looked after and active. I liked holding things like the cockroaches and the snake. It’s very recommendable. I also liked the shopping there.

Lizzie Hunt 7O

I liked the views we saw of Lancaster whilst eating our lunch. I thought the ants crawling up the rope above our heads at the Wildlife Centre was horrible and also when they got the tarantula out I was terrified. I loved the Butterfly House, looking at the patterns of them was nice. The weather was damp and wet but it didn’t spoil my day.

Chloe Iveson 7L



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ZRECE CHOIR VISIT TO SEDBERGH

I was recently on a plane returning from Slovenia when the captain, having brought the plane down safely on the ground and tiring of having to tell everyone to sit down until the plane was stationary, announced: "We are very sorry but due to a strike of baggage handlers we are having to ask the passengers to unload the plane themselves. If there are any volunteers, will you please stand up." As you can imagine, everyone remained sitting until the captain had finished taxiing to the airport...and explained that he was just kidding.

I remember a similar incidence a few months ago when, as a guest, I attended a

Town Twinning Meeting to which the Zrece choir had written saying they would like to come to Sedbergh. And how when a volunteer was asked to organise it all, a similar death-like silence and stillness descended on our group, until it was proposed that the choir be told that we weren't ready for them and that they should try again later.

And how I heard this foolish voice (which bore an uncanny resemblance to my own) speaking rudely out of turn, saying that it thought this was a big mistake as the most common question in Sedbergh was: "When are the Slovenians coming?" And here we were telling them to go away! And then Dave Smith, who

(Continued on page 13)

OCTOBER GARDENING

To chop or not to chop? That is the question.

The advice often given these days is that we should be very restrained in our cutting back of herbaceous perennials, so that we leave cover for over-wintering bugs and beasties. I am still in two minds about this, as whenever I do come to tidy things up in spring I seem to find that the majority of my beasties are slugs and more slugs and the birds and other carnivores which were supposed to be feasting on them have preferred the peanuts, rolled oat cake and sunflower seeds on the bird table. I tend now to tidy up the floppy leafy growth of summer - things like *Montbretia*, *Loosestrife*, *Geranium* and *Astrantia* are cut down to ground level, whereas *Sedum*, *Phlox* and *Pentstemmon* stems are left standing.

As well as cutting down the summer's stems it is a great time of the year to assess the size and spread of individual plants, and, if things are getting really too

big for their boots, or have seeded themselves into the wrong position, be decisive now and dig them up while you still remember how dangerous they are. If you leave it until the Spring when you are filled with that benign, Spring kindness which welcomes every new sprout of growth and shies away from being destructive, then they will probably take over the border completely through the next growing season and will smother all the smaller more choice plants that you carefully planted beside them.

While you have the spade and fork to hand, this month is also an excellent time to lift and divide clumps of Primulas. "Drumstick primulas" (*P.denticulata*) and varieties of Primrose such as *P. 'Wanda'* all need to be split every 3 or 4 years or they will become congested, weakened, and may die out completely. Tease clumps of stems and roots apart and replant individual pieces with a good few inches of space between them.

Elaine Horne

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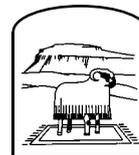
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had recently organised the school visit, wisely added: "Does that mean you're prepared to take it on yourself?"

And so it was I found myself writing to Zdenka asking her to ignore Vic Hopkins email telling them not to come until next year - "if they were ready and organised to come, we would make them welcome."

For several months it was a little like training for the marathon, warm up runs getting the bones of organisation in place, culminating in one big push over several days with very little sleep. But it was all worth it to hear our Slovene friends presenting such extraordinary music, and the ideals of international harmony being so abundantly manifest in our community.

One thing I did find particularly useful -

and which Zdenka often comments on - is how modern technology makes the world a lot smaller, brings us all closer.

A local call used to mean ringing someone who lives a few doors away in the same town. Now it means someone on the same planet. I can collect all the messages to my landline via my mobile telephone, so being away on a couple of occasions was no problem at all.

At one point, nearing the summit of Triglav, Slovenia's highest mountain, I found myself able to receive mobile signals and ended up giving information to a woman who wanted to come to the concert in Sedbergh but didn't know where to get a ticket. In a similar way, I could reply to all my emails from various

(Continued on page 15)

**WINDER 100
POPPY CHALLENGE 2005**

Between November 11th 2004 and November 11th 2005 Paul Brassington, formerly of The Green Door Sweet Shop, is running up Winder 100 times and is seeking sponsorship to support the British Legion Poppy Appeal 2005. Up to the end of September, 92 have been completed with only 8 to go. The last run will be made on 11th November just after 11 am following observation of the two minutes silence.

The weather during the September runs up Winder was really varied with the temperature varying from well into the mid 20's centigrade early in the month way down to 1 degree centigrade with a ground frost later on in the month.

The fell is starting to change for autumn as well, with the deep greens of summer giving way to pale browns in the grass and the bracken starting to show signs of dying off. The ground is still dry underfoot despite a bit of rain during the month and the cooler weather is welcomed by Paul's Border Collie, Gem, who has now completed nearly 60 Winder ascents.

Support up to date has been really good and if you would like to sponsor Paul please call into the Green Door on Main Street to either obtain a sponsorship form or to leave a donation. Any contribution, however small or large, will be very welcome and go to aiding a very worthy cause.

**highlights rural touring scheme
brings top quality shows to Sedbergh!**

"Black Diamonds" quondam theatre presents a play by Julia Darling, telling an inspirational story of one man's fight for freedom. Set during a slave trading voyage from Whitehaven in 1760.

Friday 14th October 7:30pm. Suitable for Age 11+

Appalachian Roots. *Fiddles & Feet, Banjos & Ballads!*

An old time music and dance variety show from North Carolina and beyond. Performed by Ira Bernstein & Riley Baugus. Riley's singing features in the film "Cold Mountain". Come & join the Hillbillies!

Friday 25th November at 7:30pm

Both shows will be held in The People's Hall
Tickets (per show): Adults £5, Concessions £3, Family £15
Bookings (Sedbergh Tourist Information)
015396 20125



"ME, THEE AND T'OTHERS"
 Folk Night
 Dent Memorial Hall
Saturday October 15th, 7:30 p.m.
 Tickets on the door
 £4.00 including glass wine/juice
 Refreshments in the interval
 Raffle
All welcome ~ Proceeds to Hall funds



offices around Slovenia, and was able to send photos of the choir to newspapers in England from Rogla, as well as finalising arrangements for interviews and the playing of the choir's music on the radio.

What was most heartening was the enormous amount of encouragement and support which came, with many people ringing up to ask how they could help.

The choir wanted to be together rather than housed by the many kind offers of accommodation which flooded in, but all the usual venues for housing large groups were either fully booked or not available. And then Jo Sedgwick at Baliol school took an enormous risk in allowing us to use the school - the first time they had done this for anyone. The venue proved

to be perfect. Not only was it affordable to this choir of mostly student-aged singers, but it allowed them the kind of freedom they needed for disciplined practice at one end of the day - and abandoned celebration at the other!

After the choir had gone, Jo rang me up to say she was delighted to find the building so immaculate after the choir had left. On the last night, after an extraordinary sell-out concert in the church, the Town Band had invited the choir to join them in the Bull... and after leaving them the choir had partied at the school until 3am, when they all set about packing, tidying and cleaning the building. After they had got the bus to the airport at 5am, I went round the school and, apart from gifts left for the staff and the memory of their delightful voices, you would never have known that anyone had been there.

The cleaning staff - Hazel and Brenda - said that work had become an absolute delight. They came into the school to hear beautiful singing echoing down the corridors, and smiling, well mannered youngsters who they befriended.

John Metcalf drove us to all our venues

(Continued on page 17)



Pepperpot Coffee Morning
 With Pepperpot Music Makers
Saturday October 15th
 10 am
 URC Rooms
 Raffle - Cakes - Home Produce
 Plants - Books - Games - Music
 CD's - Bric-a-brac




**SEDBERGH GOLF CLUB
COMPETITION RESULTS**

Club Competitions:

- EGU Gold Medal*
Simon Parkin
Queens Jubilee Trophy
Andy Wilson
Myles Bainbridge Memorial Trophy
Andrew Mattinson
White Hart S & S Club Trophy
Eric Thompson
Steve Johnson Memorial Trophy
Simon Parkin
Braithwaite Cup
Ivan Moffat
Captains Day
Bob Mason
Reeth Garage Cup
Jason Thornton
BSNW Trophy
Steven Bateman
RS Allen Stablefore Shield
Eric Thompson
Ballantyne Trophy
Robert Moffat
Presidents Trophy
Jason Thornton
Paul Eales Junior Trophy
Robert Moffat

Open Competitions:

- Spring Seniors Open*
Ken Atkinson & Ken Smith
Ladies Open
Sue Wignall & Anne Woof
Open AM AM
Steven Dalzell, Craig Moffat,
Ivan Moffat & Andrew Todd
Summer Seniors Open
David Gibson & Peter Millar
John Garner Invitation Open
Barrie Staveley & Ged Oram



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with his usual precision and charm, and gave us a very good price - as well as giving many interesting anecdotes on our trip about the countryside we were passing through.....plus a very personal homily in praise of his favourite carriageway: "The Great North Road."

The choir had the opportunity to see some of our local beauty spots on a singing walk with the Cautley Carollers. We followed the river to Millthrop, sang under the bridge and outside Margaret Millburn's house with her exuberant display of blooms. Then it was over the fell, where they were particularly interested to meet the sheep, and via Rash Bridge to Catholes and the Elyssian Shades, finishing outside Dorcas and Richard Thomas' house at Birks where they provided refreshments....for 50!

On the way the Slovene singers and the Cautley Carollers sang in Dent Foot chapel - possibly one of the smallest churches in England - and the following day, John drove us to opposite extreme: the enormous splendours of Durham Cathedral, where they did a concert having been welcomed in Slovene by Canon Rosalind Brown. (The Rosalind bit was of particular interest to the

Slovenes.) Anne Heyward, the Chapter steward, was particularly helpful when I visited the Cathedral the week before the concert and furnished us with maps and other necessary information.

George Handley, who both preaches at Dent Foot Chapel and was a student at Durham University, came with us on both occasions and illustrated the tour with personal anecdotes about the chapel and his life as a student in the city. His grandson Dan also showed himself to be well suited to his chosen career in the RAF by the very organised way he drove the support vehicle, heroically picking up the walkers who had had enough, and arriving at our meeting points exactly on time.

We all had name badges on the Pevski Sprehod (singing walk) and maps with Slovene phrases so we could chat in each other's language. The title on Dan's badge suited him perfectly: "Our Friendly Driver."

The programme arose from a good deal of consultation with the choir, including a visit to meet their secretary in Zrece, about what they wanted to do, and what was possible. A mirror of the excellent programme Dave Smith had put together for the school visit, and which the choir had heard about from the Zrece children, wasn't possible in such a short time.

But they did say they wanted to see something of the local countryside, wanted to meet other musicians, wanted to see an English city, were interested in an exchange of dances and songs - and of course, with Samo's friendship with Alan Lewis and the recent Band visit to Zrece, they wanted to perform with the Town

(Continued on page 19)

LADIES NFU
presents
RED ROSETTES
Preston Ladies Barbershop
NORTHERN HERITAGE
Vocal Harmony Quartet
7:30 pm Monday 17th October
People's Hall, Sedbergh
Tickets £4 available from
Les Maddock Insurance & Green Door Sweetshop
Proceeds to Hearing Dogs for the Deaf

PEOPLE'S HALL

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

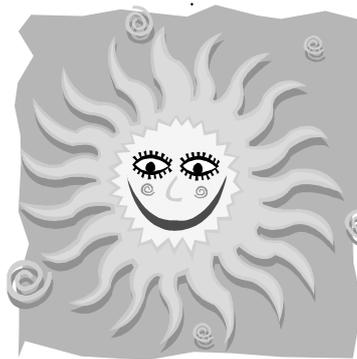
JULY WEATHER

Fancy July being the driest month of the year so far quite often it is one of our wetter ones after January.

In fact we didn't record an inch with only 0.99 inches. In fact we were 1 day short of an official drought with 13 days without measurable rainfall during the middle fortnight. The longer warm dry days meant most local farmers managed some hay,

including yours truly. It was hot dry work leading it in. We had several days when the temperatures reached the 80sF with a maximum of 86.4F. One morning a Maximum thermometer I have that happens to face the sun registered 124F. In spite of these pleasant temperatures we recorded a minimum of 43.9F. Winds were variable in strength but on only 5 days did the maximum gust not come from the north -west. The strongest gust recorded was 21.0mph.

The drier weather meant that slugs and snails were not in evidence most of the month making it hard work for the song



thrush to find food. The swallows have reared their brood in our kennels flying on the last day of the month. I shut them up each night, along with the dogs, resulting in the young not being fed for over 8 hours some days even though I had cut a hole in the door the adults never flew until I opened up. Still very few butterflies around and we have 8 buddleia bushes around the garden. There have been lots of bumble bees this season. Has anyone seen a ladybird yet? I have seen only one and that wasn't in Sedbergh.

There have been plenty of aphids on the thistles for them. Blackbirds were feeding young again this month

but still none have reached the flying stage. Each morning as I open the curtains a couple of magpies fly from the bird table. The house sparrows have had a good breeding season again with over 30 birds around the garden. I have put them on rations as they empty the feeder

of mixed corn each day. In fact they eat 1/8th the amount I feed daily to my hens, ducks, geese, pheasants etc.

MATHS TUITION

Key Stage 2, Key Stage 3,
GCSE or A Level

Regular or occasional lessons
with an experienced Teacher to
suit individual needs

Contact: Marjory Glover
015396 25438

Band.

Alan was very helpful when I approached him about the concert when we first started putting the programme together, recommending that we have the party in the pub after the concert, and when I asked how much the Band would need from the ticket sales kindly said: "Nowt!" He had been unable to organise the event himself, but was still able to provide an profusion of insight.

The Ceilidh in Dent was a triumph of creative improvisation. Having been assured many times by the choir secretary that the only instruments we needed to provide for the Slovene dances were an electric piano (kindly donated by community musician Jilly Jarman), drums (from Dorcas Thomas) and guitars (from Judith Bush and myself) it was a surprise to be told by Samo that to do Slovene dances what was really needed was an accordion: "Without it you can't even get close!"

But still, the choir sang, everyone danced the polka and the waltz, and then we were asked to teach some of our dances.

I sang the Dashing White Sergeant to Samo a few times and in five minutes he was ready to play it - with harmonies on the other piano and guitar accompaniment. I called out the steps, and Susan Garnett helped by demonstrating. I have seen this dance fall apart in many Ceilidhs - but on Saturday night it was as if everyone had danced it all their lives. Strip the Willow later in the evening was a little more chaotic, mostly thanks to the effects of John Smith & co.

Special thanks go to Kate Roberts who

SEDBERGH & DISTRICT
HISTORY SOCIETY

Wednesday 5th October

Ghostly Armies

An examination of some

British cases

Dr Peter McCue

Wednesday 19th October

Memorialisation of the

Great War 1914-1925

Ian Lewis

All meetings in Settlebeck High School,
start at 7:30pm unless stated.

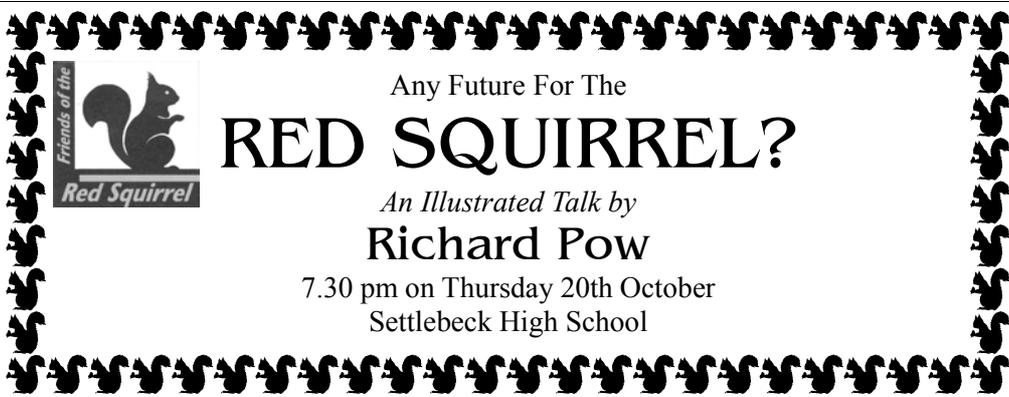
EVERYONE IS MOST WELCOME TO ATTEND ANY
OR ALL OF OUR LECTURES

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

very kindly made and put up posters in Dent which helped to attract a good crowd from the bank holiday visitors, and also managed the door and refreshments for everyone.

The Monday workshop learning Slovene songs was well attended both by people from Sedbergh and from elsewhere (even Alan Lewis joined us for the voice warm-up outside the People's Hall,) though many of them were involved in the Dent Gala so couldn't stay for the afternoon. I had joined in a few of Samo's warm-ups with the choir at the school (each day they would do these body and voice exercises at 7am) and was surprised to see they are the same ones

(Continued on page 21)



Any Future For The
RED SQUIRREL?

An Illustrated Talk by
Richard Pow

7.30 pm on Thursday 20th October
 Settlebeck High School

SEDBERGH & THE THEATRE

The Drama week of the recent Book Town Festival proved one of the highlights of the whole three weeks with record audiences and lots of smiling faces. Well, more is planned. In August (probably) 2006, there will be a series of stage re-workings of some of Geoffrey Chaucer's Canterbury Tales for the Sedbergh Book Town Festival, and this will need a goodly number of actors, wardrobe assistants, make-up and other technicians. The teams that brought you the Millennium Mystery at the Mart, and The Bench are behind the enterprise. A major feature of that production will include development of a Youth Theatre initiative in the town.

Clearly during school terms, most students simply do not have the time to give to rehearsals unless they are directly involved in Drama or Theatre Studies as part of their school curriculum, and anyway schools run their own productions. But in the longer vacations, particularly but not exclusively the Summer vacations, actors come back on stream as it were from their GCSE and Sixth Form commitments at schools, and colleges. QES, Casterton School, Kendal

College, Sedbergh School, Settlebeck High School and QKS all mount excellent productions each year and a good number of actors and technicians in those school / college productions live in this town. As an experiment, we will be trying to run a Youth Theatre venture. It will meet at Settlebeck High School by kind arrangement with the school authorities on days and times to be negotiated. The aim is to cover a range of issues in theatrical pieces, and from time to time put on performances of work in progress in school / college vacation times.

The age range will be from 14-18. Interest, willingness to learn and commitment rather than expertise are the base line qualifications. Almost everyone in this town has at least one performance inside them, and numbers of Sedbergh actors have recently trod the boards who have never acted in public before in their lives. Nobody died, and all came up smiling! I don't know if this is going to work, but I've always wanted to give it a go.

If you are interested in this venture, please contact me, Stuart Manger, on 20108.

done by choirs here - stretching, relaxing, engaging the diaphragm, extending the vocal range.

There is no doubt Samo is a master of his craft, and versatile both in the aural and classical traditions of music. When I was last in Zrece, Borstian from the choir had given me a lift up to Skomarje and had told me how patient and encouraging Samo was with the singers. Many of those who came on Monday agreed.

In order to keep costs down, the choir had brought their own cook - which served the extra advantage of allowing them to eat the kind of food they most enjoy eating. I had bought a lot of food for their breakfast with discounts and advice from Garth Steadman about which meat was best for them. But the ten large loaves of bread I got in for their first breakfast were apparently barely sufficient for a dozen people (for one meal) - so at 1am on Saturday morning I drove Zdenka to Asda for some late night shopping, much to her astonishment. (Aston's, which would have been a better choice, was unfortunately closed at this hour.)

As the day of their arrival approached several people rang to say they would like to offer some hospitality in their homes by providing a meal for them.

Sarah Lewis, Sandra Cottrell, Jean Steadman, Sue Wallace-Woodruft, Susan Garnett, Sue Richardson and Liz Close all provided elaborate quantities of food and kindness in their homes for the singers - who were of course enormously grateful for these magnificent displays of hospitality. Ros from Millthrop, one of Sedbergh's finest free jazz players, met some like-minded Slovene musicians

from the choir and had them over to eat, talk and play jazz. Many apologies to others who wanted choir members to visit their homes but were disappointed - there just weren't enough singers to go round.

On the previous day, Garth provided a barbecue for all 29 Slovenes and what looked like half the population of Sedbergh in his home, the meat in his hamburgers receiving much praise from the singers. Dorothy Pratt also made a mountain of mouth watering cakes which made Triglav look like a mere drumlin.

There were many other displays of generosity: some of the singers in the Cautley Carollers insisted on paying for their tickets on the singing walk - even though they were co-performers! Many people, hearing that all the proceeds were going towards the choir's expenses, chose not to take the concessionary rate for their ticket even though they were eligible. Dave Collier, who wasn't even here but on holiday at the time in Italy, donated £40 to the costs from money which was owed to him for petrol for driving the last Slovene visitors to and from the airport. Lakeland Voice donated £200 towards set up costs and welcome. And the Town Band took the Zrece singers to the Bull.

The choir visit was part of the Sedbergh Festival of Literature and Drama, and Carole Nelson and her staff were magnificent in selling tickets, arranging venues, helping with advertising and answering questions from people interested in coming. From the ticket sales they were able to give the choir £1,000 towards their expenses - and although this is a fraction of what these

(Continued on page 23)

SETTLEBECK HIGH SCHOOL

Parent, Teacher & Friends Association

We are very fortunate at Settlebeck to have had such a wonderful group of supporters on our PTFA committee. Over many years parents and many community members have served on this body and have helped to generate extra income for the school, goodwill from our community, and activities for our students, as well as having a lot of fun. Yes, that's right, fun! It is actually an enjoyable experience to be part of a group of people dedicated to a common aim, keen to work as a team, generating ideas and working with our community. Over the years this group has organised dances and discos, jumble and car boot

Farfield Mill

Arts & Heritage Centre

Saturday 22nd October to
Wednesday 23rd November

'Poetic Images'

by Jane Lewis

'Still Life'

by Mira Bogicevic

A joint exhibition by two popular artists.
Jane Lewis' beautiful designed book covers &
Mira Bogicevic's paintings of everyday
objects made 'extra ordinary'

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working looms, Riverside café and gift shop

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www.farfieldmill.org Tel: 015396 21958

SEDBERGH & DISTRICT HISTORY SOCIETY

25th Anniversary Dinner

Queen's Hall, Sedbergh School

Saturday 22nd October

7.00 for 7.30 pm

Further details from
The Chairman at the Community Office

sales, quiz nights and fetes, gala and medieval market stalls, sponsored walks and foreign exchange events, an auction of promises and raffles, lotteries, a shopping website, and much more. All of this in aid of the young people of this community.

On Thursday 13th October at 7.00 pm we are holding our PTFA AGM, to which any parent or friend of the school (i.e. any community member) is invited to come along and find out what we do and hopefully be persuaded to join us (or add their name to our list of willing occasional helpers).

So Don't Settle Back, Back Settlebeck!

We need YOU!



Cumbria Wildlife Trust

Table Top Sale

Saturday October 22nd
People's Hall
10:00 a.m. - 3:00 p.m.
Pre-booked £4 - or £6 on the day
Entrance 50p
Tea, Coffee, Biscuits
Details 21138

talented and hard working musicians deserved (why does everyone expect musicians to work for free?) it was encouraging that as a community we were able to show something of our appreciation for such fine singing.

For the choir visit there was no funding available in the short time we had to get it prepared, and there were many who felt that without funding it wasn't possible - or at least impetuous. Personally, I think we rely too much on grants, expecting handouts in the same way that small children expect everything to be paid for by their parents. By doing it this way, everyone who came to an event and who bought a ticket was a responsible participant in our exchange.

Those who have been to Zrece and

experienced the enormous generosity and hospitality of the Slovenes, can rest assured that here is Sedbergh we provided something we can be proud of.

Lep pozdrav iz Farfield - best wishes,
David Burbidge

PS If you would like to hear the choir again - or missed them this time round - you are welcome to join a band of singers from Sedbergh visiting Zrece over Christmas, December 22-29. Telephone 21166 for more details.

"Blessings on all nations, who long and pray for that bright day, When o'er Earth's habitation no war, no strife, shall hold its sway. Who long to see, that all men free, No more shall foes, but neighbours be."
France Preseren - Slovene National Anthem.

LADS NIGHT

with the

PLAYGIRL DANCERS

3 hours of fun and games with 3 top dancers

followed by

DJ Wixx DISCO



Saturday 22nd October

People's Hall
7.30 pm till late

Tickets £8 from Caspa or Spinner or £10 on the door
Lasses allowed in from 11 pm for the Disco £3

SEDBERGH PARISH COUNCIL

From the minutes of the meeting held on 27th July.

GUEST SPEAKER - Mr. G Dalton

The Chairman welcomed Mr. Dalton to up-date the Council on various outstanding National Park issues.

Guldrey Lane Depot - Mr. David Sykes who is running a project at SLDC to establish development sites for business use has advised that there is a shortage of sites for business set-ups. SLDC has therefore written to Cumbria County Council about the possibility of the site being released for development. I was agreed that we would again write to CCC to express our support for any scheme to utilise this area for employment uses.

Revised Local Plan - This has now been published and the main area of concern to us is regarding local housing. In any development of more than two houses 50% will have to be for affordable housing; i.e. less than full market price for local needs. Also Main St. will be protected and there will be no residential use for existing shops unless it can be properly established that there is no further need for retail use.

Beamsmoor - No decision has yet been made on proposed plan to convert to housing although it has been to committee three times. It is outside the development boundary and therefore has to meet special criteria. At the moment the debate is about what percentage should be for local needs. A housing association has expressed an interest in using the whole site for affordable housing.

Dent Car park - The parish has taken

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over the car park from YDNP. It is now running smoothly after some teething problems.

Matters Arising

Joss Lane Car park - A letter with details of costs etc. is still awaited from SLDC but this is promised soon.

Queen's Gardens - Cllr Blair raised the issue of the park not being used enough. Cllrs Blair and Gerrard will consider what can be done for discussion at the next meeting.

HIGHWAYS

A closure order for Main Street has been issued for the Market Fayre on Saturday August 27th.

John Bell of Cumbria Highways has advised that there are insufficient funds available to do all the bollards requested and it was agreed that the work should start outside Spar, as this is the worst place, and go down Main Street as far as funds permit.

It was suggested that there should be 'Slow Playground' signs on Howgill Lane by the play area.

We have been advised that works are soon due to be started on repairs to the A684 and A685.

**SUZAN SEDGWICK
SCHOOL OF DANCE**



Classes for children Age 3+
New term starting
Classes held in
Sedbergh and Hawes
Also adult Body Conditioning
For information,
please phone 20252

The road by Thornsbank is still in a very poor state. There is a sunken drain on the corner of Station Road/Highfield Rd. The corner at 4 Lane Ends is in need of repair. Row Lane is once again overgrown. Trees in the Settlebeck School bus park are obscuring the view.

PLAYING FIELDS

A letter has been received from the football club requesting the use of the pitch for the next season. At present the club makes no payment for the use of the pitch and maintenance costs the Parish in the region of £2,000 p.a. At other pitches in the area run by SLDC a charge of £25 per hour is made for seniors and £16 per hour for juniors. It was agreed that the football club should be asked to contribute towards the cost of maintenance of the field and charge of £800 should be made for the full season.

TENNIS CLUB

It was agreed that we would start the process of renewal of the lease with SLDC.

OTHER BUSINESS

Remembrance Quilting Project - Mrs. Rice is seeking lottery funding for a project involving Gladstone House. Any funding would need to be routed through

the Parish Council and approval has been sought for this. It was agreed that Mrs. Rice should tell the council about the project at the next meeting before approval is given.

Bench on Main Street - It was agreed that we would be happy to accept a bench from Mrs. Trott for the Main Street in memory of her husband.

PLANNING

Planning applications were considered as follows:

- FPP Erection 2 Storey extension to Cragg Lea, Guldrey *No objections*
- LBC rebuilding gable end of barn at Udale Farm, Ravenstonedale *No objections*
- FPP Erection single storey extension at 19 Sycamore Av *No objections*
- LBC Erection porch at Cross Hall Cottage, Cautley *No objections*
- FPP Alterations and extensions for additional changing facilities at the gym at Baliol School *No objections*
- LBC for works to allow access to WC at Brigflatts Meeting House *No objections*

Planning decisions were received as follows:

- FPP erection extension at The Glen, Dowbiggin *Granted*
- FPP creation surfaced turnout enclosure for ponies at field adjacent 4 Lane Ends Farmhouse, Marthwaite *Granted*

Pinfold Caravan Site - At the planning committee members agreed to an extended time period for the site to be returned to the correct number of units. The time period was to 1st October 2005.

Tree Preservation Order - A tree preservation order has been put on a mature horse chestnut at New House, Howgill Lane.

DIGITAL TV

Yet again, our area is being ignored and we are the forgotten few.

If you only have an aerial on your roof, you have analogue TV (what we have had since the year dot). To receive Digital, you must have a Top Box too.

Government have decreed that all Analogue TV will disappear by 2012 and the change-over to Digital will be phased from 2008. We in Sedbergh, as well as many other areas in Cumbria and the Border TV area, cannot receive Digital - but we will be the first to lose the analogue service which will mean that many people will lose TV altogether in 2008. Other areas which can receive Digital will not be changed over till later but the South East, North East and Northern Ireland will change in 2012 even though they can receive Digital now.

Colette Bowe, Ofcom consumer panel is on record as saying "People ... are in danger of getting ripped off by rogue traders and going without television"

We will be treated very shoddily and have no TV unless we stand now and complain by writing to your local MP Tim Farron, BBC TV and Border TV with copies to each.

The following is the Press Release that has appeared Nationally.

WHAT IS DIGITAL TV?

Digital TV is a form of broadcasting that turns the pictures and sound into computer language.

It effectively turns your television into a form of computer so that it can connect to the internet, take interactive programmes and carry many, many radio channels as well as more TV channels.



CHIROPODY AT HOME MOBILE SERVICE

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Computer technology converts sound and pictures into a digital format and compresses them.

This allows several TV channels to be carried in the same space used by the current analogue signals to carry just one channel.

WHAT IS ANALOGUE TV?

Analogue TV is the old system of broadcasting that we have had since television began in the 1930s.

IS ONE BETTER THAN THE OTHER?

Most people say the digital system is much much better.

It gives you better pictures, better sound, more channels, interactive television, and it can connect you to the internet.

Everyone says that just as computers are the future, then digital television is the equivalent.

WHEN WILL ANALOGUE TV BE SWITCHED OFF?

Culture Secretary Tessa Jowell announced the formal go-ahead for the switch-over from analogue to digital TV. The English-Scottish borders will have their existing TV signals switched off in three years.

The rest of the UK will follow, region by

region, ending in 2012.

Viewers will have a minimum of two years' notice about when the switching process will start in their region.

WHY DOES ANALOGUE TV HAVE TO BE SWITCHED OFF?

Analogue needs to be switched off because there is no point having analogue and digital TV together.

Digital is the future and will replace analogue just as colour TV replaced black and white.

Once analogue is switched off those frequencies could be sold off for other uses, however media regulators Ofcom say no decision will be made about what to do with the analogue spectrum until after a conference with their European partners next year.

One possibility is that they could be used to send television signals to mobile telephones.

HOW DO I GET DIGITAL TV?

Not all digital platforms are available in every part of the UK, so how you get digital TV will depend on what is available in your area.

You don't necessarily need a digital television set, though you can have one. At the moment they cost upwards from about £250.

You can, however, have a set-top box - such as Freeview - that turns your existing analogue set into a digital television, which cost around £50.

Most people will be able to use their existing aerials to receive digital signals, however others may need to have new aerials installed to receive all the services. You can check your postcode at www.dtg.org.uk or www.freeview.co.uk.

The digital signal can also be received by satellite dishes or cable but have to be decoded and turned back into sound and pictures by using a separate set-top box, or a decoder built into your television (an integrated digital set).

Another digital platform using digital subscriber line (DSL) technologies - which is based on the existing telephone network - in its early days.

The government is expected to outline financial and practical help for the elderly and disabled to get the equipment needed for the switch.

HOW LONG WILL I BE ABLE TO USE MY OWN TELEVISION SET?

Only for as long as they keep the analogue system going.

As soon as the analogue system is switched off, the set on its own will not work, but it can be made to work for longer by having a digital set-top box.

WILL I NEED MORE THAN ONE SET-TOP BOX?

You will need one set-top box for every TV you own. This is one of the big problems. Many people now have three, four, or five sets because televisions don't break down like they used to.

So when you get a new set you just put the old one in a bedroom say, and each of those will need some form of adapter to turn them digital.

WHAT WILL HAPPEN TO ALL THE OLD ANALOGUE SETS?

One possibility is that they will be sent overseas like old computers, but in fact they are more likely to be converted into a digital set by a digital adapter, so many people will be able to adapt their sets to turn them digital.



CUMBRIA WILDLIFE TRUST

Tree Trail in Dent

The wettest day of the August Bank Holiday saw an enthusiastic group of all ages on Dent Car Park eager to learn about our native trees from John Mounsey.

He began by explaining some of the ways in which trees over the ages had taken root in this area and how their seeds had been transported by various agents. Much forest had been cleared by early agriculturists before the Romans came, probably by stone axes or ring barking.

Most trees have to be pollinated by insects, bees in particular, so the climate would have to be suitable for these to thrive. Following the last Ice Age dwarf birch would probably be the first to appear. We found ourselves standing by a birch tree and this proved to be a hybrid between the silver and downy varieties. This is a relatively short-lived tree and as it declined would be attacked by fungal growth. Woodpeckers are also very partial to rotten birch trees. The next tree was a rowan or mountain ash. Trees breathe through slits in the bark and horizontal examples were very evident

here. Rowans have big buds and grow slowly. Some trees have thick bark e.g. the redwood and these provide protection from fire.

A sycamore was the next in line. Few animals feed on it but it attracts greenfly which feed on a sugar solution from the tree. Ladybirds feed on the greenfly and all the resultant sticky goo falls on your car if you are unwise enough to park underneath. Small birds can feed on both insects. The sycamore has only been in Britain for about the last 400 years so is, strictly speaking, not native. It is more resistant than some to wind so is often used for windbreaks. Meanwhile the wind helps disperse the winged seeds.

The group moved on to a cherry tree and examined the little red sugar producing glands on the leaf stalks. This tree's leaves were curled by aphid damage. There are several native wild cherry varieties including bird cherry and blackthorn or sloe.

A Norway maple stood near. This is very similar to the sycamore but with flatter leaves. To add to the possible confusion, sycamore flowers hang down but maple leaves go up except later when fruiting. The sycamore can get black patches on its leaves from fungus but this condition is unknown in towns and cities where sulphurous compounds in the air destroy the infestation..

Turning downhill we found a goat or pussy willow. The willow family includes aspen and poplar. This one produces the familiar furry catkins. Willows, being relatively quick growing were often pollarded or coppiced in the past for wood products like broom and tool handles. Wooden bobbins for thread were

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often made from willow. A sharp-eyed youngster spotted a black and white ladybird which beat a very hasty retreat. It would be one of many insect feeders on willow trees and shrubs. Willow and reed beds can also be used as water filtration plants and an example of the latter was observed later.

Nearby we found an ash and some discussion was held about the origin of the name. Was it the colour of the bark or its reduction to a very fine ash on burning? Its seeds are wind borne with only one wing and all its leaves tend to fall at once. Another ladybird was spotted here, this time with ten spots. In these damper areas at the lower part of the park there were several examples of fungi. Many grow on dead wood making interesting patterns and colours in the timber.

There are two species of native oak, sessile and pedunculate. We found what appeared to be a hybrid here. The pedunculate has an acorn on a long stem and its trunk branches low down whereas the sessile does the opposite with more of a long straight trunk. Hybridisation is common in the British Isles. Oaks support more insects than any other species (even willows) and those grown on slopes develop the angled lower branches used by early builders as crucks. The Swiss use the same method to produce larch branches for the long curved alpenhorn. In this area suckers were growing vigorously of poplar and cherry. The leaf stalks of the aspen are flattened catching the wind and causing the "quiver like an aspect" effect. Toadstools were also evident some of which associate themselves with certain

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Singing Supper: 7:30 p.m.

Sunday October 30th

Dent Memorial Hall, 12 noon

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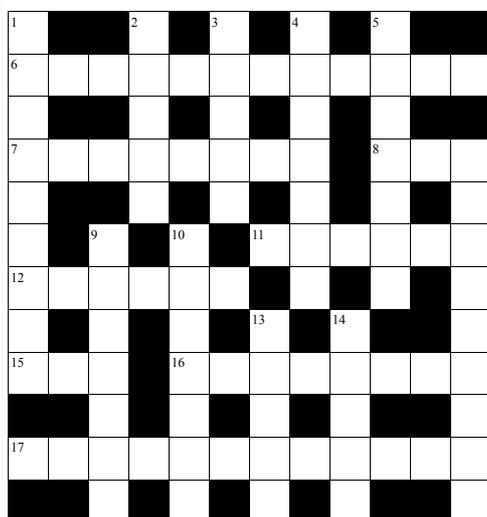
trees e.g. the fly agaric with the birch. Diamond shaped marks on the trunks are typical of the poplar.

Near the bottom gate was a lime, the favourite of beekeepers. The alder next door is popular with siskins and red polls. Its green fruits turn brown and open on ripening ready for the birds to spread the seeds in their own special way. The alder grows in symbiosis with certain bacteria which absorb nitrogen from the air. These organisms live in nodules on the roots improving soil fertility. The timber's resistance to moisture made it ideal for clog making and early wooden drains.

As the rain was becoming even more penetrating, only a brief visit was then paid to the river bank. Here we saw examples of field maple, hawthorn, elder and two elms, one already dead from Dutch Elm Disease. Beetles take the deadly fungus spores from tree to tree. An elder had colonised the base of the dead tree.

As conditions now made further note-taking impossible, the party retreated in search of hot beverages but not before John was thanked for his informative and most entertaining talk.

CROSSWORD 4



Across

- 6 Hidden beauty of young swimmer (4,8)
 7 Quirky star has what kind of summer gear? (5,3)
 8 Wet patch in bottomless chair (3)
 11 Stop-starter losing time when dizzy (6)
 12 Leave quickly when no longer at the crease (3,3)
 15 Miss Piggy broadcast? (3)
 16 Find clergyman upset after party (8)
 17 Those who spoil celebrations by replacing band with piano find they still go with a bang! (5-7)

Down

- 1 Unfashionable dresses in suburbs (9)
 2 Lay out, in black and white, the local rule (5)
 3 Fishy stuff found inside gang's US hideout (5)
 4 Girl right inside ship to see Torvil and Dean, amongst others (7)
 5 One leaves vicar in church (7)
 9 Ignorant of a Spanish conflict with

ETA leader (7)

10 Time to rest with cool desserts, we hear (7)

13 A Glaswegian in Royal event? (5)

14 Crazy John found on the Paraguay borders (5)

Answers to #3

ACROSS: 1 Steam; 4 In-law; 7 Recalls; 8 Stop; 9 Specific; 12 Grant; 13 Aslan; 14 Weekdays; 17 Yoga; 18 Built-up; 19 Spasm; 20 Groan
 DOWN: 1 Strangeways; 2 Escapade; 3 Molested; 4 Issue; 5 Lassi; 6 Spic-and-span; 10 Clasp; 11 Falsetto; 15 Koala; 16 Album.

SEDBERGH W.I.'s

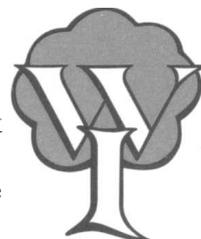
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GREAT NORTH AIR AMBULANCE

The money raised at the 'extended' coffee morning held at the U.R.C. Rooms on August 6th has reached almost **£800**.

An official of the Air Ambulance wishes to come and be presented with the cheque at a time yet to be arranged.

We would like to thank all of you who supported this enjoyable event by coming and spending your hard-earned money. The total is particularly commendable as there was another coffee morning in the area on the same day, which I believe raised a similar amount. Wonderful Sedbergh! Our thanks also goes to all those W.I. members whose efforts made the whole thing possible. It was splendid to work as a combined group.



W.F.U.

SEDBERGH MARKET FAYRE

Saturday 27th August 2005

Another year has passed, another Market Fayre is over.

The bunting is down, the costumes put away, the finances sorted, thank you letters sent and a cheque for £250 forwarded to the Air Ambulance.

The committee of six ladies who have steered the Fayre from its inception in the year 2001 have stepped down. We have had a great time working together (and celebrating together). There is a feeling of achievement having got the Fayre into being and seeing it become an annual event in Sedbergh but now we feel the time is right to hand over to new people with fresh ideas.

We are very happy that the Fayre is to continue and the team who are taking over will be based at the Information Centre on Main Street, telephone 20125.

Without people taking part the Fayre would not have worked and the committee has asked me to pass on our thanks to the folks who have entered the competitions, either by dressing their shop windows, or making fancy dress costumes for themselves or their children to wear on the day. The new committee will want you to carry on competing and dressing up, so don't stop now!

The results for this year's competitions were:

Shop Window
Leighton's Hairdressers
Market Stall
Cumbria Wildlife Trust
Adult Mask
Female
Judith Whitworth of 'Pothies' stall
Male

Gentleman from 'Made in Cumbria' stall
Adult Fancy Dress

Female

Ruth Gamsby

Male

Peter Cox

Children's Mask

Rachel Hopkins, Laura Batty, Emma Hopkins

Children's Fancy Dress

0-5 years

John Sedgwick, Hugo Heagren

6-10 years

Thomas Brown, Jenny Storey

The Raffle prizewinner was a Mr Sparrow from Lancaster, who will be able to take flight now ... in a helicopter ride over the Dales/Lakes!

We look forward to Sedbergh Market Fayre 2006.

Good luck and best wishes to the new committee, and may the sun shine brightly on the festivities in the following years.



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KILLINGTON W.I.

Summer goodbye! Outings and garden parties are over for another year and we have resumed our ordinary (or maybe extra-ordinary) meetings. Our special thanks go to our President, Shirley Richardson, who once again entertained us all at her home for our lovely August garden party. The weather favoured us and toes were dipped in the River Rawthey – next year the whole body!

On Tuesday 13th September we started with one of our own members, Mary Fisher, giving us a most entertaining talk about a time in her life when one of her hobbies had been entering competitions. Not the 100 yards or long jump you understand but the kind of competitions to be found on the back of corn flakes packets and with these Mary had remarkable success. Her winnings included several holidays. A safari in South Africa, taken by son Jim, ignited his insatiable thirst for travel to distant and exotic places, the tales and slides of which many of us now enjoy. A holiday in Yugoslavia went to husband Eric and daughter Kate. A weekend in London was given to grandparents as a thank you for “baby-sitting” while Mary and Eric

enjoyed yet another trip. Another trophy was a motorcycle, which Mary rode gaily around Bradford. Dinner services, canteens of cutlery, tea sets, enough bicycles to set up the whole family and a few neighbours, - the list goes on and on!! Moreover some competitions were entered in other peoples’ names and more than one had a pleasant surprise. Surely the secret of her success was in the creative “jingles” she wrote to accompany her entries, some of which were read to us and had us all in stitches. Thank you, Mary, for such an unusual and humorous talk and for stepping in at short notice.

Our business items were quickly dealt with and future plans were laid. One of our future projects has developed as a result of our continuing “knit-athon”. Several of us are still knitting blankets and teddies on convenient Monday mornings. We have already sent one batch to the Kindu Trust in Ethiopia, and had a personal thank you letter from its prime mover, Kate Fereday–Eshete. It is so reassuring to know that our items have arrived safely at their destination. Kate sent us details and photographs of the recipients with their blankets and also

asked if we knew of anyone who would be willing to sponsor these needy children. They have 189 children awaiting sponsorship. A contribution of £13 per month helps them and their families mainly by covering the cost of education. We are discussing whether to sponsor one of the children by contributing £1 each at every meeting. This will cover the months when we do not have an ordinary meeting. This will be entirely voluntary but once we have put our hands to the plough there will be no going back. We do not know if the rules allow us to do this as a W.I. but if not we can do it as a group of friends from Killington W.I. Watch this space for future developments.

Several of our members were missing this month, either through ill health or other reasons. We send them all our good wishes. We congratulated Pamela Moran on her 80th birthday and celebrated with a cake and also enjoyed Mary Bateman's mini cake as her birthday fell on the actual day of our gathering. Mary Tallon who also won the competition for a favourite mug won our raffle prize of a blooming chrysanthemum. A clean sweep, Mary!

W.F.U.

DENTDALE W.I.

The start of the autumn session with a smaller than average attendance as members were catching up on late holidays and for many other reasons.

It was good to report that Dentdale Gala had been such a success and that the WI teas were well patronised and served with such style. A letter of thanks from the Memorial Hall Committee was read out

commenting on the hard work of so many of our members.

We are looking forward to hosting the *Federation Walks* around Dent on 1st October when we will again require lots of help from members to serve teas and light snacks to all those participating.

The AGM is not far away, and members were asked to consider their nominations for the committee and indeed, perhaps, to volunteer to be a committee member.

Dentdale took a leap into the technological age when our speaker Ruth France asked if she could give a 'Power Point' presentation using a computer and white board! Ruth had trained as a masseur and after the troubles in former Yugoslavia, went out to Sarajevo with the charity Helping Hands. The misery and conflict witnessed of the war in this country were described to us. We all agreed that it is sad to see how low man can sink in his behaviour to fellow man when the thin veil of civilisation is torn apart.

Ruth conveyed to us the benefits that she could offer by touch to the healing process to many women. Freda Meakin who had known Ruth since her first trip to Bosnia gave the vote of thanks.

There was a good entry for the Competition for a favourite head scarf and Nancy Murdoch's scarf was judged to be the winner. Nancy also won the raffle prize!

Next month on October the 12th the Speaker will be Margaret Eastlick with her view of the Corsican Landscape. Any new members or visitors always welcome.

CRICKET, LOVELY CRICKET.

Well, the weather might not have been all we might have wished for but what a great Summer it has been for English cricket! How super it is to know that so many more people have started to show an interest in the sport as a result of the Ashes Series. Channel Four's coverage is well done and Mark Nicholas a very worthy presenter. Geoff Boycott's often 'know it all' commentary and analysis is sometimes a bit hard to take but as one of the Country's most brilliant opening batsmen and prolific scorers of runs, I suppose he has earned the right to pontificate at length.

Geoff is, of course, a Yorkshireman and perhaps one of that County's better

known sons. I, on the other hand, am a Yorkshireman and one of the County's little known sons. Whatever his boyhood memories of Yorkshire cricket are, I am sure they differ somewhat from mine!

I was born in Sedbergh in 1946, in the days when that newly-twinning European town was proud to be in 'God's own County'. Like Geoff, I was qualified to play for the County when qualification depended on the right birthplace but sadly, unlike Geoff, they never selected me. My cricket was learned on the 'playing fields' of Sedbergh so perhaps my skills were not so finely honed!

In the 1950's, Thornsbank estate was my 'home ground' although away matches could be played on any available space when visiting friends. Thornsbank sported two venues that took some beating for quality of pitch! The road at the top outside Cedric Wrothall's, with the wall handy for a wicket and the road lower down near the terrace and end houses, wherein dwelt such famous test cricketers as Ralph and Richard Horne and Colin Sedgewick. I hope my former team-mates will forgive mention of their names as I hope others will forgive lack of recognition. Age plays tricks with the memory even for great cricketers!

Oh, but we were all great test cricketers in those days! We'd seen the West Indians create such a stir in the early '50's and all bowlers had to be Sonny Ramadhin or Alf Valentine. Batsmen were invariably Len Hutton or Peter May and wicket keepers Godfrey Evans. Cricket, lovely cricket, at Lords there we saw it.'

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We played continuously during the long, hot Summers and didn't they always seem to be so in those days? 'Bad light' meant it was too dark to see and we stopped only for meals and bedtime. In the light evenings came the big brothers and dads home from work to be instantly transformed into the senior team, playing with us until dark or until cries of 'Your tea's ready !'..or..'It's time you were in bed!'

As a pupil at the British School, there was one other important ground i.e. the recreation ground where now stands the People's Hall. On the odd occasion that Mr Downhill (yes, many will remember him) was in the right mood, we boys trooped in our crocodile down to the field for some cricket.

The 'square' was a hard concrete strip with many pits and potholes. The cricket ball (oh yes, we used the real thing) shot off at many strange and dangerous angles putting the batsmen at some personal risk. However, despite not having the modern safety requirements of helmets and body 'armour' we learnt the mysteries of forward defensive strokes, cover drives and the like and to bowl overarm with some accuracy. Freddy Trueman's skills may well have been acquired under such conditions but I doubt very much if Shane Warne had to endure such problems! It has to be said that our bats, pads and balls, stored as they were in the old shed in the school playground, were in various stages of dilapidation!

'Proper' cricket did, of course take place in Sedbergh and the sight of players in

'whites' on the green swards of Sedbergh School in Loftus Hill was enough to swell the hearts of all lovers of the sport. A brief introduction to playing 'properly' at Q.E.S. gave way, in my case, to a move South at twelve to where cricket took second place to football, football, football. Even this was somewhat alien as Kirkby offered rugby, rugby, rugby!

I don't know if any of my team mates from those halcyon days of the 1950's are still aging gracefully (or even disgracefully) in Sedbergh. If they are, perhaps they too share my memories of Yorkshire cricket rather than those of Geoff Buoycott.

One can but hope!

Brian Hutchings

Thornbank C.C. 1953 - 1959

British School C.C. 1951 - 1957

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Sedbergh United Charities makes grants to young people to help them after they have left school and are training for a career. This includes those studying at universities, etc., and those serving apprenticeships. To qualify applicants must be under 25 year old and reside in the parish of Sedbergh. The closing date for applications is 16th October. Please apply giving your details, including address and date of birth to:-

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Sedbergh United Charities
31 Loftus Hill
Sedbergh,
Cumbria LA10 5RX*

PEPPERPOT CLUB

September 4th was an idyllic Sedbergh day and ideal for the Sunday afternoon Pepperpot Concert at 2.45pm at St Gregory's Church, Vale of Lune, Marthwaite, the first of two concerts promoted by Sedbergh Pepperpot Club during Sedbergh Festival of Books and Drama. We were delighted that so many people came, both from Sedbergh and from further afield, including several who had attended services there in the past. The church was comfortably full and the sunshine outside meant that the beautiful stained glass windows could be seen to full advantage.

The programme began unannounced with the Bach Suite in C for Unaccompanied Cello, a lovely way in

which to bring the church to life again after its long period of silence. Jeremy Lamburn was the soloist, taking the place of Kalina Dimitrova who, to her great disappointment, was unable to come to Sedbergh at that time. The Vaughan Williams settings of A E Housman's poems *Along the Field* came next on the programme. These were written at the time when some of those whose names are recorded in St Gregory's lost their lives in the First World War. The performers were Nicholas Hurndall Smith (tenor) and Julian Cann (violin). A short interval followed during which something was said about the history of the church and its stained glass windows.

The second half was in somewhat lighter vein with duets for violin and



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cello by Beethoven and Bartok, and songs and airs from the British Isles, including items arranged by Roger Cann, and the concert concluded with the soloists combining in a performance of his beautiful arrangement of *The Last Rose of Summer*, written especially for the occasion. The audience were very appreciative and we hope to put on another concert sometime in the future.

Mrs Woof from the Weathercock next door to the church, who opens up the church on a daily basis and keeps it in good order for the Churches Conservation Trust, was kind enough to provide water and electricity so that we could all enjoy tea and cakes after the concert. We are very grateful to Mr and Mrs Robert Thexton for the loan of their field for parking and to everyone else who helped to make the occasion a success, including the makers of all the delicious cakes!

The Churches Conservation Trust kindly provided a grant towards the St Gregory's Concert and Making Music helped towards both concerts for which we are very grateful. The proceeds from the two concerts have made a useful contribution to the Pepperpot fund for young musicians.

The second concert took place at St Andrew's Church Sedbergh on Wednesday September 7th at 7.30pm and was given by eight students, all highly skilled on their instruments. During that afternoon, they had provided a delightful hour of music with audience participation for the whole of Sedbergh Primary School. The evening concert was well attended and the audience clearly enjoyed





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Richard Strauss's *Till Eulenspiegel* in an arrangement for chamber group, Mozart's *Dissonance* Quartet and the well loved Schubert Octet. The performers were part of the Vacation Chamber Orchestras

(VaCo). Some plan to make their career in Music, but two of the players are on their way to becoming Doctors of Medicine! Different groups, depending on what works are to be performed, come together during the vacations

for courses during which they give a series of concerts, the proceeds from which pay their fees for the courses. This particular course culminated in them taking part in a concert given by the St Cecilia Orchestra in Ripon Cathedral. Several Pepperpot members went to the concert which included Richard Strauss's *Four Last Songs*, with Lynne Dawson as soloist, and Rachmaninov's 2nd Symphony.

Saturday October 15th is the date of the Pepperpot Coffee Morning at the URC Rooms. Please find the advert on Page 15 in this edition and come along and support!

Shirley Smith

TIM FARRON MP

Affordable housing was one of the major issues that people brought up when they met me on my tour of the constituency, many people came to see me to tell them about how they and their family were living in rented accommodation because they could not afford buy around here, As many of you know this lack of affordable housing in the area is an issue that I am devoting a considerable amount of my time. I raised it in some of my very first letters to Government ministers after being elected and featured heavily in my maiden speech. I will continue pursuing this issue with all the energy I can muster until we start to see the Government doing

something about it in a way that benefits rural communities and not just the people in towns and cities.

At the Liberal Democrat Party Conference in Blackpool, I met with Shelter, the charity for homeless people, to discuss with them whether there was anything that they could do to help in this area.

In this part of the constituency, the Yorkshire Dales National Park Authority has been at the forefront of exploring new innovative ways to ensure that there is affordable housing available for local people and ensure that young people are not forced away. A lot of this work relies heavily on local occupancy clauses to ensure that any housing created does not

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get sucked into becoming a second home or a holiday home when the first residents move on. For these local occupancy clauses to work they must be treated seriously and applied rigorously. Just recently people have been drawing my attention to one or two cases where people from outside the area have been purchasing property with a local occupancy clause on it. This is sad on two levels, it deprives people of accommodation that is rightfully put aside for them but also it means that there are people around here who cannot think beyond the need to make money and will break the rules to do so. When they bought their properties they themselves benefited from the local occupancy

clause, to deprive others of this benefit in the future is unsupportable and I will do all in my power to stop this from happening.

If you know of any other instances of people getting around these rules and agree with me that this should not be tolerated then please let me know and I will see what I can do. Rest assured that your correspondence will be treated in the strictest confidence.

If I can help you with this or any other issue then please contact me. You can reach me at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk

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**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers have had an *extremely* busy summer, so no reports from June to September! Sorry about that.

Not only has the very varying weather given the bees, and therefore the beekeepers a trying time, but the club has grown very rapidly again this year; we now have 33 members, many with spouses that are beekeepers in their own right, a total of 43 active beekeepers, nearly twice the number we had in 2002. This has meant many new apiaries to set up and lots of new and novice beekeepers for the more experienced beekeepers to help and advise. Fortunately we have had plenty of swarms to give to the new

members, all of which now have at least two colonies. We have again successfully run a 'bee bank', rather like the 'lamb banks', twenty-one requests for bees have been met from either members' swarms or from the general public ringing up to say they have a swarm in the garden and can we come and take it?! The furthest was from Kirkby Stephen!

Each month we have held very enjoyable apiary visits mainly at the new members' apiaries. Each time there was so much of interest for both new and experienced alike to see. We also had another live bee demonstration at Sedbergh Gala that attracted a large audience both inside and outside the bee-proof tent. As we couldn't keep the demonstration hive open too long,

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otherwise the young brood - eggs, larvae, and pupae, that the bees keep at 35C inside the hive, would cool down and be damaged, Tommy Brooks had his hands full showing both adults and children in bee-suits as much as he could with the hive roof back on again!

This year we held our Coffee Morning on 24th August, later than usual in order to have some fresh honey to sell. Thank you to everyone who came and helped to give us a record addition to club funds, as well as £80 that was raised to send to "Bees for Development", a new charity to help poor people in the third world, especially those affected by natural disasters such as the Asian tsunami, to re-establish their apiaries and build new ones to provide their families with one of

nature's best foods as well as beeswax for candles where electricity can be very unreliable.

Most members have now taken off and bottled this year's honey crop. For most it has been a very good one in spite of the weather chopping and changing all the time. It is particularly gratifying to hear that the new members that started with a swarm in May or June have each been able to take off 30-60lbs of beautiful honey in their first year. The flavours are excellent! If you would like to see the results and judge for yourself, come to our 5th Annual Sedbergh Honey Show, on 24th October at 7.30pm in the Sedbergh People's Hall committee rooms.

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THAT BLOATED FEELING

Recently, I looked back through my records to determine which conditions are the most common amongst my acupuncture clients. The purpose of this was to inform one of the local Tai Chi teachers, who is developing a set of health improvement exercises tailored to specific requirements. The symptom picture occurring most frequently came under the heading of "abdominal distension". This refers to a feeling of bloating, fullness or discomfort in the area of the digestive system, which may or may not be accompanied by actual swelling. It may be difficult to locate exactly and may be felt in different areas

at different times.

The digestive organs, as seen in Chinese medicine, have a difficult act to perform: the food to be digested must be moved downwards, but at the same time the pure clear energy, which is the product of the absorption of nutrients from the digestive system, must move upwards in order to promote good posture and clear thinking. This is summed up in the delightful phrase, "the raising of the clear and the descent of the turbid". Abdominal distension can occur if this dual movement, which is known as the "Qi mechanism" is obstructed in any way. (Qi is pronounced "chee" and refers to the motivating energy of the body.)



Sedbergh Community Development Centre

* Courses for Autumn *

***** Create Christmas Cards on Your PC ***** A fun workshop learning how to make your own cards! Add photos, graphics and text. Saturday 12th November 10 - 1pm

Introduction to IT - Word Processing: Learn how to use your PC to write letters, reports etc. Monday 31st October, 7 - 9:30pm, 4 weeks

Introduction to IT - Spreadsheets: Create home accounts, membership lists etc using Microsoft Excel. Monday 28th November, 7 - 9:30pm, 4 weeks

Advanced Photoshopping - Tips & Tricks: Getting the most out of your digital pictures using Adobe Photoshop. Wednesday 2nd November, 7 - 9:30pm, 6 weeks

Dress Making with Liz Rice

Transform designs into reality by learning basic pattern cutting, dressmaking and tailoring skills. Monday 31st October, 7:15 - 9:15pm, 6 weeks

DIY Drama with Stuart Manger

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Spanish for Beginners - FREE Taster: Monday 17th October 7:30 - 9pm

8 Week Course: Monday 31st October, 7:30 - 9pm with Judith Bush

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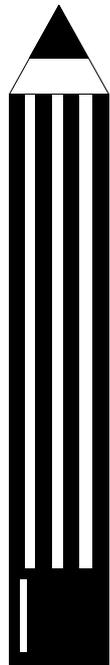
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An obstruction to the correct movement of Qi can occur due to weakness of the digestive system, due to an accumulation of fluids or because of constipation. Poor digestion is a common component. This is usually due to a combination of digestive weakness and poor eating habits. It helps to avoid eating or drinking too much, to limit consumption of rich foods and to avoid cold foods or foods which are otherwise hard to digest. Some people notice a definite correlation between eating certain types of food (most commonly wheat and dairy produce) and feeling bloated. In this case it is advisable to eliminate these foods from the diet until such time as the digestive system is strong enough to

cope. Eating irregularly, while driving, working or surfing the internet and eating late at night should all be avoided.

Some people notice a worsening of their symptoms if they are under emotional stress. Frustration, anger and anxiety can all contribute to tension in the smooth muscle of the intestines which can cause bowel disturbances. Worrying, excessive thinking and academic work all weaken the digestive system.

Exercise stimulates the correct flow of Qi and moves blockages. If your symptoms are worse when you are tired, you should begin with light exercise. If the problem is more one of sluggish digestion and fluid accumulation you will

(Continued on page 44)

probably find that building up to a reasonably vigorous exercise routine will help. A combination of internal exercise such as Yoga or Tai Chi with outdoor exercise such as walking, running or cycling is probably most beneficial.

It is said that women tend to suffer from abdominal distension more than men, though I think this is debateable if the effects of beer drinking are taken into account. However, it is certainly true that many women feel bloated when they are premenstrual and it can also be a problem for women taking contraceptive pills or HRT. If you otherwise feel well, slightly increasing your level of exercise might help with this.

Massage can relieve symptoms and

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stimulate the correct movement of Qi. I would suggest beginning with small circular movements around the navel, gradually increasing the size of the circle. Massaging upwards on the right and downwards on the left side follows the natural movement of the large intestine. Certain acupuncture points can usefully be held or massaged. The main points I would recommend are those on the midline, especially the point midway between the bottom of the breastbone and the navel. Other useful points can be found on the line running from left to right, either side of the navel. In acupuncture treatment points on the legs and feet, which influence the Qi mechanism, would also be used.

If you would like to discuss this subject further, or if you have ideas for future articles, please phone me. My number is (015396) 20972.

June Parker

BARCLAYS BANK PLC
Barclays Celebrates a Century
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Barclays Bank celebrates ONE HUNDRED AND TWENTY FIVE YEARS of serving Sedbergh on 3rd October 2005 and would like to thank all the staff and customers who have passed through the doors during the last 125 years. The Sedbergh Branch was opened in 1880 though not on the site it now occupies which it moved to in 1955.



Tina Allen, Branch Manager at Sedbergh commented "To provide banking services to the people of Sedbergh for over 125 years is quite an achievement. The branch has had significant recent investment, with more to follow, to equip it for the next 125 years."

Things have definitely changed since 1880 and technology has had a major impact on banking. The thought of Barclays having over 4 million on line customers in 1880 conducting transactions across the world or from the comfort of their armchair would have been inconceivable. While traditional banking may have changed, Karen Holmes and Helen Brockbank at Sedbergh branch still pride themselves on

great customer service and a commitment to the local community.

Miss N. M. Capstick, one of the longest serving customers said "From day one the Branch have always been very helpful and even more so now because of difficulties with my sight. I wish you all the best."

The staff will be celebrating for two weeks commencing 10th October 2005 and will have displays of memorabilia inside the branch. Customers are invited to join them cut the celebratory Anniversary cake and to take a walk down Memory Lane. Light refreshments will be served and all the staff are looking forward to celebrating with their customers throughout this period.

Tina Allen, Branch Manager



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A SEDBERGH VIEWPOINT

It seems hardly a month ago that we were looking forward to the Sedbergh Festival of Books and Drama (to give it its proper title) and now it is past and over. I hope that all those who put so much work into organising it feel well rewarded and enjoyed the outcome of their labours. I haven't heard too many comments on the street but what I have heard was generally positive though the drama and music seemed to have scored higher than the book events. As ever the Town Band was greatly appreciated and their concert with the Slovenian band enjoyed by many. Samo's Choir was the subject of much praise and a wonderful enhancement to the Market Fayre which in my hearing had attracted people from

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some distance. The Dinner Theatre play has been described as hilarious and Stuart Manger's *The Bench* (Snapshots from Main Street Life) played to appreciative audiences. It certainly struck a chord with many who attended. An apt observation of Main Street happenings presented with a touch of humour but with an underlying presentation of social and cultural issues affecting us all from youth to old age. Two old men reminisce their youthful courting days and what might have been if they had married their old flames contrasted with pressures on young people today and every stage of life between including parenthood and its problems. But do we really have a drug problem amongst our youth? I do hope not.

Overall there was something for everyone packed into three weeks including the annual Art Society exhibition and the History Society's fascinating exhibition. The art was to its usual high standard and the History Society members' research projects covered many aspects of local history in some detail, it was difficult to absorb it all in one visit. The Dent Gala programme contained some history notes

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too, and since in last month's *Lookaround* I referred to the present decline in bank opening hours in Sedbergh it was apt to read that as late as 1930 Dent had three banks and Dent town was bigger and more important than Sedbergh. Are we sufficiently aware of the subtle changes to our local society and culture which occur day by day, year by year? It seems that our local police force is soon to lose its local identity and be submerged into a regional structure. Could our local Police Station be closed?

It was noticeable that summer seemed to end rather abruptly when the festival ended and England regained the Ashes. The next day a friend in the building trade went to work dressed in t-shirt and shorts as he had the day before only to return home feeling extremely cold and foolish. So autumn has arrived, darkness descends earlier every evening and at the end of the month we will make it even worse by putting our clocks back an hour. The schools will have their half-term break this month too so winter can't be far away. What a thought. One pleasant thing about October is that we are in the Harvest Festival season. Whatever your view of creation we can all marvel at seedtime and harvest and give thanks for it at this wonderful time of year. There is still time to get to one of the local churches' Harvest Festival or Harvest Sale or Harvest Supper. We have wonderful country all around us, farms and gardens too, so let's appreciate it in the traditional way. Best wishes *N Hastle*



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DISTINGUISHED OCTOGENARIAN

(The second in an occasional series about some of Sedbergh's Senior Citizens who are over the age of eighty and who have led interesting and exemplary lives.)

Settlebeck School was referred to some years ago as "the jewel in Cumbria's crown" because of its high quality.

The building which forms the core of the school is the birthplace of Richard Gladstone, a man who returned to Sedbergh in 1986 after many years in the wider world. Dick, and his sister Mary, were both born in Settlebeck and spent their early years living there. His ancestry is shared with British Liberal Prime Minister William Ewart Gladstone (1809-1898). Dick was born in 1922 soon after his father bought Settlebeck

House from the Bousfield family . Arthur Gladstone had been a banker in Paris but had become a teacher and first came to Sedbergh in 1917 to succeed Mr. P.A. Thomas as head of the Preparatory School, Sedbergh, which then occupied The Terrace in Main Street. The family home was Brackensgill which we now know as Marshall House. However, Mr. Gladstone bought Settlebeck House and converted it into the Preparatory School, Sedbergh. He built classrooms and dormitories on to the west end of his very pleasant country house, which in those days had sloping lawns down to the River Rawthey - now levelled to form the Settlebeck School playing field. What is now still known as The Cottage, Sedbergh's Community Development



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Tuesday Nights

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Centre, was originally the school gardener's cottage.

Dick was born at Settlebeck at the end of the school's first term there. He attended a few classes there up to the age of seven and a half, but recalls his childhood as very much a life out of doors. He remembers youthful bike rides along roads which were virtually traffic-free and inventing games under the monkey puzzle tree still standing in the grounds. Dick started as a day boy at the Preparatory School, Sedbergh, in 1930, but left to go to boarding school at Yarlet Hall, near Stafford, in 1932, probably because his father thought it better not to have his son in his own school. There are at least two other "old boys" of P.S.S. still living in Sedbergh. After being Head Boy at his prep school he moved on with a scholarship to Uppingham, where his father and grandfather had been pupils before him. Two things greatly influenced Dick at Uppingham : the strongly Christian ethos and the important role played by classical music there. He recalls singing in the chapel choir, a pursuit he continued to follow until very recently here in St Andrew's Church, Sedbergh.

University followed. In 1941, Dick took up a Scholarship to Clare College, Cambridge, to read Classics. He had a profitable first year as an undergraduate - taking up rowing and singing in the college choir (then conducted by the organ scholar, a fellow undergraduate) - but found time to work and gained First Class Honours in his Classics prelims. Then came the great interruption. After a very successful first year, Dick was called up in June 1942 and went to an

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army base at Wrotham in Kent. Linguists were perceived to be useful to army intelligence so he was temporarily discharged from the Army to study Modern Greek at Oxford for a year. Thereafter he found himself posted to Port Said, where, as well as managing to swim in the warm Mediterranean, he also sang in the church choir, in February 1944 he came to the end of the "longest hitch-hike in his life" when he arrived in Tripoli, capital of Libya. All this travel fed his growing interest in other lands and, when eventually Dick was allowed back to Cambridge to complete his studies, it was to Geography that he turned. His first teaching post in 1948 was Geography with some Classics at Framlingham College in Suffolk.

Most of Dick's teaching life was spent at Rossall School. He worked there for nearly thirty years, rising through the ranks of housemaster to Vice-Master and Acting Head for a term. He made outstanding contributions in many areas of school life, as one of his colleagues said, "always without drama but with all-pervading competence". He had been licensed as an Anglican Lay Reader in

(Continued on page 50)

1952 and his Christian faith has always been very important to him. He undertook a great deal of voluntary youth work, attending youth camps in school holidays for thirty years. He took up the cello in 1952 and has either played or sung in many major choral works. He retired from Rossall in 1980 and returned to Sedbergh to live in 1986.

The name GLADSTONE is an enduring part of our town because of the sheltered housing named after Dick and Mary's father, one of the first of its kind with a resident warden in the UK. Mr. Arthur Gladstone, who spent his later years living on Highfield Road, made a great contribution to the life of Sedbergh as Chairman of the Bench, Church Warden, Lay Reader, and Chairman of Sedbergh

Rural District Council. He was succeeded in this by Jack Dawson who was the last Chairman of the now-defunct Sedbergh R.D.C.

Dick Gladstone is pleased he came back to Sedbergh. He looks back on his life with much satisfaction. The common factor linking both his teaching and his preaching is the sharing of his enthusiasms - he loved his geography and loved to share it, also his Christian faith. His faith spilled over into his daily life as a teacher, leading a former Head of Rossall, still a friend, to write in a recent postcard Dick received about how good it had been to have such "a wise and a good man at the heart of the school".

George D. Handley

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PHOTO CALL

This month I was not sure what to expect with the old photo of the Home Guard so I was delighted to receive a phone call from one of the ladies who was actually on the photo (Sybil Byers from Penrith) Byers was her maiden name.

She was able to give me some names and also much interesting history about the photo. It was Sedbergh Home Guard or a division of it. A phone call from Les Robinson in Kirkby Lonsdale said it was derived from the rifle club, and also gave me another name. I was unaware that when Coventry was badly bombed in the 2nd World War that Armstrong Siddeley took over Farfield and Millthrop Mills, bringing their workforce with them. They made parts for tanks. The workers were originally housed with locals but eventually the prefabs at Pinfold and Maryfell were built for them and their families were able to join them.

Left to right top row: Bunny Downhill, George Braithwaite, xxxx
Middle row: on bike, Edward Nelson

Capstick, Margaret Howell, xxxx, Sybil Byers, xxxx

Front row: xxxx, Mr Fishlock, Percy Pickering (from Coventry)

Bunny Downhill was the son of the dreaded Mr Downhill, one time headmaster of the British School.

George Braithwaite (brother of the infamous Sid) was the officer in charge

Many thanks for all the information, I have found it fascinating.

Regarding the Settlebeck photo in the July edition. I had one name left to identify and someone thought it could be the late Ann Drinkall. What does anyone else think? Ann and I were great friends and she was one of my bridesmaids but I don't think I knew her when she was at Settlebeck so didn't recognise her. I would love to know who it was..

This month another Settlebeck photo from about 1950. I can't identify anyone on this but some faces look familiar so I need a lot of help here. I can be contacted as always on 015396-25001, or at Walnut Bungalow, Dent, LA10 5QT or by e mail shirley.tebay@btinternet.com





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FAMILY MUSINGS

Cleo has got a Toy-Boy, his name is Gerald he is a Cocker Spaniel like herself and he lives at Mewith, near Bentham, they meet when she goes for her shampoo and dry and clip, and although he first saw her looking like a big shaggy teddy-bear this has not put him off! His "mummy" is Trish who transformed Cleo back into a Cocker Spaniel and is the person most natural around dogs I have ever met, going to her home is a treat for me and as for Cleo.. well she wined when we left and Gerald wined at the gate and a visiting Black Labrador just stood by and watched, every-so-often swiping the Spaniels across their faces with his tail which did not go down to well.

What an amazing celebration of son and T's wedding we had here in the garden, somewhere in the region of 90+ to afternoon tea in glorious sunshine, once again my bed in the summer hs was much admired as a lovely place to escape, then

well over 140 to supper and for a while the midges fed well too! Then the darkness got darker and the midges left and someone who could not really see the buffet helped themselves to a spoonful of cheese and put cream on it! We played disks of wedding pictures on the tv and computer and a lap-top and everyone crowded inside to see them, two family friends came over from Keighley and appreciated the dry weather as their previous visit was to Grannys funeral through the floods.

Our loved ones who have 'passed on' are never far from our thoughts and I am sure that I wasn't the only one to think of Granny and Grandpa over the wedding celebrations. A friend has just died in the village, she worked for Dad in the shop for many years and our children remember her giving them cherry drops and talking to them when they played on the Green, another link with our loved ones and the sense of knowing how her

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sons and family will be at the moment
and hurting for them.

Life sets a fast pace in this family, elder
daughter is living in Huddersfield and
working in Leeds and hubby and I are off
across for Sunday lunch, younger
daughter is busy out and about working
here and there and got her Dad roped in
for late night, or was it early morning(?)
transport back from the County Show! I
really enjoy my job, supporting Carers,
but all the paper-work is threatening to
overwhelm me, all the notes and records
that have to be kept, then there are the
courses to attend but the most recent one
was very very good, more like that
please. So, sometimes I work at home
and get caught up, until I go to the office

to collect my messages, and off we go
again!

Still have to pinch myself sometimes,
me working in an office, using a
computer, talking with Social Workers...
beyond my wildest dreams! (I have had
some odd ones over the years!) but I
know we make a difference for good in
peoples lives and I can live with the
hectic pace! The big party we had
reminded me how easy it is to loose
touch with friends and that frightened me,
friends are very special and I need to
work at the keeping in touch, perhaps
drop some committees!

Enjoy times with yr friends, and to mine
I say, I am here!



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SEDBERGH TOWN TWINNING

On October 4th, 2004, Sedbergh voted for its choice of a 'town twin'. Zrece in Slovenia was the winner. Jollifications, lots of hard work, real community spirit, people meeting people – all that. So what happened next? Well, all this happened next:

2005

BBC 2 TV series on Town Twinning
January / February

Sedbergh TT Group funding dinners at
Oakdene / late Winter / early Spring

George Handley runs Slovene Language /
Culture acclimatisation classes

Settlebeck Y9 to Zrece March / April

Cautley Carollers in Zrece / April

Visit of HE Slovenian Ambassador to

Sedbergh

Evolution of Child Protection Policy /
May

Twinning Charter signing in Zrece / May
Town Twinning Group forms Executive
Committee / June

Zrece School in Sedbergh for Settlebeck
exchange / June

Zrece 4-man singing group to Sedbergh /
July

Visit of Samo Ivecic Choir to Sedbergh
for Book Town Festival, etc / August

Sedbergh Town Band tour in Slovenia /
August

David Burbidge's Slovene songs tutor
evenings / Autumn

David Burbidge – Singing Group holiday
in Slovenia / December 22-29

..... and ahead?

2006

Settlebeck Y9 to Zrece / February 11th - 17th

Zrece School to Sedbergh / Settlebeck / June

Twinning is here to stay, and we are beginning to see the fruits of all that hard work and publicity. Many of the Slovenians who visited in August were charmed and delighted by Sedbergh, surprised at relative ease of transport from their own country to UK. The children on the various exchanges have formed good friendships, and as the rolling programme of Settlebeck's Cultural Exchange Programme gathers momentum, a whole series of generations of Sedbergh citizens will have a hands-on experience of twinning. Events are being planned for this winter and well into the Spring of 2006, so do watch this space, and support the Membership scheme (Susan Garnett on 21138) which offers an inside track to those wishing to visit

Slovenia. There are plans afoot to investigate EU funding, more musical exchanges, walking groups, and skiing.

Stuart Manger

(Secretary Sedbergh Town Twinning Group)

DENT GRAMMAR SCHOOL EDUCATIONAL BURSARIES

At their meeting on 12 September 2005, the governors of Dent Grammar School Educational Foundation were pleased to be able to award the following grants for educational purposes to 11 young people who live in, or went to school in, Dentdale.

8 of £450 for those in the 17 to 25 age group and 3 of £150 for those in the 11 to 16 age group.

A grant of £1000 was also made to Dent Pre-School Association to support the local Nursery and Playgroup.

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SEDBERGH TOWN BAND

Visit of Slovenian Choir

The Town Band were able to renew the strong links forged with Sedbergh's twin town, Zrece, when they joined forces with a visiting Slovenian choir in a concert which was part of the recent Sedbergh Festival.

The concert, featuring the choir Vladko Mohoric Zrece, was appropriately billed as 'Slovenia and Sedbergh Band Together'. The thirty strong choir arrived in Sedbergh for a four day visit accompanied by Zdenka and Samo - both familiar and popular figures following their initial visit to Sedbergh almost exactly a year ago when they were acting as ambassadors for Zrece in the search to find a twin for Sedbergh.

The concert, held in St. Andrew's Parish Church on Monday 29th August was well supported by members of the Sedbergh community and visitors alike. The enthusiastic and responsive audience were treated to a most attractive and imaginative programme, the first section of which was exclusively the Slovenian choir singing a selection of folk and national songs. After half a dozen of these they were joined by eight people who had earlier in the day attended a singing workshop in the People's Hall run by Samo and his choir. In the course of the morning and afternoon sessions they had learnt three Slovenian songs (in Slovenian), and these they sang with the choir.

After an interval for refreshments the second half of the programme commenced with the Town Band accompanying the choir in a rendition of

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'Dan Ljubenzni', a Slovenian love song. The band then had centre stage and played a number of tunes from their expanding and diverse repertoire. Jazz was represented by the delicate, restrained syncopations of Duke Ellington's 'Mood Indigo' and the blues number 'Lazy Trumpeter' featuring the solo playing of Fraser Precious. In contrast was the ever popular exuberance of 'Eye of the Tiger' and 'The Great Escape'.

The official programme ended with the choir joining the band in an electrifying performance of 'Bridge Over Troubled Water' in which the choir certainly confirmed the impression that they were a group of exceptionally talented performers.

The demand for an encore was satisfied by the band and choir combining again in a number which translates from the Slovenian as 'Now It's Time for Leaving'.

This was a most successful evening and it is to be hoped that there will be many more occasions in the future when Slovenian and Sedbergh groups share the stage.

G. B.

JACOB'S LADDER

The first Jacob's Ladder of the new term got off to a good start on a warm and sunny afternoon. Revd Chris Low, the Deanery Youth Co-ordinator, came to visit and joined in the sports. Linda Fawcett came along to teach us how to play rounders. We divided into two teams, nine children against nine grown-ups. After some warm-up practice at throwing and catching, the children's team batted first. Fielding was not the grown-ups strong point. After six, we lost count of how many rounders the children scored. When the grown-ups came in to bat, 'somebody' hit the ball over the hedge and we had to stop and search for it. Revd Boyles came to the rescue when he brought new tennis balls from the Vicarage, and we began again. The children had named their team 'Winners' and so it proved.

When everyone was hot and exhausted we went into the hall for some refreshments. Revd Widdess showed us what happened at the Xpedition Force Holiday Club that met in Sedbergh for a week in August. We learned some of the songs, and saw a video of all the crafts, drama and activities.



We tried one of the activities. Five pieces of fruit were hidden under a mountain of whipped cream on a plate – one plate for each volunteer. The challenge was to eat all the fruit without using your hands. Four people did it, but no-one wanted to have a photograph taken with their face covered in whipped cream!

We closed with a prayer at 4:45pm, but no one felt like going home, so some of us built models from technical lego and others held more relay races on the field.

All the children said they enjoyed playing lots of different games. At next month's Jacob's Ladder, on 16th October at 3:30pm in Dent Memorial hall, we will have a full-size parachute to use, plus technical lego and some new games using balloons.

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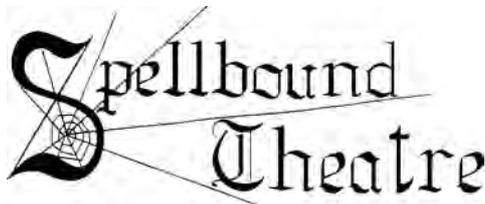
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**PREPARE TO BE
SPELLBOUND AGAIN**

After a brief period 'resting' since their last appearance on the bill at the 2003 Dent Folk Festival with the perennially popular 'Settle-Carlisle', Spellbound Theatre are preparing to raise the curtain on their next production.

Rehearsals have started for 'The Great Santa Kidnap' by Roy Chatfield. The show is a Christmas comedy suitable for all ages and follows the exploits of two children as they join Santa's chief elf and his reindeer in the hunt for Santa, who has been kidnapped on Christmas Eve! Will they find him in time to deliver all the children's presents? The cast features a mixture of Spellbound regulars and many new faces drawn from the overflowing well of new talent in the area.

Since their formation in the early 90s, Spellbound's aim has been to bring quality theatre to the local community. Their range has always been diverse, from the challenging and thought-provoking 'Vinegar Tom' by Caryl Churchill, through the historical and moving 'Settle-Carlisle' by Kim Lyon – founding member, director and guiding



light – to the out-and-out entertainment of pantomimes such as 'Mother Goose' and 'Sleeping Beauty', also from the pen of Kim Lyon and '1,001 Arabian Nights', their last Christmas production.

Having toured extensively in the past – including to the Edinburgh Fringe – this year's show carries on that tradition by bringing the theatre to your doorstep. They'll be at Garsdale Village Hall on December 15th, Dent Memorial Hall on the 16th and at Settlebeck High School on the 17th and 18th, with a matinée performance on the afternoon of the 17th. Watch out for posters and adverts nearer the time for further details.

Finally, a request. Spellbound are looking for new premises to store their range of costumes, props and scenery etc. If you have any space available, which must be dry and secure (and cheap!) telephone Andrew on 07788 688490 or email spellbound.theatre@virgin.net.

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SEDBERGH SCOUTS @ EUROJAM

Five Scouts and one leader from Sedbergh joined other Scouts, Guides and leaders to represent Cumbria at Eurojam, the biggest international camp held in the UK for nearly 50 years with 10,000 attendees from 68 countries across the world.

We had 12 days of non stop activities. Three were offsite: firstly, "Gilwell Adventure" where we experienced climbing/abseiling, grass sledging, archery, scouting skills, trampolining, water slides and "Challenge Valley", an obstacle course built specially for Eurojam (and yes some of the leaders made it round). Secondly, "Splash!" was a day out at Alton Water in Suffolk where



we enjoyed water sports such as sailing, windsurfing, kayaking and bell boating as well as land based activities such as water slides, mountain biking, inflatables and water mayhem. Thirdly, "Starburst" involved taking part in a community project such as clearing a pond, tidying up a beach, clearing woodland or renovating a local scout campsite.

On site activities included learning crafts, games and skills from all over Europe at "Euroville", learning circus skills at "Energise", and learning about different religious faiths at the Faith and Beliefs area. Global Development issues such as world trade, conflict and our impact on the environment were addressed. "Globuses" (Red London buses) stationed around the site offered the chance to look at issues such as poverty, children's rights, travel and

tourism and healthy living.

However, the most rewarding parts were the unplanned spontaneous moments where fun was had and friends were made. Already e-mails are being sent to new friends from near and far, from Keswick to Kuwait. We returned home exhausted having had a great time, and many of us are now looking forward to the 2007 World Jamboree.

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FIRBANK COFFEE MORNING

The final amount raised from the Coffee Morning held at Waterside Farm, Firbank on Saturday August 6 came to £705. This amount is being divided between Mencap and Downs Syndrome Association. William, Mary and family would like to express their grateful thanks to all who supported this event. To stall holders, Coffee Makers, and washers-up, also thanks for all the generous donations. Last (but not least) to dear old Flash, who despite his 40 years, did a fantastic job! Thank you also for cards, good wishes and gifts received by Mary for her 60th birthday. Thank you all for making it a memorable day.

This article was submitted last month but was omitted. Apologies. Ed

SHIRE HORSE DAY

Another good one was had by all we think (until the heavens opened at 10 p. m.). The local charity this year for monies raised was Sedbergh Gala and a total of £690 was raised, so thank you to all those who donated money, M. Powell for donating food, and a huge thank you to Alan Lewis and Sedbergh Town Band who performed in the afternoon for everyone. The day would no go ahead without all the hard work from the staff and The Dalesman, thank you Mike and Jude. Last but not least a big thank you to John Souter who every year has created a stage in the car park for the bands to play on - thanks John; and the local residents who put up with the noise once a year. Thank you all.

Paul Hoggarth

Building Contractor



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HISTORY MATTERS

The Sedbergh & District History Society held an exhibition in August to celebrate its Silver Jubilee. Called "History Matters" it lasted four days in both Sedbergh and Dent. During the eight days it was visited by well over six hundred people, several coming back for a second time.

Various members of the society produced static displays covering a wide range of topics. Amongst these were ones on places such as Dent parish Boundaries, Akay House, Cross Keys, St. Andrew's Churches and Rantree in Garsdale. Other displays concentrated on people such as Admiral Vernon, Roger Lupton, Wordsworth, Agnes Ann Kendal of Killington Hall and the men from Sedbergh and Dent killed in the First World War. People connected with the slave trade featured in one display and another dealt with policing in the area. A locally made clock was the central feature of a display on clocks and clockmakers. The above displays, and others not mentioned, all benefited from photographs from the society's large archive. Many visitors were able to identify long dead relatives or be surprised at the changes that have taken place in the area over the last hundred or more years.

The display that produced the most response was one on Cowkeepers in Liverpool. It would seem as though nearly every local family had relatives who gave up farming in this area towards the end of the nineteenth century in order to keep cows in that city to provide fresh milk for its inhabitants.

Many members of the society who did not produce displays nevertheless gave up their time to supervise the exhibitions and to provide refreshments. The interest and appreciation shown by the visitors made everyone connected feel that their efforts had been worthwhile.

Richard Cann

SEDBERGH Y. F. C.

On the 25th August Sedbergh YFC held their A.G.M., at the Peoples Hall. This was well attended by members both past and present. The main purpose of the AGM is the re-election of the positions within the Club and these are now as follows:-

President	Andrew Rowlinson
Club Leaders	Ean Moorhouse Colin Parker Sarah Hoggarth
Chairperson	Jayne Moorhouse
Secretary	Valerie Capstick
Treasurer	Yvonne Capstick
Minutes, Press And Asst. Secretary	Emma Middleton

By the time you read this article we will already have been Go-Karting to Carlisle and to see the miniature horses at Kirkby Stephen. In October the Club Quiz's start, we are going Lazer Questing and Sheila Wolfenden from Asda is coming to give us a talk. Something for everyone surely!

Good Luck goes to Emma Rowlinson who has made it through with her flower arranging at the field day back in May and is due to attend the National Competition day down at Stoneleigh.

We are always looking for new members to join in the fun. We meet most Wednesday evening usually at the Peoples Hall at 7.30 pm until approximately 9.00 pm. Transport can be arranged. All you have to be is aged between 10 and 26 years, and willing to be part of a group of young people who enjoy having a good time, and no, you don't have to be a farmers son/daughter!! Still not sure? Then why not come along one Wednesday night and see for yourself

what we are all about, you will be made very welcome. Membership is just £10. For more information please contact Valerie on 21032.

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THOUGHT FOR THE MONTH

October always makes me think about DARK and LIGHT. Let me explain!

At the end of the month the clocks get changed and all of a sudden it is darker much earlier. We hurry home to hot meals and coal fires and hesitate to leave the warmth of our homes to attend events and meetings!

Then along comes Halloween. And yes it is fun to help children dress up as goblins and witches and goolies and ghosties and go with them knocking on doors. "Trick or Treat". But there is an underlying evil about Halloween and I am always amazed that our local churches don't put on "Light Parties".

Jesus is "The Light of the World". A personal relationship with him is far, far better than anything else, even than "Trick and Treat" but people are in the dark about all this. Parents don't realize the dangers. So what about a "Celebration of Light"??

L. D.

MILLTHROP IN BLOOM

After a year off, Millthrop entered the "Cumbria in Bloom" competition again. We were back in the Hamlet class, and the residents surpassed themselves in beautifying their houses and gardens. Special thanks must go to John, from no. 1 The Riggs, who created a wonderful set piece at the junction of the Dent and Millthrop roads. This has been admired by many a passer-by. Another outstanding effort was made by Betty Stainton, who strimmed the roadside which the Council had not yet tackled. And thanks must also go to Kath, staying at Chapel House, who weeded and swept with tremendous vigour. Once again, Margaret Milburn provided plants to those unable to do so themselves, and tended and watered them over the months. Needless to say, her own front garden was spectacular. Carol Dawbarn kept a photographic record of the various blooms that flourished throughout the Spring and Summer, and designed a booklet containing them so that the judges could see that Millthrop was full of floral delights throughout the seasons, not just at the eleventh hour. It is impossible to name all the residents who contributed to the beautification of Millthrop— it was a real community effort.

So what was the result? There was strong competition in the Best Hamlet class this year, and Millthrop didn't win the trophy this time. But it gained two other prizes – the Cumberland News runner up certificate for the Tidy Village (small) and a Silver Award in the Best Hamlet class..

Walkers on the Dales Way pass through Millthrop on their way to Sedbergh, and a



Crook View, Millthrop

great many of them stopped and took photographs of the floral displays. It is heart-warming to think that memories of Millthrop are in many an album in far-flung parts of Britain and even abroad, thanks to the efforts of the residents. Their enthusiasm was certainly worthwhile – and maybe next year they can capture the main trophy as well!

Carol Dawbarn

ZEBRAS

Zebras Baby and Toddler group are having a New to You Sale on Wednesday 19th October, from 1 - 3 pm. In the Methodist Church Room, New Street. It will be an excellent opportunity to purchase good quality second hand toys for Christmas.

If you wish to sell anything on commission please telephone Trish on 21644 or Christine on 21026, for a form or more information.

If you have anything to donate please bring them to Zebras on Wednesday 12th October or on Tuesday 18th October from 6 - 6.30 pm. Thank you for your support.

Trish.

**SETTLEBECK HIGH SCHOOL
RECORD RESULTS**

Congratulations to our year 11 students for their outstanding GCSE results this year – the best we have ever had.

76% of the year group achieved the benchmark of at least 5 A* - C grades which compares with last year’s national average of 54% and the Cumbrian average of 55%.

Our average point score was 391 compared with last year’s England average of 340 and the Cumbrian average of 345. Taken altogether 21% of all our grades were A or A* - another record.

We were placed 118th in The Guardian top comprehensive schools nationally and featured also in The Times best comprehensive schools results. We will be in the top 5 comprehensive schools in Cumbria for GCSE results.

There were outstanding personal achievements from some of our most able students with Nic Smith-Saville gaining 4A* and 6 As, Jake Dinsdale 3A* and 5As, Suzanne Escombe 2A* and 3As, Megan Henderson 7As, Emma Rowlinson in spite of her glandular fever in the weeks leading up to and including her exams gained 1A* and 5As, Jenny Forrest 5As, Cally Steadman and Megan Mattinson both gained 1A* and 3As. Likewise there were outstanding achievements from some of our students with special needs all of whom gained high results through sheer hard work and determination.

Nearly every student met their targets and achieved well and the school met its ambitious targets for this year group.

Congratulations also to our year 9

student who also broke all previous Settlebeck records by achieving in their SATs (National Tests) the following:

*	#
English 94%	71%
Maths 97%	73%
Science 100%	67%

These were outstanding results exceeding all the schools targets are likely to be the best in Cumbria and providing an excellent foundation for this year group GCSE courses.

Well done Settlebeck. Once again our students have demonstrated the very high quality of academic education that the young people of this area have access to in their local community school and thank you to our parents who support the school and their sons and daughters to achieve their very best.

* = Number gaining Level 5 and above:

= Last years national averages:

LADIES NFU

Once again, the Sedbergh Ladies NFU will be holding a Charity Evening in the People’s Hall on Monday 17th October. The evening will commence at 7.30 pm with the Preston Ladies Barbershop “Red Rosettes” followed by the Vocal Harmony Quartet “Northern Heritage”..

All proceeds from the evening will be in aid of ‘The Hearing Dogs for the Deaf’. Tickets at £4 are available from Les Maddock Insurance and The Green Door Sweetshop.

The monthly meeting will be as usual in the People’s Hall Committee Room on Tuesday 11th October when the Guest Speaker will be Mrs O Clarke, OBE, JP, DL.

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**THE CROSS KEYS
 TEMPERANCE INN**
Jenny & Peter McWilliam

Greetings to all readers of *Lookaround* magazine - we are Jenny and Peter McWilliam - looking after The Cross Keys Inn at Cautley whilst Alan and Chris Clowes are away on the Thandi project in South Africa. We are privileged to have been asked to work here and excited by the prospect of being involved with the local community.

Originally we are both from West Yorkshire (so can't be all that bad!), Jenny from Bingley and Peter from Leeds. We met in France, in the Pyrenees, on a mountain walking holiday and married the following year - 1982 - at a Friends (Quaker) Meeting in Oxfordshire and set up home in Ilkley along with Jenny's two sons - Thomas and Nenjamin. Jenny worked as a horologist - repairing and restoring antique clocks (now retired!) and Peter as a marketing executive within the European textile industry.

In 1992 we decided to try something new and moved to Aberdeenshire where we opened bed and breakfast and self-catering accommodation. Peter went on

to study for a History degree at the University of Aberdeen. Since that time we seem to be moving slowly south, first to Kirkby Stephen (where Jenny's father worked briefly during the war) and now to Cautley!

We love this area and hope to stay after our three years stint. Peter would like to work on and publish something about this area - its history and culture - as it seems to elude most guidebooks - being at the meeting point of various counties. For the Cross Keys our aim is to continue on very similar lines with the formula that Alan and Chris have successfully developed with perhaps a few changes once we are fully established. We look forward to meeting you.

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SETTLEBECK HIGH SCHOOL

Burglary at Settlebeck

On two occasions recently we have had an overnight break-in at Settlebeck. Once on Monday 27th June and more recently on Friday 16th September.

On each occasion it occurred in the early hours of the morning at about 4.30 – 5.00 am and each time the burglar forced a window and set off the alarm system. The burglar quickly grabbed some electrical equipment items and was clearly keen to get away fast because of the alarm.

If anyone has any information which could help the police with their investigation of these incidents please contact Dave Smith at Settlebeck or the Police Station direct.

If local residents see or hear anything suspicious around the school including the activation of our alarm systems, please contact the Police on 01539 722611 immediately.

events and that you will consequently be looking forward to other Book Town Events in the future.

But now I personally and the Book Town group want to thank everyone who gave their time and effort to make sure that it all ran smoothly.

Andi Chappell for design and production of literature, Liz Hilton and David Collier for other printed matter, The People’s Hall, URC and St. Andrew’s Churches, Auction Mart, & Settlebeck School for venues, Sedbergh School and John Mounsey for equipment loan, local speakers/event organisers David Boulton, David Burbidge, Martin Lewes, Stuart Manger, Anne Pierson, Jim Merchant, Dal and Matthew Dawkins, Mr. and Mrs. Gruar, Barry McKay, Dawn Robertson, Richard Cann, Donald and Shirley Smith, Ken and Claire Pope and Roger Bush and the Cautley Carollers. Huge thanks to all who took part within these groups: The Bench cast and backstage, Showing Well cast and backstage, Avril Whittle and all the volunteer stewards, Sandra Gold Wood and all the ladies who baked cakes. Special thanks to Steve Longlands, Bill and Rose who were at nearly every event with technical backup. Sue Brooks who cooked the fantastic dinner for Showing Well and her team. The singers from Slovenia and the Town Band with Alan Lewis and David Burbidge and all the musicians brought to us by the Pepperpot Club. Sedbergh Office Services. Elspeth Griffiths.

If I have missed anyone I’m so sorry but am most grateful and lastly thank you once again for supporting us by being “a fantastic audience!” *Carole Nelson*

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HUGE THANK YOU!

.... to everyone who helped with the Festival.

I hope that everyone had the chance to come along to one of the recent Festival

AN OPEN FORUM

In a changing world, religious beliefs, and attitudes towards them, are seen to be important factors in society.

This notice is to invite you to the fortnightly discussion meetings which will take place during the autumn and winter months at the home of Alf and Joan Hooper, 4 Highfield Villas, Sedbergh.

These are meetings in which people ask any questions they like about faith, doubt, disbelief, the church and society.

There is complete freedom of expression - and consequently a great variety of views. A Christian view of the questions is presented, but no attempt is made to persuade people to adopt any particular beliefs. It is all very informal. Those who have come to previous meetings have found them stimulating and enjoyable.

The meetings take place fortnightly on Wednesdays. They last from 7.45pm to 9.00pm. The first meeting in October is on the 12th of that month. You could come to just one or two meetings or to the whole series. New members are very welcome.

For further enquiries, don't hesitate to phone Rev. Bill Long. Sedbergh 20577.



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DENTDALE MEMORIAL HALL

Fantastic! £1798.01 total income from the Gala! WOW!

A huge thank-you to everyone who helped to make this Gala so special, so enjoyable and helped raise such a fantastic figure, thank you to those who worked hard getting everything to the site, erecting the stalls and side-shows and then doing it all in reverse at the end, no small job at all especially at the end of a busy day!

Thank you to all who ran the stalls and sideshows and coped with the crowds, thank you to Dentdale W.I., for making and serving home-made teas in the Sedgwick and Haygarth Rooms. Good to have you back on board. Thank you to the "Dog" team for organising and running the events for the dogs and to everyone who brought their pets along. Thank you Jenny for sterling work at the "Churn", £353.85 takings at the Gate! To Frances Bennett for Judging the Fancy Dress and for those who took part. Thank you. Could we have more next year please!

The Table Sale raised £141.90 which is included in the above figure. The weather on Sunday was too wet for Tea in the garden and we have yet to add on the donation from "Favourite Hymns".

This year the Gala was very special because it was back in its birth place, back around the hall and school and we are grateful to the School Governors in general and to Mark French in particular for all help and support to enable this to be so. Well done everybody!

Hope to see you all at Dent Gala 2006.

Sarah E Woof
Secretary

FROSTROW W. I.

Several members were unable to join us for the September meeting which was presided over by Marjorie Fishwick, vice-President.

Forthcoming Federation events such as Cavalcade of 85 years and the W. I. Quiz in the Bull Hotel will be supported and a few members will joint the Federation visit to 'Hat Works' in Stockport in November. Linda Hopkins and Pat Ramsden will have been trying their hand at Rush Work.

We intend to compose a scrapbook recording the walks of some of our members for the "Stepping Out" year, also there was interest in a suggestion to have a Frostrow W. I. Walk - possibly one of those featured in the Gazette.

A venue for our Christmas dinner was discussed.

After the business meeting Alan Head showed us some of his fascinating collection of old tools and gadgets, starting with a 1934 pressure cooker. We were mystified by some of the items, but Alan explained their use in his Cumbrian dialect. Some were dangerous to use and others are now illegal, such as a horse tail docker. It is good that there are collectors of bygone tools etc., so that there is a record of life in the past.

Peggy Ingham thanked Alan for his interesting talk.

Margaret Copestake won first prize in the competition for 'An Unusual Implement' and Florence Pickthall won the raffle.

At the next meeting on 12th October Joyce Allison will speak about 'Hats', so if you would like advice on what type of hat to wear, do come along as a visitor.

M. F.

HOWGILL W. I.

On September 1st members met at Howgill Village Hall. Six members had accepted an invitation from Ravenstonedale and Newbiggin W. I., to join them for a flower arranging demonstration by expert Joan Bentley, which took place on 7th September.

Those of us who attended the Cartmel Flower Festival and the Celebration Concert on the Saturday night described it as a stunning event. Everyone had worked so hard in true W. I. Spirit. Members who baked for the Festival are to have their money re-imbursed.

We are looking ahead to forthcoming events in the Federation calendar. Walks in Dent, the York Embroiders at Kendal Town Hall and the Pub Quiz at The Bull Hotel, all of which take place in October.

Our speaker for the evening was Mrs. Julia Beedon from Garstang on 'The Meaning of Surnames'. Research enabled her to reveal the meaning of members surnames and some maiden names. Surnames were inherited from the 12th century and originate from place names, areas and occupations. Bridget Postlethwaite thanked Julia for interpreting, and researching making us much wiser on the subject and for making it such and interesting discussion.

The monthly competition for a poem 'What's in a name', was won by Barbara Axford with Mary Silva second. Raffle winner was Bridget Postlethwaite. A Gardening Quiz was won by Mary Silva.

The AGM is on October 6th at Firbank Church Hall with a 7 pm start. A visit from a W. I. Adviser.

A. H.

SQUIRRELS

For over twelve years a group of dedicated people from Sedbergh and district have been reporting where they have seen red or grey squirrels. This has given us a pretty good idea of the number and distribution of red squirrels: possibly 25-30 in this area. At the same time it has helped us to see where greys need controlling and for this we rely on a smaller group of expert marksmen and trappers. Each year they have accounted for between 150-200 grey squirrels. We dislike having to do this because grey squirrels are interesting and intriguing creatures, but they can also be a serious nuisance - stripping bark from young trees, eating soft and hard fruit and plundering birds' nests.

They can even be a danger - in one local case it was found that squirrels had eaten through the protective covering of the electric wiring in an attic leaving the wires bare. Moreover, when it comes to competing for scarce food, the larger grey is more successful and so in effect reds are driven out of an area. In addition grey squirrels are known to be victors of



a parapox virus to which they are immune but which is fatal to reds.

In spite of all this the question remains: Is there any future for red squirrels in the Sedbergh district? Richard Pow, a project officer for the Red Alert Campaign in Northumbria, will speak about what can still be done to save the red squirrel at a meeting in Settlebeck High School at 7.30 pm on Thursday 20th October. Do come along and hear more about this delightful animal.

Ingram Cleasby

WHAT ABOUT GHOSTS AND SPOOKS AND LEGENDS???

There are two ideas, one is to have an entertainment for Christmas with people telling tales about all the strange goings-on around this area. I am sure there are all sorts of family legends and stories some of which will be true and some just stories. but it would be lovely to share them with everyone from the town on a party night in December or January.

If we get enough stories we might be able to make them into a sort of guide book or leaflet for visitors. There is one called Mysteries and Legends of Eden in the TIC which is very popular.

So come on get writing again – you don't have to write the tale as though it was going to be published if you don't want to, just a report or note would be fine. Someone else can write it up and put some words around the outline.

We're looking forward to some hair-raising writing this autumn.

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AUDIO LOOKAROUND

Once a month, a group of volunteers meet to collate and read articles from Lookaround and record them onto Audio Tape for many visually impaired residents of Sedbergh. Owing to one of the helpers (sadly) leaving the area, the Group are looking for somebody to assist with Editing articles for the 'Readings'. It only takes a short while each month. If you feel you can help those less well off than yourself for just a short time, please leave details at the Lookaround Office and we will be in contact with you.

Thank-you for thinking of others.

DIALECT DIGEST

It's been claimed for many years now that dialect is dying out, and it's true that it isn't heard as much as it was once. However, it does still survive and can still be heard in all its richness and variety if you listen out for it. Recently, the BBC 'Voices' project was aired on radio and television. A variety of programmes took a close look at the infinite variations in our language based on region, as well as taking in the many different slang expressions and colloquialisms in use today.

And to defy the doubters, on October 15th 2005, six Northern dialect societies will be coming together for their bi-annual joint meeting to celebrate the differences in our regional speech. This year it is hosted by the Northumbrian Language Society, and takes place at Stamfordham Village Hall, near Newcastle. If you happen to be on holiday in that lovely, and still unspoiled, county on that date, do drop in at 2pm where you will hear a talk about the

'Voices' project by the BBC's Simon Elmes, and be treated to examples of the widely differing dialects spoken in Cumbria, Lancashire, Yorkshire, Durham and the Tees Valley, and Northumberland.

It's goin' to be a reet gradely do, Ah can tell thee!
Michael Park

SEDBERGH TOWN BAND

Sedbergh Market Fayre

The band was represented in the Fayre by Carl and Jean Storer who were ably assisted by Sam and Henry Wray. Carl featured as the Town Crier, and when not addressing the crowds was to be seen helping Jean in running a most successful tombola.

The success was all down to the magnificent hard work of Jean that had ensured an attractive range of prizes. Alongside them Sam and Henry ran the 'Splat-the-rat' stall, and the two events together raised in excess of £180 which has been donated to the Health Centre's spirograph fund.
G. B.

TREKKING SLOVENIA

A number of people expressed interest in the pioneering, off the tourist trail, DIY trek I did in Slovenia in June with a group of friends.

Anyone interested is warmly invited to join me at 7.30 pm on Thursday 6th October in St. Andrew's Church Rooms, Sedbergh, for a slide show and resume of this adventure. This will give an insight into how easy it is for the independent traveller to get around in Slovenia.

Free entry and refreshments but donations will be appreciated to divide between the church and Slovenia funds.

Tony Hannam

D J WIXX
PROFESSIONAL DJ



Available for:
Clubs, Bars, Pubs, Private Functions
All music tastes catered for
From Rock 'n' Roll to Today's Top 40 Hits
Very Reasonable Prices & References Available
Tel: 07814 379641 for more details
E-mail : djwixx@hotmail.com

AUGUST WEATHER

Damp it may have been but it didn't match last year when the tail end of 3 tropical storms passed through. We could yet get the remains of Katrina, fortunately much reduced. We recorded 2.76 inches of rain for the month. The longest spell without measurable rainfall was 9 days. Temperatures were quite pleasant with several days reaching the 80sF with a high of 87.8F. That must have been the afternoon I elected to bash down nettles! On the negative side the clear skies produced some low night time temperatures with 14 days recording minima in the mid to low 40sF. In fact the minimum temperature was 39.7F, quite cool for August. Winds were variable though were still from the north west for 21 days. The maximum recorded gust was 18.6 mph from the south west.

It wasn't until the middle of the month that I saw any of the brown butterflies, "Frenchies" as we used to call them as kids. The buddleia is over without a major hatch of butterflies. Whites, small tortoiseshell, a few peacocks and the very occasional red admiral are all I've seen. Bumble bees have been about in numbers still though the wasps seem to have

disappeared early this year. Mosquitos, and their allies, are still hatching in the water butts. The oystercatchers and curlew had left us by the middle of the month and many of the adult hirudines had gone by the end. I still haven't seen a ladybird so far this year. Slugs and snails have been active only on the wetter nights though the local song thrush has bashed a lot of snails on a small wall in the garden. I haven't seen much of the bats this summer and they usually hunt around the security light for insects.

SEDBERGH GALA GROUP

Bonfire Night

After consultation with the Parish Council on the 12th September the Committee discussed the arrangements for Bonfire Night. The only possible location for a bonfire was to the west of the new playground, well away from People's Hall, but the Committee thought that this area was not suitable for setting up stalls and that these should remain on the car-park.

Some concern was expressed about the distance between these two areas and the possibility of dispensing with a fire and just having the firework display was considered, but the Committee finally decided that a bonfire was a definite attraction even if its location was not ideal. To facilitate clearing-up of the bonfire site, the material for the fire will be strictly controlled and the Committee wish to emphasise that no domestic rubbish or garden waste can be accepted.

Further details of the Bonfire Night event (on November 5th this year) and an advertisement will appear in November's "Lookaround".

DENTDALE CRICKET CLUB

The A. G. M. of Dentdale Cricket Club will be held in the Reading Room at 7.30 pm, on 3rd November 2005.

If you wish to play or can help in any capacity please try to attend.

Anyone wanting more information please contact John Hyde on 015396-25503.

HOWGILL TODDLERS

Please note that the group has amended its session times, (slightly) !! Mondays in Howgill Village Hall from 1.15pm - 3pm

Everybody welcome, please contact :- Jane Allan 015242 76426 or Jacqueline Alderson 015396 22050 for more information.

DENTDALE METHODIST CHAPEL

The Brewer family from Cautley got our Harvest Festival celebrations off to a good start all taking part in the service including the three older children who sang two songs. On the Saturday members and friends had met and decorated the chapel with harvest produce which was sold by auction by Geoff Woof on Monday evening after service which was led by Mrs. Janet Widdess.

Starting in October our Sunday service time changes from evening to afternoon to 2 pm, except when we join with Dent Foot for their Harvest on 9th, and no service on Christmas Day going to Sedbergh Methodist at 10.30 am or joining our St. Andrews friends.

Pray and Share continues in the schoolroom on alternate Thursdays at 1.45 pm from and including 13th October. And a place for prayer requests is available on the old coal bunker.

Our AGM is in early October to which anyone interested in the work and witness of the chapel is welcome, do contact us if interested, you could get bogged in the "business" side of it, we do at times, but hopefully will come out the other side to discuss other issues, i.e. a Home Group, Lent studies etc. We continue to have our Sunday notices printed on the Sunday Link sheet and any items to be included need to be with us by the previous Wednesday please! *SE & J Woof*

R. S. P. C. A.

A recent Flag Day for the Westmorland Branch of R.S.P.C.A., raised £194.95p.

Thank you to all who contributed and helped. *Christine Glynn*

THEOLOGY GROUP

There has been some interest in starting a Theology Group, to meet once a month at a time to suit us all. We would discuss any questions you might have about the study of God. Anyone interested please ring Lucy Morris on 20467.

LOST - CAN YOU HELP?

A brown suede purse and its contents have been lost. There is a reward for the safe return of both intact. Phone Sue 015396-20546 or 078917-19795. (Memory Lane Antiques).

Buses from Sedbergh**To Kendal****Via Oxenholme Rail Station**Monday – Friday

7.45am	564	Stagecoach	(*)
9.40am	564	Woofs of Sedbergh	
10.05am	564	Stagecoach	(*)
10.15am	Wed 564B	Woofs of Sedbergh	(*)
12.40pm	564	Woofs of Sedbergh	
1.00pm	564	Stagecoach	(*)
2.00pm	Tue 804	D & H Travel	(*)
2.40pm	564	Woofs of Sedbergh	(*)
3.50pm	564	Stagecoach	(*)
5.11pm	564	Woofs of Sedbergh	

Saturday Only

10.05am	564	Stagecoach	(*)
10.50am	564A	D & H Travel	(*)
1.00pm	564	Stagecoach	(*)
3.50pm	564	Stagecoach	(*)

To Kirkby Stephen**Via Cauley and Kirkby Stephen Rail Station**Monday – Saturday

9.00am	M-F 564	Stagecoach	(*)
11.20am	564	Stagecoach	(*)
2.40pm	564	Stagecoach	(*)
4.55pm	564	Stagecoach	(*)

To Kirkby Lonsdale

9.45am	Thu 567A	D & H Travel	(*)
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To Hawes

8.45am	Fri 112	Braithwaites Coaches	
9.10am	Tue 112	Braithwaites Coaches	
10.00am	Tue 804	D & H Travel	(*)
11.20am	Fri 112	Braithwaites Coaches	
2.00pm	T&F 112	Braithwaites Coaches	
3.35pm	Sch 112	Braithwaites Coaches	
3.35pm	Fri 112	Braithwaites Coaches	

To Dent & CowgillWednesday only

1.30pm	564B	Woofs of Sedbergh	(*)
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Saturday only

9.40am	564A	D & H Travel	(*)
3.00pm	564A	D & H Travel	(*)

Returning to Sedbergh**From Kendal, Blackhall Road****(opposite Bus Station)****Via Oxenholme Rail Station**Monday - Friday

8.30am	564	Stagecoach	(*)
8.35am	Sch 564	Woofs of Sedbergh	
9.30am	Tue 804	D & H Travel	(*)
10.30am	564	Woofs of Sedbergh	
10.50am	564	Stagecoach	(*)
1.30pm	564	Woofs of Sedbergh	
1.00pm	Wed 564B	Woofs of Sedbergh	(*)
2.10pm	564	Stagecoach	(*)
4.25pm	564	Stagecoach	(*)
4.30pm	564	Woofs of Sedbergh	
5.45pm	564	Woofs of Sedbergh	(*)

Saturday Only

10.50am	564	Stagecoach	(*)
2.10pm	564	Stagecoach	(*)
2.25pm	564A	D & H Travel	(*)
4.25pm	564	Stagecoach	(*)

From Kirkby Stephen, Market SquareMonday – Saturday

7.10am	M-F 564	Stagecoach	(*)
9.40am	564	Stagecoach	(*)
12.25pm	564	Stagecoach	(*)
3.15pm	564	Stagecoach	(*)

From Kirkby Lonsdale, Square

12.15pm	Thu 567A	D & H Travel	(*)
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From Hawes

8.00am	Sch 112	Braithwaites Coaches	
9.20am	Fri 112	Braithwaites Coaches	
12.00pm	T&F 112	Braithwaites Coaches	
1.25pm	Tue 804	D & H Travel	(*)
2.45pm	Fri 112	Braithwaites Coaches	
4.35pm	Sch 112	Braithwaites Coaches	
4.35pm	T&F 112	Braithwaites Coaches	

From Dent, SchoolWednesday only

10.00am	564B	Woofs of Sedbergh	(*)
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Saturday only

10.35am	564A	D & H Travel	(*)
4.00pm	564A	D & H Travel	(*)

KEY : M-F Monday to Friday Only
 Tue Tuesday Only
 Wed Wednesday Only
 Thu Thursday Only
 Fri Friday only
 Sch Schooldays Only (M-F)
 T&F Tuesday & Friday Only

* Provided with Support from Cumbria County Council

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

For Comprehensive up-to-date information ring :-
 Traveline 0870 608 2 608 (Open : 7am— 8pm Daily)

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Canon A W Fell Tel: 20283

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Secretary: Mr M Cope 20678

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
 Sunday 10.30

Mrs T Satchell Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
 Sunday 11.00
 Wednesday 19.30

Rev. G Jones Tel: 01539 - 722079

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington

Rev. A Pitt Tel: 20670

Cautley & Garsdale

Canon A W Fell Tel: 20283

Dent & Cowgill

Rev. P Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. T Widdess Tel: 20329

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



OPTIONS for health and well-being

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

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 19th August 2006 - have we got yours?

OCTOBER		
1	1030	Fusion Exhibition (A) FM
1	1400	Grand Jumble Sale + Plant Stall (47) SHS
1	1430	Beekkeepers Lingarth
4	1400	Spinning a Yarn DCMH
5	1000	Barnardo's Coffee Morning URCR
5	1315	Zebra's SMCR
5	1900	The Alpha Course SMCH
5	1930	HS Ghostly Armies (A) SHS
6	1930	WIH AGM FCH
6	1930	Domino Drive KVH
8	1930	Gilbert & Sullivan Singers (A) GVH
8	2000	The Trap & DJ (A) PH
10	1000	Barclays Bank 125 years (A) BB
10	1930	Gala Group AGM PH
11	1400	WIK Kirkby Lonsdale Tales SMCR
11	1915	WID Corsican Landscape DMH
11	1930	Bingo & Potato Pie Supper FCH
12	1315	Zebra's SMCR
12	1930	WIF Hats PH
12	1930	Charity Town Band Concert SHS
12	1930	CWT Wildlife in Slovenia SHS
14	1930	Black Diamonds (A) PH
14	1930	Through a Glass Brightly StMCKL
15	1000	Peppercot Coffee Morning (A) URCR
15	1930	Me, Thee & T'Others (A) DMH
15	1930	Through a Glass Brightly StMCKL
16	1530	Jacob's Ladder DMH
16	1930	Through a Glass Brightly StMCKL
17	1930	LNFU Charity Evening (A) PH
19	1000	Christian Aid Coffee Morning URCR
19	1030	Fusion Exhibition ends FM
19	1930	HS The Great War 1914 - 1925 (A) SHS
20	1930	Red Squirrels (A) SHS
21		SS Half Term Begins SS
21	1930	Howgill Church Domino Drive HVH
22	1000	CWT Table Top Sale (A) PH
22	1030	Poetic Images & Still Life Starts (A) FM
22	1900	HS Anniversary Dinner (A) SSQH
22	1930	Playgirl Dancers (A) PH
23	1100	Apple Day DCMH
24	1930	Beekkeepers' Honey Show PH
24	1930	GVH Beetle Drive GVH
25	1900	HS Anniversary Dinner SSQH
29	1000	Singing Workshop (A) PH
29	1630	Singing Concert & Supper (A) PH
30	1200	Vermont Folk Dance (A) DMH
NOVEMBER		
1		SS Half Term Ends SS
DECEMBER		
1	1030	Poetic Images & Still Life (A) FM
2	1930	HS 652 Horseshoes & some Old Clouts SHS
3	1930	Domino Drive KVH
3	1930	Dentdale Cricket Club AGM DRR
4	1830	FC Bonfire Night & Skittles FCH
5	1800	Bofire Night PH
5	1930	WIH Clog Dancing HVH
5	2100	Danny's Disco DMH
8	1400	WIK AGM SMCR
9	1915	WID AGM DMH
9	1930	WIF AGM & Jacob's Join PH
9	1930	GVH Domino Drive GVH
12	2000	Howgill Church Dance PH
13		Remembrance Day Service StAS
13		Rededication Ceremony Cloisters
13	1530	Jacob's Ladder DMH
15	1930	FC Domino Drive FCH
16	1930	HS Ruskin's Legacy SHS
19	1400	Sound Land PH
23	1030	Poetic Images & Still Life Ends (A) FM
23	1930	DMH AGM DMH
23	1930	CWT Birds of Leighton Moss SHS
25	1930	WIH Domino Drive HVH
25	1930	Appalachian Roots (A) PH
29	1900	Neighbourhood Forum PH
JANUARY 2006		
1	1930	Christmas Domino Drive KVH
2	1930	LFH Domino Drive SHS
3	1000	G&CC Christmas Fair URCR
6	1930	Town Band Christmas Concert PH
7	1930	HS Slate Quarries & Quarrymen SHS
11	1530	Jacob's Ladder DMH
13	1430	WIK Christmas Lunch tba
13	1930	Domino Drive & Mince Pies FCH
14		WID Christmas Meal tba
14		SS Term Ends SS
15		The Great Santa Kidnap GVH
16		The Great Santa Kidnap DMH
17		The Great Santa Kidnap SHS
18		The Great Santa Kidnap SHS
		WIH Christmas Party tba
JANUARY 2006		
4	1930	HS Scottish Wars of Independence SHS
8	1530	Jacob's Ladder DMH
17	1930	Domino Drive FCH
18	1930	HS Robert Lowther SHS
25	1930	CWT Pillars of Salt SHS
FEBRUARY		
1	1930	HS Bristol to Sedbergh & Inventories SHS

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.

8	1930	CWT Spring in the Burran	SHS	
12	1530	Jacob's Ladder	DMH	
15	1930	HS A Year at Killington Hall	SHS	
21	1930	Domino Drive	FCH	
MARCH				
1	1930	HS Adam in Paradise	DMH	
7	1930	FCH AGM	FCH	
12	1530	Jacob's Ladder	DMH	
14	1930	Domino Drive	FCH	
15	1930	HS Sedgwick's North Country	SHS	
22	1930	CWT AGM + Gardens & Jacob Joint	SHS	
25	1930	AGM & Jacob's Join	SHS	
APRIL				
23	1530	Jacob's Ladder	DMH	
26	1930	CWT Birds of Eden Valley	SHS	
MAY				
14	1530	Jacob's Ladder	DMH	
JUNE				
11	1530	Jacob's Ladder	DMH	
23		Dent Folk Festival	Dent	
24		Dent Folk Festival	Dent	
25		Dent Folk Festival	Dent	

PLACES OF INTEREST TO VISIT WHILE IN THE AREA	
Cautley Spout, A683 towards K. Stephen.	
Community Office. Main Street.	
Cumbria Wildlife Trust, Community Off.	
Dent Craft Centre	
Dent Heritage Centre	
Farfield Mill, A684 Garsdale Road.	
Fox's Pulpit, Firbank	
Friends Quaker Meeting House, Brigflatts.	
History Society, Community Office.	
Jubilee Wood, Castlehaw Lane.	
Langstone Fell, A684 Garsdale Foot.	
Methodist Church, New Street.	
Queen's Gardens, Station Road.	
St Andrew's Church, Dent.	
St Andrew's Church, Main Street.	
St. Gregory's Church, Vale of Lune	
St John's Church, Cowgill.	
St John's Church, Garsdale.	
St Mark's Church, Cautley.	
Sedbergh Embroidery, Library	
United Reformed Church, Main Street.	
Tourist Information Centre, Main Street.	
Winder Fell, above Sedbergh	

DIARY KEY	
BB	= Barclays Bank
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
DRR	= Dent Reading Room
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
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KC	= Killington Church
KL	= Kirkby Lonsdale
KVH	= Killington Village Hall
L	= Library
LHCP	= Loftus Hill Car Park
MCH	= Methodist Church Hall
MCKL	= Methodist Church Centre KL
MH	= Masonic Hall
PH	= People's Hall
SBH	= Sedbergh Bright Hour
SC	= Swimming Club
SCC	= Sedbergh Cricket Club
SHS	= Settlebeck High School
SIC	= Sportsman's Inn, Cowgill
SMCR/H	= Sed. Methodist Church Room/Hall
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJAR	= St John Ambulance Rooms
StMCKL	= St Mary's Church, Kirkby Lonsdale
SR	= Spooner Room
SSSH	= Sedbergh School Sports Hall
STO	= Sedbergh Tourist Office
URCR	= United Reformed Church Rooms
WHC	= White Hart Club
WID	= Women's Institute, Dentedale
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 - 1700 b	
Tuesday	0845 - 1730 a	
Wednesday	0845 - 1730 b	
Thursday	0830 - 1730 a	1300 - 1800 b
Friday	0830 - 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