

Sedbergh & District

# LOOKAROUND

June 2007

Issue 245

Donation 50 pence

I sometimes get on my Soap Box about the number of Posters that appear in and around the town. Personally, I think that they look unsightly, especially when the wind and rain attack them. Then they stay up for well after the publicised event. The information on posters only reach those who see them. If the event appears in *Lookaround*, it reaches everybody, so why not utilise this unique system of communicating with your audience?  
*Dennis & Jacky Whicker*

## Sedbergh Town Band



present their

# 8th



# Annual Concert

Directed by: *Alan Lewis. B.Phil, LTCL, NABBC.*

at the

## Peoples Hall

at 7.30.pm

Wednesday 6<sup>th</sup> June

Tickets £4.00 available from:

The Tourist Information Office, Nisa,  
Post Office and Howgill's Gift & Home.

*Sedbergh Town Band is a registered charity. Number 1086817*



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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788  
e-mail: [lookaround@whicker73.freemove.co.uk](mailto:lookaround@whicker73.freemove.co.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

# CHILDREN'S BIRTHDAYS JUNE 2007



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:-

Tyler James who is  
10 years old on 5th June.

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

**Sedbergh & Dent.**

Day	Name	Age
2	George HINSON	8
3	Demeer CRESSEY	10
5	Tyler JAMES	10
7	Alexander WINSTANLEY	11
9	Christopher McCONNELL	8
9	Edward LAWSON	10
7	Ross SEDGWICK	11
9	Jack LEDDY	11
15	Lavinia CAPSTICK	3
16	Omar NOUR	6
18	Lauren CHARNLEY	5
19	Cameron PARK	6
23	Lewis DALZELL	1
23	Jay KIRBY	4
23	Joe GAME	8
23	Jake WOOF	11
24	Laura HARTLEY	11
28	Annabelle BREWER	8

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

Articles etc. by 19th of every month

F

## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mr & Mrs Wilkinson	Netherclough Holiday Cottage, Garsdale (2007/06)..... <i>1D(4 poster); 1T; 1S; L; TVL; NS; P; VB; EM; (use of Kitchen)</i> Web Site: <a href="http://www.nethercloughcottage.garsdalesedbergh.co.uk">www.nethercloughcottage.garsdalesedbergh.co.uk</a>	21397/22019
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2008/02) ..... <i>1D (ES); IT/F(ES); TV; NS; CH; P; CB; VB; DFB;</i> e-mail: <a href="mailto:sangold.kwood@virgin.net">sangold.kwood@virgin.net</a>	21808
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (2007/09) ..... <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: <a href="mailto:brantrigg@btinternet.com">brantrigg@btinternet.com</a>	21455
Mrs L Smith	Father Haw, Howgill Lane, Sedbergh (2007/07) ..... <i>1D; PB; TVL; CH; NS; NP; P; DR; VB</i> e-mail: <a href="mailto:lsfatherhaw@hotmail.com">lsfatherhaw@hotmail.com</a>	20937
Mrs S Sharrocks	Holmecroft, Station Road, Sedbergh (2007/10) ..... <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: <a href="http://www.holmecroftbandb.co.uk">www.holmecroftbandb.co.uk</a>	20754
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (2007/09) ..... <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i> Web Site: <a href="http://www.ullathorns.co.uk">www.ullathorns.co.uk</a>	015242 76214
Mrs K Vigar	Apley House, 27 Loftus Hill, Sedbergh (2007/09) ..... <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: <a href="mailto:kathryn.vigar@btopenworld.com">kathryn.vigar@btopenworld.com</a>	20447
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2008/05) ..... <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012
Miss S Thurlby	15 Back Lane, Sedbergh (2007/12) ..... <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- <a href="mailto:antique.thurlby@amsolve.net">antique.thurlby@amsolve.net</a>	20251

## CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (2007/09) .....	21567
<i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>	
Borrett Barn Caravan, Marthwaite, Sedbergh (2007/06) .....	21175
<i>4 Berth; H+C; Shower; WC; TV; NS</i>	
Greenholme, Killington, Sedbergh (2007/07) .....	21153
<i>S/C 2 - 9 people; D; PB; CH; L; TVL; P; NS(B); DW; DR; CW</i> Web Site: <a href="http://www.greenholme.fsnet.co.uk">www.greenholme.fsnet.co.uk</a>	
Primrose Cottage, 17 Back Lane, Sedbergh (2007/09) .....	21339
<i>2 Bedrooms, 2 Bathrooms. Available from Mid-September 2007. Sunny south facing</i>	

### KEY

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

## PERSONAL & SMALL ADS £1

### AIREY

William and Mary would like to thank family and friends for the many cards, gifts and good wishes received on the occasion of their **Ruby Wedding Anniversary**. Special thanks to "Our Girls" (and Boys) for the wonderful surprise celebration. You are "Simply the Best".

### CARGILL

Mary wishes to thank all of her friends for their lovely cards, gifts and flowers and for their good wishes and encouragement. Also a very special word of thanks to her carers, who are wonderful.

### TO THE DENTDALE CHOIR

Many thanks all for the hard work you put into preparing for our April concerts. Thank you also for the great party and the exciting present. My very best wishes for the continuing success of the Choir. To quote ABBA, "Thank you for the music". Judith.

### DOBSON

Bill and Jean would like to thank family and friends for all the cards, flowers and gifts received on the occasion of their **Golden Wedding** on the 24th April.

### DONOGHUE

Happy **18th Birthday** Nicola on the 17th June 2007. Best wishes for the future. Love from Mum and Dad. XXXX

### DONOGHUE

Happy Birthday Nicola on your **18th Birthday**. Love from Ian and Garry.

### DONOGHUE

Congratulations Nicola on your **18th Birthday**. Best wishes for the future. Love from Gran, Grandad, Martin and Kate.

### DONOGHUE

Happy **18th Birthday** Nicola on the 17th June 2007. Lots of love from David, Anne-Marie, Tom, Jacky, Joe & George.

### HOPKINS

On 1st July I am to be ordained Deacon at Bradford Cathedral by the Bishop of Bradford. During the time I was considering my vocation and during my training I have received a great deal of support from the people of Sedbergh. Such prayerful support and encouragement has meant a good deal to me and I want to take this opportunity of thanking you all for that. Vic.

### HUNTER

Jim and Mary wish to thank all our family, relatives, and friends, for flowers, gifts and cards received for our **Diamond Wedding Anniversary**, celebrated at Sedbergh Golf Club. Thanks to Ruth and her staff for the lovely food. We thoroughly enjoyed our special day.

### WILLIAMSON

I would like to thank everyone for the lovely cards and presents received on my Christening, and my mother for all her help. Also to Steve, Alison and Karl for making it such a lovely day. Aidan.

## PERSONAL & SMALL ADS £1

### STANTON

Stewart and Glenis are pleased to announce the safe arrival of Myles Rowland born 22nd April, weighing 6lb 15oz. We would like to thank family, relatives and friends who gave us cards, gifts and flowers.

### COUNTRY WALKER?

Male, 49, non smoker, seeks female companion to do some of the classic Lake District walks including Helvelyn via Striding Edge. Please reply to 'Country Walker' at Sedbergh Office Services.

### CLOCK REPAIR?

Thirty eight year old Granddaughter clock in need of repair. Can anybody help? Tel: 015396-21447.

### FOR SALE

Basketwork two-seater settee plus armchair. Laura Ashley. Good condition. Cushions if required. £45 o.n.o. June Parker 015396 20972.

### FOR SALE

Stainless Steel gas patio heater with calor gas bottle. Hardly used. £75. 015396 20041.

### FOR SALE

Red Citroen Saxo 2003. T&T 55,000 miles. £3,500. . All reasonable offers considered. Tel: Sed. 22184.

### FOR SALE

7 x 6' twin fluorescent fittings. 3 require tubes. £10 for the lot or will split. Tel: 015396 20455.

### FOR SALE

Mamas & Papas equipment. 3 in 1 pram, includes car seat & base, carrycot with stand, pushchair attachment & rain covers. Sportline chassis with shopping tray. £150 ono. Guinevere cot with drawer in beech. £110 ono. Both in outstanding condition. Tel: 01539 731296

### FOR SALE

Small wooden trailer 58" x 40". Lights etc. £50 Tel: 015396 21073.

### FOR SALE

New Garden Shed 7' x 5', 8' high. Tel: Sed. 21771.

### FOR SALE

41" diameter Circular pine table on central pedestal + 4 matching rush style seated chairs. Good condition. Cost over £500 new. £95 ovno. Tel: Sed. 21167.

### FOR SALE

Beginners full size blue Violin £30. White 8' adjustable bar with 6 spotlights. £10. Round paddling/swimming pool. 15' diameter. Steps, cover, pump & chemicals. £100. Tel: Sed. 21115.

### FOR SALE

18" ROTARY MOTOR MOWER. Used twice. £50. Tel: Sed. 21647.

### FOR SALE

Patio heater includes full gas bottle and cover. £80. Air walker, new. £40. Hexagonal Gazebo, new. £25. All reasonable offers considered. Tel: Sed. 22184.

**DENT PARISH COUNCIL**

At the Parish Council's Annual meeting on April 30<sup>th</sup> the following appointments were made:

- Chair Jock Cairns
- Vice Chair Ann Wilson
- Playing Field Committee:  
Jenny Pilgrim, David Hartley
- Car Park Committee:  
Ann Wilson, David Hartley Jock Cairns
- Dent Grammar School Educational Foundation:  
Graham Dalton, Ken McClurg,  
Geoffrey Woof, Jock Cairns
- Dent Combined Charities:  
Geoffrey Woof, David Hartley
- Dent Primary School Governors:  
Ann Wilson
- Dent Memorial Hall:  
Graham Dalton
- Sedbergh Community Office:  
Peter Knapton, Graham Dalton

The following issues were also discussed at the meeting:

*Street Parking in Dent*

The problems caused by cars parking on the street in Dent was raised at the Annual Parish Meeting at the beginning of April, and the Car Park Committee was asked to consider the matter in more

**MS SOCIETY  
National Cake Break**

**Saturday 2nd June**  
10 am to 2 pm

Ackworth, Station Road

Cake Stall ~ Books ~ Bric-a-Brac  
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£1 includes Coffee & Cake

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**Donated Cakes very welcome  
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detail and report back to the Parish Council with some possible solutions. *Assessment of Housing Need*  
The Annual Parish Meeting had also asked the Parish Council to consider the best way of keeping an accurate and up to date list of housing need. Whilst this is the responsibility of SLDC as the housing authority, councillors felt that this information was likely to be collected in the next few months by the Bradford Diocese in order to allocate its two new houses in the village. In addition, the survey to be undertaken as part of the Parish Plan should also provide information on this subject.

*A Plan for Dentdale*

Following the public meeting at the end

CASTERTON WI  
*presents a*  
**ROYAL VARIETY SHOW**

including the Pearly King & Queen

**Wednesday 6th June**

7.30pm

Casterton Village Hall

£2.50

*Including Tea & Biscuits*

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One Bedroom Flat

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of March, a Steering Group has been formed to co-ordinate the production of the plan. Its first meeting will be in mid June, and after this all the other people who have volunteered to help will be contacted. If you would like to join in with this but are not sure what it would mean, please contact me on 25655 for more information. There are lots of ways to get involved and everyone is welcome to contribute.

*Financial Statement of 2006/07*

Councillors approved the financial statement for 2006-07, which showed an income of £33,217 and expenditure of £29,093. The council is currently holding reserves to cover unexpected expenditure on the car park, as well as expenditure as a result of the parish plan.

The full statement can be accessed on the Dentdale website [www.dentdale.com](http://www.dentdale.com).

*Allowances for Parish Councillors*

Each year, the Parish Council receives a letter from South Lakeland District Council (SLDC) asking if councillors wish to be paid a small allowance for their work which would be come out of the precept. As in previous years, councillors regarded their role as a voluntary one and so did not want to be paid for it.

*Next meeting*

The next meeting of the Parish Council, to which members of the public will be welcome as always, will be on Monday June 4<sup>th</sup> in the Sedgwick Room.

*Jock Cairns,  
Chair, Dent Parish Council*

# Cobble Country

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#### THANDI TALES IV

I am writing Thandi Tales IV a little sooner than anticipated because Chris & I have 3 weeks leave from the project and will be at the Cross Keys, Cautley from the 20<sup>th</sup> June until mid July and I felt that if anyone wanted to know more about our work it would be an opportunity for people to see us and talk to us.

We recently had a great day here with Sedbergh School cricket team who were on a tour of South Africa. They spent a full day with us at Thandi starting with bacon baps and an introduction to members of our successful Barbarians rugby team, then off to visit one of our communities called DeRust. We packed the boys in a trailer attached to the back of a tractor, the teaching staff came with us in the mini bus. On the way we stopped in our orchards and vineyards where Jan, our assistant farm manager, explained about our Fair Trade status and how most of our fruit and wines go to the

UK. Then on to DeRust and the village store. This is the only shop in the village and has been shut for the last 12 months.

Sedbergh School cricket team had raised funds to restock and redecorate the shop. Two Quaker friends, Alan & Sheila Jewell from Reading, have been staying with us for 5 weeks and during that time have spent virtually every day sanding, undercoating, glossing, emulsioneing etc the inside and outside of the shop until it now gleams and sparkles – they are true friends in every sense of the word. Anne Jones from Sedbergh along with her Sister Claire have also been staying with us and they were roped in to going to cash & carry with Chris and a very long list and bought all of life's essentials to stock the shelves.

It was good for the boys to see the difference their fund raising had made to peoples lives.

From there it was back on the trailer and then on to community number 2 –

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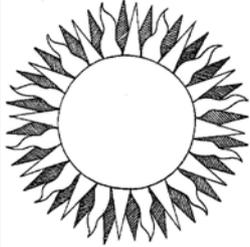
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Yvonne Cervetti	Aromatherapy	015396 21303
Ruth Francis	Remedial massage	015396 20275
Elizabeth Hilton	Light therapy	015396 21800
Deyna Hirst	Yoga consultant	015396 21556
Ian McPherson	Homeopathy and T'ai Chi	015396 20648
Melanie Missenden	Counselling and aromatherapy	015396 21058
June Parker	Acupuncture	015396 20972
Rebecca Wheten	Homeopathy	07792 285357
Denise Williamson	Homeopathy and Bowen technique	015396 20846
Victoria Reed	Hypnotherapy	07803 047643

### *Health practitioners in the local area*

Lebanon – home of the Barbarians R.F.C. This is the club that started in Kendal clubs old strip and went from success to success. The first and second team now play in their new sponsored strip and the youth team still play in the Kendal strip. Here we had the main presentation with Sedbergh School rugby teams providing 30 new reversible fleece jackets, ( it does get cold in winter at Lebanon with frost low down and snow on the mountains). They also brought with them 10 new rugby balls, a school shield, a “7s” strip and a cheque to help complete the work on refurbishing the club house and changing rooms. They had already provided funds for the initial work to begin. There then took place one of the

highlights of our time out here – a game of touch rugby between the barbarians and Sedbergh School boys and staff – 28 boys plus Dan Harrison ( director of Rugby and i/c 2<sup>nd</sup> X1) and Chris Mahon (head of Boys sport, tour manager & i/c 1<sup>st</sup> X1 and Dave Fellows (Head Coach) . Because there were so many some had to sit and wait their turn and Dan & Chris were reluctant to leave the field!

Finally everyone, boys, teachers and Barbarians went back to Thandi Farm stall for a late lunch. We had a photo session and a few laughs and then everyone signed a commitment of friendship. I think our “Ba Bas” are hoping there is a potential England

*(Continued on page 10)*

captain amongst those Sedbergh boys and his signature will be worth a bob or two! They left Thandi around 4.00 p.m. amid much cheering and waving. Everyone here at Thandi would like to express our grateful thanks to Chris, Dan and Dave for arranging for the boys to come and see the differences they have made just by packing bags one Saturday at Asda in the name of Thandi and rattling collecting tins at matches in the name of Thandi. Mr. Hurst please feel proud of these boys and your staff.

In Thandi Tales III I mentioned that we wanted to take the children from our community to the seaside. By using money that was earmarked for far more important things and a more than generous donation from a Sedbergh

couple who wish to remain anonymous ( thanks John & Ba) we took the plunge quite literally and took 95 under 12s for a day at the seaside. Very few of these children had seen the sea never mind been in it.

We arranged for two coaches to be at Thandi at 10.00 a.m. on a glorious sunny Saturday. Chris & I arranged to meet staff at Thandi at 7.15 to prepare the sandwiches and drum sticks and pack the fruit, yoghurts and cool drinks for the day. As we approached the Farm Stall just after 7.15 we could see some children there already and when we pulled up, Sharon, our kitchen manageress said that every child going on the trip had been there since 7.00 – they were determined not to miss out.



## Sedbergh Community Development Centre Part of Cumbria Adult Education Service

### Dry Stone Walling

A weekend beginners courses on constructing a wall and mending gaps. Run by expert waller Ian Cousin. **30th June & 1st July.**  
9am - 4pm both days. Cost £70 (no concessions)

### FREE (Yes FREE!) Computer Courses!

**Using eBay and Online Stores.** Find out how to shop safely online and buy & sell goods on eBay. 2 weeks, Mon 4th & 11th June, 6:30 - 9:30pm.

**Using your Digital Camera.** Find out how to take pictures, download them onto your computer and make simple changes to them. 2 weeks, Wed 21st & 28th June, 6:30 - 9:30pm.

**Are your children Googling you?** An afternoon course on using the Internet and searching for information. Parents especially welcome. 3 weeks from Mon 18th June. 1:30 - 3:30.

email: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)

Tel: 015396 21031

Fortunately the coaches arrived at 9.00 so we loaded up all the children plus 20 parents or grand parents, umbrellas for shade, costumes and towels for those who managed to borrow or find some. The food, drinks, games, presents and prizes went with us in the mini bus.

We had arranged with the Municipality, who look after the beaches, to have some security guards to help with chaperoning the children to our safe site away from the road and also for the life guards to talk about safety in the water and to keep an eye on Granny in case she wandered out to sea.

The brave ones who knew about sea then ran into the tide followed by other who thought it must be OK if the others could do it. This was quickly followed by screams and cries as they realized just what they had done. Within minutes they were all giving the sea a wide berth and it took parents and volunteers a good hour to encourage them all into the water. Of course by lunch time we couldn't get them out until the pangs of hunger and the smell of sausages drove them out of the foaming brine.

The rest of the day was spent with three legged races, egg and spoon and sack races and frequent trips back into the sea. They ate, they laughed, they ate, they went in the water, they ate and then eventually as they got back on the coaches at 4.00 pm they were all given a present plus some sweets and an apple.

The parents said the coaches had only traveled about 2 miles when all went very quiet and most were fast asleep.

We and our hardy group of volunteers were exhausted and adjourned for liquid refreshment. Without our volunteers the

day would not have been possible. Out thanks again go to Anne Jones of Yew Tree Cottage plus other visitors and friends. It was a wonderful day and I am sure it will be remembered by those children all their lives. As I now go through the community village I hear shouts of "hello Oupa" (Granddad) or "hello um Alan" (Uncle) or from the cheeky ones just "Hello Alan".

The big problem we now have is that the 12-18 year old now want a day out!

Well – there is more but that gives you some idea of what we have been up to recently. Again I thank those kind and generous people who give their support to this project. We look forward to seeing you in June.

*Alan & Chris Clowes*

## TIMBER FOR SALE

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**COUNCILLORS' CORNER**

Thank you to everyone who came out and voted for me on May 3. Thanks also to everyone who worked so hard on my behalf throughout the campaign and on the day itself. Every vote did matter just as we knew they would. Thank you also and commiserations to Peter Woof, a worthy and constructive opponent. I have now fought and won five elections in just under ten years for essentially the same seat on the same council. However, I am now looking forward to getting back to the real work as your councillor, working for and promoting the area – looking outwards not inwards.

The result was,  
 Kevin Lancaster, Conservative 867  
 Peter Woof, Liberal Democrat 791  
 Spoilt 10

There were 1,668 votes cast, more even than 2006 when there were 1,619. The SLDC website states there were 2,766 eligible voters and the turnout was 59.94%, ignoring the 10 spoilt papers.

In South Lakeland as a whole my party lost three seats so the Liberal Democrats now enjoy an increased majority on the council. However, I held my seat and the Conservatives also held five other seats so my group still has 15 members. In Eden and Richmond Conservatives made significant gains as we did elsewhere in large areas of England.

A couple of people have asked me what the electorate and the population of my ward are. These are the latest figures I have to hand,

	'07 Electorate	'01 Population
Sedbergh	1,967	2,620
Garsdale	179	259
Dent	547	790



Middleton	92	120
TOTAL	2,785	3,789

You will see these sub-totals add up to rather more than 2,766 who were eligible to vote – the difference is because of additions and deletions from the register since 1 October. I have no doubt the total population will have risen since 2001.

On the other hand the electorate is somewhat reduced from previous years as the new rules have eliminated a number of cases where individuals were entered on two or more electoral rolls, for instance as a pupil at Sedbergh School or as an occupier of a second home.

As to how these figures compare with past centuries see *Sedbergh Historian* Vol. III, No. 4 of Spring 1995 where I went into the subject in some depth. Suffice it to say that the total population has risen markedly since the lowest point in 1981 when it was less than 3,000 for Sedbergh, Garsdale and Dent but still has some way to go before it returns to the figure from 1841 when the same total was 4,836.

**YDNP AUTHORITY:** At the Annual Meeting of South Lakeland District Council I was delighted to be re-appointed as the SLDC representative on

Yorkshire Dales NPA. Obviously the appointment was in the gift of the controlling group so I was all the more honoured to be allowed to continue. I have always tried to exercise the role in a non-partisan way and I intend to continue in the same way.

Whether we agree with it or not, Yorkshire Dales **IS** our local planning authority. As such it **DOES** dictate how our area and our businesses develop. It is no secret that I long for the day when indirectly appointed members are replaced by directly elected ones.

However, the vast majority of present members do listen. There are four Cumbrian members, Graham Dalton, Roger Bird, Malcolm Petyt and myself.

#### **LOCAL GOVERNMENT**

**REORGANISATION:** I had thought that by the time it came to write this article it would be clearer as to what the future held for local government in Sedbergh and the rest of south Cumbria. As yet, no one knows what will happen and announcements are not now expected before September. It will all depend upon who Gordon Brown appoints as Minister for Local Government.

Depending upon what he or she decides

there will be another round of elections either next year or the year after.

**AFFORDABLE HOUSING:** There can be no doubt that more people in the area

are concerned about affordable housing than any other subject. While there is some progress in Dent we will need to build a significant number in Sedbergh.

We will not be able to provide all of them by in-fill so a new site will be needed.

**AUCTION MART:** As I have stated in writing to those who live nearby, I accept that the Auction Mart site will have to be re-developed and that will include some local needs affordable housing.

However, for the avoidance of doubt, I repeat that I am totally opposed to any development on the green field which adjoins the site. That is important open space and I would consider any scheme which compromised this to be unacceptable. In spite of the activity which has gone on over the last three or four weeks **there is as yet no live application for the site.**

To contact me please ring 015396 20800 or 07980 844 695 (preferred) or email [kjlanc@kjlanc.demon.co.uk](mailto:kjlanc@kjlanc.demon.co.uk) or else write to me at Fellgate, Dowbiggin, Sedbergh, Cumbria. LA10 5LS

*Kevin Lancaster*



*Sedbergh*  
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**KEEPING HEALTHY,  
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All of a sudden, major supermarkets (Tesco, Sainsbury's, Asda, M&S) are falling over themselves to remove colourings and artificial sweeteners from children's food and drink. (Though, it appears they will still be present in some children's medicines.) Why has this realisation taken so long? Twenty years ago, when my daughter was small, it was already apparent that such substances would not form part of a healthy children's (or adults' for that matter) diet and many parents acted accordingly.

With radiation from mobile phones and masts the situation is similar. Reports are already filtering through about increased incidence of certain types of brain tumour after mobile phone use of five years. It is often said that children and young people are more vulnerable to ill effects from using mobile phones and being at school near to masts. So we know that exposure to such radiation is unlikely to be good for us and that it is likely to be worse for children. However, unlike food additives radiation is not easy to avoid.

Precautions at home would include:

- Keeping mobile phones away from

children.

- Not having a mobile phone yourself, or just using it for emergencies.
- Otherwise keeping it switched off as much as possible. Do not carry it in a pocket if switched on, hold it away from the head at times of peak radiation, such as when a connection is made.
- Not having a digital cordless house phone. The base units from these emit pulsed radiation 24 hours a day.
- Avoiding cordless technology for computers, laptops, home entertainment, baby alarms and children's toys.
- If you or your children sleep in line of sight of a mobile phone mast (north facing bedrooms in Sedbergh), consider protective curtains (glass absorbs less radiation than masonry). These are available from The Healthy House.

When you have done all that, there is still the residue from mobile phone masts

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**June M. Parker**

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and other equipment in your neighbourhood, over which you have no direct influence. Of course, you can talk to your neighbours and register your concern with the planning authority or the managers of a mobile phone mast (in the case of Joss Lane, this is National Grid Wireless), but you cannot be sure if this will result in any change. A certain amount of exposure is inevitable.

It is impossible to know what the harmful effect of radiation on any one individual might be. What is certain, is that some people will be more easily affected than others. Just as with tree pollen, some people are very badly affected and others don't even notice it. To continue with the hayfever analogy, the approach of Chinese medicine to this is to strengthen the body's resistance to "invasion" by pollen. Of course, in ancient Chinese times there was no artificial radiation, but there is no reason why the principle should not still apply.

The mainstays of increasing the body's resistance are:

- Good diet
- Sufficient rest
- Appropriate exercise
- Avoidance of undue stress and

overwork

In addition, T'ai Chi and yoga offer specific movements to strengthen the systems of the body.

Lastly, don't become obsessed. Do what you can to minimise the damage and then enjoy life. Feel the sun, smell the gorse, listen to the willow warbler, hear the running water, admire the cloudscapes and be happy.

More information is available on request. My telephone number is (015396) 20972.

*June Parker*

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*Climate in crisis - Peat Moorland*

“There is more carbon stored in the UK’s peat than in all the forests of Britain and France combined” (Natural England)

“The heather moorlands of Britain are considered by scientists to be a vital weapon in the struggle against climate change, removing carbon from the air as they grow and storing it in their wet, peaty terrain” (The Independent)

We are informed by the media daily of the need for us to take action NOW to save our planet from the worst predictions of the scientists involved in researching the effects of climate change on the world. Even the watered down predictions contained in the “summary for policy makers” published by the recent IPCC (International Panel on Climate Change) emphasized the potential for disastrous impacts on our lifestyle.

The scientists from the Stockholm Environment Institute at York University have been monitoring a heather moorland site near Penrith. Extrapolating from their figures suggests that up to a tenth of the UK’s Carbon emissions come from the UK’s soil. In 2006 more CO<sub>2</sub> was released into the atmosphere than was predicted from the measured emissions and they believe that this is because the increased temperatures are reducing the ability of the oceans, forests and soils to absorb CO<sub>2</sub>.

So.....what does this mean for us here and now?

During the unseasonal hot and dry period in mid April I walked round Barbon and up on the ridge by Calf Top saw a number of pools dried out with

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dehydrated frog spawn evident. These spells of warm weather are becoming more common (2006 was the warmest on record) and catch wildlife out.

Underlying this though is the drying out of the moorland which could release more Carbon. Walking above Warcop illustrated the very early drying out of this area in mid April – already the moor is at risk from a dropped cigarette end. These habitats provide homes for many of our rarer species which will be forced into a more and more perilous existence.

Russell Sharp from Lancaster University’s Environment Centre is working with pupils from Settlebeck High School on a Climate Change project in conjunction with the Cumbrian Film Collective and will be investigating with the pupils the effect of climate change on certain local plant species which may be at risk from continuing temperature changes eg the Lady’s Slipper Orchid.

Those species that exist high up on our hills cannot easily migrate Northwards to find cooler climates so are forced to move vertically upwards until they run out of any higher hill. This in turn makes local populations die out and further reduces our local diversity.

If we are responsible for managing land

as farmers or landowners then we have the possibility of changing our management to a more sustainable style to not only avoid generating more emissions but potentially to absorb more of the Greenhouse gases. Improving the management of our upland peat bogs (restoring and enhancement) alone could reduce our greenhouse gas pollution by up to 400 000 tonnes a year, the equivalent of removing 2% of cars ( that's 84 000 cars) from England's roads. On the other hand they could emit 381 000 tonnes a year if they are damaged by practices such as excessive burning, drainage and over-grazing.

English Nature have bought up the extraction rights of Scott's, the largest peat producer in England which will reduce some of the damage; Wedholme Flow in N. Cumbria is one that will be improved by this initiative. We can all help to further reduce the exploitation of Peat by reducing our use of it in our gardens. There are many alternatives available in garden centres these days but most importantly we can make our own compost simply and effectively in our own gardens. SLDC even ran their own "Compost Awareness Week" in 2006 and sold subsidized composting bins. 60% of

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household waste is organic and much of it can be home composted.

A really good example of a local peat bog (with a variety of habitats created by historical peat cutting and more recent work by the CWT) is Burns Beck Moss just up near Killington (SD 594 878)

*Some ideas for reducing your carbon footprint at home*

- Reduce your electricity consumption – turn off all those standby devices, take your phone off the charger once it has re-charged
- Turn down your heating by a couple of degrees – even just the hot water in the summer
- Walk, not drive - when possible – better for health too
- Hang your washing out to dry – don't tumble dry
- Buy local food – it hasn't cost lots of fuel to bring it here – good for local producers also
- Recycle as much as you can – use the SLDC provision
- Don't buy bottled water - local water is safe and tasty
- Plant a tree in the garden
- Compost your organic waste and use it in the garden.

### HEALTH CENTRE

A month of announcements, some leading to change but also reflections on the quality of service we deliver. Dr Orr would like to announce her retirement from the practice as of the 1<sup>st</sup> of September 2007. Her hard work and commitment will be sorely missed and a challenge to replace, but we need to thank her for her efforts and wish her well in this exciting new part of her life. With Dr Orr about to leave we have an arrival in the form of our new receptionist, Lynn May. We welcome Lynn to the team and hope that she finds working her enjoyable and fulfilling.

In replacing Dr Orr we are pleased to make Dr Chrissie Hunt a partner in the practice (previously she was employed), increasing to three days per week. Rather than employ another Doctor to replace Dr Hunt the decision has been made to recruit a full time Nurse Practitioner to the team. A Nurse Practitioner works independently looking after patients with both acute illness and long term conditions. They use the same diagnostic skills and are able to prescribe, along with making decisions about further management. In general this development allows for improved standards of care overall, along with an increase in the number of appointments we will be able to offer. Patients should see little difference when consulting the Nurse Practitioner or a Doctor, other than with certain more complex medical problems.

One of our main problems currently is the physical limitations imposed by the Health Centre building. We are bursting at the seams, hampering our ability to

provide extra services. Poor functionality in design further limits our options. The only solution is a complete rebuild.

Thankfully the Sedbergh School Medical Practice has similar problems and is keen to merge. With the support of Sedbergh School and the Primary Care Trust (both essential) provision of unified premises and a merger of the two practices is planned. The final problem has been finding a suitable location in Sedbergh available for development. We are in advanced negotiations with the developers of the old Auction Mart site and with just a little luck plan to start building new premises towards the end of the year. *(maybe the land at the Health Centre could be utilised to extend the (much needed) Car Park? Ed)*

Finally it is worth reporting on our successes this year. We achieved a near maximal Quality score ( 999/1000 ) for the year 2006-7, along with improving our overall Patient Satisfaction Questionnaire result from 68 to 73% (National average 62). Within this “Appointment Satisfaction” rose from 61 to 70% (Nat. Av. 56), “See Doctor within 48hrs” rose from 62 to 69% (Nat. Av. 49) and “Reception Staff” rose from 78 to 85% (Nat. Av. 66). A full list of results is on display in the surgery. These improvements and general high scores (with respect to national averages) only come about through the hard work, dedication and professionalism of all the practice staff along with good practice management. It is worth putting on record an appreciation of the staff and offer a public vote of thanks for their efforts.

*Dr William Lumb*



### **SEDBERGH SCHOOL**

Sedbergh School was paid a visit by Major General Hamish Rollo CBE as part of the Schools CCF inspection.

Major General Hamish Rollo attended the Army Staff Course in 1986 and 1987. His staff appointment was in operation requirements after which he left to take over command of 3 Field Squadron Royal Engineers.

On promotion to lieutenant he spent 2 years working in the concepts and development area before taking over command of 22 Engineer Regiment in January 1995. He was appointed Chief of Staff of Headquarters 3 (UK) Division in January 1997, a post which he held for 3 years and which included deployments in Bosnia in HQ Multi-National Division and to Kosovo in HQ British Forces.

In January 2000 Major General Hamish Rollo was promoted to Brigadier and the ensuing 2 years involved him in planning for operations in Afghanistan, Sierra Leone, the Congo and Iraq on conclusion of which he was appointed CBE. He joined the Staff College as Assistant Commandant in November 2003.

He was appointed Colonel of the Duke of Lancaster's Regiment on 1<sup>st</sup> July 2006 and GOC Theatre Troops on 6<sup>th</sup> November 2006.

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As a former pupil of Cressbrook House School in Kirkby Lonsdale, Major General Rollo was familiar with the area. Arriving by helicopter, Major Rollo was accompanied by the Secretary of the Regiment Col Martin Amlot and was met by CCF Contingent Commander Squadron Leader Graham Clarke (VRT).

Accompanied by the Headmaster Major Rollo inspected a Guard of Honour at the Cloisters, provided by members of the Advanced Infantry Section Gunn Company.

All sections of the CCF were visited including Campbell Company undertaking basic proficiency training in Akay field. The CCF band was inspected and Major

Rollo even sailed with the Royal Navy section at Killington Lake.

The insignis of the Duke of Lancaster's regiment was presented to the School.



### A SEDBERGH VIEWPOINT

Sadly the summer weather of April receded into more autumn like weather as May got under way. All hopes of a warm sunny day for the Gala receded as the day drew nearer. Fortunately there were only a few blustery showers and a few sunny intervals but the wind was a nuisance. The Maypole dancers got their ribbons tied up in knots and the Spitfire fly-past [like so many in previous years] had to be cancelled. It must have been disappointing for all who help put on the Gala – but perhaps it's something they have become used to as indicated in the programme where it said that "the Gala Day will be held whatever the weather conditions are but there may be cancellations of certain classes" etc. All I

can say is – better luck with the weather next year.

It seems to me that Main Street is fast becoming a two way street.. I'm not thinking of the Gala Procession which always traverses Main Street the "wrong" way, but twice in the past month or so I have seen cars driving up Main Street from east to west! I wouldn't have believed it if I hadn't seen it with my own eyes, but it is true. How they managed it I don't know, or whether they made it all the way from end to end, or not.

I was recently given a copy of a community magazine similar to *Lookaround* circulating in the Grange-over-Sands area. I was interested to read an article welcoming the prospect of Cumbria County Council becoming a Unitary Authority for all our services. The question posed was "what has South Lakeland District Council done for Grange?" And the answer: closed two swimming pools, demolished two footbridges over the railway to the prom, closed the public toilets, allowed rats to run amok in the children's play area, increased car parking charges to deter visitors and failed to deal with flooding problems. It made me think, what has South Lakeland District Council done for Sedbergh? Not a lot I guess apart from cutting our refuse collections to once a fortnight [a possible rat problem?] and of course closing toilets and increasing car parking charges, fooling the Parish Council into taking over these SLDC responsibilities.

Last month I wrote on the subject of pre local council election literature showered on us by candidates. I posed the question as to whether those elected last year had

SEDBERGH & DISTRICT

## HISTORY SOCIETY

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**Wednesday 6th June**  
**Kendal**

Mr. T. Hughes and Mrs. P. Hovey will take members to see examples of the work of the architectural firm, Websters of Kendal. Meet at the Kendal Museum car park at 2pm, or at Loftus Hill car park at 1.30pm.

**Wednesday 20th June**  
**Aysgarth Mill**

A tour of Aysgarth Mill. Other interesting things to see are the unusually large churchyard and the rock garden. The trip could be extended by a visit to the beautiful church at nearby Wensley. Meet at Aysgarth Mill at 2pm, or Loftus Hill car park at 1pm.

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

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---

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kept the promises which enticed us to vote for them. Well I've looked back at some of the literature of the elected party. Some quotes: - "Parking for local residents in Sedbergh is becoming more difficult following the council's decision to stop free parking for residents on the Joss Lane car park."; "following complaints of speeding traffic in Main Street, Back Lane and Maryfell, pressing the council to introduce more traffic calming in Sedbergh"; "asking the council to give more attention to cleaning up grot-spots in our area" and "older bus users will get a better deal" re concessionary fares. What has been achieved? We still don't have any free parking for residents and our streets are even more cluttered with parked cars which would otherwise use car parks. We still have speeding traffic and no traffic calming measures have been introduced. Litter still accumulates for lack of street cleaning. Fares for senior citizens using buses beyond South Lakeland District Council boundaries have increased and the scheme is one of the poorest in Cumbria. So much for politicians' promises! It was interesting that this year's literature tried to convince us that they have done well and the promises were watered down to such vague phrases as "I will endeavour to", "I will press for" perhaps knowing that there is little they can do to improve the area without jacking up the council tax beyond our reach, and incurring government penalties.

The one achievement trumpeted is provision of the plastic recycling bin. However it took a year to arrive and was

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promptly full to overflowing. "Let's Sort It – Together" is South Lakeland District Council's slogan. It appears to me that we local residents are prepared to do our bit, but we seem to do all the sorting whilst the council seem to do little themselves. Visitors are shocked to find that so little recycling is collected by the bin men. Many councils provide a wheelie bin for recycling. Residents fill it with paper, tins, cardboard, plastic, glass [anything recyclable] and the local council empties the bin – and sorts it!

Well, we are into June now, with the longest days and hopefully much warm sunshine to enjoy them with our barbeques, and summer events. There are a lot of good things going on in Sedbergh. Let's make the most of them, support them and enjoy them. See you at the next upcoming event, the Town Band Summer Concert.

Best wishes

*N Hastle.*



# DENT FOLK FESTIVAL

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## SEDBERGH AND DISTRICT HISTORY SOCIETY

### *A walk around Appleby*

The first summer visit of 2007 was to Appleby. Members were taken on a conducted tour of the attractive town by Vivienne Gate and other representatives of the Appleby Society. Our tour began at the ancient Moot Hall where the business of the town council is conducted. The present mayor gave us a short talk about the town's history and traditions. Appleby, which was originally the county town of Westmorland, gained its charter in the twelfth century, and the Moot Hall was built in Tudor times. On a plaque over the door, the date 1596 is recorded. Appleby was ravaged by the Scots on

several occasions, and some of its original streets have not survived. However on Boroughgate, its wide main thoroughfare, there are some lovely old houses. The mayor, indicating some of the many pictures of former mayors and inhabitants of the town on the walls of the chamber, told us about a few of the town's notable inhabitants. One of these was Jack Robinson, who gave his name to the saying, 'as quick as you can say Jack Robinson'. He also showed us some of the impressive robes and regalia which are used on ceremonial occasions. Interestingly, two halberds belonging to the town always stand outside the house of the incumbent mayor during his time

in office. We were reminded of the annual Horse Fair for which Appleby is widely renowned. Evidently, so many visitors descend on the town for the event that many citizens tend to batten down the hatches during the fair.

Armed with our newly acquired local knowledge we were led up Boroughgate to St Anne's Hospital, a group of small almshouses clustered around a small courtyard with a fountain. They were founded by Lady Anne Clifford, a local sixteenth-century landowner, for destitute widows. We were allowed into the tiny chapel, where much of the woodwork dates from the seventeenth century, and the striking eighteenth-century texts around the walls replaced older originals. At the back of the almshouses is a peaceful grassy area where the residents once had small gardens. Next we walked to the top of the hill and looked through large gates at Appleby Castle. Sadly, it has been closed to the public for several years since English Heritage refused to accept the plans of the owner of the castle to develop the site.

Then we were given an unexpected treat. John and Jill Hodge who live in a lovely Georgian fronted house halfway down Boroughgate invited us in to see the building and the garden. Attractive period features have survived in the house and these are complemented by beautiful furniture and decoration. For the gardeners amongst us, their collection of interesting plants was of special interest.

Our tour ended with a visit to the parish church of St Lawrence at the bottom of the town. Like so many churches, it has been added to over the centuries, from



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the oldest twelfth-century building in the tower, the fourteenth-century porch and pillars in the nave, to the restoration of more recent times. Perhaps the most memorable items in the church are three memorials at the far end of the church. One is a small, unadorned effigy of an unnamed lady, which contrasts with a beautiful alabaster figure representing Margaret, Countess of Cumberland, mother of Lady Anne Clifford. She herself is commemorated on a large black marble monument.

Appleby is a most interesting ancient town, and we were really grateful to our knowledgeable guides, who gave up their time to show us some of its finer points.

## COMMUNITY OFFICE NEWS

### *Community Cinema*

Hurrah! We have now raised £18,000 and are in a position to purchase equipment and work towards a launch date in September. We are therefore looking for people who are interested in cinema to assist in:

- administration of the cinema
- planning a programme of films
- setting up equipment at village halls around the district

Ideally the committee would include:

- people of all age ranges, from teens to the more senior members of our community
- parents of young children
- a representative of each of the parishes

That way we can be sure that programming for our new cinema will be accessible to all.

We also want to know:

- The type of films people want to see

- whether people would like a film club?
- How often people would like films to be shown?

As part of our grant remit we are also asking if different voluntary groups would like to provide refreshments for film nights – this would be raise funds for their group and could revolve around a theme night or a film that is particularly suitable for the group hosting the night.

Please call into the Community Office where there is a short form to register your opinion or interest in any of the above ideas.

### *Pen pal*

The office was recently contacted by an Australian lady who is interested in a pen pal here. She has ancestral connections with Sedbergh and is trying to research her family history.

She says: I was born in Adelaide, South Australia, I'm studying for my Degree in Commerce (Accounting) and hopefully

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will graduate in December this year. In between studying at University, I work for a company as a cleaner. As all my relatives on my Mum's side are from Sedbergh and Northumberland, I have been able to live and work in the UK. on and off over the past 5 years, and as I'm interested in my UK ancestry and British history I have started researching my family tree.

I enjoy travelling, dancing, going to the theatre, walking, Archery and reading. I am single, 36 years of age.

Anyone interested, please contact the office for her details.

#### *Community Office Rummage*

We are planning a big clearout of the Community Office and any unwanted stuff will be up for grabs on 13<sup>th</sup> June between 10 and 12 noon. There will be assorted computer bits, odd chairs, desk, mirrors, baskets, coat stands, books and much more. A donation to office funds would be appreciated for anything taken. Do come and have a look!

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#### *Closing Times*

As from June 1<sup>st</sup> Thursday opening times will be from 10.00am until 1.00pm. Open the rest of the week as usual (see details on back page).

#### *Books*

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### A COMMUNITY WEBSERVER

Another first for Sedbergh? Could be. Sedbergh Chamber of Trade is in the process of setting up a community webserver. This will provide a local service to businesses and community groups that they currently get from a wide range of places, sometimes paying more than they need to and sometimes getting a service that doesn't cope too well when they want to update or develop their websites.

Of course the moment someone tries explaining about computers, things begin to get complicated. That's because they are complicated. I'm reminded of the schoolteacher in Glasgow who spoke to a pupil's mother about his low standard of personal hygiene that was causing him to

be the butt of jokes in class. "He's here to be tellt, not smellt", replied the lady, "He's no' a @@\*\*@@ strawberry!" Or so the story goes. And of course she was wrong. These days things are too complex for them to be tellt, rather you sniff out the means of finding out, and then it's up to the learner. Not least, because the telling would take up far too much time and space.

For this reason, I'm going to suggest you look at [www.sedberghcoft.org.uk/webserver](http://www.sedberghcoft.org.uk/webserver) where you should be able to find out much more about what a community webserver is and why we should want one.

Very briefly, it's one thing having someone design a website for you, you then need to find somewhere to put it, or

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store it, so that's it's available day and night on the internet, and there are hundreds, maybe thousands, of companies that will offer this service. Most people leave it up to whoever designs their website for them to arrange and this may be OK, however as a number of businesses in Sedbergh have found to their cost, it isn't always.

By setting up a webserver, Sedbergh Chamber of Trade will be providing a service to its members and local community groups that is owned by the community, is forward-looking and includes the capacity to allow a website to grow.

I attended a day's training on websites put on by the government's UK Trade and Investment agency last November, and this topic, of capacity for growth and of enabling constant change and updating, was touched on not at all. But I can tell you, it is probably the most important thing to think about, when considering website design.

We're fortunate in Sedbergh in having a (small) number of people who know what they are doing in maintaining a webserver service that is as good as you'll find anywhere, and this is perhaps one reason why Sedbergh can provide this service to its community where no other appears to have done (yet).

Please note this is NOT about the Chamber of Trade making your website for you. It is about putting in place an infrastructure for the hosting of websites that is secure, accessible (in terms of advice), business-class and expandable. (Apologies for the jargon, but it's true).

If you find you cannot get into [www.sedbergh.org.uk/webserver](http://www.sedbergh.org.uk/webserver) (and assuming you typed it correctly of course) press the Windows key on the bottom row of keys on your keyboard, then select 'Run' and type the web address in the box that appears and click OK. That should do it. I need to mention this because these days many systems are being set up so you don't access a website direct, you go via a search engine that, purely coincidentally of course (ahem), provides you with sponsored items ahead of the thing you're looking for. Our webserver pages won't currently be found that way. (Apple Macs don't have a Windows key, if you get this problem on a Mac, send me an email).

And if this seems too complex, or too simplistic, or too boring, then I apologise. All you need to remember is: Sedbergh out in front AGAIN! Or ask more via email, [admin@sedbergh.org.uk](mailto:admin@sedbergh.org.uk)

*David Collier*

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1st	Nathan Simpson
2nd	Ruben Swallow
3rd	Charlie Lees
Girls 8+	
1st	Rowen Hall
Boys 8+	
1st	Jake Cowperthwaite
2nd	Luke Robinson
3rd	Nathan Handley
	Prams/pushchair
1st	Phoebe Hall and Thomas
	Decorated vehicle
1st	Playgroup
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1st	Primary School
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3rd	Peter Pan and Co
	Senior Fell Race
1st	Alistair Dunn
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	Under 17 Fell Race
1st male	Alex Till
2nd	Jack Thompson
3rd	James Mountain
1st female	Rosie Stuart
1st local	Sam Fisher
	Under 14 Fell Race
1st male	Sam Till
2nd	Rory Addison
3rd	Ryan Croasdale
1st female	Melanie Hyder
2nd	Rebecca Swindelis
3rd	Ellie Taylor
1st local	Luke Ingham
	Under 12 Fell Race
1st male	James Knox
2nd	James Hall
3rd	Ben Johnstone
1st female	Megan Stewart
2nd	Lorna Jo Nunnick
1st local girl	Morgan Turner-Lant
1st local boy	Harry Cooling
under 11	Harry Cooling

The People's Hall Management Committee is looking for a cleaner and caretaker for the Hall. The hours are flexible and the pay per hour competitive. To learn more about the position, please contact: Steve Longlands on 20885 Elspeth Griffiths on 20677 Andy Denton on 20521 or call in at Sedbergh Office Services

A full report regarding the Gala will appear next month.



**SEDBERGH PRIMARY SCHOOL**

*Swimming awards*

As part of the curriculum years 5 and 6 go swimming. They have a 1/2 an hour lesson each week for 2 terms. Some children have had lots of experience and for others it's a relatively new one. Each and everyone has gained so much confidence in this time. This year we have had lots of children aiming for and achieving, their S.EAL awards. The children have worked hard and biane Knowles (swimming teacher) has tested

them at the end of the Spring term.

We had 14 children achieving their S.E. A.L 1. This is when they first begin to swim with their pyjamas on, a very strange experience!

16 passed their S.E.A.L 2 this involved a timed swim (100m *(for the elder generation, including me, that's meter not miles!! Ed)* in less than 4 mins) amongst other things.

3 children passed their S.E.A.L 3. Diane said they did it so quickly she was going to put them in for their S.E.A.L 4! ( 3 weeks later!)

8 children entered their S.E.A.L 4 ... all 8 passed. Never before have we had so many strong swimmers. It was amazing to be on the poolside watching these children achieving their awards. It was also heart warming to listen to and watch the others giving their support and encouragement. The atmosphere was electric.

Well done to everyone for trying their very best during swimming lessons.

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**Sedbergh Pepperpot Club**  
**A TWIST IN THE TALE**  
*two short plays based on folk tales with folk music*  
 by **Primary-aged Pepperpot Music Makers**  
**Saturday 30th June**  
 in Sedbergh Primary School  
 10:30 am Coffee  
 11:00 am Performance  
**Free Entry ~ Retiring Collection**

**PEPPERPOT MINI FEST**

“A Twist in the Tale” is on Saturday June 30th in the hall at Sedbergh Primary School. Coffee at 10.30 & Performance at 11.00

Following on from their successful performance of ‘The Midnight Thief’ during the St Andrew’s Festival last June, the primary-aged Pepperpot Music Makers will be taking to the stage again when they perform two plays with music under the title ‘A Twist in the Tale’. The plays are based on folk tales and the music will appropriately be folk music. Last term the group enjoyed a series of folk sessions, led by Carolyn Francis. The youngsters will draw on this experience for their forthcoming production on Saturday June 30<sup>th</sup>, which will be in the round in the hall at Sedbergh Primary School, by kind permission of Mrs Maggie Cullen. Coffee, tea, squash and biscuits will be available for a small charge from 10.30 and the performance, which is free for everyone, will begin at 11.00. There will be a retiring collection. The youngsters have been working hard week by week this term with Judith Bush and



Ann Wright so we do hope that you will come and give them lots of support.

“The Scobies in Concert” will be on Monday July 2nd in St Andrew’s Church at 7.30pm. Entry will be £6.00 including refreshments Children free.

We are in for a treat when sixteen-year old Colin Scobie and his father Alastair come to Sedbergh to provide us with an evening of music. We have been highly impressed by their playing and we would urge you strongly to come and hear them

for yourselves. They came together to Sedbergh to collect a viola which Sedbergh Pepperpot Club is lending to Colin to help him with his studies at St Mary’s Music School in Edinburgh. We are delighted to be able to do this, especially as his grandparents have been staunch members of Sedbergh Pepperpot Club from the very beginning. Alastair will provide piano accompaniment and Colin will play violin and viola. Details of the programme are not known yet since Colin is in the throes of exams just now. Before that, he was busy being the leader of the String Ensemble from the National Youth Orchestra of Scotland for a series of concerts which included one at the Usher Hall in Edinburgh. Whatever Colin and Alastair decide to play on July 2nd, we can be assured of a concert which should not be missed.

A Welcome Return by VaCo on Tuesday July 24<sup>th</sup> in St Andrew’s Church at 7.30pm Entry is £7.00.

The Dales Chamber Orchestra’s attractive programme includes Beethoven’s Septet and a chamber symphony by Wolf-Ferrari.

*Shirley Smith*

### APRIL WEATHER

Well its official April was a record month weather-wise! In fact it was the warmest April on record since records began. It has been so untypical we haven't had the usual squally showers but prolonged sunshine. Temperatures were un-seasonally high with a maximum of 72.1F. The temperatures on the 15<sup>th</sup> had a range of over 40F with a high in the 70sF and a frost of 31F but the temperature when I took my readings, about midnight, was 54.7F. The rainfall for April was quite low with only 2.25 inches and most of that fell in a four day spell during the third week with over an inch falling in 24 hours. Winds were brisk and generally from the North West with a maximum recorded of 20.1mph. Also on the 15<sup>th</sup> of the month a 19.1mph wind produced a wind-chill of 19F.

The un-seasonal weather was reflected in the signs of the natural world. The blossom on the trees was magnificent and the warm weather meant that the bees were working it most days. This should result in a good crop of fruit on the trees come the autumn. The swallows were back mid month and the blackbirds got there first brood away in the shippon at the same time. Celandines we profuse this year and the Spanish bluebells flowered mid month. Yellow rattle and greater stitchwort have brightened the hedgerows. There seems to have been a good crop of lambs around happily playing in the sunshine. One bonus for us of the dry weather has been the lack of snails and slugs. This has meant our laburnum, which has struggled to grow, due to the fact that the molluscs have totally stripped of its leaves. This year

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not only are the leaves there but signs of flowers too. I don't know whether the song thrush is quite as keen on the idea. The bird feeders have not been emptied quite so quickly this as it appears that the blue tits and great tits are away on residential duties. I was pleased to see the seeds of an Elm tree in our field. These seeds are carried over from the autumn and grow quickly before the leaves appear. There were some down by the river Clough also so lets hope the elm is making a come back. One day we were watching a ewe lambing when I noticed a flash of brown and black dash into the hedge bottom. On further investigation it turned out to be a stoat working the rabbit holes in the bank. It shot down one hole with an explosion of baby rabbits about a month old followed by the scream of one that didn't make it! I have seen it once since but I can't remember when I last saw one. It is a mystery where it came from.

## **SEDBERGH TOWN BAND**

### *A.G.M. and Annual Dinner.*

The two events were combined and took place in Sedbergh School's Queen's Hall on Wednesday 16th May.

The Chairman, Sandra Waters, opened the proceedings by commenting on a most successful year in which a substantial programme of events was most pleasingly well attended by local residents and visitors alike.

She paid particular tribute to 'our rock' Bandmaster Alan Lewis, who is so significantly responsible for the existence and progress of the Band. She acknowledged the vital contributions made by all members of the Band but drew especial attention to Tony Crofts and Laura Rosenzweig's tuition of the beginners, the conscientious, efficient financial dealing of the Treasurer, Carl Storer, and the remarkable efforts of Hilary Hodge. In her role of Secretary Hilary, besides dealing with the day to day administrative business of the Band, has had remarkable success in chasing funds from various institutions to help with the Band's future projects and has been instrumental in organising all aspects of July's trip to Italy. Sandra closed by expressing her confident enthusiasm in looking forward to the next twelve months.

Carl Storer then reported on the financial situation of the Band to the membership. He was able to present a most healthy picture in which all sources of income showed a rise enabling a substantial sum to be deposited with Northern Rock, though he did point to future spending commitments, not least

the purchase of a trailer. A pleasing development had been the acquiring of £2 million public liability insurance cover, a move warmly welcomed by the membership.

Chris Chambers's proposal of a vote of thanks to Carl for all his hard work was enthusiastically supported by the membership.

The final address was given by Bandmaster Alan Lewis who began by thanking the officers of the Band for all their contributions. He expressed his confidence in an organisation that was so well run as proved by the impressive state of the balance sheet. He indicated his high level of satisfaction in the musical direction of the Band and commented on the substantial jump in the technical playing level now being achieved by the Band, particularly noticeable in the last few months.

He concluded by announcing the award of the President's Cup - awarded to the member who had made the most progress in the past year. Richard Mason is thus to be congratulated on becoming the fifth holder of the cup.

The meeting concluded with the election of officers to serve for the coming year. Richard Mason and Chris Chambers were elected as committee men to fill vacancies left by the resignations of Tony Playfoot and Ernie Hailwood, whose outstanding services to the work of the Committee were acknowledged. The remainder of the existing committee was elected en bloc.

The meeting closed at 7.35 and was followed by the Annual Dinner and Disco by Danny Smith.

### FROSTROW W. I.

Our President, Ann Petyt, welcomed a good attendance of members to the May meeting. The April walk led by Pat Ramsden had been very enjoyable.

Jonathon Wild of Betty's and Taylor's of Harrogate had proved to be an excellent speaker at the recent Council Meeting. It was interesting to learn that he had matched the £75 cheque given to him and so donated £150 to the Yorkshire Dales Millennium Trust towards planting 2,500 trees in Smithy Wood, Garsdale. Members all received a small supply of Yorkshire teabags.

Arrangements were made for the Group Meeting at Thornton-in-Lonsdale to which six members will go. The Secretary will send for four advance

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tickets for the Holker Festival and two members will benefit from a free entrance ticket.

Three members have spent time finding a suitable venue for a meal on our mystery outing on June 6th. They promise that we will not be disappointed!

Our diary of memorable W. I. Events or achievements by members has been started and should provide an interesting record.

Eileen Staveley volunteered to send Congratulations/Get Well cards to members when appropriate.

Our Pennies for Friendship donation to help women in poorer countries develop self-help income generating projects has been sent.

Ann introduced Anne Timmins, a Federation Advisor, who spoke about the only AGM Resolution this year. Anne worked 35 years in the NHS so was well qualified to discuss the subject which concerns the closure of cottage hospitals. Everyone was agreed that cottage hospitals are a vital part of communities and that once lost would never be replaced, so the resolution was carried unanimously.

On June 6th we will leave on our Mystery Outing at 5pm.

M. F.

## JOHN SOUTER

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**TIM FARRON MP**

Firstly, thanks to everyone who went out to vote in the district council elections. Across all of the wards there was a turnout of 54%, this was up on 50% last year and, although I don't know the national figures, I am sure that this is one of the highest turnouts in the country. Sedbergh in particular was a real star with very nearly 60% of those of you who were eligible to vote making the effort to go out and vote. You were one of the top four wards in the election in terms of turnout. I am sure that the lovely weather played a part in this but most of the country had good weather on that Thursday. It really does make it so much more rewarding to be the MP for a part of the

world where people are so actively involved in the political process.

I spent as much time as possible in the constituency during the election helping our candidates around the constituency, but now that is out of the way I am back down in London much more. As it happens, there have been lots of issues affecting our part of the world that have demanded my presence in Westminster. The Labour Government under Tony Blair has been an unmitigated disaster for rural communities. I am doing my best to ensure that Gordon Brown as part of his "listening agenda" does listen much more to the needs to rural communities. I have already written to him to ask him to reverse the decision to close 2,500 post offices across the country and plan to

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keep up a stream of communication with him to keep him aware of the issues that we face around here.

I have also been keeping up the pressure on the Farming Minister Lord Rooker to tell us what his timetable is for discussions over the replacement of the Hill Farm Allowance. I feel very strongly that they should involve farmers in whatever plans are developed. The Government obviously got it wrong with the introduction of the Rural Payments Agency and it is important that we do not see the same problems being faced by hill farmers when the replacement for the Hill Farm Allowance is introduced. In order to kick discussions off I have invited him to come up to here to tour round a few

farms and talk to the farmers who run them. If he agrees and you think that you have a farm that he should visit them please do let us know.

The other issue that I have been focusing on is affordable housing. I have been taking the opportunity of being in London a bit more to meet with companies involved in the provision of finance for affordable housing, I want to hear what ideas they have.

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

Thanks for your support

*Tim Farron MP*

### FAMILY MUSINGS

Ever had one of those days that seems to last all week? Things just do not work themselves out at all and you reach Friday with such a relief then realize there is still Saturday to live through! When I arrange to visit someone and say a time I always say it is "ish" to allow for traffic, especially getting out of or through Kendal at the moment, even if I am nowhere near Kendal, however one week recently the "ish" got really late and despite my phoning to say "sorry" my welcome was not what you could call "warm" when I did arrive. So now in my diary I have two times, one when I need to leave where-ever I am before and the other the actual time of promised arrival..! will let you know if it helps! (ps I am NOT always late!)

Picture a glorious afternoon and a lovely garden, friends and family sat around in small groups enjoying a wonderful afternoon tea, sandwiches, home made cakes and scones, catching up with folk not seen often or for a while, a really delightful way to gather following the funeral of a very much loved elderly lady, where better than the garden of her beloved home. She and my Dad shared the same grandparents, her son is looking more like my Dad as he gets older, her passing is truly the end of an era, the last of their generation but three generations of her family live on and by their love and care she was able to stay at home until the close of her life. There is nothing better than that.

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How is my brother? He is here with us, a milestone age and become half-my-age living in the middle of what must seem to and on the actual day we will be him to be a bit of an alien world at times! celebrating the 70th Anniversary of the Hopefully there will be more summer completion of our house and do invite weather soon so he can get out on his you along to join the party. 70 yrs ago my buggy and hopefully I will keep-up better parents moved in following their once my bike arrives, now, please note wedding, as the house was being built this is no ordinary bike as I have never when the builder needed more bricks he been able to balance on a bike, it is a sent a telegram and they arrived the next Trike. No rude comments please but do day! Sat June 9 11-6 we will be give me a wave should you see us out, remembering and celebrating. Do join us. good exercise and as I said hopefully able Gardening is certainly therapy, just need to keep up with the buggy! Hubby says I some better weather, even so, jobs are can have a whippet when I can cycle getting done in the rain, at least 5 weeds from home, all around the Back Lane and get sorted out before and again after work home again without stopping, .me thinks each day, small task but we will get there. he is a hard task master! Son comes from time to time to help, he

(Continued on page 38)

is starting a new job with a charity called International Aid which I had never heard of but has shops in Morecambe and Carnforth and our long awaited meal with him and T and her mum and dad has at last been arranged. "Nobbut middlin" was a favourite expression of customers in the shop if they were not just feeling too well, you do not hear it much these days but it sums up somewhere between very well and not very well, the computer has never heard such an expression before! One customer, this is many years ago, got the nickname of Mr Just, because everything they wanted to buy was not "just" the right colour, size, material, thickness or whatever, be the item a piece of clothing, a pyrex dish or a tin of paint!

Glancing out the kitchen window one morning I saw Mitts leap up and catch a Blue Tit in flight, hurrying outside and managing to catch hold of Mitts by her collar I forced open her mouth and the bird flew away! What a story to tell its family when it found them again. Mitts was not at all impressed at all this and being bundled in the house out of the way. Cleo meantime is not doing too well, poor darling Cleo who bangs and bumps into everything and squats down for a wee where-ever she might be is 15 ie 105 in human years. She still welcomes me home, sees off the postman and other folk who deliver here with a burst of energy and loud barking including whoever it was who came very early on election morning delivering leaflets, you know who you are and we hold you responsible for causing Cleo to disturb our neighbours early that day! You also lost your candidate one vote

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from our house, talking of which we kept everyone guessing so I have been told because we had both orange and blue "lollypops" in our garden. We let Cleo out between 5-6am without any problems except on that "5th day of the week, very early in the morning, when someone-unknown came into the garden" no spices or grave cloths involved as far as we know!

Younger daughter is fine, but I am not really meant to talk about her in this column so will say no more, hubby no longer smells "sheepy" and yes there are worse smells ie slurry which has been sat about and then stirred up and spread and somehow even after a shower and hair wash a trace remains-writing this makes me think of the words of a hymn "and trace the rainbow through the rain and feel the promise is not vain that morn shall tearless be" I really believe that. For now, all the best, more next month.

## SLOVENE SINGERS' VISIT

May 10-15

The birds had some stiff competition in May when the Pevke iz Brinjeve Gore came to visit. There was hardly a corner of Sedbergh where the five women singers from Zrece couldn't be heard singing their delightful arrangements of traditional Slovene folk songs.

Not just a fabulous concert with a Northumberland male voice choir called "Voice Male" in the People's Hall, and two other concerts a bit further away over-looking the sea in Heysham and amongst the mountains of Ambleside.

But also many smaller performances in places which included the Quaker Meeting house on Sunday, a Saturday lunchtime promenade performance singing outside the Tourist Information Centre with several other choirs, as well as in the Library, the Church and on the stairs inside Westwood Books.

And on Monday for the children at the Primary School where they sang a couple of songs, taught the children a Slovene round and then enjoyed hearing the children sing back to them in English.

What I particularly liked about this visit was the way the English singers joined in with ease and enthusiasm learning the Slovene songs - and the Slovene singers



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who spoke little or no English also joining in the singing of English folk songs, with some very rousing renditions in the Bull after the concert. Which only goes to show that it is not that Slovene is a difficult language - it is only the belief that it is difficult which prevents people from having the pleasure of speaking and singing this beautiful language.

Of course the language barrier was mostly helped by the presence of Zdenka Kejsar from the Zrece tourist office who tirelessly provided translation between the English and Slovenes. Such is her skill that she was even able to translate the ministering of Quakers during their Meeting without disturbing the silence. And she was especially welcome at the concerts where the audience were able to hear what the songs were about and also hear about customs and traditions in Zrece today. A big thank you from all of us, Zdenka!

Just to make sure there weren't any lingering outposts where the Slovene singers hadn't been heard, they joined a walk with all the English singers through the bluebells and spring woods singing by the bridges over the Rawthey and Dee,

*(Continued on page 40)*

outside Margaret Millburn's garden in Millthrop, on top of Frostrow Fell, and then outside Dorcas and Richard Thomas' house at Briks where the group had refreshments and sang Kolko Kaplic - "May God grant you as many years in your life as there are drops of wine in the glass" - in remembrance of Dorcas' father who was 111 before he died.

Howgills Harmony paid for their flights and accommodation at the Howgills Bunk Barn - and then recovered their costs through the sale of tickets and a kind donation from the Cumbria Community Foundation. The three extra nights' accommodation were kindly provided by our singer Dr Clare Mingins, who also treated them to the delights of full English breakfast. Luzia Marquart

once again provided vast mouth watering meals for all the hungry singers.

The Town Twinning Committee were also instrumental in making the visit a success. David Collier helped with the posters; Garth Steadman, Susan Garnet and George Handley kindly helped with the driving to and from concerts and Blackpool airport - and all three also invited them into their homes for award winning meat on the Bar B Q , midday luncheon, and a champagne reception when the singers made a surprise visit to Hylands: George opened his front door to find the singers celebrating his 70th birthday with a Slovenian song - and their wonderful birthday presence.

Despite only being here for four full days the singers were invited to visit

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eight homes around Sedbergh - perhaps the most spectacular being Roger and Judith Bush's house high above the Cautley valley where the group spent an evening singing with the Cautley Carollers.

But it was with difficulty that they were able to open their eyes and take in the views as Roger drove us up the very rough track to Fawcett Bank - these were tightly closed to avoid having to see the gaping chasm below the track down to the boiling waters of the River Rawthey.

Morning coffee with the singers round the fire at Smithy Cottage was helped by my four month old baby Anika. I always thought that music was the only international language but I now realise that babies are an even more universal language. Not only can Anika say "goo goo goo" and "Gurr gurr" in most European tongues, she also delights in cuddles, kisses and smiles in any language.

On the final afternoon the group went into the Lake District and after a short walk around Loughrigg Tarn with the Langdale Pikes towering into the May sunshine, the singers went for high tea in a National Trust cottage by the lake hosted by the singer Gillian Kelly in her garden.

Their last singing event was in the new Ambleside Parish Centre where a vast circular window looks out over the hills. As the light faded and the sun slipped behind Loughrigg Fell our Slovene friends asked us to dim the lights, and along with some of the English singers they sang Vecernica - the Evening song: "Glejte ze solnce zahaja skoraj za goro bo slo" - See the sun is setting over the

distant mountains, and: "Pojd'mo veselo domo" - let us go joyfully home.

They came as guests but they left as friends. Many thanks to everyone who helped make their visit memorable, and who helped to maintain and strengthen the bonds of friendship and camaraderie between our two towns.

PS If you would like to join the singers in Slovenia there are still some places on the Howgills Harmony Singing Tour of Slovenia from July 30-August 6. And both singing and dancing comes to Sedbergh from Zrece when almost 30 dancers and musicians from the Skomarje dance troupe come with the TIC's Urksa from August 9-13. All the details will be available on the [www.sedbergh.org.uk](http://www.sedbergh.org.uk) website.



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### CYPRIOT FRIENDS

Remember the Town Twinning contest? Remember Eleni and her team? Remember the Feast of Aphrodite? How could some of us forget? Despite Zrece winning hands down, many of us have kept friendship links with Cyprus and every year since 2004 Garth Steadman has accompanied groups from Sedbergh to visit and enjoy not only the very warm Athienou hospitality, but also the many and varied attractions this island has to offer.

This year we travelled in April, wildflower time, with Cyprus Air from Manchester. (£128 return) to Larnaca. We stayed in the Petrou Apartments there at £10 per person per night in a one bedroom suite.

Cyprus was a British Protectorate until 1960 so there is no problem with language or road signs, English is widely spoken and they conveniently drive on the left too. Even the main shopping street is a bit over familiar if anything with M&S, Next, Gap etc side by side. The main promenade offers a range of cafés and restaurants with shaded seating and views of the palm-fringed bay. No soft sandy beach here however but a



rather gritty one. Nevertheless with a wind-break, lounge and umbrella provided at modest cost and few interruptions out of season, one can easily while away a happy hour or two.

Larnaca also has museums, art galleries and antiques all well worth a visit. There is an artists' quarter and a traditional market besides the inevitable more tourist oriented outlets.

On our first evening Garth drove us to Athienou just to have a look around. After a "keystone cops" episode where we drove round and round trying to find a particular coffee shop and always ending up at the wrong one, (to the bemusement of their patrons), we eventually struck gold with a very welcoming Costas

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coincidentally at the right one. After refreshment, a gift of a huge jar of honey and a promise to show us the wildflowers, we set off for the bakery where (coincidentally again) we met Gabriel the mayor who after extracting the last batch of bread (samples all round) took us on a quick tour. We visited Kyriacos' farm where the cattle are kept for milk on huge lots with computerised feeding. Some herds, not his, are milked three times a day and the stockmen we met were from Sri Lanka. It was hay-making time with familiar big round bales being cut, rolled and collected by huge combines: feed for the grass-less lots. The evening concluded with an enormous meze style meal (including dishes of snails) at a local restaurant with

a surprise appearance by Antonis.

The following day saw the party en route towards Famagusta, now a part of the illegal Turkish sector. We could see the deserted high-rise hotels in "no man's land" and both Turkish, Greek and UN guard-posts. The occupation by Turkey in 1974 is still bitterly resented and even more so now as Greek Cypriot properties in the north are being sold to unwary expats. We then headed south along the coast to Cape Greko and then to the resort of Agia Napa. Again, out of season, the harbour and hill-side town seem attractive enough however it is a favourite with 18 - 30s and, on closer inspection most cafés had giant screen satellite TV and an impressive range of

*(Continued on page 44)*

beers. Back in Larnaca we dined traditionally on souvlaki and kleftika with feta salad and a very palatable medium Cyprus white wine. An advantage of local connections is their recommendations of the best places to eat and we did our best to oblige.

We met Artemis and Costas again in Athienou to look for wildflowers. Athienou is virtually on the “green line” and more guard posts are in evidence. Unfortunately this also means that land owned locally is now in the buffer zone and it must be galling to watch it becoming rank and overgrown. Both have land which has been in family ownership for generations but each has various entrepreneurial interests which ensure an apparently very comfortable standard of living. Costas took us to visit his own home and his mother’s more traditional farm house and much has changed in the space of one generation. Both Artemis and Costas have children at university on mainland Greece and one wonders if the close family ties which exist now may begin to fray eventually. Artemis has patches of land left fallow deliberately to allow wild flowers to flourish and although we were late for orchids there was still an impressive and colourful variety on show. He has been experimenting with grafting fruit trees, apricot and pear, onto olive stock and it seems to be working. He has vines as well, all growing healthily and organically on chalk soils. Then back to Artemis’ house for a barbecue. We tackled goat kleftaki, which had been baking in a brick oven for some time and skewers of pork (his own late pig) cooked on a motorised rotary spit and barbecue

combination. Our leader was so impressed that one has actually made the journey from Larnaca to Millthrop. Here your correspondent foolishly ate a pickled chilli only extinguished by consuming copious amounts of fizzy beer.

On our last day we met with Costas again and were treated to a splendid meze meal in Athienou. This gentle man is very environmentally conscious and a vegetarian which must be very difficult in his situation. We probably over compensated by devouring everything (except the snails) that was put before us.

Eleni, the very vivacious leader of the Cyprus delegation, was on holiday in Rome but we managed to meet her that evening to catch up and reminisce. The group are seriously contemplating a return visit here before long when we look forward to returning some of their hospitality but meanwhile we hope more Sedberghians will visit Cyprus and keep this friendship link alive. Cyprus is a beautiful and varied island with many ancient archaeological sites, high mountains with walking trails and dramatic coastlines all accessible by excellent roads. Why not see for yourself. Details on travel etc. from Garth Steadman or myself. *Susan Garnett*



**SEDBERGH PARISH COUNCIL**

*From the Minutes of 25th April*

United Utilities request for Easement and Access to proposed substation on Howgill Lane Playing field. Mr. G. Dalton of Dalton and Hague attended for this item and conveyed to the Council a revised proposal by United Utilities in response to the position taken by the Council at its last meeting. After discussion it was resolved that the Council would ask Mr. Dalton to make the following response:

- that Sedbergh Parish Council retain the right to direct United Utilities to use an alternative route of access of their choosing to that stipulated on the plan,
- that United Utilities will pay

Sedbergh Parish Council at least £400 in recognition of their cooperation in this matter,

- that United Utilities will remove the redundant public convenience at their expense, and
- that United Utilities will make good any disturbance it causes to the playing field in any of its operations.

*Flagstones on Main Street.* Several Councillors were of the opinion that these had not yet been relayed properly, and it was resolved that the Clerk would raise the matter again with Cumbria Highways.

*Local Bus Services.* In response to the Parish Council's letter of concern regarding the imminent withdrawal of the weekly Bus Service 804 to Hawes, Cumbria County Council informs that

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## Expert Patients Programme

this service only carried 307 passengers (6 a week) last year.

A supporting paper summarising correspondence received was distributed to members of the Council. In response the Council resolved the following:

- To write to the Ministry of Defence in support of a motion of Tewkesbury B.C. objecting to a recent policy requiring military personnel serving abroad and their families to pay for parcels received from and sent to home.
- To discuss with Elspeth Griffiths in more detail her request that the War Memorial be refurbished.
- To object to the Highway Agency / Amey Mouchel's proposal to erect signs on the M6 between Junctions 37 and 38 warning motorists of low flying military planes.

A supporting paper summarising planning applications, decisions and

information was distributed to Councillors. The following applications were considered:

FPP loft conversion, erection of dormer window to front roof, and erection of rear extension incorporating first floor dormer window – Dales View, Guldrey Lane. *No objections.*

Listed building consent to replace windows – Rawthey Cottage, Birks Fold, Birks Lane. *No objections.*

FPP erection of single story extension – 2 Highfield Crt, Highfield Road. *No objections.*

FPP change of use of front room to bookshop – 8 Main Street. *No objections.*

Appeal against decision – erection of 4 dwellings – Aqua Engineering Site, Guldrey Lane. *The Council remains opposed to this proposed development on the same grounds as originally set out.*

Correspondence from Mr T Rycroft of 7 Queens Drive expressing concern about a

tree in Queens Gardens. Cllr Hirst agreed to contact Sedbergh School about felling this and the two conifers discussed at previous meetings.

A summary of the training to be provided by North West Planning Aid was distributed to members of the Council.

It was resolved that the Parish Council would organise and lead a litter pick on 14 June, starting from the bus shelter on Main Street. Sedbergh School and Settlebeck School to be invited to assist.

SLDC have arranged for the black bags to be deposited in a skip in the coal yard for collection and disposal.

The issue of lighting in The Folly raised at the last meeting to be further investigated.

Some of the Farmers and Producers market stalls are using the parking bays reserved for coaches. Cllr Blair will discuss with Ms Nelson of the Chamber of Trade. A barrier is needed to separate the stalls and shoppers from the parking/driving area.

SLDC will be asked to remove old recycling signs and provide new ones.

Mr A. Steadman has agreed to install the pedestal and cradle of the new ticket machine in Loftus Hill car park.

The Car Parks committee will arrange for the public conveniences to be reopened and for them to be maintained.

Cllr Blair commented on the lack of clear signage directing traffic left out of Joss Lane onto Main Street. It was resolved to pursue this with Cumbria Highways.

Cllr Hodge expressed concern at the absence of a 'no-cycling' sign on the narrow alley between Main Street and

Bainbridge Road.

Cllr Hodge reported a pedestrian accident in Kings Yard due to the slippery surface. It was resolved to inform YDNP.

Cllr Longlands commented on the lack of any progress regarding First Responders. It was acknowledged that the Council would not take an active lead on this, but it was resolved that the Council would retain an interest in the issue.

Cllr Blair reported a build up of rubbish on the footpath between Castle Garth and Castle Haw. It was resolved to inform SLDC.

Some of the town's young people had requested a meeting to discuss a proposed extension of the bus shelter on Main Street as a meeting place for them. Cllrs Hopkins and Longlands agreed.

It was resolved that the Clerk would meet with the Chairman and Vice-Chairman to develop a model set of Standing Orders for the full Council's consideration.



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## COUNCILLOR'S CORNER

**We Have Done It Again!** Voting participation in our ward, like last year, greatly surpassed the national average; sixty per cent of the total electorate. Many thanks, to all of you who came out to vote in the District Council Elections. Several of you asked me during the run up to the elections why my name was not on the ballot paper. Just to reassure you all... I am still one of your two Councillors and very much involved. I was not up for election this year because we are in a 'double ward.' This means we send two representatives to sit on South Lakeland District Council. It was Kevin Lancaster, my co-Councillor, who was up for election. Sincere congratulations to Kevin for retaining his

seat and continuing to represent us within the Yorkshire Dales National Park Authority!

May I also extend my thanks to Peter Woof, the other Candidate in this election, for his participation in the process. It takes an awful lot of courage, commitment and energy, to get involved in anything like this, be it at Parish, District or County Council level, and win or lose, it really is important to acknowledge all those like Peter, who take the plunge, step into the public arena and get involved... thanks Peter!

This year is going to be a challenging year for Kevin and I as the debate about a unitary authority rages on. The Consultation period will not end until June 22, but within a month or so of that date it is anticipated that we will know whether a single council will cover the whole of Cumbria.

This month though, I have been much more concerned with matters closer to home and have for sometime reflected on what we could do for our young people, particularly in Sedbergh, who have few places to go and little to do as a group in the evenings. Consequently, I seized upon an opportunity to join Cllr Steve Longlands, representing Sedbergh Parish Council, and our Rural Community Officer, Julia Wilson, at a youth meeting at the People's Hall. We explored with a group of young people what the issues were from their perspective as well as what we saw as the challenges and a range of possible solutions. Like other Dales communities, who have gone down this route (Grassington and Dent to name but two), we would like to explore the potential of providing a youth shelter, and

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we realise there are pro and cons that have to be carefully considered. I for one though, strongly feel there needs to be a safe place for our youth to meet in the evenings/weekends, can call their own and isn't right adjacent to a row of homes, as is currently the case with youth congregating in the former bus shelter on Main Street. We are at the early stages of consultation... I promise I will keep you informed.

With regard to one of the other projects I am involved in, recycling, the message I am receiving from the Recycling people is 'Wash and Squash!' I'd better explain! The recycling bin, as you have probably noticed, is filling very quickly and I had to call the Council within the first two weeks of its installation to empty a full bank of plastic waste. I suspect, as more and more of you begin to use this facility, it will need to be emptied with increasing frequency, so it would be helpful to squash those toiletry, cleaning fluid and water bottles and food containers as much as possible, before placing them in the bank. ... I am told if we all did this, it would increase the collection space by 50 percent.

With my other hat on... a Senior



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Manager at St Martin's College, I just want to draw your attention to the plans for a University for our County. Cumbria Institute of the Arts and St Martin's College will merge, along with the University of Central Lancashire's campuses at Newton Rigg and Carlisle (the Cumbria Business School), to become the University of Cumbria from August 1<sup>st</sup> of this year. This will have a major impact upon the further and higher education scene for the County as a whole, for the new University will present increased opportunities for you to participate in a range of course offered in a flexible and accessible format. For those interested in learning more about the project, go to the development website [www.university4cumbria.co.uk](http://www.university4cumbria.co.uk) which gives information about the progress of the project. To find out what the University can offer you and to order a 2008 undergraduate prospectus go to [www.cumbria.ac.uk](http://www.cumbria.ac.uk)

I hope as always, you find my article of interest and remember, your opinions and views on anything I write are always welcome!

sincerely,  
*Cllr Craig Stephenson*

### KILLINGTON WI

The afternoon of Tuesday 8<sup>th</sup> May found Killington W I once again gathered in the People's Hall, or at least a proportion of them. We were missing many members through holidays or persons feeling under the weather, and we hope that everybody returns to top form and is back with us next month. The meeting was nevertheless busy and enjoyable. Shirley, our President, explained carefully the motion which is to be proposed at the National W I Conference at the Albert Hall in June. This requests the government to support local community hospitals which we commended unanimously. We did however support an amendment which emphasised the responsibility of the Hospital Trusts to support these hospitals.

After the serious business was completed we moved on to the more enjoyable part of our meeting. In the last couple of years we have welcomed new members and we thought that it was a good idea if we embarked on a 'know each other' programme. Each member has led such a different and interesting life and so we are inviting them to tell the rest of us about their lives, experiences and families. Mary Tallon, our oldest member, fascinated us with tales of her early life. After schooling in Sedbergh she moved down to Ormskirk where she worked as a nanny. Later she married Harry Tallon, a blacksmith, and moved back to Sedbergh. She has certainly seen many changes in her long lifetime. Mary Fisher told us of her life as a midwife in some of the poorer districts of Leeds, and sitting eating fish and chips



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with the family after the baby had been safely delivered. Shirley, our President, told us of her life as a bailiff, having joined the company as a minion and finally marrying the boss! Pam Moran told us of her very interesting life as the wife of a coffee planter in Kenya, and lots of things beside. We plan to hear from all our members in due course. It really is fascinating.

This was followed by a super-duper tea, (thanks to our committee), luscious cakes and homemade biscuits. We hatched our plans for future activities. First a bric-a-brac stall at the Sedbergh Gala, manned by Dawn Stevens, Joyce Bird and other helpers. Then an outing to the Lune Valley group meeting hosted by Thornton-in-Lonsdale WI, for which Pam Moran is whipping up an exotic tropical dessert for the competition. And finally plans for our Coffee Morning on May 30<sup>th</sup> (over by the time you read this but hope you came and enjoyed it!).

Our next meeting will be on Tuesday 12<sup>th</sup> June at 2-00pm in the People's Hall. Do join us.

*W.F.U.*

## OPTIONS

### *For health & well-being*

Several years ago the name "Options for health and well-being" was adopted by an informal association of complementary health practitioners and therapists in the Sedbergh area. The group met sporadically since then and maintained a listing of members in current practice at the back of the Sedbergh and District Lookaround. At the end of last year the "Options" concept was taken a step further by a group of people with a vision of setting up a holistic centre in Sedbergh.

A suite of rooms was been made available above Ellie's Bakery on Main Street. Thanks to much hard work they have been transformed into spaces suitable for anything from discussion groups to individual counselling, from massage to T'ai Chi. They are warm, private, simply furnished and easily adaptable. Feel free to come and have a look. Also see advert on Page 9.

The Centre was opened officially on the 7th March this year by the principal of the North West College of Homoeopathy, Dave Evans, who in his inimitable way gave an amusing and welcoming address. Votes of thanks were proposed by

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Melanie Missenden and Ian McPherson. Afterwards a delicious buffet was enjoyed by everyone. Many thanks to all practitioners and members of Ellie's Bakery staff who helped the day to go smoothly and make it a memorable occasion for all concerned.

The Centre is now up and running and is initially offering aromatherapy, hot stone therapy, counselling, homoeopathy, massage, reflexology and Reiki. Since opening, the rooms have been well booked and demand is confidently expected to rise as the quality facilities on offer become better known. Regular meetings are held by members of the practitioners' collective to discuss ongoing progress and to make plans for the future.

If you would like to be part of the Options group or if you would like to see clients or run small groups at the Sedbergh Holistic Centre, please contact Melanie (015396 21058 or melmissy@onetel.net) for further information and for details of the facilities on offer, hire charges etc.

We look forward to welcoming you to the Centre either as a prospective practitioner or as a potential user or client.

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## SETTLEBECK HIGH SCHOOL

### *Year 10 Visit to Thackray Medical Museum*

On our visit to the Medical Museum, we saw lots of really interesting things. There were glass displays with amazing surgical tools and dentistry exhibits complete with teeth!

The reconstructed street from Leeds in 1842 showed the bad living conditions people suffered and even gave us an idea of noises, darkness and smells!

We walked through a part like a hospital that showed a surgeon teaching young doctors how to do amputations. The surgeon had to work very quickly using basic instruments as his patient was not anaesthetised. The gallery about maternity care and having a baby was really good as some people tried on pregnancy jackets and we all fell about laughing!

Even though some parts were gory, everybody enjoyed the trip and will remember it well. It has given us a better understanding of many of the things we have been studying in class for GCSE coursework.

*Hannah Scully*

When we reached the museum everyone

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was amazed at the size of the building – it was a large brick building which had been the old Workhouse.

One of the first exhibitions was about Leeds in 1842. It showed different places in a typical street such as the butchers. It was dirty and gave off a disgusting smell of rotten meat!

Another exhibition was about diseases. It gave information about smallpox, cholera and typhoid. There were realistic scenes showing the effects and real cures were on show. The most intriguing exhibition was the surgery where all the surgical tools and procedures were on show. There was also a video showing an operation where a girl was having her leg amputated – it was gory but fascinating at the same time. The video about modern keyhole surgery provided a real contrast to the practises of the 19<sup>th</sup> and 20<sup>th</sup> centuries. Other exhibitions about medical equipment and having a baby were also very good.

The long trip was certainly worthwhile. We all felt we had learnt a lot and were ready to start on our Medicine Coursework!

*David Goad*



## **SETTLEBECK HIGH SCHOOL**

### *Year 11 Leavers Celebrations*

The Year 11 trip to Blackpool proved very popular again this year. Despite a wet journey down the M6, it brightened up into quite a warm, dry, sunny day. Pizza Hut remains the favourite meeting spot for lunch and word quickly got around when Natasha and Imogen discovered the “ice cream factory” upstairs! Because of her dislike for shopping, Tracy put her time to good use, getting several outfits from Primark in the space of about 50 minutes. She was relieved that she won’t have to go again for some time! The group sampled plenty of rides at the Pleasure Beach, with Pepsi Max still number one favourite for many and the new “Infusion” rated as pretty good.

Guests at the Leavers Assembly included Lorraine Foster, Pete Armitage, Paulyne Hartley and Stuart Manger. They contributed with “thoughts for life” and best wishes for the future. Stuart Manger presented students with their Progress Files and wished them well for the future. Pat and Hayley kept up the tradition of providing a celebratory cake which was shared out amongst the group and staff.

The traditional water fight provided a lot of entertainment with the rest of the school watching and keeping at a safe distance. Many came well-prepared with change of clothes and Kellie even had her pink shower cap. There were some real soakings for Jenni, Codey, Richard, Phil, James, Amy, Imogen, Emma and Rebecca M. Thanks go to Nick, Kai and Rebecca W for their excellent mopping up at the end of lunchtime. It was

straight in then for exam preparation as exams begin in earnest until mid-June

*Judith Walsh*

## **SLDC RECYCLING NEWS**

Last year we asked you to let us have your comments about the services we provide, particularly where you would like to see more recycling facilities. We received a number of suggestions, and cannot deliver everything that was asked for. However we are now reviewing the number and locations of recycling banks based partly on the suggestions received.

We will also be looking at the amount of usage each bank receives and the amount of space available at each site. The sites we use are provided with the goodwill of a number of supermarkets and other organisations therefore space may be at a premium in some cases. This may mean that in order to provide new banks it may be necessary to remove a less well-used bank



We are very pleased that the first results of this process are the introduction of plastic banks at Joss Lane in Sedbergh and Booths in Kirkby Lonsdale. We hope that during the coming months we will be able to introduce more plastic banks in response to your requests.

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

Thank you for recycling.

### **PULSE COMMUNITY GYM**

Lots of good news from the Gym. Membership is still growing and Paul Butcher is still there on most Saturday mornings to allow people to go in for a taster session. This has worked very well and the management committee is extremely glad that Paul is such a willing volunteer. Gary Holmes, the official gym instructor is available on 07772 112820 if you wish to book an induction plus Paul can also do this if he is around.

A new drinking water system has been installed to replace the bottled water dispenser which proved to be inconvenient and expensive. A cross trainer will be added to the gym equipment very shortly.

The gym is also creating a special award for Sedbergh Wanderers Football Team, to be discussed with the team committee. This is in recognition of the support given by the SWFC in the early days of the Pulse Projects development.

A contract is in place for the gym to make payment to Baliol school for the cleaning and rental of the gym space. This amount is paid on a monthly basis to the school. The committee would like to thank everyone at Baliol for all their hard work, particularly Steve the caretaker who opens up and closes the gym checking on the cleanliness of the premises and making sure it is fit for use.

The Gym Management committee would like to thank all the members of the gym for being considerate to others and leaving the gym neat and tidy. If you do use the weights please remember to put them back on to the rack as they can be dangerous if left on the floor. Also please be aware when using the bikes or

the treadmill that others may be waiting to use them so please limit your time to ten minutes on these machines when the gym is busy. Thank you.

In Jan 2008 the Pulse Gym and Baliol School are collaborating on a super idea. Beginning on Friday Jan 11 the play barn will be turned into a skating rink for the whole of the weekend. Soon bookings will be invited from groups or parties as well as individuals. More information will be available around September time. The support of the local community has helped and enabled the gym to partly subsidise this exciting event.

---

### **EATING OUT.**

A trip to Grange-over-Sands to try Thornleigh Coffee Shop sadly found it closed but we could assess the access, not good for wheelchairs at least not from the front but perhaps they have another entrance up the side, wonderful views from the cafe out across the bay.

We left Grange and took the turning for Meathop and went to Holme Farm Ice Cream where we were able to buy a pot of tea and some biscuits and flapjack, we ate inside but there are tables outside and the views are lovely over the countryside, there is a children's play area and some sit-and-ride toys and of course lots of yummy ice cream to try. Single cones £1, double £1.50.

To complete our ride out we called at Witherslack and found the Halecat Garden & Nurseries, what a delightful place hidden in the woods. We didn't feel ready to enjoy a cuppa in the Flower Pot Tearoom so bought an ice cream instead which we sat and enjoyed as we looked over the garden.

*E.N.Joy*

## SETTLEBECK HIGH SCHOOL

### *Building Developments*

Over the next few weeks we will begin to see some exciting new developments in the Kitchen and Dining Room. When students return in September, we will have a large Kitchen/Servery, able to cope with the increasing number of meals being served, a re-vamped dining area and a refurbished Year 11 Common Room. All of these developments will greatly enhance our excellent school meals, all of which now follow Government nutritional guidelines and are proving very popular with students at both the Secondary and Primary schools. Pat Eccles and her hard-working and committed team are to be congratulated on coping with so many changes and continuing to provide an excellent value-for-money service.

For some time now the long jump pit has been a barrier to developing this aspect of our Athletics programme – but good news! The pit has now been rebuilt and will be in operation during the Summer Term.

### *Farewell*

In July we say farewell to Dave Smith, who has been at Settlebeck for 13 years. His contribution to so many aspects of school and community life has been enormous and he will be sorely missed. We are sure that many people would wish to contribute to a gift to acknowledge Dave's work at Settlebeck – the school office will be collecting these.

On Tuesday 10<sup>th</sup> July there will be a Summer Fete at school, where the official community "farewell" will take place – everyone is very welcome. Look out for further details in the next issue.



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*Sedbergh Lookaround*

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**SEDBERGH & DISTRICT  
BEEKEEPERS' ASSOCIATION**

This weird and confusing 'spring' weather has taken yet another turn, this time for the worse. As I write we have sadly had to cancel our live bee demonstration at tomorrow's Sedbergh Gala - for the second year running! Outside it is blowing a cold gale and raining hard. No self-respecting bee would dare put her nose out of the hive today (or I should more accurately say, her antennae, those slim little 'feelers' that stick out from her head and are much more sensitive to every flower scent than are our noses).

To prepare for such a live demonstration we need to be able to take one of our busy hives the day before and move it to one side and replace it with another, empty, hive. We move some of the brood (eggs, larvae, and pupae), but not the queen, with their attendant nurse bees into this hive from our demonstration hive. We must do this while most of the foraging worker bees are out collecting nectar and pollen for the hive. As bees always return to exactly the spot, to a few inches, where their own hive entrance is (or was!) by this means we transfer many of the flying bees to a temporary home. This leaves our demonstration hive much easier to show to visitors on Show day, as otherwise our bee-proof gazebo tent would be full of flying bees trying to forage! So, sorry, there could not be a live display at Gala this year. We hope you enjoyed our static display in the main marquee, and tasted some honey.

We hope there will be much better weather for our next apiary visit, at

2.30pm on Saturday 9<sup>th</sup> June at our treasurer's apiary at Holly Bank, near Ingleton, when we shall be looking at the best ways of gathering the spring honey crop. Our main event of the month is our 5<sup>th</sup> Annual Summer Beekeepers' Convention to be held in The People's Hall from 9.30am on Saturday 30<sup>th</sup> June. We have three excellent speakers who will inform, inspire, and amuse us with their wealth of beekeeping knowledge, experience, and wit! If you'd like to learn more about bees and beekeepers, please call 21902 for a brochure and booking form. We shall look forward to welcoming you.

*Malcolm Fraser-Urquhart*

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**DENTDALE METHODIST NEWS**

What a wonderful evening we all shared with Mr Eric Brennand, members of the Walk Cumbria Team and each other, a good spread to tuck-into, time to chat and all rounded off with the hymn "God be with you 'till we meet again".

This month sees the musical Saints Alive coming to Dent, the Folk Festival and our services changing to 7pm every Sunday except if we join Dent Foot for a special service.

Arrangements are in hand for an Antique Valuation Day and a Tea in the Garden, more details next month. As ever the chapel is open daily and prayer requests can be left in the Prayer Room. We were delighted to welcome Eva Hoggarth and her family and friends at her Baptism service in May.

On June 20th we are having a coffee morning at the URC Sedbergh, do join us.

*SE and J Woof*

### WHAT A LOAD OF RUBBISH

... that appears on our streets.

When visiting other towns in the country, we half expect to find discarded litter strewn about because people do not have the same respect for where they live. There are some towns and cities that are starting to take a tougher approach to this by having 'Litter Wardens' and giving out 'On The Spot Fines' for discarding even the likes of a cigarette end.

I regularly sing the praises of Sedbergh and its residents to others and am proud to be a member of a community that has total respect for themselves and others, *BUT*, I become quite disappointed when I venture onto the streets and lanes of the town and find empty drink bottles and cans, discarded sweets, crisps and cigarette packets. They do not appear there by themselves!

Members of Sedbergh Parish Council are also aware of this growing problem here and have organised an awareness evening by having a "Litter Picking" walk around the town on Thursday 14th June meeting on Main Street at the Bus Shelter at 6.30pm. Everyone is actively encouraged to join in by helping to pick up the rubbish and not throw it down.

*Stop Press:* SLDC, in their latest "South Lakeland News" just issued informs us that on-the-spot fines of £75 can and will be issued. You have been warned!!!

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### DIALECT DIGEST

The tradition of telling tall tales in dialect is long established, so here are three examples:

An assistant in a supermarket grew tired of his job and gave it up to join the

police. He was out on his beat when he met his old boss, who asked him, "Hoo is thoo likin' t'police?" "Grand," replied the lad. "T'pay's good, t'hoors satisfactory, an' maist important, t'customer's allus wrang!"

The wife of an elderly Dalesman was taken badly one day, so he sent her off to bed. "Ah forgot about t'bakin," she sez. "We need sum breead." "Dean't worry," sez t'husband. "Ah'll hev a goa." He went out and bought a stone of flour and a pound of yeast, and then set about his task. However, after he'd been at it over two hours, his wife called down to him, "Hes gotten t'breead in t'oven yet?" "Thoo mun be jokin'," he shouts back. "Ah can't keeap it in t'kitchen, let alone get it in t'oven!"

A mill employee won half a million pounds on t'Pools. So his workmates were surprised to see him the following day clocking on as usual. "Thoo disn't intend ti goa on werkin' surely?" asked one. "Nut me!" came the reply. "Ah've jist cum back fer mi teapot!" *M Park*

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### CANCER CHARITIES TABLE SALE.

On Saturday July 7th a Table Sale is to be held at "Rhumes" Dent to raise money for Marie Curie and Cancer Care, there will be a raffle and refreshments. We do not have room for any more tables but do hope you will come and support us.

On Sunday 8th there will be Tea in the Garden for Cancer Care. Do come to support this worthwhile cause. Offers of help welcome. *S E Woof 25212*

*Editors Note: Events similar to these details are published ahead of the respective month with an anticipation of an Advert in the relevant month.*

### **SEDBERGH SCHOOL**

Two very talented musicians from Sedbergh School, Imogen Wood and Sarah Rowley both from Lupton House age 17 have just been awarded an ATCL diploma from Trinity College.

Imogen Wood plays the clarinet and Sarah who received a distinction plays the flute.

The girls will be leaving Sedbergh this year. Imogen is having a gap year and then hopes to go to Durham University to study Criminology.

Sarah has won a Choral Scholarship to Kings College London where she will be studying Ancient History.



### **HOWGILL W. I.**

The May meeting started on a sad note when we stood for a minutes silence in remembrance of Lorna Scambler. Lorna was a loyal member and a past Secretary for many years. We will miss her.

Vice President Dilys McCaffery chaired the meeting as Mary Silva was on holiday. Fifteen members and one guest were given a warm welcome. The previous minutes were read and approved.

Seven members will be attending the Group Meeting hosted by Thornton-in-Lonsdale. Judith Capstick has kindly offered to make the exotic dessert for us

to enter the competition. Two members attended the Great Milk Debate at Appleby. These meetings are being held all over England and Wales. Organised by the N.F.U. and W. I. We aim to highlight the low prices and importance of the dairy industry. It is hoped these events will boost public awareness about a highly contentious issue.

Members voted in favour of the resolution urging the government not to close community hospitals. Sheelagh Dennis will be representing us at the A.G. M. in June held in the Royal Albert Hall in London.

Anita Carey finalised arrangements for our summer outing to Brantwood in June. Following the business we had a treat in store, when Edward Lawton spoke on 'My Oboe and I'. We were given the history of the Oboe followed by tunes from famous composers and operas.

His music career started at the age of fourteen and spanned nearly 60 years. As his music skills progressed he became an honoured part of the music scene performing in concert halls and venues around the country.

Helen Beare thanked Edward for a informative talk, interspersed with humour, real music, and talent. The monthly competition 'A Favourite Limerick' was won y Helen Beare with Judith Stainton second. Helen won the raffle and the music quiz. The evening was brought to a close with our usual Jacobs Join, and get together.

Next month we meet on June 7th for a members evening entertaining ourselves, so if you have a story to tell or a talent to share with us, do join us. Non members welcome.

*A. H.*

### DENTDALE MEMORIAL HALL

As our main fund raising event for the upkeep and repair of the Hall it is not surprising we start planning and talking about the August Bank Holiday Monday Gala as early as March! We have a small but willing Gala/Fund Raising committee which is busy making arrangements, asking folks to help and working with the Dent Show committee to try to ensure full community support for the Gala. Please do get involved if only for manning a stall/side-show for an hour, helping set up from around 9am on the day or clearing up. Interested? Please contact me or Graham Dalton as soon as possible.

*Sarah Dent 25212.*



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### JUNE GARDENING

I have just spent much of the last few days digging up Celandine plants in two of "my" gardens in an effort to try to prevent them from swamping all the low growing herbaceous perennials in the garden borders. At home most of our Celandines are the compact, free flowering type which spread slowly by seed, but these in the other gardens are the kind which grow 1ft tall and 1ft 6 ins

wide and produce little, fat, cream coloured bulbils in the leaf axils. They spread very rapidly and the bulbils persist for years in compost heaps so I always bonfire or bin or relocate mine to the wildflower meadow area of the site where they have to fight it out with daffodils and grass.

There are several other things which I never compost: Ground elder, couch grass and other fleshy rooted perennial weeds; bits and pieces of aquatic plants; bluebell bulbs and other storage roots, and annual weeds such as bittercress and willowherb which are at seeding stage are banned, as are the spent stems of border plants such as Foxglove and Teasel as these usually carry hundreds of seeds with them. When I worked at Harlow Carr Gardens we had vast compost heaps which, because of their size and good mix of stuff (including regular clearings out from the local livery stables), heated up to high temperatures and cooked all the weed seeds. I find that my smaller ones (3ft x 4ft with wooden slatted sides and no covering) only heat up some of the time so seeds lie in wait to be spread around the garden with the compost.

The final prohibited items are twigs and hedge trimmings - especially those from thorn hedges. These harden rather than rot down in the damp composty environment. I work occasionally in a large garden where the "lawnmower man" hides his hedge trimmings in the compost heaps and then spreads the resulting compost as mulch all over the borders. Handweeding there can be a very painful experience.

*Elaine Horne*

### **SETTLEBECK HIGH SCHOOL**

#### *Drama GCSE Performances*

On Thursday 3<sup>rd</sup> May Settlebeck Drama students performed scenes from 'Billy Liar' as part of their coursework. The students have been working on these scenes for the last couple of months and their hard work certainly paid off! The moderator assessing them was very impressed by their performances and rewarded them accordingly. Several students in particular deserve special mention of their excellent characterisations; Natasha Hardy, Amy Baines and Jenni Lamb.

*Gillian Rea  
Head of Drama at Settlebeck*

### **A ROYAL VARIETY SHOW**

The Pearly King and Queen coming to entertain the Casterton WI describe the show as a Royal Variety Show and cabaret. It will be an evening of varied entertainment including a bit of history about the Pearly Kings and Queens, music and brilliant spectacle. There will be lots of surprises! The Casterton WI will be delighted to welcome visitors to come and enjoy this evening on Wednesday 6th June at the Casterton Village Hall at 7.30pm. The admission charge of £2.50 will include a cup of tea/coffee and biscuits. Please contact Kay Stockdale on 015242 76443 to book tickets. If anybody has difficulty with transport please let Kay know when booking and we shall try to make arrangements to get you there. Casterton WI looks forward to sharing an evening of entertainment with a difference with you.

### **SEDBERGH BOWLING CLUB**

The Club are offering a free Taster Session of Crown Green Bowling when tuition will be given on Friday 15th June from 2pm to 4pm then later between 6.30pm and 8pm.

Flat shoes are needed for the Green so just come along on the day or ring Linda on 20279 to arrange an alternative time.

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### **SETTLEBECK HIGH SCHOOL**

#### *Study Skills Course*

A useful afternoon was spent helping Year 11s learn to revise thanks to Aim Higher funding an agency called Learning Performance to come into school and work with us.

We learnt a lot of different skills to improve our ability to remember what we learn – essential at this stage as we are about to embark on exams. One thing we practiced was learning long strings of numbers which made us realise how much we could retain, giving us confidence to tackle our studies. We also learnt to do A maps – a great way to plan out and connect up ideas and answer exam questions effectively. Definitely recommended for next year's Year 11.

*Jade Jameson & Rebecca Martindale*

## CUMBRIA WILDLIFE TRUST

*Duck Race 2007*



No two duck races are ever the same! The vagaries of the English weather around the May Bank Holiday are well documented. There has been too much water, too little and everything from too hot to bitterly cold, rain and hail. This year will be remembered for a strong wind blowing upstream which threatened to blow the ducks back from whence they came! Had we contingency plan should no duck make any progress whatsoever? Could we move the finish line towards the ducks? Should we offer prizes for ducks actually revisiting the start line? The fact that they all huddled together suggested collective insubordination or even a decision to down tools in protest against inclement working conditions. Do ducks have access to health and safety regulations, human rights? The organisers had completed copious forms regarding the well being or otherwise of spectators and watchers but had anyone considered the actual runners (paddlers?) themselves?

Surely they couldn't complain about their luxurious winter quarters (although had been mention of nibbling and, dare one whisper it, rodents). Could it be that the presence of some of their rather large feathered cousins loitering darkly in the shallows was causing some hesitancy in

the ranks? How to resolve the situation? While the pains of indecision and mental turmoil were wrestled with on the river bank, down in the water unilateral actions were taken more swiftly. It may be that that same water was inducing terminal hypothermia. The recalcitrant flock were given a severe reprimand and advised to consider their futures. Motivation restored, these hardy creatures set off again towards the finish. Headwinds are as nought to a school of experienced canards hardened in the further reaches of Dentdale. The pace quickened and near abandonment was transformed into a triumph as individuals demonstrated their unique specialities and the winners headed at last for the finish. Phew... another duck race successfully concluded. What could possibly happen next year?

The winners were:

1. Jean and Graham Boakes - Cambridge
2. Tess Moore - Sedbergh
3. Myles Ripley - Sedbergh
4. George and Thomas Hinson - Sedbergh

The organisers would like to thank everyone who backed ducks or helped in any way and a particular thanks to Town Crier Dennis for adding that extra touch of style. We raised over £600 towards the work of the Trust. *MSG*



**DALES UNITED JUNIOR  
FOOTBALL CLUB**

Jill Mitchell will be at the Young Kidz Football Tournament on the 6th July to sign on new players, and players who have not yet done so.

I would especially ask the under 10s, old and new, to ring Mark Sedgwick on 015396-25577. Thank you. *D Baines*

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**SEDBERGH DOG TRAINING**

*Kennel Club Good Citizen Dog Awards*

On Saturday 28<sup>th</sup> April 2007 Sedbergh Dog Training Class held tests which are run on behalf of the Kennel Club.

The examiner was Mr John Estenson who has a wealth of knowledge on dogs being the retired manager of the Wainwright Rescue Centre and a Kennel Club Approved judge A Panel judge at Field Trials.

Seven dogs gained their Bronze Awards. The youngest competitor to date to take this award was Natasha Mc Fadyen with her Jack Russell Taggy. Natasha is just nine years old and has previously gained her Puppy Foundation Certificate.

Another youngster to gain this award was twelve year old Amy Wilkinson with Border Collie Ella .

Other award winners, Anita Swarbrick, with Italian Spinone Luca, Claire Roper with Hungarian Vizla, Monty, Sheila Tickle with Greater Swiss Mountain Dog, Perdi, Jaqui Harris with cross bred Jess, and Roma Singleton, with Border Collie, Beth, who also completed her Silver Award as well.

There were also two Gold Award Winners, Cynthia Bailey with Greater Swiss Mountain Dog Di-Di, and Susan Fish with Border Collie Tiggy.

Sedbergh Dog Training will be giving a Demonstration at The Sedbergh Gala on the 19<sup>th</sup> May 2007.

*Cicely A Robertshaw  
Trainer Sedbergh Dog Training*

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**SETTLEBECK HIGH SCHOOL**

*Young Cumbria*

Young Cumbria is concluding its Youth Work this term with a course involving Dance and Drumming Workshops as preparation to take part in the Gala Parade.

They will then be preparing for a summer camp with sessions on camp cooking, health & safety and putting up tents.

Many students who completed the First Aid course are now starting their Sports Leadership Award, which we see as an excellent development.

Year 10 students have supported the Young Cumbria initiative very well, especially Scott Lowther, Chloe Packham, Dan Amos and Stewart McCandlish, who have sustained participation throughout the year – well done to them.

Paulyne Hartley and Matt Carr are very pleased with Year 10 participation this year and are looking forward to planning more opportunities for students next year.

*Judith Walsh*

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**THOUGHT FOR THE MONTH.**

If you could kick the person responsible for most of your troubles you would not be able to sit down for six months.

Notice outside a Church "Worn out? Come in for a service!" and "This church is not just For weddings and a Funeral".

*LD*

### LOCAL BOYS FUND

There will be a Sedbergh School Local Boys' Fund Committee Meeting on Friday, June 15. Any application is welcome for grants for educational tuition and/or educational facilities from boys resident in the parishes of Sedbergh, Garsdale and Dent.

Please contact Joyce Priestley, Havera Bank, Sedbergh, ( Tel: 015396 20104 ), for any further details.



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### SOUTH LAKES SOCIETY FOR THE BLIND

*Sedbergh Group*

'Memories of Childhood' was the topic for May and produced a wonderful and very touching selection of thoughts from the past. Some people were able to find objects which had been saved and treasured from their younger days and they brought these along to the meeting. A beautiful doll's head, a photograph of a loved family horse, and a cow's horn (used as a substitute for an impossibly expensive cornet) were some of the items displayed. Magical memories of farming, haymaking, cooking and eating out of doors, Christmas thrills and

disappointments and one terrifying storm were brought alive again. Sunday school outings, isolation hospitals, misdemeanours (and punishments!) seemed to have happened only yesterday. The general feeling was that 'we could have written a book' and people went away continuing to recall the past long after the end of the meeting.

The next meeting takes place on the 19<sup>th</sup> of June and will be an outing to Thorn's Hall to enjoy Kath's delicious lunch. Time :- 12 for 12.30, until 2.30 p.m. New members and volunteers are always welcome. For further information telephone Sedbergh 21019 or Kendal 01539 742633. *JGL*

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### LOCAL ELECTIONS

I, Peter Woof, the candidate for the Liberal Democrats in the recent local elections, would like to thank everyone who voted for me. I did not win, but the margin was very close. Again, thank you for your support. *P. Woof*

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### HOBSONS CHOICE

I am compiling a list of all the families who have ever lived at Hobsons Farm in Dentdale. I have virtually all of them from Elizabethan times to the beginning of the 20th century, and again from the second world war to the present day. But there are gaps for the period from about 1900 to 1950.

If any readers know that their grannies, uncles, cousins, or even just neighbours lived at Hobsons in this period, I'd love to hear from them. Call me on 015396 25321, with any information. Thanks!

David Boulton

### SEDBERGH CDC

Judith and Roger Bush are both retiring after many years of teaching in Adult Education.

Judith's ability to teach the Spanish language has added greatly to many a person's enjoyment of their holiday in Spain, while Roger's friendly approach to IT has helped his students to conquer their fear of using a computer.

We are sure that you would like to help us say goodbye, and you are cordially invited to a gathering at Sedbergh CDC on Wednesday 18th July at 7:30pm.

If you would like to contribute towards a leaving present then please bring or post your donation to Sedbergh CDC, The Cottage, Long Lane, Sedbergh LA10 5AL (cheques to Sedbergh CDC please).

*Chris Wood*

### DENTDALE CRICKET CLUB

Our first match on Sunday 3rd June is at Dent, against Kirkby Lonsdale Rugby Club. Thank you to match ball sponsor Stramongate Press.

### Long Lane 1957      2007



### SETTLEBECK HIGH SCHOOL

#### Junior Maths Challenge

This competition was held on 26<sup>th</sup> April. It was open to any students in Year 7 or 8 who were willing to "have a go". All thirty places were taken up by willing entrants and these students are to be commended for taking advantage of this opportunity. We await the results with eager expectation!

*John Hancock*

### READING GROUP

The Group have just read "The Revenge of the Middle Aged Woman" by Elizabeth Buchan.

The next few readings are "The Master Butchers Singing Club" by Louise Endrich in June; "The Woman in White" by Wilkie Collins in July and "Miss Garnet's Angel" by Sally Vickers in August.

All readings are on the 2nd Monday of each month at 3pm in the Library.



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Angling Association	Mr Wright	Dent:	25533
Art Society (S & D)	Miss Nelson	Sed:	20034
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
Book Group Latest Amendment	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Canoe Club (S&D)	Mr Hinson	Sed:	20118
Caving Club (Kendal)	Mr Teal	Sed:	20721
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Hyde	Dent:	25503
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
Dent School (Friends of)	Mr Hartley	Dent:	25317
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed:	21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
First Responders (Dent)	Mrs Pilgrim	Dent:	25589
Football Club (Dent)	Mrs Mitchell	Dent:	25432
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mrs Fisher	Sed:	20764
Garsdale Village Hall	Mr Adams	Sed:	21085
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Gladstone House	Mrs Mackereth	Sed:	20346
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
History Society	Mr Cann	Sed:	20771
Howgill's Harmony	Mr Burbidge	Sed:	21166
Howgill Harriers	Mr Brassington	Sed:	21212
Howgill Schoolroom	Mrs Stainton	Sed:	20665

Howgill Toddlers	Mrs Alderson	Sed:	22050
Kent Lune Trefoil Guild	Mrs Mitchell	Sed:	21144
Ladies National Farmers Union	Mrs Escholme	Sed:	20376
LETS around Sedbergh	Miss Wheaten	Sed:	20959
Liberal Democrats	Mrs Cleasby	Dent:	25476
Playgroup (Sedbergh)	Mrs Brewer	Sed:	21504
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parent Support Group	Mrs Goad	Sed:	20402
Parish Council (Dent)	Dr Ioannou	Dent:	25023
Parish Council (Garsdale)	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	Mr Chivers	Sed:	21456
People's Hall	SOS	Sed:	20788
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)	Mr Hinson	Sed:	20118
Rag Ruggers	Mrs Hennedy	Sed:	20899
Residents Association (S & D)	Mrs Capstick	Sed:	20816
Royal British Legion	Mrs Brassington	Sed:	21212
Scouts	Cubs	Sed:	
	Scouts	Mr Mawdsley	Sed:
		Sed:	20723
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association	Mrs Woof	Dent:	25212
South Lakeland Voluntary Society for the Blind	Mr Axford	Sed:	21019
Squash Club	Mrs Cooling	Sed:	20622
St Andrew's Church (Sed) Sunday School	Mrs Denton	Sed:	20521
Slimming Club	Mrs Uttley	01539	722568
Swimming Club	Ms Pakeman	Sed:	21279
Tennis Club	Mr Robinson	Sed:	21014
Town Band	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	Mrs Sugden	Dent:	25303
Women's Institute (Frostrow)	Mrs Mather	015242	76333
Women's Institute (Howgill)	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Cumbria	Mrs Hartley	01524	781177
Young Farmers Club	Miss Capstick	Sed:	21032
Young Kidz	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	Mrs Woof	Sed:	21644

## BUS SERVICES

<u>Sedbergh to Kendal via Oxenholme</u>				<u>Blackhall Road, Kendal to Sedbergh via Oxenholme</u>			
<u>Monday – Friday</u>				<u>Monday - Friday</u>			
Sed				Dep			
0745		564 S	❖	0830		564 S	❖
0940		564 W		0835	<b>Sch</b>	564 W	
1005		564 S	❖	1030		564 W	
1015	<b>Wed</b>	564B W	❖	1050		564 S	❖
1240		564 W		1300	<b>Wed</b>	564B W	❖
1300		564 S	❖	1330		564 W	
1440		564 W	❖	1410		564 S	❖
1550		564 S	❖	1625		564 S	❖
1711		564 W		1630		564 W	
<u>Saturday Only</u>				<u>Saturday Only</u>			
1005		564 S	❖	0905		564A S	❖
1050		564A S	❖	1050		564 S	❖
1300		564 S	❖	1410		564 S	❖
1550		564 S	❖	1425		564A S	❖
1615		564A S	❖	1625		564 S	❖
<u>Sedbergh to Kirkby Stephen</u>				<u>From Kirkby Stephen to Sedbergh</u>			
<u>Monday – Saturday</u>				<u>Monday – Saturday</u>			
0900	<b>M-F</b>	564 S	❖	0710	<b>M-F</b>	564 S	❖
1120		564 S	❖	0940		564 S	❖
1440		564 S	❖	1225		564 S	❖
1655		564 S	❖	1515		564 S	❖
<u>Sedbergh to Kirkby Lonsdale</u>				<u>From Kirkby Lonsdale to Sedbergh</u>			
0945	<b>Thu</b>	567A W	❖	1215	<b>Thu</b>	567A W	❖
<u>Sedbergh to Cowgill</u>				<u>From Dent to Sedbergh</u>			
1330	<b>Wed</b>	564B W	❖	1000	<b>Wed</b>	564B W	❖
0940	<b>Sat</b>	564A S	❖	1035	<b>Sat</b>	564A S	❖
1500	<b>Sat</b>	564A S	❖	1600	<b>Sat</b>	564A S	❖
M-F	Monday to Friday Only			B =	Braithwaite's Coaches		
Tue	Tuesday Only			W =	Woof's of Sedbergh		
Wed	Wednesday Only			S =	Stagecoach in Cumbria		
Thu	Thursday Only			❖ =	Provided with Support from CCC		
Sat	Saturday Only			Please note whilst every effort has been made to ensure that			
Sch	Schooldays Only (M-F)			the times shown are up to date, they can change at short notice.			
W&F	Wednesday & Friday Only			For Comprehensive up-to-date information ring :-			
T&F	Tuesday & Friday Only			Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)			
<i>All times are from and to The Dalesman Inn</i>				All times valid from 4th April 2004			

## 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**  
*Church Wardens:*  
 John Beck 22109 & Lavinia Mahon 21740

**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

**Rev. C Gotham Tel: 22030**

**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**

*Church Wardens:*  
 Cautley: Judith Bush 20058 & Linda Hopkins 21455  
 Garsdale: Mary Grant 20573 & Bill Mawdsley 20723  
 Dent & Cowgill

**Rev. P Boyles Tel: 25226**

**METHODIST CHURCH**  
 Dent; Dent Foot;  
 Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;  
 Hawes Junction & Frostron

**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.*



### Carpet & Upholstery Cleaning



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Free Advice and Estimate

Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

## DIARY OF EVENTS

*Dates are held up to 5th May 2008*

<b>JUNE</b>							
1	1000	Love is in the air Starts	DCMH	1	1400	Tennis Senior Tournament	G
1	1030	Beyond Surface Exhibition	FM	1	1400	Dent Cricket v Holker	Dent
2	1000	National Cake Break (6)	Ackworth	2	1930	The Scobies in Concert	StAS
2	1400	Bollywood Event	DCMH	4		SS Term Ends	
2	1930	Salsa Evening	PH	4	1000	URC Coffee Morning	URCR
3		SS Half Term Ends		4	1930	WIF Nyumbani	PH
3	1000	Love is in the air Ends	DCMH	5	1930	WIH Stroke Association	FCH
3	1200	Bollywood Event	DCMH	6		Football Tournament	
3	1400	Dent Cricket v KL RUFC	Dent	7		Table Sale	Rhumes, Dent
4	1930	Dent Parish Council	DMH	8	1300	Open Garden	Rhumes, Dent
5	1000	Lensless Landscapes Starts	DCMH	8	1345	CWT Tarn Syke & Sunbiggin Tarn	LHCP
6	1000	Dent Foot Chapel Coffee Morning	URCR	8	1400	Dent Cricket v Bentham Exiles	Dent
6	1030	Beyond Surface Exhibition Ends	FM	9	1500	Reading Group	L
6	1330	HS Kendal Town (20)	LHCP	10	1400	Blood Donor Session	PH
6	1930	Town Band Summer Concert (1)	PH	10		SHS Summer Fete	SHS
6	1930	A Royal Variety Show (6)	CVH	10	1400	WIK Garden Party	HB
6		WIF Outing	TBA	10	1730	Blood Donor Session	PH
7	1930	WIH Members Evening	HVH	11	1000	WIH Coffee Morning	URCR
9	1430	Beekeepers' Spring Cropping	Holly Bank	11	1000	Farmers Market (13)	JLCP
9		70 years of Rhumes	Rhumes, Dent	11		WID Outing	TBA
10	1400	Dent Cricket v Bellrangers	Dent	14	1430	Beekeepers' Queen Selecting	The Bothy
11	1500	Reading Group	L	15	1000	The Dales Landscape Ends	DCMH
12	1400	WIK Textile & Embroideries of India	PH	15	1400	Dent Cricket v Barrow Nomads	Dent
12	1900	Beekeepers' Meeting	Beck House	18	1000	Royal British Legion Coffee Morning	URCR
13	1000	Zebra's Coffee Morning	URCR	18	1900	HS Brigflatts	BF
13	1000	Farmers Market (13)	JLCP	18	1930	CDC Farewell to R&J	CDC
13	1315	Muncheon Music	SSQH	21	1000	Geology in the Dales Starts	DCMH
13	1915	WID Folk Songs. A British Journey	DMH	22	1400	Dent Cricket v Gregsons	Dent
14	1830	Litter Picking (14)	Sedbergh	24	1900	Neighbourhood Forum	CVH
15	1400	Bowling Taster	QG	24	1930	VaCo in Concert	StAS
17		Fathers Day		25	1000	Network Coffee Morning	URCR
19	1200	SLSB Lunch	Thorn's Hall	25	1930	Sedbergh Parish Council	PH
20	1000	Dent Methodist Chapel Coffee Morning	URCR	27	1000	Strawberry Teas	DMH
20	1310	HS Aysgarth Mill (20)	LHCP	29	1400	Dent Cricket v Archbishop Hutton	Dent
22	1945	Dent Folk Festival (22)	Dent	<b>AUGUST</b>			
23	1030	Dent Folk Festival (22)	Dent	1	1000	Carers Coffee Morning	URCR
24	1000	Tennis Junior Tournament	G	1	1000	Geology in the Dales Starts	DCMH
24	1015	CWT Exploring Kingsdale	LHCP	1	1930	WIF Good Heavens, it rhymes	PH
24	1030	Dent Folk Festival (22)	Dent	2	1930	WIH Flower Arranging	HVH
26	1000	Lensless Landscapes Ends	DCMH	4		Tea in the Garden	Dent
27	1000	Alzheimer's Coffee Morning (27)	URCR	4	1430	Beekeepers' Varroa Management	Lingarth
27	1930	Sedbergh Parish Council	PH	4	1200	BBQ & Duck Race	KVH
28		WIH visit to Brantwood		5	1400	Dent Cricket v Lancaster University	Dent
30	0930	Beekeepers' Summer Convention	PH	6		August Bank Holiday	
30	1000	The Dales Landscape Starts	DCMH	8	1000	NW Cancer Coffee Morning	URCR
30	1030	A Twist in the Tale (30)	SPS	8	1000	Farmers Market (13)	JLCP
<b>JULY</b>				8	1915	WID Pancakes Savoury & Sweet	DMH
1	1000	The Dales Landscape Starts	DCMH	12	1430	CWT Riverside Family Walk	DCP
				13	1500	Reading Group	L

*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.*

14 0900	Lunesdale Show	KL		
14 1400	WIK Outing	TBA		
15 1000	StAS Mission Coffee Morning	URCR		
25 1000	Sedbergh Charter Market	Sedbergh		
25 1000	Farmers Market (13)	JLCP		
25 1000	Bridal Exhibition	StCG		
26 1000	Bridal Exhibition	StCG		
27	August Bank Holiday			
27 1000	Bridal Exhibition	StCG		
27 1200	Dent Gala	Dent		
27 1930	Coffee Evening	HVH		
29 1000	Beekeepers' Coffee Morning	URCR		
29 1930	Sedbergh Parish Council	PH		
31 1000	Geology in the Dales Ends	DCMH		
<b>SEPTEMBER</b>				
1 2000	PH Dance	PH		
2 1400	Dent Cricket v Sheeptown Cavaliers	Dent		
5 1930	WIF Homoeopathy	PH		
6 1930	WIH Cookery Demonstration	FCH		
7 1930	KVH Domino Drive	KVH		
9	Dent Methodist Harvest	DMC		
10	Dent Methodist Harvest	DMC		
10 1500	Reading Group	L		
11 1000	Disappearing World Starts	DCMH		
11 1400	WIK Cycle Cuba	PH		
11 1900	Beekeepers' Meeting	Old Vicarage		
12 1000	Dent Foot Chapel Coffee Morning	URCR		
12 1000	Farmers Market (13)	JLCP		
12 1915	WID Stained Glass	DMH		
15 1415	CWT The Sedgwick Trail	LHCP		
15 1430	Beekeepers' Queening a Colony	The Stables		
18 1400	SLSB Talk	PH		
28 1000	McMillan's Coffee Morning	GH		
26 1000	SHS PTFA Coffee Morning	URCR		
26 1930	Sedbergh Parish Council	PH		
29 1430	Beekeepers' Preparing for Winter	Havera		
<b>OCTOBER</b>				
1 1000	Disappearing World Starts	DCMH		
3 1000	Firbank Church Coffee Morning	URCR		
3 1930	WIF In The Red Underwater Photography	PH		
4 1900	WIH AGM	HVH		
5 1930	KVH Domino Drive	KVH		
7 1000	Disappearing World Ends	DCMH		
8 1500	Reading Group	L		
9 1400	WIK Christmas Ideas	PH		
9 1900	Neighbourhood Forum	BVH		
9 1930	Beekeepers' Honey for Showing	PH		
10 1000	Christian Aid Coffee Morning	URCR		
10 1000	Farmers Market (13)	JLCP		
11 1000	Hidden Histories of the Dales Starts	DCMH		
17 1000	Killington Church Coffee Morning	URCR		
18 1915	WID It Shouldn't happen to a Nurse	DMH		
22 1930	Beekeepers' Honey Show	PH		
24 1000	Barnardo's Coffee Morning	URCR		
26 1930	Domino Drive	HVH		
28	Clocks Go Back			
30 1000	Wensleydale Camera Club Starts	DCMH		
31 1930	Sedbergh Parish Council	PH		
<b>DIARY KEY</b>				
BF	= Brigflatts			
BS	= Baliol School			
BVH	= Barbon Village Hall			
CDC	= Community Development Centre			
CO	= Community Office, Main Street			
CS	= Casterton School			
CVH	= Casterton Village Hall			
CWT	= Cumbria Wildlife Trust			
DCMH	= Dales Countryside Museum, Hawes			
DCP	= Dent Car Park			
DMH	= Dent Memorial Hall			
DMC/S	= Dent Methodist Chapel/Schoolroom			
EG	= Embroiderers' Guild			
FCH	= Firbank Church Hall			
FM	= Farfield Mill			
G	= Guldrey			
GH	= Gladstone Houser			
GL	= Garsdale Ladies			
GVH	= Garsdale Village Hall			
HB	= High Beckside			
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			
MCCCKL	= Methodist Church Centre KL			
PH	= People's Hall			
QG	= Queen's Gardens			
SBH	= Sedbergh Bright Hour			
SC	= Swimming Club			
SCC	= Sedbergh Cricket Club			
SHS	= Settlebeck High School			
SLSB	= South Lakeland Society for the Blind			
SMCR/H	= Sed. Methodist Church Room			
StAS/D	= St Andrew's Church, Sedbergh/Dent			
StJCG	= St John's Church, Garsdale			
SPS	= Sedbergh Primary School			
SR	= Spooner Room			
SSC	= Sedbergh School Chaplaincy			
STO	= Sedbergh Tourist Office			
URCR	= United Reformed Church Rooms			
WHC	= White Hart Club			
WID	= Women's Institute, Dentdale			
WIF	= Women's Institute, Frostrow			
WIH	= Women's Institute, Howgill			
WIK	= Women's Institute, Killington			

## 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

<b>District Nurse</b>	<b>Health Visitor</b>
☎ 015396 21690	☎ 015396 20979

#### A Collinge Optometrist

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#### DENTAL SURGERY

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 & Mr B Taylor

Monday to Thursday 0900 - 1700

Friday 0830 - 1500

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

#### LIBRARY Main Street ☎ 20186

Monday 1700 - 1900

Wednesday 0930 - 1230 1400 - 1700

Friday 1400 - 1700

Saturday 0930 - 1230

#### SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day

#### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

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