

Sedbergh & District

# LOOKAROUND

September 2006

Issue 237

Donation 50p

Relax parents, the school summer break is almost over! July proved to be the 'summer' month in England this year. August called for ingenuity to keep the children amused, mainly indoors. Just a reminder to contributors to print

clearly any names for inclusion in articles or adverts. A couple of errors last month led to disappointment for the contributors in both adverts and articles. Apologies to those affected.

*Dennis & Jacky,  
John & Charlotte*

## QUEENS GARDENS, SEDBERGH



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TO MARK 100 YEARS OF THE GARDEN

BRING ALONG A PICNIC  
AND LISTEN TO THE TOWN BAND

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THE BAND WILL BE PLAYING FROM 4:30 PM ONWARDS  
THE GARDENS ARE OPEN ALL YEAR ROUND  
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ADMISSION IS FREE**

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# CHILDREN'S BIRTHDAYS SEPTEMBER 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:-

Shannan Stanley who is  
11 years old on 21st September.

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

**Sedbergh, Garsdale & Dent.**

Due to an Editors error,  
Lewis Middleton who was 3 years  
old on 17th August appeared as  
Lewis Garnett last month.

We apologise to his Family  
for this mistake.

Day	Name	Age
3	Lee CLARK	10
4	Sophie WOOF	10
9	Caroline ROSENZWEIG	9
10	Joe DANDY	5
11	Stephanie GARDNER	10
11	Luke ROBINSON	9
13	Alex FEARN	9
16	Emma PACKHAM	8
19	Kim CRAGG	9
21	Isaac BREWER	2
21	Shannan STANLEY	11
22	Saul JONES	6
22	Richard THEXTON	11
23	Fraser SPROUL	3
23	Amy HUNTER	4
23	Emma HOPKINS	11
28	Charlotte ARMITSTEAD	10

## Lookaround Advertising Rates

Single Column x 1"	=	£7.50
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Single Column x 3"	=	£12.50
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Personal & Small Ads	=	£1.00
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All enquiries to  
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**No adverts**

**by e-mail or FAX please**

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

Articles etc. by 19th of every month

## BED & BREAKFAST

Proprietor	Address	Phone (015396)
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 L Smith .....	Father Haw, Howgill Lane, Sedbergh (07/08) ..... <i>1D; PB; TVL; CH; NS; NP; P; DR; VB</i> e-mail: lsfatherhaw@hotmail.com	20937
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (06/10) ..... <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: holmecroftbandb.co.uk	20754
Mrs C Cooper .....	Far End Farm, Garsdale Head, Sedbergh (06/10) ..... <i>1F (ES); 1D (ES); 1T (ES); CH; L; TVL (Satellite) P; DR; VB; CB; CW; PetsW; NS; EM</i> e-mail: farendfarm@onetel.com	21906
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
Miss S Thurlby .....	15 Back Lane, Sedbergh (06/12) ..... <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amsolve.net	20251

## CAMPING, CARAVANNING & SELF-CATERING

Various Cottages sleeping 2 - 12 (06/09) .....	e-mail: holidays@dalesdusters.co.uk	21002
Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (06/09) .....	<i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>	21567
Primrose Cottage, 17 Back Lane, Sedbergh (06/09) .....	<i>Sleeps 4, (1D &amp; 1T) sunny south facing. 2 Bathrooms. To Let</i> www.primroseholiday.co.uk	21339
Borrett Barn, Sedbergh (07/03) .....	<i>1D; 1T; CH; L; TVL; NS; P</i>	21175

### 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

### CAPSTICK

Nora would like to invite all of her friends to join her to celebrate the occasion of her **90th Birthday** on Friday 29th September in Gladstone House. No cards or presents please, but donations can be made to McMillan Nurses Fund.

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### ELVEY

Dereen and Joseph, September 11th 1946. Congratulations to you both on your **Diamond Wedding Anniversary**. Look forward to seeing you on your Special Day. Lots of Love Ann and Len. XX

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### ELVEY

Joe and Dereen. September 11th 1946 - 2006. **Diamond Wedding**. Congratulations Uncle Joe and Auntie D on 60 years together with many more to follow. Love and Best Wishes, Our Floss.(Helen) XXX

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### GLADSTONE

I would like to say thank you for all the cards and letters I have received, following Dick's death (over 100, at the last count). I have been much comforted and encouraged as I realise in what affection and esteem Dick was held by so many people. Donations to the Parkinson's Disease Society have now topped £1,500. Many thanks indeed. Mary.

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### LAW

Happy **18th Birthday** Rachel on 19th September 2006. Lots of love from Mum, Dad and Livvy. XX

### GOLD-WOOD

Sandra and Keith @ 'Number Ten' would like to thank all their kind friends and acquaintances for the lovely cards, gifts and congratulations they have showered on us since our very happy nuptials last month. Thank you all.

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### LONGLANDS

Congratulations Bill on passing your Phase 1 Army training. Well done. Lots of Love Mum x, Dad x and Rose x.

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### LONGLANDS

Well Done Billy Boy. Rose. X.

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### MASON

STEPHEN. Thank you for 50 wonderful years and FOUR lovely children and all their offspring. In the words of Don Williams, 'You are my best FRIEND'. All my love Margaret.

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### MASON

Congratulations Margaret and Stephen on your **Golden Wedding Anniversary** on September 29th. Love and Best Wishes from Betty and Alan.

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### WOOF - HARDY

A big Thank You to everyone who made our Wedding Day on the 22nd July 2006 very special. Thank you to everyone who contributed towards the day. Special thanks from Daniel and Jenette (Mr and Mrs Hardy).

## PERSONAL & SMALL ADS £1

### MOFFAT - HOLDAN

Jenna and Adrian would like to say a big Thank You to both family and friends for the beautiful gifts and cards received on the birth of their baby girl Alexi Mia.



### RAINFORD - CAPSTICK

Chris, Karen and Ashley would like to thank everybody for the lovely gifts and cards received on the birth of Annie. Born 1st August 2006.



### SMITH (nee WOOF)

Martin & Helen would like to say Thank You to all family and friends for the lovely cards, gifts and best wishes received on the birth of their son, Edward David on 5th August 2006.



### SMITH

Congratulations Martin & Helen on the arrival of Edward David, Saturday 5th August 2006, weighing 7lbs 13ozs. Best wishes and Lots of Love Dad, Andrew, Rachel and Paul.



### STOKER

Thank you to my family, friends and neighbours for cards, flowers and gifts received on the occasion of my **80th Birthday**. Evelyn.

### WOOD

Margerie Wood, nee Flint, formerly of Sedbergh and Bedford died on Sunday 23 July at Hornsey in the East Riding of Yorkshire. Wife of the late Dennis, mother of Tony and Gillian, grandmother and friend to many. Further information from Tony on 01772 632655.

### WOOF

Sincere thanks to everyone who helped in any way for our family wedding! We were blessed with lots of support and lovely weather. Sarah and John.

### HARRISON

Sedbergh has a Scottish Lass  
In hospital she did stay  
*"Thank you all for cards and gifts"*  
Jeanette would like to say.

### FOR SALE

Mahogany Bookcase. Good Condition. Width 42", Height 39", Depth 10". £29 ono. Telephone Sedbergh 21931.

### FOR SALE

Victorian Dropend Sofa. Buttoned. With castors. £50. Tel. 015396-21265 after 7 pm.

### FOR SALE

Motorbikes. Yamaha WR450 Enduro Bike. Childs Yamaha TTR90 motocross. Childs Yamaha TY80. Ducati 916 Replica Mini moto. Gas Gas 250 Trial bike. Call 015396-25227 for more details.

## PERSONAL & SMALL ADS £1

### FOR SALE

Laura Ashley "Gosford Plum" lined curtains. Three pairs each 64" width x 90" drop. One matching door curtain. All as new. Cost £450, will accept £200 ono. Tel. 015396-21265 after 7 pm.

### FOR SALE

VW Golf 1.4 K. Reg, good condition. 92K mileage. MOT till March 07. £600 ono. Call 015396-25227 for more details.

### FOR SALE

Mamas and Papas pram with separate carricot and pushchair attachments. Sun canopy, cosytoes and raincover. Excellent condition. Tel. 015395-67952.

### CARAVAN FOR SALE

Compass Rallye 2 berth 12' Caravan. Alco rust free galvanised chassis. Light and easy to tow. New tyres and curtains. Interior like new. WC, Fridge, cooker all in VGC. Previously advertised at £850, will accept £475 for quicky sale. First person to view will buy. Could deliver. Contact John Wilkinson on 015396-21397.

### FOR SALE

BMX "Nucleus" Bike. V. good condition. Was £120 new, will accept £45.

### FOR SALE

TV/Video combi. 14" screen £30. Pine entertainment unit £40. Pine effect filing cabinet (2 drawer) £30. Tel. 015396-20275.

### FOR SALE

Schwinn 3 wheel all terrain pushchair (American import). In very good condition. £80. Ann Newbold 07734-212191.

### FOR SALE

Maclaren twin traveller. In very good condition. £120. Ann Newbold 07734-212191.

### FOR SALE

Two Old Pine Beds, ideal for children's room. One 71¼ long x 33¾ wide, the second 70¼ long x 32¼. £170 each. Tel. 015396-21362 evenings.

### FOR SALE

Baby Bath £3. Bath Seat £3. Moses Basket £15. 3 wheeler pram (blue) with car seat £30. Mamas and Papas High Chair £30 ono. Baby Bouncer Chair (lilac blue) £10. Backpack Baby Carrier £10. Tigger play cushion £5. Nappysan Bin £10. Travel system complete with cosytoes etc. £100 ono. Garden Strimmer (brand new unopened) £10. Mens size 10 Black Brogues (shoes) (never worn) £10. Tel: 015396-21214.

### WANTED TO LET

We are moving to Sedbergh in November to work, and would like to rent a two-three bedroom property, preferably unfurnished and with garage/shed. Long term let preferred. Please email: [tecooper07@yahoo.com](mailto:tecooper07@yahoo.com), or phone Liz and Pete on 020 7720 2531 evenings.

### THE GARSDALE SHEEP RUSTLE

St John the Baptist Church Garsdale has sustained its small flock or congregation over many years alongside the chapels in Garsdale, providing a large venue for weddings, baptisms, funerals, concerts and other special events in addition to its weekly services. Now, like other buildings of similar age, it needs structural repairs, which will maintain the building in good order for many years to come, and prevent the rapid deterioration in internal décor which has blighted the building for so long.

The church needs its roof removing and underfelted in order to prevent further repeated ceiling collapse. The walls will then need the rapidly deteriorating plaster removing and replacing with lime plaster

### Sedbergh Swimming Club A.G.M.



**Bull Hotel Meeting Room  
Tuesday 5th September  
7:30pm  
All members welcome**

and permeable paint.

The first (roof) phase of work will cost in the region of £40,000. To say that the congregation are feeling outpaced would be a huge understatement. The churchwardens are exploring the possibilities of grant aid but the current “financial climate” in terms of funding for church projects like ours is not good.

The folk of Garsdale have always helped and supported St Johns’ fundraisings with generous goodwill, and as fundraising efforts step up, hopefully many will become involved. We hope that the wider communities in the Sedbergh area will also support the fundraising events. If you would like to help or if you have a good fundraising idea, please tell me about it.

We’re starting on September 30<sup>th</sup> 10am with a “**sheep rustle**”: a sponsored walk by a motley flock of (folk dressed up as) sheep from the top to the bottom of the old parish - Garsdale Station to Longstone Fell car park. Will you sponsor a walker? If anyone would like to take part, you will be very welcome. Please phone Bill for a sponsor form.

*Bill Mawdsley (Churchwarden)*

So much to see at

## **Farfield Mill**

**Arts & Heritage Centre**

**Open SEVEN days a week**

**10:30 - 5:00 pm**

Last admission 4:30 pm

### **EQUINOX**

The first in a series of exhibitions in the Dover Gallery designed entirely by the Resident Artists.

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**CLLR KEVIN LANCASTER**

*Sedbergh Auction Mart:* As I write this it is being widely reported that Sedbergh Auction Mart site has been sold for £1.5M – no doubt more will become known in due course. Many of you will remember the public meeting which I chaired at the auction mart in early May. We were delighted with the expressions of support we received that evening. As a result, I and a group of other farmers made a formal bid for the site of £550k. Obviously we are disappointed that our bid was not accepted. After a detailed analysis we came to the view that this bid represented an accurate and realistic valuation of the site with its present planning use.

It would be invidious to list everyone

who helped us put our bid together but it would also be quite wrong not to mention John Handley who has given excellent leadership to the farming group. We have had help from the highest levels within the agricultural industry and that enabled us to put together a fully costed business plan.

Looking forwards rather than backwards, we will not know what plans there are for the site until we know who has bought it. The Yorkshire Dales Local Plan, which was drafted when I was chairman of the Planning Committee would not support open market housing or local housing on the site. The only way housing could be put there would be if South Lakeland District and / or the Housing Corporation were to provide

*A TOUCH OF ELEGANCE*

(of Rothbury, Northumberland)

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Sedbergh

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funding for affordable housing. The Conservative group on SLDC is opposed to this on this site and has a motion to that effect on the next agenda of Full Council. I would be astonished if anyone would oppose it. The Conservative group remains committed to the continuation of Sedbergh Auction Mart on the present site as the preferred option.

Meanwhile as farmers, we are actively examining other locations to run an auction mart or collection centre and might well be putting in plans very shortly on one particular site. However, make no mistake: we would have preferred to have continued on the existing site. Individually and as a group, we are likely to oppose a change of use

on the present site.

*Joss Lane Car Park:* At last SLDC has agreed to grant a lease of Joss Lane Car Park to Sedbergh Parish Council. This is the culmination of several years extremely hard work for myself and former councillor Paul Winn. While we would have liked to have continued with free parking for locals that was never an option. You will see elsewhere in this Lookaround that Car Park stickers are going on sale from 1st September at £35 and £52 depending upon intended usage. Please make use of this scheme as the Parish needs the money from these stickers to make the venture pay. I know the tickets sound a lot compared with

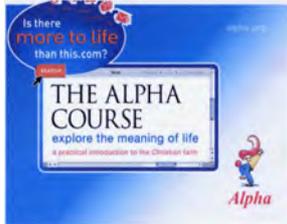
*(Continued on page 10)*

what we have had in the past, especially if like us at Fellgate, you have two vehicles, but as a community we all need this scheme to work. The alternative if it doesn't work is no local stickers and a bill for £270 for an SLDC Pass for every vehicle.

*Loftus Hill Car Park:* The lease on Loftus Hill Car Park expires at the end of 2006 and SLDC will not renew it. This was another reason why the Parish decided to take over the running of Joss Lane Car Park. As most of you will know this is owned by Sedbergh School, in fact it was part of the original grant of lands to the school in 1525 under the name of Schoolhouse Garth. Steve Longlands, Dorothy Blair, Hillary Hodge and I have attended a meeting with the new Bursar to discuss details of the Parish taking over this car park. If this happens it is our intention to run the same regime on Loftus Hill as we will on Joss Lane. That will require a new ticket machine.

*Centenary of Queen's Gardens:* Please come along on September 3rd. It is a hundred years since Florence Anne Upton-Cottrell-Dormer gave the gardens to the community. If you haven't been in the gardens for a while please go down and have a look. Lets just hope we have a good day with some decent late summer sunshine.

*Yorkshire Dales:* At the Annual Meeting, Carl Lis was re-appointed and Chairman and Jerry Pearlman as Deputy Chairman. In a new venture in "governance" the park appointed a group of member champions. I am now "Corporate and Democratic Core Member Champion". This area includes



Join the Alpha Course and explore the Christian faith  
 Tuesday evenings  
 7pm - approx 9.30pm  
 Each session begins with supper.  
 Course and meals free.  
 Please register at  
 Sedbergh Office Services.  
 Further information on p49

the financing and performance management of the park. In many ways it continues the work I have done last year and this year concerning performance assessment within this and other national parks. We are the first park to go down this route although I don't think it will be long before others follow.

*Closure of Access Land:* During the very hot weather there was a week or ten days when the Howgills and Baugh Fell were closed for public access because of fire risk. I guess the risk would have been somewhat greater on the Howgills than on Baugh Fell. I know some people were unhappy about this but the threat of burning was very real. You will have seen the incidents in the Peak District and in Spain on the television news. I know it's a pain, but we don't want that sort of thing up here. KL

### JULY WEATHER

What a scorcher, it was the hottest July on record in some regions. It was certainly reminiscent of 1976. I recorded 14 days when the maximum reached the 80sF with a highest of 83.5F. The minimum temperature was 52.3F. We did have a couple of days at the start of the second week when the maximum was only in the low 60sF. There were 5 days when the minimum was actually as I took the readings about midnight. The minimum was 61.2F. On the 19<sup>th</sup> the temperature was 72.0F at this time of day!! Not a comfortable night for sleeping so they say but I hadn't noticed! During the day, in full sun, temperatures between 115F and 120F were logged. Wind speeds were typical for the month except that on 13 days it wasn't blowing from its usual north westerly direction. An easterly of 42 mph was the maximum recorded on the coolest day. Rainfall was a mere 1.97 inches. Not typical for a normal July but it made hay timing

feasible.

How have the wildlife fared? Well for the first time in 4 years we have had some baby blackbirds. In fact 2 clutches but only 2 fledged in the second. I wonder if this reflects the dry weather making it difficult for the parents to find food as the worms would have retreated from the surface. We have a second clutch of swallows in the kennels. House sparrows have had a bumper breeding season, it seems, as it is not uncommon to see 30 or 40 feeding on the drive. They have emptied the bird feeder by lunchtime then they go and clean up in my pheasant pens so I lose both ways. We are over run with rabbits at present and no signs of myxomatosis reducing the numbers. There is quite a bit of badger activity at present with me following them around with a camera. Butterflies are scarce as yet but the buddleia is coming into flower so let's hope we see some shortly.

## *Hawgills Gift + Home*

### *We're on the move*

*During early September, check out our brand new shop on Main Street, Sedbergh, opposite the NatWest Bank. All the very best in gifts, homewares, jewellery, glassware, biscuits, jams, Hilary Moore prints and much much more!*

## HOWGILLS HARMONY TOUR SLOVENIA

"Health warning Slovenian hospitality can severely affect your waistline!" says Emma Aylett, one of the 8 singers and instrumentalists who came with us for our tour of Slovenia over the first week in August.

"I knew that I had eaten one too many dumplings, I had lost count at eight, but I just couldn't resist another. Looking back, I think that they created a protective layer, which usefully soaked up the copious amounts of wine we drank at the Vineyard (where we went to sing with our friends the Ljudski Pevci iz Stranice.) So now, while I should be concentrating on work, I find myself thinking wistfully of Slovenian dumplings, and the tomatoes that actually had a tomatoey flavour, the cottage cheese, that fantastic chantrelle mushroom omelette at breakfast and the wine that tasted of nectar. Really, though, I'm missing the amazing generous spirit of the people that fed us so well."

We stayed at Medved in Skomarje where Joze still talks fondly about the time the Cautley Carollers stayed and sang in his guest house.

This beautiful mountain village looks down on the clouds in the valley - and sometimes the rain on the towns below - and houses the wonderful Skomarje singers who came to Joze's house for a choir practice. They afterwards joined us for a ceilidh where we all sang in both Slovene and English, and with some

help from the fiddle, banjo and keyboard, joined in folk dances from both our countries.

Other highlights included a concert at the Bled Ethnomusic festival after rowing out to the island, making a wish while ringing the bell and "power walking" round the lake - "never knowingly overtaken" as Emma Watton says; Our concert in the mountain-top hotel at Rogla, where we drew on the linguistic skills of our company to provide songs and introductions for our international audience in Slovene, Croatian, French, German, Georgian and English - delighting an elderly professor who came with Igor Cvetko from Ljubljana who said that in 76 years he had never heard English people singing and speaking in Slovene; Our singing in the mass (and after) in a hilltop church near Zrece after following the procession of the Virgin Mary from under the Lipa tree; And a party we went to afterwards where we had to dance and sing through another party to get to it.

It was a wonderful tour, a programme of events kindly arranged by Zdenka, tailor-made for people who like nothing more



Howgills Harmony just after a concert we did in a hill-top church in Zrece.

than joining together with like-minded people over good food and drink to make music together - the truly international language.

Emma again: "There were many moments during our trip to Slovenia which were really life affirming - a reminder of what life should be about. Such as sitting around a table with Slovenians separated by language but united by songs and smiles; Joze's beautiful granddaughter singing the Wild Rover; the look of happiness on Slovenian faces when David introduced us in Slovene; the moments when the eight of us singing our hearts out created something quite beautiful; being engulfed by a party and treated as if we were old friends, and the tears in the eyes of

Slovenian singers as they sang songs I didn't understand. It was a fantastic experience and a wonderful reminder about why singing together has always been, and hopefully will remain, such an important and beautiful thing for people to do."

We'll be meeting many of our friends from Zrece again when 30 of their singers visit us for the Folk Carols Festival in December. And we'll be boosting our repertoire of English folk songs with a workshop over the first weekend in September. As ever, everyone is welcome to join us - I look forward to singing with you soon.

*David Burbidge  
Farfield, Sedbergh 21166  
www.lakelandvoice.co.uk*

## *Sedbergh Office Services*

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### HEALTH MATTERS

Many folk will have been in receipt of or will be getting one of our summer mail shots. These prove an effective way to update our records in certain key areas, along with screening for certain diseases including Depression. Rightly we are being challenged to consider this condition in some of our patients with chronic disease. The exercise has been useful to date and we will be following up on any positive findings. If you are in receipt of one of our letters please complete and return it to the surgery as soon as possible.

This week we had notification that our first Flu Vaccine supplies will be arriving on the 17<sup>th</sup> October 2006. This is a full month later than previous years and

reflects delays in manufacture. Please keep an eye out for our advertisements as to when we will be holding Flu Vaccination clinics. All those who are 65 or over on 31<sup>st</sup> March 2007 are eligible, as are patients with certain chronic diseases and certain low immunity states. If in doubt please contact the surgery.

We are rapidly approaching the time of the year when children return to school, swapping holiday stories and exchanging the latest infections picked up on vacation. There is now good evidence (available on request) that many of these including conjunctivitis, middle ear infections, throat infections and chest infections ( in the absence of other chronic disease) are primarily viral and will clear on their own with simple

Sedbergh and District Churches Together

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Closing date for applications: 14th September

Interviews: 5th October

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supportive measures including the careful use of Paracetamol. If the bug is bacterial the same advice seems to apply. Clearly we are always available to see or talk to unwell patients but with an isolated infective condition in an otherwise healthy patient, waiting 2-3 days with simple supportive measures may will be effective in resolving the condition. Avoiding the use of antibiotics in general has to be a good thing, with less drug resistance or allergies developing.

Life in a small GP practice is always challenging as we have fewer resources to deal with the unexpected that life throws our way whilst maintaining a standard of service. We therefore try and plan our availability to match demand, so that medical staff are available when needed but have time to do the important management tasks that keep the practice running smoothly. Being overwhelmed by patients causes long delays, limits time that can be given to particular problems and generally impairs our ability to process all those telephone calls to make, scripts to sign, referrals to complete and home visits to make. Trying to plan when patient numbers in the Open

same week becomes near impossible.

Many GP practices have scrapped Open surgeries for this very reason, claiming that it builds in inefficiency. In an Open surgery waiting times by definition can be long, with a one hour wait not unusual. As well as spreading infectious disease, long waits are monitored as a quality indicator with the Open surgeries distorting waiting times in the practice. Clearly replacing the Open surgeries with booked appointments would resolve many of these issues and would make the practice run more efficiently.

Withdrawing Open surgeries would be a big step and we would rather continue with the current system. Using the Open surgeries to access a particular GP exacerbates the problem and we would ask that patients think whether they need to see their usual GP, book appointments, consider a non doctor appointment or request a telephone call where suitable. In return Sedbergh Medical Practice will work hard to make sure appointments are available, but reserves the right to replace the Open surgeries if they adversely effect the overall quality of service provided.

*Dr Lumb*

### **KILLINGTON BBQ & DUCK RACE**

Despite a doubtful start to the day, the annual Killington BBQ & Duck Race was held at the Parish Hall in good weather, but once again there was little water in the Beck outside for the Duck Race – well we can't have everything! However, the Duck Race was given a little assistance by some judicious damming of the beck and a tanker load of water borrowed from the Lune and returned via Hallbeck! This year's event was held in the afternoon to accommodate the growing number of young children in the village and was well supported by villagers, relations and guests, despite an unfortunate clash with a local Christening and some of the farming community being otherwise occupied until later in the afternoon mowing and baling a second cut. The proceeds from the Duck Race, together with a grant from our Neighbourhood Forum, have helped to fund the newly laid tarmac on the car-park and surrounds

of the Hall. With this and the beck-side patio and garden built two year's ago, we now have an excellent Village facility at the Hall and look forward to it being put to good use.

This year, we made full use of the outside areas with the BBQ and usual games of Quoits, Pitchpenny and Horseshoes, etc. The competitions this year were for the the best decorated hat or cap and for an arrangement of grasses in a 1lb jam jar, -for which there were some excellent entries. In addition, a Tombola provided extra interest and helped to swell the funds. As usual, Richard and Carol Kirkby did a sterling job slaving over a hot barbeque, and salads and puddings were provided by the ladies and wives of the Committee. Mrs Betty Higson kindly provided use of a paddock for extra car-parking.

The Duck Race was again popular with virtually all 500 ducks sold, although one little boy was most disappointed that they were not "Real Ducks"! Viewed from the



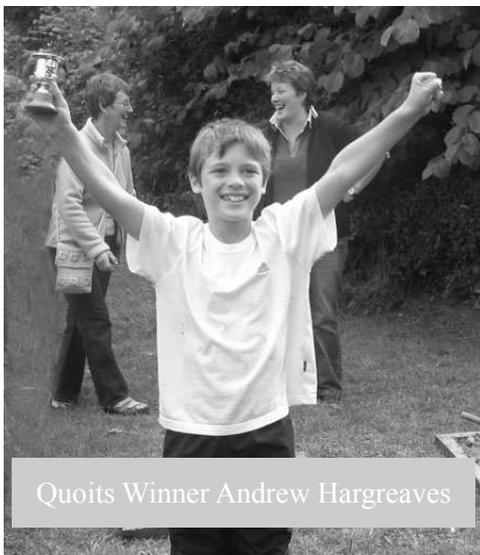
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Quoits Winner Andrew Hargreaves

bridge, the spectators saw a dramatic start as the damned up water was released and Killington's minor "tsunami" took the ducks downstream. The race to the finish was viewed from the new patio and provided excitement in the middle of the afternoon as the spectators cheered on the ducks wending their way through the rocks and hazards of the beck. The eventual winners were,

- 1<sup>st</sup>. Prize £50 No. 48      Mason Kelsall
- 2<sup>nd</sup>. Prize £30 No. 427      Val. Leighton
- 3<sup>rd</sup>. Prize £15 No. 121      Sue Postlethwaite
- 4<sup>th</sup>. Prize £5 No. 322      Annette Capstick

Gillian Rowlinson kindly volunteered to judge the competitions. The standard of entries was very high and all entrants received a bar of chocolate for their efforts, but the winners were judged to be,

Decorated cap or hat

- 1<sup>st</sup>.                                      Joanne Hirst
- 2<sup>nd</sup>.                                      Abbie Allan
- 3<sup>rd</sup>.                                      Sophie Waller

Jar of Grasses

- 1<sup>st</sup>.                                      Joanne Hirst
- 2<sup>nd</sup>.                                      Sophie Waller

The highlight of the events, as usual, was the Knock-out competition for the Quoits Cup - fortunately returned from last year's winner from the Phillipines! Once again, it was won by a first time "quoiter" - 9-year-old Andrew Hargreaves. Making full use of his advantage from the Junior mark, he had a convincing win over John Capstick in a close fought Final. He promised to return and defend his trophy next year!

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Also if any body has good photos of the festival we would be delighted to receive them.

Next years festival will be 22nd to 24th of June, so put it in your dairy!

All the best,

*The Dent Folk Festival Team*

### NEW LEADER FOR PLAYGROUP

We are pleased to welcome Jenneth Bell as our new Playgroup Leader.

Jenneth is qualified as a teacher. She took a break from working with children to have a family. New Jenneth is looking forward to starting with Playgroup when the new term begins in September.

We would like to say a big thank you to Emma Brown who took on the Leader position last year on a temporary basis. She did a fantastic job carrying out substantial work bringing our policies and procedures up to date, to meet Ofsted's ever more demanding requirements.

Thank you also to Jean Cope, Olive Hunter and Mags Hall for all their work over the last year.

Jean continues to work for Playgroup, as our much valued Playgroup Assistant. Olive has now stepped down as an Assistant although promises to help out occasionally when we need her! Mags

stepped down earlier in the year to concentrate on her child-minding business.

Playgroup has had a difficult year with changes to Ofsted requirements, navigating around different funding options and various possibilities for its future.

Playgroup is a charity run entirely by local volunteers, with the only paid staff being the Leader and Assistants.

Playgroup works closely with Sedbergh Primary School and local child minding providers to ensure the service it offers meets the community's requirements without conflict with local businesses or other services.

The volunteers responsible for managing Playgroup and ensuring its continued existence juggle Ofsted requirements, funding issues and central government pressures but ultimately want to provide a service which works well for the Sedbergh area and its children.

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What we are here to do is provide an environment where children can 'learn through play'. We cater for 2½ through to 4 year olds, providing up to three or four two-hour sessions per week (subject to numbers) during the school terms.

For many children, coming to us, it is their first chance to mix with their contemporaries (the age group they will move up into Nursery and on into School with), away from home or the child-minding environment, and learn social skills through play. Playgroup is an important stepping stone into the free Nursery provided by Sedbergh Primary School (available from the start of the school year after a child's third birthday).

Jenneth and Playgroup would like to welcome all new children starting in this year and their parents, grand-parents and carers.

We encourage involvement from all those bringing children to Playgroup and would welcome new committee members, so please come along to our AGM, an open meeting, being held at the Spooner Room, (Playgroups building on Settlebeck High School grounds) on 19th September at 8 pm.

Playgroup relies on 'parent-helpers', so

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please put your name down on our rota found in the Spooner Room once term has started.

On-going fund raising is a major factor in the success of Playgroup. Every year we have to rally the troops to bake for Coffee Mornings, pull machinery for Caspa and write lengthy applications to funding bodies. This is all done in our Committee's own time.

We would love a permanent sponsor, someone we could acknowledge regularly in press, signage etc. Local businesses might like to consider this as a charity donation to offset against tax, or for tax benefits. For information contact Karen Brewer on Sedbergh 21504.

Finally we would like to say a very big thank you to all those who have supported Playgroup financially this year.

Recent donations have been received from JMP Foodservice, MK Conversions, RS Morphet, Steadmans Butchers and Suzan Sedgwick's School of Dance.

Thank you to them and everyone else. For any further information about Playgroup please contact Tracey Gunning on Sedbergh 20620 or Nicola Abbatt on Sedbergh 20488.

## HISTORY SOCIETY

### *A Walk around Kendal*

On a very hot July day History Society Members was taken around a part of Kendal by Patricia Hovey. She is an expert on Kendal and has for many years been a leading light in the Kendal Civic Society. As we walked round we were amazed at how much has been achieved in restoration and /or protection of old property and yards in Kendal by the Society.

Meeting at Canal Head we clustered under the trees to obtain maximum shade and breeze. Patricia told us of the plans which will eventually lead to the whole canal being once again open to traffic – albeit of the leisure kind. The Canal was opened in 1819 and brought much prosperity. Its dominance was however short lived as in 1847 the railway came to the town and became the favoured way of transporting goods in and out.

Francis Webster and his son had a great

influence on the buildings etc of Kendal and as we walked around it seemed as if nearly every house and bridge had been built by one or the other of them. After walking along the old canal path and under the restored bridge on Parr Street we went down to the main road and Jennings foot bridge; here we looked up stream.

Kendal originally was a one street town with yards leading westwards up to Castle How and others leading down to the river. The river side was heavily populated with old cottages, mills, lodging houses, warehouses, workshops and other local industries. Two sets of steps leading down to the river have recently been restored; these were used by the women to reach the banks where they could do their daily washing – both personal and clothes!. In contrast the east side of the river was completely undeveloped, mainly because there were no springs there.

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Then up the steps where Braithwaites' Mill was situated and through Mannings' Yard. The Yards were mainly constructed in the 1750s: they were 150 yards wide and the gates at each end were closed every night at 10.00 pm.

We crossed over Highgate to look at some of the large family houses built (mainly by the Websters) for the prosperous business men of the town. All the good and the great had their homes here, the Mosers, Mannings, Websters etc. As the town boomed the gardens were filled with cottages. The Yards now look very picturesque but at one time they must have been crowded with people. Walking up Collincroft we saw further evidence of the restoration work of the Civic Society which has turned



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derelict buildings into a set of flats with a top entrance leading into Beast Banks. Originally there was a brass foundry here together with a malt kiln. The noise must have been dreadful.

Further up Beast Banks we turned off a narrow land which has been in use since mediaeval times with Fellside on the right and a wall on the left. The views across the town and castle are spectacular. We walked down through the Brewery, crossed Highgate again and walked down Tanners Yard, passing the snuff works, back to Waterside. It was a wonderful afternoon and so interesting that we forgot all about the heat. We fully recommend anyone interested in Kendal to go on one of Patricia's walks.

### THE ABODE OF THE GODS

This is a description used to describe the stunning landscape of the Indian Himalayas but even here the world is a small place as we were to discover.

First we travelled by train on the Shatabdi Express to the railhead; then 3 days on the road up the ever narrowing Kullu Valley, over the mighty Rohtang Pass at 13,000ft, leaving the summer monsoon behind, on part of the Ley Highway, the 2<sup>nd</sup> highest motorised road in the world. This road was definitely not for the faint-hearted but, as we were to discover, it could only get worse until it finally petered out into a pile of rocks in the Miyar Nulla Valley.

This is in one of the most northern parts of India, in the state of Himachal Pradesh, bordering Tibet to the east and Kashmir to the north. It is the land of the Lahouli people, rich in Tibetan culture with Buddhism the dominant tradition.

It is time for us to start walking; 8 days camping with porters and a pack horse train, following magical trails in this enchanting valley through remote villages, linked by swaying footbridges over raging torrents of melted snow and glaciers, with the snow covered Greater Himalayas a magnificent backdrop.

Phillipa, our guide, has lived and worked in the region for over 20 years. She has established an educational centre for 150 displaced Tibetan nuns in Dharamsala and her husband works for the office of the exiled Dalai Lama. We have come to her chosen place with her team of guides and porters. Her extensive knowledge of the region meant that the trek was an educational experience too. We learnt about the traditions and

### SEDBERGH SCHOOL GIRLS FUND

A meeting of the Committee will take place on Wednesday 20th September at 4pm in the Bursary, Sedbergh School.

Applications for Grants should be made to the Honorary Secretary/Treasurer at The Bursary, Sedbergh School LA10 5RY by Tuesday 19th September

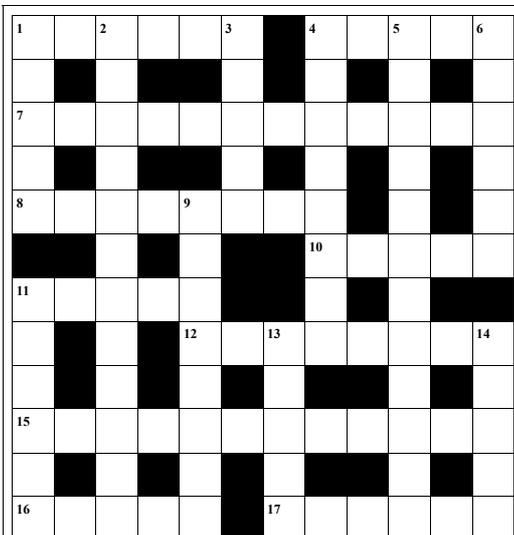
lifestyles of the villagers, visiting their Temples and Gompas, and saw how they survived growing crops of peas, potatoes and buckwheat at 12,000ft with only a 4 month growing season.

Beyond the villagers we mingled with semi-nomadic Gaddi shepherds and their huge flocks of mainly sheep and goats, with a few cows and yaks, on their summer grazing grounds a 6 week trek, over two 16,000ft mountain passes, from home.

Imagine our surprise when we learnt that Phillipa had walked past our house in Howgill Lane in May with 3 generations of her family to scatter the ashes of her father (an Old Sedberghian) on Winder!

Anyone who would like to share in our quite amazing experiences on this once in a lifetime journey, and learn more about the way of life in this area, is invited to join us for an illustrated presentation on Wednesday 27<sup>th</sup> September at 7 30pm in St Andrew's Church Rooms. For this occasion we have teamed up with the local Help Tibet group and will invite donations in support of their work with Tibetan refugees.

*Tony and Kath Hannam*



- 5 Kiwi full of fresh zest and vitamin R (3,9)  
 6 Solution for south African division (6)  
 9 Or Puritan loses time changing turbulent state (2,6)  
 11 Soft cushion seen with me instead of Greek character on top (6)  
 13 Story of strange leaf with black in the middle (5)  
 14 Lord, with glee I change! (5)  
*Answers to August - ACROSS:* 1 Spender; 4 Stab; 7 Flew; 8 Oppress; 10 Iffy; 12 Forlorn; 15 Painted; 17 Asti; 18 Stirred; 20 Dust; 21 Seek; 22 Muddier.  
*DOWN:* 1 Suffix; 2 No way; 3 Rap; 5 Tremolos; 6 Bison; 8 Off; 9 Porky; 11 Feminine; 13 Otter; 14 Bitter; 15 Posts; 16 Dud; 17 Aided.

**Across**

- 1 Gathered to read about sporty subject (6)  
 4 Helpers who are all fingers and thumbs? (5)  
 7 Airline object to us leaving leader with beach essential (7,5)  
 8 One hiding in box after computer course is most uncomfortable (8)  
 10 Speak of gold consumed (5)  
 11 Postgraduate sits by State University in foreign country (5)  
 12 Wild food for dragon party? (8)  
 15 Capital game about reportedly unstable river crossing? (6,6)  
 16 Sage meets a queen with more intelligence (5)  
 17 Starter hidden by bent reeds? (6)

**Down**

- 1 Teacher's pet doesn't finish (5)  
 2 Odd behaviour around start of year - copy things spinning in the air (12)  
 3 Move desperate character in front of church (5)  
 4 Knock it away, but still get on well? (3,2,3)

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## JOSS LANE CAR PARK

### WHAT THE PROBLEM WAS

Yorkshire Dales National Parks Authority has withdrawn free car parking permits for local residents. The cost of South Lakeland District Council (SLDC) permits is £270/annum. Negotiations between SLDC and Sedbergh Parish Council (SPC) to allow the Parish Council to lease and run the car park have been going on for some time, but the issues are complicated. In particular the financial implications for SPC had to be considered very carefully.

### ISSUES THAT HAD TO BE CONSIDERED

The range of issues about which agreement had to be reached included: pricing policy for parking, income levels, enforcement arrangements, ownership, maintenance and emptying of ticket machines, routine care and upkeep of the car park, signage, costs of general overheads such as rates and electricity, the future management of the market and

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the level of the rent to be charged to the Parish Council by SLDC.

### AGREEMENT REACHED

Agreement has now been reached. The Parish Council will lease Joss Lane car park from SLDC and will take over the responsibility for running the Market.

The rent which SPC will have to pay to SLDC is £10,880 per annum plus VAT and is subject to an annual inflationary increase. The business rates are £3,100, electricity £130 and sewerage and environmental charge £100 per annum – total costs £16,114. In addition to these costs there are initial set up costs and also there will be some recurring running costs.

### FINANCIAL IMPLICATIONS OF THE AGREEMENT

The Parish Council will have to make sure that the income from parking charges is sufficient to cover all these costs. When deciding at what level to set the charges for permits for local residents

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we have tried to set them as low as possible, but without running the risk of not raising sufficient funds to keep the car park viable.

#### *COSTS OF PARKING PERMITS*

The cost of an annual permit is £35 – which is less than 10p a day. For those who wish to use the car park as somewhere to keep their car overnight then the cost for this is £52 – equal to £1 a week. (Remember the SLDC annual permits are £270). The permits will run for 12 months from September each year, beginning this September and will be available from the Community Office.

#### *CONCLUSION*

Car parking will be far cheaper than would otherwise have been the case. It also helps to keep the town's roads safer. Recent experience has shown that when the car parks are not used more cars are parked on the roads. This has made the roads more dangerous for pedestrians, has caused more congestion and has left less room for passing cars to stop particularly along Back Lane. It is in the interests of us all to make a success of this venture by the Parish Council.

*Dorothy Blair, Vice Chairman  
Sedbergh Parish Council*



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#### **SEDBERGH TOWN BAND**

##### *National Children's Brass Band Course*

From 24 - 28th July we were lucky enough to attend the National Children's Brass Band Course at Bromsgrove School. In order to be selected we had to audition at the University of Sunderland last November. To pass the audition was an achievement in itself as the entry level is Grade 5 and above. Having passed the auditions we then had to wait to see if we were offered a place in the band - luckily we both were.

When we arrived at Bromsgrove School we had to register, unpack and audition for our seating place in the band. Henry got the jackpot in the accommodation with an en-suite shower - though Mum wonders if he actually used it!

Our seating auditions were nerve racking, as the standard in the warm up room was amazing. Samuel go to play 2nd euphonium and Henry played 1st tenor horn. Our parents left us to get on with the course and we were immediately thrown into a hectic schedule of rehearsals, classes and recreation. Henry's tutor was John Doyle of the Black Dyke and Sam's was Michael Dodd of Grimethorpe. The conductor was Nicholas Childs of the Black Dyke.

We worked hard all week and finished with the best concert we have ever played in. We played to a packed Artrix Centre audience - receiving a standing ovation. This was the highlight of the course - the atmosphere was electric.

We feel really lucky to have had this opportunity and can't wait for next year - fingers crossed that we get in again!

*Samuel & Henry Wray (aged 11)  
Members of Sedbergh Town Band*

### CHURCH CHANGES

On the first Sunday in August, Firbank, Howgill and Killington welcomed the Revd. Dr. Lindsay Gray as their new Curate. Ordained Deacon a month earlier in Bradford, she has come to live in Highfield Road with her husband Chris. She will have all day-to-day responsibility for the Lune Parishes and will be involved in many other aspects of local life. She comes with a wide range of gifts and experience, and has already met many people and settled in well. She is enjoying her new work and home, and we are delighted to have her and Chris here.

This year brought the fourth St. Andrew's Festival, again arranged with a most successful programme. Deryck Cox organised and presented a superb selection of performers, who were strongly supported and much appreciated. The catering, more ambitious and better-patronised than ever, was very well received. Deryck had resolved to retire from full-time direction of music when the Festival was over, and after the performance of St. Nicholas on the final evening he was presented with a token of gratitude and appreciation for all he has

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accomplished in the Parish Church. We owe him a very great deal for his imagination and skills, his dedication and patience, and above all, his consummate ability to make fine and moving music and conjure it from others. Following his retirement we have been most fortunate in securing the commitment of two people who will now develop the liturgical music at St. Andrew's as a team. Mary Hamilton, known to many people through her work at Casterton School, has accepted the direction of the choir, and Tony Reed-Screen, a new arrival in Sedbergh, is now our church organist. Everything is going well under the new leadership, and it is their hope and expectation that this new start will be accompanied by a growth in membership of the choir for the 10.30 am Sunday service. All voices and ages are invited, but younger singers and men will be especially welcome. If you are interested phone Mary on 21023.

The newspapers tell us that the Christian Church, in all its forms, is struggling to survive. Here in Sedbergh and district it is renewed and good heart. Perhaps one Sunday morning you might look in and lend us your voice. *Alan Fell, Vicar*

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### PHOTO CALL

Last month's photo of The British School only resulted in one e mail



gratefully accepted from Brian Hutchings.

The top row is a bit confusing

as he has some missing names.

Back Row l-r: David Ellis> John : Leighton, ( John was at the National) xxx Michael Price, xxx, xxx, Hilary Pickles ? Margaret Potter.

Middle Row: Sheila Todd, Ann Todd, xxx, Margaret Brooks, xxx, xxx, xxx

Front Row: Brain Hutchings, Barbara Booth?, John Dent, Ann Collinson, Maurice Campbell, xxx, xxx, xxx.

Now July's photo of Dent School 1927.

This has been identified by Miss Elizabeth Middleton and Cissie Middleton to whom I am most grateful.

Back Row l-r: John Alrey, xxx, xxx,

Douglas Carling, Jack McClurg, Willie

Haygarth, Jack Haygarth,

Bobby Raw, ? Dawson, Douglas

Haygarth, Miss Johnson

Middle Row: Joe Hartley, Ned Capstick,

David Staveley, Alwin Thorpe, Betty

Dinsdale, Mary Raw, LAura Hartley, Ivy

Parrington, Percy Gardner, Alec Smith,

Willie Hodgson, Gordon Middleton, Jack

Goth

Front Row: Dora Crapper, Rosemary

Gardner, Hannah Mason, Dorothy

Haygarth, Elsie Taylor, Kathie Winder,

Annie Mason, Gladys Ellison.

This month another Dent one from

Susanne Lifford of a coach outing.

Answers to Shirley Tebay 0153396

25001. Walnut Bungalow, Dent,

LA105QT or e mail shirley.

tebay@btinternet.com



**Rock Solid (Youth Club)**  
for 11-14 year olds



Will be starting again  
from Friday 22nd September

Come and join in the fun and games at Sedbergh Methodist Chapel  
Friday Evenings at 7:30 pm  
For further details contact: Ann & Andrew Newbold 015396 20633

**NCH**

**Children at risk due to parents' lack of technology know-how**

NCH The Children's Charity, used to be known as National Children's Homes. That title has been dropped but NCH's work is still as vital as they quietly and professionally are involved in supporting children and families in the community. They still do run one or two homes and respite centres for disabled children but their work is often now concerned with supporting children and enabling them to

stay, where possible, in their own homes.

The following report should be of interest and concern to all of us, particularly to parents and grandparents of school age children. Please take note and act before your child gets embroiled in undesirable computer 'discussion/chat' sites. Don't think it can't happen here. It already has!

**Children at risk due to parents' lack of technology know-how**

A third of children, many as young as 11 years old, use blogs and social networking sites at least two or three times a week yet two-thirds of parents don't even know what a blog is, according to a report by NCH and Tesco Telecoms.

The report, Get I.T. safe, reveals an alarming gap in knowledge between parents and their children when it comes to technology. NCH and Tesco Telecoms are concerned at the risks to children as a result of this gap and are urging parents to get to grips with technology to help keep children safe.

Nearly half the children surveyed (46 per cent) said they were confident they could remove parental controls and internet security software, including 43

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per cent of 11 year olds. Get I.T. safe also reveals that:

Only one per cent of parents think their children use blogs regularly yet one third of 11 to 16 year olds use these online discussion sites.

Seven out of 10 (69 per cent) parents admit they know less than their children about mobile phone use.

One in 10 (11 per cent) 11 year olds said their parents know nothing about who they communicate with online and that their parents never supervise them online (13 per cent).

79 per cent of children said they use instant messaging regularly, yet only one third of parents understand what Instant Messaging is.

NCH and Tesco Telecoms are urging parents to increase their technology knowledge and keep children safe. Parents can pick up a free copy of Get I.T? Got I.T! Good! - a family guide to getting to grips with technology at Tesco stores or at [www.tesco.com](http://www.tesco.com). NCH and Tesco Telecoms are also running a series of 'technology doctor' roadshows for parents and children in selected Tesco stores across the country.

John Carr, NCH's New Technology

*St Andrew's Church*  
**GIANT  
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SALE**  
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Admission 50 pence  
Cake Stall & Lunches

 **COFFEE  
MORNING**  
10am to 12 noon  
**Friday 29th September**  
Gladstone House, Fell Close  
*All proceeds to*  
McMillan Nurses

Adviser, says: "Children are pretty clued up when it comes to technology but they often lack the worldly wisdom to steer them away from its potential hazards. That's where parents come in. But our research shows they need to increase their knowledge if they want to protect their children. That's why NCH is pleased to be working with Tesco Telecoms to spread the word to Mums and Dads across the country."

Andy Dewhurst, Chief Executive Officer of Tesco Telecoms, commented: "Our free book is aimed at helping kids to encourage their parents to get to grips with technology.

"Young people are often in the driving seat when it comes to new technology and mobile phones and internet use can be of huge benefit for families. For example, parents can use texting to stay in regular touch with their children."

"However, all new technologies bring some risks and we believe that if parents talk to their kids and stay in touch with technology then they can be much more aware of how young people are using their mobiles and computers and can understand and help prevent those potential risks."

**TIM FARRON MP**

Thank you to everyone who came along to see us as we toured around Sedbergh, Dent and Garsdale last month, it was lovely to meet you all. There is always a slight concern when we set off on our annual summer tour of the constituency that no one will turn up and we will be left sitting there talking to ourselves. Well no worries this time around, particularly in this part of the world. You did us proud; plenty of you came along with an impressive number of issues for us to deal with. I know that my office will not thank me for saying this, but we are here to help you and the more issues that you bring along the better I can do my job.

If there was a theme to the issues that

people raised it was traffic. Given the problems there have been on the road up to Garsdale Head it is hardly surprising that people are becoming a more aware of problems when they arise, particularly on more remote but vitally important roads.

Top of the list was the appalling state of the bridge over the beck at Cowgill. I have had a chance to look into this a bit since we got back and, as usual, the problem seems to lie with three different organisations not talking to each other. Cumbria County Council seems to have been a bit slow off the mark with sorting things out, in addition there appears to have been some miscommunication with Capita and then, just to make things a bit more interesting, because this involves a

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Proprietors: David and Elizabeth Martin

river the Environment Agency also has to be involved. Anyway we are on the case and chasing people up to try to ensure that things move along as fast as they can.

The second most common issue that people raised was the speed that some young people drive along the Main Street in Sedbergh. I found it hard to believe that people could be so stupid as to use such a narrow and windy road for "boy racing" but apparently they do and very alarming it is for people who get caught up in it. I shall be raising the issue with the relevant authorities to see what can be done to ensure that people drive along the street with care and consideration.

Beyond these issues the remainder of

things that people wanted to discuss were very individual, but no less important.

Finally, on the subject of cars, can I say how pleased I am that the Parish Council and District Council have sorted out their issues and managed to arrange the transfer ownership of the car parks.

Thanks to Craig Stevenson for his help in making this happen.

If you missed me during our visit, there will be plenty of other opportunities to see me when I hold surgeries in Sedbergh over the coming year and you can always reach 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*

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
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Egg Mayonnaise	£3.40		
Grapefruit Cocktail	£3.40	Vegetarian Dishes	
Garlic Bread	£2.50	Tropical Vegetable Curry	£6.80
		Stilton & Vegetable Crumble	£6.80
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		Mushroom & Nut Fettuccini	£6.80
		Broccoli & Cream Cheese Bake	£6.80
		Vegetable & Pasta Bake	£6.80
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		Chilli	£6.80
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		Prawn with Marie Rose Sauce	£4.20
		Ham, Beef, Cheese & Tomato;	
		Cheese & Pickle or Salad	from £2.70
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		Portion of Chips	£1.70
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## Menu

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Lamb & Apricot Casserole		Mixed Grill	£12.40
Chicken with Basil, Port & Dill Sauce		Fillet Steak	£12.40
Venison Steak with Red Wine Sauce		Sirloin Steak approx. 8oz uncooked	£10.30
Venison Casserole		Half Roast Chicken	£7.90
Supreme of Pheasant Chasseur		Chicken Kiev	£6.80
Pork in Pepper Sauce		Lasagne	£6.80
Cod & Prawn Crumble		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

### FAMILY MUSINGS

*Amazing! Wonderful!* Remember for ever! The wedding of our elder daughter and D was a never-to-be-forgotten day for all the right reasons, the sun shone from sun rise to sun set and we were in the good company of around a hundred people or so all day and into the next and no trouble at all, well, apart from Annie, (who doesn't live around here so I can put her name in) who was rather intoxicated and tried to claim my bag was hers and became very definite and was really stronger than me but I won that battle although it seemed the bag might split in half with us both pulling it, sober she would probably be mortified! We met a lot of J and D friends who up to then had just been names and all of them are

lovely, those from Huddersfield and those elder daughter has met around the world and when at college at Durham. They all made sure hubby and I enjoyed the dance floor even insisting they would dance at my pace when I said I could not keep up with them!

Some folk have got a lot of nerve as was proved by our gate-crashers who at first insisted they knew the bride and groom and then tried to qualify their being there by saying they were camping next door and couldn't sleep because of the noise of our party so decided to join in! Makes a change when it is the locals who disturb the visitors and not the other way around!

They had drinks, food and a dance or two and then just before midnight I went and told them to leave, which they did,



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the women insisting they did not want to cause any trouble. After this I commented to my daughter-in-law that it had come to something when I had to move them on and all our men-folk just stood and watched to which she replied 'That is why they need feisty women like us'!

Meeting my "sister-mum" who is lovely and all the rest of D's family was lovely and some of them stayed all week giving us time to get to know each other more and for younger daughter to take some of them gill-scambling and for D's young brother to sample the delights of Barbon Beck in the dark as we drove home from an evening out. Grandad is a bit like "Victor Meldrew" as he calls himself and added a certain something to the proceedings which I will leave to your

imagination.

When I saw elder daughter for the first time all ready in her gorgeous wedding dress I could not speak for a moment or two she looked so beautiful that I couldn't grasp she was mine! My wonderful outfit was a joy to wear including the hat even if on the DVD I remind everyone of the Queen Mum the way I turn and wave at everyone when I arrive, indeed I think I was for the day for the Bride certainly looked every bit the Princess if not the Queen!

Our thanks to everyone who watched, helped, encouraged beforehand did anything at all to help and our apologies to those in the dale who nearly fell out of bed when the first firework went off! More next month, have fun.



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## HELP IN THE GARDEN

*How to survive a day in the garden*

Gardening is a peculiarly British joy. It's really hard work and there are so many possibilities for disaster. We can take the blame when everything goes pear-shaped, but when, occasionally, the whole garden is a vision of loveliness, we may modestly pass the credit on up to the Almighty.

No wonder, then, that gardening in Britain is massive business. For the privilege of all this thankless toiling, we spend over two and a half billion pounds in garden centres every year. On behalf of slugs and osteopaths everywhere, I should like to express my gratitude for this excess.

For the slugs I know no cure. For the

backache, I can offer some help if you follow these very simple golden rules:

### **1. Do not jump out of bed and go digging.**

During the night, when you have taken the weight off your spine, the discs are able to swell. When you first get up in the morning, they are a little 'bulgy'. This is a bad thing if you plan immediate, heavy exercise because discs, like the rest of us, dislike being woken with a start. They will settle down for the day in a couple of hours, but in the meantime it is foolish to annoy them. Have breakfast, take a stroll round the garden, measure up for the water-feature, but **do not dig** until two hours after getting out of bed.

### **2. Don't expose your back to searching winds.**

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Gardening is rather warm work. Sooner or later, you will start removing layers. Please wear a long-sleeved garment that you can take off and **tie around your waist** when you get hot. If you tend to neck problems, you are better to strip down to a sleeveless top with a collar than a strappy vest. You won't notice a cool wind on your back while you are working, but your muscles will!

**3. Take a timer into the garden.**

Once you are engrossed in a job, you may not realise how long you have been at it, but you should not keep at the same thing for too long. Set a timer for twenty-five minutes, and every time it goes off, **change jobs and reset the timer.** It means that you rotate round the garden, leaving half-done jobs all over

the place, but that can't be helped.

Eventually you will be able to tidy up.

**4. Don't go on too long.**

Be satisfied. When you think it will soon be time to stop, you are already tired and most injuries occur at the beginning or the end of the day.

**5. Resist the call of the sagging deckchair.**

When a racehorse has been out on the gallops, his jockey walks him home so that his muscles and ligaments can cool gently down in motion. Keep moving for a while when you've finished, because your tissues too, are happier if they're allowed to come to a quiet halt. Then shower and change into dry clothes.

Then, and only then, pour the Pimms

*Daphne Jackson. MSc(Ost). DO*

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## MUSHROOMS AND TOADSTOOLS

“What’s the difference between a mushroom and a toadstool?” This is a question which is often asked, not surprisingly because it’s not easy to decide. In America I believe they are all called Mushrooms, but in this country we have got into the habit of calling some of the edible ones, usually with the latin name *Agaricus*, “mushrooms” and all the rest “toadstools”. In fact, they are all relatively large species of fungus and there are plenty which are excellent eating but are not called mushrooms in Britain.

Unlike plants, no fungi can make their own food, so they either digest organic remains to get energy and grow, or they are parasites on other living things, or they barter for food in exchange for something else. In the first group come the Field Mushrooms and Horse Mushrooms which most of us can recognise well enough to risk picking and eating them. What we eat is simply the “fruiting body” whose gills on the underside produce microscopic spores, one in a million of which may grow into a new mushroom fungus. Down below in the soil, however, is an enormous network of fine threads which grow

slowly through the soil, digesting the remains of dead animal and plant material to get their energy, and releasing unwanted minerals into the soil. Unless the grass has been extremely well fertilised, this gives a spurt to its growth and it looks dark green against the yellow-green grass around. Mushrooms can live for many years, so they gradually spread outwards through the soil from their starting point, making a ring of this dark green grass. In older specimens portions of the rings may die off, so making them difficult to see from ground level, but aerial photographs show them up well. Indeed archaeologists were very excited when they observed many rings in the grass around Stonehenge as seen from the air and they presumed that they

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represented other henge constructions, but in the end it was discovered that they were fungi, a number of which, from their diameters, must have been hundreds of years old.

These rings have, of course, been noticed from time immemorial and the most favoured theory to account for them was that they were caused by fairies dancing in rings (which of course they do). In fact a Wiltshire curate, a Mr Hart, saw them coming over the downs late one evening and dancing round the grass circles. He said that they enchanted him so that he couldn't run away and then they pinched him all over ..... and who are we to doubt the word of a curate? One of these ring-causing toadstools has become known as the "magic mushroom" because of its hallucinogenic properties. When I was a schoolteacher we acquired a new illustrated book of fungi, and within days the page with the "magic mushroom" had been very neatly removed. (I am not revealing the real name of this toadstool in case any reader of "Lookaround" should be misguided enough to try eating them, with potentially dire consequences).

Many toadstools are parasites on plants;

in fact I'm sure some readers will have had valued trees or shrubs killed by the dreaded "Honey Fungus". Others again go into partnership with trees; in fact all of our trees and shrubs benefit from having a *mycorrhizal* fungus associated with their roots. The fungus takes up mineral nutrients from the soil and passes them into the tree roots, and the tree responds by sending down food for the fungus and everyone is happy. Some of these produce fruiting bodies, like the Cep and the Chanterelle, which are even better eating than Field or Horse Mushrooms, while others like the Death Cap are, quite literally, deadly even in small quantities. (Moral: don't eat any fungus unless you are "dead" certain what it is).

Mushrooms and toadstools are fascinating and full of surprises, and one or another can be found at any time of the year, but the fruiting bodies are commonest in late summer and autumn. Each year there are fungus forays. These are usually well advertised, so do keep your eyes open and go along to see what an expert can show you. You might even go home with a (safe) meal in your basket.

John Mounsey

### A SEDBERGH VIEWPOINT

Best wishes for a Happy New Year. OK I know it is only September but for those in education it is the start of a new year. For other people September marks the onset of autumn, and shorter darker days when summer begins to fade into a memory.

Many folk have been heard to say that this summer has been one of the best for warmth and sunshine, even in Sedbergh. Streams dried up, rivers ran low and fish were denied life. It certainly was summer between the last week of May well into July, and it's not been too bad since. Autumn will come hard I think.

The good weather, or is it the books, have drawn visitors into town. Us Sedbergh folk are friendly people, readily greeting each other with a friendly hello when we pass in the street. Holidaymakers always make themselves obvious by looking startled when they receive the same greeting. Some of them must live in some unfriendly places and I hope they enjoy a relaxing break among us.

The time gap between writing for *Lookaround* and *Viewpoint* actually being published sometimes makes for some strange situations. Last month I wrote about the gas main renewal outside the Post Office progressing slowly and surmising that at the rate of progress up to then, if they are to go along the full length of Main Street it would take till April. Within a day or two of writing they had packed up and left town! Are they to return later I wonder?

Another topic I wrote about was the way some drivers negotiate the Finkle St mini

spot-in-the-road roundabout. Within days a bobby on the beat spent an hour or so observing motorists impeccably obeying the rules of the road there!

I wonder what might happen this month between writing and publication.

What's new this past month then? The Post Office revamp has been completed and is looking good. The coffee shop part is attracting custom and the Post Office, always a place for exchanging news and gossip, has surely come into its own in that respect.

There are rumours that the old cattle market, if not sold, has received bids from Sedbergh School, from a supermarket, and from the farmers co-operative. Don't I remember a few years back the site had planning permission for

# JOHN SOUTER

21 Fairholme, Sedbergh

☎ 20904



ALL RUBBISH  
REMOVED

housing development? I'm keeping my ears open and watching that space.

As I write, the Book Town festival of Books and Drama is about to start, or as you read this, is about to end. I hope it has been successful, but is the Book Town flourishing? It appears that the Orange Skies book shop is closing and other new businesses are struggling. The Posthorn café has had signs in the window for some months now threatening to re-open soon but soon seems to have been delayed and doesn't seem to have been soon enough to catch the holiday season.

My old friend South Lakeland District Council seeks to cut its expenditure by £1.6 million because once again it is hard up. Strange that; I get a whopping Council Tax bill every April which goes up by leaps and bounds each year. It seems there is a big black hole in Kendal into which our hard earned cash disappears. Few of us in Sedbergh are happy with the situation, I'm sure.

Finally, two items of recent national news which might affect us here in Sedbergh. Our farmers had to take out loans earlier in the year to get by because their Defra farm payments were delayed

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by months. Now they are told they have been overpaid and have to pay back the excess. I feel sorry for them. What a sloppy way to run a national organisation. Just imagine not getting paid for months yourself and then as soon as you do you get a bill to pay some back. It makes living and budgeting rather difficult. My commiserations to anyone affected.

All otherwise unrestricted roads are subject to a 60 mph speed limit which is now considered to be too high for rural roads. It is proposed to have lower speed limits on some rural roads. However, seemingly only A and B class roads are affected by these proposals. We could end up with both the A683 and A684 being given speed limits of 40 or 50 mph and the Dent road still having a 60 mph limit. That doesn't make sense to me; but what do I know about these things. I'm only a motorist who uses all these roads and know what speeds I feel safe at on them. As is often stated, bad roads don't cause accidents but bad drivers do. I trust I'm not one.

I hope you and yours have a good September. Best wishes,

*N Hastle.*

## SEDBERGH SCHOOL GIRLS FUND

The Committee of Management will meet shortly to consider applications for grants for educational tuition and/or educational facilities from girls resident in the parishes of Sedbergh, Garsdale and Dent. The Scheme of Management for the Girls' Fund quotes the following principles of application:

1. The income of the Fund shall be applied by the Committee for the benefit of beneficiaries, in one or more of the following ways.
  - a) The award of Scholarships, Bursaries or Maintenance Allowance tenable at any School, University or other place of learning approved by the Committee;
  - b) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or any other educational establishment, to prepare for, or to assist their entry into, a profession, trade or calling;
  - c) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education;
  - d) The provision, or assistance towards

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- e) the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the provision of coaching in athletics, sports and games, for beneficiaries who are receiving primary, secondary or further education;
- e) The provision of financial assistance to enable beneficiaries to study music or other arts; and
- f) In otherwise promoting the education of beneficiaries.



In this Scheme, the expression of "beneficiaries" means girls who were born, or who have for not less than three years been resident in the Parishes of Sedbergh, Garsdale and Dent, and who in the opinion of the Committee, are in need of financial assistance.

Anyone wishing to make an application for a grant from the Fund should contact the Honorary Secretary, Mr H Pattison-Appleton, at the above address before 19th September 2006.

### LOCAL POLITICS

I am sorry Nick Lamb was saddened by my letter. I was trying to be realistic about the situation. Unless the world of education has changed dramatically in recent years Craig Stephenson will have difficulty getting time off to attend daytime meetings. Now that council meetings, at district level and above, are often during the day that could be a problem. I would be the first to cheer if party politics were removed from local government. Unfortunately, except for parish councils, this is not going to be the case if for no other reason but costs.

I made enquiries about standing as an independent in the last general election, I wrote to the House of Commons to see if there was any funding for such a venture

Howgill Harriers present

## **The Steadman's Ravenstonedale Red 10k Road Race**

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only to be told by the Speaker that I would have to join a party!

On the matter of parties if, as Mr Lamb suggests, people vote for personalities, I wonder why Tim Farron spent so much time campaigning on Craig Stephenson's behalf and the congratulating the locals for electing a Lib Dem? I understand that Tim Farron also brought party workers from Stoke on Trent to help. Come on Mr Lamb be realistic. The matters which you say were national political issues were EU driven as all our politics are these days. Why did Prescott want to legitimise Regional assemblies? His masters in Brussels have put them into place. He then tried through the back door by uniting police forces etc. Nothing that is remotely political and many other things as well are driven by the unelected commissioners in Brussels. You have only to look at the mess of our rail industry, postal service not to mention our fishing industry, coal industry and iron and steel and last but not least our farming to see how we are ruled from Brussels due to our governments handing over power to them without our permission.

*Brian Wright*

## SEPTEMBER GARDENING

Today has been a day of noises in the garden. The warm sun at midday worked on the plants of *Euphorbia lathyris* which grow beside the path in a mixed border in the garden where I was working. *E.*

*lathyris* has explosive seed pods which go off with a satisfying crack when they are ripened and warmed. They put me in mind of a cap gun which I borrowed from a primary school friend a good many years ago. If you happen to be sitting quietly beside the plants when they start to explode you can actually hear the seeds showering down like lead shot amongst foliage and stems of surrounding plants. Ours are busily putting themselves in all sorts of places where we won't want them to be, but they do transplant very easily so it will all work out fine in the end.

I have spent most of the day raking up long grass from the Meadow Garden which was mown this week. It is rather a dull task, but made much more agreeable

by the fact that a river runs along the end of it and this attracts a variety of birds which tweet, quack and whistle and provide entertainment. The Kingfisher was much in evidence always announcing its presence with a clear loud piping whistle and although it has chosen its most recent perches amongst the willows where it cannot be seen from the top of the bank, I did get two good sightings as it flew across below me. It is always much smaller than I expect it to be (just a little larger than a sparrow) and unbelievably bright.

The rain came down at the end of the day and I spent an hour or so sitting on the back step listening to the sound of raindrops hitting foliage, greenhouse and paving. The rowan trees, which are all bearing enormous quantities of berries this year will no doubt appreciate the water. The foliage on some of them is looking rather sparse and tired, as though all the goodness of the tree has been passed into the fruits at the expense of the leaves. We have species with red, crimson, orange, yellow and white berries, although as is usual, the red ones have mostly all gone already. They must be particularly tasty. *Elaine Home*

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Dear Editors,

I would like to write to express my thanks, through your pages, to the local Highways Authority and its contractor for the marvellous improvement they are currently making to the road surface on the A684 between Sedbergh and Kendal.

In my 34 years of daily commuting to work in Kendal, I feel that the road surface has seldom been in such a good state of repair. Whilst I am aware that the job may be of a temporary nature, the new stretches of surface are a huge improvement over the old method of patching holes, which invariably become dislodged once the Winter frosts arrive.

The longer stretches of new surface should be much more durable, particularly if not ruined by the application of tar and chippings !

On the subject of motoring, I fully endorse your comments regarding speeding and the threat of Fixed Speed Cameras. Speeding is still a problem within the 30 mph limits around town, and there is still a hard core of (predominantly young) drivers who are happy to blatantly ignore the law in this respect. Having said this, on my daily journey to and from work I frequently encounter non-locals (and not always younger drivers) who cannot wait to overtake, especially along the straight by the Toll Bar industrial estate, only to hold you up along the rest of your journey once they encounter corners !

Many is the time I have followed motorists, obviously unfamiliar with the road, driving at 25 to 30 mph from Kendal or the M6, only to leave you standing once they reach the 30 mph limit on the approach to Sedbergh, finding

themselves in familiar urban territory and feeling it safe to increase their speed to 40 or 50 mph !

Yours sincerely

*Colin Cowperthwaite*

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

*Registered Charity 523829*

At a recent meeting of the People's Hall Management committee, it was agreed to go ahead with the 50<sup>th</sup> Birthday celebrations on Saturday 25<sup>th</sup> November. The evening will include entertainment and a hot supper.

We would like as many committee members of past years as possible to come and celebrate with us, perhaps to share their memories, and even bring old photographs if they can still be found. Without the commitment of all the committee members over the years the Hall would not be the facility it is today.

Whilst we would like to invite them all personally and give them a free ticket, this is just not possible, partly because some of the minute books have gone missing and we do not want to offend anyone by leaving them out.

So, put the date in your diary and we will give you more details about the celebrations next month.

### DENTDALE W.I

Well, still in those lazy days of summer even if the high temperatures have deserted us (temporarily, I hope) as I write.

Dentdale WI was kept busy in the earlier part of the month as it prepared for the fund raising Gardeners' Question Time. With the hall out of action, we found we could manage a very satisfactory seating arrangement in the Haygarth Room. As things turned out, there was just enough room for the audience of about fifty who came along to enjoy the evening. Margaret Fothergill in the chair, kept the questions flowing to our panel of experts who were Peter Howarth, Elaine Horne and Linda Wilkinson. There was time afterwards for visitors and members alike to enjoy the tea and tray bakes and be tempted by stalls of plants and gardening books for sale.

The evening went very well and some worthwhile funds were raised. We thank all those who supported the event.

A few days later, sixteen or so members made the trip into Sedbergh for the joint meeting with Frostrow WI at the People's hall.

Linda Hopkins, one of their members, gave a very polished and relaxed demonstration on the art of Flower arranging. Linda had called her talk "All things bright and beautiful" and for the most part, had used the heady colours of late summer in her six arrangements. Linda made it all look so effortless as she snipped and trimmed her way through the set pieces which she stylishly displayed in complimentary containers

making a beautiful final tableaux.

Then came the exciting part as the displays were raffled, and three of our members, Catherine Sugden, Nancy Murdoch and Ann Mason were lucky enough to win.

Time then to talk to members from other WI's and tuck into the hearty Jacob's Join supper.

We hope to be back in the Memorial Hall on Wednesday 13<sup>th</sup> September at 7.15 when Sarah Ioannou recalls "My Life in Ghana" New members and visitors always welcome.



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### FROSTROW W. I.

Once again we had a joint August meeting with Dentdale W. I. Members and this year we were the hosts. Our President, Anne Petyt, welcomed everyone, including a few visitors, then we began the meeting by singing 'Jerusalem'.

Anne and the Dent President, Catherine Sugden, made a few announcements, keeping business to a minimum to give maximum time to our demonstrator.

Linda Hopkins needed no introduction and the time passed quickly as we

watched with admiration her skill in creating five very different floral arrangements. These included an exotic display using orange gerberas and, in contrast, one in cool creams and greens. Seven lucky people went home with one of these creations as a raffle prize. Linda encouraged us to look around for plant material in hedgerows etc., when flower arranging. She was warmly thanked by Josie Templeman.

June Mudd won the competition for 'A Small Garden Flower Arrangement' and Pat Allen was the winner for Dent W. I.

The next meeting will be on 13th September in the People's Hall Committee Room when we will hear about Cumbria Fire and Rescue Service. Prospective members and visitors are always welcome.

*M. F.*

**Daphne Jackson**  
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#### HOWGILL W. I.

We would like to thank everyone who supported our Coffee Morning in July. It proved successful raising £233.50. Our Open Meeting was held at Howgill Village Hall on August 3rd. It was well attended. President Mary Silva welcomed members and their guests, fellow

members from Frostrow and our musical entertainment "The Word-Spinners".

For those who have not seen them before, they are a north-west group drawn from an extensive area. Now in their eighteenth year, they specialise in themed entertainment performing to audiences from Lancashire, Yorkshire, Cumbria and Cheshire. They presented their latest theme "Under the Influence", taking a look at things which influence us. Drawn from poetry, conversation, songs and real-life situations and presented with music and laughter. Mary Silva thanked the group for an enjoyable evening.

The competition for How Many Words in Wordspinner's was won by Tanya Hoare with Sheelagh Dennis second. Raffle winners were Vera Hodgson, Audrey Hoggarth and Mary Stainton. The social time to say "What the Words have in Common" was won by Helen Beare's team.

Our next meeting will be held at Firbank Church Hall on September 6th, when Brian Hancock will speak on "Childbirth Injuries in Africa". The competition is 'A Bonny Baby' photograph. Visitors and new members welcome.

*A. H.*

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### KILLINGTON

#### WINTER DOMINO LEAGUE

Once again, there will be a monthly Domino Drive at Killington Parish Hall on the first Thursday in the month from September to March - with the exception of the Christmas Domino Drive which will be on Friday, 8<sup>th</sup>. December. The dates for your diary are  
Thursday, 7<sup>th</sup>. September 2006  
Thursday, 5<sup>th</sup>. October 2006  
Thursday, 2<sup>nd</sup>. November 2006  
Friday, 8<sup>th</sup>. December – Christmas

#### Dominoes

Thursday, 4<sup>th</sup>. January 2007  
Thursday, 1<sup>st</sup>. February 2007  
Thursday, 1<sup>st</sup>. March 2007

This winter, there will be an added attraction of a £20 prize, kindly donated by George Rowlinson, for the overall winner of the Winter programme. Scores will be recorded at each Domino Drive for everybody entering the Winter League competition. The League Winner will be the person with the best total score from any four events over the winter programme, excluding the Christmas Domino Drive. The current state of the League table will be announced each month, and the £20 prize will be

presented at the March Domino Drive.

Entry to the League will be £1 for the Winter - in addition to the normal entry fee to each Drive. We look forward to support from our regulars and, of course, anybody else who fancies their chances.

### St MARY'S CHURCH

st mary's

900 not out

Eleven years ago we illuminated the inside of St. Mary's Church, Kirkby Lonsdale, for an Historical Pageant in Sound and Light. All-round sound and pictures plus live action throw light into secret corners of the church.

On Thursday, Friday & Saturday, October 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> at 7.30 pm, there will be a re-run of that production in the church. It still exists (in sound and tape,) so with modern digitisation, it can be re-presented "in the round". The huge screen used for the *WINDOWS* production last year will be put up again.

Please come on one of those days to experience another Kirkby Lonsdale Spectacular! Cast of thousands! Voices and images from the past! Acted cameos of "historical" scenes from many centuries! A brand-new, (home grown) sound track, courtesy of many local musicians!

And a DVD to take home afterwards.

Further details from – Maurice Dybeck :  
015242.72812 or [dybeck@globalnet.co.uk](mailto:dybeck@globalnet.co.uk)

Tickets £5 (including refreshment), accompanied children free from Church members or at the door.

## HISTORY SOCIETY

### *Visit to Leighton Hall*

On a day which felt like the first day of summer we visited Leighton Hall. We were met by our guide who took us around five rooms of Leighton Hall. We assembled in the Hall, where there were two erratic chiming clocks, and gave us a short history of the building and the various families who have lived there.

The first reference to Leighton Hall was in an 1173 charter but it was 1246 before records show the building as a fortified farm house. After that it passed through several local families – sometimes through the female line. By 1715 at the time of the first Jacobite rebellion it was owned by a Mr Hodgson who, as a true catholic, went to the aid of the Scots and joined the army only to be defeated at Preston, imprisoned and sent to Liverpool: meanwhile his house was completely destroyed. He was released in 1730 and returned home. His daughter married George Townley from Burnley who helped his father-in-law to rebuild the Hall.

The property then passed into the hands of Mr Worswick: he fell on hard times after the Napoleonic wars when his bank failed and in 1820 he was forced to sell to Richard Gillow, son of Robert the founder of Gillows furniture business. The Gillows' had been very much involved with the slave trade and imported large quantities of mahogany from which they fashioned some wonderful furniture. It was Richard Gillow who was responsible for the Gothic façade which covered the original Adam frontage. Now the Hall is owned by the Reynolds family who had a

connection through Helen Gillow with the previous owners.

After a tour of the house we went for tea and cakes before walking round the aviaries and the extensive walled gardens.

A beautiful and interesting day.

### **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 20788**

\* 11.45pm on normal Sundays

## DENTDALE METHODIST CHAPEL

Our Accessible Toilet has now been completed, thanks to all who have helped in any way. We have a new entrance to the Schoolroom and some re-decoration to undertake.

Tea in the garden proves a fund-raising event with a high enjoyment factor which is very good. We joined Dent Foot to celebrate fifty years since it was refurbished and this month our services continue at 7 pm except the Harvest Festival at 2 pm Sunday 10th followed by a tea-party next door, do come.

This month sees the Dent Bible Study begin in the Schoolroom on Thursday 21st at 7.45 on the theme of "How to attract God's direction towards your plans". All who are interested are welcome and we hope to meet monthly.

On Monday 11th it will be our Harvest Sale in the Chapel to which we give you all, as always, a warm welcome.

### **EATING OUT**

Carnforth has some lovely shops in which to browse and the 'Cafe Edelweiss', tucked in near the Health Centre and below Booths is a delight to discover, especially on a lovely day as there are tables outside.

Time to lunch in Kendal? Try 'Charlies' between Sandes Avenue and the main Post Office. Again, it has outside seating and lots of rooms to sit in inside. It's a bit of a hike to the toilet except for those who are disabled, but all in all, it is a food-oasis in the middle of town. Try the breakfast muffins with 2 or 3 items, mmm!

*E.N.Joy*

### **SEDBERGH YFC**

On the 16th August Sedbergh YFC held their AGM at the Peoples Hall. This was well attended by members both past and present. The main purpose of the AGM is the re-election of the positions within the club and these are now as follows:

President	Andrew Rowlinson
Club Leaders	Ean Moorhouse Colin Parker Sarah Hoggarth
Chairperson	Jayne Moorhouse
Secretary	Valerie Capstick
Treasurer	Yvonne Capstick
Minutes Secretary	James Woof
Press Secretary	Emma Middleton

On the 2nd October the district and county quiz's start, we hope to enter 2 junior and 2 senior teams, if you would like to take part please let Valerie know asap.

We are always looking for new members to join in the fun. We meet most Wednesday evenings, usually at the

Peoples Hall at 7.30 pm till approx 9.00 pm. Transport can be arranged. All you have to be is aged between 10 & 26 years and willing to be part of a group of young people who enjoy having a good time, and no, you don't have to be a farmers son/daughter!! Still not sure? Then why not come along one Wednesday night and see for yourself what we are all about, you will be made very welcome. Membership is just £15.00, for more information or a programme please contact Valerie on 21032.

### **SEDBERGH SWIMMING CLUB**

Once again the Club has had another great year. Our thanks must go to our Life Guards, Teachers, Pool Supervisors and to everyone who has supported the Club in any way.

We are grateful to Sedbergh School for allowing us to use the facility. We are also pleased to announce that our young swimmers, once again, have raised over £1000 for Asthma Research, through their sponsored swim. Well done.

Our A.G.M. will be held on Tuesday 5th September at 7.30 pm in the Bull Hotel and everyone is welcome, especially if you have any issues to raise.

The Swimming Club now has a website slot at [www.communicate.co.uk/Lakes](http://www.communicate.co.uk/Lakes) Click on 'Sedbergh and Western Dales' and scroll down to Sedbergh Swimming Club.

Term dates, registration dates and fees will be updated on this site after the A.G.M., which may be useful to you. Thank you once again for your continued support and we look forward to another successful year.

### **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.

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### **RECYCLING NEWS**

It is now almost three years since the Kerbside Recycling Service was first introduced in South Lakeland collecting paper, glass, cans and green waste, and the service now covers over half the district. As well as making it easier for more people to recycle as part of their daily lives it has affected the use of Recycling Centres in the area.

We are now reviewing the provision of these facilities and would like your views

on the services provided. During the coming months and years we would like to ensure that the right banks are provided in the right places and we would like to hear your views on the facilities in your area. We are hoping to install more plastic and cardboard banks, and this puts pressure on the space that we have available. Therefore we would particularly like to hear about potential new sites that could accommodate a Recycling Centre.

Please write to us at: Recycling Department, South Lakeland District Council, Canal Head House, Canal Head North, Kendal, Cumbria, LA9 7BY, or contact us by email or telephone using the details below. We look forward to hearing from you.

If you have any comments or queries 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)

Thank you for recycling.

*Andy Vickers*

---

### **SEDBERGH GALA GROUP**

The Group will be holding their A.G.M. on Monday, 9<sup>th</sup> October at 7.30p.m. in the People's Hall Committee Room.

Members of the public are invited to attend and the Group would welcome new committee members.

It is at this meeting that the Gala Group distributes any surplus monies to local organisations and individuals. If you would like an application for funds to be considered please apply in writing by the 2<sup>nd</sup> October to the Gala Secretary, Fell House, Joss Lane, Sedbergh, LA10 5AS.

### DIALECT DIGEST

'Yorkshire Ditties', by John Hartley, is crammed with wit and wisdom, and well worth adding to your bookshelf. Here's what he says about this month: 'Blackberries are ripe in September, an' we may consider th' year's ripe, for when this month gets turned, things'll begin o' gooin' th' back way.

Nah, it's a varry nice time o' th' year is this for fowk to have a bit of a pic-nic. Aw dooan't know owt 'at's a better excuse for a chap to tighten his belly-band nor a pic-nic, becoss iverybody taks twice as mich stuff to ait as they know they'll want, for fear fowk might think they wor shabby.

If yo get an invite to a doo o' that mak, be sure yo goa, but allus think it ovver befor yo tak it. If yo think yo're invited becoss they fancy yor a shinin leet – tell 'em yo're gooan aat.

If yo thinks it's becoss they want ter borrar sum brass, an' yo'r daatful yo'll gerrit back, tell 'em yo've soa monny calls made on yo, yo're feeard yo connot call on them at present.

But if yo think it's just becoss they want yo, an' they'll be glad to see yo, put on your hat an' off in a minnit.' *M Park*



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### OLDER PERSONS PROJECT

## Shelter

Shelter Cumbria run an Older Persons Project offering housing and benefit advice to anyone aged over 55.

The service is free and we are currently receiving referrals.

Shelter recognises that it is often difficult for older people to access services to help them deal with their housing problems. We can offer support and help by being available to give one to one advice either via the telephone, at surgeries or home visits.

We can help with lots of housing and benefit problems including;

- Disrepair
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- Adaptations
- Finding suitable accommodation
- Landlord disputes
- Housing Benefit
- Pension credits
- Attendance allowance
- Carers allowance
- Mortgage and rent arrears

The Older People's Project is part of the wider work that Shelter Cumbria does. Shelter Cumbria provides independent and confidential help and advice directly to people with housing problems in Cumbria.

How to get in touch: Phone our local rate number: 0845 120 45 65. Ask to speak to our Older Persons Worker. Shelter Cumbria Housing Aid Centre 31 St Andrews View, Penrith, CA11 7YF. E-Mail [hugh\\_stirling@shelter.org.uk](mailto:hugh_stirling@shelter.org.uk)

We are also planning to open a new office in Kendal soon.

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**PAINTER & DECORATOR**

*Dear Editor,*

Re. the letter from Brian Wright (July *Lookaround*). Further to the costs of E.U. Membership he mentions; it is not generally known, what the total cost of the U.K. of E.U. membership is.

Ian Milne, economist, of civitas, London, in his little booklet 'A Cost Too Far' puts it at £100 billion per year, which is over £16,500 for each and every U.K. citizen! If Mr. Farron supports this, he should tell us why. The benefits to the U.K., compared to the cost are infinitesimal.

We need to be friendly and co-operative with our European neighbours but not controlled by the E.U. as now. U.K. politicians of the three main political party's all want us to stay in the E.U. None will allow us a vote on it. It is not democratic.

U.K. politicians have signed away too many U.K. rights to the E.U.

The French and the Germans, erstwhile enemies of the U.K., have a majority vote in the E.U. England has a minority vote. They can now take us over by proxy through Brussels! U.K. politicians are allowing this to happen.

John Prescott's Regional Assemblies, set up on the pretext of more local democracy, are really about the E.U. plan to abolish England, split the U.K. into "Regions", all ruled from Brussels.

We need a vote on U.K. membership of the E.U. and we need it Now.

*Edwin Bateman*

---

**SOUTH LAKELAND CARERS ASSOCIATION**

**Sedbergh Carers Support Group**

We are on the move from our previous meeting place at the Health Centre to Thorns Hall. Usual day and usual time, for more information call our office on 015397-42602.

In August we enjoyed a buffet lunch in the Dent Methodist Church Hall when we were joined by friends from the Kendal group. Some of us have been on outings to Hawes, and Dalemain and on a mystery trip.

*S.E. Woof  
(Support Worker)*

---

**McMILLAN NURSES**

McMillan Nurses are again holding the World's Biggest Coffee Morning throughout the country and Sedbergh is no exception.

This year, it will be held in Gladstone House on Fell Close from 10 am to 12 noon and all are invited to call in and raise money for this worthwhile cause.

An unusual addition to this years Coffee Morning is an invitation from Nora Capstick to join her to celebrate her 90th Birthday in Gladstone House where she requests no cards or gifts but you can make a donation to McMillan Nurses on her behalf.

### ITALY TRIPS 2007

After very successful trips to the Rome and Naples area this year and last, it is hoped to organise **two** Sedbergh trips in 2007. We are so fortunate in having a lovely hotel to stay in with excellent food and a wonderful variety of excursions to places on the tourist map - like the Vatican and Pompeii - and lesser-known but highly interesting places like Fumone Castle with its medieval banquet! Party numbers are limited to 20. It is not essential to have learned the Italian language before joining the group - though optional lessons in Italy form a part of the visit. Please contact me if you are interested.

The dates for 2007 are **May 23rd to 30th** and **October 23rd to 30th** - both times when it should not be too hot in central Italy. If you would like to join a Beginners' Italian class, these will start at the Community Development Centre at Settlebeck on Tuesday 19th at 7.30 pm. (Enrolments Tuesday 12th from 6 - 8pm.)

*George D. Handley*

### NEIGHBOURHOOD FORUM

Because of staff changes it has been necessary to change the date of the next meeting of the Sedbergh and Kirkby Lonsdale Neighbourhood Forum. It will now be held on Wednesday October 4<sup>th</sup> at 7pm in Barbon Village Hall.

If there are any local issues people would like to discuss at the meeting, please contact Dianne Whitehead  
Cumbria County Council 01229 894103  
dianne.whitehead@cumbriacc.gov.uk



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*of*

*Sedbergh Lookaround*

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### **SUPPORTIVE PARENTING**

Calling all mums and dads of children aged 0 - 7 years in the Sedbergh area! Do you want to meet with other parents for a lively and supportive parenting course.

Barnardo's South Lakeland are organising a FREE course in the People's Hall every Tuesday from 1.15- 3pm . There is a high quality FREE creche available.

This course runs from September until November.

Please contact Diane Holliday at Barnardo's on 015394 43500 if you want to know more.

### **SUE & PETERS HOUSE GROUP**

The Group had a party for Shirley, whose birthday it was. We all brought some food for it. Brenda shared a reading with the group. Everyone there is very nice and it was a good night and a lovely surprise for Shirley. I get a lot out of it and everyone enjoyed it. Georgina.

### **St MARK'S, CAUTLEY**

*Church Wardens' Walk.*

We completed our walk along the Dales Way, (82 miles in six days) feeling fit and blister free! The scenery was wonderful and the weather was very kind to us. We had a lovely time, encouraged by friends and family who came to walk part of the way with us.

A big thank you to everyone who sponsored us, thanks to their generosity we have raised £1400, this will be used towards church repairs and a donation to World Vision.

*Linda Hopkins and Judith Bush*

### **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.

### **M WINN & SONS LTD**

*(Established 1894)*

**Sedbergh**

**General Builders & Joiners**



Contact R. M. Winn  
015396 20649

### **LADIES NFU**

Our summer break has now come to an end and the next meeting will be on Tuesday 19th September in the Peoples Hall Committee Rooms at 7.30 pm.

This is the Annual General Meeting and Jacob's Join followed by a talk on the work of the Marie Curie Fund.

### WELCOME TO SEDBERGH

On the M6 three lanes all a tangle  
Your in the slow lane your nerves all a  
jangle

There is a way out at junction three seven  
Head for the Dales to Sedbergh and  
heaven.

Past Lilymere Lake and down Scotch  
Jeans

Take in the air and wonderful scenes  
Shackla Bank on your left Black Horse  
on your right

Keep your eyes open for each wonderful  
sight.

Come Firbank Road End throttle back  
just a midge

Got to be careful crossing Lincoln's Inn  
bridge

Visit the church at Vale of Lune  
There's lots more to see coming up soon.

Cast your eyes to the left just a little  
higher

There's Winder Fell in its brackened  
attire

Nursery Wood beeches above Howgill  
Lane

Scenery so beautiful it's hard to explain.

Don't go so fast now we might make a  
call

At a real old establishment called Ingmire  
Hall

A really fine structure which turrets have  
crowned

With beauteous gardens laid out all  
around.

Pass the station yard the lines long time  
gone

Another thing government and Beeching

got wrong

Up Station Road past Bramhaw Farm  
Your coming to Sebba, where the  
welcome is warm!.

### At the **Chair Workshop**

- Chair seating & supplies
- Tuition
- Tool sharpening

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

99 Main Street, Sedbergh.  
Tel: 015396 21489

### DENTDALE OVER-60's STRAWBERRY TEA

Dentdale Over-60's held a fund-raising event in the Memorial Hall in Dent on 21<sup>st</sup> July. It was a lovely afternoon, and many old and new friends, as well as visitors, enjoyed strawberry teas and other refreshments, together with a good chat. There were stalls for bring and buy, cakes and produce, books and bric-a-brac, and an excellent raffle. Thank you to everyone for donations, gifts for the stalls, home-made cakes and raffle prizes. It was a very successful and enjoyable event. The proceeds will go towards the cost of the Christmas Party.

### WENSLEYDALE RAILWAY:

The Railway is promoting many services where you can join in from 5-6 mile walks to Santa Specials in December at Leeming Bar Station.

Visit their Web Site on  
[www.wensleydalerrailway.com](http://www.wensleydalerrailway.com) or  
telephone: 08454 50 54 74

### **SEDBERGH MOTOR BIKE BLUES**

Now, I woke up this morning,  
In my head there's such a pain,  
Sunny Sunday morning  
Bikes are back on Back Lane.

*Chorus:*

I got those Sedbergh Motor Bike Blues  
*You know what I mean,*  
I got those Sedbergh Motor Bike Blues

Now the Devil's got him a bridge  
And it's down Kirkby way,  
And there the metal gathers  
On the burning Summer days

*Chorus::*

Then it's out on the highway  
They say the road's free to all  
But what they're forgettin' is  
They're drivin' us up the wall

*Chorus:*

Now listen here, you bikers  
Now listen to the news,  
While you got your kicks there,  
Motor bikes give us the blues

*Chorus:*

*SMM*

### **SEDBERGH BRITISH SCHOOL TRUST**

The Trustees will meet on Wednesday 13th September 2006 to consider Grant Applications from suitable qualified persons who have attended Primary School in Sedbergh, Garsdale or Dent, and who seek financial assistance to further their careers.

Applications should be in writing and addressed to: The Honorary Secretary of the Trust, 6 Guldrey Fold, Sedbergh, Cumbria, LA10 5DY.

### **St MARK'S, CAUTLEY**

Our Harvest Festival will be held on Sunday 3<sup>rd</sup> September, at 2.30 pm. The Service will be followed by tea and cakes, there will also be a Bring and Buy produce table. Everyone is most welcome.

*Please note: There will be no Harvest Sale this year.*

### **MACMILLAN CHEESE & WINE**

The Sedbergh, Dent and Kirkby Lonsdale Committee for Macmillan Cancer Support held a Cheese and Wine evening at Mill House, Middleton, by kind permission of Mr & Mrs. Birtwistle.

More than 100 people attended. Mrs. H. Beare and friends played music for a summer evening. The splendid result of over £1,000 was raised.

### **THOUGHT FOR THE MONTH**

Oh! I love to see the joy and delight on the faces of the young people who do well with their exam results! The hugging and laughing and crying, the celebrations!

That's how I see heaven, almost beyond human understanding, such a place of joy. And happiness, and probably a few surprises!

*L. D.*

### **SCOTTISH DANCING CLASSES**

In anticipation of the annual Rawthey Ball in November, the pre-ball Scottish Dancing classes will begin again on Friday 15th September at 19.30 pm in the Queens Hall, Sedbergh.

For any further information contact Lesley Alban on 20233 or speak to Terry Jeffries.

### **POLICE CORNER**

It is not very often that we have any reported crime in the area but I have 3 to report this month.

1st: A Blue and Gold Mountain Bike was taken from outside the Dalesman on the evening of Saturday 12th. I would like to think that someone 'borrowed' it to get home after a night out and it is standing up against a wall somewhere.

2nd: An attempt was made to get into a garage on Castlegarth on Friday night of 18th.

3rd: 2 large 'Grout Pumps' were stolen from Dent Viaduct over the weekend 19th & 20th.

If you have any information about any of these, please contact me in confidence or any other Officer at Sedbergh.

It was not in our area but a resident reported someone having gone through their 'Paper Recycling Bin'. Thinking of the worst, it could have been someone looking for bank details or an envelope with an address on. It is worthwhile acquiring a paper shredder, which come fairly cheap nowadays, to give you that peace of mind. A couple of bob spent today could save you hundreds of pounds tomorrow!

*D J W Tel: 0845 33 00 247*

### **FRIENDS OF THE PEOPLE'S HALL**

The Management Committee understand that being a committee member is an undertaking a lot of people do not have enough spare time for so we have started a Friends list. If you would like to make use of a little of your spare time putting your skills to work for a local charity then we would love to hear from you. When we need you help we'll

get in touch. You are under no obligation, we understand that you might be too busy but having a list of people we can call on for help will be useful for us in getting things done.

Our maintenance project list is looking quite large at the moment and includes large projects such as restructuring the car park and entrance area as well as smaller tasks such as redecorating. If you have any particular skills you think may be of use or if you want to lend a hand wherever it is needed please get in touch.

Contact can be made through any committee member, by enquiring at Sedbergh Office Services or by visiting <http://www.peopleshall.org/friends>.

### **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

## 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

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

*Complementary therapists practising locally*

## DIARY OF EVENTS

*Dates are held up to 24th June 2007*

<b>SEPTEMBER</b>					
1	1000	Art Exhibition	SSC	13 1930 WIF Cumbria Fire & Rescue Service PH	
1	1000	It's Rubbish Exhibition	DCMH	14 1230 Upland Birds DCMH	
1	1030	Sefton Guild of Artists (7)	FM	15 1930 Lead Mines DCMH	
1	1400	B&DF How to get Published	TBA	17 Moorcock Show	
1	1530	B&DF Tea Time Story	Sedbergh	17 1000 The Drovers Path Exhibition Starts DCMH	
1	1930	Sed Badminton Season starts	SSSH	18 1930 Harvest Sale FCH	
1	2000	B&DF For Love or Money	SHS	19 1415 SLSB PH	
2	0930	Beekkeepers' Autumn Convention	Braithwaite	19 1930 LNFU AGM PH	
2	1000	Art Exhibition	SSC	20 1000 Firbank Chapel Coffee Morning URCR	
2	1030	B&DF Stella Maris Steel Band	Sedbergh	20 1030 Sefton Guild of Artists ends (7) FM	
2	1100	B&DF Jamaican Literature	StAS	20 B&DF Garvase Phinn SSPH	
2	1530	B&DF Tea Time Story	Sedbergh	22 1930 Rock Solid Youth Club (28) SMC	
2	2000	Syd Banks Band	<b>CANCELLED</b>	24 1000 Digital Photography DCMH	
2	2000	B&DF Stella Maris Steel Band	StAS	26 1900 Alpha Course Thorns Hall	
2	2000	B&DF For Love or Money	SHS	27 1930 Himalayan Trek StAS	
2		English Folk Harmony	F	29 1000 McMillan Nurses Coffee Morning (29) GH	
3		Queen's Gardens Centenary (1)	QG	29 1000 McMillan Nurses Coffee Morning KL	
3	1000	Art Exhibition Ends	SSC	29 Voice Choirs Weekend DYH	
3	1000	Viking Day	DCMH	30 1100 Giant Bric-a-Brac Sale (30) PH	
3	1400	Dent Cricket v Sheeptown Cavaliers	Dent	30 1430 Beekkeepers' Winter Preparations Langber End	
3	1430	Harvest Festival	StMC	30 Voice Choirs Weekend DYH	
3	1445	B&DF Insomnia & A Desert Island	SGM	<b>OCTOBER</b>	
3	1500	B&DF Gentlemen's Relish	PH	1 1000 Equinox Exhibition (7) FM	
3	1945	B&DF Coope Boyes & Simpson	SHS	1 1000 The Drovers Path Exhibition DCMH	
3		English Folk Harmony	F	1 Voice Choirs Weekend DYH	
4	1900	Sed Badminton AGM	SSSH	4 1000 Barnardo's Coffee Morning URCR	
5	1400	Spinning a Yarn	DCMH	4 1930 HS Rethinking Ingleborough SHS	
5	1900	Neighbourhood Forum	BVH	5 1930 WIH Gillian Price WIA HVH	
5	1930	Swimming Club AGM (7)	Bull Hotel	5 1930 Winter Dominoes KVH	
6		SS Term Begins		5 1930 St Mary's 900 Not Out SMKL	
6	1000	It's Rubbish Exhibition Ends	DCMH	6 1930 Frankly Sinatra PH	
6	1930	B&DF Music at St Andrew's	StAS	6 1930 St Mary's 900 Not Out SMKL	
6	1900	Touch of Elegance (8)	PH	7 1000 Pepperpot Coffee Morning (39) URCR	
7	1930	WIH Childbirth Injuries in Africa	FCH	7 1310 CWT Fungus Foray LHCP	
7	1930	Winter Dominoes	KVH	7 1930 St Mary's 900 Not Out SMKL	
8	1100	Autumn Jams & Preserves	DCMH	9 1930 Gala Group AGM PH	
9	1000	Equinox Exhibition (7)	FM	10 1400 WIK Taste 'n' Try PH	
9	1000	Open Day	DCMH	10 1930 Bingo & Potato Pie Supper FCH	
9	1430	Beekkeepers' Honey Cropping	Three Wood	11 1000 NISCU Coffee Morning URCR	
9		Torchlight Procession	Kendal	11 1915 WID Issues surrounding Strokes DMH	
10	1000	Open Day & Roadshow	DCMH	11 1930 Sedbergh Band Charity Concert TBA	
10	1200	CWT Open Day	Biggerside, Dent	11 1930 WIF Walking the Coast to Coast PH	
10	1400	Dent Cricket v (TBA)	Dent	14 Frankie Armstrong Workshop PH	
12	1400	WIK Wildlife in our Gardens	PH	15 Frankie Armstrong Workshop PH	
12	1800	CDC Enrolment Evening	CDC	17 1415 SLSB PH	
12	1930	Domino Drive	FCH	17 1930 LNFU PH	
13	1000	Dent Foot Chapel Coffee Morning	URCR	18 1000 The Drovers Path Exhibition Ends DCMH	
13	1915	WID My Life in Ghana	DMH	18 1930 HS Mills in Dentdale SHS	
				20 SS Half Term Begins	

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

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*Whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for any inconvenience caused through errors or omissions.*

23	1930	Beekkeepers' 6th Honey Show	PH	
27	1930	LNFU Antiques Road Show	PH	
29		Clocks go Back		
31		SS Half Term Ends		
<b>NOVEMBER</b>				
1	1000	Equinox Exhibition (7)	FM	
1	1000	Sed Badminton Coffee Morning	URCR	
1	1930	HS Crows to Sedbergh	SHS	
2	1930	WIH Mad Hatter Designer Hats	FCH	
2	1930	Winter Dominoes	KVH	
3	1830	Bonfire Night & Skittles Party	FCH	
6	1000	Badminton Club Coffee Morning	URCR	
8	1000	Equinox Exhibition Ends (7)	FM	
8	1915	WID AGM	DMH	
8	1930	WIF AGM	PH	
10		Singing Carlisle-Settle Railway	DYH	
11		Singing Carlisle-Settle Railway	DYH	
11	1930	The Toilers Gift Concert	DMH	
11	2000	Howgill Church Dance	TBA	
12		Singing Carlisle-Settle Railway	DYH	
14	1400	WIK AGM + Social	PH	
14	1930	Domino Drive	FCH	
15	1930	HS Botchergate, Carlisle	SHS	
20	1415	SLSB	PH	
20	1930	Beekkeepers' 2006 Review	PH	
21	1900	Neighbourhood Forum	PH	
21	1930	LNFU	PH	
24		FODS Promise Auction	Dent	
24	1930	WIH Domino Drive	HVH	
24	1930	Motus O	PH	
24	1900	HS Annual Dinner	GC	
25		PH 50th Birthday Party	PH	
25	1300	Ravenstonedale Red Road Race (23)		
29	1930	HS The Other Windermere	SHS	
30		St Andrew's Day		
<b>DECEMBER</b>				
2	1000	Churches Christmas Fayre	URCR	
7		WIH Christmas Party	TBA	
8		Folk Carols Festival	Sedbergh & Dent	
8	1930	Christmas Dominoes	KVH	
9		Folk Carols Festival	Sedbergh & Dent	
9	2000	Syd Banks Band	PH	
10		Folk Carols Festival	Sedbergh & Dent	
12		WIK Christmas Lumch	TBA	
12	1930	LNFU	PH	
12	1930	Domino Drive & Mince Pies	FCH	
13		WID Christmas Meal	TBA	
13		WIF Christmas Dinner	TBA	
13		SS Term Ends		
25		Christmas Day		
26		Boxing Day		
<b>JANUARY</b>				
4	1930	Winter Dominoes	KVH	
16	1930	Domino Drive	FCH	
17	1930	HS Bank Barns, Boskins & Bee-Holes	SHS	
<b>FEBRUARY</b>				
1	1930	Winter Dominoes	KVH	
3	1930	Choral Society Concert	TBA	

#### DIARY KEY

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
F	= Farfield
FCH	= Firbank Church Hall
FM	= Farfield Mill
GC	= Golf Club
GH	= Gladstone House, Fell Close
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
SMKL	= St Mary's Church, Kirkby Lonsdale
StAS/D	= St Andrew's Church, Sedbergh/Dent
StMC	= St Mark's Church, Cautley
SR	= Spooner Room
SSC	= Sedbergh School Chaplaincy
STO	= Sedbergh Tourist Office
URCR	= United Reformed Church Rooms
WHC	= White Hart Club
WID	= Women's Institute, Dentedale
WIF	= Women's Institute, Frostrow
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WVH	= Westhouse Village Hall

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

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

#### Dr W Lumb

Monday 0830 - 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