

Sedbergh & District

LOOKAROUND

July 2006

Issue 235

Donation 50p

Another bumper issue of 76 pages for you this month. A continued thank you to all the contributors for supporting your local Newsletter.

A warm welcome to all visitors to the area, we hope the sun shines on you, and you go home with happy memories of

Sedbergh.

The diary page is full of ideas for activities, and entertainment for everyone, locals and visitors alike. There is sure to be something to do for all ages and interests.

Dennis, Jacky & John Whicker



Young Kidz



Presents

ROBBIE WILLIAMS

TRIBUTE EVENING

Followed by Danny's Disco

Saturday 5th August

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CHILDREN'S BIRTHDAYS JULY 2006



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:-
Jenny Story who is
7 years old on 14th July.

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

| Day | Name | Age |
|-----|----------------------|-----|
| 4 | Ben GREENSMITH | 2 |
| 4 | CJ MIDDLETON | 3 |
| 5 | Holly ROSS | 4 |
| 6 | Hosannah McCALLUM | 9 |
| 9 | Hannah LENNON | 3 |
| 10 | Milly BROOKSBANK | 3 |
| 11 | Samuel HARPER | 4 |
| 14 | Chloe DALZELL | 4 |
| 14 | Jenny STOREY | 7 |
| 14 | Kishore LENNON | 9 |
| 15 | Jerome McKENNA | 3 |
| 16 | Iasmina CALUSERU | 8 |
| 16 | Rowan HALL | 10 |
| 18 | Scarlett O'Neil | 7 |
| 24 | Ruben PARK | 1 |
| 24 | Tristan SCOTT-HALLAM | 8 |
| 24 | Pete BROWN | 11 |
| 25 | Antony COWIN | 1 |
| 27 | Akira CRESSEY | 1 |
| 27 | Mike STOREY | 5 |
| 28 | Kate BAINBRIDGE | 9 |

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Articles etc. by 19th of every month

BED & BREAKFAST

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| Mrs L Hopkins | Brantrigg, Winfield Road, Sedbergh (06/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com | 21455 |
| Mrs P Bainbridge | Ullathorn's Farm, Middleton, Kirkby Lonsdale (06/09) <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i> e-mail: pauline@tossbeck.f9.co.uk | 015242 76214 |
| Mrs L Smith | Father Haw, Howgill Lane, Sedbergh (06/07) <i>1D; PB; TVL; CH; NS; NP; P; DR; VB</i> e-mail: lsfatherhaw@hotmail.com | 20937 |
| Mrs S Sharrocks | Holmecroft; Station Road, Sedbergh (06/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: holmecroftbandb.co.uk | 20754 |
| Mrs C Cooper | Far End Farm, Garsdale Head, Sedbergh (06/10) <i>1F (ES); 1D (ES); 1T (ES); CH; L; TVL (Satellite) P; DR; VB; CB; CW; PetsW; NS; EM</i> e-mail: farendfarm@onetel.com | 21906 |

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| | | |
|---|--|-------|
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| Various Cottages sleeping 2 - 12 (06/09) | e-mail: holidays@dalesdusters.co.uk | 21002 |

KEY

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

PERSONAL & SMALL ADS £1

CALUSĒRU

Happy 8th Birthday on 16th July
Jasmina. Lots of Love and Hugs from
Gran. XXX

CALUSĒRU

Happy Birthday Jasmina. Love from
Jeany Fell and Albert. XX

CALUSĒRU

Happy Birthday Jasmina. Have a lovely
day. Love from Uncle James. XX

CORNTHWAITE

The family of the late Tom Cornthwaite
would like to thank all relatives and
friends for cards, letters and special
words received after their sad loss.
Special thanks to our ambulance
personnel, all at Cumbria Care, Sedbergh
Health Centre and at the Sedbergh
Chemist. Extra special thanks to Brian
Goad and his team for their help and
consideration. A total of £305 was
collected. Last but not least 'Thank You'
for attending the funeral. Dad would
have been speechless. 'May he rest in
peace'

COWIN

To our special little boy Antony on his
first birthday on 25th July. Hope you
have a wonderful day. Lots of Love
Mummy and Daddy.

CRESSEY

Happy **1st Birthday** Akira. Lots of love
and kisses Mummy and Daddy. XX

CRESSEY

Happy **1st Birthday** Little Sis. Lots of Love Daniel,
Demeer and Kobe. XXX

GAME - HOLT

Many Congratulations Tracie and Dave
on your engagement on 10th June. Love
Mum and Dad, Aimee and Craig.

GAME/HOLT

Congratulations to Dave & Tracy on your
engagement. We wish you all the best for
a long and happy life together. Love
Mike, Nicky, Joe, Abbie & Sophie x x x x

HARDY – WOOF

Wishing **Daniel** and **Jenette** a wonderful
wedding day on 22nd July with lots of
love and laughter on the day and ever
after. Much Love from all the family,
especially Mum and Dad Woof.

MARTINDALE

Congratulations Shaun on your **18th
Birthday** on the 1st of July 2006. Love
and Best Wishes from Mum, Dad and
Rebecca..



PERSONAL & SMALL ADS £1

MARTINDALE

Congratulations on your **18th Birthday** Shaun. Lots of Love and Best Wishes from Nanna and Grandad.

MARTINDALE

Happy **18th Birthday** Shaun on 1st July. Have one on us! Love from Jacky and Dennis. XX

MR & MRS MIDDLETON (nee Haygarth)

Steven and Michelle would like to thank everyone who made their wedding day so special. Thank you for your cards, presents and well wishes, and a huge thank you to those that contributed towards the 'double glazing fund' - we hope to have this done soon! We had a truly amazing day followed by a lovely honeymoon in Torquay with CJ and Sienna. Thank you so much!!

MURDOCH

Christine and Ian would like to thank all the wonderful friends who visited Nancy when she was in hospital and sent lovely flowers, cards and get well wishes. She is home now and doing well.

POSTLETHWAITE/MIDDLETON

I would most sincerely like to thank Ruth and James for their kindness in organising bridesmaids and gang and Michelle and Steven for sharing their wedding day with Ivy, by calling in at Becksid to see her. It made her day! Such kindness is overwhelming. It is something the people of Sedbergh excel at. Thank you all. Kath Parkin. X

WOOF

We wish to thank all family and friends who shared in our **Silver Wedding** celebrations back in May. Thank you for the lovely cards, (over 100) and the wonderful Jacob's Join buffet. Thank you also for the donations for NISCU (over £600!) and Dentdale Methodist Chapel (£50). John and Sarah.

THANK YOU

Jacky, Chris, Alice and Eliza Holton would like to thank all their family, friends and neighbours for their love, support and best wishes as they head off to France. We've had a wonderful 10 years in Sedbergh running the Chemist Shop and have enjoyed living in such a beautiful place. We will keep you informed of our new project in France (farm and holiday cottages), via the *Lookaround* and we look forward to receiving our copies of the *Lookaround* in France.

THANK YOU

I want to say a big thank you to Peter and Sue who host a House Group every Tuesday, and for getting it ready for us. From Georgina, Glenys, Ray, Christine, Alan, Maria, Sally, John, Lisa, Sarah, Brenda, Shirley, Hazel and Lee.

HELP WANTED

Help wanted to tame wild garden. Suit energetic retired gentleman. Phone 015396-20465.

PERSONAL & SMALL ADS £1

WANTED

Horticultural student wanting routine garden maintenance for July/August/September. Own transport. Reasonable rates. Contact Oliver Dawson on 015396-20886 or 077915-91219.

WANTED

Quiet, responsible middle aged couple seek small secluded site on farm or other for a static caravan. Sedbergh and district preferred. Please telephone 01625-526526.

WANTED

Wanted in the Sedbergh area. Dry, clean storage or garage space for Renault Scenic. From early/mid October 06 to end March/early April 07 by arrangement. Tel 07979-661292.

WANTED

Young professional seeks rented accommodation for one year from August. Excellent references. Please phone Ian Dawson on 20886 evenings.

GARAGE SALE

Saturday 22nd July 10 am to 4 pm. Assortment of furniture and household items. Wray Rigg, Cowgill. Tel: 25091.

TO LET

Two bed detached cottage with garden, double garage and outhouse. Tel: 015396-25239.

ANN SUMMERS

Would you like a free night in with the girls? If so, have an Ann Summers party!! For games, drinks and laughs call on 07841-025884.

TO LET

Lovely 2 double bed spacious cottage. Unfurnished. Stunning views. New carpets, fitted kitchen, multi-fuel stove. Between Kendal/Sedbergh, convenient for M6. Available July. Phone 07909-623350 or 0161-980-7196 (also try 015398-24043).

TO LET

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FOR SALE

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FOR SALE

Full sized Observation bee hive. Tel: Sedbergh 21567

FOR SALE

Pine Bunk Beds + Mattresses. £100 ono. Tel: 20941 after 7pm.



PHOTO CALL

This month I am delighted to report that I have had several people contact me with names and details of last month's picture of the Dentdale WI Players.



Kim Lyon had written a "play" about the Settle - Carlisle railway. The original version was just the spoken word. Dentdale WI reached the finals of a competition and performed it in June 1981 at the Royal Shakespeare Company

Theatre in Stratford on Avon (very prestigious) which is where the photo was taken, although it does not include all the cast.

From the back left to right: Jane Mulliner, Natalie Lyon, Rene Woof, Doreen Mulliner, Centre row: Nancy Murdoch, Cathy Lyon, Rachel Potter, Sheila Tickel (hiding) Judy Liston.

Front row: Betty Blaxland, Winnie Haygarth, Rita Timpson, Kim Lyon, Judith Bush, Betty Hartley.

My thanks go to Liz Goodyear, Nancy Murdoch and Judith Bush.

This month we are still in Dent with a photo from Bobby Haygarth of Dent School in 1927. Can anyone help identify this one?

Answers as always to Shirley Tebay, Walnut Bungalow, Dent, LA10 5QT. Tel: 015396 25001 or email shirley.tebay@btinternet.com

**SETTLEBECK HIGH SCHOOL
ZRECE STUDENTS VISIT**

On Thursday 18th May many of our year 9 students and their families waited with eager anticipation for their guests from Zrece to arrive, after their touch down at Liverpool Airport that evening. It was a damp evening and the forecast was not good for their four-day visit. We were keen to show them the very best of Sedbergh, the Dales and the Lakes but it was an unfortunate choice of weekend and we had to make some radical last minute changes to our plans, especially the hill walking in Borrowdale.

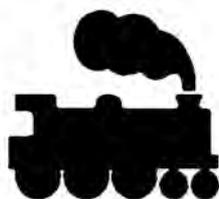
However, in the event it was however a wonderful visit and a great success.

On the Friday the Zrecian students and staff took part, with their hosts and

friends, in drama games and activities at Settlebeck, designed to develop the relationship between our students and provide lots of opportunity for discussion. All of the Zrecian students were quite fluent in English, which is a feature of Slovenian young people, and interaction was easy and relaxed. A damp visit to Sedbergh was squeezed in before the evening event, which was a joint concert between Settlebeck and Queen Elizabeth School, Kirkby Lonsdale in Settlebeck's Hall. This was a great success and it was particularly gratifying to see ex-Settlebeck boys performing in the Queen Elizabeth School sixth form choir.

On the Saturday our Zrecian visitors loved the Gala. It seems that they have

Settle to Carlisle Anniversary Exhibition



10.30 – 5.30 daily from 8th to 29th July
at Mark Westwood Books, Long Lane, Sedbergh

**HOLIDAY POSTERS FROM
THE GREAT AGE OF RAIL TRAVEL**

Featuring the Lakes and Dales
& a selection of photos of the Settle to Carlisle line

All exhibits are for sale

no tradition of such town events and they were very impressed by the great community spirit in evidence, particularly since with such a damp and inauspicious start. Perhaps the rain clouds shifted away at the last minute in support of Sedbergh/Zreca relations.

Once the forecast for Sunday was certain there was only one thing for it – a visit to the Superbowl at Morecambe in the morning and the cinema in the afternoon. Luckily our arrival in Morecambe was during a bright, clear spell and so the Lakeland mountains could be appreciated across the clear blue bay before the stair-rods began.

The forty Settlebeck and Zrecian students, as you would expect, couldn't have cared less about walking in the Lakes, when faced with ten-pin bowling and an action packed film (Mission Impossible 3) but we still have a few pangs of regret that they missed getting to know our landscape more intimately. The evening passed with a get together and some games and dancing at Settlebeck.

Monday was the last day and we had the tour of Liverpool football ground and museum. This proved very popular and was every bit as good as Manchester United's ground which we visited last



HAWES JUNCTION CHAPEL

FLOWER FESTIVAL



July 8th & 9th
10 am to 4 pm

Theme: Favourite Hymns
Refreshments available throughout each day

year. From there it was straight to the Trafford Centre (in pouring rain!) for three hours of shopping heaven. Luckily the centre was very quiet and our visitors were knocked out by the size and diversity of this ultimate consumerism experience. Every one of them left with at least two bargains!

On the return journey the weather finally cleared up, as with the gala, and enabled us to site our goodbye garden party on Settlebeck's back lawn and fields, rather than indoors. During the pillow fighting, the water challenge, egg throwing and the tug-of-war spirits were high and it was clear that the bond between another cohort of our students was well and truly sealed.

Early Tuesday morning we took our leave of these young people who we met in Slovenia in February and who we had taken into our hearts. These are truly lovely people and our connection to them continues to deepen.

Thank you to all those families and friends of the school who made this visit so successful and particularly to those who took the Slovenian students into their homes, where the real experience of Sedbergh took place.

Dave Smith

SEDBERGH GALA 2006

The Gala Group felt a little anxiety on seeing the rather pessimistic weather forecasts in the days leading up to Gala Day. The residents of this area are of course accustomed to the vagaries of our climate and unlikely to be deterred, but predicted strong winds could cause problems with and possibly damage to the tents and stalls, heavy rain could make egress from the field difficult and the RAF information sheet about the planned flypast, apart from stipulating limits for wind speed, stated that flight was not permitted “in significant precipitation”.

Their fears seemed well-founded on the Friday morning when the team putting up the “Green” tent were forced to abandon their attempts. They returned at dawn on Saturday to complete their work, and by this time the Gala Group marquee had been successfully erected. It was now raining heavily and the field was getting wetter when a rather inept driver made



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three or four attempts to get out of the field, thus churning up the mud and grass before the protective mats kindly supplied by Norman Rowbotham had been put down. The wind caused some damage to a couple of rented market stalls, after which it was decided not to attempt to use any more. Finally at 11.50 the unwelcome telephone call came from the RAF – flypast cancelled.

Things could only get better and they certainly did. As if by magic the weather improved at midday and the procession got under way to the accompaniment of the Town Band. It was quite a procession and took some time to get onto the field. There was a large entry for the fancy dress and floats competitions and the

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Gala Group greatly appreciate the interest and support of the children and their parents. Following the crowning of the new Gala Queen, Jenny Lamb, the competition judges, Mr & Mrs A.G. Pratt and Dr Hunt & Mr Hunt coped admirably with the large entry and the results were soon ready, so it was possible to make a prompt start to the fell races. Apart from one slight accident these went very smoothly and although we did not have a local winner this year it was good to see some Sedbergh School runners taking part and enjoying some success. Results of all the competitions are published separately.

Many of the usual attractions and stalls were in attendance. Contrasting music was provided by Sedbergh Town Band and Kirkby Lonsdale Handbell Ringers and although a few of the planned attractions failed to turn up because of the weather in the morning there was plenty to entertain the gratifyingly large crowd amongst whom we were delighted to see our local M.P. Tim Farron together with his family. The "Green" tent proved very popular and it is to be hoped that this initiative will continue. The younger children put much energy into their races

and the egg-throwing competition proved popular. The Gala Group hope to have more of this type of event and possibly move them to a more central part of the afternoon.

Despite the earlier pessimism the gala turned out very enjoyable and successful. Feedback from those who took part, including our local stall-holders, has been very positive. We are very grateful for the support of so many local people

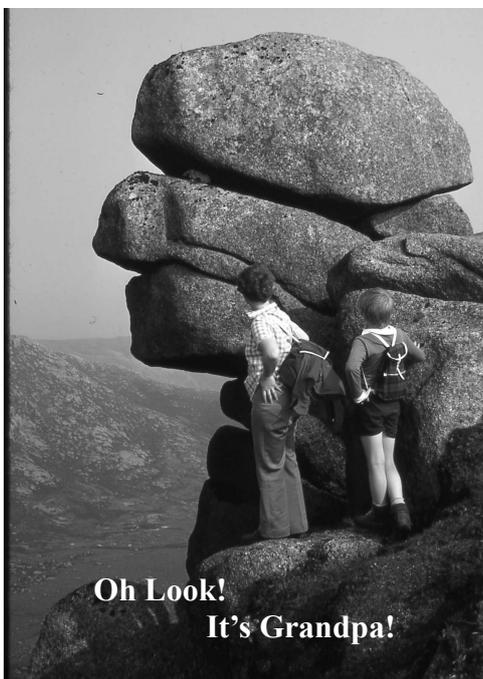
including our Master of Ceremonies, Martin Lewes, who brings his own brand of professionalism to the event. The big disappointment was, of course the cancellation of the flypast and apologies are due to anyone who may have travelled some distance in the expectation of seeing it. We will try again for next year. My own disappointment was increased when I read in next day's Sunday paper that the same three aircraft were due to fly over the Beckhams' celebrity party at their mansion – I felt rather better when I later heard that their flypast had also been cancelled.

The Gala Group are very keen to have new committee members, particularly younger ones. If you are at all interested please come forward – it's no use having ideas or making criticisms if you don't do something about it. On this theme, after organising three gala's, the Group Secretary would like to give someone else the opportunity to take the Gala forward and make his or her own mark on it. Whatever help and support is needed will be given. If you are interested in taking over this role or joining the Gala Group please ring 015396 20234 for further information.

KILLINGTON WI

Second Tuesday in the month - it must be W.I. again – as if we could forget. At the committee meeting held the previous day it was observed that most of us looked decidedly frazzled – the result of trying to keep too many balls in the air!! I won't list all the things we are doing because I'm a modest soul at heart.

This time the table was graced by a beautiful bowl of old fashioned white roses from Pam Moran's garden. They were greatly admired, having not only soft open blooms but also a wonderful perfume, which someone said reminded her of Grandma's garden. Pam said that she had had this same variety of rose, *Nevada*, in every garden since she was married. *But I digress.* This time there really was not one but **two** silver cups on display, the new one being won at the recent group meeting at Casterton for "A



Oh Look!
It's Grandpa!

mountain picture with a humorous caption". This meeting had been attended and enjoyed by several of our number who roused me rowdily from my slumbers on their way home to tell me that we had won. Sedbergh Ladies chanting, "We won the Cup! We won the Cup!" Disgraceful!!

More digression so back to our meeting. Our business was entirely satisfactory – we are active, solvent and making good plans for the future. The first thing we were planning for was our coffee morning at the U.R.C. rooms which was to be held the following day. Taking things a little out of order may we thank all those who helped make it a success, both contributing members and the generous people who supported us. By sheer coincidence, we were delighted to be the first users of the new automatic boiler in the kitchen and were happy to have donated it. The funds were raised by our past activities.

Back to the meeting again! We were also making arrangements for our outing next month to Holker Hall. There we shall have a guided tour of the house, wander round the gardens in the sunshine and partake of an enormous tea. Hence our speaker this month was Janet Smith, a guide at, and enthusiast for, the Hall. She spoke to us about its history and of the families who have lived there over the centuries, Prestons, Lowthers, and finally the present Cavendish family. She fitted the local history into its connections with a wider society. Barbara Kooper proposed a well-deserved vote of thanks.

Then it was time for tea and things. Usually a birthday cake is reserved for birthdays ending in "O", but an exception

was made as we congratulated Mary Tallon on her 95th. The raffle for a vase of red roses was won by Pam Fenton and the competition for a limerick starting with the line, "There was a young lady from Holker", (pronounced Hooker by the family and cognoscenti) was won by 'yours truly' – fame at last.

*There was a young lady from Holker
Whose favourite game was strip poker.*

She lost all her clothes

From her head to her toes.

*And shivered, "Well. Now who's the
joker?"*

W.F.U.

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HOWGILL W. I.

We met at Howgill Village Hall for our June meeting, Mary Silva presided, welcoming everyone. A special warm welcome was given to Elsie Middleton back with us following her successful hip operation.

Two members attended the Group Meeting hosted by Casterton W. I. Helen

Beare was thanked for preparing our competition entry. Killington W. I. were the winners of the Competition Cup. Next years hosts will be Thornton in Lonsdale.

Anita Karey, our Outing Organizer made final arrangements for our visit to Newton Rigg gardens. W. I. News was dealt with and members showed interest in forthcoming events.

We were reminded of our Coffee Morning to be held in July at the U.R.C. rooms in Sedbergh. The 2007 sample Calendar was passed around.

June was the month when we made our own entertainment. Mary Silva read month by month reports from the minutes back in 1952. When lamps and coke stoves had to be lit before each meeting. How they raised funds to help others, and enjoyed themselves with dances, whist and domino drives. Life has changed over the years and we continue to be active and determined to succeed and prosper.

We continued with a selection of poetry and a monologue. The social half hour was put to us by Elsie Middleton and proved popular, with Shelagh Dennis being the winner and Leslie Henedy second. The competition for home-made biscuits was won by Sheelagh Dennis with Elsie Middleton second. Audrey Hoggarth won the raffle prize. Our usual appetising Jacobs Join supper brought an enjoyable evening to a close.

In July we meet at Firbank Church Hall on 6th July, when we will be 'Belly Dancing' with Rita Williamson. So girls, it's on with the ra-ra skirts. If you would like to join us for an evening of fun and friendship you will be most welcome. *AH*

FROSTROW W. I.

Once again the weather favoured us for our mystery evening outing on 14th June, when most members were able to join us, also two friends. Anne Petyt read a thank you card from Dorothy Gerrard who is now regaining strength after her prolonged illness. She had very kindly sent us a box of After Dinner Mints to share!

John, our driver, negotiated many narrow roads and gave us a glimpse of several picturesque villages in the Eden Valley, starting with Orton. His inimitable commentary gave us some interesting historical facts and bits of local information. A drive through the Lowther Estate took us to Askham, then we moved into the Lake District where the Pooley Bridge W. I. Ladies had laid

on a wonderful spread for us. No wonder Prince Charles requested a lunch prepared by these very ladies! Anne thanked them warmly for their hospitality, also, later, she thanked June, Eileen and Linda for organising the outing.

Our return journey took us over Kirkstone Pass with clear visibility and the countryside looking at its best. How fortunate we are to lie near the Lake District and in our own lovely area.

Congratulations to Linda on gaining a First in the Floral Art section at Holker.

Our next meeting is on 12th July when Sarah Sutton will speak about Stained Glass. As always there is an open invitation to anyone interested to come along to the People's Hall Committee room.

M. F.

In association with Sedbergh Booktown Ltd.

Spellbound Theatre present...

**Spellbound
Theatre**

Settle-Carlisle

by Kim Lyon, with original music by Ken Pope

*Local history brought to life in a story of enduring
love, triumph in adversity and the birth of a railway*

*Commemorating the 130th Anniversary of the opening of the
Settle-Carlisle Railway*

At Sedbergh School's John Arden Lecture Theatre, Busk Lane, Sedbergh

Friday 14th July at 7.30pm. Saturday 15th July at 2.30pm & 7.30pm

Tickets £6/£4 available from Sedbergh Tourist Information Office
Telephone 015396 20125

DENTDALE WI

Members of Dentdale WI spent an enjoyable Business Meeting looking forward and planning forthcoming events. For our outing next month on July 12th, we are booked for a late high tea with Allithwaite and Cartmel WI, and there are a range of options available to fill the afternoon. One can spend time in Grange, Cartmel or a garden under the Open Gardens Scheme, so, there promises to be something to suit all tastes before we meet together for tea! We shall be out the following month too joining Frostrow WI for a joint meeting in the People's Hall, Sedbergh.

Tickets are now available for our fund raising event which is to be a Gardeners' Question Time in Dent School on 4th August (more details are elsewhere in this issue of Lookaround) and posters will soon be up and around to encourage people to come along.

There was much discussion too over our contribution to the teas for Dentdale Gala when home baking from members will be needed to make this the success it was last year! With orders being taken for the 2007 calendars and diaries, suddenly the year seems to be racing by!

Our speaker for the evening was Pat



Hayward who amused us with her dry sense of humour as she talked through her subject - Sugar, Spice Salt and Vinegar. She reminded us that these humble cooking aids gave such variety to our daily lives. Lots of tips along the way too!

The raffle prize went to Jenny Pilgrim and Pat Allen's four cup cakes deemed to be good enough to win the month's competition.

Next meeting in the Memorial Hall will be on September 13th but much on offer until then as I have written.

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SEDBERGH GOES TO ITALY

Once again this year a party of twenty people from Sedbergh has been enjoying the area around Rome and Naples - experiencing the language, culture and gastronomy of that wonderful country to which Europe owes so much. There were guided visits every day to both well-known and hidden places of interest, under the expert leadership of Pierluigi Barberio who has visited Sedbergh many times. Our specially-arranged programme included the Pope's Palace in Anagni and the amazing castle in Fumone from whose high roof-garden smoke signals were sent in past centuries to warn neighbouring villages of approaching invaders. We also visited the ancient country villa built by the much-travelled Emperor Hadrian, he who built the famous Wall just to the north of us, marking the northern limit of the great Roman Empire in the second century AD.

The tour had many highlights, of which one was a return visit to the house at

Picinisco, on the edge of the beautiful Abruzzo National Park, where English writer D H Lawrence once stayed with an Italian friend and wrote part of one of his novels. This is still furnished as it was at the time of Lawrence's visit, but Loretto Pacitti, the farmer who now owns it, has diversified into *agriturismo* and, with the help of his family, cooks the most amazing meals, using only home-grown produce. Delicious course after delicious course is brought to the table while musicians in brightly-coloured traditional costume play for the guests on melodeons and bagpipes. Two Italian newspapers featured our visit to Lawrence's House on their front pages. It made us feel quite famous.

We had two city days - one in Rome and the other in Naples. The Rome day started with a memorable visit to the ancient Catacombs, deep underground, where the early Christians were buried on stone shelves lining some five hundred miles of narrow tunnels. Then we went to

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(Continued on page 1)

the second largest church in Rome, St Paul's, built on the site where the apostle Paul was martyred for his faith. We followed this with a visit to The Colosseum, the enormous arena built in the first century to house great spectacles for the people of Rome - as seen in the famous film, "Gladiator". Our guide told us fabulous, and often gory, tales of events in those early times.

Our second city day was in Naples, home of the pizza now eaten all over the world. We were guided through Herculaneum, the smaller and less famous town that was buried at the same time as Pompeii when Vesuvius erupted in 79 A.D. We saw the way the people used to live nearly two thousand years ago in their homes so well-preserved under the mud and lava that flowed down the steep hillside. In the afternoon, we spent a couple of hours in the Naples Archaeological Museum where many of the treasures rescued from the buried cities can still be seen.

All this cultural input was supplemented by optional Italian lessons on three mornings from an attractive young Italian lady, and a short organ recital in the nearby church from Dent organist, Roger Bush. The food at the hotel was excellent as always, and in addition we were treated to a Medieval banquet in the castle at Fumone with the Baron and his friends to entertain us, and to a feast of typical regional specialities in the ancient hill-top town of Fiuggi. Ours was a cultural and gastronomic tour of the first order. The family at the hotel have come to regard us as friends and they are looking forward to another visit from Sedbergh next year. *George D Handley*



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Sedbergh Lookaround

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SEDBERGH FIREFIGHTERS SAY

"Think safety before doing it yourself"

As spring is upon us and summer is approaching Cumbria Fire Service has issued timely advice to all would be Do It Yourself enthusiasts.

"Statistics and experience show that at this time of year there is an increase in calls, which are found to have been caused by activities associated with DIY" said. Fire Officer Tom Donnelly, "These range from fires ignited by blow torches involved in paint stripping, to electrical appliances and other equipment which may have been stored in a damp garage or shed over the winter period."

Highlighting important safety points to be remembered Mr Donnelly said, "Always check that the task you are undertaking is within your capabilities. Take expert advice. Many of the modern DIY Superstores from which materials and equipment are bought will offer such advice. Safety instructions should be read in full and complied with."

Always: -

- Check you have the correct tool for the job.
- Ensure children and pets are safe, with obstructions removed from your workplace.
- If you have to check or repair an electrical tool turn it off at the main. Don't be tempted to cut corners because you are some distance from the power switch.
- Always uncoil electrical extension cables fully, as these can overheat and cause a fire.
- Never use multi-way adapters when working with high amperage tools.
- Gas appliances should only be



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- repaired by an approved contractor.
- Flammable liquids should be used in accordance with manufacturer's instructions, secured in containers and used in small quantities, well away from the house and other risks - naked flames or cigarettes.
- Ventilate when using adhesives and flammable liquids by opening windows and door and always ensure that no naked flames or power tools are close by.
- If you spill a substance on your clothing or overalls remove them and clean them thoroughly.

Concluding Mr Donnelly said: "DIY is a pleasant pastime from which many people gain a great deal of pleasure.

By following these simple rules, accidents, fires and tragedies will hopefully be kept to a minimum."

If you would like a FREE home safety check and a FREE smoke alarm please call FREEPHONE 0800 358 4777.

SEDBERGH ROYAL BRITISH LEGION

COFFEE MORNING

Saturday 19th July

10 am to 12 noon

U R C Rooms

Teas & Coffee

Homemade Biscuits, Cakes & Jams

Raffle

ROSE THEATRE GROUP

I am very pleased to announce that the group has achieved its goal and succeeded in raising the funds to purchase and name a rose. One of the worlds leading rose growers, Peter Beales who are based in Norfolk have agreed to take up the idea. In a letter I received on the June 8 Amanda Beales states that they, the rose growers will donate 10% of every sale to the children's cancer charity, Ali's Dream, ACT, (against childhood tumour).

Sometime this month my daughter Katharine will be meeting with the growers and picking out a rose to be named for her little girl, Indianna May.

Amanda Beales is expecting the rose to be a big seller. The launch will take place at Hampton Court Rose Show July 2007. It is hoped that Lorraine Kelly, patron of Ali's Dream will be there to take part in the launch.

Words would never be enough to thank everyone who supported the Panto's and helped make this possible, a million thanks to you all, helpers, players and supporters.

If you are thinking that there will by no more Panto's you are mistaken.. Sorry

you will have to suffer some more silly antics from the group. A new Panto is being put together and will take place, with a bit of luck in early March next year. All funds raised after expenses will go to charities with a local connection

I am looking into the possibility of a trip to the Hampton Court Rose Show next July to see the launch. If you are interested tickets for the show go very quickly so please could you get in touch as soon as possible, I.e. Before the end of the month. Gates Travel do an over night with rail travel at a reasonable price but I have to book quickly so please be prepared to pay a deposit up front. Once again Thank you.

Sandra G.W
015396 21808

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 19th July 2 pm

Kendal Walk

A conducted Walk
in South Kendal.

Assemble at
The Canal Head,
Kendal at 2 pm

or

Loftus Hill Car Park at 1.30 pm

EVERYONE IS MOST WELCOME TO ATTEND

Chairman: Richard Cann 20771
Secretary: Diane Elphick 20605
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024

SETTLEBECK HIGH SCHOOL

Rugby sevens tournament

On Friday the fifth of may, Settlebeck high School took part in their first rugby sevens tournament in over 10 years. We set off at around nine o'clock in the school minibus and reached Kirkby Lonsdale rugby club at around half past nine. When we arrived we had about half an hour to get warmed up before our three fixtures against Dallam, Queen Katherine and Windermere St Annes.

Our first match against Dallam went well as we held them to five all in the first half. In the second half we were unlucky not to get three more tries because of some handling errors. Towards the end of the game Dallam managed to get three more tries that left the full time score 15 points to five.

The second match against Queen Katherine was a bit of a one sided game with Settlebeck not managing to get the ball out of their own half or any points on the board.

If we won our next match, we could have stood a chance of getting in to the plate final. We had a perfect start with Codey Sharp and Oliver Wales both running in a converted try each leaving the halftime score 14 points to zero. A couple of changes were made at half time leaving an almost fresh Settlebeck side. Unfortunately the lack of experience showed and Windermere scored three tries to win the match by just one point. The final score was Windermere Fifteen, Settlebeck fourteen.

I think that we did really well

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as we had only started training a couple of months before. We are hoping to start playing more matches next season after we have got more players and done more training.

Iain Bainbridge



COMMUNITY OFFICE NEWS

GREEN MARQUEE

This was a huge success on Gala day and thanks to everyone who supported it. If you need any further information about any of the contributors please call in to the Office.

COMMUNITY FUND

We are having an open meeting on July 4th at 7p.m. at the Community Office. If you have any ideas for community projects that are concerned with promoting health, alleviating poverty and distress, improving the environment or local sustainability, please come along and see if we can help.

OPENING HOURS

Over summer we need temporary volunteers to cover holidays – if you can spare 3 hours on an odd morning or afternoon, please call in. Volunteers get free use of the internet.

ALLOTMENTS

We are steadily progressing with the help of Sedbergh School – anyone who has any knowledge of allotment affairs and would like to get involved, please call in.

BOOKS

Thank you to all those people who have donated books to the office. We now have a surplus and can't accept any more donations just now. Please call in to buy novels at 50p each, plus children's books and hobby books.

KNITTED GOODS

We are now selling knitted baby clothes, dolls, soap holders, hats and more that make great presents. They are made by local women and are sold to support St.

Strawberry Teas



Memorial Hall
Dent



Friday 21st July

from 2pm

Raffle & Usual Stalls

Proceeds for Dentdale over 60's

John's Hospice so do call in and have a look.

AGE CONCERN / HOMEOPATHY

Don't forget about these clinics on Wednesday mornings – if they don't get used we will lose them so please call in with any concerns!

SEDBERGH VIDEO / DVD

Thanks to all those who have shown interest and been in touch. Due to school pressures, Tim and Catherine will be doing preliminary meetings before summer and then starting to film in September.

SLCVS

South Lakeland Council for Voluntary Services will no longer be holding a regular monthly surgery. However they are available to help community groups and can arrange to meet you at the Community Office by appointment. Please call them on 01539 742627 for any funding / volunteer / structure issues.

BATTERY RECYCLING

You can now recycle old batteries at the Community Office! If you are not yet using rechargeable batteries, please drop used disposable ones here and we will keep them out of landfill. Thank you.

APPROACHES TO FERTILITY

There are two very interesting books on the market at the moment describing how a scientific approach can be combined with traditional Chinese medicine (acupuncture and herbs) to help couples with fertility problems.

Some women have difficulty becoming pregnant after a long stretch of taking a contraceptive pill. Very often oral contraceptives lead to blood deficiency (this can be felt in the pulse). In young women, particularly if there is excessive external pressure from work or study, this can lead to anxiety and panic attacks. Lowered energy is another side effect and the effect of stopping taking oral contraceptives can be, as one woman described it, like "putting down a heavy rucksack".

"Treatment of Infertility with Chinese Medicine" by Jane Lyttleton (Churchill Livingstone, 2004) approaches women's infertility through basal body temperature charts. The woman records her body temperature each day on waking and records the results on squared paper, giving a graph of the body temperature throughout each monthly cycle. Typically the graph dips slightly around day 14 (the first day of the period is day 1) and this is followed by a sharp rise over the next few days. This change in temperature indicates that ovulation has taken place and the temperature remains at the higher level until the start of the next period. These charts are used, both in China and in the west, as a cost-effective way of making a detailed analysis of a woman's cycle.

Scientific diagnostic methods give information which would not have been

formerly available to Chinese medicine practitioners. The book discusses how treatment with acupuncture and herbs can help when modern methods have uncovered such irregularities as endometriosis and polycystic ovaries.

Lifang Liang, the author of the second book, "Acupuncture and IVF" (Blue Poppy 2002), trained in gynaecology and acupuncture in China, some thirty years ago, and then moved to the USA, where she now teaches gynaecology at the American College of Traditional Chinese Medicine in San Francisco. Ideally before attempting to conceive, a couple would spend some months building up their state of health with good diet, exercise and, if necessary regulating the menstrual cycle. Lifang Liang describes a procedure whereby three months is devoted to health improvement, including acupuncture and herbal treatment, before IVF (in-vitro fertilisation) is attempted. She says that some couples conceive during this period and for the others, this

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offers an increased chance of success with IVF.

During this health improvement period acupuncture treatments are given using standard points for increasing energy, nourishing the blood, calming and relaxing, to regulate the menstrual cycle and improve the function of the ovaries. Men have treatment to improve the quality and quantity of sperm. Special treatments are given in the course of the IVF procedure to support the body's function at each stage, in particular to help the woman relax at the time of implantation. One German study showed that having acupuncture before and after implantation can significantly increase the chances of pregnancy.

Once pregnancy is established, acupuncture can be used to hold and nourish the foetus and to treat problems such as morning sickness and backache. Of course care must be taken and certain acupuncture points (the ones which could induce uterine contractions) are counter-indicated.

If you are interested in knowing more about these methods, please get in touch with me. My number is (015396) 20972.

June Parker

JULY GARDENING

Does your garden have a July gap?

After the first flush of flowers are over - the Peonies, the oriental poppies and the old fashioned blue *Geranium x magnificum* there is always a bit of a lull in the bright colours of flowers and things look rather green for a time. I have been trying over the last few years to introduce more plants which bloom now and one of my favourites is *Cirsium rivulare 'Atropurpureum'*, a spine free thistle, about 4 ft in height which bears lovely deep wine red flowers. Matching it for flower colour, but shorter in height is a beautiful form of scabious *Knautia macedonica* which flowers from late June in my garden and goes on well into the Autumn. I have this underplanted with free flowering, low growing *Viola cornuta* in its blue and white forms. This seems to love the free draining (horribly stony) soil in the borders of my garden and seeds itself freely around.

A few years ago I bought three *Alstromaria* plants from a specialist grower. All named after royal princesses and queens, they have spread slowly to form neat clumps bearing salmon pink, rose pink and rich deep red flowers.

Alstromerias are often available by mail order from non specialist nursery catalogues but this is one plant that I always like to see before I buy it. The yellow and orange flowered forms are often those supplied by mail order catalogues and they will quickly become thugs which rampage around the borders, squashing all in their wake and flowering for only a very short time.

Elaine Horne

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DALESMAN INN CHARITY SHIRE HORSE DAY

Tuesday 25th July



Buffet

Shire Horses arrive at 1pm



B B Q @ 6pm

SEDBERGH YFC

The field day took place on Saturday 20th May near Ulverston. It started off wet and miserable but the clouds lifted and it stayed dry for most of the day.

The wet start didn't dampen the spirits at all and despite it clashing with the gala a good turn out from Sedbergh's members was present.

The girls, otherwise known as 'Top Tuggers' came 1st in tug of war and go through to the northern area field day on the 24th June - Good luck girls!

Emma Middleton, Rachel Bainbridge and Katie May came 3rd in Cookery - they had to prepare a 4 course meal for 2 people in one hour.

Emma Rowlinson once again goes

through with her flower arranging to Stoneleigh later this year. Sam Whitehead came 1st with judging fox hounds - we didn't expect anything less!

Valerie Capstick came 1st in girls stock judging. David Goad came 1st in junior sheep stock judging. Patrick Booth came 3rd in junior beef stock judging.

Johnathon Harper got a silver trophy for winning junior craft. Carol's carrot cake came 1st (you know who you are!)

At the end of the day Sedbergh came 5th out of 9 clubs, a great result of which wouldn't be possible without the dedication of our members and support from our president, advisory members and of course all the mums, dads, grandparents and whoever else we rope

DALESMAN INN SHIRE HORSE DAY NIGHT
Tuesday 25th July

B B Q @ Night
BBQ Fish
BBQ Steak
BBQ Burgers & Sos

SEDBERGH TOWN BAND

Live Music from

STORM

in to help out. We also managed to walk away with trophy's including most improved small club, and girls stock judging.

After returning home for a quick change it was back over to Ulverston for the 'night do' where all members could once again breathe a sigh of relief - here's to next year!!!!

Young Farmers will quieten off now over the summer months as the schools break up and holidays begin, however we still will meet some Wednesday evenings for a game of rounders.

In July we are hoping to host a tug of war competition for both male and female teams, look out for the posters. In August there'll be the AGM, and at some

point we are hoping to have a dinner dance with presentation evening.

Valerie would like to say a big thank you to all members who made 2006 field day such a big success for Sedbergh.

Congratulations goes to Suzanne Escolme and Emma Rowlinson on passing their driving tests.

Thank you once again to everyone that supported us recently with our 'Spot the dog' competition. We managed to make a total of £200.00 for club funds. The winners were as follows :

1st - James Postlethwaite, Howgill

2nd - Peter Mason

3rd - Mike Bames, Penrith NFU

If anyone has any queries please contact Valerie on 21032.

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SEDBERGH SCHOOL

Quartet of awards for Sedbergh Pupils and staff

Three Sedbergh School pupils have received notification of three very different awards they have won in the last few days.

Helena Lightbody, from Cheshire, received notification from Peterhouse College Cambridge that she has won the Perutz prize for best AS level science essay in the country. Helena chose the essay title "Nanotechnology – Grey goo or great leap forward", which apparently in layman's terms means 'the study of really, really small things'. The national competition was hosted by Peterhouse College, Cambridge and was entered by all the L6 Oxbridge candidates at Sedbergh. A delighted Helena plans to spend her £500 prize on a trip to Venice.

George Dawson from Ilkley, currently in Year 11 has won a prestigious Arkwright Scholarship for Design and Technology.

The Arkwright Trust was founded in 1990 and supports young people during their A level years by awarding scholarships to support the purchase of materials and books. The student carries the status of "Arkwright Scholar" into university.

The presentation of the award to George will be held on Friday October 27th at the Institute of Engineering Technology in London.

The third award was won by Fred Strachan (Year 11) from Thorner near Leeds. This award goes by the name of "The Japan-Eu mutual understanding scholarship programme" and is only awarded to grand-children of Prisoners of War held in Japan during the Second World War. The Japanese Embassy in each EU country awards one award each year for a student to spend five weeks in Japan. Fred's achievement was all the more remarkable as he was the only UK student who applied for the award who

was not a Japanese speaker.

The last award was received not by a pupil but a member of staff. The Good Schools Guide award certificates each year for the best A level results for boys and girls. Jim Fisher, Geology Master received a certificate for achieving the best boys A level Geology results in all the UK Independent Schools.

The photograph shows the three pupils with the Headmaster Christopher Hirst. Left to Right: Fred Strachan, George Dawson, Headmaster Christopher Hirst, Helena Lightbody.

For further information, contact Richard Witt Marketing Director on 015396 22218 or marketing@sedberghschool.org



SEDBERGH MUSIC FESTIVAL 2006.

On Saturday 10th June the 2006 Sedbergh Festival of Music opened its programme of events in the parish church with a concert given by the Sedbergh Town Band.

The Band were delighted to have the honour of both opening the two week long festival and playing in the splendid environs of St. Andrews.

There were apprehensions that a combination of excellent weather and

protracted celebrations attendant on the England soccer team recording a victory in their opening World Cup match would keep people away, but in the event a very respectable sized and appreciative audience gathered for the 7.30 start.

The first half of the programme got off to a rousing start with an animated performance of Director of Music Alan Lewis's composition 'Tarka 1,2,3'. Amongst familiar numbers were two new-comers to the repertoire 'Beyond the Sea' and 'Hello Mary Lou'. Of particular note was the delightful singing of the Lloyd Webber song 'Love Changes Everything' by Tracie Penwarden.

After an interval the second half got off to a dynamic start with 'Bandology' followed by a most accomplished and musically pleasing version of the music from the film 'The Day After Tomorrow'. Slow, restrained numbers are notoriously difficult to play effectively and the Band are to be congratulated on producing a well controlled and emotionally expressed rendition. This second half saw the return of Tracie Penwarden beautifully singing the seasonally most appropriate 'Summertime' by George Gershwin.

The evening ended with percussionist Samantha Bottomley featuring in the encore number 'Drummer's Delight'.

Subsequent comments from members of the audience and regular supporters of the Band indicate that the quality of the Band's playing continues to improve and that the varied programme selected together with the presentation (stands, banners, imaginative use of new staging) reflects an impressively developing professionalism. G. B.

SEDBERGH GALA 2006

| | | | |
|--------------------|-------------|-------------------|-------|
| Senior Fell Race | 1st | Ted Mason | 22.32 |
| | 2nd | Matthew Hurst | 22.54 |
| | 3rd | Peter Brittleton | 23.19 |
| | 4th | Simon Barnby | 23.54 |
| | 5th | Alan Life | 24.12 |
| | 6th | Billy Proctor | 24.42 |
| | 1st local | Simon Barnby | 23.54 |
| | 1st female | Kirsty Hall | 32.24 |
| | 1st veteran | Alan Life | 24.12 |
| Under 17 Fell Race | 1st male | Matthew Fretwell | 14.38 |
| | 2nd | Jack Thompson | 15.04 |
| | 3rd | Andrew Harrison | 16.22 |
| | 1st female | Emma Thompson | 18.51 |
| | 1st local | Lee Howson | 17.23 |
| Under 14 Fell Race | 1st male | Jonathon Bradshaw | 13.35 |
| | 2nd | Sam Fisher | 14.28 |
| | 3rd | Matthew Cardus | 15.08 |
| | 1st female | Emily Throup | 16.33 |
| | 1st local | Sam Fisher | 14.28 |
| Under 12 Fell Race | 1st male | Ryan Croasdale | 8.58 |
| | 2nd | Jacob Uren | 9.21 |
| | 3rd | James Uren | 9.42 |
| | 1st female | Eilisha Johnson | 11.23 |
| | 2nd | Faith Biddle | 12.34 |
| | 3rd | Kathy Athersmith | 12.57 |
| | 1st local | Harry Cooling | 9.45 |
| | 2nd local | Tom Cooling | 11.19 |
| | under 11 | Zoe Baiston | 13.41 |
| | 3rd local | Harry Packham | 11.31 |

DENTDALE OVER 60'S

Our small committee has organized two very successful events this past year.

The Christmas lunch on December 10th and the Summer Outing to Skipton on June 9th. On July 21st we are serving Strawberry Teas in the Memorial Hall. This is an open invitation for everyone to join us in this fundraising event.

Every Friday afternoon at 1.30 pm there is a meeting in the Sedgwick Room. We have a very varied programme arranged for the next few months.

Everyone welcome to join us. Anyone reaching the age of 60 years let us know so we can put your names on the mailing list.

CUMBRIA WILDLIFE TRUST

Local Reserves

The local support group summer programme includes a visit to one of our local reserves

Burns Beck Moss Nature Reserve is 2km WSW of Killington Village. It is the site of an infilled tarn dating from the ice age, and has been noted for its nature conservation interest since the 1950s when it was first designated a Site of

Special Scientific Interest. It is situated in a shallow valley formed by Burns Beck, a minor tributary of the Lune, which flows north through the middle of the reserve. The moss comprises three raised mire bodies that are dependent on rainfall for moisture, and two valley mire bodies that are influenced by the ground water flowing into them. Raised and valley mires rarely occur together on the same site and only a small number of Cumbrian sites, near Torver and Winster, are similar to Burns Beck Moss in this way. Between the raised mires are mineral rich flushes where water enters the site and modifies the vegetation present. Other habitats are also present including unimproved grassland, and patches of willow carr and reed bed.

A range of conditions was created on the moss surface by peat cutting. This has led to the development of a chequerboard of 32 vegetation communities, an uncommon diversity for a mire site.

Sixteen species of bog moss (Sphagnum) have been found here: possibly a record number for a Cumbrian mire.

Bog plants which can be found at Burns



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Beck Moss include ling, cross leaved heath, bog myrtle, bog asphodel, cranberry, crowberry, bog rosemary, cotton grass and sundew.

The undisturbed wild nature of Burns Beck Moss provides a habitat for many animal species. Fox, hare, roe deer, tawny owl, snipe, reed bunting and heron are frequently seen.

In summer, migrant or breeding birds

such as curlew, sedge warbler, willow warbler, grasshopper warbler, meadow pipit and whinchat may also be encountered, as well as common lizard, frogs and drinker moths.

Green hairstreak, small pearl-bordered fritillary and small heath are a few of the butterflies to be seen. Rare visitors have included the ringlet butterfly and dark green fritillary

Recent management work has included insertion of weirs to retain the necessary level of water and subsequent improvements to the boardwalks.

All are welcome to visit at any time. For a guided walk, look out for posters or visit www.wildlifetrust.org.uk/cumbria



Green hairstreak, small pearl-bordered fritillary and small heath are a few of the butterflies to be seen. Rare visitors have included the ringlet butterfly and dark green fritillary

Recent management work has included insertion of weirs to retain the necessary level of water and subsequent improvements to the boardwalks.

All are welcome to visit at any time. For a guided walk, look out for posters or visit www.wildlifetrust.org.uk/cumbria

SG

SETTLEBECK HIGH SCHOOL

Year 11 Arrive Alive Course

As part of our Citizenship programme, Year 11 have completed 3 sessions with Driving Standards Agency Test Instructor, Maxwell Max and Micky Gander from Kendal Fire Service on Learning to Drive, Safety and Responsibility as a Driver and Road-user.

The course gave students advice on learning to drive, preparing to take the tests and the value of the Pass Plus Scheme which is highly recommended. Students were taught about the New Drivers Act and how the 2-year probation period operates once you have passed your test. The main messages from the presentations have been to stress the importance of driver attitude, regard for safety and other people, the national message – SPEED KILLS, and to point out that having a driving licence is a privilege not a right. All too often things go wrong and people are left to pick up the tragic pieces. This was graphically shown in the scenarios used by the Fire Service Team who worked with small groups of students in the classroom using videos of local accidents in Cumbria. Students were asked to look at the effects

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of accidents and consider how many people are affected and the human and economic costs. They also learnt about the types of injuries usually sustained in collisions. The message from the Fire Service was that, as drivers, there are two key things you must use: Concentration and Common Sense.

Students showed interest and keenness to learn in the all the sessions. Many are just starting to think about learning to drive and some students have already taken Tractor Tests. We hope the images and messages so positively and well-presented by Max and Micky will influence our students into becoming safe, sensible young drivers.

We are grateful to Max and the Fire Service Team; Micky Gander, Philip Gardner, Ian Moorehouse, Jayne Moorehouse and Pete Packham for their work and time. Many thanks to you all.

J Walsh

It is pleasing to see other agencies increase the awareness of the dangers on the road and the need to SLOW DOWN. I hope that none of the students become a 'statistic' in the future.

DJW

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SETTLEBECK HIGH SCHOOL

Year 8 Experimental Film Making in Science

Year 8 students have been involved in a science film making project in collaboration with Cumbria Film Collective. The project culminated in a special screening of their short films at Cumbria Institute of Arts on Friday 16th June.

“Our film was about a man that mutates into a machine. I think it looked better on the big screen and I felt proud that I had party made that film. It was a totally new experience. I wish I could go again.”

Charlie Cox

“The science part of my project was the word chimera, a mixture of different organisms. I was editor and finished off the film after it had been filmed. It showed a scientist injecting something into something else and then some animals changing body parts. I felt really good when it was on the big screen because I had helped make it. I enjoyed the actual filming most because it was a new experience. It was fun and I hope we can do it again soon.”

Robin Littlewood

“Our film was a wacky scientist that made a mixture of created creatures that were made up of different animals. Our roles were cameramen. If we did it again we would add sound to our film. It was the experience of a lifetime.”

Rose Bannister and Alex Lavery-Hoffe

“I enjoyed filming the most as we could watch how people managed keeping still while they were being filmed. If I could do it again I would probably do something more extravagant and weird.”

Laura Goad

“My film was on chimera. The thing I

enjoyed most was when Mr Burrowes was acting as a funny scientist and made the whole class laugh.”

Cai Roberts

“Our film was about genes. I was producer – I liked being bossy to people!”

Christopher Duncan

“Our film showed two sets of twins (identical and non-identical). We also showed two different double helixes. The song we chose was K T Tunstall’s ‘Other Side of the World’ because it talks about people being separated and this sometimes happens to twins. I thought the topic was very interesting and it was a different way to learn science.”

Hannah Mason

“I enjoyed my day and thought our films were better than the other schools’ films.”

Chloe Iveson

SEDBERGH TOWN BAND

June Programme of Events.

The Band would like to apologise for some misleading information that inadvertently appeared in last month’s issue of ‘*Lookaround*’. It was announced that the Band would be accompanying hymns on Sunday 4th in a joint Church Service. The churches involved decided to hold the event indoors and did not require the Band.

The Annual Summer Concert scheduled for Monday 26th in the People’s Hall was cancelled as it was due to follow closely on the heels of the Music Festival Band Concert and immediately before a Sedbergh School Band Concert in Powell Hall. It was felt that a surfeit of brass music was possible and undesirable.

The Band’s next public performance will be at the Dalesman’s Shire Horse Day.

G. B.

KILLINGTON SPORTS

Record turnout in glorious weather. After a couple of damp years, the prayers of the organisers were answered with a glorious day on the traditional Thursday of the Spring Bank Holiday week. There was a record attendance of over 500 at Beckside, Killington, and with record entries to the races, wrestling and other events of the Sports it was one of the most successful events ever. Entries came from all over Cumbria and our neighbouring counties with many familiar faces in attendance. Another (unintended) "record" was set in the U11 Fell Race when the leaders turned around the first marker post, the rest of the field followed and returned a "record time" of 2 minutes 15 seconds!! On a more serious note, the Sports Committee were grateful for the assistance of the Fell-Racing Association who recorded all positions and times in the Fell Races for the benefit of their members.

Following a tradition of many years – nobody is sure when Killington Sports first started, - the event started with a Tea and races for local children, and then the Open Sports got underway at 6 o'clock with the Open children's and adult Races.

Paul Hoggarth

Building Contractor



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Highlights were the ½ Mile, Mile and Fell Races with a well-supported Mountain Bike Race over the Fell Race route.

While there were no championships this year, the traditional wrestling was well supported and provided much good sport. The usual sideshows of Quoits, Pitchpenny, Coconut Shy, Darts, Throwing Weights along a Ladder and a Treasure Hunt were also well patronised and the crowd were kept entertained throughout by the commentaries of our regular Handicapper & Main Commentator Roger Ingham and Sports Chairman John Capstick. The evening concluded with the usual fun events such as Potato Races, Sack Races, Mixed 3-Legged Races, Pillow Fights, Egg-throwing and Tug o' Wars. A new cup was presented for the Mile Handicap and the first winner, rather fittingly, was Dick Gorst the Sports' Treasurer.

Much credit for another successful Killington Sports goes to Chairman, John Capstick and his Committee for the preparation of the field and organisation on the night, but they would like to express their gratitude to all the sponsors of the events who once again supported


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the Sports and ensured its financial viability.

Results

U11 Tyre Race - 1st. T. Horner, 2nd. J. Atkinson, 3rd. J. Brown, 4th. T. Stapleton
 U16 Tyre Race – 1st. C. Nicholson, 2nd. H. Tilley, 3rd. J. Hodgson, 4th. M. Owen
 Boys U9 100yds. – 1st. T. Thexton, 2nd. J. Reeves, 3rd. J. Fiddler, 4th. I. Reeves
 Girls U9 100yds. – 1st. K. Cragg, 2nd. M. Atkinson, 3rd. A. Stapleton, 4th. E. Dawson

Boys U13 100 yds. – 1st. T. Horner, 2nd. B. Smith, 3rd. J. Brown, 4th. B. Reeves
 Girls U13 100yds. – 1st. ??? 2nd. J. Hurst, 3rd. F. Biddle, 4th. E. Taylor
 Boys U17 100yds. – 1st. J. Wright, 2nd. A. Aggidis, 3rd. W. Crisp, 4th. B. Smith
 Girls U17 100yds. – 1st. G. Crowther,



2nd. J. Addison, 3rd. C. Hunter, 4th. B. Hartley
 U12 Sack Race – 1st. A. Caton, 2nd. R. Gorst, 3rd. A. Stapleton, 4th. F. Biddle
 U17 Sack Race – 1st. E. Thexton, 2nd. K. Biddle, 3rd. R. Addison, 4th. B. Smith
 Boys U12 Potato Race – 1st. J. Brown, 2nd. T. Horner, 3rd. H. Packham, 4th. R. Gorst
 Girls U12 Potato Race – 1st. F. Biddle, 2nd. E. Knowles, 3rd. K. Gott, 4th. E. Kilshaw
 Boys U17 Potato Race – 1st. K. Biddle, 2nd. T. Shaw, 3rd. R. Addison, 4th. B. Smith
 Girls U17 Potato Race – 1st. L. Thexton, 2nd. J. Addison, 3rd. M. Monnet, 4th. T. Hodgson
 Men's 100yds. – 1st. J. Richardson, 2nd. J. Walker, 3rd. I. Middleton, 4th. M. McMahon
 Ladies 100yds. – 1st. G. Batty, 2nd. H. Caton, 3rd. F. Addison, 4th. L. Wright
 Open Mountain Bike – 1st. J. Petit, 2nd. J. Bardgett, 3rd. A. Holden, 4th. D. Ferguson
 Ladies – 1st. N. Davies, 2nd. J. Wroe
 Men's Sack Race – A. Huddleston, 2nd. R. Nicholson, 3rd. C. Bowness

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(Continued on page 34)

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*11.45pm on normal Sundays

Ladies Sack Race – 1st. H. Caton, 2nd. H. Tilley, 3rd. R. Jackson
Men's Potato Race – 1st. P. Gorst, 2nd. T. Winn, 3rd. R. Gorst, 4th. R. Atkinson
Ladies Potato Race – 1st. G. Batty, 2nd. N. Davis, 3rd. F. Addison
Ladies 200yds. – 1st. G. Batty, 2nd. T. Hodgson, 3rd. B. Hartley, 4th. A. Clarke
Men's 200yds. – 1st. J. Richardson, 2nd. D. Parkinson, 3rd. J. Walker, 4th. A. Huddleston
Adult Mixed 3-Legged -1st. J. &H. Caton, 2nd. T. &G. Hodgson, 3rd. D. Knowles & T. Winn, 4th. D. & J. Gorst
Mile Handicap – 1st. D. Gorst, 2nd. H. Gott, 3rd. T. Addison, 4th. J. Walker, 5th. T. Wright
U17 Half Mile – 1st. L. Maude, 2nd. B. Smith, 3rd. W. Crisp, 4th. E. Sproul, 5th. T. Shaw, 6th. A. Caton
Girls - 1st. E. Sproul, 2nd. J. Crowther, 3rd. C. Hodgson
Senior Fell Race – 1st. S. Bailey, 2nd. A. Dunn, 3rd. J. Richardson, 4th. C. Doyle, 5th. D. Parmis
Ladies – 1st. K. Bailey, 2nd. J. Dunn, 3rd. N. Davies
U16 Fell Race – 1st. T. Addison, 2nd. L. Maude, 3rd. T. Wright, 4th. B. Morphet,

5th. M. Owen
Girls – 1st. J. Addison, 2nd. G. Crowther
U13 Fell Race – J. Addison, 2nd. M. Hyder, 3rd. R. Addison, 4th. T. Doyle, 5th. L. Stainton
Girls – 1st. M. Hyder, 2nd. M. Morphet
U11 Fell Race – 1st. J. Brown, 2nd. E. Sproul, 3rd. C. Knowles, 4th. J. Atkinson, 5th. T. Horner
Girls – 1st. E. sproul, 2nd. C. Knowles, 3rd. A. Caton
Local girl – 1st. L. Gorst
Local boy – 1st. J. Gorst
Wrestling
Boys U12 – 1st. Ben Brocklebank, 2nd. Jack Brown, 3rd. Darryl Hodgson
Boys U15 – 1st. Jack Hale, 2nd. Scott Brocklebank, 3rd. Jack Ewart
13 Stone – 1st. Richard Fox, 2nd. Joe Harrington, 3rd. Sam Wilkinson
All Weights – 1st. Joseph Robson, 2nd. Richard Fox, 3rd. Joe Harrington
Pillow Fight
U11 – 1st. Darryl Hodgson, 2nd. Emily Hodgson, 3rd. Patrick Bannister
U16 – 1st. Anthony Aggidis, 2nd. Kurt Ball, 3rd. Claire Hunter
Men – 1st. Matthew Waller, 2nd. Andrew Waller, 3rd. Chris Askew.

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DENT PARISH COUNCIL

From the minutes of the meeting held on 8th May.

Present: A Wilson (chairperson), G Dalton, B Hartley, J Cairns, K McClurg, G Woof and M Duxbury (Clerk).

Also present - K Lancaster

Apologies: P Knapton and J Nicholson

Matters Arising

i) Highways. The Clerk reported that he continued to report defects. The repairs to Stonehouse Bridge are not able to progress due to lack of finance. Further representations to be made to CCC pointing out the bridge is a listed structure and also that the damaged bridge could be structurally unsafe.

ii) Gibbs Hall Phonebox. Further discussion took place relating to public access. It was agreed that the Chairman and GD would visit the occupant to discuss the issue.

Car Park

The Minutes of the Car Park Committee were considered and the following matters were discussed.

i) Car Park Budget

After a long discussion it was proposed by K McC and seconded by GD that:

a) the draft budget be approved.

b) That the sum of £5,000 be retained in a contingency account.

c) The proposed car park charges be maintained at the current rates for 2006-07.

ii) Free Car Parking Policy

Following a long discussion it was proposed by GD and seconded by KMcC and agreed the Parish Council's policy is to charge for parking at the full rate, currently the only exception being the

Dentdale Run

Highways/Street lighting

i) The light at Belle Burrow's house is still not working. The Clerk to establish whether Mr R Holmes is to provide a maintenance service.

ii) Holme Cottage - large pothole. The generally deteriorated condition of the roads in Dentdale have been reported.

iii) Sun Inn: Flags are still defective.

Planning

High Laning Porch extension

no comment.

Lyndale: Extension to house

The proposed extension appears to be out of scale in relation to the scale of the existing building.

Finance

i) Grants: Methodist Chapel - Accessible toilet. Proposed by GD and seconded by KMcC and agreed that a sum of £200 be paid.

ii) Church Roof. The Clerk gave a verbal report re: the current position. It was agreed to defer the application for further information.

iii) Dent Show - It was proposed by GD and seconded by KMcC that a grant of £100 be paid.

AOB

i) Dentdale Show: Permission for use of the pavilion was granted.

ii) Hedge trimming - Dentdale. GW reported that he had obtained an estimate for the necessary work in the sum of £18 per hour with the work to be done in the 1st/2nd weeks in August. Concern was expressed that the Highway Authority should undertake and pay for this service. Further consideration be given to this issue and residents views obtained.

TIM FARRON MP

Unfortunately copy deadlines for the last edition of *Lookaround* did not allow me to say how much my family and I enjoyed the Sedbergh Gala. One of the many great joys of this job is being invited along to the local fairs and galas that occur across the constituency during the summer. Yours was one of the more civilized ones, another I went to a few weeks ago involved me being put in the stocks and having wet sponges thrown at me by disgruntled constituents! Actually, I must be doing something right because people did not seem to throw them with quite the venom that I have seen on previous occasions.

Also, I did not get the chance to congratulate Sedbergh on becoming

England's first "Book Town". This is a singular honour and one that I hope brings many visitors to Sedbergh. I tried to make up for my omission in *Lookaround* by proposing a motion of congratulations to Sedbergh in the House of Commons. So you can read all about how successful you are in Hansard if you should so desire.

Sadly, my job is not all fun and congratulations. I have spent quite a bit of time over the past month contacting Cumbria County Council about the closure of the road from Sedbergh to Garsdale Head. It almost goes without saying that it is unacceptable for the council to close roads with no warning to local residents. Especially in 'out of the way areas' like Garsdale Head where

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there are not that many roads to go around and closure creates massive problems for local residents. The fact that the council was not even able to find the fund a compromise solution of diverting cars over adjacent farm land given that they have created the problem is even more disappointing.

However, the issue that concerns me is a much broader one. Garsdale Parish Council have been telling Cumbria Council for some time that the road was in a very poor state of repair but nothing was done until the road collapsed. This is frankly unacceptable, roads cannot be allowed to get into such a poor state of repair that they collapse. That this happened despite warnings over its likelihood does leave me wondering

exactly how the council is prioritising its road repair programme. I worry that the council thinks that because a road is not that busy it is not very important, they need to consider the importance of the road to the people who use it. They also need to take more seriously reports from Parish Councils telling them about the poor state of repair of roads in their area. I will be taking this up with the County Council the next time that I speak to them.

As ever, if I can help you with these or any other issues then please contact me at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk

Thanks for your support

Tim Farron

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By common consent among beekeepers throughout Britain, this has been the most unusual season that most can remember for many years! The weather for the last three weeks to mid-June has been the best possible for the bees; it's as if spring and summer have been telescoped into one, long, very warm, dry, spell, bringing out so many blossoms, *both late and early*, full of honey-making nectar - just what the bees love! Suddenly our fears for this year's honey crop have vanished as the honey supers have swiftly filled with honey (we call them supers because they sit above the main brood chamber where the queen is doing her stuff!). You will see most of our hives looking very tall

now, as more empty supers are added. But along with all this sudden wealth comes nature's answer to take advantage of it - swarms! We have had many of them, and been able to give all of our new members at least two colonies, most of which will go on to collect a lot more honey for them during July and August (unless this 'feast' becomes a summer 'famine'!)

Even our monthly visits to members' apiaries have seemed extreme - washed out by the cold, wind, and rain at The Long House in Garsdale, and later, in lovely weather, enjoyed an excellent apiary visit at Beck House in Barbon. We were just about to set about our hostess' tea and cakes when we received word that there was a swarm of bees on the

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windows outside the NatWest bank in Main Street, Kirkby Lonsdale, and would we please come and take it away!! We did, of course, to the great interest and some amusement, but little fear, of the local residents and visitors. In the old days, when swarms were very valuable, a beekeeper that followed his lost swarm could claim its ownership by banging a metal pan; today, as there was no known beekeeper anywhere near, nor anyone claiming it, we took the swarm back to Barbon and hived it there!!

Our next apiary visit is to another of our novice beekeepers' apiaries at Field Maple in Holme. This will be at 2.30pm on Saturday 15th July. Normally this would be in the middle of the season when the 'mid-season inspection' is

carried out to check on the progress each hive is making with its honey crop. For any hive that has swarmed, we check that the new queen has taken over the rest of the colony that remained in the hive, that she has mated (she emerges from her special cell in the hive as a virgin queen soon after her mother, the old queen, has left with the swarm) and is safely laying lots of eggs to rebuild the colony's strength. All will then be well for both the honey crop and the colony next winter! If you would like to learn more, you would be made most welcome at any of our meets; just call for more details. (PS Don't forget our Summer Convention at 9.30am on Saturday 1st July in the People's Hall)

Malcolm Fraser-Urquhart

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| Egg Mayonnaise | £3.40 | | |
| Grapefruit Cocktail | £3.40 | Vegetarian Dishes | |
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| | | Rice Dishes | |
| | | Chilli | £6.80 |
| | | Chicken Tikka Masala | £7.70 |
| | | Salads | |
| | | Ploughman's Lunch | £5.40 |
| | | Cold Meat Salad & Roll & Butter | £6.40 |
| | | Prawn & Rice Salad | £6.80 |
| | | Sandwiches | |
| | | Prawn with Marie Rose Sauce | £4.20 |
| | | Ham, Beef, Cheese & Tomato; | |
| | | Cheese & Pickle or Salad | from £2.70 |
| | | Toasted Sandwiches | from £2.90 |
| | | Portion of Chips | £1.70 |
| | | Mixed Side Salad | £1.70 |
| | | Portion of Mushrooms | £1.70 |
| | | Roll & Butter | £0.65 |

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| Lamb & Apricot Casserole | |
| Chicken with Basil, Port & Dill Sauce | |
| Venison Steak with Red Wine Sauce | |
| Venison Casserole | |
| Supreme of Pheasant Chasseur | |
| Pork in Pepper Sauce | |
| Cod & Prawn Crumble | |
| Main Courses | |
| Roast Dinner of the Day | £6.80 |
| Mixed Grill | £12.40 |
| Fillet Steak | £12.40 |
| Sirloin Steak approx. 8oz uncooked | £10.30 |
| Half Roast Chicken | £7.90 |
| Chicken Kiev | £6.80 |
| Lasagne | £6.80 |
| Steak & Kidney Pie | £6.80 |
| Cumberland Sausage | £6.80 |
| Gammon & Pineapple | £6.80 |
| Barnsley Lamb Chops | £9.90 |
| Marinated Lamb Steak (6oz) | £9.90 |
| Pork Chop in BBQ Sauce | £7.20 |
| Cheese & Ham Pasta | £6.80 |
| Tuna Pasta Bake | £6.80 |

TOM STEADMAN 1914 - 2006

First of all, I would like to say on behalf of Garth, myself and all the family, thank you for all your cards and letters of sympathy. The collection at St Andrew's Church for Prostrate cancer, and Gladstone House amounted to £240. Thank you again.

Dad's parent, a policeman and a nurse at Kirkby Stephen, moved South in the early 1900's to Bexlyheath, Kent just South of the Thames in East London.

Dad was born there on 11th February 1914, followed by 2 sisters, Jennie and Belle. Dad went to school there until the age of 13, before leaving and going to work in the local slaughter house - the start of his butchering career.

From what we learn, he was not exactly

teachers pet. His Mum bought him a piano when he was 7 but he "fell out" with his music teacher. He did however persevere with his music and by the beginning of WW2 he was leading his own 10 piece band playing accordion called "Tommy Steadman and the rhythmic rascals". Dad always said with a wry smile that the highlight of his long musical career was when his exasperated music teacher joined Dad's band playing saxophone.

For some reason though even having been born in the South he always wanted to come North. His parents used to "Post him" on his own in the guards van at Kings Cross Station giving instructions to the guard to throw him out at Darlington. Auntie Poly who lived, at Darlington

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would, put him on the train to Kirkby Stephen. He stayed with Grandma or other relatives and on one occasion made it to his Uncle Tom's farm Clayiands at Ravenstonedale. The very same farm he bought 35 years later.

While still living down South rumours were rife that WW2 was about to erupt and so Dad, along many others went to join up. The queue he joined was for the Navy but, at the last moment they'd got enough for now so, he moved on to the RAF. Just as well as he said he could feel sea sick on Windermere Ferry. Training was everywhere but. Chipping Norton in Oxfordshire stands out as this is where he met Mum who had joined the WRAF's.

They were married at West Wickham in Kent June 10th 1944. Heading North for the Honeymoon in the middle of a bombing raid they spent the first night in a train that was shunted a short distance out of the London station as the station was being bombed.

Mum was his inspiration, backup and love of his life and never left his side for the next 60 years. They never stopped holding hands and thinking of each other. He missed Mum so much when she passed away two years ago.

Part of Dad's career in the RAF was as tail gunner in the Lancaster Bomber. On returning from one mission, the crew were told to smarten up before leaving the plane. Just as well as they were presented to the King, the Queen and daughters. Dad gave the young teenage Elizabeth (now our Queen) a bunk up into the Lancaster for a look round.

He was also involved in the development of the dam busting bouncing bomb. Returning from a drop with a practice bomb made out of wood that had ripped the bottom of the plane out the crew were presented to Winston Churchill, Barnes Wallace and Antony Eden.

With the RAF, Dad was moved out to the South West of Russia ,Now Kazakstan then over a period of time back to the French coast via Persia (now Iran) Iraq, Syria, Lebanon, Israel, Jordan, the Nile at Cairo and across into Sudan .He took a camera with him and we have an amazing collection of pilot photographs of the local people and places of that time.

Dad's parents were now retired and had moved back North to a farm cottage at Lythside, Ravenstonedale. They were joined by Dads two sisters and

(Continued on page 42)

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sister in law, all with very young children each and Mum expecting Garth.

Raven Frankland took Mum into Helm Chase where Garth arrived.

Letters were written to each other and often arrived in bundles.

Dad's Mum and Dad bought Wagon house at Brough and moved there with Mum and Garth.

Dad was quite poorly after the war and was in Carlisle hospital with Meningitis. Mum used to hitch a lift with Frank Alison's wagon drivers to visit him.

1947 saw Mum and Dad buy a house at Soulby with 2 acres. The front room was converted into a corner shop with Mum re-selling goods bought at Kirkby Stephen and looking after Dad and Garth. People used to bring pianos to the house and Dad used to repair them when he felt up to it.

1948 Saw another move to a 20 acre small holding at Newby. Just a few weeks before Dad died, I took him back to look around and we spoke to the present owners.

1950 saw another move to a larger farm at Ireby. 24 acres and 14 cows. Dad scythed the meadows, the roadsides and the churchyard for hay. I arrived on the

scene. The hard work seemed to make for a loving contented life. Amenities were fairly basic. Water was brought up in buckets from the beck, left to settle and then used. A tin bath in front of the fire and all washing in the pot sink out back. 1955 saw Claylands farm at

Ravenstonedale come up for sale after Uncle Tom the tenant collapsed and died. at an early age.

Uncle Dick. (a butcher; wanted to buy it and so did Dad. A few eyebrows must have been raised when Dad outbid him at the sale. Amenities were better here. Still no bathroom, kitchen, lighting, lino. television, phone, etc. but, now no need to go to the beck for water. Mum could use the brown sink with the brass tap stuck in the hole in the wall outside the back door.

Garth and I were very fortunate to be brought up where there were no locked doors and everybody was made welcome. True there were no carpets on the floor and no money to buy extras but the fire was always on and a bit of home baking in the pantry.

Dad still pursued his music and played for dances weddings funerals or anything. Out to make a few bob.

Along with Bob Cooper and Bill Vanstone they formed The Silver Stars. Two accordions and drums. Square bashing. Proper dancing as Dad called it not just wiggling your bums about. Typically the night out would be like the village hall at Mucker. No electric. Everybody brought a tilly lamp. As the dancing went on into the early hours the people gradually went home until it got too dark to play so they all went home.

Dad would return home and start to Milk. Mum would tell him off because there was always a cow with a difficult calving when he was not there.

As they played the dance tunes they often used the song 'My grandfathers clock' as a link while one of them got the next sheet of music up. Well one day Dad

and Mum were invited to a wedding as guests. On arriving an usher said "your a bit late Tom. Half the guests are in." Of course Dad was supposed to be playing the organ, not just being a guest. With not much music to hand Dad managed the Hymns but had a mental blank when it came to the Wedding March. The bride and groom left the church happily married to the sounds of Dad playing "My Grandfathers Clock".

The Silver Stars played the opening night of the Sedbergh People's Hall and they played there quite regularly. This year will be the 50th anniversary of that opening night. I think there is going to be a bit of a celebratory bash later in the year.

Continued next month.



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BOOK TOWN

Events Diary:

1st July Oleanna Dinner Theatre

8th July Railway Poster Exhibition start

14th/15th July Spellbound Theatre, Settle to Carlisle

20th August, Festival of Books and

Drama starts

26th August Charter Fair Market

There are loads of exciting things going on in Sedbergh this summer and most events feature a big slice of Sedbergh talent, as someone said to me recently "Sedbergh does really punch above its weight" in the talent and get-up-and-go stakes.

Spellbound's new organisation has teamed with the Book Town to produce the acclaimed musical drama by Kim

Lyon, Settle to Carlisle. Mid July this year marks the twenty year anniversary of the reopening of many of the stations on the line and there are events happening all along the route.

Westwood Books hosts an exhibition of those wonderful Railway Posters dating from around 1910 to the '50s which showed the delights of holidaying in the Dales, at Ullswater or in the Lakes. The LNER line (London and North East Railway) produced thousands of remarkable posters, commissioning original paintings from some of the finest artists of the day, which make Yorkshire and the Dales look far more appealing than Florida or Majorca in our own times and, of course, it was always sunny. LMS (London, Midland and Scottish) which



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came up the west side of the country obviously had not realised the potential of the poster, the Lakes area seems to have been advertised in only around 25 posters over a very long period with Ullswater being on the route from Darlington and so benefiting from the LNER poster frenzy with around 6 all to itself. We have original and facsimile posters on show and all will be for sale.

Sedbergh Festival of Books and Drama 2006 with Dalesman and Cumbria magazines

We have a real advocate for all things Book Town in the two A5 format magazines Dalesman and Cumbria. The publishers have decided to support the Festival for at least three years. Thanks to Dalesman we have two rather famous Yorkshiremen visiting, SIR BERNARD INGHAM who will be speaking as a writer on Yorkshire matters, although I expect he could be persuaded to tell some tales about Maggie; and GERVASE PHINN that spinner of tales of the ups and downs of school life. Gervase has a new book out in September and we are privileged to be launching it here at Powell Hall on 20th September this should be a marvellous day. I am told that

both Yorkshire gentlemen are hilarious! Speaking about funny guys, JOHN MURRAY the acclaimed Cumbrian author is to host a tea party on Sunday 3rd September to introduce his new book "Gentleman's Relish", again we are promised a side splitting time.

Pre- Programme advert! Things for you to take part in this year are:

2 Writing days with SANDRA GLOVER.

Thursday 24th August and Thursday 31st

August. Sandra is the wife of the editor of the Westmorland Gazette but has

published 7 or 8 novels herself aimed at the teen/adult market. Sandra will suggest

ways to "get started" on your writing career and then give you ideas for "My Autobiography", but I am sure her advice

will be pertinent whatever you want to write. Following on this there is help for

budding writers, SUE ALLEN of "All Write" the writer's newsletter from Eden

Arts will be talking about the writing scene in the county. There are simply

loads of opportunities offered every quarter in All Write, competitions for

stories, poems or books, classes, meet the author days etc. If you are serious about

writing you need to know about All

(Continued on page 46)

Write. To round off this theme PETER AND MARGARET LEWIS of Flambard Press will give a talk on "How to get Published", surely the most difficult part of a writer's path to fame and fortune.

Another event for you to get involved in is the "Make an Anthology Day" with LYNETTE McKONE come along either as an individual or group and let Lynette help to get your literary favourites into book form.

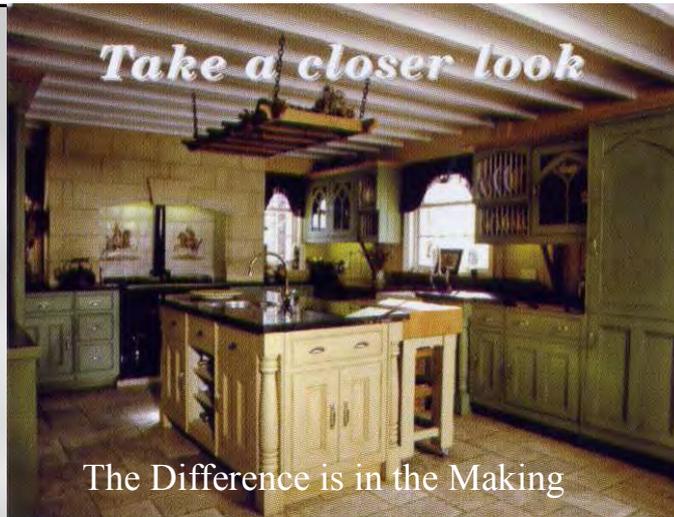
AUTHORS APPEARING –

Our headline authors this year are: ROGER MCGOUGH who kicks off the Festival, the presenter of Poetry Please on Radio 4, is also so well known as part of the Liverpool scene but has also been called "the Godfather of English Poetry", which considering lots of his stuff is

extremely funny is probably much too pompous. We will be doing a family ticket for Roger as so much of his stuff is part of the school curriculum for all ages.

JANE GARDAM, from Cullercoats over on the east coast started her distinguished career with the Whitbread Award for her book "The Hollow Land" which tells the story of Bell and Harry 2 lads living under Mallerstang and their adventures. Jane has gone on to win dozens more literary prizes being short listed for the Booker etc. She will be telling us about her book "Old Filth" which is just coming out in paperback.

RODDY MARTINE ex editor of Scottish Field, is as obsessed by Rosslyn Chapel as any Da Vinci Code reader, having written 4 books about its history.



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His latest "The Secrets of Roslyn" will clarify the legends which have led dozens of authors to feature the seeming ordinary chapel in Edinburgh, in their tales of mystery and imagination.

BARBARA ERSKINE will be a familiar name for those who love historical and slightly spooky tales, her latest book *Daughters of Fire* will be published in August so we will be among the first to see and hear about it. Barbara is an author whose books sell in the millions come and see why. ANDREW WHITLEY is a local, being the guy who started Melmerby bakery, his new book *Bread Matters!* is being launched in the north on Charter Fair Day here in Sedbergh. After opening the Charter Fair

Andrew will explain just why factory-made bread is poisoning us all. It promises to be another Jamie Oliver-like scandal, just what are food producers doing to us all?

MARTIN BANKS is a specialist and his subject is Berthold Brecht who was one of the giants of 20th century theatre. Brecht wrote poems, stories and plays but he will be known to most of you as the author of plays like *Mother Courage* and *The Threepenny Opera* which was an adaptation of the play by John Gay *The Beggars Opera*. Most of us know all the words to *Mack the Knife* the song describing the gruesome exploits of Mack Heath the music is by Kurt Weil. Martin

(Continued on page 48)

COMPETITION

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is bringing an exhibition to illustrate his lecture and this is an absolute must for anyone who loves the theatre. Speaking of theatre we have 2 plays to offer. Our home-grown playwright Stuart Manger has written and produced "FOR LOVE OR MONEY" which is loosely based on the Canterbury Tales and of course features Sedbergh's finest thespians. EDUCATING RITA the play is by Willie Russell and will be the second play on the theme of professor and pupil that you can see this summer. Rita is being performed by a touring group Library Theatre from Yeadon.

GARETH THOMPSON from Ulveston has just published his new book The Great Harlequin Grimm, this is a tale about 2 boys and how being 'different' can lead to adventure and tragedy. Come along and ask Gareth just how he managed to get Doubleday to publish his work and his path to a best seller.

SUSIE MCGUIRE has brought together stories about that staple item in everyone's wardrobe "the Little Black Dress". Susie is an actress and comedian so I think we can expect some entertaining illustration of her new anthology just for ladies.

Poetry has not been forgotten this year

we have an exciting Poetry Day on Wednesday 30th August, Jane Routh award winning poet and Jonathan Allen tutor to Sedbergh Poetry Group, will be giving you Poetry Encounters in the street and later Jane will introduce her new book. The Sedbergh poetry group is publishing its new anthology to coincide with the Festival watch for more news.

And Last but not Least, most afternoons there will be a SHORT STORY read aloud in a café or the library or a book shop and some of them will be broadcast by BBC Radio Cumbria. Whose stories will be read? well it could be yours, for more information ring Stuart Manger 20108, 5000 – 6000 words, age 14 up.

Tickets and Programmes for the Festival from around mid July at the T. Office

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GARDENERS'

QUESTION TIME

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COUNCILLORS' CORNER

It is practically two months since I was elected to the South Lakeland District Council (SLDC) and I wanted to share with you from time to time, some of the issues I am working on, on your behalf.

The two big issues I have been apart of, have been the work on the Garsdale Road and the transition of the Joss Lane Car Park to Sedbergh Parish Council.

The former, as many of you will be aware, has been an issue for sometime and the Garsdale Parish Council have persistently raised concerns about the state of the roads, with matters coming to ahead recently with the emergency road closure. This resulted in an emergency meeting arranged by the County Councilor, Jo Nicholson, between himself, the road engineers, myself and Parish Council members where the road was actually being repaired. At the meeting, local farmers were more than willing to disassemble wails and allow

vehicle access over fields to prevent a full road closure but the costs, according to the engineers, would have proved prohibitive. In the absence of any notification by the County Council to local residents of the situation, I was also concerned about keeping Garsdale residents informed. That same day, the Parish Council Chair, Neil Howarth and I, got together to produce an information sheet to all Garsdale residents alerting them to the closure and drawing their attention to a hot line number for regular updates on the status of repairs.

A whole number of issues have arisen from the way road repairs have been approached in general as well as in this particular instance, and via Tim Farron's Office, we are taking a number of matters up with the County Council who have responsibility for our highways.

As mentioned elsewhere in the *Lookaround*, I have been working closely with Sedbergh Parish Council, fellow

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councillors and District Council officials to work through the issues surrounding the transition of Joss Lane car park from SLDC to the parish Council. It has been a real team effort here in Sedbergh between myself and fellow Councillor, Kevin Lancaster and the Parish Councilors, to move forward on the stalemate that John Stanton highlighted in last month's *Lookaround*. Following a meeting I chaired with Parish Councillors, the District Council's Chief Executive, Mike Jones and the Cabinet Portfolio Holder for Car Parks, Graham Vincent, we are pleased to say that we are now making headway. Mr Jones has taken on this matter personally and assures the Parish Council that he will present them with a new offer in July with the hope that a final decision will be reached by September. We are all very hopeful that a resolution is just around the corner.

Another issue than I am beginning to

explore is the future of Dent Store. A group has been formed, the Friends of Dent Store, and Eddie and Rita, the store owners are all working closely with residents and the Friends of Dent Store in attempt to stave off closure, which as most residents have argued, would be a great loss to Dentdale. They are engaged in a number of initiatives to promote the store, such as the sale of organic produce, but as Eddie points out, there is a need for more people to make basic purchases on a frequent basis if the store is to prove viable and survive.

Of course, there are also the day to day issues, I am reporting on your behalf, including the partial road flooding adjacent to the playground on Havera and various pot holes and loose cobbles. I'll keep a close eye on progress, but in the meantime, do let me know if there is anything I can do to assist!

Craig Strepenson, SLD Councillor

SETTLEBECK HIGH SCHOOL

*Year 9 Marketing and Enterprise Day
Marketing Fair Trade Products*

Mrs McMullen from Kirkbie Kendal School led the Enterprise Day on marketing Fair Trade products. After playing some group games, we had to try and sell a ladies cardigan and top – it was really difficult because our market research showed that none of Year 9 would buy it; only Mrs Walsh and Mrs McMullen would. We worked in groups of 4 and 5 and developed our group skills in the morning.

The best bit about the whole day was when we played warm-up games – trying to ignore each other and listen to a partner as if we were not at all interested in what they were saying – to improve on group skills and communication ideas. It was also good when we were doing all the presentations and everyone was determined to win. I don't think we ever came last, which was good.

Claire Winn

A few weeks ago all Year 9 students were set a competition to market Fair Trade products. In the morning we got split into ten groups. There were around 5 people in each group – in my group there was James Woof, Callum Hopps, Daniel Amos, Kim McCarthy and I. In our group we were asked to promote Fair Trade hair dye. We had to prepare our presentation which we were to present to a panel of business people! We had to do some market research, surveying the whole class to see if they dyed their hair, would they use the hair dye, and what would be a suitable price for it. We used promotional ideas and our market research to design a poster to help us to

give our presentation. We were the last to present our product to the judges; Mr Stuart Manger, Mrs Pauline Marshall and Mr Mike Clark. We tried our hardest to impress them. However, it wasn't enough, we didn't win a prize! There were rosettes for the teams who did the best market research, best promotional ideas and best enterprise skills. The overall winners, "Baby World and Charming Jewellery", won a packet of cookies. My favourite part of the day was presenting our talk to the judges and the Year 9s. Not only was it fun, it was also a real challenge.

Natalie Iveson

My group was Elizabeth, Stewart, Tom, Annwen and me. We called ourselves "Baby World". We were selling clothes and toys for very young children. The judges gave us a prize for "Best ideas in Posters". We put drawings and bright colours on it; I enjoyed putting on the colour and pictures. It was good to meet new people like Anne Catterson and Mrs McMullen and the judges, who have us lots of encouragement.

Carolann Fitzpatrick

My group for the Marketing Day was Simone Raw, David Goad, Elizabeth Parkinson, Matthew Mudd and myself. We were called "Charming Jules" and we all chose items of jewellery to sell. This was a set of earrings with diamonds on them. We also offered 25% off a necklace which came with the earrings. Our group got prizes for "Enterprise Skills" and we were judged joint first place for the whole event. It was a good day because it helped us develop skills for jobs and it was fun when we had a competition at the end of the day.

Sam Whitehead

PEPPERPOT MUSIC MAKERS
MEXICAN STYLE

For me, one of the highlights of the Sedbergh Festival 2006 was the Coffee Concert given on Saturday 17th June by the Pepperpot Music Makers. The orchestra of young musicians gave a terrific performance of several items, which included *Merrily we roll along*, *La Cucaracha* and the music from *The Midnight Thief*. This was followed by a performance of the musical drama itself, with the musicians turning into actors as required. The words were written by Ian Seraillier and the music composed by Richard Rodney Bennett.

The story takes place in Mexico and is about a farmer with three sons, Pedro, Augusto and Fernando. The farmer is very cross because someone has been stealing

his corn, and he naturally wants to discover the thief. He tells his three sons that he will leave all his money to whichever of them catches the thief. Each of them tries to find the culprit in a different way, but only one of them is successful, and his adventure gives the story a happy ending.

Clothed in ponchos and sombreros, not to mention the glittering plumage of the bird of paradise and the helpful toad's colourful outfit, the children threw their hearts and souls into the singing, the playing of the music and the drama and I take my hat off to them for a splendid



performance which moved along very merrily and was widely appreciated by a very large audience. Full marks must also go to Judith Bush and Ann Wright, the Musical Directors who had clearly rehearsed, encouraged and inspired the children.

The Pepperpot Music Makers was formed in October 2000, under the auspices of Sedbergh Pepperpot Club. The aim of the group is to provide the opportunity for Primary School children to make music together and to help them to develop their musical skills. Pepperpot Music Makers is also pleased to include

adults who are beginners on their instruments, some of whom took part in the performance.

How wonderful that Primary School children in and around Sedbergh have the opportunity of learning an

instrument and playing together and, even more importantly, that they had a public platform on which to share their talents and enthusiasm. If ever a cause needed support, then it is this one. I left the concert, as did many others, with a smile on my face. Thank you Pepperpot Music Makers - keep on practising and I look forward to your next performance.

Maureen Hinch

Sedbergh Pepperpot Club is particularly indebted to The Frieda Scott Trust for their financial help which has enabled Pepperpot Music Makers to remain viable during this academic year.

A SEDBERGH VIEWPOINT

Since I last wrote in mid May Sedbergh seems to have been buzzing with activity and the summer weather I hoped for in my closing sentence arrived bang on schedule. That famous headline "Phew, what a scorcher" was certainly appropriate. Let's hope the summer continues fair.

Sadly the Gala was at the end of the rather poorer weather and I felt suffered as a result. Unfortunately the poor weather scuppered our eagerly anticipated fly-past of WWII aeroplanes. The "green" tent was new and inviting but somehow I didn't think there was as much local participation as usual. Knowing so many people work so hard to stage the event I feel disappointed for them. However the Town Band entertained us well; the fancy dress procession was as good as ever and the fell runners were amazing. The thought of getting up to the top of Winder and back in not much over 20 minutes gives me palpitations. I'm obviously only fit to drop.

The Book Festival week-end seemed to have good support and it was especially good to see Sedbergh busy on the

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So many things seem to have happened at the same time. The Music Festival at Saint Andrew's Church, a Minor Counties cricket match at Sedbergh School, horse drawn caravans travelling to and from Appleby Fair, traffic lights for the gas man digging up Main Street outside the Post Office all seemed to co-exist peacefully.

I'm never sure when the travellers go to Appleby. Some seem to be going at the same time as others are returning and others seem to live at Settlebeck without ever going. Each year there seems to be more of them and they seem to stay longer. I've heard many comments that there appeared to be more of them this year than ever before and the media has made the same comment.

The opening concert of the Music Festival was performed by the Town Band in its usual inimitable manner and as usual for the band was great entertainment though it didn't draw the support I expected. I have heard several comments that the festival wasn't well advertised. I can't agree, but certainly it is a point the organisers might look at again before the next time. I've also

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heard suggestions that some would like the opportunity to have a season ticket availability for the event.

Not directly a Sedbergh matter, but I've overheard many complaints about the road closure at Garsdale which went ahead without any warning and caused considerable difficulty for the locals. The road had collapsed into the roadside river and work had to be done, but the general grumble seemed to be that it should have been done when the slip was first reported some considerable time ago. Once again there is criticism of our local councils. I'm obviously not the only person who think they could "do better."

Best wishes to all who are leaving school this month to find their way in the "grown up" world. I hope all youngsters and their families enjoy the school holidays. Have a great time whether you stay in Sedbergh or venture away. That reminds me perhaps I had better check out my Passport and credit card.

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RECYCLING NEWS

At the end of March we introduced extra plastic and cardboard banks and in the first few weeks the level of usage they have attracted has amazed both our contractors and ourselves.

We'd like to say a very big thank you to everybody using the banks, and we know that many people in the district appreciate them. One Coniston resident emailed us saying "Thank you for the plastics and cardboard bins at Lake Road. My wheellie bin was nearly empty this week, I'm amazed at how much I have been able to recycle!"

We would like to remind everybody that the best way to recycle plastic and cardboard is by squashing or flattening it. Every time a bank is full it means a vehicle journey to empty the bank, and we would like to keep the number of journeys to a minimum. Squashing a plastic bottle can reduce the amount of space it takes in a bank by half. That means the bank takes longer to fill and reduces the number of vehicle journeys on the roads of South Lakeland.

We'd also like to say a big thank you to everybody who helped to recycle over 1,000 tonnes of paper, glass, cans and green waste on the kerbside scheme in May, the first time that milestone has been achieved.

If you have any questions about recycling please contact us either through the Customer Contact Centre on 0845 050 4434, email us at recycling@southlakeland.gov.uk or come see us at the North Lonsdale and Cartmel Shows during the summer.

Thank you for recycling.

SETTLEBECK HIGH SCHOOL

Thackray Medical Museum, Leeds

We went on a GCSE history trip to the medical museum in Leeds to introduce our new section of work. At the museum we had to find out about a person who lived in the 19thC. Each person had an illness and could be treated and we had to find out what sort of treatments they could afford and if they survived. At the museum everything was really realistic and really eye-opening to what people in that time had to go through. At the beginning I thought that it would be boring but when we had finished I thought it was very interesting and had enjoyed my day out!

Jade Jameson

Dark alleys, revolting smells coming from the putrid meat seller, blood dripping off his cutting knife. People crowding the busy streets, scrambling to find clean water and food. Children in rags hanging around street corners. Dirty pavements. Piles of waste just lying around spreading disease. I feel claustrophobic in the cramped streets full of people and grime. I have just passed a rat, flea and bed bug infested lodging house. All around me is noise, children screaming, women chatting, men laughing together, the noise of the knife slicing meat, the slaughter house. It's never quiet, the hustle and bustle of people fills the air. Where could I possibly be? I'm in Thackray Medical Museum in a reconstruction of some of the worst slums of Victorian Leeds.

Amy Poole

Year 10 went on the history trip to Leeds Medical Museum. I learned several things I never knew before. Also, there

were many interesting facts and how medicine has moved on at a rapid pace since 1800. I learned that surgeons knew little about germs and how the body works. Also I learned about how disgusting and unhygienic it was on a typical street in the 19thC. We watched an amputation on video and learned about key individuals who helped medical knowledge grow. Personally, I thought that the trip to Leeds Medical Museum was very interesting and educational and would recommend it to other people.

Oliver Wales

Jodie Mitchell

Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON

FAMILY MUSINGS

Weddings.. .who would have 'em!!
People tell me that as the mother of the Bride I will actually loose the will to live during the preparations for elder daughters wedding and then all will be well on the day! Perhaps they are correct but I am still enjoying these preparations and will continue to do so just as long as folk remember a few basic points, I am not by any means a lady of leisure, I work full-time, have resumed the role of a carer, run a household (albeit on 3 wheels most the time but I do!) and do from time to time claim some "me" time, so that means that I do not always live up

to the expectations of others nor do I always meet the daily tasks set by them! I also, surprising for one so plump and jolly, have feelings which can get hurt and nerves which can get stood on, so please folks, a little TLC and understanding will ease my way!

My mobile phone has become my memo-pad, elder daughter asks me to do this and that, I write a text on the subject and "save" it, all I have to do is remember to read it. It is also invaluable for ringing people who are only available when I am not in reach of a landline phone.

For light relief I took some due time-off and went along to WI, what a refreshing time, how wonderful to hear our President address us all as "Girls" esp' as one was celebrating her 95th birthday that very day! Over 25 ladies met that afternoon happy to be together and although I had to leave before the washing up even though I was a hostess they forgave me.. I think! (double duties next time)

As we struggle to cope with hot weather I got an e-mail about a member of my family, one of the Sandersons who is serving with the WAFFS in Basrah, C has been out there 9wks has about 6 to go, lives in camp which is tents all linked together with a fine dust on everything and temperature of 40° inside and 54° outside, only knows its Sunday when the meal is Beef & Yorkshire Pudding. The Insurgents frequently lob mortars into the camp so dodging is required, the young woman killed out there recently slept in the next bunk to C and was due to go home 3 days later, C has 2 young children back at home. Needless to say

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we trust she will be back home safely soon, and our hot is not that hot really, is it?

Our Silver Wedding Celebrations were wonderful, the party could not be in our garden but passed very happily in the village hall with many friends and family mingling together, we both made a speech and hubby began by saying that life with me is never dull and ended by saying that I never throw anything out, no matter how old or useless it might be which is a great comfort to him...!

Perhaps see you at Sedbergh Methodist 12 noon, Saturday July 22nd when "All Will Be Well", enjoy your family celebrations and the hum-drum challenges of family life..

BLOOD DONORS

Summer blood donors needed to roll up their sleeves

The National Blood Service is appealing to people across Lancashire and Cumbria to take a break from packing for summer holidays and give blood before they go.

In summer blood stocks can drop as regular blood donors jet off on holiday and can't keep their usual appointment to give blood. The holiday season can also have implications for blood stocks later in the year, as anyone visiting destinations which carry the risk of malaria cannot give blood for six months after returning to the UK.

Rachel Roberts, spokesperson for the National Blood Service, said, "At present, our blood stocks are healthy. However, red cells have a shelf life of thirty-five days, and platelets have a shelf life of just five days, so at this time of year it is particularly crucial that all our donors make a special effort to give blood. We are also appealing to anyone who has never given blood, or has not donated for a long time to consider coming forward and volunteering to save lives this summer."

New statistics released by the National Blood Service last month show that every day in the UK, 8,000 donations of blood are needed to save and improve the lives of patients. In Lancashire and Cumbria alone, over 250 donations a day are needed for treatments ranging from cancer treatment to open heart surgery.

Anyone aged between 17 and 60, weighing more than 50 kg (7st 12lb) and in general good health could start saving lives by becoming a blood donor. For

more information on becoming a blood donor, including details of blood donation sessions across the region call 0845 7 711 711 or visit www.blood.co.uk.

Sedbergh & District Art Society ANNUAL ART EXHIBITION

Sedbergh School Chaplancy
(next to Loftus Hill health Centre)

**Friday 24th August to
Sunday 3rd September**
10 am to 5 pm Daily

SETTLEBECK HIGH SCHOOL

UK Junior Mathematical Challenge 2006

Once again there was a good turnout for this Maths competition. Mr Hancock had bought 30 tickets and, in April 2006, 29 students took up the challenge to answer 25 questions in one hour armed only with pencil, paper and their "little grey cells".

The competition was open to all students in Years 7 and 8 and a "first come first served" basis. Congratulations to all who took part. The following students gained certificates:

| | |
|--------------------|--|
| Gold Certificate | Harry Porter |
| Silver Certificate | Jack Sunter Emma Rennison Katie Hoggarth |
| Bronze Certificate | Beth Poole Thomas Johnson Luke Ingham |

The next Challenge will be held on:
Thursday 1st February 2007 for Years 9, 10 and 11

Thursday 26th April 2007 for Years 7 and 8

FRIENDS

Brigflatts Meeting House News

On Saturday 10th June, after Monthly Meeting, Mike Darbyshire, a Quaker Bolivia Link Trustee spoke to us of the work being done in Bolivia, possibly the poorest of the South American countries. After outlining the history of the area, Mike commented on the strong sense of community, the hospitality, the willingness to share what little is available---although there are some unpleasant settling of scores between villages!

Bolivia Link is aiming to encourage greenhouse projects; to develop greenhouse projects; to create co-operatives and promote suitable breeds of cow; drinking water schemes; irrigation schemes to extend the growing seasons.

Our current collection is for Quaker Bolivia Link. *V. Finch*

DENTDALE MEMORIAL HALL.

Thank you to those of you who are keen to help at the August GALA, we need more so do get in touch with myself, Monica or Graham.

Thank you to those who happily do the little and the not-so-little jobs that appear when a building is used by many different people, it is much appreciated.

Thank you to the committee members who give of their time to attend meetings there should be a full committee mtg on Thur July 6th but as the hall is booked for a Puppet Show this will probably be changed, we will let you know.

Thank you to the local organisations who hire the "rooms", the hall needs you all.

SE Woof (25212)

LADIES NFU

On Tuesday 13th, 23 members & friends went to Abbott Lodge Farm for our June outing.

On arrival Claire Bland welcomed us, gave us a talk and showed us slides about the farm, they moved to in 2000. The 230 acre tenanted farm is part of the Lowther Estate. The Jersey cows they bought from Cornwall after losing their herd of Holstein Friesians to foot and mouth. Claire started making her ice cream in 2002 and produces over 30 flavours. After her talk we were taken to the tearoom for a buffet lunch, followed by ice cream tasting of 16 different flavours.

There are no meetings in July or August, and our next meeting is on September 19th.

JOHN SOUTER

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ALL RUBBISH
REMOVED

SETTLEBECK HIGH SCHOOL
*Settlebeck at the South Lakes Indoor
Athletics tournament*

THE FINAL

On The 7th March, we went to St. Annes in the final of the athletics tournament they were hosting. We had a team of mainly Yr7's and we were against opponents who were mainly Yr8's and were very tall. There were lots of events there were:

Two lap sprint (individual): Alistair Bainbridge Becky Lowther

Four lap sprint (individual): Sam Bolsher Hannah Sewell

4 x 1 relay (4 per team): 1 = Luke Cragg
2 = Xavier Baines 3 = Alistair Bainbridge
4 = Philip Baines 1 = Alex Lavery-Hoff 2
=Jennifer Mud 3 =Hannah Hodgson 4
=Becky Lowther

4 x 1 hurdles relay (4 per team): 1
=Xavier 2 =Philip Baines 3 =Adam
Robinson 4 = Lee Raw 1 =Eleanor
Wilkinson 2 =Emma Rennison 3
=Hannah Turner Lant 4 =Chloe Iveson

Medley Relay (4 per team): 4 laps =
Sam Bolsher 3 laps =Adam Robinson 2
laps =Lee Raw 1 lap =Alistair Bainbridge

Standing long jump: Lee Raw, Adam
Robinson Chloe Iveson, Alex Lavery
Hoff. Adam Robinson came 1st and won
us 55 points and lee raw came 3rd and got
us 51 points.

Standing vertical jump: Lee Raw,
Alistair Bainbridge Hannah Sewell,
Becky Lowther. Lee Raw came 3rd and
got us 52 points

Standing triple jump: Luke Cragg, Sam
Bolsher Chloe Iveson, Becky Lowther,

Chest Push: Joe Clare, Alistair
Bainbridge Emma Renison, Hannah

Hodgson and Chloe Iveson came 4th and
got us 57 points

Speed Bounce: Luke Cragg, Philip
Baines Jennifer Mudd, Alex Lafery-Hoth

Soft Javelin Throw: Joe Clare Hannah
Sewell

We did well in the tournament but the
other teams beat us and we came 4th in
the final and came away with nothing,
but we tried our best.

By Philip Baines and Luke Cragg

SETTLEBECK HIGH SCHOOL

*Letter from Queen Elizabeth School,
Kirkby Lonsdale to Settlebeck High
School*

Dear Mr Smith

As our Year 13 left us on May 26th, I felt
it was appropriate to write to you to let
you know how students from your school
settled in to QES Sixth Form. The
number of students from schools other
than QES who contributed to the life of
the school community has been
impressive all year, and the students from
your school were a credit to you and the
rest of the teaching staff at Settlebeck.

You might like to know that even in the
Evening of Entertainment in Year 13,
some band members wore their
Settlebeck ties and saluted their previous
school! Of course you will be aware that
Andrew Bonsall was our Head Boy, but
so many other Settlebeck students
contributed so much; I felt it would be
poor of us not to thank you for all the
previous hard work done by your staff.

Best wishes.

Yours sincerely

*Cathy O'Neill
Assistant Headteacher/Director
of Sixth Form*

VOLUNTARY GROUPS

If you're someone who ... helps to run a local club, society, association, institute, meeting place, voluntary service, children's group, older people's facility, trust, committee, or other type of community group, **LET US**

GIVE YOU A HAND!

Could your group or service do with a few more members, some extra users, another volunteer, some FREE local publicity for your activities or services? If so, please get in touch with Sedbergh Community Development Centre. We are making a local Directory of Community Groups and Services, which will be available on paper and on the web. Your group can have an entry giving you lots of good, ongoing, local publicity - at no cost and with only minimal effort involved!

The idea, which originated at Sedbergh Health Centre, has been warmly welcomed by all the groups we've asked about it. The Directory will be published both as a brochure and as pages linked to the Sedbergh website, where the information will always be available and can be easily kept up to date. The brochure will be sent out to households and will be available at the Library, Health Centre, Community Office, Dent PO, etc.

Sedbergh CDC is contacting groups for their entries but there are so many of that we are bound to miss someone! If you think you haven't heard from us yet, or you would like more information, please call us on 21031. Leave your name, phone no., address (email if you have

one) and we'll get back to you. Please don't delay - we don't want to miss anyone out if we can help it!

The project is funded by Sedbergh Health Centre, Cumbria Community Foundation and Cumbria County Council.

SEDBERGH GALA 2006

FANCY DRESS RESULTS

| | | |
|----------------------|-----|-------------------------------------|
| Under 4 | 1st | Lily Davies |
| | 2nd | Grace Capstick |
| Girls 4-7 | 1st | Ashley Hall |
| | 2nd | Rachel Hopkins |
| | 3rd | Brodie Swallow |
| Boys 4-7 | 1st | Mike, Elizabeth & Jenny Storey |
| | 2nd | Thomas Hall |
| | 3rd | Jay Ferguson |
| Girls 8+ | 1st | Rowan & Phoebe Hall |
| | 2nd | Erin Procter & Leanne Postlethwaite |
| | 3rd | Kim Cragg and Francine Glanville |
| Prams/ pushchair | 1st | Ruben Swallow |
| | 2nd | John Sedgwick |
| | 3rd | Bobbi-Mae Kirby |
| Decorated vehicle | 1st | Nursery Group |
| | 2nd | Westwood Books |
| Pedestrian Float | 1st | Sedbergh Primary School |
| | 2nd | Twin Town |

MAY WEATHER

It's official- it was the wettest May since 1983! So our 3.59 inches wasn't too bad I suppose. In spite of this rainfall we had 3 dry periods, 2 at the start of the month and one for the last few days. We had some pleasantly warm weather with 5 days in the 70sF and a maximum of 82.2F. At the other end of the scale 7 nights dipped into the 30sF with a minimum of 33.8F. The ground frost on that night caught quite a few new leaves on plants. An unsettled spell in the middle of the month saw the pressure drop below 29 inches of mercury for 4 days during which period the strongest wind was recorded of 19.9mph from the North West. Again only on three days did the maximum wind blow from any other quarter.

May I think is often the best month of the year weather-wise as we have increasing temperatures, shorter nights and often dry spells. These conditions usually bring about great changes in the natural world. The trees look at their best in a covering of fresh green leaves. Blossom on the fruit trees and in the hedgerow is at its best. It has been an exceptional year for blossom and if all the fruit set stays the trees will be pulled down. We shall have to see if the "June

Daphne Jackson **MSc (Ost) DO**

Registered Osteopath
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drop" thins them out or we shall have to intervene. May is also probably the best month for bird song with the cock birds serenading their partners sat on their eggs. That is of course unless a cock blackbird uses your roof as his singing post a t 3.30am as we have! The blackbird in the clematis got to 4 eggs but they disappeared. Fortunately the pair in the shippon has young at present. There seems to have been a shortage of bumble bees with us this year. Our Rosa rugosa is all but over and it is usually full of bees but not this year. Apart from orange tips and the odd white butterflies have been scarce so far though there have been plenty of wasps chewing off strips of wood to make the paper for their nests. The starlings got a brood away but the magpies were straight after them with sadly one of the young drowning in the water butt. The swallows have hatched 3 young in the kennel again. I am sure they must have a second nest somewhere as they never brood the eggs during the day though perhaps it has been plenty warm enough. If I switched my incubators on and off as they do I would certainly never get anything to hatch. Bats have been noticeable by their absence. I have seen only one so far this year but that was not a pipistrelle.

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SETTLEBECK HIGH SCHOOL

On Thursday 23rd March Yr 7/8 cricket team went to a tournament in The Lakes School in Windermere.

The first match was against Queen Katherine School.

The score was SHS 21 QKS 66.

We lost. We bowled well but running between the wickets needed some improvement.

The second match was against Queen Katherine again due to Cartmel Priory not being able to come. We batted first, the running between the wickets was better and the bowling excellent. Luke Cragg took a wicket and Lee Raw was a good wicket keeper. The score was SHS 18 QKS 21.

The third match was against The Lakes School in the semi-final. The score was SHS 45 LS 85. Our best batting performance top scoring batsmen was Lee Raw. It was a tough game but we tried our best.

After the tournament we went for a picnic by Lake Windermere. We ate our lunch then played a game of cricket and drove back to school.

Beth Poole

SETTLEBECK HIGH SCHOOL

Settlebeck Grounds

You cannot fail to have noticed the recent improvements to Settlebeck's entrance and drive but are you aware of similar work taking place behind the school?

Paul Wilkinson, our YDNP ranger has been working this year with students from year 10 on the footpath behind the primary school and the wooded area leading down to Settlebeck's fields. A new fence has been erected, steps down to the fields and all the undergrowth in the woodland tidied up to prepare for some replanting. The area will become a nature reserve on the site and we are looking to develop disabled access at the back of the pavilion. This initiative continues the excellent work with Paul has done in recent years with successive year 10 groups, planting trees, mending walls and slowly upgrading the appearance and sustainability of our site boundaries.

The work on our entrance and drive has been planned for several years but we always lacked the funds. Recently we have benefited from capital funding from the government for small scale projects and we were finally able to replace the fencing, re-tarmac the drive and provide proper pedestrian and disabled access, keeping people separate from vehicles. The old Settlebeck gate has been stored away for the moment waiting for an opportunity to reinstate it elsewhere on site. Any ideas anyone?

All that remain now is to fit a new School sign.

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|---|---|--|

Dear Editor

Tim Farron, in his piece last month, was congratulating the electorate for electing a Lib Dem councillor. It will be interesting to see how much time a full time lecturer can give to the job. Paul Winn, a conscientious councillor, had to give the job up as he could no longer afford the time to do the job properly and run his own business.

Another point worth noting is that those of you who vote Lib Dem are not only supporting a party which wants to be in the EU but also in the euro. If we were not, as a net contributor, subsidising our competitors in Europe, especially Spain, Ireland, Greece and Portugal, who are net recipients, to the tune of £billions we would be able to afford a decent NHS without closing wards at the Westmoreland General and other parts of our own society could also benefit. We could very nearly solve third world debt on our own on the money we waste on the EU. What do we get in exchange? More idiotic legislation from an undemocratic, corrupt organisation that hasn't had its accounts signed for 10 years.

Classic examples of legislation being the saga over the railways and postal service. Mr Farron did not answer this point in a recent letter to me. If you have plenty of time go to HM Government's web site and the EU web site to check out my figures.

Brian Wright

WARDEN'S WALK

The Dales Way runs for 80 miles from Ilkley to Bowness and passes through Millthrop and Akay Woods. As a personal challenge and in an effort to raise funds for St Mark's Church, Cautley and World

Vision, the Cautley Churchwardens Judith Bush and Linda Hopkins will be walking the Dales Way starting from Ilkley on Monday 10 July, finishing at Bowness on Saturday 15 July

If anyone wishes to sponsor them or join them during part of their walk they would be pleased to hear from them. Their telephone numbers are: Judith (20058) and Linda (21455) *Linda Hopkins*

DIALECT DIGEST

Education is often in the news lately, but discussion about its effectiveness goes back many years.

In the days when a local accent was frowned on if you wanted to get ahead in the world, a Dales farmer was concerned about his son speaking dialect. So he decided to pack him off to Oxford for private lessons with a professor of English, who kindly agreed to put the lad up. A month later, the farmer visited his son, and was greeted by his offspring with these words: "Ah, Pater! It's jolly nice to see you again. How have you been keeping? I trust all is well with you and Mater at home?" "That's amazin'" said the farmer to the professor. "Ah's ivver soa grateful." "Think nowt on it," replied the professor. "Ah can't tell tha hoo gradely it 's bin, hevin' thy Ernie stoppin' 'ere wi' me an' t missis!"

A teacher asked her pupils, after a lesson on architecture, "Can anyone give me three types of windows?" "Easy, miss," said a lad. "Oppen, shut, an' brokken!"

One dialect word was always associated with general happiness among pupils.

At the end of each day, the cry went up - school's loosin'! This simply meant that everyone was leaving to go home.

Michael Park

SPELLBOUND THEATRE

“Settle-Carlisle” by Kim Lyon has been performed countless times in the Dales and South Lakeland since it was written in 1977. In 1978/79 the play won through various local and regional competitions to be part of a national W.I. drama event and was performed at the Royal Shakespeare Memorial Theatre, Stratford-upon-Avon, by a bunch of mainly farmers’ wives from the tiny village of Dent.

The story of a poor Dales farmer who reluctantly leaves his young family to go and earn “ten bob a day” on the building of the Settle-Carlisle has stunned and moved audiences for 28 years! It has had several casts and gone through many regenerations, including the addition of original songs by local musician Ken Pope. This performance by Spellbound Theatre, who specialise in local history and dialect, will be presenting its 6th and newest re-write, commissioned by Sedbergh’s Book Town group.

It will be performed at the John Arden Lecture Theatre, Busk Lane, Sedbergh on Friday 14th and Saturday 15th July at 7.30pm, with a matinee performance on Saturday at 2.30pm. Tickets will be available from Sedbergh’s Tourist Information Centre, telephone: 015396 20125.

The company will also be presenting extracts from the play at Kirkby Stephen railway station on Saturday 8th July as part of the celebrations commemorating the 130th anniversary of the opening of the Settle-Carlisle railway.

To quote the play itself, “Theer’s na doubt, it’s a wonderful feat o’ engineerin’!”



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St ANDREW’S CHURCH

St Andrew’s in Sedbergh is a beautiful church. Open all day, we take it for granted that any time we want, we can use it and that it will be in a clean and respectable condition. We are proud of it but rarely give a thought to those who keep it so.

Nearly all the tourists who come to Sedbergh visit the Parish Church. They appreciate the peace which is to be found there.

Unfortunately, these things do come at a price. We have a dedicated band of cleaners, some of whom are beginning to feel it is too much for them.

The church is divided into sections, some of which take no more than half an hour every two or three weeks to clean.

Will some of you who care about our church please give a small amount of your time?

Please contact Lucy Morris tel. 20467



SEDBERGH TOWN BAND

Blackpool 2006.

Nearly all playing members of the Band were able to attend a practice and learning course spread over the period Tuesday 30th May to Friday 2nd June. The venue was the Norbreck Castle Hotel just outside Blackpool. This massive hotel provided comfortable accommodation, good and copious quantities of food and a large conference room that served as the rehearsal and playing centre.

The days were divided in a pre-lunch session, 9 am to 1 pm: the afternoons were free and after supper there was a period 7.30 - 9.00 for further playing. The musical programme was varied: full band playing, small sectional group coaching and lessons on musical theory. Many members from the Band's repertoire were practised and polished: a number of items new to the Band were introduced and will be featuring in forthcoming concerts.

The weather was particularly benign throughout our visit and band members plus families who accompanied the party made use of the free afternoons to sample the town, the Pleasure Beach and the coastline.

An excellent and most valuable time was had by all: our thanks go to secretary Hilary Hodge for her organisation, director of music Alan Lewis for planning and running the course, and Tony Crofts and Stuart Shields for their expert instruction.

G. B.

SETTLEBECK HIGH SCHOOL

Genetic Masterclass

On 27th April we went to Appleby Grammar School to do a Genetics Masterclass. During the morning we were split into groups with people we didn't know and we extracted DNA from cells from our mouth. This was a difficult but interesting task.

In the afternoon we researched different animals and their suitability for gene modification. Then, in our groups, we had to give a talk to the other groups about what we had researched. Overall, the day was very interesting.

"I really enjoyed the Genetics Masterclass which I took part in at Appleby Grammar School. We used various chemicals and equipment to gather together DNA from our saliva, enabling us to see it. I found the whole process very interesting and learnt a lot. I also enjoyed working in a groups with people I didn't know."

Ed Bannister

"At first I think we were all a little nervous about being in a group with people we'd never met before, but after a while it became really easy to talk to each other. The experiment we did enabled us to see a strand of our own DNA and keep it in a small glass necklace. I found it very interesting. The highlight of my day, however, had to be seeing Mr Burrowes climb on to a table on all fours and pretend to be a pig! We decided to disown him as our teacher."

Jenni Lamb

SEDBERGH TOWN BAND

Sedbergh Annual Gala.

The Town Band again led the procession from the traditional starting point of the parade, Maryfell, to the site of the Gala, the Lupton playing field. Thanks to the hard work of the Sedbergh School groundsmen the field was in immaculate shape.

In the course of the afternoon the band played a wide ranging selection of numbers to an enthusiastic and appreciative audience.

Following a successful inaugural use of the recently purchased marquee the previous week at the opening of the Dent Heritage Centre the marquee was again used. Fortunately it did not have to provide protection from the forecast rain that failed to materialise, but it did keep a keen wind at bay.

G. B.

ST. JOHN'S HOSPICE

The following letter was received by Mrs Cath Gibson in response to receipt of donations of handicrafts.

Dear Mrs. Gibson,

I write on behalf of the Hospice to thank you for the gifts you have sent to us. The items you have made will be sold at our Summer Garden Party and I know they will be much appreciated.

We do appreciate you thinking of us in this way for we know that without the help of people like yourself the work of the Hospice could not continue at such a high level. Assuring you of the ever continuing care of all of our patients here in St. Johns.

Cath wishes to thank those who donate to this cause, without their help we could not send every year as we do. Thank You.

THE PULSE PROJECT

If like me you have been wondering when the Gym will open well things are definitely looking up. I have spoken to Drew Anderson at Baliol and the external construction is all but finished. The wiring is complete and there will also be disabled access. The a card reader for the door is in place and soon the floor will be put down. September is the most likely opening date. Most of the work is being carried out by local building companies, MK Conversions, Gary Sedgwick and Park & Whiteley plus others. Gary Holmes has been engaged as community sports development officer. He will be on hand to advise people on the best use of the gym equipment. So this good news means that next year we will all be as fit as fiddles for our summer holidays so hang on to your bikini or your posing pouch.

Sandra G.W

FRIENDS

Brigflatts Meeting House News

Following a shared lunch after Meeting on May 28th, we were fortunate enough to hear from Sybil Oldfield, a lecturer at Sussex university, and also the mother of our Warden, Tess Satchell. Sybil gave us a fascinating talk on British Women Humanitarians active between 1900 and 1950. They were all 'doers', who devoted their lives to doing good; women such as Bertha Bracey, who went to Germany and rescued German Jewish refugees, especially children, and Hilda Clark, who worked as a Relief Organiser for the sick and starving during and after World War 1. We were grateful to Sybil for giving us an insight into the lives of these women, and their stories of courage and determination.

D. Foster

SETTLEBECK HIGH SCHOOL

Year 11 Leavers Programme

The Leavers Programme this year followed its usual format in mid-May with an assembly offering words of wisdom and guidance from Rev Long and Sally Ingham. Maureen Airey provided a celebratory Good Luck cake which was shared around at break time. This was followed by the annual shirt-signing and water fight at lunch time with a thorough soaking for most students, especially Mark and Caroline. There was plenty of help with mopping up. Well done, Year 11.

The attractions of lunch in Blackpool, time for a quick shop and then off to the Pleasure Beach proved as enjoyable as ever, especially on such a lovely sunny day. We'd left the rain and mist behind in Sedbergh.

Year 11s no longer follow the old model of Study Leave but have developed a programme of Exam Preparation Time (EPT as per guidance of the DfES). This consists mainly of planned revision sessions in school with some students opting to take time out at home for some sessions. Students have planned their own programmes with parental support. Well done, Year 11 for your positive attitude and co-operation. We hope you are rewarded with very worthy exam results.

Judith Walsh

DENTDALE METHODIST CHAPEL

May saw a couple of special events, the area Christian Aid evening service was held in the chapel and fellowship continued afterwards over a cuppa as it did to celebrate a Silver Wedding among

MARK DODD

Interior & Exterior Work Undertaken
Free Estimates



015396 25375
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PAINTER & DECORATOR

the congregation.

On Saturday Aug 5th we hope to hold our annual Tea Party in the afternoon, in "Rhumes" garden if fine and in the chapel if not, all are welcome, not only Methodists!

July begins with Circuit Sunday when all the Dales chapels close and, in theory everyone goes along to Sedbergh for 11 am and 2pm services. On Aug 20th something very special is happening at Dent Foot chapel, more about that next month.

A "Prayer Room" has been created in a corner of the chapel with the Bible and the Cross at its centre, the prayer-request board is in there and it is a special 'place apart' for prayer, do visit it, use it, see it. The idea may seem strange in a place of worship, a house of prayer, but while other things go on in the "body" of the church this corner is just for prayer!

Services continue at 7pm except Harvest Festival Sept. 10th 2pm, all are welcome.

At the recent Circuit meeting more was explored on the subject of Anglican-Methodist Covenant, here in Dent we all share in a very good relationship and look forward to more joint services events and meetings.

JOSS LANE CAR PARK

A meeting took place on 14th June between Mike Jones, Chief Executive of South Lakeland District Council, together with Graham Vincent, Council lead for Car Parking South Lakeland District Council, Craig Stephenson, South Lakeland District Councillor and Alan Pratt, Chairman of Sedbergh Parish Council together with Dorothy Blair, Vice Chairman, Sedbergh Parish Council, Stephen Longlands, Sedbergh Parish Council and Hilary Hodge, Sedbergh Parish Council, to discuss the car parking issue in Joss Lane .

The Chief Executive agreed to produce prior to a meeting to be held on 20th July, a proposal for Sedbergh Parish Council to take over the running of the Joss Lane Car Park.

Once agreement is reached, the proposals MAY have to go to a full Committee Meeting in September. So a final decision should be in September.

RHYMES FOR OUR TIMES

The little girl has fallen down
Her cries are heard throughout the town
Don't pick her up or you will be
Reported to the CRB.

God save our gracious Queen
She won't be here for long
For soon the Brussels men will rule
That monarchy is wrong.

You MPs send them to Iraq
With guns that jam and boots that crack
And pensions far, far worse than yours
If they come back.

Martial

YOUNG KIDZ

Young Kidz would like to thank everyone for their hard work and support with the Kirkby Stephen to Sedbergh wagon pull. Thanks must go especially to all the lads and lasses who pulled, T.K Robinsons for loaning us the wagon, Jonathan Brooks for driving the wagon, John Metcaife of Braithwaite's Coaches and The Bull Hotel for letting us host the event on their premises.

Approximately £3500 was raised and will be split equally between Young Kidz, Cystic Fibrosis and Breast Cancer. It took 4 hours 18 minutes and 53 seconds, David Cope guessed the nearest time and won the £50 prize.

At the **Chair Workshop**

- Chair seating & supplies
- Tuition
- Tool sharpening

- ❖ Bead jewellery
- ❖ Restringing
- ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.
Tel: 015396 21489

RACE FOR LIFE

On 31st May, 1600 women came together at 7.30 pm at The Westmorland County Showground.

We were taking part in the Race for Life, raising funds for Cancer Research. Many were from Sedbergh, Anne Sykes, Carole Brassington and Linda Killops together raised £259.

We would like to thank all sponsors for their generous donations.

| ORGANISATION | CONTACT | Tel: | 015396 |
|---------------------------------------|--------------------|-------------|---------------|
| After School Club | Mrs Packham | Sed: | 21484 |
| Age Concern South Lakeland PH (M & F) | Mrs Alderson | Sed: | 20814 |
| Angling Association | Mr Dandy | Sed: | |
| Art Society (S & D) | Miss Nelson | Sed: | 20034 |
| Badminton (Dent) | Mrs Rushton | Dent: | 25306 |
| Badminton (Sedbergh) | Mr Mason | Sed: | 20565 |
| Beekeepers Association (S & D) | Mr Fraser-Urquhart | Sed: | 21902 |
| Book Group | Mr Wheten | Sed: | 21488 |
| Bowling Club (Queen's Gardens) | Mr Killops | Sed: | 20279 |
| Bridge Club | Mr Estensen | Sed: | 21060 |
| Buildings Preservation Trust (S & D) | Mrs Lamb | Sed: | 20553 |
| Butterflies Tots & Carers | Mrs Gerrard | Sed: | 21217 |
| Canoe Club (S&D) | Mr Hinson | Sed: | 20118 |
| Caving Club (Kendal) | Mr Teal | Sed: | 20721 |
| Chamber of Trade | Mrs Baines | Sed: | 21287 |
| Chameleons Drama Club | Mrs Bush | Sed: | 20058 |
| Christian Aid | Mrs Hannam | Sed: | 20897 |
| Conservative Association (Sedbergh) | Mr Beck | Sed: | 20336 |
| Cricket Club (Dent) | Mr Hyde | Dent: | 25503 |
| Cricket Club (Sedbergh) | Mr Hoggarth | 01539 | 731140 |
| Cumbria Wildlife Trust | Mrs Garnett | Sed: | 21138 |
| Dentdale Choir | Mrs Bush | Sed: | 20058 |
| Dent Memorial Hall | Mrs McClurg | Dent | 25446 |
| Dentdale Players | Mr Duxbury | Dent | 25535 |
| Dent School (Friends of) | Mrs Mason | Dent: | 25461 |
| Dog Training (Sedbergh) | Mrs Robertshaw | Sed: | 20316 |
| Farfield Mill Arts & Heritage Centre | Mr Clark | Sed: | 21958 |
| Fire Service (Tuesday Evenings) | Mr Packham | Sed: | 20302 |
| First Responders (Dent) | Mrs Brown | Dent: | 25542 |
| Football Club (Dent) | Mrs Mitchell | Dent: | 25432 |
| Football Club (Sedbergh) | Mr Moffat | Sed: | 21797 |
| Gala Group | Mr Kooper | Sed: | 20234 |
| Guides | Miss Stephenson | Sed: | 21731 |
| | Rainbows | | |
| | Brownies | | |
| Golf Club | Mrs Mackereth | Sed: | 20346 |
| Golf Club | Mr Lord | Sed: | 20993 |
| Good Companions (Dent) | Mrs Woof | Dent: | 25275 |
| Gladstone House | Mrs Mackereth | Sed: | 20346 |
| Help Tibet Northern Branch | Mrs Howarth | Sed: | 20090 |
| History Society | Mr Cann | Sed: | 20771 |
| Howgill's Harmony | Mr Burbidge | Sed: | 21166 |
| Howgill Harriers | Mrs Moffat | Sed: | 20907 |
| Howgill Schoolroom | Mrs Stainton | Sed: | 20665 |

| ORGANISATION | CONTACT | Tel: | 015396 |
|--|----------------|-------------|---------------|
| Howgill Toddlers | Mrs Alderson | Sed: | 22050 |
| Kent Lune Trefoil Guild | Mrs Mitchell | Sed: | 21144 |
| Ladies National Farmers Union | Mrs Escholme | Sed: | 20376 |
| LETS around Sedbergh | Miss Wheaten | Sed: | 20959 |
| Liberal Democrats | Mrs Cleasby | Dent: | 25476 |
| Playgroup (Sedbergh) | Mrs Brewer | Sed: | 21504 |
| Over 60's (Dent) | Mrs Murdoch | Dent: | 25335 |
| Parent Support Group Latest Amendment | Mrs Goad | Sed: | 20402 |
| Parish Council (Dent) | Mr Duxbury | Dent: | 25535 |
| Parish Council (Garsdale) | Mrs Donaldson | 07967 | 972160 |
| Parish Council (Sedbergh) | Mr Stanton | Sed: | 20901 |
| People's Hall | Mrs Griffiths | Sed: | 20677 |
| Peoples Hall Day Centre (Mon & Fri) | Day Centre | Sed: | 21126 |
| Pepperpot Club (Sedbergh) | Mrs Smith | Sed | 21196 |
| Pistol and Rifle Club | Mr Middlemiss | Sed: | 20662 |
| Playing Fields (Sedbergh) | Mr Hinson | Sed: | 20118 |
| Rag Ruggers | Mrs Hennedy | Sed: | 20899 |
| Residents Association (S & D) | Mrs Capstick | Sed: | 20816 |
| Royal British Legion (Men) | Mr Gray | Sed: | 21884 |
| Scouts Cubs | | Sed: | |
| | Scouts | Mr Mawdsley | Sed: 20723 |
| Settlebeck High School P.T.F.A. | Mrs Wood | Sed: | 21385 |
| South Lakeland Carers Association | Mrs Woof | Dent: | 25212 |
| South Lakeland Voluntary Society for the Blind | Dr Noble | Sed: | 20100 |
| Squash Club | Mrs Cooling | Sed: | 20622 |
| St Andrew's Church (Sed) Sunday School | Mrs Denton | Sed: | 20521 |
| Slimming Club | Mrs Uttley | 01539 | 722568 |
| Swimming Club | Ms Pakeman | Sed: | 21279 |
| Tennis Club | Mr Robinson | Sed: | 21014 |
| Town Band | Mrs Waters | Sed: | 20457 |
| White Hart Sports and Social Club | The Committee | Sed: | 20773 |
| United Reformed Church Rooms | Mrs Mason | Sed: | 20048 |
| Westmorland Gazette Correspondent | Mrs Gold-Wood | Sed: | 21808 |
| Women's Institute (Dentdale) | Mrs Sugden | Dent: | 25303 |
| Women's Institute (Frostrow) | Mrs Hopkins | Sed: | 21455 |
| Women's Institute (Howgill) | Mrs Hoggarth | 01539 | 824683 |
| Women's Institute (Killington) | Mrs Sharrocks | Sed: | 20754 |
| Young Cumbria Latest Amendment | Mrs Hartley | 01524 | 781177 |
| Young Farmers Club | Miss Capstick | Sed: | 21032 |
| Young Kidz Latest Amendment | Mrs Baines | Sed: | 21287 |
| Zebra's Baby & Toddler Group | Mrs Woof | Sed: | 21644 |

NO SMOKING ZONES

| ACCOMMODATION | Phone (015396) |
|---|-----------------------|
| River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B) | 25592 |
| Garsdale Foot Farm, Garsdale, Sedbergh (B&B) | 21329 |
| Swan Inn, Middleton, Nr Kirkby Lonsdale | 015242 - 76223 |
| Wilkinstile, Dowbiggin, Sedbergh (Self C.) | 20436 |
| Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms) | 21820 |
| The White House, Flintergill, Dent, Sedbergh (B&B) | 25041 |
| Cross Keys Hotel, Cautley, Sedbergh | 20284 |
| High Brigflatts, Sedbergh (Self C.) | 20570 |
| Syke Fold, Dent, Sedbergh (B&B) | 25486 |
| Holmecroft, Station Road, Sedbergh (B&B) | 20754 |
| Middleton Head, Middleton (B&B) | 20258 |
| Randall Hill Cottage, Station Road, Sedbergh (Self C.) | 21346 |
| 10 Main Street, Sedbergh (B&B, All Bedrooms) | 21808 |
| Stone Close, Main Street, Dent, Sedbergh (B&B) | 25231 |
| St Marks, Cautley, Sedbergh (B&B, All Bedrooms) | 20287 |
| Catholes Bunkhouse Barn (Self C.) | 20334 |
| Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms) | 25043 |
| Slack Cottage, Dent, Sedbergh (B&B) | 25439 |
| Ullathorn's Farm, Middleton, Kirkby Lonsdale (B&B) | 015242 - 76214 |
| Primrose Cottage, 17 Back Lane, Sedbergh (Self C.) | 21339 |
| Far End Farm, Garsdale Head, Sedbergh (B&B) | 21906 |
| Summerhill, 7 Highfield Road, Sedbergh (B&B) | 20360 |
| 8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.) | 21000 |
| Barrett Barn, Sedbergh (Self C.) | 21175 |
| Netherclough Cottage, Garsdale (Self C. Summer Only) | 22019 |
| Moss Barn Holiday Caravan , Garsdale Road, Sedbergh (Self C.) | 21567 |
| Crook-O-Lune, Howgill (B&B) | 01539 824270 |
| Brantrigg, Winfield Road, Sedbergh (B&B) | 21455 |
| Garda View Guest House, Main Street, Dent (B&B) | 25209 |
| Nethrclough Cottage, Garsdale (Self C B&B + Full Self C) | 21397/22019 |
| The Mount, Lockbank, Sedbergh (Self C) | 20252 |
| Father Haw, Howgill Lane, Sedbergh (B&B) | 20937 |

EATING PLACES

| | |
|--|----------------|
| Le Rouge Restaurant, Finkle Street, Sedbergh | 20433 |
| Aston's Bakery Tea Room, Main Street, Sedbergh | 21058 |
| Dent Crafts, Helmside, Dent | 25400 |
| Swan Inn Restaurant, Middleton, Nr Kirkby Lonsdale | 015242 - 76223 |
| Meadowside Tearoom, The Laning, Dent | 25329 |
| Cross Keys Hotel, Cautley, Sedbergh | 20284 |
| Dalesman Restaurant, Main Street, Sedbergh | 21183 |
| Stone Close Tea Rooms, Main Street, Dent | 25231 |
| The Head Restaurant, Middleton | 20258 |
| Bull Hotel Restaurant, Main Street, Sedbergh | 20264 |
| White Rose Fish & Chip Cafe, Main Street, Sedbergh | 20468 |

*Entries in 'No Smoking Zones' are **free** for any residential and eating establishments in the Sedbergh, Dent & Garsdale areas.*

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
 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

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday
Tel: 21436

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



OPTIONS for health and well-being

| | | |
|-------------------|---------------------------------------|--------------|
| June Parker | Acupuncture | 015396 20972 |
| Ian McPherson | T'ai Chi, Flower Essences, Homeopathy | 015396 20648 |
| Denise Williamson | Homeopathy, Bowen Technique | 015396 20846 |

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 13th March 2007

| JULY | | | | | | |
|-------------|------|-------------------------------------|-------------|------------------|--|-------------|
| 1 | 0930 | Beekeepers' Sedbergh Convention | PH | 31 | 1000 Holiday Club | PH |
| 1 | 1030 | Paintings Exhibition | FM | 31 | Singing in Slovenia (57) | |
| 1 | 1830 | Oleanna | PH | AUGUST | | |
| 2 | 1400 | Dent Cricket v Bentham Exiles | Dent | 1 | 1000 Holiday Club | PH |
| 4 | 1400 | Spinning a Yarn | DCMH | 1 | 1030 Alive & Stitching (FM) | FM |
| 4 | 1900 | Neighbourhood Forum | DMH | 2 | 1000 Howgill Church Coffee Morning | URCR |
| 4 | 1900 | Community Fund | CO | 2 | 1000 Holiday Club | PH |
| 5 | 1000 | URCR Coffee Morning | URCR | 3 | 1000 Holiday Club | PH |
| 5 | | SS End of Term | | 3 | 1930 WIH Open Meeting | HVH |
| 6 | 1930 | WIH Belly Dancing | FCH | 4 | 1000 Holiday Club | PH |
| 8 | 1000 | Flower Festival (A) | HJC | 4 | 1930 Gardeners Question Time | DMH |
| 8 | 1340 | CWT Howgill Woodlands Walk | LHCP | 5 | 2000 Robbie Williams Tribute Band (A) | PH |
| 8 | | Railway Poster Exhibition starts | Sedbergh | 6 | 1400 Dent Cricket v Kendal Welders | Dent |
| 9 | 1000 | Flower Festival (A) | HJC | 9 | 1000 North West Cancer Coffee Morning | URCR |
| 9 | 1000 | Quilting Demonstration | DCMH | 9 | WID & WIF | TBA |
| 9 | 1400 | Dent Cricket v Kirkby Lonsdale RUFC | Dent | 9 | 1930 WIF All Things Bright & Beautiful | PH |
| 9 | 1530 | Jacob's Ladder | DMH | 12 | 1430 Beekeepers' Varroa | Acre |
| 11 | | WIK Outing to Holker Hall | | 13 | 1400 Dent Cricket v Ingleton | Dent |
| 12 | 1000 | WIH Coffee Morning | URCR | 15 | 1930 Domino Drive | FCH |
| 12 | 1030 | Paintings Exhibition Ends | FM | 16 | 1000 StAS Mission Coffee Morning | URCR |
| 12 | 1400 | Blood Donor Session | PH | 16 | 1030 Alive & Stitching ends (FM) | FM |
| 12 | | WID Outing | TBA | 19 | 1000 North West Book Fair | PH |
| 12 | 1730 | Blood Donor Session | PH | 19 | English National Sheepdog Trials | Barbon |
| 12 | 1930 | WIF Stained Glass | PH | 20 | 1030 CWT Open Day | Smardale |
| 14 | 1930 | Spellbound Settle-Carlisle (A) | SSLT | 20 | Festival of Books & Drama starts | Sedbergh |
| 15 | 1000 | Exhibitions | DCMH | 23 | 1000 Garsdale Church Coffee Morning | URCR |
| 15 | 1030 | Alive & Stitching starts (FM) | FM | 24 | 1000 Art Exhibition Starts (Art) | SSC |
| 15 | 1430 | Spellbound Settle-Carlisle (A) | SSLT | 25 | Summer Theatre | TBA |
| 15 | 1430 | Beekeepers' Inspection | Field Maple | 25 | Dentdale Weekend | Dent |
| 15 | 1930 | Spellbound Settle-Carlisle (A) | SSLT | 25 | 1000 Art Exhibition (Art) | SSC |
| 16 | 1000 | Roman Day | DCMH | 26 | Summer Theatre | TBA |
| 16 | 1400 | Dent Cricket v Barrow Nomads | Dent | 26 | Dentdale Weekend | Dent |
| 17 | 1900 | Cheese McMillan & Wine | MHB | 26 | 1000 Charter Fair Market | Sedbergh |
| 19 | 1000 | BL Coffee Morning (A) | URCR | 26 | 1400 Dentdale Fell Race | Dent |
| 19 | 1330 | HS Kendal Walk (A) | LHCP | 26 | 1000 Art Exhibition (Art) | SSC |
| 19 | 1400 | Dry Stone Walling Demonstration | DCMH | 26 | 1400 Embroidery Workshop | Library |
| 20 | 1230 | Birds of the Yorkshire Dales | DCMH | 27 | 1345 CWT Taythes Gill | LHCP |
| 21 | 1400 | Strawberry Teas (A) | DMH | 27 | Summer Theatre | TBA |
| 21 | 1930 | Friends of DCM | DCMH | 27 | Dentdale Weekend | Dent |
| 23 | 1000 | Rugs from Rags | DCMH | 27 | 1000 Art Exhibition (Art) | SSC |
| 23 | 1400 | Dent Cricket v Gregsons | Dent | 28 | August Bank Holiday | |
| 25 | 1300 | Shire Horse Day (A) | Dalesman | 28 | Summer Theatre | TBA |
| 26 | 1000 | Network Coffee Morning | URCR | 28 | 1000 Art Exhibition (Art) | SSC |
| 26 | 1400 | Art in the Park | DCMH | 29 | 1000 Art Exhibition (Art) | SSC |
| 26 | 1840 | CWT Burnsbeck Moss | LHCP | 30 | 1000 Beekeepers' Coffee Morning | URCR |
| 30 | 1015 | Pathfinder Day | DCMH | 30 | 1000 Art Exhibition (Art) | SSC |
| 30 | 1400 | Dent Cricket v Hutton PTA | Dent | SEPTEMBER | | |
| 30 | 1415 | Hawes Town Trail | DCMH | 1 | 1000 Art Exhibition (Art) | SSC |
| | | | | 2 | 0930 Beekeepers' Autumn Convention | Braithwaite |

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.

| | | | | | |
|------------------|--------|-------------------------------------|------------------|--|--|
| 2 | 1000 | Art Exhibition (Art) | SSC | | |
| 2 | 2000 | Syd Banks Band | PH | | |
| 3 | 1000 | Art Exhibition Ends (Art) | SSC | | |
| 3 | 1400 | Dent Cricket v Sheeptown Cavaliers | Dent | | |
| 5 | 1900 | Neighbourhood Forum | BVH | | |
| 6 | | SS Term Begins | | | |
| 7 | 1930 | WIH Childbirth Injuries in Africa | FCH | | |
| 9 | 1430 | Beekeepers' Honey Cropping | Three Wood | | |
| 10 | 1200 | CWT Open Day | Biggerside, Dent | | |
| 10 | 1400 | Dent Cricket v (TBA) | Dent | | |
| 12 | 1400 | WIK Wildlife in our Gardens | PH | | |
| 12 | 1800 | CDC Enrolment Evening | CDC | | |
| 12 | 1930 | Domino Drive | FCH | | |
| 13 | 1000 | Dent Foot Chapel Coffee Morning | URCR | | |
| 13 | 1915 | WID My Life in Ghana | DMH | | |
| 13 | 1930 | WIF Cumbria Fire & Rescue Service | PH | | |
| 18 | 1930 | Harvest Sale | FCH | | |
| 19 | 1930 | LNFU | PH | | |
| 20 | 1000 | Firbank Chapel Coffee Morning | URCR | | |
| 29 | 1000 | McMillan Coffee Morning | KL | | |
| 30 | 1430 | Beekeepers' Winter Preparations | Langber End | | |
| OCTOBER | | | | | |
| 4 | 1000 | Barnardo's Coffee Morning | URCR | | |
| 5 | 1930 | WIH Gillian Price WIA | HVH | | |
| 7 | 1310 | CWT Fungus Foray | LHCP | | |
| 10 | 1400 | WIK Taste 'n' Try | PH | | |
| 10 | 1930 | Bingo & Potato Pie Supper | FCH | | |
| 11 | 1000 | NISCU Coffee Morning | URCR | | |
| 11 | 1915 | WID Issues surrounding Strokes | DMH | | |
| 11 | 1930 | Sedbergh Band Charity Concert | SMCR | | |
| 11 | 1930 | WIF Walking the Coast to Coast | PH | | |
| 17 | 1930 | LNFU | PH | | |
| 20 | | SS Half Term Begins | | | |
| 23 | 1930 | Beekeepers' 6th Honey Show | PH | | |
| DIARY KEY | | | | | |
| | BF | = Brigflatts | | | |
| | BS | = Baliol School | | | |
| | BVH | = Barbon Village Hall | | | |
| | CDC | = Community Development Centre | | | |
| | CO | = Community Office, Main Street | | | |
| | CS | = Casterton School | | | |
| | CWT | = Cumbria Wildlife Trust | | | |
| | DCMH | = Dales Countryside Museum, Hawes | | | |
| | DCP | = Dent Car Park | | | |
| | DMH | = Dent Memorial Hall | | | |
| | DMC/S | = Dent Methodist Church/Schoolroom | | | |
| | EG | = Embroiderers' Guild | | | |
| | FCH | = Firbank Church Hall | | | |
| | FM | = Farfield Mill | | | |
| | GL | = Garsdale Ladies | | | |
| | GVH | = Garsdale Village Hall | | | |
| | HC | = Health Centre | | | |
| | HJC | = Hawes Junction Chapel | | | |
| | HS | = History Society | | | |
| | HVH | = Howgill Village Hall | | | |
| | JLCP | = Joss Lane Car Park | | | |
| | KC | = Killington Church | | | |
| | KL | = Kirkby Lonsdale | | | |
| | KVH | = Killington Village Hall | | | |
| | L | = Library | | | |
| | LHCP | = Loftus Hill Car Park | | | |
| | MCH | = Methodist Church Hall | | | |
| | MCCCKL | = Methodist Church Centre KL | | | |
| | MHB | = Mill House, Barbon | | | |
| | 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 | | | |
| | StAS/D | = St Andrew's Church, Sedbergh/Dent | | | |
| | SR | = Spooner Room | | | |
| | SSC | = Sedbergh School Chaplaincy | | | |
| | STO | = Sedbergh Tourist Office | | | |
| | URCR | = United Reformed Church Rooms | | | |
| | WHC | = White Hart Club | | | |
| | WID | = Women's Institute, Dentdale | | | |
| | WIF | = Women's Institute, Frostrow | | | |
| | WIH | = Women's Institute, Howgill | | | |
| | WIK | = Women's Institute, Killington | | | |
| | WVH | = Westhouse Village Hall | | | |



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

Dr W Lumb

Monday 0830 - 1100 * 1500 - 1800 *
 1230 - 1300 Dent

Tuesday 0830 - 1030 1500 - 1800 *

Wednesday 0830 - 1030 1430 - 1700 *

Thursday 0830 - 1100 *

Friday 0830 - 1100 * 1500 - 1800 *

Dr A Orr

Monday 0830 - 1030 1430 - 1730 *

Wednesday 0830 - 1100 * 1500 - 1800 *

Dr C Hunt

Tuesday 0830 - 1100 *

Thursday 0830 - 1030 1500 - 1800 *

Friday 0830 - 1030 1500 - 1800 *

Practice Nurses

Monday 0845 - 1300 b 1400 - 1700 b

Tuesday 0830 - 1300 a 1400 - 1730 a

Wednesday 0845 - 1300 b 1400 - 1630 b

Thursday 0830 - 1300 a 1400 - 1730 a
 1300 - 1800 b

Friday 0845 - 1300 b 1400 - 1730 b

a = Adele Reynolds

b = Anne Crome

District Nurse

☎ 015396 21690

Health Visitor

☎ 015396 20979

A Collinge Optometrist

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Friday 0830 - 1500

* = By Appointment Only

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FP = Family Planning

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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