

Sedbergh & District

# LOOKAROUND

August 2006

Issue 236

Donation 50p

Nobody could ever complain about nothing to do in the area. The Diary Page this month is overflowing with events which will include something for everyone.

Every month, we must complete

thousands of transactions in putting Lookaround together and averages say that we must get it wrong sometime. If it is you, we apologise, but mistakes are not intentional.

*Dennis & Jacky,  
John & Charlotte*

*Sedbergh* **Charter Fair  
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# CHILDREN'S BIRTHDAYS AUGUST 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:-  
Alisha HOLT who is  
9 years old on 5th August.

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

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

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Articles etc. by 19th of every month

## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby .....	15 Back Lane, Sedbergh (06/12) ..... <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amserv.net	20251
Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh (06/02) ..... <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mr & Mrs Wilkinson ....	Netherclough Holiday Cottage, Garsdale (06.09)..... <i>S/C, B&amp;B or full S/C 1D(4 poster); 1T; 1S; PB for 4/5 people;</i> <i>Garden; P; TVL; NS; CW; S/C EM; use of Kitchen</i> Web Site: www.nethercloughcottage.garsdalesedbergh.co.uk	21397/22019
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 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
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (06/11) ..... <i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB</i> e-mail: ali@interact.co.uk	20360

## CAMPING, CARAVANNING & SELF-CATERING

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Various Cottages sleeping 2 - 12 (06/09) .....	..... 21002 e-mail: holidays@dalesdusters.co.uk
Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (06/09) .....	..... 21567 <i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>
Ingmire Lodge, Marthwaite, Sedbergh (06/08) .....	..... 22136 <i>Sleeps 6; Detached Self-Catering Cottage; NS; 1 Dog welcome; 2 Bathrooms; VB; 5 star</i>

## 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

### ALLISON - KLISZAT

Congratulations Mike and Roxanne on your engagement on June 30th. Love from Mum and Dad Kliszat.



### ALLISON - KLISZAT

Congratulations Michael and Roxanne on your engagement on 30th June. All the best for the future. Love from Mum and Dad Allison. XX.

### ALLISON - KLISZAT

Congratulations Mike and Roxanne on getting engaged from Martin and Claire. XX.

### ALLISON - KLISZAT

Congratulations Michael and Roxanne on your engagement. Best wishes from Anne-Marie, Craig and Denim. XX.



### BROOKS

Congratulation to Shaun and Sarah on the safe arrival of Madison Mae. Love Mum and Dad and David.

### BROOKS

To Shaun and Sarah. Congratulations on the birth of your daughter Madison Mae. Love Julie, Bomber, Scott and Becky.

### BROOKS

Many congratulations Shaun and Sarah on the birth of Madison Mae. Diana, Gina and Girls.

### BROOKS

Congratulations to Shaun and Sarah on the birth of Madison Mae. Amanda, Phil and Joshua.

### DALZELL

Steven and Lesley would like to thank everyone for the kind cards and gifts received on the birth of their son **Lewis**. Born on 23rd June, weighing 8lb 3oz. Special thanks to Mum (Netty), Lynn and Eddie.



### DALZELL

Congratulations Steven and Lesley on the birth of **Lewis**. (Happy Nappy Changing!). Netty X.

### METCALFE - HOGGARTH

Congratulations Charlotte and Richard on your engagement. We are delighted for you. Lots of Love and God's Blessings for your future together. Christopher, Mandy and family. (South Africa) and Nana Irene.



### STOKER

Happy **80th Birthday** Mam on 3rd August. Love from Mike, Christine, Sue, Terry and Tracey.

### STOKER

Happy **80th Birthday** Nan. Lots of love from all your grandchildren and Great Grandchild. XX.

## PERSONAL & SMALL ADS £1



### WILLIAMSON

Guy and Lisa would like to say a big thank you for all the lovely cards and gifts they received on the birth of

**Aidan John** 12.05.06 and **Alana Ann** 10.03.05.

### THANK YOU

I would just like to say a big thank you to the person that found my envelope with some important documents in, and posted it through my door. Dave Gent..

### FOR SALE

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### FREE TO A GOOD HOME

MONDIA Upright Freezer  
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**PERSONAL & SMALL ADS £1**

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### PHOTO CALL

I have had no feedback at all on the old Dent school photo which is a shame.

This month I am submitting 2 photos. The first comes from Maurice Campbell and is of the British School, year not known. Thanks to Maurice for this one. I recognise Maurice and his brother Raymond (whom I didn't recognise) who is front row first on left, the teacher is Margaret Potter.

The 2nd photo is of someone in the Home Guard, possibly Dent during the 2nd World War.

If anyone can give me some names I will be very grateful. So answers to Shirley Tebay, Walnut Bungalow, Dent, LA10 5QT or phone 015396 25001 or email [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com)



## DISTINGUISHED OCTOGENARIANS

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

Approaching his house you may hear sweet melodies issuing from the garage where this month's distinguished octogenarian is playing his organ - something he can still do, with not a note of music and despite his failing eyesight.

**Jack Dawson** is sometimes called "Mr Sedbergh" - he is so much a part of this place. He was born in 1922 (just a stone's throw away from where he now lives) at 2, Woodburn Terrace, a row of five stone-built houses to the west of the snicket leading from Bainbridge Road to the Main Street, no longer known by that name. He lived there until he was eight and then moved up the hill to 58 Bainbridge Road, a house more suitable for a couple with three growing children, only a few doors away from his grandparents, William and Elizabeth Dawson.

A few steps took him to the British School, the non-conformist establishment set up by the free churches of Sedbergh in 1843. There were entrances both from Bainbridge Road and from Joss Lane. Jack was there till the age of 13 under headteacher, William Downhill, whom many Sedbergh people will remember. At that time, all pupils left school at 14 unless they could afford to transfer to one of the local senior schools. Jack's older brother, William, had moved to Sedbergh School, and, at the age of 11, Jack began Latin lessons with a view to following in his footsteps. For these he went to Major

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Wilkins, a master at the School who lived in what was known as Footer View, overlooking the Lupton field on Back Lane. Latin was an important part of the entrance exam, taken in Powell Hall by local boys, and Jack was successful in gaining a Local Exhibition to what was known as "the big school". There were around 15 day-boys at the time; Jack was in Evans House on Main Street.

By the time he was 18, the Second World War had begun and Jack joined the RAF. This keen and capable young man was sent, under the Empire Training Scheme, to train for a year as a pilot in Canada. Leaving Britain for Canada meant a long boat trip across the Atlantic from Glasgow to Halifax, Nova Scotia - no flights in those days. Jack trained first in Alberta, then in Saskatchewan where he was awarded his "WINGS". He could fly any multi-engined aircraft and flew Lancasters, Wellingtons and others during his RAF years. The journey back to Glasgow was from New York on board the first Queen Elizabeth with no fewer than 19000 servicemen on board. Clearly this would have been a prime target for the German U-boats, at that time sinking up to sixteen ships a day. The journey,

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Jack says, was a scarey one, made to seem longer than its four days by the necessity for the boat to take a zig-zag course across the Atlantic to avoid being torpedoed and sunk.

Following his return to England, Jack worked for about three years as an Instructor, training pilots and navigators in using new techniques like the Lorenz Beam for getting bomber pilots back from raids over Germany and also for getting bombs to hit their targets with greater accuracy. He moved into Transport Command. The War ended in 1945, and a year later Jack had to decide whether to take the job he was offered as a civilian pilot with the Dutch airline KLM or to return to Sedbergh to play his part in the family business, started in the station yard by his grandfather in 1895. He opted for the latter because his older brother William, a navigator on Lancasters, had been shot down in 1943 over Belgium. So he came back to his native Sedbergh to become a business man - and soon after to marry Jenny at Sedbergh Methodist Church in 1947.

But Jack had interests outside the family business - many of them - all linked to his manual and artistic skills and to his social

concern. He loved painting in oils and, with the late Harry Bracken, was a founder member of the local Art Society. He has written quite a bit of poetry. His interest in engineering led him to become a member of the Kendal Engineering Society. He was a Justice of the Peace for 14 years. Central to his life was his Christian faith : he taught in the Methodist Sunday School for thirty years, sang in the choir and was a local preacher in this circuit for 50 years. He learned calligraphy from Dorothy Hansford at night school and was also a passionate wood-turner, making "objets d'art" from many kinds of local timber.

He has always loved Sedbergh and served it for many years on the Rural District Council, taking over as Chairman when Arthur L Gladstone died suddenly. The RDC, which had real powers, was "closer to the people" than present-day councils can be. When Sedbergh became part of Cumbria in 1974, Jack was appointed first Chairman of South Lakeland with the cumbersome job of bringing together diverse areas such as Ulverston, Kendal and the South Lakes towns. His portrait hangs in Kendal Town Hall.

He and Jenny celebrated their Golden Wedding the same year as The Queen and Prince Philip. Had they been able to make the trip to Buckingham Palace, it would have been their **tenth** visit. Jack has enjoyed each one of these Garden Parties because of "all the interesting people you meet". But then he has always enjoyed meeting interesting people - and he finds our small town full of them.

*George D. Handley*

## QI CULTIVATION

I have mentioned Qi (pronounced “chee”) in the Lookaround many times and this article is an attempt to make clearer its role in good (and bad) health.

Qi can be thought of more widely as the motivation of all movement, change and transformation in the universe. In the body, the Qi that motivates the normal processes of growth, regeneration, digestion, blood circulation, defence against disease and so forth is called upright Qi. On the other hand, pathogenic Qi is Qi which motivates disease processes. In serious illness, the prognosis is still good, even in the presence of serious pathogenic factors, if

the person’s upright Qi is strong.

Treatment of disease often concentrates on getting rid of pathogenic material of one sort or another, often at the expense of the upright Qi. Good examples of this are radiotherapy and chemotherapy for cancer, and antibiotics. Alongside these treatments, efforts should be made to strengthen the upright Qi.

So, for a long and healthy life, cultivate your Qi. There are various aspects to consider.

- Taking in or gathering Qi. In the body Qi comes from breathing air and consuming food and drink. Breathing properly and eating in such a way that the food is “burned cleanly” are very important. Breathe slowly and deeply. Eat in a calm environment and consume a wide variety of freshly prepared food.
- Resolving blockages. Sufficient exercise keeps the Qi flowing. This should include both aerobic exercise and a type which opens the joints and massages the internal organs (such as yoga or Tai Chi).
- Energise the body. Bring Qi to all parts of the body with good posture and intent. Good posture is quite subtle and there is no substitute for proper instruction. However as a simple example, imagine the fingers and toes are like hose pipes: the Qi flows better if there are no kinks, that is, the digits are held straight (but not rigid).
- Circulate the Qi with appropriate exercise. There are many such exercises in the Tai Chi system.
- Conserve Qi. Many everyday

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activities such as eating, drinking red wine, watching television, walking, running and using a computer can be beneficial in judicious doses but dissipate the Qi if overdone.

Moderation is the key. It is important not to overwork. Try to work within your available reserves and learn to say, "No!" if you need to. Much energy is devoted to daily routines, so breaking routines (including emotional patterns and habits such as smoking) can conserve Qi. For women, sensitivity to the cyclical waxing and waning of energy is essential to avoid dissipating Qi.

Qi cultivation is taught and practised in Tai Chi classes (Ian McPherson 015396 20648). Yoga classes are held in Sedbergh (Deyna Hirst 015396 21556) and Dent (Laura Clare 015396 25572). My number is 015396 20972.

*June Parker*

## SEDBERGH SCHOOL CHORAL SOCIETY

The new season begins on Monday 11th September.

This year we are singing The Mozart Mass in C Minor and two shorter pieces by Haydn. We meet at 6:25pm in Powell Hall, Sedbergh School. We are giving two performances as usual on Saturday 3rd & Sunday 4th February 2007.

Everyone is very welcome to join, the more, the better. If you enjoy singing do come along.

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

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

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### AUGUST GARDENING

I was thinking this afternoon, as I battled with 7 ft high goosegrass in a very, very hot herbaceous border, of how lovely it would be to sit beside a pool - not one of those turquoise tiled, chlorine smelling types, but the kind with water lilies and iris and damsel flies and frogs. There is something so cooling and soothing about clear still water on a hot day.

In the last few years there has been some interesting development on the Continent in the construction and use of "Swimming Ponds" - large deep pools with substantial planting ledges around their margins which support marginal and deep water filtering aquatic plants. The ponds take a while to get into balance but once that is achieved the result is a clean, clear, eco-friendly pool. The idea sounds lovely to me, although all the ponds I have ever created seem to become the home of a variety of invertebrate life (Dragonfly larvae with those big jaws, pond skaters, leeches and, of course, tadpoles) and as I'm not a very tidy swimmer and tend to drink and/or snort a lot of wherever it is I'm swimming in, I'm just not sure whether it would really work. Still, it would be nice to sit at the poolside admiring the plants and I would definitely hope to make room in the open water section for my favourite waterlily, *Nymphaea marliacea* 'Chromatella' a superb plant with sulphur yellow flowers born over rafts of maroon mottled, smooth green leaves, and for "Watersoldiers", *Stratiotes aloides* with their jagged rosettes of floating leaves and pure white flowers which do the

water surface like escaped confetti. At the edges of the pond I need *Iris ensata*, "Japanese Flag" and *Iris laevigata* in a variety of colours alongside "Purple loosestrife", *Lythrum salicaria* with tall spikes of pink flowers and "Pickerel Weed", *Pontederia cordata* whose flowers are blue. The only thing missing then would be a deck chair and a nice cool drink.  
*Elaine Horne*

### DENT GALA

What better way to spend Bank Holiday Monday than at Dent Gala? A true community gathering, bringing together families and friends and visitors, with activities for all age groups.

Starting at 1.30 pm on the school playground and field, feet will be set a-tapping by Carolyn Frances, the one woman band, ably supported by some of the young fiddlers of Dent. Games will include the infamous slippery pole pillow fighting and trusty old skittles, and there will be races (and that means prizes) for every age. By popular request there will be a repeat of last year's Dog Show, with a full range of classes for you to enter your pet dog on the day.

With the fabled Dent W. I. Teas to sustain you, you will survive right through to the nerve-racking egg throwing competition, and go home pleased to know you have once more contributed to the upkeep of the Memorial Hall as well as had a great day out.

Offers to help on the day always gratefully received. Telephone 25476 or 25212.

### SOMME MEMORIAL SERVICE



On Saturday 1st July morning at 8.15am 400 pupils at Sedbergh School stood in silence by the School's Memorial Cloisters whilst the names of the 32 boys and 1 member of staff who had been killed in the battle of the Somme 90 years ago were read out.

The memorial service held on a beautiful sunny day was a far cry from the mud and carnage of the battlefield. The CCF band played the hymns for the service before departing on their tour of Slovenia and Italy. Headmaster Christopher Hirst read out the names of the boys who died and History teacher Guy Ayling read out an extract of a diary from a soldier who survived the battle but recounted the appalling sensation of stepping on the bodies of his dead friends who were laying in the trenches and on the battlefield with the over powering smell .

The School had celebrated the 60th Anniversary of VE day on Remembrance Sunday on November 13th 2005 also by the Memorial Cloisters where the names of 455 Old Sedberghians and Staff who were killed in both World Wars are remembered.

### SEDBERGH & DISTRICT TOY LIBRARY

The Toy Library will be open in the People's Hall during the summer 2.30 to 4.30 on Aug. 3rd & Sept. 7th and will continue on the 1st. & 3rd. Thurs. of the month throughout the Autumn.

Toys are purchased regularly and recently 14 Book Boxes have been made, grouping books & toys on themes.

Our members use the Toy Library for their own families with children age birth to 11 yrs. for visiting children, particularly grandchildren and for birthday parties.

The Toy Library Committee is very grateful for the help they receive during the sessions from pupils of Sedbergh & Settlebeck schools.

*Bronwen Osborne*



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## SEDBERGH SCHOOL

### *Sedbergh Girl 'Top Gun' at Bisley*

Sedbergh School sent some young and inexperienced boys and girls to shoot in the major schools competition of the year at Bisley in Woking last week. However it was England International Hannah Born who came out Top Female shooter in the major event the Ashburton Trophy held on Thursday.

Hannah shot brilliantly all day over the 300, 600 and 500 yard targets scoring 101 out of a maximum of 105.



The Sedbergh pair of Lauren Crowson and Duncan Morrison who have both just started shooting this year, did very well in their first Ashburton, coming 5th overall in the Cadet Pair from 58 schools.

One of the highlights earlier in the week was the "falling plates" competition on Wednesday night. Sedbergh had three teams of three entered and got two of these through to the semi finals. A great performance out of 40 teams. The B team got through to the finals but sadly just lost out by a point.

In some of the other events Sedbergh also performed well finishing 3rd in the Schools Snap shot, 4th in the Marling, Kim Buffoni won the Financial Times

Challenge Cup and Gold medal. For the first time Sedbergh had 6 shooters in the top 100 for the aggregate competition on Wednesday out of 618 competitors from 58 schools.

The photo attached shows Hannah Born winning the Ashburton Individual Girls Trophy.

## PHOTO CALL 2



Another photo from a reader depicting workers during haytime at Hind Keld in Garsdale.

Featured are Tom Peacock, Len Mitchell and Amy Mitchell but who is the person third from the left? Do you know? Any information to *The Lookaround* Office please.

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#### **SEDBERGH SCHOOL BAND**

Each June, the Border town of Peebles celebrates the ancient festival of Beltane. Festivities over the whole week include the Riding of the Bounds with the Cornet and his Lass etc. the Crowning of the Queen, several parades and processions and they culminate in the Beating of the Retreat on the final Saturday evening

Proud moment coming up! This year Sedbergh School Band was invited to perform at the closing ceremony and they were tremendous!! Thirty minutes of marching, wheeling and playing were enjoyed by a huge crowd lining both sides of Peebles High Street. Those standing near me were unanimous in saying that it was the best Beating of the Retreat for many many years.

Well done, Sedbergh School Band JS

#### **PEOPLE'S HALL**

**A** number of red plastic stacking chairs have appeared in the People's Hall which do not belong to the hall.

Would the owner please contact Steve Longlands or any other PH Committee Member to arrange return.

#### **Sedbergh School**

We are currently looking to recruit the following for September 2006

**KITCHEN ASSISTANT  
JUNIOR KITCHEN ASSISTANT  
(13 YEARS OR OVER)  
DEPUTY COOK**

Various days and hours available that may suit you  
For more information please contact  
*Maria or Debbie* on 015396 20303

### 2006 TRUCK PULL

On Sunday 28th May a team of fifty three lads and 15 lasses pulled a 9 ton Leyland Daf truck fifteen miles from Kirkby Stephen to Sedbergh in a time of 4 hours, 18 minutes, 53 seconds. The £50 Guess the Time winner was David Cope of Sedbergh with 4 hours, 18 minutes, 38 seconds. The feat was only accomplished by a big hardworking team of 68 pullers and 53 back up squad of marshals, water carriers, bucket collectors, drivers, barbecue team, disco team etc. Altogether the team was 121 people, which was brilliant.

Thanks also to Johnny and Tommy Brooks, Steve, Allison, Deano and Chez at the Bull Hotel, Bomber, Dales and lakes water, MK builders, Lyon Equipment, Johnny Souter, Kath Parkin, John Richardson, Ann Benville and JMP Foods, Catterick Garrison. Very special thanks to John Metcalfe (Braithwaites Coaches) Cliff and Barbara Baines, Tett Graveson, Allison Dandy, Mike, Jules and Spinner. We raised approximately £3,500. Added to last years JCB pull total we have raised £8,000 for Breast Cancer, Cystic Fibrosis, Playgroup, Zebras, Barracudas and Sedbergh Parents Support Group.

Because of the popularity of this charity event we have now formed our own Truck Pull Committee and will now make this an annual event, with national and local charities/groups benefiting from all proceeds raised.

We have received some very good ideas to make this event bigger and they have been put forward. Our first back up event will be a three team football tournament make up of footballers who have been

involved in the two latest pulls, where Tebay v Sedbergh v Cumbria/Lancs XI will compete.

The event takes place at Tebay in August with a bar, barbecue and childrens activities. Next years pull will be a Bryan Hoggarth sponsored 9 ton tractor event from Kendal to Sedbergh, with a different venue, activities and evening activities being planned, if we get up Roan edge!

Once again thanks to our team, everyone who supported us in whatever way.

*Caspa*



*Photo supplied by Maureen Airey*

### THOUGHT FOR THE MONTH

The old clock on the mantle-shelf was tired, it started to slow down, tick-tock — tick — tock, it wanted a change, counting how many tick-tocks it did in a day, a month, a year! Oh dear! It decided to stop, it just could not do them all, too tired, too many. The old china Dog sat to the left of the clock inquired as to what was wrong and on hearing about the situation suggested the old clock just concentrated on one "tick" at a time, "That way" said the old Dog "It will not seem so hard". Soon the clock was ticking away happily again. Keep on going, just one step, one task at a time!

*LD*

### **DENTDALE METHODIST CHAPEL**

Work is progressing well with the Accessible Toilet and the new access at the side of the "schoolroom", it will all look a bit different inside but will mean we have disability access into both the schoolroom and the chapel, the kitchen will remain as it is except the door will be in a different place.

The Prayer Room is completed and open daily, we hope to produce a small directory of all the services which take place weekly in the dale and the locality along with a potted history of the chapel.

On Sat Aug 5th it is our annual tea party 3-5pm in "Rhumes" garden if the weather is lovely or in the chapel if it isn't, we do warmly invite you to come along and join in.

The planned monthly Bible Studies here in Dentdale will begin on Thur Sept 21st at 7.45 at the schoolroom and the theme for this one is "How to attract Gods direction towards your plans". All welcome.

We are very grateful to those who are making personal donations towards the cost of the Accessible Toilet and to the Parish Council for their generous support.

It is hoped to hold something different once a quarter and suggestions can be made to the stewards, (Geoff Allen or John Woof) or written down and put in the box on the coal bunker in the chapel.

On Sunday August 20th at 2pm at Dent Foot Chapel one of our previous Ministers, Rev C D Harbach will lead the Anniversary service to commemorate the re-design and re-opening of the chapel 50 years ago.

A good time will be shared, do not miss it!

### **SETTLEBECK HIGH SCHOOL**

*U 12's Cricket 7-a-side Tournament at Netherfield C.C*

Settlebeck was represented by Joseph Clare, Xav Baines, Harry Porter, Lee Raw, Alistair Bainbridge, Luke Cragg, Philip Baines, Daniel Cressey, Luke Ingham, Harry Calvert and Robert Scully.

SHS played Queen Katherine School in the 1<sup>st</sup> match, QKS batted 1<sup>st</sup> and reached a total of 92. Luke Cragg was the most accurate bowler and his efforts were rewarded with a wicket, but the fielding was untidy and too many runs were conceded. SHS batted in the 2<sup>nd</sup> innings and made a total of 70 with Lee Raw and Xav Baines the pick of the batsmen.

In the 2<sup>nd</sup> match SHS played Queen Elizabeth School. SHS batted 1<sup>st</sup> and reached a total of 42, Robert Scully was the highest scorer. QES reached the total easily, but they were stunned by Daniel Cressey who bowled out their best batsman with a "Yorker".

SHS lost the two games but the standard of cricket is improving. Sedbergh CC now have two junior teams, made up of Settlebeck students, which is helping to raise standards.

### Sedbergh School

We are currently looking to recruit the following for September 2006

### **DOMESTIC CLEANERS**

Various days and hours available that may suit you

For more information please contact *Maria* or *Debbie* on 015396 20303

**Sedbergh Poets present**  
*their 1<sup>st</sup> Anthology*  
**“Evocations”**  
**Friday 18<sup>th</sup> August at 8.00 pm**  
**St. Andrew’s Church Room**  
**Poetry Reading**  
*with Music and Refreshments*  
 £2 at the door or tickets available in advance at Sedbergh TIC  
*The Anthology will be on sale on the night at £3.00*

**COUNCILLOR K LANCASTER**

I welcome this opportunity to write a little about my work as your elected representative. It is ten years this month since I was first appointed to the Yorkshire Dales National Park Authority and nine years since I was elected to South Lakeland District Council. The last ten years have been a period of great improvements to YDNPA. I was not surprised when at the end of last year it was recognised as one of the three best performing NPAs in England. What a change over ten years !

There have also been major changes on South Lakeland. The introduction of a cabinet was not popular with all members but it has produced a focus and I was proud to serve as a member of cabinet until the elections last May. South Lakeland’s problems all stem from its very limited funding from central government. The former joint administration always ran a very tight ship and I am already concerned that new spending commitments from the new regime will lead to difficulties balancing the budget next February.

The biggest change over the years on YDNPA has been over housing policy.

For three years I was chairman of the Planning Committee and during that time, against the odds, we managed to push through a new Local Plan with housing provision for local people at its core. I am particularly pleased with the policy for the re-occupation of former houses, much of which I drafted myself. It is good to see applications coming through and being recommended for approval.

It will come as no surprise that the recent Housing Needs Survey states that “properties across South Lakeland are particularly sought after, resulting from the District having good access, rail and road and fantastic scenery: it is a place people want to move to. Prices are therefore high, restricting choice amongst first-time buyers and lower income households severely”.

Moving to our own area, “The **Dales** area is accessible and there is a strong commuter/relocation market. Prices are relatively high and second home ownership an issue”. Although our problems are less severe than the central Lakes we still have a great need for local and affordable housing.

The biggest local issue recently has

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 07810 595543



Tom Wilson 015396 20954  
 07790 846578

*Continued on page 1*

been the future of the Auction Mart in Sedbergh. Since the meeting in May John Handley, myself and several others have been trying to put together a workable way forward. We have had to be fairly quiet about what we are doing – we can't negotiate in public. We would like to thank everyone for their support and offers of help. Whatever the outcome Sedbergh needs the auction. I thought that before the market was closed and now I believe it all the more. There will be more to say about this next month.

**Other Matters.**

It is good to see the repairs at last to the A684 in Garsdale albeit twelve months too late. It is strange to see people jumping up and down who had no interest when they were first told about it last September.

I have talked with Rowland Pittard, a national leader of the Youth Hostels Association about the future of the Dent hostel. I was surprised as to how well informed he was about it. However, it will be sold.

As Deputy Leader of the Opposition on South Lakeland I have been appointed to shadow "Improving South Lakeland" and Local Government Association matters.

I attended a meeting at Buxton where David Blunkett and the new Minister for Rural Affairs, Barry Gardiner were key speakers. David Blunkett was very impressive, Barry Gardiner less so.

I was delighted to meet the new head of Dent Primary School. I am very concerned about proposed changes to the transport for pupils at the school.

*Kevin Lancaster*

**MARK DODD**  
 Interior & Exterior Work Undertaken  
*Free Estimates*



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**PAINTER & DECORATOR**

**THE SEDBERGH EMBROIDERY**

The first panel of the Sedbergh Embroidery is displayed on the upstairs landing of the library and for the past 18 months the Stitchers have been working on the second panel.

Several of the individual pieces have been completed and we are now ready to start work on the main canvas.

At Sedbergh Charter Fair 2006 to be held on Saturday 26th August, the Stitchers will be having a workshop in the Reading Room of Sedbergh library from 2 pm to 4.30 pm when you will be able to see our progress.

More information is available on the Web Site:  
[www.sedbergh-embroidery.co.uk](http://www.sedbergh-embroidery.co.uk)

Sedbergh School

We are currently looking to recruit the following for September 2006

**AN ASSISTANT I.T. TECHNICIAN**

Part-time 15 Hours per week  
 with flexibility

for more information please contact  
 Maria or Debbie on 015396 20303

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

The July meeting was presided over by Anne Petyt who welcomed everyone, especially Dorothy Gerrard who is looking well again after her illness and has resumed her job as our very efficient Treasurer.

Several members wish to attend Howgill W. I.'s Musical Evening on August 3rd and others the Summer Splendour Evening at Preston Patrick.

The main events from W. I. News were highlighted and members were encouraged to consider standing for Committee this year. One or two new members would be most welcome.

Linda is half-way through her sponsored Dalesway walk and, as she was in Sedbergh, dropped in to the meeting, so it was good to see her looking well.

Anne, who represented us at the A.G.M. in Cardiff, gave a lively account of her impressions of the meeting at which she voted in favour of the two resolutions on Renewable Energy and Sport for the Nation. She said that she had been made very aware of the bond between W. I. Members and felt proud to be a member of the organisation.

After the business, Sarah Sutton gave a fascinating talk about her work with Stained Glass. We learned how she trained under a top craftsman in Sienna and now takes commissions for work in homes, churches, schools etc. She also makes small gifts in glass, including jewellery. Sarah told us something of the history of glass - how the French brought the stained glass tradition to England about 1000 years ago. She was warmly thanked by Pat Ramsden.

Margaret Faulkner won the competition

for "An Article of Coloured Glass" and the raffle was won by Margaret Copestake and Marjorie Fishwick.

'All Things Bright and Beautiful' is the title of Linda Hopkins' flower demonstration at our next meeting shared with Dent W. I. On August 9th in the People's Hall. This is an Open Meeting to which visitors are welcome. The entrance is £2 which includes supper. All the floral arrangements will be raffled.

*M. F.*

WHEN ONLY THE **BEST** WILL DO  
**JOHN NEWSHAM**  
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Full Design and Installation Service for  
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### **SETTLEBECK HIGH SCHOOL**

#### *Fixtures*

#### House Cross Country

The lower school took part in this year's house cross country competition at the end of last term. Once again, we were pleased to see nearly every student running and making a real effort following the fitness programmes in their PE lessons. The winners were:-

Junior

Girls: 1<sup>st</sup> B Lowther

2<sup>nd</sup> V Barnes

3<sup>rd</sup> H Sewell

Boys: 1<sup>st</sup> S Bolsher

2<sup>nd</sup> L Ingham

3<sup>rd</sup> L Raw

### Tennis

This year we entered the Nestlé sponsored league in the Year 8 and Year 10 age groups for boys' teams and in the Year 10 age group for girls. The players were – girls: Emily Crompton, Robyn Lewes, Zoe Craven, Elizabeth Thexton, Emma Teal and Tracy Hodgson. They won matches against Kirkby Stephen and Ullswater Community College and lost matches against Queen Elizabeth Grammar School Penrith, and Sedbergh School A + B. They have also enjoyed some non-league games with Casterton School.

Jon Griffin is now coaching 20 players from all year groups on Wednesday evenings. Jon is the Cumbria Lawn Tennis Association Senior Club Coach and we always enjoy his lively coaching sessions.

### Athletics:

Sainsburys Athletics at Stanley Park, Blackpool

The Girls Intermediate team came 5<sup>th</sup> out of 7 entries. Tracy Hodgson (shot) and Jenny Lamb (discus) were our highest points scorers.

The district trials were also held at Stanley Park with some good PBs achieved against entries from 12 other South Lakes schools. Tracy Hodgson, Jenny Lamb and Martyn Knapton were selected to represent the South Lakes at the Cumbria Schools Championships which was held at Carlisle. As a result of this, Jenny Lamb was selected as a County athlete and attended her first inter-county meeting at the Gateshead Stadium. Congratulations to Jenny; this is a notable achievement for her and for Settlebeck.

## CLEANER

**15 hours per week**  
**£11,193 per annum, pro rata**  
**3.30 pm – 6.30 pm (negotiable)**

Settlebeck is a small, successful, friendly, mixed 11-16 comprehensive school. We are looking for a good-humoured, enthusiastic, dynamic person to join our maintenance team, to undertake cleaning duties. Further details and application forms can be obtained from Margaret Chambers, Finance Manager. Completed forms should be returned by 18<sup>th</sup> August 2006, interviews will be held on 22<sup>nd</sup> August, employment due to commence as soon as possible. This post is subject to a CRB police check.



**SETTLEBECK HIGH SCHOOL, Long Lane,  
Sedbergh, Cumbria LA10 5AL**

**Tel: 015396 20383 Fax: 015396 21024**

### Sports Day

The weather was warm and sunny for our Sports Day. Again, most students were loyal to their houses and very few were absent or unable to take part on this day. It is considered essential at Settlebeck that everyone participates to make it a worthwhile and enjoyable competition. Everyone tried their best, producing good and often best performances. The highest points scorers who received engraved shields were:

Junior Girls:	Becky Lowther
Junior Boys:	Charlie Cox
Senior Girls:	Jenny Lamb
Senior Boys:	Dan McCandlish

The winning House was Ghyll.

### FOOTBALL TOURNAMENT

Thanks to everyone especially the Young Kidz group and Young Cumbria volunteers that made our Football Tournament a great night. Football teams from Sedbergh, Dent, Burton and Old Hutton competed against each other.

The winners were:-

Juniors	Sedbergh
Seniors	Sedbergh

It shows we have some promising young players coming up for the future. A special thanks to the lads who refereed on the night. *Paulyne Hartley*



*Girl Power (see also Page 34)*

### THE TOILERS GIFT

*Makers & Collectors of Yorkshire Traditions*

An invitation to all singers in Sedbergh and Dent.

From internationally renowned musicians such as Sir Edward Elgar and Ralph Vaughn Williams, to local enthusiasts such as Frank Kidson from Leeds and Sydney Addy from Sheffield, traditional songs have been collected and loved - not least by the singers themselves.

Combining the beautiful and little known songs of agricultural labourers and dock workers, cooks and carol

singers with the stories of their lives and music, The Toilers' Gift gives a new insight into local history and the people who made it. It also provides a fascinating background to an important stage in the development of English music - when leading composers came to lanes and byways to hear the songs of gypsy travellers and navvies and turn them into symphonies.

Frank Kidson: "Melody is not exclusive to the trained musician, but is a God-sent gift of which the possessor might well be proud. And the toilers at the plough and spinners by the fire have all contributed to the world's store of it."

All singers are invited to join The Roses and Thorns Choir for rehearsals for a concert in Dent with Jim Boyes and Barry Coope (from the folk-singing trio Coope, Boyes and Simpson,) and Georgina Boyes and Janet Russell.

The rehearsals will be over the weekend of October 7/8 in the Gargrave Village Hall with a second rehearsal on Saturday November 4. The concerts will be in the Dent Memorial Hall on Saturday November 11 and in Skipton on November 18. Written music will be provided as well as a CD of all the songs in the show, recorded during the second rehearsal.

If you would like to participate in the choir please contact Yorkshire Dales Workshops at The Glusburn Institute, Colne Road, Glusburn, Yorkshire BD20 8PJ Tel.01535.631166 or email [office@ydw.org.uk](mailto:office@ydw.org.uk) Shared lifts to the rehearsals from Sedbergh can be arranged by phoning Sedbergh 21166. The choir is limited to 80 voices so early booking is recommended. *David Burbidge*

Dear Editor

I was saddened to read Brian Wright's letter in the last issue of Lookaround. It seemed rather like a bad case of sour grapes, especially when compared with Craig Stephenson's account of his activities as our District Councillor.

Paul Winn is to be congratulated on his honesty in standing down as Councillor because he felt he could not give sufficient time to the job due to the demands of his business. This does not mean that all Councillors who also have a "day job" will automatically find it impossible to do both well. Some years ago I was a District Councillor (in another area) and worked alongside many colleagues, of all parties and none, who were effective Councillors as well as holding down full-time jobs. At the same time there were also Councillors who were, frankly, a waste of space despite the fact that they had no other significant calls on their time.

Let's give Craig Stephenson a chance to show what he can achieve. After all, he is only two months into the job! If he falls short of the mark, then the voters of Sedbergh can turn him out when he comes up for re-election.

Taken to its logical conclusion, Brian Wright's argument would lead to the creation of professional local Councillors, which would be extremely undesirable as it would result inevitably in the sort of disconnect we are already seeing between too many national politicians and the people. This has, among other things, caused chronic voter apathy and a level of cynicism that is bad for our democracy.

Finally, Brian Wright has thrown into

his mix a number of observations relating to national political issues. These are irrelevant when voters are considering who to vote for in a local election, when they are in fact looking to elect the best person to represent them and take action on their behalf in relation to local issues.

Yours faithfully

*Nick Lamb*

### **THE ALPHA COURSE**

Looking for answers? The Alpha course is an opportunity for anyone to explore the Christian faith in a relaxed, non-threatening manner over ten thought-provoking weekly sessions.

It's low key, friendly and fun – and it's supported by all the main Christian denominations. You're not on your own either. Almost 5 million people worldwide have already found Alpha to be a worthwhile experience.

So join us on a journey of discovery. There's a course starting in Sedbergh in September 2006.

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

The introductory Alpha supper will be held on Tuesday 26th September at Thorn's Hall. There will be no charge, but we need to know numbers for catering. Leaflets for this purpose will be available in Sedbergh Office Services from early September.

Further details from Tim Widdess 20329, Sandy Roy 20785, or Dick Gorst 20939.



## SEDBERGH FESTIVAL of Books and Drama

In association with Dalesman and Cumbria magazines

### PUBLIC PARTICIPATION EVENTS AND WORKSHOPS

These events and workshops need you to take part rather than be just an audience. Please contact the TIC to book or for further information.

#### Instant Anthology Workshop

August 21 10.00 – 4.00 £2.00 People's Hall

Come to the Peoples Hall, Sedbergh for a fun-packed workshop with Lynette Shaw McKone and learn how to put together an 'Instant Anthology'.

Bring poems, short stories, letters, essays, pictures; anything that can be photocopied. (I've even used a pretty tea-towel!) and learn how to make a book from scratch, full of the work either collected or produced during the workshop.

This is not quite 'scrapbooking' although some of the skills are transferable, this is making a book from start to finish. You will learn how to arrange pieces to their best advantage, how to make a cover and how to bind the two together to make a unique anthology, something you will be proud to show off.

And not only that; you'll have a lot of fun too, so what are you waiting for? Start gathering!

#### Shelley Stewart introduces TEMPLETON'S TALE

August 23 11.00am onwards

Meet at the Tourist Information Centre £2

A strange world of magic and mayhem envelops Miah and Will as they time travel. The book offers a chance to join a treasure hunt and on-line competition. It is an ideal companion for visitors to Cumbria. Shelley invites adults and children to take part in the Templeton experience.

#### WRITING WORKSHOP HOW TO GET STARTED with SANDRA GLOVER

August 24 10.00 – 4.00 £8 People's Hall

Sandra, who lives, near Kendal, has published nine novels for children and adults, all are quirky and challenging. Her latest is 'Spiked', about Debra 15, who is drugged, kidnapped and then .....

#### WRITING WORKSHOP MY AUTOBIOGRAPHY with SANDRA GLOVER

August 31 10.00 – 4.00 £8 People's Hall

This workshop may be used as a follow-up to last week's 'How to Get Started'. Write about what you know has always been wise advice, start to tell your own story in your own words.

### SOUTH LAKES SOCIETY FOR THE BLIND

This year the Summer Outing was to Thorn's Hall for lunch. We were lucky to have reasonable weather and were met with a warm welcome from Catherine and her staff.

Gordon Axford greeted everyone and asked for a minute's silence in memory of Elsie Haygarth who sadly had passed away in May. He described her as a kind, unassuming lady with a wonderful sense of humour. She will be greatly missed.

Gordon expressed a special welcome for Margaret Moore, the widow of our delightful member Bill who died at the beginning of this year. There was also a warm welcome for Rosemary Handley, the co-ordinator of the 'Talking Lookaround' and also for Dennis Whicker who had put in so much time and effort into the 'Large Print Lookaround' as well as being a reader of the 'Talking Lookaround'.

We enjoyed the roast lunch with all the trimmings and were well looked after by the staff. With good food and good conversation the two hours passed very quickly before it was time to disperse.

The summer outing was the last meeting of the group until September. Many thanks are due to the staff of Woofs' Taxis for their patient and good natured transport of our members over the year.

The next meeting will take place at the Peoples' Hall on Tuesday September 19<sup>th</sup> at 2.15 p.m. New members are always welcome as are new volunteers. For information phone 21019 or the Society's Kendal office 01539 742633. JGL

## SETTLEBECK HIGH SCHOOL

### *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 have been made 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 and we are looking to develop disabled access at the back of the pavilion. This initiative continues the excellent work which 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 remains now is to fit the new school sign.

## SEDBERGH FESTIVAL of Books and Drama

In association with Dalesman and Cumbria magazines

### *Characters in search of an author* WRITING

#### A DRAMATIC MONOLOGUE

**with Marian McCraith**

*August 25 2.00 – 4.00 £4 People's Hall*

Create characters and put them through an emotional roller coaster on this writing workshop. Writing exercises will be structured to help you build a character with a unique voice and a convincing story to relate.

#### POETRY ENCOUNTERS

*Wednesday 30 August*

*all over town from 10.30*

**Jane Routh and Jonathan Allen**

will read poems on a  
'stop me and hear one' principal  
*and*

#### SEDBERGH LIMERICKS

You are challenged to come up with appropriate and witty lines for Limericks celebrating Sedbergh life, stop by the blackboard in the market place at Joss Lane to add your contributions.  
(children and adults)

#### HOW TO GET PUBLISHED

**with Peter and Margaret Lewis**

*2 pm £2 St Andrew's Church Room*

If you already have a novel hidden in the spare room or just a burning desire to see your name on the spine of a book, now's your chance to meet the publishers and get some advice.

# Dentdale Show 2006

August 25th to 27th

Dent Playing Field

Live Band - "Tunisia" - Friday Night 9pm until late

**HAPPY HOUR 9pm-10pm**

(Tickets £3 or £4 on Door)

**Craft Fair - 11am - 5pm (Sat & Sun)**

**Under 14's Girl's Football Tournament - Saturday 1pm**

**Fell Race - Saturday 2pm (Entry Required)**

**Sheep Show - Sunday - Judging at 11am**

**It's A Knockout - Sunday 1pm**

(Entry required prior to event. Terms and Conditions apply)

**Bouncy Castle**

**Mini Digger Challenge - (Sat & Sun)**

**Human Bingo - Saturday 1pm**

**Punch & Judy - Sunday**

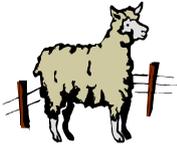
**Face Painting - Sunday 12pm - 2pm**

**Craft Competitions - (Sat & Sun) Entry Required**

**Bar/Refreshments • Hot & Cold Food**

Come and enjoy the Spirit of the Dale

For further information see our brochure which is available in Dent and Sedbergh, visit the [www.dentdale.com](http://www.dentdale.com) website or contact Julie on 015396 25004 or Matt on 015396 25022



## FAMILY MUSINGS

Grandma Woof told me recently that I must be on my best behaviour for elder daughters wedding day to which my brother replied "What and break the habit of a lifetime?!" Now Just a minute folks, I can "behave" when I have to, I firmly believe it is possible to have fun and still be efficient in fact I am probably more efficient because I am "relaxed" among it all. It's a know fact that I am a little, ok, a lot, out of synk but because I am I can get along-side others who are a bit "off the norm" which is very useful in my job. Growing old is something I can do nothing about, I am 48 now and 50 next year and already planning my

celebrations, but growing up is optional. You remember that!

Seeing hubby and son in "Black Tie" garb recently was quite something and once T had had to go to work I was sat at a table with six very dapper gentlemen, my powers of persuasion failed to entice them onto the dance floor, son looked quite pained at the idea but as a sweetener promised me a dance at the wedding, hubby however did find his dancing shoes but that was more because he thought it better to try a dance with me than be swept off his feet by someone more competent!

Reading an article about "How to stay Young" I found that I do/eat/drink most

of the suggested options, so why do I feel so old at times? The article went on to explore the different types of people we all are and I found out that members of my family do not see me as I see me, for example I think I am very adaptable (they don't) to me I am forward thinking (too much so they think), and I am happy to listen to others opinions etc, (do I actually have any choice?) they not too sure! Ah! well, life is a learning curve, sometimes a very long curve!

Here the countdown has begun to elder daughters wedding, the house and garden will, during the next 6 days under-go a transformation that has probably not been seen for 25yrs. The farm will also be a place of great activity, I think the toilets

will arrive first which is quite fitting, then the Marquee then the crockery/cutlery/ glasses/etc and hopefully a willing group of helpers to set the stage for the wedding celebrations. I can hardly wait and one task I must do is bath Cleo, so visitors can smell the flowers and not the dog. She is such a love, wonderful welcome homes for me and she will eat anything anyone leaves around, today it was crisps left out by daughters that were her pre-b'fast snack. So, I have to behave myself.. .does that mean that when the Minister pronounces J and D man and wife I cannot jump up and down and shout "YIPPEE" ?? You enjoy your celebrations as we will ours.



OYEZ

OYEZ

\*\*\*



# DENT GALA

MONDAY 28th AUGUST  
- 1:30 PM -

SCHOOL PLAYGROUND AND SCHOOL FIELD



The annual major fund raising event for the Memorial Hall  
*Please come and support*

### YOGA THERAPY

Yoga Therapy, as opposed to traditional Yoga, is a new complimentary health discipline in the West. It is a synthesis of ancient Eastern experience and current medical practice. In India, it is offered routinely in conjunction with modern health care treatments.

Training for Yoga Therapists in the UK is provided by the Yoga Biomedical Trust in London and is recognised by the Institute of Complimentary Medicine and by the NHS. Clinical trials, which demonstrate the efficacy of yoga therapy in the treatment of Asthma, Rheumatoid Arthritis and Low back Pain, have already been undertaken by the Trust in conjunction with London Teaching Hospitals. Trials for Diabetes and for IBS are pending.\*

Yoga therapy is applicable to a wide range of conditions including anxiety, hypertension, heart conditions, hyperventilation, asthma, C.O.P.D., irritable bowel syndrome, diabetes, multiple sclerosis, chronic fatigue syndrome and fibromyalgia. Yoga Therapy can also promote positive health for pregnancy and childbirth;

### • CLASSICAL YOGA •

- Individual or Group Tuition -

*Laura - Jane Clarke*

Phone 015396 • 25572

B.W.Y (1994) • R.C.M (1998)  
YOGA BIOMEDICAL TRUST (2001)

reproductive health in women and men and, for the elderly, it brings overall improvements in mobility and general wellbeing.

Yoga Therapy can be practised in conjunction with any medical treatments and in tandem with other complimentary therapies. Whilst all trained therapists are qualified and experienced yoga teachers, their additional clinical training and continuing professional development enables them to work safely with health problems resulting from injury, organic disease or functional disorders. After an initial consultation, it is always recommended that a decision to embark upon a course of treatment be discussed with other health professionals involved in patient care.

Yoga Therapy is a self-help practice and provides the tools and understanding enabling individuals to take increasing responsibility for their own health and wellbeing. It has a two thousand year anecdotal track record of benefit, which is now becoming both evident and measurable thanks to advances in scientific research and technology.

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Specialist classes with a qualified yoga therapist are now available locally with Laura Clare.

Laura has been teaching Yoga in and around Sedbergh for the past 15 years. Her original qualification is with the British Wheel of Yoga in 1992 and she subsequently extended her training, in affiliation with the Royal College of Midwives, equipping her to teach yoga for pregnancy. More recently, Laura studied for two years with the Yoga Biomedical Trust in London.

For more information on local classes or to book an initial consultation please phone 015396 25 572

\* For further details of published and ongoing research contact Dr. Robin Monro PhD Yoga Biomedical Trust. Email: [enquiries.yogatherapy@virgin.net](mailto:enquiries.yogatherapy@virgin.net) or [www.yogatherapy.org](http://www.yogatherapy.org)



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### RECYCLING NEWS

Paper is one of the easiest waste products to recycle in South Lakeland. There are paper banks at 37 of the Recycling Centres and over 31,000 houses have a blue box to recycle paper at the kerbside. Each month in South

Lakeland we recycle the equivalent of over 850,000 newspapers.

There are two main uses for the paper collected, it can be used to make more newsprint or recycled as household paper products such as kitchen roll or tissues. Both products have quality control guidelines that affect the types of recycled paper that can be used. This means that some paper products such as envelopes and non-paper products such as cereal boxes cannot be accepted in the South Lakeland collections.

Envelopes are a particular problem as the window sections are made of a non-recyclable material and the glue used is oil-based and can cause the paper to split during processing, a major problem if it happens during newspaper production. The manufacturers of household paper products also require their products to be strong enough for the jobs they are used for.

If you would like to make some use of your envelopes you can tear off the window and glue sections before using them in your home compost bin. You can also reduce the amount of junk mail you receive by registering with the Mail Preference Service, telephone 0845-703-4599. If you would like more information about paper recycling visit [www.wasteonline.org.uk](http://www.wasteonline.org.uk)

If you have any questions about recycling please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at [recycling@southlakeland.gov.uk](mailto:recycling@southlakeland.gov.uk) or come see us at North Lonsdale or Cartmel Show this summer.

### **SOUTH LAKELAND CARERS ASSOCIATION**

One aspect of our work supporting unpaid carers is to arrange Support Groups where carers can get-together to share experiences or just enjoy tea and cakes and something different. Sometimes we arrange for someone to come and talk to us about help available or about their experiences of caring or of other aspects of their lives, other times we just have a right good chat.

We have these groups in Ambleside, Grange, Windermere, Milnthorpe, Arnsdale, Kirkby Lonsdale, Kendal and Sedbergh and carers are always welcome, past carers are also welcome as are people interested in volunteering with our charity.

The Sedbergh group has met at the Health Centre but is on the move and from its September meeting will have a new venue at Thorns Hall. We will continue to meet on the first Tuesday in every month except January, although the time may alter. Please contact our office on the number below (a new number) before you come to check the time and to help us with the catering.

If you are looking after a relative or friend and would like more information

*Come & listen to the*  
**STELLA MARIS  
STEEL BAND**  
St Andrew's Church  
Saturday 2nd September @ 8pm  
Tickets £5 from  
Tourist Information Office &  
Sedbergh Office Services  
Limited Buffet @ 6.30pm £5

about the help we can give, which is free, please get in touch. One of our staff will arrange to see you at home or in our office in Kendal and can make sure you know about / are getting all the benefits you are entitled to, help with identifying further support and letting you know you are not alone with your caring.

We do not undertake personal care ie bathing/washing/toileting/getting people up etc.

We arrange meals out and outings, our "Friends" group arranges fund-raising events and would be really pleased to welcome new members, please contact the office.

Young Carers are also supported by our organisation and our Young Carers Worker arranges outings and away-days and a monthly club. Our work is very varied and over a wide area but we are very concerned to identify and help "new carers" and are about on Wards 1, 8 & 9 at WGH every week hoping to help carers with the "going home" aspect of caring. Do get in touch with us via; 01539742602 without any obligation SLCA or if you prefer to write; Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU.

*Sarah E Woof. Support Worker.*

**Old Tyme Dance**  
*in aid of the People's Hall*  
**SYD BANKS BAND**  
**Saturday 2nd September**  
People's Hall  
8:00 pm  
Raffle ~ Bar  
Jacob's Join



### POLICE NEWS

Congratulations to everyone who watched the World Cup Football in the town's licensed premises. There was only one reported incident of youths pushing over the barriers of the road works, which was annoying but caused no damage.

Please note that the telephone number for the Police has changed to 0845 33 00 247. This still puts you through to a Call Centre but the cost to you to make the call is reduced.

Last month, I gave a talk and a Guided Tour of the Police Station to 3 year olds. The children were very well behaved and listened intently, especially when I blew my Police Whistle. Many aspects of safety was given. One was to stop at the Zebra Crossing, look and listen before you crossed the road then keep looking and listening. As we were about to start to cross, a car approached and never stopped giving credibility to the advice given. I was very forceful in explaining to the children about the wearing of seat-belts in cars and said that their parents should never move off unless they were strapped in. A number of parents have spoken to me about this since to say that their children are insisting that they are strapped in before moving. At least it has worked on the children, I must now work on the adults!! Of the Seat Belt legislation, ALL PERSONS IN VEHICLES MUST WEAR SEAT BELTS unless there is an exemption. All Children must wear seat belts suitable for their size and the driver is responsible for those under 14 years of age and liable to be fined. However, the Law is changing

in September so have a look at the Web Site [www.childcarseats.org.uk/law](http://www.childcarseats.org.uk/law) which explains things a little more. See also the Settlebeck report on Page 58.

Over the last year, the Police have endeavoured to keep Main Street free of people parking 'just to pop into the shops' warning them that action will take place. Drivers have not heeded and there is now to be severe action taken as outlined in the report on Page 67. You were warned, you will now suffer the consequences, so please do not complain if you receive a ticket!

Speed is the other problem. Slow down otherwise we will have Fixed Speed Cameras fitted which attract an automatic £60 fine and 3 Penalty Points. Again, you have been warned!  
*D J W*

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### THE ROYAL BRITISH LEGION

The Coffee Morning held in the U.R.C. rooms on 19th July produced a sum of £236 for Legion funds.

I would like to thank all who contributed to the stalls so generously and to the many people who served the coffee and biscuits both inside and in the car park.  
*Colin Weir.*

### **SEDBERGH PRIMARY SCHOOL**

On the 14th of June year 5 and 6 pupils from Sedbergh Primary School took part in the Kendal Music Festival. We had been practising the words and actions for months before and knew them off by heart by the time of the concert. We learnt 9 different songs altogether, but everyone's favourite was Laurel and Hardy, the actions were really funny.

We went for a rehearsal and everything went great. On the night of the festival everyone was really excited. First the actors came on stage-they were really good. Then we had to sing our first song. The audience was massive and some people were nervous because their faces went all red. There were two really bright spot lights and when it came onto your face you had to try hard to keep your eyes open. We all had a fabulous time and the audience gave us a really big round of applause, so they must have enjoyed it too.

*Eilidh Sproul*

### **RISE HILL FELL RACE**

I have been asked by the Dentdale Show Committee to resurrect the Rise Hill Fell Race which used to be run as part of Dent Sports in June.

The race has not been run for many years. I wonder if any *Lookaround* reader has any photo's, records or recollections of the fell race or the sports day. If anyone has any information please contact me, John Hyde on 015396-25503.

The resurrected Rise Hill Race (from Church Bridge to Ayegill Pike and back) will start at 2 pm on Saturday 26th August, as part of Dentdale Show Weekend.

### **SETTLEBECK HIGH SCHOOL**

*Year 10 Taster Day at Lancaster & Morecambe College*

Year 10 visited Lancaster and Morecambe College in July to learn about courses they could study when they leave school. They opted to visit at least 2 departments and took part in a variety of activities such as catering, beauty treatments, brickwork and sport. This was an excellent opportunity for students to familiarise themselves with the college and its facilities as part of their post 16 planning.

Here are a few comments from the students who attended:

It was a really interesting day. I enjoyed both sessions and won in both of the sports activities (red team football and badminton). The brickwork was good – we were all given 36 bricks and had to make a wall corner. It was a very worthwhile day.

*Adam Littlewood*

I thought it was good – I was impressed by the salons and the tutors were really friendly and helpful and made us feel comfortable. A really good day.

*Kellie Schools*

I thought it was a good college but not the one for me, but I did enjoy the day. In the morning I made a chicken vegetable stir fry and in the afternoon I did ICT, creating music on a disc called EJay.

*Laurence Whitefield*

The information about A' Level courses was very helpful. They have a wide range of subjects including Law and a Critical Thinking course. The college offers the chance to do A' Levels and vocational courses on the same campus, which is an advantage.

*Jennifer Farrell*

### **HADRIAN'S WALL WALK**

A great big thank you to all those people who sponsored me to "Walk the Wall". It was a fantastic experience to wander alone through some of the most beautiful and historical landscape this country has.

The weather was perfect, warm and dry with a cool breeze and no major hiccups, (apart from the landlady at one B & B who had double booked my room!!!).

However I raised £230 for charity. The money will be split between Cystic Fibrosis and The Breast Cancer Campaign. Once again thank you.

*Alison O'Neill*

### **SEDBERGH FESTIVAL 2006**

The Committee would like to thank all those who supported the Festival in so many ways, whether as performers, patrons, sponsors, audience or in the many unseen ways so essential to the smooth running of all the events. The Festival has become part of the Sedbergh scene and we look forward to another in 2008.

### **SHOP WHERE THE ACTION IS: DENT**

Among the many pleasures of Dent are our two excellent shops. Dent Stores and Dent Post Office. Come and use them: small is beautiful.

Both of them offer a remarkable range of goods, and provide warm, personal, old-fashioned service.

If you like the look of our advertisement on Page 42, come and *Lookaround*.

*John Fawcett  
Dent Shops Committee*

### **SETTLEBECK HIGH SCHOOL REUNION**

A reunion for the class of 1996 was held at 'The Head' on Saturday 24th June.

Two thirds of the class turned up with others sending their apologies for what turned out to be an interesting and fun evening.

It must have been quite daunting for some at first walking into a room and being faced with people you hadn't seen for 10 years!! Some even brought their partners, wife's and husbands which was great.

Old school photos were passed around along with many stories and tales of school days.

It just so happened that one teacher was present, Mrs Oughton. She was enjoying a quiet meal only to be greeted by a bunch of ex-pupils!

Everyone seemed to be doing well for themselves, some are teaching, running their own businesses and some even have families!!

Thanks to Liz and Dave at 'The Head' for allowing us to meet there and for the sandwiches and chips.

A huge thank you to all who made the effort and turned up, to those that travelled long distances from Birmingham, South Wales, Oxford, Leeds, York, Newcastle and Carlisle to be there, it wouldn't of been a reunion without you!

Everyone was up for the next one, so keep reading *the Lookaround*, you will see it advertised here in 10 years time!

### **BUMPY ROAD**

I write of a farmer who was driving his horse and trap over the top of Haworth when he saw a gentleman walking down and offered him a lift. When the gentleman got in, the farmer cracked his whip and the horse set off at a pace. The gentleman gripped the sides of the trap and said, "I'd gladly give a sovereign to be out of this". The farmer replied, "Don't be so flush wi' thee brass. Thou might be out for nowt in a minute".

*M.H.*

### **SEDBERGH BADMINTON CLUB New Season 2006/2007 - Sedbergh School Sports Hall**

*Friday 1st September*

Juniors 7.30 pm to 8.30 pm

Seniors 8.30 pm to 9.30 pm

Monday 4th September A. G. M.

Sedbergh School Sports Hall at 7.00 pm.

Club night for Seniors following the AGM.

All abilities of player more than welcome. For further details contact R. Mason on Sedbergh 20565.

### **ALZHEIMER'S SOCIETY**

George Tomlinson and Angela Harvey, manager of the South Lakeland Branch of the Alzheimer's Society thank most warmly all who helped and contributed to the Coffee Morning and Street Collection on 21st June.

The total raised was £312.43 of which £121.44 was from the Street Collection.

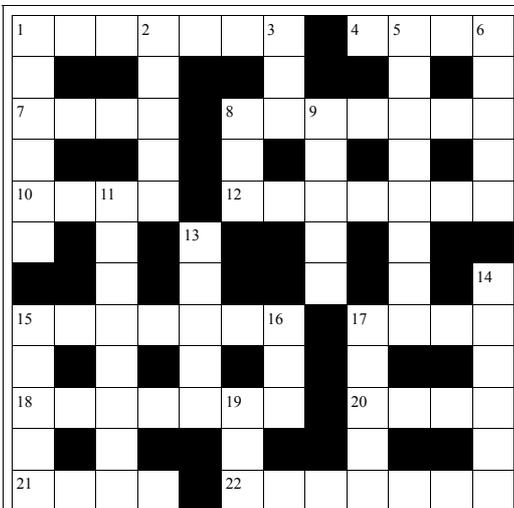
We are very grateful for your support which enables us to carry out our work providing information and advice to local people.



Winning Team (See Page 22)

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

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



- (5)
- 8 Sour inside toffee (3)
- 9 Lie like a pig? (5)
- 11 Female artist put in charge of 'being ladylike' (8)
- 13 Lakeland author beheaded swimmer (5)
- 14 Very cold beer (6)
- 15 Jobs at Post Offices next to town's borders? (5)
- 16 Fake notes have a bend in the middle (3)
- 17 Helped one mixed up with dead (5)

*Answers to July - ACROSS: 2*

- Tablespoon; 7 Type; 8 Pockets; 10 Scrawl; 13 Allay; 15 Undid; 16 Used to; 18 Pianola; 19 Mast; 21 Difference.  
 DOWN: 1 Latest; 2 Tip; 3 Lapel; 4 Socrates; 5 Overlord; 6 Nasty; 8 Eta; 11 Red dwarf; 12 Wardrobe; 14 Potter; 15 Upped; 16 Usage; 17 Elm; 20 Ace.

**Across**

- 1 We leave clothing supporter for one who uses money (7)
- 4 Wound small mammals up (4)
- 7 Heard disease went away quickly (4)
- 8 Work alongside journalists in crush (7)
- 10 Dodgy Irish river has no energy or lake (4)
- 12 Ron and Rolf mixed up, sad and lonely (7)
- 15 Gaspd when one comes in stained (7)
- 17 Its an article about wine (4)
- 18 Woke up prison with famous fire fighter? (6)
- 20 Clean a kind of jacket (4)
- 21 Ekes out search (4)
- 22 16 stuck in mire, awkwardly coming out less clean (7)

**Down**

- 1 United forces captured by figure found at the back (6)
- 2 Refusal means an impasse (2,3)
- 3 Bat average is up (3)
- 5 Musicians equipment - more lost in confusion (8)
- 6 Thing hiding in tub is one big animal

**SEDBERGH PRIMARY SCHOOL**

On Thursday 29th June Yr 6 went to Farfield Mill to do some art with local artists. They did mask making, wax painting, felt making and weaving. In the mask making they made exotic animal masks out of black, white and gold card with Wendy. There was also a competition for the best mask which Rachel Hendrickse won and received a golden mask worth £20. In the wax painting with Carole they drew pictures with crayons and then painted on them leaving the wax showing. In the Felt making with Lee they used wool molded together to create felt. As well they did weaving with Laura and made picture weavings out of thread in the forms of deserts, rainforest, outer space and sea. Some people bought French bobbins and a ball of wool.

*Adam Scarr and Edward Pike*

### SETTLEBECK PTFA

#### Quiz Answers ~ 60's Night

Many thanks to everyone who supported Settlebeck's fund raising by buying a quiz sheet. The answers are as follows.

There are of course points of discussion; i.e. Designer of the Mini skirt was Andre Courreges, however most people would associate the mini skirt with Mary Quant so both answers are fine. The Beatles first No 1 was another difficult one however the most popular one on internet sources, 'Please, Please Me' according to the music news of the day. As to the Average wage.. This proved hard to find so we set the answer as fairly as possible allowing amounts either side of the exact figure.

1. Fab Four? *The Beatles*
2. Who designed the mini skirt? *Mary*

#### Quant

3. PM 1960? *Harold MacMillan*
4. PM 1969? *Harold Wilson*
5. Date of JFK's assassination?  
*November 22 1963*
6. Man on the Moon? *1969*
7. Name of Mission was Apollo? *11*
8. The 1966 World Cup score? *England 4 Germany 2*
9. Who shot Bobby Kennedy? *Sirhan Sirhan*
10. Brian Jones? *Guitarist with the Stones*
11. Who did England beat in the 1966 semi's? *Portugal*
12. The 1960 Olympics were held in?  
*Rome*
13. The Surgeon for the first heart transplant? *Christiaan Barnard*

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|---|---|
| 14. His patient was? <i>53 year old grocer Louis Washansky</i>                        | 24. 'The Times They are a Changing' was written and sung by? <i>Bob Dylan although there have been many covers.</i> |
| 15. Donald Campbell died in? <i>1967</i>  | 25. Keith Moon was? <i>the drummer with the Who</i>   |
| 16. The first Bond Film was? <i>Dr No</i>   | 26. The Beatles first No 1? <i>Please Please Me</i>   |
| 17. The DH Lawrence book that caused all the fuss was? <i>Lady Chatterley's Lover</i> | 27. Dangerman was played by? <i>Patrick McGoohan</i>  |
| 18. The Virgin Soldiers was written by? <i>Lesley Thomas</i>                          | 28. The Average wage? <i>between £5 and £12 per week (a bit either side accepted)</i>                               |
| 19. Rolf Harris advertised the? <i>Stylophone</i>                                     | 29. The Berlin wall started going up in? <i>1961</i>  |
| 20. In which year did Marilyn Monroe die? <i>1962</i>                                 | 30. In 1963 Cassius Clay beat? <i>Sonny Liston</i>  |
| 21. The osteopath in the Profumo scandal? <i>Dr Stephen Ward</i>                      | The winner on this occasions is David Airey who received the prize of £15.  |
| 22. Princess Margaret's wedding was in? <i>1960</i>                                   |   |
| 23. Who was LBJ? <i>US President, Lindon Baines Johnson. Took over from JFK</i>       |   |

## The Cross Keys Temperance Inn

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Tuesday to Sunday 9.30 am - 4.30 pm (Closed Mondays unless BH)

Wednesday to Saturday nights from 7.00 pm. **Booking essential**

### **TIM FARRON MP**

Were your ears were burning when I brought up the issue of the Auction Mart in Parliament the other day? I took the opportunity of a debate on land banking to draw the issue of the proposed sale of the Auction Mart to MP's attention. I am doing all that I can to try to ensure that the site is bought by the co-operative set up by a group of farmers expressly to ensure that there continues to be an auction in Sedbergh.

However, the Sedbergh issue that has been taking most of my time in recent weeks is the proposed closure of Baliol School. North Yorkshire County Council's plans to consolidate their special needs provision with the resultant proposal to close Baliol cannot be

allowed to go ahead. I have been to visit the school several times, most recently to launch a petition to keep the school open which should, by the time you read this, be available for you to sign in most of the shops in Sedbergh. If you can't find a copy or would like to have a copy yourself to collect signature you can get one from my office in Kendal (address at the end of this article). In addition I have been working with the other MP's affected by this decision to put pressure on North Yorkshire County Council to change their minds. It is so much better for children in need of the special schooling that Baliol provides to be as near their homes as possible. The Council's plan to move them to Scarborough is giving the needs of a

## **THE HEAD AT MIDDLETON**

*Nr Kirkby Lonsdale, Cumbria*

*Tel: 015396 20258*

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PIZZA AND GARLIC BREAD TO EAT IN OR TAKE-AWAY  
SERVED UNTIL CLOSING TIME

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Wednesday to Friday Lunchtime from 12 noon to 2 pm

Monday to Friday every evening from 5 pm

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

Proprietors: David and Elizabeth Martin

Starters		Fish Dishes	
Prawn Cocktail & Marie Rose Sauce	£3.90	Salmon Steak with Parsley Sauce	£9.40
Garlic Mushrooms on Toast	£3.40	Grilled Rainbow Trout	£9.40
Pate with Garnish, Toast & Butter	£3.30	Breaded Scampi	£6.80
Soup of the Day	£3.25	Breaded Haddock	£6.80
Egg Mayonnaise	£3.40		
Grapefruit Cocktail	£3.40	Vegetarian Dishes	
Garlic Bread	£2.50	Tropical Vegetable Curry	£6.80
		Stilton & Vegetable Crumble	£6.80
		Vegetable Lasagne	£6.80
		Mushroom & Nut Fettuccini	£6.80
		Broccoli & Cream Cheese Bake	£6.80
		Vegetable & Pasta Bake	£6.80
		Vegetable Tikka Masala	£6.80
		Macaroni Cheese	£6.80
		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

# THE HEAD AT MIDDLETON



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## Menu

Starters	
Prawn Cocktail & Marie Rose Sauce	£3.90
Garlic Mushrooms on Toast	£3.40
Pate with Garnish, Toast & Butter	£3.30
Soup of the Day	£3.25
Egg Mayonnaise	£3.40
Grapefruit Cocktail	£3.40
Garlic Bread	£2.50

Extra Special Main Courses all £11.45	
Loin of Pork in Cider & Apple Sauce	
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

vulnerable group of children a secondary priority to their financial considerations which is why the two other MP's whose constituents are also affected by the decision are also working with me. Please do help our campaign in whatever way you can, Sedbergh can ill afford to lose an employer of this size.

The House of Commons is now in recess, which means that I no longer need to go down to London every week and I can spend more time in the constituency. As it is the summer recess I am planning to use part of my time running my mobile surgeries around the constituency, this time sadly not in the camper van but an ordinary white van. The 16<sup>th</sup> of August will see me driving around Sedbergh,

Dent and Garsdale, there will be notices put out nearer the time to give times and exact locations but please do make an effort to come along and say hello at whatever location most suits you. At the very least we can promise you a nice cup of tea and possibly even a biscuit. Also, if you are driving on that day and see a van covered in Orange badges coming towards you on one of those narrow roads then please make some allowance for me.

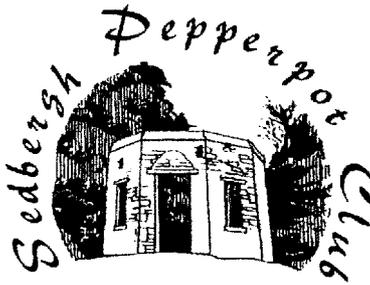
As ever, if I can help you with these or any other issues then please contact me at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk)

Thanks for your support

*Tim Farron MP*

**INSOMNIA & A DESERT ISLAND**

On Sunday September 3rd at 2.45pm at St Gregory's, Vale of Lune, Marthwaite, there will be a performance of *The Goldberg Variations* by JS Bach, played by the acclaimed harpsichordist ARne Richards. The unusual aspect of this concert is that the variations will be interspersed with poems inspired by the variations. These will be read by the award winning poet (and violinist), Gregory Warren Wilson, who wrote the poems in the voice of Keyserlingk - an insomniac! - who was Russian Ambassador to the Dresden Court from 1733. He commissioned the



variations from Bach in order that Goldberg, his chamber musician, should play them to him during the night to cheer him up when he could not sleep! ARne and Gregory are both part of the Oxford Concert Party, a versatile and entertaining group who play a diversity of instruments in a wide variety of styles. St Gregory's (marked on the map in the Festival brochures which are now readily available) is a familiar landmark along the road from Sedbergh to Kendal, on the left next to the Weathercock, just before you reach the bridge over the Lune. Many tourists call in as they pass by, but

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it is surprising to find how few local people have actually been inside to admire the little church (no longer used for regular services) and its beautiful stained glass windows. The church holds only a limited number, so buy your tickets now before they sell out!

On Wednesday September 6th at 7.30pm in St Andrew's Church, Sedbergh, the Stonebridge Quartet (leader Julian Cann) will join forces with Nicholas Hurdall Smith (tenor) and Kalina Dimitrova (cello), all of whom are familiar to Sedbergh audiences. Their programme will include Ivor Gurney's delightful *Five Elizabethan Songs* and Schubert's great String Quintet in C, which everyone wants to take to their Desert Island!

These two concerts, to be presented by Sedbergh Pepperpot Club, fall during the Sedbergh Festival of Books and Drama and they will follow the pattern of the two concerts which were held in the same venues during the first Festival last year.

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

Tickets (Adults £6, Children Free) are on sale from Sedbergh Pepperpot Club (015396 21196) and Sedbergh TIC & Festival Office (015396 20125).

Light refreshments will be available after both concerts.

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



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## NEIGHBOURHOOD FORUM

### *The Voice Community Trust*

Peter Gregson explained that the Trust was awarded a 5 year license by OFCOM to run a community radio station in Kirkby Lonsdale, which will be delivered by volunteers and local interest groups from the community broadcasting to Sedbergh, Ingleton, Hornby and Crooklands. He added that OFCOM had to be satisfied that there was a community need for a Radio station. They have a 2 year 'window' to get up and running and will be financed primarily through sponsorship from local businesses and grants and after that should be self-supporting. At present the group are negotiating for a lease on premises in the centre of Kirkby

Lonsdale, and are also having discussions with SLDC for the TIC to be in the same building.

The station will broadcast with local programmes 7 days a week from 7am to 11pm. For more information call Peter on 015242 72843.

### *Highways Department*

Nick Raymond, Highways Engineer for South Lakeland, explained that Cumbria County Council have overall responsibility for the management and improvement of the highway network including support to members. Capita Symonds is responsible to the county council for the delivery of the service including design, planning and day to day management of the highway network. Amey Infrastructure Services are

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responsible to the County Council for the delivery of all highway works on the ground.

Maintenance to the Highways are prioritised into categories:-

- Cat. 1 repair where a fault is to be repaired within 2 hours and a working day)
- Cat. 2 repair (to be repaired in 5 working days)

Types of Repair include:

- Temporary carriageway and footway repairs.
- Kerbing, edging and channels
- Standing water, flooding
- Debris, detritus
- Sign cleaning and provision
- Preventative Maintenance 'Find & Fix'
- Verge maintenance
- Emergency repairs (via Highways Hotline - 0845 6096609)

*Budgets*

- £2.6M per year to maintain highways

in South Lakeland

- £1.8-£2.9M per year to improve carriageways in South Lakeland.

To maintain 1,800km of carriageway, 449km of footways, 29,000 gullies and 14,000 signs. The County Council is £10M short of funding from central Government for maintenance work.

*Possible improvements to the Highways Service*

- Use of dedicated road patching gangs
- Reassessment of standards against national guidance which will give the Council more time to undertake permanent structural maintenance work instead of having to meet targets which only give time for temporary patching.
- Highways Lengthsman Scheme with Parish Councils - There will be a letter sent out to Parish Councils in the next couple of weeks with information regarding the Pilot

*(Continued on page 44)*

project of having a Lengthsman Scheme.

- The project will start in October 2006. CCC will provide training and a 'toolkit/insurance cover etc. The parish council will eventually take over the funding of this scheme themselves.
- Provide more detailed information on maintenance standards and codes of practice
- A County Traffic Manager is now in post. This post will monitor and seek to minimise any works on the public highway to reduce delays to the travelling public.

Nick reported that repair work is due to start work at the end of July on Stonehouse Bridge. Nick added that all residents will be informed if a road closure is required. The work will take about one week depending on whether any additional work is required.

#### **Open Forum**

*Dentdale Show* -- Will be held the 26th

August Bank Holiday weekend.

*Auction Mart, Sedbergh* - Negotiations are ongoing at present to save the auction mart. Will report back at a future forum meeting.

*Joss Lane Car Park* - Update from Last Forum Meeting - The parish council met with the Chief Executive of SLDC to set out what the Parish has to do to take over the car park. Final decision may have to go to a policy meeting in September. Updates will be put on the Parish Council noticeboard.

It was reported that there will be no more free parking in Sedbergh. An annual ticket for a nominal fee will be available if the Parish takes over the car park.

*Problems with drains* behind Settlebeck School was raised. Cllr will follow this up.

*The Community Waste Prevention Fund* - Funding available for communities to reduce the amount of waste being sent to landfill. Examples of projects include eg. Community Composting Schemes,

# **KAY WHITTLE**

BSc PhD MSSCh DipPod Med MBChA

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#### *Digital Switchover*

Information regarding the Digital  
Switchover for the Television Service can  
be obtained at

[www.digitaluk.co.uk/en/when](http://www.digitaluk.co.uk/en/when)

*Green Lanes* Paul Wilkinson of the  
YDNPA, reported that the new NERC  
Act is now in place regarding the  
management of Green Lanes. This was  
welcomed by those attending the Forum  
meeting.

There are now Green Lanes that have  
signs up to inform people if they are only  
accessible for walking and as a bridleway  
and not for 4 x 4's and Trail Bikes.

Anyone seeing these vehicles on these

green lanes should take down the  
registration number and report it to the  
Police or to Paul Wilkinson. Telephone  
015396 22081

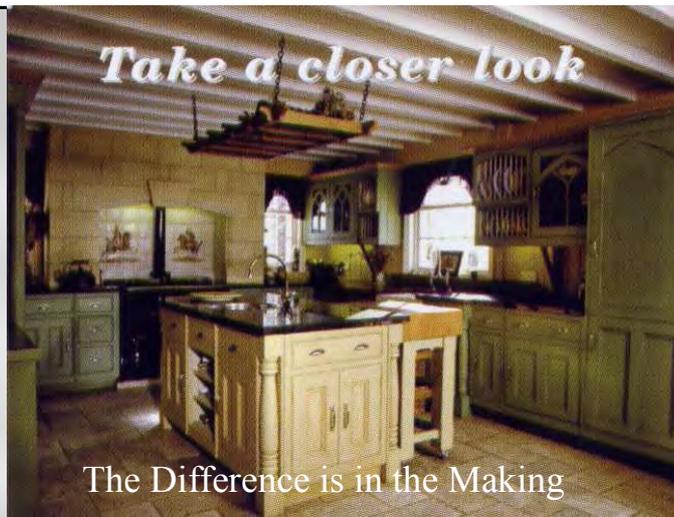
#### **Grant Applications**

The following groups received a grant.  
*Dentdale Show* - £800 Towards costs of  
annual show.

*Dentdale Memorial Hall* - £500 Towards  
new lighting.

*The Voice Community Trust* - £450  
Towards costs of a new radio station

The next meeting of the Sedbergh &  
Kirkby Lonsdale Neighbourhood Forum  
is on Tuesday 5th September 2006 in  
Barbon Village Hall at 7pm Refreshments  
will be available. We look forward to  
seeing you!



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**TOM STEADMAN 1914 - 2006**

*Continued from last month.*

The next move in 1961 came suddenly. Mum's Dad gave them £40.00 to buy stock. We had 13 cows but no sheep. They bought the 2nd prize milk cow at Penrith Auction which turned out to be a disaster as after a couple of months it was found to be infected with the contagious Johnnes disease. The vet advised immediate slaughter. The other cows got it and went the same way. With no compensation in those days I don't know what we lived on with no milk cheque coming in each month until the quarantine time elapsed .

The drugs administered to Dad when he had Meningitis left him with slightly brittle bones. The leg he had

broken for the second time at Claylands was plastered up and while Mum Garth and I were hand planting 1/2 acre of potatoes, Dad was supposed to be resting but, as we know, he was the worlds worst patient and took no notice of any body in those circumstances. His theory was that on crutches he could dib the holes with his crutch. This almost sounded plausible except once pushed into the stitch he couldn't get it out again. After digging him out several times it was unanimous that we leave him stuck till we had finished the lob. Another time saw Dad with a broken hand. Dr. Cranston plastered it up forming a loop of plaster reinforced with a bent 6" nail from 1st finger to thumb so that a hay fork would fit through. Dad could now carry on

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## SEDBERGH PEPPERPOT CLUB PRESENTS

*As part of Sedbergh Festival of Books and Drama*

**MUSIC at St GREGORY'S  
Vale of Lune Marthwaite**

*Sunday 3rd September at 2:45pm*

A performance which combines  
Music and poetry

**J S BACH THE GOLDBERG  
VARIATIONS**

Arne Richards – Harpsichord  
Gregory Warren Wilson – Poet,  
reading his own poems inspired  
by the variations

**MUSIC at St ANDREW'S  
Sedbergh**

*Wednesday 6th September at  
7:30pm*

A programme of music for  
strings which includes

String Quintet in C by Schubert

And songs by Ivor Gurney  
Stonebridge String Quartet  
(leader Julian Cann)

Kalina Dimitrova (Cello)  
Nicholas Hurndall Smith (Tenor)

Light refreshments will be available at both concerts  
Tickets from *Sedbergh Tourist Information and Festival Office*

72 Main Street, Sedbergh, LA10 5AD Tel: 015396 20125

And *Sedbergh Pepperpot Club* Tel: 015396 21196

*Adults £6 Children Free*

building hay pikes that stood out for weeks to sweat out before being swept down and forked into the sink mow.

After the Johnes disease disaster, Dad came to Sedbergh to buy some straw from Stan Bracken ready for starting again. Mable Woof who owned the butchers shop in Finkle Street was at Stan's and wanted to sell it. I can remember Mum and Dad talking into the early hours about the pluses and minuses of such a move.

They sold the farm, bought the little shop in Finkle Street and Mounsey's shop with the flats above to live in where the shop is today.

1966 Dad was in hospital leaving Mum to run the shop with me (just left school)

and Garth on the van rounds. With gallstones, gallbladder, two ulcers and appendix removed, Dad returned home well to make a full recovery.

Another of Dads favourite pastimes was driving. 1969 was their Silver Wedding Anniversary. The first real holiday. They toured round Norway. A couple more trips to Norway followed.

Other holidays throughout the UK followed. Always just Mum and Dad together enjoying each others company.

1975 and Dad was back in Newcastle Hospital having a brain tumour removed. We nearly lost him that time but, Dad being Dad, he landed back home again with Mum nursing him back to a full

*(Continued on page 48)*

recovery once again. Dad always made a joke about such things like this brain operation so we always returned the banter by suggesting to him, that they had not put it all back.

After this ordeal partial retirement was always on the cards. Full retirement was not in Dads vocabulary. In Sedbergh they had moved from the flat in Finkle Street to Underfell, Joss lane to 2 Queens drive and then to their last home Jim and Florence Pickthal's Flat at Highfield in 1987.

1991 and a new water main was dug down Howgill Lane. The new tarmac was poor and sunk. Dad walking down, stepped back to let a car past and broke his ankle in the ensuing fall in the sunken trench. Steel plates and screws are still in



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place following the operation to put his ankle back together. Dad made yet another recovery but often said the ankle felt cold. We used to cheer him up by telling him that he was now of some value as scrap metal was making a good price at the time.

For several years up to 1991 Dad ran the over 60's club. Wednesday was tea, coffee, biscuits, dominoes and cards. Funds raised went towards regular coach t rips. On one trip, afternoon tea was to be taken at the Tan Hill Inn. Once inside his busload of old girls as he called them. (who were nearly all younger than him) forgot about tea and scones. Sherries and Mackeson Stout, was the order with cards and dominoes. By the time he got them all out and loaded back on the bus they were all three sheets to the wind. Singing and joking like never before, they arrived back in Sedbergh. It was declared the best trip ever.

When Dad retired from running the over

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60's, the club closed. The remaining funds bought a new bed at the hospice in Kendal.

Dad spent many hours in the shed making clocks and latterly in the house, wooden models. -All just out of his head or from a picture. After Mum passed away, this helped to keep his very active mind occupied.. It also kept him still while the shingles he had, and the hernia operation last year, healed up.

Dad spent many hours going down to the shop to see what Garth was up to, then on to find me to see what I was pulling down or building up. He always left saying the same words. "Right, I can't stop. I've got too much to do" and off he would go to glue another couple of bits of wood to his latest model.

Dad still continued to play the songs he loved on a keyboard in the hall and a Hammond organ, in the bedroom. Glen Miller's Moonlight Serenade was on the music stand when he went into hospital.

It was played at the church.

He made so many friends in his life, it is impossible to thank you all for the priceless kindness you have shown to Dad and Mum over the years. We thank you so much. We have been proud to witness it.

On the many occasions when the happy memories with Mum would not go away, Dad would take a picture of Mum and go back to the local spots where they used to picnic. Killington Lake, Tarn Hows, Uldale, Sunbiggin Tarn, Hartley and many more. He missed Mum so much.

When he went into hospital 2 weeks before he died, it was just to get a bit of a top up and give his legs a rest. Having been there a few days, he wanted to be with Mum and he used that same dogged, sometimes exasperating, determination of his to wish himself to be with his beloved wife Primrose, and he did just that.

They are back together again now forever.

## SETTLEBECK HIGH SCHOOL

### *Summer News*

The last few weeks of the summer term at Settlebeck were, as usual, frantic with activity. There was the sponsored walk from Appersett (via Stone House and Dent) to Sedbergh the trips to Lancaster, Manchester and Carlisle for years 7, 8, and 10, a Learn to Earn Enterprise day for year 9, Art, Music, Drama, Sport and ICT/Business days and team building activities for our year 8 and 9 students as part of the Alternative Curriculum Week. The excitement among the group of students preparing for their Norway Expedition rose exponentially in the last few weeks and the wonderful buzz of Sports Day on a sunny, blue skies summer day was the perfect tonic for all those students who were involved in exams during the summer term.

Exams were, of course, a major feature for year 9 with their national tests (SATs) and year 11 with their GCSEs, but modular GCSE courses in maths and science mean that GCSE exams now crop up in the autumn, spring and summer term for year 10 and 11 students.

Year 9 students maths and science SATs results were very good once again

Settlebeck students performed very well with 88% gaining level 5 or above in maths (79% level 6 or above) and 83% in science (57% level 6+). These compare very well with the level 5+ national figures for last year of 74% in maths and 70% in science. Congratulations to the seven year 7/8 students who gained certificates in the demanding UK Junior Maths Challenge and particularly to Harry Porter for gaining the prestigious gold certificate.

Thank you to all those students and families who hosted our Zrecian visitors in May. It was, in spite of some very wet weather, a great success and we continue to deepen the relationship with the local school, its teachers and their students.

Well done to all those year 8 students who took part in the experimental film making with the Cumbria Film Collective this term. The director and the cameramen were knocked out by the enthusiasm, maturity and skill of our students and, after previously working in a number of schools in the county, they are now actively seeking funding to return to Settlebeck, where they felt the quality of our students' work was exceptional. The film which year 8 made

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is due for a special screening on Border TV in the near future.

This film project, sponsored by Aim Higher and Creative Partnerships, has brought over £4,000 worth of new digital video cameras, Apple computers and software into the school and nearly all staff have been given training in their use. It is an example of the many benefits which have accrued to Settlebeck from the technology college status we gained 2 years ago as part of the Rural Academy of Cumbria, which will soon be reflected on our new school sign.

Over the last 2 years the use of ICT across the school has greatly increased, particularly in the technology college official subjects – Science, Design Technology and Maths, where the rooms have been largely refurbished to accommodate more computers. However, over the next 12 months new state-of-the art computers are being fitted into our ICT suite, and banks of computers will appear in History, Geography, MFL and English. In addition, digital projectors and sound facilities are being extended to every area in the school. Thanks to the Rural

Academy and our technology status, our student computer ratio will be at least 2:1 far outstripping the national target of 4:1.

The Rural Academy has clearly been a tremendous support to our small school, providing the benefits of collaboration across a group of similar schools, but we must also recognise that Settlebeck gains too from its membership of the South Lakes Federation of schools. It is from the Federation that much of our 14-19 curriculum development arises and enables access to a wide range of courses at Kendal College, including catering, childcare, hair & beauty, vehicle mechanics and construction have been greatly enhanced recently by the addition of young apprenticeships in catering and the performing arts as well as more opportunities for work-related learning.

Through our membership of both the Rural Academy and the South Lakes Federation our potential isolation is greatly reduced and our students' opportunities enhanced.

As always, we say some sad farewells at this time of year to staff who move on to new challenges in other places. Kath

*(Continued on page 52)*

Mather leaves us after 8 years as the Food Tech/Catering teacher at Settlebeck to join her husband in the D&T department at Keswick School. David Graham leaves us after 5 years to co-ordinate music at John Ruskin School in Coniston and Nigel Banks leaves us after 2 years as a Drama and English teacher to return to Kent. Angela Nicholas has now retired from her girls' PE teaching after 18 years but she will still be teaching some Geography at Settlebeck and will no doubt keep her hand in with supporting girls' sports. All four staff will be greatly missed and we are very grateful for the enormous contribution they have made to our students lives at Settlebeck.

In addition, Graham Ramsbottom has retired from his Science Technician post, Linda Wearing leaves our kitchen after nearly 10 years working as a cleaner and assistant cook and Nicky Willan leaves us as the Connexions careers advisor.

Finally, we will be saying goodbye again to Judith Bush, who previously left after many years of dedicated service teaching Spanish, English, Music and Maths (you name it, Judith taught it) at Settlebeck only to return in the guise of a literacy support teacher for students with literacy difficulties. So we are all set to miss Judith all over again!

Next term we will be welcoming Joanna Brennan, teaching music; Suzanne Bennett, girls PE; Gillian Rea, English and Drama; Norma Tattersall, Catering in years 10/11 and Austin Sedgley, Food Technology in years 7-9. Jackie Dean will join us as our Lab Technician, Hayley Williams will join our Catering

team as our Assistant Cook and Pete Armitage will extend his Connexions work to encompass Careers.

We look forward to welcoming these new staff to Settlebeck and to a new year of challenges and enjoyment in September.

We wish all of our students and their families a stimulating, active and hopefully a warm, dry summer holiday.

This is the first year that the governors are not registered by the government to issue an annual report to parents. Instead the report has been replaced by a much shorter 'profile' which will appear on our website by the end of term. We are keen to have your comments on the profile or any queries so please have a look at it this summer.

*Dave Smith*



*It got to penalties*



*Beating the Retreat in*

### CHRISTIAN AID

Sedbergh and District Christian Aid Committee are very happy with this year's fund raising activities in the area and want to thank all those who have supported the organisation's work in such a substantial way.

A grand total of £6,668.69 has been sent to Head Office for the year up by £126.31 on last year. The Christian Aid week events raised £2969.23 on the door-to-door collections, sadly down by £211.09 but offset by a rise of £304.30 on the shop takings that totalled £1946.06.

To find out more details about Christian Aid visit their website at: [www.christian-aid.org.uk](http://www.christian-aid.org.uk)

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### SEDBERGH GALA GROUP

The group are looking for a new Secretary to organise and develop the Group's activities.

For further information please contact Richard Kooper  
Tel: 015396 20234

countries we work in.

These organisations – our partners – use the money to help people directly. We do not give money to governments, nor do we fund individuals.

We fund projects that help people irrespective of their beliefs. We are not a missionary organisation. While some of the work we fund is done through local Christian organisations, it is for the benefit of all.

We are never party-political, and always work within the law. However, we believe that it is our duty to address the causes of poverty and many of these causes, such as debt or trade, are essentially political or economic in origin.

Also you'll find the results of giving in personal stories like Frankesi's in an article called "Pedalling past hunger"

Twelve-year-old Fankesi Zombeya from Malawi is delighted with his family's treadle pump. 'You work it by pedalling fast and the water sprays out of the end of the pipe,' he explains, and promptly jumps on to demonstrate. As Fankesi pedals away, his aunt Catherine hoses down the family's third crop of maize and beans, which is almost ready to be harvested.



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## JAMAICANS

*Listen up y'all ... The Jamaicans are coming!*

"Steel" yourself, to listen to the beat of a different Drum ... for the Jamaicans are coming with their Pans!!!! to Sedbergh.

We had never heard of Sedbergh before 2003 when someone suggested to us that "it is a very forward little town on the edge of the beautiful Yorkshire Dales, close to the Lake District and not very far from the M6". We were hoping to find a suitable bungalow that would accommodate our four Jamaican dogs and us. When we asked for directions, we were told "Sedbergh is only a small town, you can't get lost". On our way, an interview was being conducted on the car radio with a well known Jamaican Musician, it was quite uncanny, that this interview should be taking place at that time, since I am a Jamaican. I felt fate was playing a major role! The bungalow seemed right for us, and within three months we were able to move from Windermere.

We soon settled in dogs and all, and if we were a bit apprehensive about moving to a "small town", those fears were soon put to rest when we had a visit from one of the local vicars, on the day after we arrived. Most of our neighbours welcomed us, and it wasn't long before we realised that there was much more to Sedbergh than meets the eye. There are a few similarities between Sedbergh and Jamaica. The friendliness of the people tops the list, and there are people from varying countries and cultures. There is a love of foreign travel, but people are happy to settle in Sedbergh. When it rains it pours, but when the rain stops, the sun

comes out. One may think that a strange similarity, but that doesn't normally happen in other parts of England. There are rivers and waterfalls and I like to pretend that Winder is a towering mountain that could be a miniature version of our lofty Blue Mountains, famous for the world's best coffee, and where we had our home prior to moving to the Lake District. The beautiful relationship enjoyed by Churches Together, and the support given by the whole community towards charitable causes. Added to all of that, is Sedbergh's love of music, not a bit unlike Jamaica. For a small town, one would have to go a long way to be able to fill two weeks with the quality of the programmes which thrilled audiences during the recent

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Music Festival. So too, Jamaica has had a long musical history, which stretches back many hundreds of years, and for a small island country, despite it's economic problems, it has given the world music of a different kind, including the well known reggae music made popular by one of it's most famous sons. Bob Marley, and most older music lovers can still remember another famous Jamaican, Harry Belafonte, singing his way into many hearts with songs like Yellow Bird, and the Banana Boat song.

The similarities of caring, friendliness, spirituality and the love of music has prompted me to bring about a bond of my two homes, by inviting the Stella Maris Steel Band from Kingston, Jamaica's capital city, to make a stop in Sedbergh

while on their mini tour of England. At present there are eighteen members, all West Indians including three men, who come from varying professional backgrounds. Among them a Nun, an Ophthalmologist, an Organ Tuner and Installer, a Priest, Accountants and persons employed in other high profile jobs. On Saturday September 2nd at 8 o'clock in the evening, they will perform at a concert at St Andrew's Parish Church, and on Sunday morning they will join in the service. Canon Alan Fell and members of St Andrew's along with others from the Sedbergh community have very kindly endorsed the visit, which will have a threefold purpose: (1) To glorify God with indigenous music, (2) To help to raise funds towards a Hospice in Kingston and (3) To help to bring about better race relations.

Everyone from neighbouring villages and towns are invited to be a part of the celebration which is dubbed "The Soul Survivors", as a message of hope will be played out by this very talented group, which is also expected to be on Main Street on Saturday, as a grand finale of the Arts & Literary Festival.

The Band was formed in 2002, many at that time had no musical knowledge, but were motivated to evangelise through the medium of "music on steel". At Easter last year they were invited by the Vatican to lead the music during the Pilgrimage at Lourdes, France, where they represented their Church and the Caribbean community. During their four years they have made a name for themselves and Jamaica by performing at major events. During their two weeks stay in England

*(Continued on page 56)*

**JOHN  
SOUTER**

21 Fairholme, Sedbergh  
☎ 20904



**ALL RUBBISH  
REMOVED**

they have been invited to play at the Peace Mass which precedes the Netting Hill Carnival, Europe's biggest Street Festival. They will also give concerts in Birmingham, Coventry, Wolverhampton, Gloucester, St Alban's, and in the Cathedral in Lancaster. I first heard this Band two years ago when I was visiting Jamaica, and my first thought was that everyone should hear them.

Steel Band Music comes from the Steel Drum or Pan which is a unique instrument, and is said to be the only genuinely new invention in acoustic musical instruments during the twentieth century. It originated in the Twin Island Caribbean Country of Trinidad and Tobago, and is the rhythm that drives all Caribbean Carnivals.

Tickets for the St Andrew's concert will cost £5 and can be obtained from the Tourist Information Office in Sedbergh, and the Sedbergh Office Services at 13 King's Yard. There will be a Jamaican Buffet starting at 6.30 p.m. in the Church Rooms for an additional £5. Tickets for the Buffet will be limited and can be had along with any further information from Monica / Ernest Cousins on telephone (015396) 20008.



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### **DENT PARISH COUNCIL**

Dent Parish Council meets on the first Monday of each month in the Sedgwick Room.

Since the local elections in May, two new Councillors have been co-opted to the Council: Margaret Fothergill has joined Graham Dalton, Peter Knapton, Ken McClurg, Ann Wilson and Geoff Woof for the Dent ward, and Jenny Pilgrim has joined Jock Cairns and David Hartley for the Cowgill Ward. At the May meeting, Jock Cairns was elected Chair and Ann Wilson became the Vice Chair.

Mike Duxbury, the Parish Clerk has reluctantly decided that he can no longer undertake the role, owing to pressure of his other commitments. The Council have been lucky to be able to appoint Kevin Price to take over from Mike in September. Kevin is Clerk to several Parish and Town Councils, including Kirkby Lonsdale, and so brings a considerable amount of experience to his new role with Dent.

### **Finance**

The Council's financial statement for 2005/06 was approved at the June meeting, and showed an income of £26,544.64 for the year, of which £18,578.65 came from Dent Car Park. The expenditure was £17,472.24. Though this included the amount spent on running the car park in 2005/06, a number of items of expenditure for that year – such as rent to the Yorkshire Dales National Park, business rates, re-decoration of the toilet block, tree maintenance and grass cutting, which will add up to a further £8 -9,000 – will not be payable until 2006/07.

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#### **Stonehouse Bridge**

The damage caused recently to Stonehouse and Lea Yeat bridges by lorries and coaches trying to cross them or, most recently, reversing into the parapet and knocking it into the river, has caused a great deal of anger among residents, and the Council has been trying for some time to put pressure on the County Council, who are the highway authority, to carry out repairs. So when the Council was asked what items it would like to have on the agenda of the recent Neighbourhood Forum meeting that was held in Dent, it asked if someone from the Highways Department could come and speak to residents about the situation. As a result, Nick Raymond, who has responsibility for Highways in this area, came to the meeting and stated that work was due to start on Stonehouse bridge at the end of July. It will unfortunately involve closing the road for about a week while the work is carried

out, but it may be possible to make special arrangements for local residents as was done in Garsdale recently. As Stonehouse Bridge is a listed structure, the work will aim to return it to the same state as it was before the damage occurred.

#### **Gibbs Hall Phone Box**

The Council has been concerned that the public phone box at Gibbs Hall is now behind a gate. After a meeting with the resident, it has now been agreed that a sign will shortly be placed on the gate to indicate that there is public access to the box. In addition, a corresponding sign will be erected at Ibeth Peril to show that the nearest phone is at Gibbs Hall.

#### **Playing Field**

At the June meeting, the Playing Field Committee was discussed and Jock Cairns and Geoff Woof then met with representatives of the Football and Cricket Clubs, who are the main users of the field. Discussions will be continuing over the Summer to explore the way forward.

#### **Dent Folk Festival**

At the July meeting, the Council passed a vote of thanks to Alec Lyon for organising yet another highly successful Folk Festival.

#### **Next Meeting**

Unless any items of urgent business occur before the end of July, the Council will not be meeting in August. The next meeting will be on at 7.30 on Monday 4<sup>th</sup> September in the Sedgwick Room, when the public will be invited to attend as usual. If anyone has any matter that they would like to raise with the Council in the meantime, please contact any one of the Councillors above.

### DIALECT DIGEST

I know that Yorkshire foak everywhere will have been saddened by the recent loss of cricketing legend Freddie Trueman. Whenever the sport is mentioned, his name is bound to crop up. A teacher from Scotland was taking a group of Yorkshire schoolboys in history and offered a prize of one pound for the best answer to the question, 'Who was the greatest man in history?' Little Tommy stuck his hand up and said, "Robert t' Bruce, sir." The teacher congratulated him, handed over the money and asked what was the reason for his answer. Tommy replied, "Weel, Ah knaws deep doon i' mi heart Ah should hev said 'Freddie Trueman' – bud business is business!"

An even earlier legend from the county, Herbert Sutcliffe, consented to take part in a charity match between two Yorkshire village teams, which attracted a tremendous crowd. Batting first, Herbert thought a six would be fitting and, stepping down the wicket, he slipped on the poor-quality turf and missed the ball completely. The wicket-keeper gathered it and whipped the bails off, shouting 'Howzat' in a voice that could be heard all over Yorkshire. The umpire gazed sadly at the lad before replying, witheringly, "Nut oot! Dis thoo think all theese foak hev cum ti wetch thoo stump?"

*Michael Park*

### SETTLEBECK HIGH SCHOOL

#### *Mini-Bus: Seat Belt Regulations*

New regulations governing the use of child seat and seatbelts and are due to come into force in September 2006. In terms of taking young people on trips the relevant section states:

#### *What are the seat belt wearing rules in mini-buses and coaches?*

Seat belt wearing is already compulsory in mini-buses. The driver is responsible for seat belt wearing by children under 14 years.

The new regulations will mean that seated passengers aged 3 years and above will have to use seat belts where they are fitting in the larger buses and coaches. In vehicles with over 16 seats, the driver is exempt from this

responsibility because he cannot be expected to monitor seat belt wearing and drive safely at the same time.

The regulations for this will be laid in parliament at the same time as the child seat regulations. Subject to parliamentary approval, they are intended to come into force during September.

If you carry young people aged under 14 in a private car then as the driver you are responsible for ensuring they wear a seat belt. Above the age of 14, young people become responsible for themselves but it would be prudent to ensure they wear a seat belt.

The regulations are fairly complex but these two areas are very clear.

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### A SEDBERGH VIEWPOINT

I drove through Kirkby Stephen recently and was surprised to see that the mini-roundabout nearest to Brough (by the Cop) had been removed. I wonder why. Had there been accidents? I've noticed over the past few months that Sedbergh's spot on the road min-roundabout is wearing thin in more ways than one. I've witnessed a lot of near misses because traffic on Finkle Street / Loftus Hill have driven straight across without the hint of even a cursory look along Back Lane. It is only because visibility from Back Lane is so poor that drivers approaching from that direction do so cautiously and are ready to stop quickly even if they have the right of way. I do fear that there is an accident waiting to happen there. I think there might be merit in removing this roundabout too – but that's only my viewpoint.

I've heard much criticism these past few weeks about a large sign at Long Lane / Maryfell announcing modernisation of the "council houses" there. If you haven't seen it, it is worth a look. Talk about a blot on the landscape. It is bigger than many motorway signs fixed to poles that appear to be thicker than street light columns. Folk think it is totally unnecessary (I agree) and folk who have bought their houses are not too chuffed about a sign which might suggest that they too are benefiting from the scheme. I just wonder whether it has planning approval.

The gas main renewal work in Main Street has been proceeding at a pace for the last two months. And what a pace! No doubt a complicated job but it seems to be taking for ever. The Post Office and

the Dalesman were under siege for about two months, and the traffic lights kept everyone waiting too (except when they were working only at one end).

Sometimes the workers were only there a couple of days a week and often packed up mid-afternoon. If the present rate of progress is maintained they might make New Street by April I guess. A job which has to be done, no doubt, but it is a shame for Sedbergh that it is taking so long.

The Book Town project seems to be proceeding at a rather better pace. Congratulations to all who have worked hard to make it happen. Good publicity recently on TV and in the Dalesman magazine. Don't forget the Book and Drama Festival which starts on 20<sup>th</sup> August and no doubt is advertised elsewhere in this *Lookaround*.

As you know I like to keep the local politicians on their toes. I was delighted therefore to see reports in last month's *Lookaround* by our local MP and by our local Liberal SLDC Councillor (under the heading *Councillors' Corner*). Keep it up, please. We like to be informed of what you are doing for us.

Being a councillor is probably quite a stressful occupation, but seemingly so is working for the council. I heard with amazement that SLDC staff have forms to fill in to record their stress – surely stress is part of the job. But I wonder who stresses whom in the councillor – staff relationship.

Well, the school summer holidays are here and I wish you all a happy holiday. A welcome too to all who are visiting Sedbergh for their holiday.

Best wishes,

*N Hastle.*

## **CUMBRIA WILDLIFE TRUST**

### *Our Local Reserves: Smardale Gill*

This unique reserve is situated about one mile south of Kirkby Stephen and can be reached via Newbiggin or the Smardale hamlet itself. It occupies a three and a half mile section of disused railway which once ran from Tebay to Darlington. At the northern end, the reserve also includes steep wooded slopes of the gill carved by Scandale Beck whilst south of the viaduct the character changes to open rolling countryside.

Because of the abundance of flora and fauna found here, the reserve has been designated a Site of Special Scientific Interest.

Evidence of man's activities in the area, long before the coming of the railway, is abundant. The remains of a Romano-British settlement can still be seen on the lower slopes of Crosby Garrett fell. Smardale Bridge was originally built for the pack horses of the 15<sup>th</sup> century. Old charcoal pitsteads are visible testimony to managed woodland and a metal-smelting industry.

The railway was started in 1857 to transport coke from the coalfields of Durham to the furnaces of Barrow and the west coast. This route required a splendid viaduct constructed in 1860 of local sandstone and using lime mortar produced from the nearby lime-kilns. The line closed in 1962. In 1990 the Northern Viaduct Trust carried out major repairs making it safe for visitors to the reserve.

Cumbria Wildlife Trust is managing the track-side areas where birch, willow and

hazel have colonised the banks.

Primroses, bluebells, ramsons and many fern species can be seen in spring in the older more diverse woodland areas which are also frequented by roe deer and red squirrels. Bird species include redstart, wood warbler and pied flycatcher in the summer with buzzard, treecreeper and sparrowhawk in evidence all year round.

The grassland areas are dominated by blue moor grass, rare elsewhere in Britain. Amongst this grows a number of herb species such as bloody cranesbill, birds foot sedge, common rockrose and wild thyme. Common spotted orchid, fly and fragrant orchids also grow on the grassy slopes of the embankments and cuttings.

The grass attracts a rare butterfly, the Scotch Argus. Its eggs are laid on the leaves of the blue moor grass, a staple food of the caterpillars. Adults can be seen flying in late July to early September. Smardale is one of just two sites in England where the butterfly occurs. Others to look out for include common blue, northern brown argus and dingy skipper. The Trust is managing the grasslands by scrub removal and light sheep grazing to maintain the rich flora and invertebrate fauna.

Although the reserve is always open to visitors, why not take advantage of the Open Day scheduled for August 20<sup>th</sup>? Family activities and home-made teas are added attractions.

More information is available at the Tourist Information Centre.

SG

### DENTDALE WI

“Summer Time and the living is easy” says the song from Gershwin’s Broadway musical Porgy and Bess. Well, I am writing this after a particularly hot week mid July with the echoes of outdoor living in Dent fresh in my ears. Such as the sound of hay making, the school barbeque, children in their paddling pools, meals taken in the garden and visitors sauntering over the cobbles or up to the fells.

Dentdale WI were lucky enough to have arranged their summer outing at the start of the warm spell, and so the small groups who paid visits to Holker Hall, Cartmel and Yewbarrow House, (a garden near Grange open under the national garden scheme) considered it a very successful afternoon when we all met together for high tea. Appetites had been sharpened and we all did justice to the tasty food prepared by Alithwaite and Cartmel WI. which was served in the village hall.

A short business meeting followed the tea when our President, Catherine Sugden, started by reminding us about our fund raising event, the Gardeners’ Question Time evening to be held in Dent Primary school on August 4<sup>th</sup> and the joint meeting with Frostrow WI at the People’s Hall Sedbergh at 7.30 pm on the 9<sup>th</sup> August. So a busy month ahead finishing with our commitment to provide and serve the teas at the Bank holiday Monday gala on 28<sup>th</sup> August in aid of funds for the Memorial Hall.

Next meeting in the Hall will be on September 13<sup>th</sup> at 7.15 pm when the speaker will be Sarah Ioannou talking on her life in Ghana. Visitors welcome! So

until then, I hope the sun continues to shine and we all enjoy the summer living!

**Sedbergh People's Hall** Now available until 1am\*!

The People's Hall is now licensed premises, so if you want a bar at an event you no longer need to apply for a temporary license, you just need to let us know.

You can now use the hall for longer and book it for more specific times to suit your needs.

There has been a slight price rise but because the People's Hall is a charity we consistently deliver the cheapest price possible.

Call in to Sedbergh Office Services for more information or to book.

**To book or for more information:**  
**13 Kings Yard, Sedbergh (behind the Bull Hotel)**  
**015396 20708**

\* 11.45pm on normal Sundays

### SEDBERGH YFC

Calling all you budding Young Farmers out there ..... The start of the new year for Young Farmers is fast approaching and will kick off on Wednesday 16<sup>th</sup> August with our AGM. This will be held in the back room at the Peoples Hall, 7.30pm start.

Everyone is welcome to attend, especially anyone aged between 10 and 26 years who might be interested in joining and wants to find out what its all about.

You do not have to be a farmer, farmers son or farmers daughter to be a Young Farmer. If you want to join a club for young people, run by young people that meet on a Wednesday night from 7.30pm till 9.00pm this might just be the club for you.

We have an annual programme with activities such as go-karting, blind fold drops, various talks given by professionals, club quiz's and much much more.

If anyone has any queries or would like some more information please contact Valerie on 21032.

### DEE DAY

Dee always came to see me twice a year to check I could do my jobs properly.

My master Alan had lots of D. days in the war.

I always looked forward to Dee Day as I would meet Dee and get lots of treats when I performed my duties well. On this day I passed all my tests with flying colours.

Dee was hoping to find something to calm me down in the car as I was not travelling very well. We were going to try a frame with my bed inside as this is how Dee's dog travelled without a problem. We were all going for a quick lunch at the hotel before my test drive to see if I could be comfortable when travelling at a higher speed on a fast road.

In my time with Alan, along with John and Joy Scarff, we visited Women's Institutes, Brownies and similar organisations to explain how I helped Alan and continued to improve his lifestyle despite his hearing difficulties.

When the alarm went in the morning I always woke him by jumping on his bed and tapping him to tell him it was time to get up for breakfast.

I listened for the doorbell and telephone then went to find him to tap him and then take him to the door or telephone. I always listened out for my serious task, the smoke alarm which meant finding Alan to touch him, then going flat on the floor on my tummy. Fortunately I never had to use this.

I always enjoyed chasing my ball for Alan whether in the house or in the drive. I also enjoyed chasing Kyle, my neighbour's dog when we went for walks. As a border collie, he thought he could go

faster than me but as he ran in circles, I could always cut across and keep up with him!

One evening after tea I tried to talk to Alan by imitating how he talked because I hadn't had my usual games with my toys. Alan realised and he started throwing the ball for me to chase.

My life was very exciting with Alan until this one Dee Day. Alas I was attacked by an Alsatian.

Dee took charge and did what she could for me and so did Alan. The vets were terribly upset, as was everybody else. Alan was stroking my head as my eyes were closing and he said "night, night Jazz" but sadly, he couldn't follow it up with his usual "see you in the morning".

*Jazz Opus 1 (Posthumous)*

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### JUNE WEATHER

The month got off to a warm, dry start. In fact we didn't get any rain until the 10<sup>th</sup>. This was followed by 6 more dry days followed by 5 wet days, 3 more dry ones, and a further shower ending in 6 dry days. The total rainfall for the month was only 1.69 inches. Temperatures were a bit variable with some very hot days, a maximum of 81.2F and 18 days reaching the 70sF. The minima were also varied. The "highest" minimum temperature recorded was 60.3F at 11.45pm! The minimum for the month was 36.5F!!!!. A ground frost that night really knocked back delicate plants. Maximum wind speeds varied from a high of 19.5mph down to 6.7mph.

A few more bumble bees did appear but they seem a little late this year. Apparently our native bumble bees are being decimated by escaped imports brought in to pollinate greenhouses. Likewise their have been very few butterflies. I have seen the odd meadow brown, a rarity up here for me and some small tortoiseshell caterpillars on the nettles. Bats are still in short supply. Has anyone seen a hedgehog this season yet? I have just read a new piece of research that says unless badger numbers are reduced hedgehogs will be extinct by 2025!!!! Perhaps some of the badger brigade might start to listen. The swallows flew as did the blackbirds in the shippin. The single robin is starting to loose his freckles. This dry weather has made it difficult for the blackbirds etc to find suitable food for their young. The tits and sparrows have arrived back from domestic duties with an increased family judging by the speed at which my feeders

need filling! Apparently our changing seasons are catching out some migratory birds. As our springs have been a bit earlier by the time the grey plover gets back the leather jackets, on which they normally feed their young, have hatched so plover nesting success is suffering. Funny old world isn't it.

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### SEDBERGH ART EXHIBITION'S NEW VENUE

After many years at the Masonic Hall the Sedbergh Art Society has had to find a new venue for it's annual Summer Exhibition. The 2006 Sedbergh Art Exhibition moves to Sedbergh School Chaplaincy which is conveniently located near the Health Centre car park, the building itself being right next door to the Health Centre!

The Art Society would like to express thanks to Sedbergh School, and especially Mr. Hirst the Headmaster for letting us use the Chaplaincy for the exhibition. We hope that it proves as popular as ever in this new location and that past visitors will continue to support us there. The exhibition opens at 10 am on Thursday 24th August. It will be open from 10 am to 5 pm each day and will finish at 5 pm on Sunday 3rd September.

## A MESSAGE FOR .....

### *Secret Poets*

When we are children we are all poets, before self-consciousness takes over. Children love using poetry to record their impressions of the world clearly and simply just as they see it. And what brilliant images they create! ..... *that gently noise* ..... *the bottle-bee* ..... two phrases I remember from children's poems.

Many of us leave poetry behind. Do we come to believe it is too childish, or that we can't do it 'properly'? Even those of us who do continue to write poetry often keep it as a kind of secret, as though it were something to be ashamed of. Why should we?

Poetry is the oldest form of telling factual and fictional stories. Rhythm and rhyme made it easier for the storyteller to remember and to entertain the listeners round the fire. Far from being a childish occupation, it was the only way to learn history, mythology, and to understand

love, war and loss. Even now the War Poets still bring the experience of the trenches to us clearly. Poetry isn't always serious of course— Chaucer was both rude and funny and writers like Pam Ayres make us smile by putting their own slant on common experiences.

There can't be a right and a wrong way to write poetry. Look at the variety in any published anthology of the last 50 years! There seems no limit to what poetry is.

So, what is it that stops people who would really love to have a go? Can it be fear of being thought sentimental or pretentious? We humans are so strongly inclined to want to express very important events and feelings in a poetic way – just look at the verses in the cards we send each other. A published poem can bring a belly laugh, a rueful smile or tears to our eyes unexpectedly, as it touches a chord in our hearts.

However when we come to our own poetry, showing that to someone can feel as difficult as making a speech to a crowd

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who may not be listening, or even throw eggs at us!

If you are a person who would like to begin writing poetry, take it up again after a long gap, or if you already do write but would like to take it a little further, a poetry group or a night class could be the very thing to build your skill and confidence. In a supportive group your poetry can be polished up, and your constructive opinions on other people's efforts are very much appreciated.

Here in Sedbergh a small poetry group have been meeting regularly over the past year, expertly tutored by Jonathon (who is a poetry MA student at Lancaster University). Although we would have liked more members we have not advertised because the meeting dates have been a bit wobbly from time to time, and we have had to change the venue occasionally (which has sometimes made it seem more like an underground resistance group than a poetry meeting!).

Fortunately, from September the CDC will be running an Adult Education Poetry class once a fortnight on a Wednesday and Jonathon will be the tutor for this. If you are interested, please look out for details in the CDC brochure, or contact Chris or Rosie on 21031. All are welcome, and no experience is necessary.

P.S. Over the past year we underground poets have been very busy and are publishing a short anthology of poetry we have written that will be on sale soon. This may be the first of many, or it could be the one and only, who knows?! Whatever the future may hold, we are bravely (and shyly) planning to launch this collection on Friday 18<sup>th</sup> August at 8.00pm in St Andrew's Church Room.

Refreshments will be provided and tickets will be on sale at Sedbergh Tourist Information Centre, or on arrival at the door.

We would love to see you there. (And hope you don't throw eggs!)

*Helen Bromley*

### **STOP PRESS**

*CAR PARK - JOSS LANE*

*AGREEMENT REACHED*

At a meeting on the 20<sup>th</sup> July between the SLDC Chief Executive and Sedbergh Parish Councillors agreement in principle was reached for the takeover of Joss Lane car park by the Parish Council.

Provided that this is agreed by SLD Councillors on the 16<sup>th</sup> August, as from the 1<sup>st</sup> of September local people who reside within the LA10 postcode area and at Middleton and Killington will be able to purchase an annual parking permit for their car from Sedbergh Community Office. The charges will be as follows:

A normal permit will cost £35 per year.  
**THIS IS LESS THAN THE EQUIVALENT OF 10P PER DAY**

The cost of a permit for those who wish to park overnight will be £52 per year  
**THIS IS EQUAL TO £1 per week**

The money raised through the parking charges are to pay for the lease of the car park and for other overhead costs.

The charge for permits had been set by SLDC at just under £300 per year, which would have remained the cost had the Parish Council not been able to negotiate this deal to lease and run the car park.

PS – A vacancy has arisen for the post of Parish Council Clerk - if anyone is interested, please contact Vice Chair Dorothy Blair on 20807.

### **DENT PRIMARY SCHOOL**

Mark French, Headmaster of Dent CofE Primary School is taking up a new post at the start of the new school year. We welcome Mrs Philippa Summers who will be our new Headteacher from September.

Mark has been Headmaster at Dent for 4½ years. He will be sadly missed. His cheery competence has significantly improved standards and morale. As a part of his leaving ceremonies he penned an *Ode to Dent!* We hope you enjoy it as much as we did when Mark recited at the end of term service in St Andrews Dent.

*Ode to Dent!*

*4 ½ years ago we came to the Dale,  
Had a lovely Christmas discovering the  
ale!*

*We soon found out about the River Dee,  
That it can fill the road upto your knee!*

*We went to rent and live up at Cowgill,  
Next door to sheep, ponies, Harry and  
Silo*

*We loved to watch the sun over the  
bridges,  
Despite the attention of 10,000 midges!*

*Now the school is a place for any young  
dude,*

*But not on a Monday as Jill 'll be in a  
mood!*

*The children are wonderful and such  
great fun,  
But come the end of term the staff head  
for the Sun!*

*You may think the power rests with the  
head,*

*Well listen up and don't be misled.*

*There's only one to ask and let you in,  
And that's the boss, her name's Gwyn!*

*There are many on the staff who will play  
a trick,  
Like Mrs.P - a Hall Meeting? -Am I  
thick!*

*Well you know it's been fun to work and  
teach,  
But Dent I've got to go 'cos you ain 't got  
no beach!*

*There are quite a few characters on the  
school staff,  
But none are as loud as a Carolyn laugh!  
She may be Scottish, well so I am told,  
But by heck she an 'arffeel the cold!*

*And then there 's young Mrs. Angela P,  
Who smiles sweetly, then nicks your tea!  
There's Carole, Alan, Jennifer and  
Phyllis too,  
Plus Gill and Sharon, who tells them.. I  
love you!*

*Rosie, Lucy and Peters 1 and 2,  
Leaving now for pastures new.  
Your new schools are truly sighted,  
But Rosie some advice - STOP  
SUPPORTING UNITED!*

*We are off to Cornwall tomorrow,  
M6, MS, Bashmoblle and Bailey - Hope I  
make it alive!  
Well au revoir; buenas tardes and  
goodbye,  
Back running the Dentdale Run, could  
be a lie!*

*So, thanks so much to you all,  
It's been great we've had a ball! Level3a*

### **Our trip to Skipton Castle**

First we picked up Mrs P. and we set off to Skipton Castle. On the way Holly and Aaron needed a wee. When they came back on to the bus we started to set off to Skipton Castle. Me and James and Bethany and Melissa played I spy on the bus until Beth fell to sleep and James found 2 pounds on the floor. When we got there Ron showed us around the Castle and when he sat on the toilet I thought he was going to have a poo! Dinner was nice because we had an ice-cream and I had a strawberry one and it was nice. When I was having my dinner there were little green spiders flying down on to me. When I was sketching I did the curved bit on that bit of the castle.

*Ellie*

*Junior thoughts about recent events*

### **Sports Day**

Sports Day was on Thursday 13th July on the field. I was in four races, the one I enjoyed most was the Hurdles because they kept blowing over and one got squished!

*Kelvin*

### **Puppet Theatre**

I was a bit scared that the puppets were going to be too big and heavy for me. I was person 3, and I was really nervous when it was my turn, but it was great fun!

*Gina*

### **Skipton Castle**

I liked it in the dungeon when Mr. Whinray turned off the lights and then he told us that people attacked castles from the toilets! Sometimes people used to come and collect the poo and take it off in a cart and sell it to people to put on their vegetables.

*Scott*

### **PARKING ON MAIN STREET**

At a recent meeting held between the Sedbergh Parish Council and the Chamber of Trade it was agreed to tackle the question of ON STREET PARKING.

It was agreed that Sedbergh shopkeepers would display in their windows a sign informing people that if they parked illegally on the street i.e. wholly on the pavement or half on the pavement and half on the road, when they were simply 'popping in' to the shop/bank/post office etc., and they were caught by the Parking Attendant they risked an on the spot FIXED PENALTY OF £60.

As most offenders are locals may we request that you park with more consideration to pedestrians and park on the car park instead of blocking the footpaths making it very difficult for the elderly, mums with toddlers and pushchairs and people on foot in general.

The parking attendant will be visiting Sedbergh on a regular basis. It is the intention of this article to give you prior notice of events which will happen.

Only people loading and unloading heavy/bulky items which they are unable to carry too and from the car park are able to park outside shops.

This is for a trial period only. If the illegal parking does not stop, then the Parish Council may have to take further action.

### **At the Chair Workshop**

- Chair seating & supplies
- Tuition
- Tool sharpening

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

99 Main Street, Sedbergh.  
Tel: 015396 21489

### COUNCILLOR'S CORNER

**STOP PRESS:** I am pleased to announce that the Parish Council and South Lakeland District Council (SLDC) have reached an agreement in principle, concerning Joss Lane Car Park, today, Thursday 20<sup>th</sup> July. This was the second of two meetings that I chaired between Parish Councillors and SLDC officials (namely the Chief Executive of SLDC, Mike Jones and the Cabinet Portfolio Holder for Car Parks, Graham Vincent). It was at this meeting that a new proposal was submitted by the District Council and accepted by the Parish Council, concerning the transition of the running of Joss Lane Car Park from SLDC to the Parish Council.

Sedbergh Parish Council, who will be leasing the Joss Lane Car Park from the District Council, will now begin the process of pricing and producing resident permits with a view to issuing permits from September 1<sup>st</sup>. I do hope you will join me in supporting this new endeavour, for this represents a significant step forward for the town and means the Parish Council now has complete control of parking rates for residents and local use, which during this past six months has been the cause of real frustration for many.

Many of you will have read in recent additions of the *Westmorland Gazette* about the proposal to close Baliol School in Sedbergh in 2010. A specialist school for 11 to 16 year olds with behavioural or emotional difficulties, it is run by North Yorkshire County Council who now proposes to close it and transfer all activity to Scarborough. Needless to say,

this would be a serious blow to our community and indeed Cumbria as a whole, for Cumbria County Council does not have any schools of its kind in the county and relies heavily on Baliol to accept referrals from within its county borders. The School is very much part of our social and economic fabric, employing upwards of 50 staff, sourcing a lot of its supplies locally and regularly offering its sports facilities (including the new gym to be opened this Autumn) for community use. Consequently, The Headmaster of Baliol, Drew Anderson, myself and our MP, Tim Farron, are engaged in an intense campaign to help halt proposals to close Baliol and have launched a petition which I would encourage as many of you to sign as

#### SETTLEBECK HIGH SCHOOL TRUST FUND NEEDS YOUR HELP

Help us to give our children a good start in life

Settlebeck Trust Fund:

- Is a charitable fund
- Gets £1.28 for every £1 donated by taxpayers
- Gives students wider experience eg, Zrece visits, cultural and outdoor visits, opportunities for gifted and talented, support for students with special needs
- Helps provide more facilities eg, investment in new technologies, teaching and learning resources, library books
- Is an investment in the young people of Sedbergh and District
- Supports your local community school
- Has raised over £50,000 during the last 16 years including £12,000 of which came from gift aid (ie tax back)
- Donations can be made as a one off payment or annually, quarterly or monthly for as little as £1 per month

If you would like to make a donation please contact Dave Smith or Andrea Sephton at Settlebeck on 015396 20507

possible. Petitions are currently available from the Sedbergh Library and the Community Office, Powell's, Steadman's and Sedbergh Outdoor Leisure and Dent Stores and Dent Post Office, to name but a few. We hope to present the petition to North Yorkshire County Council in early September.

The state of roads within the ward continues to be an issue, and both Garsdale and Dent Parish Councils have identified major hot spots, in need of immediate repair that they have, along with Tim Farron MP drawn to the County Council's attention. County Councillor, Jo Nicholson, had also invited Nick Raymond, Highways Engineer for South Lakeland, to a Neighbourhood Forum in Dent to take questions, explain the current situation and talk about ways of addressing local concerns. Whilst there are certainly on going issues to address and changes in the highways service that need to be made, there are some improvements underway, such as the repair work along Busk Lane and the Sedbergh - Kirkby Lonsdale Road.

These have been some of the more immediate issues of the day that I have been helping to address, but I am also eager now to explore some more long term issues, such as traffic calming and the recycling of plastic. I realise there is a need to rationalise our recycling points, as the recycling areas appear to mushroom, but there is a genuine need to start recycling plastic in the area, and I am working with the SLDC Cabinet Portfolio Holder for the Environment and Sustainability, Brenda Woof, and Parish Councils in Sedbergh and Dent, to scope

the possibilities of participating in a pilot programme for plastic recycling in the District.

The Summer Holidays are now upon us, and I wish you all safe travels wherever you visit!

Best Wishes

*Councillor Craig Stephenson*

## **M WINN & SONS LTD**

*(Established 1894)*

**Sedbergh**

**General Builders & Joiners**



Contact R. M. Winn  
015396 20649

### **EATING OUT.**

We have a lot of lovely Tea Rooms and Coffee Shops within a few miles or within an hour from here, the new "Hideaway" cafe at Lupton with the lovely view over the Lancaster Canal; the Courtyard Cafe near the fruit picking at Underley where one can sit outside amongst the roses enjoying lovely home-made cakes. A little further on the Burton and Holme road from Crooklands Roundabout and we have the Farleton View Fisheries and Tea Room with fishing for those so inclined and a lovely view and a small plant nursery to enjoy, I am working my way through the wonderful cake selection! I have yet to sample the eating places in Sedbergh but often call at the Dent Craft Centre to partake of their lovely Lemon cake.

*E.N. Joy.*

<b>ORGANISATION</b>	<b>CONTACT</b>	<b>Tel:</b>	<b>015396</b>
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			
	Rainbows		
	Brownies		
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

<b>ORGANISATION</b>	<b>CONTACT</b>	<b>Tel:</b>	<b>015396</b>
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	Mr Axford	Sed:	21019
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

### QUEEN'S GARDENS

Queen's Gardens were gifted to the people of Sedbergh in 1906, so we are in the centenary year. To celebrate this we are planning a number of events and a revamp of the gardens. All we need now is the involvement of the people in Sedbergh. As the new gardener, I would like to invite anyone interested in the development of the Gardens to come on Saturday 12<sup>th</sup> August between 10am-3pm. Bring your ideas, gloves, tools, friends and family. There are plenty of practical tasks, it's a GREEN GYM, help you get that beach ready body, we'd welcome help and your ideas the more the merrier. *Percy The Park Keeper*

### **Daphne Jackson**

**MSc (Ost) DO**

*Registered Osteopath*

**BUPA Provider**

**Mill Barn, Broad Raine,  
Killington LA10 5EP**

**Please ring Kendal Practice  
for appointments  
01539 740452**

### COMMUNITY OFFICE NEWS

#### COMMUNITY FUND / CINEMA

The Community fund is now established and we are looking at new projects. One idea is for a Community Cinema that would run maybe once a month or once a fortnight if there was enough demand. Please let us know if you would be interested in this.

#### QUEEN'S GARDENS

We are planning a programme of events for Queen's Gardens so if you have any

ideas or are an artist / musician / story teller / craftsperson / drama etc. and you would like to be involved, please be in touch.

#### ALLOTMENTS

Unfortunately our potential allotment site is not suitable due to access problems. So, we are still looking for a site if anyone has any spare land that they think will be suitable. Gone are the days of scruffy sites and rickety sheds – it would all be controlled by planning and be of real community benefit as well.

#### 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.

#### JIGSAWS

We have had several requests for jigsaws so if you have any spare lying around, please bring them in.

#### BABY CLOTHES

Please call in for hand knitted baby clothes / soap holders and bags that make lovely presents and support St John's hospice as well.

#### HOMEOPATHY

You can still obtain individual homeopathic advice and dispensation that is a unique chance to look at not just physical symptoms but the whole of your being. Wednesday mornings 10 until 12 noon on a drop-in basis.

#### 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.

## 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

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

*Complementary therapists practising locally*

## DIARY OF EVENTS

*Dates are held up to 13th March 2007*

AUGUST				
1	1000	It's Rubbish Exhibition	DCMH	22 1945 B&DF Jane Gardam PH
1	1000	Holiday Club	PH	23 1000 Garsdale Church Coffee Morning URRCR
1	1030	Alive & Stitching (10)	FM	23 1100 B&DF Templeton's Tale (24) TIC
1	1030	A Passion for Lakeland (10)	FM	23 1400 Art in the Park DCMH
1	1400	Spinning a Yarn	DCMH	23 1530 B&DF Tea Time Story Sedbergh
2	1000	Howgill Church Coffee Morning	URRCR	23 1945 B&DF Sir Bernard Ingham PH
2	1000	Holiday Club	PH	24 1000 Art Exhibition Starts SSC
2	1400	Art in the Park	DCMH	24 1000 B&DF Writing Workshop (24) PH
3	1000	Holiday Club	PH	24 1230 Birds of the Yorkshire Dales DCMH
3	1930	WIH Open Meeting	HVH	24 1530 B&DF Tea Time Story Sedbergh
4	1000	Holiday Club	PH	24 1945 B&DF Barbara Erskine PH
4	1930	Gardeners Question Time	DMH	25 2100 Dentdale Weekend (Dent) Dent
5	1000	Open Garden (6)	GFK	25 1000 Art Exhibition SSC
5	2000	Robbie Williams Tribute Band	PH	25 1400 B&DF Writing a Monologue (25) PH
6	1000	Open Garden (6)	GFK	25 1400 Chainsaw Sculpture Demonstration DCMH
6	1400	Dent Cricket v Kendal Welders	Dent	25 1530 B&DF Tea Time Story Sedbergh
8	1400	Dry Stone Walling	DCMH	25 1900 B&DF Barthold Brecht PH
9	1000	North West Cancer Coffee Morning	URRCR	26 1100 Dentdale Weekend (26) Dent
9	1400	Art in the Park	DCMH	26 1000 Charter Fair Market (1) Sedbergh
9	1415	Hawes Town Trail	DCMH	26 1400 Dentdale Fell Race (26) Dent
9		WID & WIF	TBA	26 1000 Art Exhibition SSC
9	1930	WIF All Things Bright & Beautiful	PH	26 1400 Embroidery Workshop Library
10	1230	Birds of the Yorkshire Dales	DCMH	26 1945 B&DF The Reading Room PH
12	1430	Beekkeepers' Varroa	Acre	27 1100 Dentdale Weekend (26) Dent
13	1000	Quilting	DCMH	27 1000 Art Exhibition SSC
13	1015	Pathfinder Basics	DCMH	27 1215 Digital Photography DCMH
13	1200	BBQ & Duck Race	KVH	27 1345 CWT Taythes Gill LHCP
13	1400	Dent Cricket v Ingleton	Dent	27 1500 B&DF Sound Walk & Poetry Reading TIC
15	1930	Domino Drive	FCH	27 1945 B&DF The Ladykillers PH
16	1000	StAS Mission Coffee Morning	URRCR	28 August Bank Holiday
16	1030	Alive & Stitching ends (10)	FM	28 1000 Art Exhibition SSC
16	1400	Art in the Park	DCMH	28 1330 Dent Gala (27) Dent
16	1930	SYFC AGM	PH	28 1530 B&DF Tea Time Story Sedbergh
17	1230	Birds of the Yorkshire Dales	DCMH	28 1945 B&DF Educating Rita PH
18	1030	Sefton Guild of Artists begins (10)	FM	29 1000 Art Exhibition SSC
18	2000	Evocations (18)	StAS	29 1530 B&DF Tea Time Story Sedbergh
18	2000	Batwatch	DCMH	29 1945 B&DF The Secrets of Rosslyn PH
19	1000	North West Book Fair	PH	30 1000 Beekkeepers' Coffee Morning URRCR
19		Festival of Books & Drama starts	Sedbergh	30 1000 Art Exhibition SSC
19		English National Sheepdog Trials	Barbon	30 1000 B&DF Poetry Encounters (25) Sedbergh
20	1030	CWT Open Day	Smardale	30 1400 Art in the Park DCMH
20	1415	Hawes Town Trail	DCMH	30 1400 B&DF How to get Published (25) StAS
20	1900	B&DF Roger McGough	SSPH	30 1930 B&DF Teach Yourself Mapmaking PH
21	1000	B&DF Instant Anthology (24)	PH	31 1000 B&DF Writing Workshop (24) PH
21	1530	B&DF Tea Time Story	Sedbergh	31 1230 Birds of the Yorkshire Dales DCMH
21	1945	B&DF Susie McGuire	PH	31 1530 B&DF Tea Time Story Sedbergh
22	1400	Dry Stone Walling	DCMH	31 2000 B&DF For Love or Money SHS
22	1530	B&DF Tea Time Story	Sedbergh	

### SEPTEMBER

*The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker*

*It is printed by Stramongate Press.*

*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.*

1	1000	Art Exhibition	SSC		
1	1000	It's Rubbish Exhibition	DCMH		
1	1030	Sefton Guild of Artists (10)	FM		
1	1400	B&DF How to get Published	TBA		
1	1530	B&DF Tea Time Story	Sedbergh		
1	2000	B&DF For Love or Money	SHS		
2	0930	Beekkeepers' Autumn Convention	Braithwaite		
2	1000	Art Exhibition	SSC		
2	1030	B&DF Stella Maris Steel Band	Sedbergh		
2	1100	B&DF Jamaican Literature	StAS		
2	1530	B&DF Tea Time Story	Sedbergh		
2	2000	Syd Banks Band (30)	PH		
2	2000	B&DF Stella Maris Steel Band (30)	StAS		
2	2000	B&DF For Love or Money	SHS		
3	1000	Art Exhibition Ends	SSC		
3	1400	Dent Cricket v Sheeptown Cavaliers	Dent		
3	1445	B&DF Insomnia & A Desert Island (47)	SGM		
3	1500	B&DF Gentlemen's Relish	PH		
3	1945	B&DF Coope Boyes & Simpson	SHS		
5	1900	Neighbourhood Forum	BVH		
5	1930	Swimming Club AGM	Bull Hotel		
6		SS Term Begins			
6	1000	It's Rubbish Exhibition Ends	DCMH		
6	1930	B&DF Music at St Andrew's (A)	StAS		
7	1930	WIH Childbirth Injuries in Africa	FCH		
9	1430	Beekkeepers' 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	1415	SLSB	PH		
19	1930	LNFU	PH		
20	1000	Firbank Chapel Coffee Morning	URCR		
20	1030	Sefton Guild of Artists ends (10)	FM		
20		B&DF Garvase Phinn	SSPH		
26	1900	Alpha Course	Thorns Hall		
29	1000	McMillan Coffee Morning	KL		
30	1430	Beekkeepers' Winter Preparations	Langber End		
		<b>OCTOBER</b>			
4	1000	Barnardo's Coffee Morning	URCR		
5	1930	WIH Gillian Price WIA	HVH		
6	1930	Frankly Sinatra	PH		
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	1415	SLSB	PH		
17	1930	LNFU	PH		
20		SS Half Term Begins			
23	1930	Beekkeepers' 6th Honey Show	PH		
					<b>DIARY KEY</b>
				B&DF	= Books & Drama Festival
				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
				GFK	= Grassrigg Farm, Killington
				GL	= Garsdale Ladies
				GVH	= Garsdale Village Hall
				HC	= Health Centre
				HS	= History Society
				HVH	= Howgill Village Hall
				JLCP	= Joss Lane Car Park
				KC	= Killington Church
				KL	= Kirkby Lonsdale
				KVH	= Killington Village Hall
				L	= Library
				LHCP	= Loftus Hill Car Park
				MCH	= Methodist Church Hall
				MCCCKL	= Methodist Church Centre KL
				PH	= People's Hall
				SBH	= Sedbergh Bright Hour
				SC	= Swimming Club
				SCC	= Sedbergh Cricket Club
				SGM	= St Gregory's Church, Marthwaite
				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 Chaplancy
				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

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

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

#### Dr W Lumb

Monday 0830 - 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

Every Friday 0900 - 1300 1400 - 1730 \*

#### DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner & Mr M Brickles

Monday to Thursday 0900 - 1700

Friday 0830 - 1500

\* = By Appointment Only

# = Telephone Consultation

FP = Family Planning

### LIBRARY Main Street ☎ 20186

Monday 1700 - 1900

Wednesday 0930 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 0930 - 1230

### SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

### COMMUNITY OFFICE ☎ 20504

Monday to Thursday 1000 to 1600

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 0845 33 00 247

### 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