

Sedbergh & District

# LOOKAROUND

August 2008

Issue 258

Donation 50 pence

A very warm welcome to yet another bumper issue of your very own Newsletter.

Yet again, we have an action packed month of events in the area followed by many in September too. It does surprise me sometimes when some people say

“there is nothing to do in Sedbergh” but looking in our pages, there is *too much* to do. Even so, there are still many events that do not appear in our pages so organisers, please let us have your details for the benefit of everyone.

*Dennis & Jacky Whicker*



## *August Bank Holiday Weekend Dent Playing Field*

*For full details of the weekend, see the brochure or visit  
[www.dentdaleshow.com](http://www.dentdaleshow.com)*

***FREE ENTRY***

***FREE PARKING***

***FREE ENTERTAINMENT***

*Come and enjoy the Spirit of the Dale ....*

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788

e-mail: [lookaround@whicker73.freeserve.co.uk](mailto:lookaround@whicker73.freeserve.co.uk) ~ Web Site: <http://www.sedberghlookaround.org.uk>

# Table of Contents

Personals	4	McMillan	74
Groups	78	Music Festival	35
Bus Timetable	X	N Forum	50
Bed & Breakfast	80	NW Cancer Quiz Results	66
Religious Services	81	Oktet & Amabile Concerts	64
Diary	82	Parish Council Dent	8
Ambulance Point Taken	70	Pepperpot	56
Blood Donor	73	Photo Call	76
Book Town	46	Queen's Gardens	30
British Legion	30	Recycling	33
Charity Garden Party	74	Red Hot Lovers	36
Christian Aid	42	Safer Cycling	72
Churches Together	73	SS Choral Society	33
Councillor Kevin	10	Sedbergh Junior School	37
Councillors Ian & Peter	60	Sed Town Band	13
CWT Hedgerows	22	SHS Catering	34
Dent Parish Plan	26	SHS Hospitality	67
Dentdale Cricket	74	SHS Salford University	16
Dentdale Methodist Chapel	37	SL Carers	35
Editorial	77	SL Society for Blind	74
Family Musings	14	St Andrew's Church	54
Farfield Mill	32	Swimming Club	67
Fell Runners	39	Thandi Tales VI	62
Festival of Remembrance	73	Tim Farron MP	20
Friends & Farming	9	Trial by Jury	68
Fund Raising	74	Weather	38
Gardening	59	Wensleydale Railway	70
Hot & Cold	75	WI Dentdale	28
HS Middleton Hall	18	WI Frostrow	24
HS Time Team	40	WI Howgill	69
Italy Invitation	71	YDNP Surgery	77
Joe Uren	72	Young Cumbria Fashion	68
KL Choral Society	44	Young Cumbria News	74
Market Fayre	38		

# CHILDREN'S BIRTHDAYS AUGUST 2008



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:-

Connor Winn who is

10 years old on 28th August.

Please collect your vouchers from

*Sedbergh Office Services*

13 Kings Yard, Main Street, Sedbergh

which can be used in any shop in

**Sedbergh & Dent.**



Day	Name	Age
1	Annie RAINFORD	2
2	Jordan BURROW	10
3	Ethan LENNON	8
3	Rachel HOPKINS	10
5	Alisha HOLT	11
10	Luke TROUGHTON	3
11	Megan PEARSON	8
13	Mercedes TAYLOR	5
15	Eva HOGGARTH	2
15	Ben THOMPSON	8
17	Lewis GARNETT	5
17	Megan McDOWALL	7
18	Anna PRALL	9
20	Georgina BROWN	6
23	Finn THORNTON	6
25	Joshua THORNTON	10
28	Connor WINN	10
29	Jay FERGUSON	7
30	John SEDGWICK	4

# PERSONAL & SMALL ADS £1

## KIRBY - MIDDLETON

Jay and CJ would like to thank all their friends and family for the lovely presents that they received for their **5th Birthday** which they shared at the People's Hall on the 25th June.

=====

## MIDDLETON

Happy **1st Birthday** Jody Ray on the 29th June. With lots of love, hugs and kisses Daddy, Mummy, CJ and Sienna May. XXX

=====

## Dr. ROBERT S. MARTIN PhD (Cantab)

Congratulations Dr Rob and Good Luck in your new position as a Research Fellow at Christ's College Cambridge. Love from us all at The Head at Middleton.

=====

## OAKLEA TRUST

Thank you to Glynn, the Manager, and staff Paul, Karen, Nina & Michael of Oaklea Trust for all their hard work in looking after people. Georgina Devine

=====

## STEPHEN I PARKINSON BIRTHDAY MEMORIES

Thinking of you Stephen on your 50th Birthday on August 9th 2008 but that is nothing new for no day dawns and no day ends without loving thoughts of you. Love always, Dad, Sandra, Steve, Bill & Rose XXXXX.

## SHEZ

would like to thank all those who stopped & assisted with the car accident near Kendal Fell Sheep on 18th June, especially the Emergency Services. Also a big thank you to all the support, enquiries & good wishes into the health of Sian, which is now much improved.

=====

## FOR SALE

Imitation electric wood-burning stove - £30. One blue 2 and one blue 3 seater sofa - £80 for both. Tel: 015396 21109 or 07773 417197

=====

## FOR SALE

Large number of thick Dent Stone Slates. Tel: 01524 35031.

=====

## FOR SALE

Phil & Ted E3 Pushchair with blue Doubler Kit. Suitable for s newborn & toddler, 2 toddlers or single. Includes baby cocoon & double storm cover. Folds easily. Excellent conc. £250. Tel: Dent 25828.

=====

## FOR SALE

Imitation electric wood-burning stove - £30. One blue 2 and one blue 3 seater sofa - £80 for both. Tel: Sedbergh 21109 or 07773 417197

=====

## FOR SALE

Hen Cabin 5 ft x 7 ft, including dropping board, laying boxes, perches etc. Tel: Sedbergh 21771.

**PERSONAL & SMALL ADS £1**

**FOR SALE**

Electric Cement Mixer. Belle Master Mix MC110. 240v. Easily carried by 1 person. Absolutely spotless and perfect. Less than one year old and used only 20 hours. £90. Tel: Sedbergh 21693.

=====

**FOR SALE**

Bonnet type Chimney Pot. Unused £6. Eleven 4 ft x 2 ft Tower scaffolding sections £12. 5 pvc covered boards £5. Tel: 20455.

=====

**WANTED & FOR SALE**

Manual lawn mower Wanted, one you push, for very small lawn. Any condition. Old carpets & blankets for allotment Wanted (organic materials only please).

Mamas and Papas Freesetyle three in one system pram, push chair & car seat For Sale. £49 o.n.o (cost £500 new) Tel: .21166

=====

**FREE TO A GOOD HOME**

Surplus to requirement, a lovely old organ from St. John's Church, Garsdale. In need of restoration. Free to someone who can make it play again. Details from the Church Wardens - Mary Grant 20573 and Bill Mawdsley -20723.

=====

**LOST**

Lost on the fells on 12/13th July a Sony Ericson Mobile Phone. Phone has been found by a local person but details have been lost. Could you please ring 07943 220804.



**stramongate press**

*printers*

*printers*

*of*

***Sedbergh Lookaround***

Stramongate Press Aynam Mills  
Little Aynam Kendal Cumbria LA9 7AH

phone 01539 720448  
fax 01539 730253  
e-mail info@strampress.co.uk  
website www.strampress.co.uk

## DENT PARISH COUNCIL

At the July meeting, David Hartley was elected to fill the vacant post of Vice Chair, and the issue of parking around The Green was raised in the regular Public Forum item. The resignation of John Ioannou, the Parish Clerk, was received and arrangements were made to recruit his successor.

As usual, the full Parish Council minutes are published on the Dentdale website [www.dentdale.com](http://www.dentdale.com).

### *Parking in Dent*

A member of the public raised the problem of vehicles parking near the junction of Flintergill with The Green and the inconvenience it causes for residents. Last January The Parish

Council had requested Cumbria Highways to provide revised parking restrictions, but so far no progress on this longer term solution had been made. Following discussion, it was agreed to provide slips to be placed on the windscreens of offending vehicles, requesting them to be parked elsewhere, and to contact the police and others to enlist their help.

### *Dent Post Office*

Although the replacement of the permanent Post Office counter by an outreach service is not likely to happen before September, the Parish Council was informed that the private business side of Dent Post Office will close on 3<sup>rd</sup> August. After that date, Dent Stores will provide a number of

## Arts & Heritage Centre

### August at Farfield brings you a bundle of textile treats.

#### Sow: Sew

Jeanette Appleton Howgill Gallery 9th – 31st August

This is a major solo exhibition by textile artist **Jeanette Appleton** For full details please log on to [www.farfieldmill.org/galleries/howgill](http://www.farfieldmill.org/galleries/howgill) or [www.jeanetteappleton.com](http://www.jeanetteappleton.com)

Jeanette will be 'in residence' at Farfield between Monday 18<sup>th</sup> and Sunday 31<sup>st</sup> August.

#### Meet the Artist

Monday 18<sup>th</sup> August, 6pm Admission free but please book your place

An opportunity to hear leading textile artist **Jeanette Appleton** talking about her work, processes and what inspires her creativity.

#### Discussion with Professor Lesley Millar

Saturday 9<sup>th</sup> August, 2pm

Professor Lesley Millar, professor of textile culture at University College for the Creative Arts will be giving a talk on the subject of collaboration in contemporary textile practice.

#### Introducing Un-fold

2nd – 25th August

A new generation of designers who take their inspiration from the English Lake District thanks to the newly formed collective Un-fold. For more details log on to [www.un-fold.co.uk](http://www.un-fold.co.uk).

PLUS Artists' Studios, Heritage Floor, Galleries, Shop and Weavers Tea Room.

Free parking and free entry to Weavers Tea Room and shop

**OPEN DAILY 10AM – 5PM (last admission 4.30pm)**

One mile from Sedbergh Town Centre on A684

Tel: 015396 21958 Email: [admin@farfieldmill.org](mailto:admin@farfieldmill.org) [www.farfieldmill.org](http://www.farfieldmill.org)

# *Sedbergh Office Services*

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

e-mail: office@sedberghofficeservices.com

## **OPENING HOURS**

Monday - Wednesday & Friday 10 am to 4:30 pm (Closed Thursday)

Saturday: 10 am to 12 noon

**All types of bulk photocopying available up to A3 size**

*at low prices*

**Laminating up to A2 size**

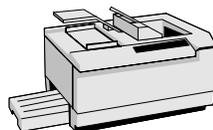
**Wide range of office materials**

**Printer ink cartridges**

**Labels a speciality**

**Fax service available 24 hours a day**

**Plus much, much more!!**



All your stationery needs always available

additional services, including newspapers, prescriptions and dry cleaning.

### *Highways Stewardship Scheme*

More details have been given to the Parish Council about the new Highway Stewards scheme. The County Council have appointed a number of Highways Stewards to carry out minor maintenance work on roads and verges throughout the county. The local Steward covers 13 other local parishes besides Dent, and so he will only spend one week in fourteen here. An important part of the scheme is that each Parish Council will have a Parish Representative who will help the Highways Steward to identify

problems as they arise. Dent's representative is Geoffrey Woof (Tel: 25424), so please contact him about any matters of concern.

Whilst extra resources from Cumbria Highways to deal with road maintenance are very welcome, this Parish Council and others are not yet convinced that they are adequate for the work that needs to be done, and so we will be closely monitoring the new scheme.

### *Roadside Verges*

Following representation by the Parish Council and a recommendation by the County Council's Ecologist, Cumbria Highways have agreed to bring

*(Continued on page 8)*

Coming soon .....

# DUO

Café Bar & Bistro

32 Main Street, Sedbergh

for more information,

please ring 015396 20552

forward the cutting of the verges in Dentdale to the end of August. In addition, two members of the Parish Council have carried out a survey of all the verges in the Dale to identify places where self-sown saplings are likely to cause a problem, and this information has been passed on to Cumbria Highways.

### *FRED – A Festival of Public Art across Cumbria*

The Parish Council gave its support to a proposal from artist Jenni Danson to put a bright yellow knitted streamer across a field in the Dent area, as part of FRED - a festival of public art taking place across Cumbria this autumn. The purpose of the streamer, which will be pegged to the ground, is to 'bring attention to the landscape and to pay homage to the renowned knitters of Dent'. FRED has become Europe's largest annual festival of site-specific art, and in previous years, over 350 artists have created 164 projects in over 250 locations.

### *Council Vacancies*

Following recent resignations, the Parish Council currently has two vacancies. If you think you might be

interested in joining the Council and would like find out more about what is involved, contact me on the telephone number below, or speak to any other member of the Council.

### *Sale of Mowing Equipment*

The Playing Field Committee reported that it had managed to sell the old gang mowers and the old ride on mower at auction for £963, which would help meet the costs of maintenance and mowing.

### *Parish Clerk*

Thanks were expressed to John Ioannou, who resigned as Parish Clerk at the end of July, for the work he has done during his time in the post. Until a new Clerk is appointed, please contact any member of the Parish Council about matters of concern.

### *Next Meeting*

The next Parish Council meeting will be held on August 4<sup>th</sup> at 7.30pm. As the Sedgwick Room may not be available then, the venue will be notified later. The public is welcome to attend as always.

*Jock Cairns  
Chair, Dent Parish Council  
Tel: 25655*

Vague Theatre Company  
Friday 8th August  
Sedbergh Peoples Hall  
7.30pm  
£6.00  
LAST OF THE RED HOT LOVERS  
a comedy by Neil Simon

## FRIENDS AND FARMING

Friends of the Lake District (FLD) are the only charity dedicated to protecting and enhancing the landscape of the whole of Cumbria. They have around 7000 members, represent the Campaign to Project Rural England and work to safeguard the special qualities of the county's countryside. FLD recognise the important link between farming, food and the landscape and are working in partnership with farmers in Cumbria to provide opportunities for the general public to learn more about the work undertaken on farms and the range of public goods that farmers provide.

Events on working farms are taking place across the county as part of a wider 'Flora of the Fells Festival' that runs until the end of September. Each event is unique, but they all involve meeting with the farmer and hearing first hand about this

traditional, yet very diverse industry. On Wednesday 20<sup>th</sup> August there is the opportunity to join Harry Hutchinson on his farm at Uldale. If you take the Sedbergh to Kirkby Stephen road, turn off for Fell End looking out for the 'Farm walk' signs. Harry, who is Chairman of the Cumbria Commoners Federation, will lead you on a short walk through his fields and tell you about life as a fell farmer on the commons. The walk will include a demonstration of one of the working dogs Harry has trained and tea and cakes back at the farm. The walk begins at 1.30pm, is free to all, approx 2-3 miles and dogs are allowed on a lead only.

For further details about Farm Events of the 'Flora of the Fells Festival' please visit [www.floraofthefells.com](http://www.floraofthefells.com) or phone Friends of the Lake District on 015397 20788.

*Carol Douglas*



21 Maple Close,  
Sedbergh  
10am to 2pm  
Saturday 9th August  
Sunday 10th August  
*Emigration Sale*  
Household Goods & Bric-a-Brac

# AMJ

PLUMBING



**Plumbing & Heating Engineer**

*No Call Out Charge*

*Free Estimates*

*Quick & Efficient*

**No Job Too Small**

*Local Lad charging reasonable rates*

Tel: 015396 20464

Mob: 075906 588 30

## COUNCILLOR KEVIN

Another interesting month with a wide variety of things happening. It began and ended with the processes surrounding the selection of a new Conservative prospective parliamentary candidate for Westmorland and Lonsdale. Today the interview process was concluded and Gareth McKeever, an Oxford graduate was successful. He easily gained more votes in the final round than his three opponents put together. The man is obviously bright and comes from farming stock in Northern Ireland. We have seen a wide variety of candidates over the last month so it is pleasing that in the end a clear majority of the constituency executive supported Gareth to be our next Member of Parliament.

On a much less happy note, in the last issue of *Lookaround* I tackled the issue of road safety, particularly with respect to motorcycles. Sadly, no sooner was *Lookaround* on the streets than there was another accident, this time at Potgillholme, tragically in this case involving three motorcycles. This case is all the worse because it has since emerged that the county bought sufficient land to improve visibility at this very point more than a decade ago but apparently forgot that they had done so. However, our editor is quite correct, there are no dangerous roads, it is the users who drive without due regard for the conditions. Last week our SLDC Chief

1st & 2nd Fixing                      Painting  
Doors Fitted                          DIY Rescues  
Windows                              Outside Taps, etc  
Kitchens                              Small Plumbing Repairs  
Locks                                  Washing Machines Plumbed  
   Tiling

Joiner  
&  
Handyman

*"Special Rates for OAP's"*  
NO JOB TOO SMALL!

**Steve Chadwick**

015396 21581

*Prompt Local Service  
All work of the highest quality & guaranteed*

Executive came in for some criticism for voicing his objections to what he considered an overly lenient sentence issued by the local Magistrates Court. A fishmonger had doused a parking attendant, an SLDC employee with some waste water which had contained fish. Clearly the magistrates considered the offence less severe than Mr Ridgway did.

This leads me to wonder whether I am right to criticise a decision of the planning inspectorate; however, I will. A local case depended upon the historical analysis of the site. Many of you will know this is an area where I have some knowledge and understanding. The application was

rejected by the YDNP planning committee and the applicant's agent went straight to appeal. The principal reason was the failure of the park accurately to consider the historical appraisal. It is of concern that in spite of this being clearly given as the reason for appeal, and even clearer evidence being given in support the inspector chose to accept the original YDNP interpretation of the historical evidence without question or re-consideration. Personally I feel he failed in his duty to look afresh at the evidence. Further appeal or judicial review is obviously beyond the reasonable means of any applicant so I find the situation most unsatisfactory. The problem is that

just as royalty have two birthdays, their real one and their official one, there are now two versions of history. According to the official history this particular application was outside policy. But there can be no doubt that if the real version were accepted it would be within policy and no manner of edict or proclamation can alter the facts. This site had a continuous history of occupation going back into the sixteenth century and that will always be so regardless of what a planning officer or an appeal inspector chooses to assert. They might as well have left the decision to the tooth fairy.

The de-briefing over the Appleby Horse Fair and its ramifications continues. A meeting has been held in Barbon in early July and more will be held. A couple of local residents have challenged me as to why we continue to attend these meetings as our views are obviously being disregarded. Well, I don't think our views are being totally disregarded although not everyone is listening as intently as we might like. But, some progress is being made and those who ARE working to reduce the impact on our community need our support.

On the National Park work continues in imposing Traffic Regulation Orders. Next week an order will be considered for the route from Barth Bridge to Garsdale Foot, one of five routes being looked at and the first wholly in our area. In April I chaired a  
*(Continued on page 12)*

## **DENT GRAMMAR SCHOOL**

*Educational Foundation*

### **Education Grants**

**2008-2009**

Small awards will be available  
for local young people aged 11 - 25

**COURSES BOOKS  
INSTRUMENTS EQUIPMENT  
MOVING INTO EMPLOYMENT**

**Closing date: 25th September**

Application forms from  
Dent Stores or Dent Post Office  
or write to Wendy Cooke  
stating age, Dent connection  
and purpose of grant

For full details and eligibility  
see local posters

**D.G.S.E.F**

**The Hill Studio, Dent, LA10 5QL**

**Tel: 015396 25354**

Registered Charity No. 1012330

meeting where eight orders were imposed and these are now the subject of an application for judicial review. I won't say anything more at this stage because of that.

Last week on South Lakeland a small group of us went down to London to sit in on a couple of parliamentary scrutiny committees. Half a dozen of us went down the day before and stayed in Imperial College London Halls of Residence. Anyone who uses the trains from Oxenholme will know that that is cheaper than going down on the day, so we were actually saving SLDC money by doing it that way. In the morning we saw Ed Balls spectacularly fail to

explain why SATs for 11 year olds had not been marked in time. In the afternoon Jonathan Shaw, the junior Defra minister was visibly terrified as he faced a more generalised grilling from Michael Jack and the rest of the Efra committee. Mr Gibson, the NFU Communications supremo was sitting behind me: I heard him mouth the word "pitiful". Another member of the public thought the proceedings were downright cruel, no matter how poorly the minister was performing.

And finally, in this extremely rain soaked July, Richard Cann, Anne Taylor and I spent a very pleasant afternoon on behalf of Sedbergh and District History Society on the Time Team dig at the railway shaft on top of Rise Hill. In the morning we spoke briefly, very briefly, to Tony Robinson and John Gater. In the afternoon we had a much longer talk with a researcher and with Helen Geake who conducted a short interview. Phil Harding was digging one of the navy huts next to the shaft along with its associated latrine. Local knowledge meant that Richard and I were able to identify the hut as one of four on the census. I believe that the episode will be shown next April in the usual Time Team slot.

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

*Councillor Kevin Lancaster*



**Ellie's**  
*Bakery & Tearoom*

Main Street, Sedbergh Tel: 21058  
for  
Traditional Bread  
Homemade Cakes & Scones  
Freshly Baked Daily

---

*Open 7 Days a Week*

---

In view of the continued support,  
Mel and her 12 staff are extending their  
gratitude on Market Days offering  
a Wednesday Coffee & Cake Special @ £2.50  
Also buy a Wednesday Special Price Loaf  
at £1.20 (95 small) and get one half price.  
*Orders ensure bread in stock*

---

Also available  
Geoff's Artisan Bread  
Pain de Campagne  
Sourdough  
and much more

## **SEDBERGH TOWN BAND**

### **Concert in St. Andrew's**

On Tuesday 24th June the Town Band gave a concert in St. Andrew's Parish Church as part of the Sedbergh Music Festival 2008.

A varied programme played by the thirty four strong band entertained a large and receptive audience. Conductor and Director of Music Alan Lewis pointed out that many of the numbers played are featured on the C.D., recorded recently by the Band in Dumfries, a venture which is one of a number of events to mark the tenth anniversary of the Band. The C.D., will be available at the Anniversary Concert to be held in Powell Hall on September 27th.

The Band's policy of constructing a programme composed of tried and tested favourites interspersed with recent additions to the repertoire was clearly apparent. New in the first half was a beautiful piece entitled 'Pavane in Blue', whilst the evening ended with an exciting rendition of the demanding film theme 'Pirates of the Caribbean'. Each half of the programme commenced in the traditional way with stirring marches ('Tarka 1,2,3' and 'Slaidburn') whilst familiar numbers from films and popular music provided a pleasing range of varied entertainment. Both halves included the bagpipe playing of Jim Dillon who, dressed in full highland regalia, demonstrated the great appeal of the instrument, exhibited to its best in the acoustically sympathetic setting of the parish church.

### **Masterclass - Steve Sykes**

On Sunday 29th June the third of the scheduled five Masterclasses arranged as part of the Band's tenth anniversary celebration saw the world renowned tuba player Steve Sykes rehearsing the Band in the morning and giving a recital after lunch.

The Band met in the Sedbergh School Band Room and were introduced by Steve to his warming up and practice techniques. He then rehearsed the Band in Alan Lewis's 'Images of Sedbergh' - a work in three movements: Prelude - 'Black Horse': Pastoral - 'The Howgills': Scherzo - 'Gala Day'. This locally inspired piece will be receiving its first public performance as an item in the Anniversary Concert to be held in Powell Hall in September. Steve's perceptive and sensitive interpretation combined with close attention to details has assisted greatly in developing the piece towards an accomplished performance standard.

In the afternoon his recital was held in the People's Hall and was given before a substantial audience who were treated to a splendid afternoon of exquisite playing, virtuoso display of the capabilities of the instrument in the hands of an expert and thoroughly amusing anecdotes relating to his career as a member of top bands and a solo artiste.

The Band now look forward to the visit of Ian Porthouse (Cornet) on August 10th when his afternoon recital will be given in the U.R.C.

## FAMILY MUSINGS

Little children love to play "house" and "shops" and as a little girl I was no exception, and I had the real thing to play "shops" in, both my parents owned shops. Dad had one in the village which he took over from his mother and which in turn I took over from him, we sold just about anything, men could get measured for a suit (very embarrassing for young men having me as a young woman measuring their 'inside leg') children could spend pocket money on toys, I remember Cap Guns being very popular, ladies could buy Pyrex Dishes, Curtain Hooks, Hen Rings, tins of Paint, yard brooms, garden twine and tourists could purchase gifts and local postcards. We had 4 windows to arrange regularly. Gents, Ladies, Toys and Hardware, and at Christmas really went to-town with the decorations. Small children would press their faces up against the window panes in excited anticipation and Mummy would come inside to ask Dad if something could be 'put by' until Christmas. Dad also filled up large leather packing cases and went 'Travelling' around the dale selling his goods, people still talk about "Billy Middleton" coming to their home.

Mum had a shop in Sedbergh, "Sedgwicks" selling ladies and children's wear. Haberdashery, and a few gents things imported from Dads shop. Upstairs in the Showroom many ladies tried on dresses and hats before family weddings and on Gala Days huge Union Jack Flags were hung from the windows in celebration, and also when one other

'girls' got married at the church opposite the flags were unfurled for them. Right up at the top was a flat, this was where we played 'house' when not playing 'shop' at the counter on the upstairs landing. Happy memories of happy times, and here we are with our daughters about to embark on a new venture in the same place where Granny used to work. Wouldn't she have been thrilled!

Last month I mentioned that life was about to get much more exciting, excitement can of course come in varied forms, we think of it as happy anticipation but it can be part of other emotions as well, and the past few weeks have been something of a roller-coaster of emotions for us as a family. Good news has come and bad news has come but we embrace both with the same enthusiasm and strong will that has seen us through many other adventures in our lives. Of course, daughters new venture lifts our spirits but there have been things to dampen them as well, not least the weather and higher costs of travelling and getting around.

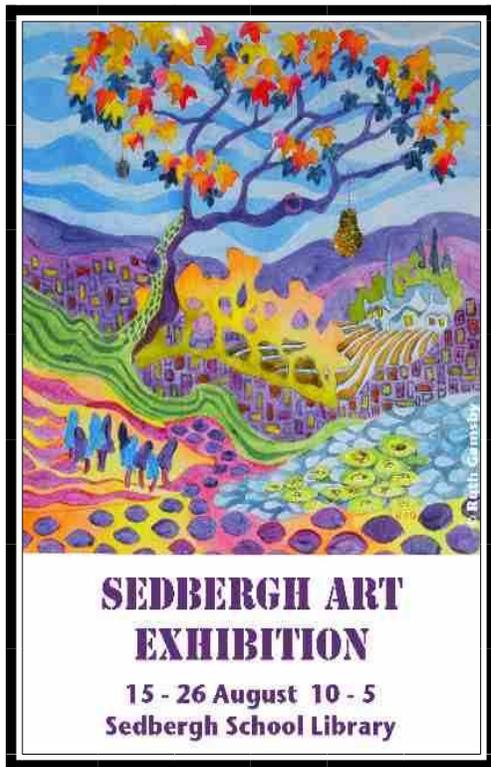
I have been hunting out old copies of Lookaround and re-reading



**GRAHAM J MOFFAT**  
BUILDER  
PLASTERER  
ROOFER  
QUALITY WORK  
Tel: 015396 20907

Musings, in Sept 2001 a 52 page edition contained musings about elder daughters cat purring her way into the hearts of everyone at the Vets, and the arrival of the twins Alex & Charlie; Feb 2002 was about collecting all elder daughters belongings and her coming home from Durham and the kids objected to my wacky messages on my answer phone, the outgoing ones that is! In May 2003 hubby had had 30 sets of twin Lambs in one day and we were on count-down for elder daughters 21st. I need your help.

I am a great hoarder, are you? The idea of compiling a book of Family Musings was first suggested some years ago but put on the back-burner,



now it is firmly at the front of my mind but some of the early ones were 'saved' on our old, now blown up, computer.. The Editors will be able to help but can you? Do get in touch via the Lookaround office.

Our 'Lookaround' is going great-guns, 88 pages last month, amazing from very small beginnings, an excellent means of advertising and spreading the news about events on-going and coming-up in our area.

Are you sitting comfortably? I have some sad news, but am sure some people will heave a sigh of relief, this is a very special "Family Musings" in that it is the last one. Yes, that is correct, no more will you be able to turn first to find out what we are up-to, 'we' are not "news" and that is what this Newsletter is all about. Thank you to you all for reading Musings month by month over the years, thank you to those of you who know who I am and tell me how much it has made you laugh and how you enjoy it. Very much appreciated. I am sure that Family Musings will appear somewhere, somehow, someday and I wish "Lookaround" all the very best for the future. Writing this column has been great for me, I have now begun to write a novel which I hope to get published (somehow) for Carers Week 2009, and who knows the other novels might even get finished, my teeth might fit and my 1½ stone weight loss might increase! We can always dream... meantime daughter-in-law hopes that the sales of Lookaround don't suffer too much. Take good care and thank you.

*Sarah Woolf*

## SETTLEBECK HIGH SCHOOL

Monday 7<sup>th</sup> July 2008

15 Year 8 students spent the day at Salford University at a language enrichment event. This was sponsored by Aim Higher and sought to give participants information about language learning and raise cultural awareness. We enjoyed the cultural market with Tai Chi fan dancing, a chopsticks activity, Arabic script writing and the chance to try on Pakistani traditional dresses amongst other things.

*Alison Brown*

The day was really good, the journey down was fun. In the morning we did Mandarin Chinese. It was interesting and we learned some

words. Lunch was the best – we got £4 to spend.

*Izaak Tyson-Hirst*

The whole trip was about languages. The best part was learning languages in the classrooms. I loved learning Chinese. I got a high score in the test!!! The multi-cultural market was really fun as well. I really enjoyed myself.

*Bethany Orr*

It took about 2 hours to get there. It was raining when we arrived but we were all really excited about the day ahead. Firstly, we went into a big hall and a woman told us all about languages and why they are useful. First lesson: Mandarin Chinese. I had never experienced any Chinese

# ABLE MEMORIALS

Monumental and Architectural Masons  
New Memorials and Additional Inscriptions  
Showroom with over 30 memorials on display at

**3 Wildman Street, Kendal**

Please call for a brochure or free estimate  
**on 01539 735583**

Home visits available by local mason Edward Waller

**Tel: (evening) 015396 21338 or 07779 025745**

so was looking forward to it. She taught us how to say hello, which is “Ni hao” and how to match up families and say your name too. Then we had a really good lunch. Then we went to the market where they write your name in Arabic and do a Tai Chi fan dance and you learn how to use chopsticks correctly and do a quiz. Then we went to learn Arabic and did similar things to those we did in Chinese – it was really good. We went back to the hall for prize-giving. Tom Knevitt and Samantha won prizes. The day was over – what a wonderful day and a great experience and I may want to do languages in the future.

*Adam Scarr*

Madam Brown and Mr Burridge took 15 students to Salford University.

When we first got there we were all excited. First we went to a Mandarin Chinese class where we learnt all sorts of excellent things. After that we had a break for something to eat and drink. After that we did a Chinese quiz which was fab. Then we went for lunch which was really good. Then, after lunch, we went to this market in the university where we did all sorts of different things. I learnt how to spell my name in Arabic. After the market we went to an Arabic class, which I thought was the best. Even though it was pouring down with rain, it didn't ruin the day.

*Emma Postlethwaite*

When we arrived we went into a big hall where there were lots of different schools as well. Then we went into a classroom to learn Chinese, which I really enjoyed. After our lesson we

have a Chinese quiz then lunch. The lunch was really nice. Then we went to a multi-cultural market and an Arabic lesson. The day was brilliant.

*Rosie Mason*

We learnt Mandarin Chinese and Arabic. The dinners there were nice and cheap. I enjoyed it when we did the game in the Chinese lesson and we had monster masks which we had to name in Chinese. I enjoyed the whole day.

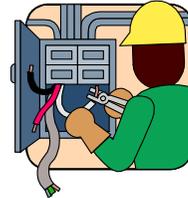
*Zoe Underhill*

We learnt how to introduce ourselves and greet others in Mandarin Chinese and Arabic. We had a dinner which was FANTASTIC! We also did a treasure hunt. We had fantastic fun and an educational day.

*Adam Roberts*

## PETER WOOF

Electrician



offering

A Quality Service  
for all electrical installations  
*Large or Small*

Reliable, Local & Cost Effective

**Dent ~ Sedbergh  
and Districts**

Tel: 015396 20857  
Mob: 07730 352218

## HISTORY SOCIETY

*Visit to Middleton Hall and Middleton Church on Wednesday July 9th 2008*

Thirty members of the Sedbergh & District History Society met at Middleton Hall on July 9th by kind permission of Mr and Mrs D Watson. The Hall is one of only ten in South Westmorland with a 15th century curtain wall and a hall dating back to the 1380's. The Hall is still occupied and the farm still worked. Kevin Lancaster and Richard Cann acted as our guides. Both stressed the need for more work to be done on the history of this unique site.

The Middleton family was here before 1380 and disappeared during the late 1600's. The family fought on the Royalist side in the Civil War, losing three sons. They also had to pay a heavy fine to the Parliamentarians. The family went into decline, eclipsed by the Otways to the North. By 1700 the hall was no longer the seat of the family. If they had prospered the house would have been rebuilt in a new style in the 17th or 18th century. So it is because of the family's misfortunes that we have this unique building today.

We entered through the 15th century Gatehouse. There is no evidence of a Peel Tower, probably it would have been unnecessary as the Border Raids in this area were c1310-1320, in the reign of Edward II. In the 15th century crenellated walls were built to impress rather than for defence! The old kitchen was semi-detached from the main building, as

usual, because of fire risk. Though most of the kitchen has gone there is still the screens passage between the kitchen site and the hall. The three doors leading to the kitchen, the buttery and the cellar are still there. Above, on the hall side is the remains of a music gallery.

The date 1647 is carved on the south front of the hall but the carving is of poor quality, indicating the declining state of the family at that time.

The great hall through the screens passage is a lofty room which would have had a dais and long table at the east end. The huge fireplace is still at the opposite end. It is said the original tables are still in the area. The stones around the north door and the fireplace show no symmetry or coherence of style. This is typical of the time when the aim was to build in a new style regardless of whether it fitted with the old one.

On the south wall is a mullioned window with a delicate piece of amber coloured glass. It has two geometric flower designs, a Middleton monogram M, with A and R within it, the initials of the husband and wife, and the religious symbol IHS.

There is a small modern radiator by the east door, the only concession to modern comfort! The lofty room with stone walls must be very difficult to heat in winter!

Through the east door lies the withdrawing room. This has a much lower ceiling with beams and dark Elizabethan panelling covering all but

the west wall and half of the south wall beyond the fireplace. The lozenge and circle design dates it. This room is very dark with only one mullioned window, but this was common at the time.

It is very likely a house of this grandeur would have had a chapel but the remains of one have not yet been discovered. Likewise there must have been a well which remains undiscovered.

One other point of interest is the earthwork in the field behind the hall. For a long time it was thought to be a Roman Signal Station. This has now been discounted but it is of Romano British origin.

The group went on to visit Middleton

Church where we were met by Peter Yorke, one of the Churchwardens. The churchyard has many 18th century tombstones, some, unfortunately, are now too eroded to read. A Roman milestone can be seen clearly from the south side. It is thought the Roman road followed the back road past the present day farms to the east of the A683. The latter with all its bends is most certainly not Roman!

There was a chapel first built on this site in 1634, The present church was consecrated in 1879. Mr Moore of Grimeshill was the principal benefactor. A single bell dated 1723 hangs in a bellcote on the roof. The woodwork was all crafted by a Mr Martin of Sedbergh.

This small church has some fine stained glass. The splendid east window has three lights. St Paul and St John flank the larger centre light representing the ascension. The most unusual window is in the north wall of the nave, depicting Jesus healing the blind man who kneels on one knee, clearly displaying two right feet!

A plaque records the death of two men of this small parish who died in the First World War. A black slab on the wall near the altar commemorates Mrs Anne Moore of Grimeshill who died of smallpox in 1772. It is poignantly 'placed to her memory by her disconsolate husband.'

It was a most interesting and enjoyable afternoon for the members of SDHS.  
*Christine Wood*

## TEAS, STALLS & GAMES



2 - 4.30 pm

**Tuesday 19th August**

"Rhumes", Dent

OPEN TO ALL

*Proceeds to Dent Methodist Chapel*

## EVENING OF PRAISE & TESTIMONY



7pm

**Sunday 24th August**

with the

Longton Family of Wray

Buffet Supper to follow  
in Dent Methodist Chapel

ALL WELCOME

*Collection for Chapel Funds*

## TIM FARRON MP

The last few weeks before the Summer Parliamentary Recess have been busy ones. I had an interesting meeting with Dent Parish Councillors to discuss the development of their Parish Plan. Parish plans are, I believe, a great step forward for local communities. They enable residents of a town or village to discuss and agree what is important to them and draw up a list of projects they believe are needed for the continued health of their area. In Dent we discussed the plight of farming in the area, the issue of second homes the consequences this has on affordable housing and the demand for local services like schools in the area and the current issues surrounding the provision of health care in the area. I am a great believer in decisions being made as close as possible to the people involved and the advent of Parish Plans is a step along this road. I will do everything I can to support the implementation of any plan when it is agreed.

The news that the Minister for Rural Affairs, Jonathan Shaw MP, has promised to launch a consultation on

making the members of the Boards of National Parks accountable through being elected is brilliant as far as I am concerned. The Yorkshire Dales National Park has so much power over what goes on in this area that it is only right that the people who live within its boundaries should have a direct say in the decisions that they make. I have written to the Minister to ask him to start the consultation as soon as possible. If you have any views on this matter then please let me know and I will incorporate them into my submission.

On the subject of the National Park, it is great news that, having finally worked out where the Yorkshire Dales National Park is (with a bit of help from me), the Government have formally announced there will be a brown sign on the M6 at junction 37 directing tourists into the Park. The only frustration is that, for reasons I cannot understand, they cannot put the sign up until October, after the main holiday season is over. At least we can take some consolation from the knowledge that for all future summers tourists will not be able to drive along our part of the M6 without

## GARY ALLAN

*Welding & Fabrication*

*Structural Steelwork, Farm Equipment,  
Farm Buildings Erected or in Kit Form,  
Specialist Ornamental Gates & Railings,  
Fabricated Steel supplied to the Building Trade,  
On-Site Welding & Repairs.*

*Light Oaks,  
Killington  
Kirkby Lonsdale  
Carnforth  
LA6 3EY*

Tel: 015242 76426    Mobile: 07968 411787

being aware that they could turn off and enter the beautiful Yorkshire Dales. Hopefully this will see visitor numbers rising next year.

Finally, I have been keeping up the pressure on Defra to start Blue Tongue immunisation in Cumbria or at the very least announce a date when they will be starting. Leaving Cumbrian animals susceptible to this dreadful disease for such a long time is frankly incompetent. Sadly I am starting to realise that it is wishful thinking to expect anything better from Defra these days. They should have ordered sufficient vaccine in the first place to ensure that all animals in the country could be treated as fast as possible. The sight of many of the

## Oliver Higginbotham

15 years experience

**Stone Walling**

**Fencing**

**Decking**

**Landscaping**

**Tree Maintenance/Felling**

**Hedge Laying**

**Hedge Cutting**

**Pest Control**

(Mole, Rat, Rabbit, Mink, Fox, Squirrel)

**015396 21073**

Mobile: 07815 899 994

Call for no obligation quote/visit

*References available*



Appliance Services

### **SALES • SERVICE • REPAIRS**

To all leading makes  
of domestic & commercial appliances

### **PORTABLE APPLIANCE TESTING**

Tel/Fax: 015396 21699

Mobile: 07889 286 722

larger agricultural shows without their usual number of animals because vaccinated and unvaccinated animals cannot be mixed was very disappointing.

On Wednesday 20th August, I will be visiting the area at the following times.

10.00 am	Sedbergh Market
12.00 noon	Dent Post Office
2.30 pm	Garsdale Village Hall

Please call in and say hello.

As ever I can be contacted by writing to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or emailing me at [tim@timfarron.co.uk](mailto:tim@timfarron.co.uk).

*Tim Farron MP*

## CUMBRIA WILDLIFE TRUST

### *Hedgerows*

Hedgerows are such an everyday feature of the British landscape that few of us ever stop to wonder why they are where they are or why they look different from region to region.

Hedgerows were originally used as field dividers because they were cheaper than fences or walls and were self-renewing. Some hedgerows date from Roman times, though most were established between the Middle Ages and the 1860 enclosure movements. Along with earth banks and ditches, hedges were also used to contain livestock along the old tracks and drove roads (although around the fells of Sedbergh, the upland drove roads are usually bounded by walls since hedges would be almost impossible to establish in some of these bleak locations).

The old tracks evolved before a formal road system and because they have been largely unmodified, still retain some of their physical, biological and archaeological features. Consequently, the hedgerows growing along parish boundaries, farm and drove roads may include remnants of the ancient trees and shrubs that can be important in maintaining genetic diversity. They are boundary structures that share characteristics of both woodland edge and scrub habitats thus providing 'corridors' for many animal and plant species.

Nationally over 600 plant, 1,500

insect, 65 bird and 20 mammal species are known to live or feed in hedgerows. They also support large numbers of aphid predators and provide a free source of biological control. Hedgerows are enormously important for wildlife forming refuges for many species of birds and small mammals by offering breeding habitats, food, protection from predators and shelter from the elements. They provide valuable food plants for insects and butterflies as well as security for wildlife accessing field margins.

The large trees such as oak, sycamore and ash are often left to grow within the hedge, sometimes forming boundary markers. They

## Live Band

# 'CAT DOG'

In The Marquee  
(Dent Playing Field)

## Friday 22nd August

9pm till late

HAPPY HOUR

9pm - 10pm

BAR & BBQ

Tickets £4 or £5 on the door  
(available from Julie - 25004)

## Including Danny's Disco

*Come and enjoy  
the Spirit of the Dale*

also provide roosts and food sources for birds and bats, host hundreds of invertebrate species and offer much needed shade for workers and animals on a hot day! Next time you take a walk around Sedbergh, try identifying some of the smaller species. You should be able to find hazel, hawthorn, blackthorn, elder, holly, field maple, guelder rose, wild cherry, dog rose, willows and maybe some others.

Laying hedges is a traditional skill carried out in the winter months and styles vary throughout the country. In Cumbria there are two distinct methods of hedgelaying: the Cumberland and the Westmorland. The former is typical of the northern part of the county where the hedge is grown on a bank and when laid is only about 1 foot high but can be 3 foot wide covering the bank. Around Sedbergh, the Westmorland style is more prevalent, the laid branches being left with more growth on them so that the hedge is quite a bit higher and denser. A mature, well maintained hedge will form a stockproof boundary providing shelter

BARBON & DISTRICT AGRICULTURAL SOCIETY

## SHEEP DOG TRIALS SHEEP SHOW & STICK SHOW





**Saturday 23rd August**  
2pm  
The Manor Park, Barbon  
*Children's Sports*

from the elements for the farm animals as well as an important natural habitat for wildlife.

Most shrubs and trees forming hedges only produce flowers, nuts and berries on the previous season's growth so trimming or flailing every year means they provide little food for butterflies, insects, birds and mammals. Trimming hedges in rotation will ensure a continuous food supply and the new Environmental Stewardship schemes now reward farmers for changing to a less frequent trimming regime to allow for the formation of blossom and berries.

This article was edited from information provided by the Farming & Wildlife Advisory Group (FWAG). As well as running workshops in hedgerow management, FWAG is always looking for new and innovative ways of encouraging wildlife. Meetings and farm walks are an invaluable way of sharing this knowledge and exchanging experiences. Please contact your local FWAG office for more information.

**M WINN & SONS LTD**  
(Established 1894)  
**Sedbergh**  
**General Builders & Joiners**



Contact R. M. Winn  
015396 20649

## FROSTROW WI

This month is two for the price of one because I forgot to do last month's report! A sign of old age perhaps? (*Join the Club! Ed*) June is the month for our Summer Outing and this year we went to Clearbeck Garden near Wray. It was a lovely evening as we went through the gates and entered a different world. Bronwen made us very welcome as she led us onto the sunny terrace and told us how the garden had developed from fields into what is now a stunning garden with a surprise around every corner.. We wandered through the garden at our leisure and soaked up the peace and tranquillity before we had to tear ourselves reluctantly away. We went on to enjoy a delicious meal at Bridge House Farm in Wray. What a lovely evening!

Our July meeting was held in People's Hall as usual. We were very pleased to welcome Rose Sanderson as a new member and hope she will enjoy her time with us. We were sorry to hear that Pauline Mather has been in hospital again. We all send her our good wishes. We held a minutes silence for Jean Conchie who died recently and who was a member of Frostrow WI before leaving the area.

The Annual Council Meeting will be held in Kirkby Stephen Grammar School this year. Linda Hopkins has agreed to be our delegate. Sue Sharrocks very kindly joined us for the evening and gave us her account of the AGM which was held in the

Echo Arena in Liverpool

The walking group had an excellent day walking up Pen-y-Ghent from Horton in Ribblesdale. The weather was good – not too hot and we made good progress. The last section before the summit was a bit tricky ( well, hair-raising for some! ) but everyone managed very well. It was cold and very windy on top so we were thankful for the stone shelter where we could eat our lunch in reasonable comfort. Many thanks to Pat Ramsden for supplying the Mars bars! The descent was relatively easy and we had time to call at the café for tea and cakes. Thanks to Pat for leading the walk and looking after everyone.

## DENTDALE SHOW

# TUG OF WAR



**SUNDAY 24<sup>TH</sup> AUGUST  
AT 3PM**

### PRIZE MONEY

**1<sup>ST</sup> £24**

**2<sup>ND</sup> £12**

**3<sup>RD</sup> £6**

**TEAMS OF 6, NON MIXED TEAMS  
ENTRY FEE £6**

**ENTRIES ON THE DAY TO  
VALERIE GORNALL OR EDDIE LORD**

**COME AND HAVE A BASH!!!  
LOTS MORE FUN ACTIVITIES  
FOR ALL THE FAMILY ALL DAY**

Anne Petyt welcomed Denise Williamson whose topic for the evening was "The Bowen Technique". Denise had suffered from a frozen shoulder and had tried various treatments, none of which had helped. A newspaper article about the Bowen Technique prompted her to make enquiries. The information received included details of a training course, which Denise took up. During the course she received treatment on the shoulder and after three sessions it was cured!

The Bowen Technique is an holistic therapy – it treats the whole body using very light gentle movements. There is no manipulation or hard tissue massage. Very small moves

are performed on the body and then the body is left to do the rest. The technique can be used on anyone from newborn babies to the very frail and elderly. It can be used on a variety of conditions including sciatica, back and neck problems, tennis elbow, asthma, chronic fatigue and sports injuries. Ruth France thanked Denise for an interesting and informative talk.

Linda Hopkins won the raffle and Jean Mitchell won the competition for a hand-made get well card.

We meet on the first Wednesday of the month in People's Hall at 7.30pm. Visitors and new members will be made very welcome. Come and join us!  
DT



OYEZ

OYEZ

\*\*\*



# DENT GALA

MONDAY 25th AUGUST  
- 11 am to 3 pm -

SCHOOL PLAYGROUND AND SCHOOL FIELD



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

## A PLAN FOR DENTDALE

### *The Dentdale Parish Plan*

As reported in last month's *Lookaround*, the survey part of the Dentdale Parish Plan has now been completed, and the Steering Group is beginning to draw up the action plan.

The surveys identified 19 bodies that are responsible for the issues raised by residents, including the County Council and the National Park, local NHS trusts, mobile phone companies and Northern Rail. Following the public meeting in May, the Steering Group has started to set up meetings and discussions with each of them.

In addition, 22 projects were identified that can be undertaken by the local community and these will form the basis of a plan of action for the next five years or so. Prioritising each of these projects will depend not only on how well it addresses residents' concerns, but also on the extent to which people are willing to become involved in bringing it about. Some are extremely complex, and will require both careful planning and a strong commitment from those involved. Others are simpler, and can

be implemented more quickly; some have already been started independently of the Parish Plan.

After the public meeting in May, a number of people offered to help with these projects. As a result of this support, work on three of them will be starting shortly and others will follow in due course. The first three are:

- improving the playground equipment in the village
- setting up some community litter-picking
- forming a network of second home/holiday cottage owners

The full list of the 22 community projects appears below. If you would like to join those who have already volunteered to be involved, please contact the Parish Plan Secretary, Heather Fraser, on 25727 or email [dentpp@btinternet.com](mailto:dentpp@btinternet.com).

### *Community Projects*

1. Form network to involve second home/holiday cottage owners in life of the Dale
2. Form Chamber of Trade to:
  - support local businesses
  - grow local economy
  - promote "Made in Dentdale" as a brand

## NATURAL STONE PRODUCTS

Internal & External Flooring  
Driveways & Paths  
Patios  
Steps

Original Old Stone  
Troughs and Millstones  
Gate Stoops

Roofing Flags  
Ridge Tiles  
Lintels  
Sills

Unbeatable Quality & Customer Service

## MALLERSTANG FLAG LTD

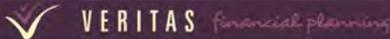
Tel 017683 71610

Mobile 07977 097410

[www.mallerstangflagltd.co.uk](http://www.mallerstangflagltd.co.uk)

- market Dentdale as a tourist attraction
- organise and advertise annual calendar of events to attract visitors
- encourage IT companies to locate here by promoting Dentdale at trade fairs

3. Form group of crafts people to promote crafts within the Dale
4. Set up regular farmers' meetings
5. Set up internet café for young people and others
6. Improve children's playground equipment
7. Work with young people in setting up conservation area and running wildlife-related activities
8. Set up a regular Dent "market" based on existing community events as a meeting place for the community
9. With Sedbergh Post Office, organise support for Post Office outreach service
10. Explore support available from Rural Women's Network
11. Organise village Christmas lights
12. Organise a bridge club
13. Organise a gardening club and provide allotments



**Independent Financial Advisers**  
53 Highgate, Kendal, Cumbria. LA9 4ED

- ✓ Investments
- ✓ Retirement Planning
- ✓ Mortgages
- ✓ Equity Release

**Independent Impartial Local Advice**

**John A. Douglass** FPC, CeMAP, CeLM

Direct Line ☎ 015396 20536

Your home may be repossessed if you do not keep up repayments on your mortgage.  
Veritas Financial Planning is a trading style of Turner Scott MGI Ltd, which is authorised & regulated by the Financial Services Authority, FSA Ref No. 300780. Registered in England & Wales 05001959.

14. Organise regular sessions, with transport, in local swimming baths
15. Research demand for Adult Education classes and investigate provision
16. Develop leisure services for the disabled
17. Provide more seats around the Dale
18. Start a baby-sitting circle
19. Organise local community litter picking
20. Form a group to develop Dentdale as a flagship "Green" dale
21. Recruit drivers for and publicise the Voluntary Car Scheme
22. Research feasibility of a community bus service



## Sedbergh

# LOCAL PRODUCE & FARMERS' MARKET



**Wednesday 27th August** Joss Lane, Sedbergh

*Invite your friends to come along and shop at Sedbergh's Farmers' Market.  
Lots of new and exciting stalls as well as your favourite weekly Wednesday traders.*

**Future Dates:-**  
24th September ~ 29th October



## CASTERTON SCHOOL

### Leading Academic Boarding & Day School For Girls aged 11 – 18

Located where three counties meet;  
North Yorkshire, Cumbria and Lancashire.  
Casterton is a leading school for  
boarding and day girls in the UK.  
In 2006, one of the top five schools  
for 'added - value' in England.  
Currently master-planning the campus  
to provide 21<sup>st</sup> Century facilities.

**Tel: 015242 79291 or Email: [admissions@castertonschool.co.uk](mailto:admissions@castertonschool.co.uk)**

**Kirkby Lonsdale, Cumbria, LA6 2SG**

**[www.castertonschool.co.uk](http://www.castertonschool.co.uk)**

#### DENTDALE WI

How lucky we were with the weather for our July outing as following four days of rain, the forecast promised a dry day with rain late afternoon! It was correct too! We set off from Dent car park for lunch at the newly refurbished Bridge House Farm Café/ Restaurant in Wray. For most of us, it was the first visit and first impressions were encouraging. The car park was spacious and the little mini garden centre was a delight to behold! Many plants and pots one could easily buy to take home. The Bridge House farm complex occupies a riverside setting but lunch was taken inside in the first floor restaurant where the food was imaginatively presented and the service attentive. There was a good selection of gifts and crafts in the ground floor area to tempt us as we queued to pay for our meal!

It was just a short drive to Clearbeck

House and the promised tour of the gardens with the weather still holding, a fact that the owners Peter and Bronwen Osborne couldn't quite believe either! They had purchased the property as a ruin, and since then the garden has been evolving to the beautiful, peaceful, inspiring place that it is today. Every path gives a different vista and from the edge of the property, one can catch sight of the Ingleborough. Peter has his artist studio tucked down one of the inviting paths.

Much thought and a great deal of symbolic planting was evident. Some lower, rather boggy fields were dug out in the early nineties to form a lake and now with planting of hedging and an island of Norfolk reed, it looks well established! Peter explained that with many local farmers having filled in the traditional farm ponds, it fulfils an important need for fowl, birds and

insects in the area, and this year, he had caught sight of an Osprey touching down on its way to more northern nesting sites! The spoils from excavating the lake area have been put to good use, banking up to form a mound for a small temple ruin, also augmenting the rather thin top soil for a vegetable garden. Walking along the edge of the lake one comes to a sunken boathouse with *Loci Rati* over the door. Not we are told, a reference to "Wind in the Willows" but Latin for "planned places" which appears to be the guiding principle of this fascinating garden!

We sat for tea on the terrace and then moved to a gazebo-covered area in deference to the onset of the

**Daphne Jackson**  
**MSc (Ost) DO**  
*Registered Osteopath*  
**BUPA Provider**  
**Mill Barn, Broad Raine**  
**Killington LA10 5EP**  
 Please ring Kendal Practice  
 for appointments  
 01539 740452

rain for a short business meeting. Catherine Sugden our president thanked Peter and Bronwen for being so welcoming and informative and Belle Burrow too for arranging the day.

It was reported that for the second year running, Dentdale members could be found operating the refreshment stop at Dent Memorial Hall for the *Three Counties Cycle Race*. The cyclists were being sponsored in aid of Air Ambulance, a charity dear to our hearts.

Catherine then read out a lively and informative report from Susan Sharrocks from Killington WI who had been our representative at the AGM held in Liverpool.

Five members had enjoyed the hospitality of Howgill WI at their open meeting, and members of other Institutes are invited to join us for our open meeting on August 13<sup>th</sup> when Corio Raptor Care will be bringing along Birds of Prey. The meeting will be held at the Methodist Schoolroom as the Memorial hall is undergoing repairs during the school holidays. Visitors are very welcome! PA

**TIMBER FOR SALE**

- \* Kiln Dried Oak & Hardwoods of furniture & joinery grade
- \* Fresh Sawn Oak & Larch structural beams cut to size
- \* Fire wood bundles
- \* Wood chippings & Sawdust

For help & advice contact  
**Philip Richardson**  
**Cabinet Makers**  
**Timber Merchant**  
**& Sawmillers**

**Hill Top**  
**Newbiggin-on-Lune**  
**015396 23422**  
**[www.philiprichardson.co.uk](http://www.philiprichardson.co.uk)**

## **SLOVENE CONCERT AND SINGING WORKSHOPS**

with *OKTET*, visiting male voice choir from *Zrece and Celje, Slovenia*.

**Concert:- Oktet and Amabile**, BBC award winning South Lakeland girls choir  
**The People's Hall, 7.30pm Saturday August 30 £5**

**Workshops:-** learn Slovene and English songs, and sing them alongside several visiting choirs who sing these songs regularly.

**The People's Hall, Saturday August 30 10am - 4pm £8 (or £4 if with a choir.)**

**Singing Walk:-** from Balliol School with singing besides waterfalls, on the river banks, in woods and in other places of interest. Bring a packed lunch. **£5**

(Youths and children under 18 are welcome to come to any of these events for free.)

**10 am Sunday August 31**

*For more information please contact David Burbidge on 015396.21166*

### **ROYAL BRITISH LEGION SEDBERGH BRANCH**

On Wednesday 16th July, the sun shone on Sedbergh and brought out the crowds.

The Coffee Morning held in the URC Rooms was buzzing from start to finish and the numbers were swelled by two large visiting coaches.

There were lots of produce and raffle prizes which, with the assistance of the bric-a-brac stall, raised over £325 for Branch Funds.

A big thank you to all those that attended and supported the Branch and to those who baked, donated and helped on the day.

As *Lookaround* went to print, the War Memorial in St Andrew's Churchyard was in the process of being refurbished. During the month of August, you will see work taking place with a view to improving its condition. A further update will appear in the September issue.

### **QUEEN'S GARDENS**

Recently, Sedbergh and District History Society discovered an undated plan for the Queen's Garden by Thomas Mawson whose firm was

the contractor for the work. The layout of the present garden suggests that the plan was closely followed.

The first reference to the garden is in the minutes of Sedbergh Parish Council for October 13th 1902 when the Queen's Memorial Committee asked the Council to take over and manage the garden; the Council refused, suggesting that trustees be appointed and a subscription started. It was also stated that Mrs Upton-Cottrell-Dormer did not want to hand over the land until 'it was in proper order'.

In October 1905 Mrs Dormer was ready to convey the land on which the Queen's Garden stood to the Parish Council and, on November 27th 1905, it was proposed and accepted that gardens be taken over on favourable conditions. The deed was signed by the Chairman of the Parish Council on March 26th 1906.

Despite its later transfer to the Parish Council the Queen's Garden was formally opened on 31st October 1902. The opening was fully reported in the Westmorland Gazette of 8th November 1902 and also in the Sedberghian magazine of November

1902 which opens:

'On Friday, October 31st, the Cross in the garden dedicated to the late Queen was unveiled by the Lord Bishop of Ripon. The School Rifle Corps and the Town Volunteers attended in full uniform, and lined the paths. The School witnessed proceedings from the slope below the Cross.'

Extracts follow from the account in the Westmorland Gazette of 8th November 1902:

In spite of the wretched weather there was a large and representative company present on Friday at the opening of the "Queen's Garden" – about half-way between the station and the town – and the unveiling of the Queen Victoria Memorial Cross at Sedbergh by the Bishop of Ripon.



The land for the garden – over two acres in extent – was generously given to the people of Sedbergh by Mrs Upton-Cottrell-Dormer, of Ingmire Hall, who has also been at the entire expense of turning this land into a beautiful garden, laid out in elaborate style by Mr Mawson, of Windermere. At the summit of the ground is the grey limestone cross, some 16 feet high, bearing the inscription "Victoria, Queen, Empress, 1837-1901:

# TREADWELL FLOORING

Suppliers, planners & Fitters of Carpet,  
Vinyl, Laminate & Wooden floors

1,000's of samples to choose from.

~ **Written quotations** ~

*Carpet Cleaning Service  
also available*

Call Nicola or Gordon Sproul

Tel: 015396 21175

Fax: 015396 21142

revered, beloved, remembered." This cross and the tablet in Sicilian marble on the fountain in Finkle Street were raised by local subscriptions. Both cross and tablet were designed by Messrs. Hicks and Charlewood, of Newcastle-on-Tyne, and executed by Mr Miles of Ulverston. One special feature of interest was that the monument [cross] had excited a larger number of subscriptions than had ever before been given to a single object in Sedbergh.

The inscription on the south face, which was added by request of Mrs Upton-Cottrell-Dormer's legatee sometime after her death in 1907, reads:

'These grounds were laid out and presented to the town of Sedbergh as a lasting memorial of the glorious reign of Queen Victoria by her faithful subject Florence Anne Upton-Cottrell-Dormer.'

## FARFIELD MILL

*Free every Tuesday for Locals!*

Farfield Mill is keen to build closer relationships with the local community. We have been actively involved in working with schools to develop activities and school visits which will add to the children's experience and enjoyment and also complement the national curriculum.

We have also been keen to encourage more local visitors to the Mill and we have offered occasional free passes and vouchers and 'Free for Locals' days. We have been encouraged by the response to those initiatives and would now like to make Farfield Free to Locals every Tuesday!

We really hope that those who live in the area (LA10 postcode!) will enjoy having a regular 'free' day to visit us.

It may be worth reminding everyone too that Weavers tearoom is always free to locals and they will be sure of a warm welcome if they drop by for breakfast, lunch or afternoon tea!!

All of our supplies are locally sourced and all food is home made by our fantastic cook/manageress Barbara Elliott and her excellent team.

We are also currently working on a programme of special evening events in Weavers – and we hope to offer a series of themed suppers, some with supporting activities or events attached. Watch out for local advertising!

You can book our tearoom for an evening event, catering for numbers

## TO LET

"Primrose Cottage"  
17 Back Lane, Sedbergh  
*available from October 2008*

*possibly earlier*  
Sunny south facing  
2 bedrooms ~ 2 bathrooms  
Non Smoking  
Tel: 015396 21339

up to 40. Your requirements can be discussed with Barbara who can be contacted on 015396 21159

Weavers menu currently includes:

Weavers Brunch

Smoked salmon and cream cheese served on potato cakes and topped with a poached egg

Or

Bacon and field mushrooms served on lightly toasted bread and topped with a poached egg.

Warm baguettes with a selection of freshly prepared fillings- home cooked ham, topside of beef, Wensleydale cheese or prawns.

Jacket potatoes with a selection of fillings

Home made soup of the day- freshly made each morning.

We also prepare daily specials such as Chicken Curry, Beef in Ale Casserole, Green Vegetable and Pine Nut Risotto, Vegetable Chilli, Stuffed Potato Skins.

A wide selection of delicious home made cakes, scones and a biscuit is always available.

Farrers coffee and a selection of fruit and traditional teas.

## RECYCLING NEWS

During May a new recycling record was set in South Lakeland with the equivalent of 180 double decker buses being saved from the rubbish tip.

For the first time ever last month, South Lakeland recycled 53% of all its waste - something that has never before happened in the history of the district. A massive 2,345 tonnes of recyclables including glass, cans, clothes, grass, plastic and paper waste were collected in May - beating the 2,050 tonnes of domestic throwaway waste that goes to landfill.

This amazing figure is the equivalent weight of over 180 London double decker buses, which weigh 13 tonnes each. Before we introduced kerbside recycling in 2003, 90 per cent of all rubbish produced by households across the district, went in the bin and then ended up on landfill sites. It also means the area has smashed a Government target to be recycling 50 per cent of all its waste by 2010 - two years ahead of schedule.

Our portfolio holder for Environment and Sustainability, Brenda Woof said: "There is no doubt that to have 53 per cent of our rubbish being recycled represents a major milestone for South Lakeland. It is finally becoming part of our culture and we have to say a big thank you to the residents of South Lakeland for helping us achieve this, and to help us improve it in the months and years to come."

Councillor Brendan Jameson, Leader of SLDC, said: "The council

has worked hard to implement recycling throughout the whole of the district and the results of this are now being seen. I would like to thank the residents of South Lakeland, as we could not have achieved this result without their enthusiasm to recycle. I would also like to thank the Cumbria Strategic Waste Partnership for their help and support which has enabled SLDC and the local community to improve the environment for everyone."

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

Thank you for recycling.

---

## SEDBERGH SCHOOL CHORAL SOCIETY

The new season begins on Monday 8th September. We meet at 6:25pm in Powell Hall, Sedbergh School.

We are giving two performances as usual on Saturday 31st January in Carlisle Cathedral & Sunday 1st February in Sedbergh School Powell Hall. Everyone is very welcome to join, the more, the better. If you enjoy singing do come along.

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

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

## SETTLEBECK HIGH SCHOOL

### Year 10 Catering – Hell's Kitchen Competition

Kendal College chefs Paul Waring and Simon Henson led two teams in a Hell's Kitchen style event, serving a 3 course meal to 14 guests as part of their Alternative Curriculum Week.

The Red Team was made up of Rachel Bainbridge, Jake Hodgson, Katie Hoggarth, Georgina Metcalfe, Rose Bannister and Clare Thompson. Their opponents on the Blue Team were Lizzie Hunt, Laura Goad, Bartosz Pawlak, Dan Clark and Rhys Clark. The teams allocated jobs between themselves including food preparation, cooking, table laying, serving and clearing up. All the



painter  
*'quality work for the discerning client'*  
Ian Higginbotham  
**PAINTER & DECORATOR**  
Telephone 015396 21073 Mobile 07813 818958  
e-mail: painter.ian@btinternet.com

guests were asked to score each course and comment on its suitability for a priced restaurant dish. It was level pegging for each course with both teams scoring the maximum 21 points. Dr Greene thanked the teams for their work and the superb meal they presented.

#### *Comments from students:-*

"It gave us a chance to work in a more professional way, serving customers in a restaurant style setting."

"Everyone worked together as a team and it gave us a real insight into what a professional kitchen is like."

"I really enjoyed the whole event. It backed up the work I do at college. All the catering activities are very valuable for us this week."

"We all helped each other really well, hence things ran smoothly. We did our best and got very supportive comments from our guests."

*Rhys Clark, Lizzie Hunt,  
Bartosz Pawlak and Laura Goad.*

Thanks to Mrs Waring for organising the event and to the Kendal College chefs, Mrs Parr and Mrs Walsh (general assistants!).



## Hearing Problem?

Visit the  
Irene Taylor Hearing Centre  
Est. 1980

- Fully independent
- Specialist & expert hearing aid advice
- Hearing protection
- Home visits
- Competitive prices
- Over 27 years of experience

The Hearing Centre  
Salt Pie Lane  
Kirkby Lonsdale LA6 2BH  
015242 73589

Registered with the Hearing Aid Council  
[www.prestonhearingcentre.co.uk](http://www.prestonhearingcentre.co.uk)

## **SOUTH LAKELAND CARERS ASSOCIATION**

We are now settled in our offices at Deaf Vision, 5 Castle Street, Kendal, telephone 01539-815970.

Our Carers "Drop-In" is on a Wednesday from 11 am until 2 pm, when people are welcome to call in for a chat and to get support.

The Sedbergh Group meets on the first Tuesday of the month from 2 pm til 4 pm in the Meeting Room in the People's Hall. SLCA is represented on the Patient Forum at the Health Centre.

Our Trustees are arranging a Cross Bay Walk on Sunday 24th August. If you are interested please contact the office.

## **MUSIC FESTIVAL 2008**

The Music Festival proved to be a well attended and most enjoyable event. Over 30 events in the space of two weeks, with such a variety of programmes that catered for all musical tastes. There were many highlights - the brilliance of Besses o'th'Barn Band, the amazing talent of the youngsters from Chetham's, the fun of 'Trial by Jury', the emotion of Schubert's Winterreise, the quality of Martin Roscoe's Beethoven, the early music in the setting of Brigflatts and the beauty and artistic excellence of Alla's singing all come to mind in an overall greatly enjoyed Festival.

Some 250 performers took part in the Festival and audience numbers exceeded 1,500. This was the fifth Festival, which now seems to have an established place in Sedbergh cultural life.

The Committee are grateful to all Patrons and Sponsors who enable the Festival to survive and to the faithful members of the audience, who have turned out in increasing numbers this year.

Not least our thanks go to the tireless ladies who provide the lunches and dinners which have become an essential part of the Festival. Their efforts alone raised over £2,000.00 for church funds. Well done ladies!

Plans begin now for the next Festival in 2010.

### **McMINN CONSULTANCY SERVICES(N.W.)LTD**

**STUART MCMINN BSc HND ABEng**

## **PLANS DRAWN**

PLANNING/ BUILDING REGULATION  
APPROVALS  
FOR NEW HOUSES, COMMERCIAL  
PROPERTIES,  
EXTENSIONS, ALTERATIONS &  
REFURBISHMENT.

Architectural & Building Surveying Services.  
Planning Supervisors. Land Surveying.  
Farm & Barn Regeneration.

**Tel 01524 781081    Mobile 07729845147**  
West Winds North Rd Holme Nr Carnforth  
Lancs LA6 1QA

## LAST OF THE RED HOT LOVERS

Barney Cashman at the age of 47 wants to join the sexual revolution before it's too late, but Barney Cashman is a gentle sober soul with a true blue wife of 23 years and absolutely no experience in adultery, so he fails in each of three seductions.

First he tries a flaunting sexpot who likes cigarettes, whiskey and husbands other than her own. Barney is not properly set up for such compulsions, especially in his mother's apartment, so he flunks the course. But he's got a better idea; a kooky actress friend should be just the ticket.

But she turns madder than a hatter. So that leaves his wife's best friend. But unfortunately the friend is a sternly driven moralist who sees sin round every bend. Obviously Barney was born to failure.

Vague Theatre Company's summer 2008 tour takes on Neil Simon's excellent play *Last of the Red Hot Lovers*. Performed 'in the round' VTC transform your village hall into Barney's mothers living room; the scene for his many attempts at



## MK CONVERSIONS

Four Lane Ends, Marthwaite  
Sedbergh LA10 5ES  
Tel: 015396 22038  
Fax: 015396 22039

Builders, Joiners & Roofing  
Contractors

adultery!!! Come along and get up close with the action in this hilarious comedy from the talented playwright of such great shows as *The Odd Couple* and *Plaza Suite*.

"Mr. Simon has created a great character here. . . . It is extraordinarily funny and yet also charming. . . . He is as witty as ever, perhaps wittier" ~ *N.Y. Times*

"Delightfully hilarious and witty, as well as filled with wisdom about human nature . . . . An uproariously funny author. But he is far more than that. He has a mellow and compassionate understanding of how weak and essentially well meaning mankind behaves. . . . A genuinely brilliant play" ~ *N.Y. Post*

## KEVIN BATEMAN

TIME SERVED MONUMENTAL MASON

Tel/FAX 01539 723903

Mobile 07817 060619

Manufacture, Lettering and Installation  
of new Memorials  
Additional inscriptions  
Renovations

Cleaning and Re-paint/Re-gild service.  
Free estimates

Please telephone for a Brochure

## J J MARTIN

Funeral Service

(B Goad)

Established 1869

Main Street, Sedbergh

Complete Funeral Service  
Day or Night

Chapel of Rest

Day or Night  
Dent 25334 or 25429



## DENTDALE METHODIST CHAPEL

We have just heard of the death, in hospital in Blackpool, of Mr. Joe Uren. Joe mowed the grass and generally kept the graveyards tidy for us when he used to spend part of the week at their cottage in The Laning. He was a kind man and a dear friend and we mourn his passing.

This month is going to be busy. We are supporting the work of Premier Christian Radio by having a Coffee Morning on Saturday 16th, then on Tuesday 19th we are having Teas, Stalls and Games to raise funds and on Sunday 24th at 7 pm An Evening with The Longton Family (see advert) followed by a Buffet Supper. All are welcome.

On Saturday 23rd we will have a stand at the Dentdale Show, sharing our faith and giving away Christian literature. Do drop by and see us.

Due to a new roof being put on to the Memorial Hall our buildings will be used much more, which is good.

The Chapel is open daily for prayer and requests can be left there.

We are linked to BMF (Businessmen's Fellowship) and Aglow (for Ladies) and hope to have a Home Group beginning in the autumn to explore and share faith in Jesus.

Headway, or MET as it is now known is having its holiday week based at Sedbergh Methodist Church from 16th and all are welcome. Come and find out what MET means!

We will share in the United Service at the Anglican Church on 24th and are linked to "Quiet Garden" on 9th

and 10th. God Bless.

S. E. Woof (Sec)

## SEDBERGH SCHOOL

### *Relocation of Sedbergh Junior School*

Sedbergh School has announced that from January 2009, its Junior and Pre-Prep School will be situated on the main School site at Sedbergh. Its current Junior School at Low Bentham will close at the end of 2008.

Commenting on the decision, Headmaster Christopher Hirst said:

'This move has great advantages. It makes much more sense for both schools to be on one site. We will have a Junior School with access to some of the best educational, sports and arts facilities in the North of England. It will strengthen the links between our Junior and Senior Schools and will make SJS the first choice for those parents who want their children to be part of one of the best co-educational schools in the country.'

The Junior School will be open to boys and girls from the age of 4-13 and will welcome both day and boarding pupils as well as offering flexible-boarding. There will be first class boarding facilities for both boys and girls in addition to the new Junior and Pre Prep departments.

'Sedbergh has gone from strength to strength since we went co-educational in the Senior School seven years ago,' said Christopher Hirst 'This move will enable us to build on that success and further strengthen the Sedbergh community.'

## JUNE WEATHER

Well it was hardly "Flaming June" more like "Warm, Wet and Windy". The first half of the month brought us a mere 0.63 inches, including 8 days without rain, but the latter part made up for it with vengeance. We had 1.24 inches on the 17<sup>th</sup>/18<sup>th</sup> and several other days with mighty downpours! The total for the month was 4.41 inches enough to fill all the water storage system to overflowing and create a quagmire. The pressure was generally low, as befits a windy month, with a maximum gust of 22.4mph. With all the rain needless to say that these winds were back in the North Westerly quarter. Only in the drier part of the month did we get typical temperatures for the month with 6 days reaching the 70sF and a maximum of 77.9F. We also had some cool nights with temperatures dropping into the 30sF with a minimum of 37.2F.

The warm, wet weather certainly put a spurt on the growth of plants, especially the weeds! It also produced ideal conditions for midges to hatch in every drop of water available making mornings and evenings unpleasant with their incessant biting. We had a nasty fly strike on a tup's horns. The flies had laid eggs in every crease and maggot oil brought maggots from every conceivable place around the horns. Fortunately we had caught it in time before the maggots had got too deep. The rooks and jackdaws have had a good breeding season judging by the numbers I have to chase from my

chicken run on a regular basis. I am sure I am feeding more of the crow family than chickens and ducks! The blackbirds got another clutch away in the shippon. We have had another family of long tailed tits through. They are truly real clowns. There are plenty of great tits and blue tit youngsters coming to feed. "Our" blue tits fledged five young. I have had to stop filling our feeders away from the house as the jackdaws emptied these in a matter of minutes. I did this when I saw the woodpecker feeding just outside the kitchen window. So far the jackdaws haven't ventured here. The swallows still haven't nested with us and as I mentioned last month we have very few around. When I can get back onto the internet I will have to see if this a local or a national trend.

for

**EXPERT  
PICTURE FRAMING**

Phone David Hilton  
015396 21800

and for

**PHOTON THERAPY  
LAMPS**

Phone Liz Hilton  
015396 21800

## MARKET FAYRE

I was extremely disappointed to learn that this year's Market Fayre had been cancelled, due apparently to there being too much on at the same time! (See Westmorland Gazette 18 July 2008)

When the Fayre was first put on in

2001 it was held on a Wednesday, traditional Market Day, to bring local residents together again after Foot and Mouth.

By popular request the Fayre was moved for 2002 and subsequent years to August Bank Holiday Saturday so more people could attend. This dovetailed in well with Dent's annual event and provided a weekend full of fun and activity.

Whilst we were delighted to welcome visitors to the Market Fayre it should be remembered that it was primarily put on for local residents and their families to enjoy a day together and without their support would not have continued successfully.

Sedbergh Chamber of Trade kindly loaned the Committee monies to set up the Fayre which due to the generous support of those attending was paid back within a short space of time. It was then decided that any profits made which were not needed to support the next Fayre would be donated to local causes.

As it would appear that the Fayre will no longer take place remaining profits should be distributed within the local community as originally planned and it is hoped the Chamber of Trade will publish a list of recipients in due course.

After the initial five years the original organizing Committee felt it was time for new blood to have a hand in running this event. Sedbergh needs the younger population to become involved in such events for them to continue and not die out as the Fayre

appears to have done.

On behalf of the original Committee, I would like to thank all who supported the Fayre in time, money and attendance. *Lyn McLennan*

## **FARNHAM & BRIGGS**

### **Upholsterers**



Underley Home Farm,  
Kearstwick, Kirkby Lonsdale  
We offer quality craftsmanship,  
specialising in re-upholstery, leatherwork,  
& general furniture restoration.  
We also have a wide choice of  
fabrics to choose from.  
Tel: 015242 - 71207/71582

### **ATTENTION FELL RUNNERS AND MARSHALLS**

Have you noticed the return of 'The Whernside'? Start 11 am on Saturday 27th September from Church Bridge, Dent. Running to Whernside Summit then descend to Dent, Ingleton Road cross High Moss before ascending to Great Coum and returning to Dent. A total distance of 12.1 miles with a climb of 2972 feet. (See FRA handbook, page 77).

Also don't forget "A Hell of a Rise Hill" at 2 pm on Saturday 23rd August as part of Dentdale Show. An ascent of 1385 feet in 1.45 miles, return by same route, (FRA handbook, page 70).

Both races sponsored by LA Sportiva (Lyon Equipment).

If you would like to help marshal either race (High or low level), please phone John Hyde on 015396-25503 or if you want more information on either race.

## **SEDBERGH & DISTRICT HISTORY SOCIETY**

### *Time Team in Garsdale*

Time Team is a group of archaeologists and historians who spend three days investigating a site of interest. Their efforts are televised on Channel 4 and therefore, as would be expected, the team contains some colourful characters.

Time Team spent three days in July investigating an archaeological site in Garsdale. The Settle-Carlisle was built over the period 1869-1876 and one of the major constructions on it was a tunnel at Risehill. As a result it was necessary to build a camp above the surface to accommodate the people and machinery required.

Prefabricated huts were erected to house the navvies and their families. Each hut contained a married couple and their family, if they had one, plus a number of navvies who boarded with them.

Two air shafts were constructed and the material excavated from the tunnel was raised by machinery to the surface through them. This produced spoil heaps which still run out like fingers from the shafts rising to several metres high in some cases.

Some days before the dig started researchers arrived to consult with members of the Sedbergh & District History Society to discover what was known about the site and those who lived on it. As a result of the help

### **AUCTIONEERS, ESTATE AGENTS & PROPERTY MANAGERS INCORPORATING**

**DALTON & HAGUE ESTATE AGENTS**

70 Main Street, Sedbergh LA10 5AD

Tel: 015396 20293 Fax: 015396 21650

e-mail [property@chriswhelan.co.uk](mailto:property@chriswhelan.co.uk)

[www.chriswhelan.co.uk](http://www.chriswhelan.co.uk)



Property Sales

Residential Letting & Management

Caretaking Services

Home Finding

Negotiations

Holiday Lettings

#### **We have:**

Clients looking for property to rent, all sizes and styles, letting only or full management

Clients looking for property to buy in all price ranges

#### **We need:**

Holiday cottages/apartments, no limit on owner use

# The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes  
offer you a warm welcome



We are open daily for home cooked food,  
(a particular favourite is Ham `n` Eggs)  
and offer an extensive menu for  
residents and non-residents.

Our two guest rooms are both en-suite  
and we can boast one of the finest views of  
Cautley Spout and the Howgills.

*Please note our opening hours.*

Tuesday to Sunday 8.30am—4.30pm (closed Mondays unless Bank Holiday)

Wednesday to Saturday nights open from 7.00pm ~ **Booking Essential**

given a small party from the society was invited to visit the site during the second day of the dig.

After a drive along the Coal Road between Garsdale and Dent Station, made difficult by the damage done by log lorries, we drove for over a mile on worse tracks through the forest. We eventually arrived at the base camp where there were parked vehicles, tents and all the equipment needed to film a television programme. Before lunch we wandered around the site watching the digs in progress one of which involved Phil Harding. We also encountered other leading characters including Tony Robinson who fronts

the programme. We then joined in the excellent communal lunch and if an army marches on its stomach then Time Team certainly digs on its.

After lunch we met the historians in the team and discussed the sources which give information about the site and the people who had lived there during the railway's construction.

Later we were filmed talking to Dr Helen Geake about these topics.

having finished that, and after a most interesting and enjoyable day, we set out to return to Sedbergh wondering if we would feature in the televised programme or merely end up on the cutting room floor.

*Richard Cann*

## **CHRISTIAN AID IN SEDBERGH AND DISTRICT**

The committee were delighted to hear the results of Christian Aid Week at the AGM and business meeting on the 8<sup>th</sup> July and wanted to share the good news with all of you who have helped in achieving it.

The annual United Service, shaped and led by the Revd Carole Gotham, was greatly appreciated by all who went for its thought provoking content and style. The topical talk and information on Burma from personal experience by the guest speaker, Michael Leigh, had been very helpful indeed. Kath Hannam had us worried briefly when she said that she kept losing the Holy Spirit during the week.

Fortunately she was referring to the ribbon given out at the service to wear during the week to remind us of the Holy Spirit's constant presence. The tremendous good heartedness experienced through the week provided some pretty good evidence of the latter and everyone involved had been encouraged by their involvement.

The Shop had been a hive of activity drawing the community together and reflecting what a generous community it is that we live in here. The Shop alone raised £2031.30.

The Coffee Morning in Dent, held on the Saturday, was well supported locally bringing in £149.27.

Other amounts raised during the

## **THE HEAD AT MIDDLETON**

*Nr Kirkby Lonsdale, Cumbria*

*Tel: 015396 20258*

A Charming Country Inn in an area of outstanding natural beauty situated on the A683 between Sedbergh and Kirkby Lonsdale



### **Accommodation available**

Family Room From £75.00 ~ Double/Twin From £65.00 ~ Single From £35.00

*Prices includes Full English Breakfast*

All Rooms En Suite, TV, Phone, Tea/Coffee Facilities

BAR MEALS or RESTAURANT and a LOVELY BEER GARDEN  
ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

BASKET MEALS SERVED after 9:00 pm

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

### **USUAL OPENING TIMES**

Monday to Friday 6 pm until 10.30 pm

*Closed Monday to Friday Lunch times*

Saturday open all day 12 noon to 11 pm

Sunday open all day 12 noon to 10.30 pm

Proprietors: David and Elizabeth Martin

week were: £130 from the United Service collection; a donation of £20; and £2960.74 so far from the House to House collection. (I say "so far" as the Treasurer reports that odd envelopes continue to be handed in! I think they are from people who were away from home during the week.) Mrs Rosemary Handley, who valiantly organises the collection, was concerned that this year there were no collectors for Maryfell, Sycamore or Woodside Road areas so although some of the residents of those areas had collected envelopes from the shop and donated that way, she felt that some had missed the opportunity. If someone reading this would be able to help cover the

collection in one or part of these areas next year please let Rosemary (Tel: 21411) or one of the Christian Aid committee members know.

In all a total of £5611.64 has been sent to the Christian Aid office at Warrington meaning that all monies raised are already at work to help people round the world create a way out of poverty. So many thanks to all who have been involved in one way or another, particularly those who work steadily behind the scenes to enable this event to take place. As there is no Market Fayre in Sedbergh this August our next Christian Aid event will be the Coffee Morning on the 15<sup>th</sup> October in the URC Rooms.

*Anne Pitt*

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail &amp; Marie Rose Sauce £4.30          Garlic Mushrooms on Toast £3.90          Pate with Garnish, Toast &amp; Butter £3.80          Soup of the Day £3.50          Egg Mayonnaise £3.60          Grapefruit Cocktail £3.60          Garlic Bread £2.75</p> <p style="text-align: center;"><u>Extra Special Main Courses all £11.95</u></p> <p>Loin of Pork in Cider &amp; Apple Sauce          Lamb &amp; Apricot Casserole          Chicken with Basil, Port &amp; Dill Sauce          Venison Casserole          Supreme of Pheasant Chasseur          Pork in Pepper Sauce          Cod &amp; Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £7.39          Mixed Grill £12.99          Sirloin Steak approx. 8oz uncooked £11.99          Half Roast Chicken £8.20          Chicken Kiev £7.39          Lasagne £7.39          Steak &amp; Kidney Pie £7.39          Cumberland Sausage £7.39          Gammon &amp; Pineapple £7.39          Barnsley Lamb Chops £10.99          Marinated Lamb Steak (6oz) £10.99          Pork Chop in BBQ Sauce £8.99          Cheese &amp; Ham Pasta £7.39          Tuna Pasta Bake £7.39</p>	<h1 style="margin: 0;">THE HEAD</h1> <h2 style="margin: 0;">AT</h2> <h1 style="margin: 0;">MIDDLETON</h1>  <p style="text-align: center;">Tel: 015396 20258  <a href="http://www.middleton-head.co.uk">www.middleton-head.co.uk</a>  <a href="mailto:enquiries@middleton-head.co.uk">enquiries@middleton-head.co.uk</a></p> <h1 style="margin: 0; font-style: italic;">Menu</h1>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.99          Grilled Rainbow Trout £9.99          Breaded Scampi £7.39          Breaded Haddock £7.39</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £7.39          Stilton &amp; Vegetable Crumble £7.39          Vegetable Lasagne £7.39          Mushroom &amp; Nut Fettuccini £7.39          Broccoli &amp; Cream Cheese Bake £7.39          Vegetable &amp; Pasta Bake £7.39          Vegetable Tikka Masala £7.39          Macaroni Cheese £7.39</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £7.39          Chicken Tikka Masala £7.99</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £6.20          Cold Meat Salad &amp; Roll &amp; Butter £6.99          Prawn &amp; Rice Salad £6.99</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.99          Ham; Beef; Cheese &amp; Tomato; Cheese &amp; Pickle or Salad from £2.99          Toasted Sandwiches from £3.20          Portion of Chips £1.85          Portion of Onion Rings £1.85          Mixed Side Salad £1.85          Portion of Mushrooms £1.85          Roll &amp; Butter £0.65</p>
---	--	--

## KIRKBY LONSDALE CHORAL SOCIETY

A plea for Basses

MEN! Your resonance is required in the Bass section of our choir!

Our basses sound so good that we have become particularly partial to their beautiful tone and are therefore seeking to increase the amplification in this department.

Ours is a thriving, non-auditioned choir that has performed a wide and varied repertoire from Mozart to Bernstein for almost 120 years. We aspire to a high musical standard and aim to thrill our concert audiences, performing 2 or three times a year under our esteemed conductor and joined frequently by professional

soloists in the beautiful church of St Mary's, Kirkby Lonsdale, beside the river Lune.

Our Society has been asked to perform at the Kendal Christmas Charity Concert in the Westmorland Hall in December, which honour is testimony to our recent successes. Many of our members join the Mary Wakefield Festival Chorus for the opportunity of singing the great works under famous conductors among an enormous number of voices. We also participate in a friendly annual choral evening with other choirs.

We have opportunities in all sections and all ages, women and men and so whether or not you've sung in a choir before, (you do not need to be a

# Cobble Country

*Dales & Lakes*

*Town & Country Property Agents Est. 1992*

- Free Valuation
- Property Marketing Consultation
- Maintained mailing list
- Full colour particulars with floor plans
- Office open during 6 days a week
- Full property particulars on our website
- Negotiable commission
- Residential & Commercial Sales, Lettings and Holidays

59 Main Street, Sedbergh, Cumbria LA10 5AB 015396 21000

[www.cobblecountry.co.uk](http://www.cobblecountry.co.uk)

[cobblesedbergh@yahoo.co.uk](mailto:cobblesedbergh@yahoo.co.uk)

brilliant and experienced singer to create wonderful harmony,) come and learn it with us and Join our team!

Come along for a couple of rehearsals at the Institute, New Road, Kirkby Lonsdale on Thursdays at 7.30 and find out about us at first hand - with no obligation. The first rehearsal for 2008-2009 is on Thursday 11 September. There exists a great camaraderie amongst our members who come in from an area covering Ingleton to Kendal and Silverdale to Sedbergh (so many of us car-share.)

The Society encourages young singers and offers free membership to students, (a saving of £30.) Singing in a well-established choir is a life-enhancing experience, not only

for musical and social skills, but in self-discipline, learning skills, mental and physical stamina, team spirit and self assurance. When it comes to applying for jobs or for places in university, choral singing is highly regarded as an indication of a candidate's commitment and reliability

We offer the opportunity to create new friendships, explore your musical talents, experience the thrill of entertaining the community and participate in a rewarding activity that brings your enjoyment of music to others.

*Remember.* Singing is good for you! Please phone Marjorie on 015242 72812 or Jean on 015242 76265 if you are interested.

# GEORGE AND DRAGON DENT



*A Dent Brewery House*



Catering for Locals, Visitors & Residents  
Daily Menu featuring Local Produce  
Bar Snacks & Main Meals  
A la Carte available Friday & Saturday  
Traditional Sunday Roast Lunch  
Wide selection of Wines  
House Wine from £8.89

*Open for Lunch 12 - 2.30  
Evening Meals 6 - 8.30*

Tel: 015396 25256  
e-mail: [mail@thegeorgeanddragondent.co.uk](mailto:mail@thegeorgeanddragondent.co.uk)  
[www.thegeorgeanddragondent.co.uk](http://www.thegeorgeanddragondent.co.uk)

## BOOK TOWN NEWS

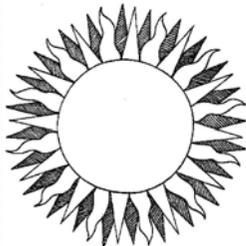
Here we are half way through the summer and half way through the Festivals programme from the Book Town – We hope readers may have visited the Ideas Festival and enjoyed its challenging talks and presentations.

We would like to just explain the Book Town set-up for those who perhaps are new to the area, visitors and local people who have just discovered the Book Town.

There are 2 companies – Sedbergh Book Town Ltd which is a community company limited by guarantee, this means that it is non-profit making and if any profits are made they must be put back into the company or

transferred to the charitable side of the project. The second company is also a charity, Sedbergh Book Town Literary Trust and this is what it was founded to do for the community:-

- a) to promote maintain improve and advance education particularly in the area of Literature and the written word and the formulation preparation and establishment of schemes to render such education accessible to the public.
- b) to promote the education of children and young people by encouraging an interest in and understanding of Literature and the written word and by establishing events and classes



## OPTIONS for health and well-being

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
Peter Burrige .....	Counselling .....	07817 718793
Yvonne Cervetti .....	Aromatherapy, Hot Stone Therapy and Massage	
.....	.....	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

*Health practitioners in the local area*

- for children and young people.
- c) any other public charitable purposes tending to encourage interest in Literature which may conveniently be promoted in combination with the aforesaid purpose and which may include encouraging senior citizens and the community in general to participate in events and classes provided by the Trust for the purpose of recreation or other leisure-time activities with the object of improving their conditions of life.
- d) to promote such Literary education to all age groups in surrounding rural communities by provision of outreach activities and/or convenient community transport to bring such potential participants into Sedbergh to attend classes or events.

In furtherance of the Objects but not otherwise to do all or any of the following things:

- a) to promote arrange conduct and present such literature poetry drama film and associated arts programmes classes shows plays lectures exhibitions displays and other events and activities in Sedbergh or elsewhere as shall further the attainment of the above purposes.

Yes this is incredibly formal as it is an excerpt from our Memorandum of Association, but this explains exactly how we are working for local people. Again with the Charity no money is kept by the Book Town everything is



**ORGANIC (one-stop)  
FARM SHOP**

*Get all your organic shopping here!*  
We stock a wide range of ORGANIC  
dried, chilled and fresh produce  
from our greenhouses,  
including  
household cleaning products.  
**WE ALSO DO A BOX SCHEME**  
Tel/fax: 015242-51723  
[www.growingwithgrace.co.uk](http://www.growingwithgrace.co.uk)

spent in doing what we promise above.

Money is earned by the Book Town through running the premises which are known as the Sedbergh TIC or Tourist Office. Everyone knows how valuable the TIC is as a centre for information, to the businesses of the town and to the groups which publicise their events through the TIC, we hope that everyone also enjoys the gifts and books which we sell.

The book shops are all owned individually and do not receive any support at all in the way of grants or subsidies although they have received the shared benefit of advertising leaflets which the Book Town has paid for since 2005. In 2008 the shops have paid for these leaflets themselves and 50,000 have

*(Continued on page 48)*

been printed and distributed through Cumbria, Yorkshire, and north Lancashire.

The town as a whole through the Chamber of Trade, together with Farfield Mill and the Book Town were lucky enough to gain a grant from Cumbria County Council of £15,000 and the groups mentioned before have each added £5000 to that total – so in £2008 around £33,000 will be spent advertising Sedbergh its attractions and businesses.

Perhaps you have heard our advertising campaign on The Bay and Lakeland Radio. We are also in the process of making an advertising film and TV programme for Sedbergh which will be ready shortly.

It is a real shame that this money is being spent in a year of such economic turbulence and when normally we would expect a huge upturn in business because of this advertising, we can't guess whether this will happen or whether we will simply hold our own, but it does seem from industry figures that many people might stay at home this year so we may be lucky.

As before when we write about the Book Town we would like to remind everyone that everyone is welcome to become a Member of the Book Town which is like becoming a shareholder, or can become a member of the Friends of the Book Town which is more of a social organisation. Please

## PLUMBING, GAS OR ELECTRICAL PROBLEMS?

Make the local logical choice . . .

. . . call **015396 20107**

### BOILERS & SERVICING

Full Central Heating  
Gas - LPG - Oil  
AGA - Rayburn  
Stanley - Redfyre  
Replacement Boilers

### LIFESTYLE

Bathrooms  
Kitchens  
Fires  
Fire Surrounds  
Tiles

### ELECTRICAL

Designing & Wiring  
Power & Lighting  
Inspecting & Testing  
Rewiring  
Security Alarms

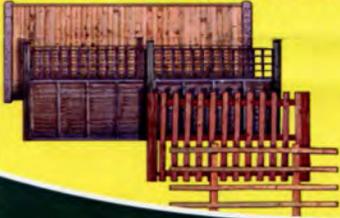


**LOGIC**



**THIS TEAM  
"LEAVES" IT CLEAN!**  
**Charlesworth**

**Tree Care & Fencing Ltd**  
Domestic • Commercial • Agricultural  
Covering the whole of Cumbria & North Lancs.



- Agricultural & Garden Fencing
- Rustic & Panel Fencing
- Post & Railings
- Horse & Rabbit Fencing
- Stock Proof & Deer Fencing
- Fencing Materials
- Treated Timber

CALL GAVIN TODAY

**015242 71840**

OR WOODYARD ON

**015396 20006**

**Mobile 07721 773135**

email: [gavin@g-charlesworth.co.uk](mailto:gavin@g-charlesworth.co.uk)

*The Woodyard, Old Railway Goods Yard,  
Middleton, Kirkby Lonsdale LA6 2NE*

C  
H  
A  
R  
L  
E  
S  
W  
O  
R  
T  
H



This Team Leaves It Clean

contact us through the TIC 015396 20125 if you would like to know more.

The Festival of Books and Drama is coming up shortly at the beginning of September. There will be lots of events for children mostly provided in school time and loads of excellent Shakespeare stuff! Its stuff because its not entirely serious, its Shakespeare as a starting point for some really talented peoples flights of fancy! We've also got the Brontes, daring lady travellers, and the very first FRINGE at a festival in Cumbria. Fringe means that YOU get to have a go, or if you're not in time this year its your chance to come along and see what your friends and neighbours

have been up to in terms of writing literary masterpieces! Again this is not to mean that this is serious .. no it's a great day out with loads of stuff going on, puppets, theatre, poetry music etc .. come along and see.

This year J R Hall (SPAR) is helping out with funding for the festival, as is Sedbergh School and Garsdale Design and we are incredibly grateful for their donations as funding is getting tighter and tighter.

So please remember the Book Town is for Sedbergh and we really hope that more and more local people enjoy and appreciate our efforts.

*Carole Nelson*

## NEIGHBOURHOOD FORUM

From the minutes of the meeting held in Dent Memorial Hall on 17th June.

### A PLAN FOR DENTDALE

Heather Fraser introduced herself as the Secretary of the Parish Plan Group. She apologised to people who had already heard the presentation but said the Group wanted the Neighbourhood Forum to know what had been achieved since receiving a grant in June 2007.

Funding had also been received from Voluntary Action Cumbria and Dent Parish Council.

Heather explained that the Parish Plan logo had been designed by a Dent resident and said that the aim of

the Parish Plan was to safeguard the distinctive character of the area, reflect the views of residents and meet the economic, social and cultural needs of the community.

The group has met with farmers, local businesses and over 60's; has undertaken group and individual work with children; has manned a stall at Dentdale Show and delivered questionnaires to all households. Issues raised include roads, parking, holiday homes, second homes, affordable housing, public transport, local services, health provision, opening times of cafes, promoting local crafts etc. The things people particularly like about Dentdale are the landscape, environment,

# HOLME OPEN FARM

Come and touch and feed the animals  
on a Traditional Dales Working Farm  
Ewe Tree Café ~ Nature Trail ~ Camping & Fishing

**Open 11 am to 4 pm**

*Closed Tuesdays*

For more information

Phone David or Angela on 015396 20654



[www.holmeopenfarm.co.uk](http://www.holmeopenfarm.co.uk)

# sedbergh

festival of books & drama

6 – 21 september 2008

Shakespeare poetry  
short stories workshops

Michael Pennington  
Barrie Rutter

Box Office at TIC, 015396 20125

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

community, security, facilities, outdoor pursuits and location.

The Parish Plan group were pleased with the response rate to questionnaires (55%). Heather explained the need to involve the community in implementing identified actions under the headings of Economy & Tourism (including the need to form a new Chamber of Trade); Farming; Young People; Community Facilities; Leisure & Recreation; Environment and Transport, stressing that the Parish Council cannot do it on their own.

Heather explained how the Parish Plan group achieved a high return rate on questionnaires (a lot of hard

work!) and confirmed Dent Parish Council would be happy to work with Sedbergh Parish Council, who are going through a similar exercise, to look at areas of inter-dependency between the two settlements.

## YORKSHIRE DALES NATIONAL PARK

Paul Wilkinson, Yorkshire Dales National Park Ranger, mentioned the Park's Sustainable Development Fund and two projects currently seeking funding. Fairfield Mill is seeking funding to commission a full design study to progress a proposal for a hydro electric scheme and the Lancashire & Westmorland Hedge

*(Continued on page 52)*

Laying Association is seeking funding to establish an annual hedge laying competition in the YDNPA to promote and improve the traditional management of hedgerows.

Paul listed ongoing work on bridleways and the Rights of Way network (and a donation they had received towards this work!). He mentioned that a new officer, Peter Lambeth, will take the bridleway work at the head of the Dale forward to link with Newby Head and explained the delay caused by a late application to register this as a permissive bridleway. Paul confirmed that motorised vehicles were not allowed on bridleways, and urged people to provide details of illegal use of 4 x 4's etc. to be passed on to himself or the local police officer.

Concerns were expressed over the deterioration of road surfaces within the National Park, particularly minor roads being damaged by heavy timber lorries. It was suggested that uncut verges frequently conceal the fact that surface water has washed the gutters away leaving deep ditches on which cars easily become 'bottomed' when pulling onto the side to allow oncoming traffic to pass. Mrs. Bentham complained of 8' ditches on the Deepdale Road between Outrake Foot and Holly Bush and said these had repeatedly been reported to Cumbria County Council Highways Hotline. Paul confirmed that a very different response was forthcoming from North Yorkshire County Council.

Councillor Nicholson asked that people report any highway problems

to him as well as to the Highways Hotline on 0845 609 6609.

### *OPEN FORUM & COMMUNITY NOTICEBOARD*

A resident commented that the Forum had not had a report from police or councillors on travellers moving through the area to Appleby Horse Fair this year, and suggested that the situation in the Sedbergh/ Cautley area had been far worse than last year. Other residents at the meeting supported this view. An article in a recent edition of Your Cumbria on the Respect campaign which targets anti-social behaviour was cited as a desirable standard. It was also recognised that the joint protocol for unauthorised encampments was a good model and some concerns about how the protocol could be enforced were expressed.

Sedbergh Parish Council representatives reported that the

**Paul  
Hoggarth**



***Building Contractor***

***6" Wood Chipper For Hire  
Small Plant Hire***

***015396 21413***

***07968 977429***

Parish Council was taking these issues very seriously and has attended meetings with the police and other agencies over the past few months.

Kirkby Lonsdale had not been affected as much this year, but suggested a public meeting should be held on the final report on Appleby Fair from officers of SLDC, CCC and the Police, with the opportunity to add their comments.

Sinead McCann said the Liaison Group hasn't completed its review of the event and that some drop-ins were being arranged in Eden for people to register their concerns.

A number of residents gave examples of incidents and their

experiences in the period around the Horse Fair. These reflected the strength of feeling and local concerns.

District Councillor Ian McPherson confirmed everything which had been said. He felt historically people have a lot of goodwill for travellers but that this is being eroded and that every year brings issues. Before the 2009 Horse Fair, plans must be in place to ensure Sedbergh is not overlooked. This needs attention at the highest level.

Councillor Nicholson said all the comments would go to both the Chief Executive of Cumbria County Council and the Chief Constable. The Forum agreed with this suggestion.

## ***J N & E Capstick***

**Insurance Consultants**

**75 Main Street, Sedbergh LA10 5AB**

**Tel - 015396 20124 Fax - 015396 20791**

Market Street, Kirkby Stephen, CA17 4QT

Tel - 017683 72285 Fax - 017683 72346

e-mail - sales@capstickinsurance.co.uk

5 Low Wiend, Appleby, CA16 6QP

Tel/Fax - 017683 53885

**FARM INSURANCE ~ HOME INSURANCE  
MOTOR INSURANCE**

**SMALL ENOUGH TO CARE, BUT BIG ENOUGH TO COMPETE**

*J. N. & E. Capstick Insurance Consultants  
are authorised and regulated by the Financial Services Authority*

**St ANDREW'S CHURCH,  
SEDBERGH**

*Your Parish Church.*

After a hectic two weeks with the Music Festival, this is reported elsewhere in the *Lookaround*, we have had a very busy time entertaining Bishop David and Mrs. Lily Lai and the Reverend Charles and Mrs. Maryjo Chen from Taiwan. They were here in England to attend The Lambeth Conference. Their crowded programme started in Sedbergh on Sunday 13th July meeting and taking tea with members of the congregation. This was followed by Choral Evensong, the Address was given by Bishop David.

two days, they visited Sedbergh Primary School for morning assembly. Met with Ernest and Monica Cousins and Susan Sharrocks for tea. They were then taken to Rydal Hall at Ambleside for a pre-Lambeth lunch. Sampled a sail in the Windermere steamer and then were taken to Cartmel Priory. Probably had a more relaxed time, with Robert and Sheila Lee who gave them dinner. Their daughter Catherine has taught in schools in Taiwan for seven years and has now moved on to the University at Taipei, where she teaches English and Bible studies to students, adults and the Clergy.

During the course of the following

The following day there was a

**SAINT ANDREW'S CHURCH SEDBERGH GIFT AID DECLARATION**

*Please use block capitals and return the completed form to the Gift Aid Secretary:  
V J Hopkins, Brantrigg, Winfield Road, Sedbergh, LA10 5AZ*

**Name**

Title.....Christian names.....Surname.....

**Address**

Post Code.....

This declaration confirms my wish to have donations to Saint Andrew's Church Sedbergh Charity Ref: X88409 made under the Gift Aid Scheme.

I understand that I must pay an amount of income or capital gains tax in the relevant tax year equal to any tax reclaimed by Saint Andrew's Church in that period.

I confirm that I am a UK taxpayer, resident in the UK for tax purposes and that I will advise Saint Andrew's Church if that situation changes.

Signed.....

Date.....

**BANKERS ORDER**

To ..... Bank Ltd

Address .....

Please pay: HSBC, 64 Highgate, Kendal, Cumbria, LA9 4TQ Sort Code: 40-26-02

For the credit of: Parochial Church Council of Saint Andrew's Church Sedbergh

Account number: 21133764

The sum of £.....(.....) on .....  
figures words date of first payment

And debit my account.

Name of account to be debited ..... Account Number .....

Date ..... Signature.....

Address.....

meeting with representatives of Churches Together at the Quaker Meeting House at Brigflatts .This was a very informal occasion, with the visiting group learning a little more about Quakerism, how their meetings are organised and run, and the inevitable question, how do they fund their activities? The answer, very much in the same way as St.

Andrew's does, self funding. Quaker Meeting Houses are divided into groups or clusters, each cluster sharing their revenue. Their main advantage though, they do not have the extra burden of paying for a Minister and his or her pension!

After lunch with Eric and Judith Ryder, they were taken on a tour of the locality and its Churches by Rosemary Lord, Alan Fell, and the Ryders.

Their visit was concluded with a buffet supper hosted by Anne and Tony Reed Screen. This was a very happy and relaxed occasion. We were able to stroll around the garden and take in the stunning views that surround Birks House. Reverend Charles Chen remarked on how very beautiful our countryside is, saying how 'industrialised' much of the Taiwan is. Taiwan is about the size of Wales and has a population of roughly 26 million, although a very beautiful country, the country-side is not available on their 'door-step'.

On a more domestic note, Alan Fell has been remarkably busy so far this year. Apart from the normal day to day Church Services, he has

Philip Horner

## Fencing Contractor

Walling

Man & Tractor

Tel: 015396 21984

Mob: 07855 349157

e-mail: prhorner@hotmail.com



conducted seven Christenings, with certainly one more to come, four weddings, with more to follow, and nine funerals. Most people who live in and around Sedbergh will have known many of the participants at these gatherings and needless to say, been part of the occasion, illustrating we think, how central St. Andrew's Church is to the life of the Town.

By the time this addition of the *Lookaround* is published we will have had the annual Vicarage B.B.Q. (we hope for a dry day), and look forward to the 'Bric a Brac' sale on 27th September at 11am in the People's Hall. Also a Coffee Morning in the U. R.C. Rooms on 24th September.

We again include our Gift Aid Form for anyone who may like to support the work of the church.

*Lavinia Mahon & Tony Reed Screen*  
Church wardens

## PEPPERPOT MUSIC MAKERS

Sedbergh Pepperpot Club held its 11th AGM and Summer Party on Wednesday, July 16th 2008, a day earlier than planned in order not to clash with Martin Bell's visit to Sedbergh. The meeting, attended by 28 Members, quickly accomplished the business that was necessary, so that attention could be concentrated upon the delicious Jacobs Join contributions which had been brought along. The evening was kindly hosted by Dr Gina Barney at Knott House, Cautley, previously the home of Dr Cyril Noble, the first President of Sedbergh Pepperpot Club, and where the very first AGM and Summer Party took place. After we had eaten, the rain held off sufficiently for those with appropriate footwear to try to identify the trees in the Arboretum and also to attempt to solve the Maze Mowing Conundrum. In the Arboretum are several inter-connecting grass paths which need to be mown periodically. The Conundrum was to discover how this could be done without covering the same ground twice except on the perimeter path which could be mown twice. Gina provided a beautifully drawn plan to help in solving the problem.

Gina writes "Two people offered solutions to the Maze Mowing Conundrum. One (John Mounsey) has a start point in the middle of the maze, thus requiring helicopter assistance, and a finish in the far corner. The other, by Tony Hannam, starts and finishes by the entrance,

but requires one short distance to be mown twice. So although he has failed, I declare Tony the best winner. I will adopt his solution after I have erected the necessary route numbers along the maze - a kind of 'mowing by numbers'.

"John Mounsey excelled however in 'name that tree'. I will now be able to say more than 'tree' when people ask 'what is that?' Thank you John."

The primary-aged Pepperpot Music Makers orchestra has just completed a full year under the guidance of Noel Bertram, Penny Legat and Carole Gotham, and it is clearly thriving, following on the tradition so well established by Judith Bush and Ann Wright over the first seven years. In



### G.B. BUILDERS LTD

- **General Building inc:**
  - New Builds
  - Extensions
  - Loft Conversion
  - Garages
  - Roofing
- **Joinery inc:**
  - New Windows
  - Fitted Kitchens
- **Ground Works**
- **No Obligation Quotes Given**
- **General Advice**

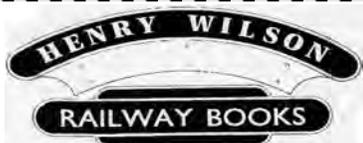
Contact: Graham Bradley:  
015396 25433 or 07778874855  
George Baines:  
015396 21287 or 07977514229

June, during the Sedbergh Music Festival, the Pepperpot Music Makers, young and old, took part in a Coffee Concert. Individual youngsters played solos, the orchestra performed a selection of their repertoire, the adults played a Fantasia by Purcell and finally all the players took part in a performance of The Toy Symphony. We are very grateful to Alan Adamson for lending us the music and toys. There was a large and appreciative audience. At the end of the concert, two of the older youngsters donned Pepperpot sweatshirts and rattled Pepperpot buckets by the exit and amazingly collected £100 for Pepperpot funds. It is just as well that extra funds are forthcoming because

the number of 'peppercorns' coming in is getting less - possibly because Sedbergh is so full of events these days! - and demands on the funds continue to grow. For instance, as well as subsidising individual music lessons, we have given grants to five youngsters who will attend Young String Venture, part of Lake District Summer Music, in August. This will help towards their fees and considerable daily travelling costs. The older generation are hoping to do their bit to swell the funds in August. The members of the Pepperpot Quartet have been invited - for the second year running - to play at a conference in Barrow entitled 'Celebrating Age'. (We have to be over 50 to take part!) We have been promised a fee for our services and this will go straight into Pepperpot funds. We are also delighted and extremely grateful that the Trustees of Sedbergh United Charities have awarded Sedbergh Pepperpot Club a generous grant towards the purchase of musical instruments. We plan to use this sum to help to satisfy a current need for an instrument not in our stock. As always, we are greatly indebted to our Members, Friends and Sponsors who provide the backbone of support for what Sedbergh Pepperpot Club is able to do.

So many people have kindly donated instruments that our stock is now valued at almost £20,000. The instruments are either on loan already or available to lend out. Do let us

*(Continued on page 58)*



Specialist Bookshop now open in Sedbergh on Thursday, Friday, Saturday & Sunday with a large stock of antiquarian, second-hand & new books on Railways, Canals, Busses, Trams, Motorcars, Aircraft, Shipping & industrial history. Some general titles also available.

Book Tokens sold & exchanged.

Free Book Search Service

61 Main Street, Sedbergh LA10 5AB

015396 21111 & 01829 740693

[www.henrywilsonbooks.co.uk](http://www.henrywilsonbooks.co.uk)

e-mail: [hwrailwaybooks@aol.com](mailto:hwrailwaybooks@aol.com)

A selection of our stock is also available in The Dales & Lakes Book Centre 72 Main St.

Tel: 015396 20125

# ***NBC-SKYNET***



## **DIGITAL AERIAL AND SATELLITE**

- **DIGITAL TV AERIALS**
- **SKY REPAIRS**
- **AERIAL FREEVIEW**
- **SATELLITE FREEVIEW**

***Local - Professional - Reliable***

**Tel: 07710 400 499  
or 01539 562561**



know of anyone who could benefit. Borrowers range from the very young to the retired, although adults are aware that they must relinquish an instrument if it is needed by a youngster. Occasionally an instrument which is lying fallow is lent to the Pepperpot Club. Two such instruments are currently out on loan, a viola to a young teacher and a full size cello, hurriedly lent to a boy who had outgrown his  $\frac{3}{4}$  size cello. He wanted to be able to use it during his last lesson of the term next day. He was so keen that he immediately set to work that evening to adjust to the new instrument and then rang us up to say how much he liked it and how he could more easily produce a vibrato to improve his tone. Next day he played to his teacher without mentioning anything and his teacher did not notice he had a different instrument, but part way through the

lesson, he said that he thought he was playing particularly well and how his vibrato had improved. Only then was he informed about the change! We are certainly very fortunate in the quality of instruments we have available - and in the enthusiasm of the youngsters

To round off our year of Pepperpot events, we are very much looking forward to our trip to Liverpool on August 20th, by coincidence an auspicious date - 20.08.2008 - during Liverpool's year as European Capital of Culture. There are 24 of us planning to go by coach. There will be a visit to the Klimt Exhibition at Tate Liverpool, a boat trip on the Mersey, a visit to Croxteth House and a meal at the Italian Orchard, near Preston, to round off the day. But before that we have the joys of Lake District Summer Music in store. . .

*Shirley Smith*

## AUGUST GARDENING

Sometimes the most unlikely plants are the best things for wildlife. This year my most successful bee plant has turned out to be an ornamental bramble; *Rubus cockburnianus* 'Goldenvale'. This plant is grown primarily for its white stems which light up the border in the depths of winter. 'Goldenvale' has the added attraction of beautiful yellow, ferny foliage amongst which the rather insignificant racemes of small pink flowers are born in early summer. They may be insignificant to human eyes but are obviously bee heaven as the whole bush buzzed and hummed with busy bumble bees throughout the flowering time. Fruit produced is

Kevin Puncher

**Joiner  
Carpenter**

Over 30 years experience

All types of work considered

Free estimate

**015396 25737**

**07854 968720**

Email: [kpuncher@hotmail.com](mailto:kpuncher@hotmail.com)

Backstonegill Cottage,  
Dent, Sedbergh, Cumbria, LA10 5TE

small and uninteresting, and as the main function of the plant is to produce a crop of fresh white stems for winter interest, the plant has to be pruned hard each year with all the flowered stems being removed and the young white stems left. I usually do this job in August, preferably on a dry day when I won't be soaked by the overhanging foliage. Pruning ornamental brambles requires a good deal of crawling around amongst prickles so I always put on my thickest donkey jacket, a large wide brimmed rain hat, waterproof leggings and thick thorn proof gloves. These create quite a spectacle on a hot summers day (as witnessed by a casual visitor who came to enquire about a local campsite) but they do ensure that I come through the experience mostly unscathed. *Rubus* 'Goldenvale' grows to a height of 7-8 feet so it needs to be at the back of a border, but with a clear view of the bright white stems in the depths of winter. Herbaceous perennials which die back after flowering are ideal planting partners. Mine is flanked by rich blue *Aconitum* 'Spark's Variety' and glaucous leaved, pale yellow flowered *Thalictrum flavum* 'Glaucum'. In front is an herbaceous *Clematis* with pale blue, highly scented flowers (*C. heracleifolia*) and for early spring interest the whole area is underplanted with snowdrops.

I am always relieved when the annual pruning session is over, but the plant is so attractive all through the year that it is well worth all the trouble.

*Elaine Horne*

## COUNCILLORS CORNER

I make no apology for returning once again to the subject of Gypsies/ Travellers. I attended a specially convened meeting in Barbon Village Hall on the 4th July together with representatives from all the Parish Councils in the Ward, officers from South Lakeland District Council, from the Police, local business interests, and one of my District Council colleagues (Councillor Kevin). The meeting was chaired by a County Council officer with particular experience of working with Travellers County wide and beyond. Forceful views were expressed, especially by those individuals and groups who had been on the receiving end of some of the problems experienced whilst the Gypsies were with us, and the Police and County Council in particular were left in no doubt as to the strength of local feeling on this issue. Personally I found the meeting constructive and it was agreed that we should continue to meet during the year leading up to next June with a strong commitment to come up with solutions to the problems/challenges which exercised us this time round. The next meeting is scheduled for September.

Another matter continuing to concern us all is the state of the highways and roads in our area. It's amazing how often the subject of potholes comes up in the course of conversation! The solution being proposed by the Highways Authority (Cumbria County Council) is the

Highways Stewards Scheme. This involves the appointment of a local person charged with the responsibility of dealing with small routine matters like blocked drains and culverts, cutting back vegetation, cleaning road signs and, yes, doing temporary repairs to potholes! The steward will spend a few days in each Parish on a rotational basis and his work schedule will be created as a result either of calls to the Highways Hotline or with direct contact between him and the Parish Representative appointed by the Parish Council. The scheme is funded by the County Council. The whole matter was discussed at Parish Council meetings



**FAMILY  
FUN DAY**

**Baliol School**  
Cautley Road, Sedbergh  
**Sunday 21st September**  
Start 12.30pm

5-a-side Football Tournament  
*(split into 3 age bands)*

Aeroball ~ Traversing Wall  
Egg Catching Contest  
Games and Races  
and much more  
Refreshments

For more details, contact  
Garry Holmes on 07772112820

throughout the area and also at a special meeting in the Peoples Hall which I attended. Parish Council members expressed a number of concerns which they had about the scheme and the County Council Officers present were subject to some searching questioning. However all agreed that we should give it a fair run to see how it worked and then have another meeting with County Council representatives in about six months time. The steward for our Ward (and a number of Parishes beyond our Ward boundaries) is Rob Winder.

Dent Parish continues to work with unabated enthusiasm on its Parish Plan. All three of your District Councillors recently met with members of the Parish Plan Steering Committee and subsequently Peter and I met with the same reps and local MP Tim Farron to take matters further. Anyone interested in knowing more can visit the Dentdale website. I must say that I am personally very impressed with the energy and enthusiasm which has gone into the Plan's production so far. Peter and I wish it well and will continue to support it in whatever way we can (for example I am currently investigating the introduction of cardboard and plastic recycling in Dent itself).

One "perk" of being a District Councillor is that it vastly increases one's knowledge of the local area. On the 1st June, Kirkby Lonsdale Town Council hosted a Town Walk for

all of your District Councillors giving us an opportunity at first hand to see the particular challenges and areas of concern affecting the town. A similar walk to be hosted by Casterton Parish Council was planned for the 28th July.

Peter attended his first meeting of Garsdale Parish Council on the 3rd June. I was at Sedbergh Parish Council's meeting that same night and was very interested to listen to a presentation by the Headmaster and Bursar of Sedbergh School regarding the proposed return of the Junior School to the town.

The proposed new Sedbergh Health Centre and relocation of the Spar are very much uppermost in the minds of many people in Sedbergh and District and, make no mistake, this is a critical decision having long term consequences for the future of the area and the life-choices of all those who live here. I can only echo the sentiments of Councillor Kevin expressed in July's issue of the *Lookaround* and urge as many of you as possible to express your views on the proposals before a final decision is made. You can't complain afterwards if you don't make your opinion known now!

Remember you can contact either of us at any time:

*Ian McPherson: Tel. 015396 20648  
Email: [ianmcpherson24@hotmail.com](mailto:ianmcpherson24@hotmail.com)*

*Peter Woof: Tel. 015396 20857  
Email: [peterwoof@hotmail.co.uk](mailto:peterwoof@hotmail.co.uk)*

## THANDI TALES VI

It seems a little strange sitting here at The Cross keys writing about the Thandi project which is now some 6500 miles away. However this report is going to sound like the Sharon and Edwina story.

As most people know Sharon and Edwina who work at Thandi came to the UK to gain experience in all aspects of the hospitality industry and their enthusiasm, hard work and constant good humour has made our return to the Cross Keys after three years away so much easier to cope with. They are now well over half way through their stay and will return to South Africa on the 10<sup>th</sup> September.

About a week before we left South Africa some friends from Scarborough were coming back to the UK so we took the opportunity of introducing the girls to Cape Town airport which we thought was a useful exercise to give them foresight as to what to expect at the airport, I think Cape Town airport is one of the easiest airports I have used. We flew Emirates which we are told is a very good airline and as we had to watch our costs we found they were offering very good rates.

On the day we left the girls family came to see them off so we had a few tears at the airport and lots of instructions to look after them and to make sure they came home.

We passed through all the formalities and had a good flight to Dubai where we had to wait for three hours before our flight to Manchester.



# Drive Time



**Beginners • Pass Plus • Refresher Courses**

*Discount voucher available for Pass Plus*

**For patient, professional & friendly driving tuition**

**David Morgan ADI - Tel. 01539 731296**

[www.drivetimekendal.com](http://www.drivetimekendal.com)

At check in the girls were stopped and told that Emirates would have to check with the British Embassy before they would be allowed to board the plane despite the fact that they carried letter from us stating where they would be training and staying plus letters from the Thandi Charity stating that they would return to South Africa in September and would not be a burden on the state during their stay and, of course, they had their return tickets. After what seemed an eternity their passports were returned and they were allowed through. I had anticipated questions at Manchester so I went through the “non-residents” gate with Sharon and Edwina. Yes we were questioned by an immigration official but once she had read the letters she stamped their passports.

During their stay here we have tried to take them out and about whenever possible and have done tours of the Lakes and the Dales. We also went to Gretna Green and the visited the Blacksmiths shop where they bought souvenirs to take back home. They also had their photograph taken with



the obliging piper in full highland dress. Last weekend we all went to visit our friends in Scarborough who work with us on the Thandi project. They have holiday apartment so we stayed with them on Sunday and Monday night returning to the Cross Keys late Tuesday. On Monday we did the grand tour of Scarborough including the slot machines and ice creams. We tried to get Edwina to have a donkey ride but she flatly refused adding that the donkey would be eternally grateful. They did go out to sea on a speed boat which did a few sharp turns and bounced along and on her return Sharon exclaimed that she had never done anything as exciting in her life and had screamed most of the way.

Tuesday we went to Robin Hoods Bay which they found fascinating but could not understand why the streets were so narrow and steep and the houses so close together. South Africa is a relative new country as far as building is concerned so it has little of the quaintness of some of our villages. We ventured on to Whitby and had a good wander around and

had fish and chips at what our friends tell us is the worlds best chippy.

Maybe we should take them to Blackpool next and we should certainly take them to London but that will be a bit more expensive so we will have to wait and see.

They have settled into the English way of life very well and I even caught them watching Coronation Street (groan from Chris).

If you ask them what the big difference is they say they found it strange to see white men emptying dustbins and digging holes and isn't everything very green!

Thandi Farm Kitchen (restaurant) has now been taken over by the Thandi Farm so that should guarantee their long term viability. The container that left the Cross Keys is now with our local school at Thandi and is being converted into a kitchen, the second container has now arrived at the village with much needed medical equipment including defibrillators, ECG machines, nebulisers, hospital beds, an ambulance and lots of "goodies" from our friends in Killington WI.

We now have sufficient funds to build our crèche and reading room but we are still fund raising for the fittings, furniture, books and games. We hope to start building in September when the girls return.

Once again thank you from Thandi for all your help both financial and material and for the weekly chicken dinner that is making such a difference to the children's lives.

*Alan & Chris Clowes*

## **OKTET & AMABILE**

**WORKSHOPS** - if you would also like to learn some Slovene songs and join choirs from other parts of England, you are welcome to come to workshops at the People's Hall on Saturday August 30 from 10am- 4pm. Unlike many choirs many of the singers are aged 15-20, so please don't feel you have to be over 50 to join us - though of course you are very welcome if you are.

**CONCERTS** - The concert in the evening of Saturday August 30 includes our Slovene guests Oktet, as well as singers from the South Lakeland BBC award winning youth choir Amabile, a girls' choir from Durham, singers from Lakeland Voices and other local groups. Oktet are also singing in Lancaster's Gregson community centre in the evening of Wednesday August 27, and in Kendal on Friday lunchtime August 29..

**SINGING WALKS** - You are also very welcome to join Oktet on walks with local singers. On Thursday August 28 there will be a bus at 2.15pm to take everyone to a walk from the Cross Keys down the Cautley valley along with our very own Cautley Carollers, following the river by the homes of the intrepid singers who have made the name of Cautley famous (and unpronounceable ) in such far flung places as Zreče and Naples (where they came first in the International Drinking Song competition.) And on Sunday August 31 at 10am there will be a circular walk with Oktet and the women singers, Five in a Bar, who

made their debut singing at the Sportsman's Inn 10 years ago and are now well known throughout the region for their stunning harmonies. Both walks start at Balliol School and will include singing at local beauty spots. Children and dogs are welcome. Tickets are available from the TIC or by ringing Sedbergh 21166.

## **POTICA - SLOVENE CAKE COMPETITION**

Those who have been to Slovenia will know that two of the most common delicacies to be offered to visitors by way of hospitality are the blueberry brandy known as Borovničevac, and the festive nut cake Potica (pronounced Paw-teet-sa.)

Now we have the chance to repay some of this tasteful generosity with a potica cake competition, the fruits of which will go towards welcoming the 15 plucky young Slovene singers who are coming to Sedbergh at the end of the month to do concerts with local choirs, meet Sedbergh's Slovene language students and singers, and join walkers singing through many of

## **Sedbergh People's Hall**

Available for Hire

**To book visit**

**Sedbergh Office Services**

**or call 015396 20788**

Details & availability:

[www.PeoplesHall.org](http://www.PeoplesHall.org)

our local beauty spots.

The cakes will be judged by the choir's leader Gregor Delaja and the winner will receive two free tickets to the Saturday night concert or singing walks. All the runners up will receive one free ticket.

The language students have already tried the recipe, and the fruits of these labours will be tasted by visitors from the Slovene embassy coming to Sedbergh at the end of July. Unless you hear that they have not lived, you can guarantee that this recipe makes the perfect Potica:



*Ingredients:*

Dough: 600g flour. 40g yeast. 2 tbsp lukewarm milk. 2 tbsp flour. 1 tbsp sugar. 2 egg yolks. 50 g butter. 50g sugar. 300 ml milk. peel of one lemon. salt.

Filling: 400g walnuts. 200ml milk. lemon peel. 1tsp cinnamon. 2 tbsp rum. 100g sugar. 100g honey. 2 egg whites. 40g butter.

Sift the flour into a bowl, cover and put in a warm place. Prepare the yeast: mix fresh yeast with two tablespoons of flour and a teaspoon of sugar then stir and allow to rise in

a warm place. In the meantime, whisk the fat, egg yolks or whole eggs and sugar. Warm the milk gently, add salt, grated lemon peel and the prepared mixture of fat, eggs and sugar; allow to cool. Make a dough from the warmed flour, milk and yeast mixture (do not use all the milk at once, add it gradually and only if and when necessary.) Knead and beat the dough until it no longer sticks to the bowl, then cover it with a cloth and put it in a warm place to rise.

In the meantime, prepare the filling. Pour the milk into the pan, add the butter and half the sugar and bring to the boil; use the hot mixture to scald the walnuts. Warm the honey separately and add it to the walnuts, together with the grated lemon peel, cinnamon and rum. Let the mixture cool. Beat the egg whites and the remaining sugar until hard and fold carefully into the filling.

When the dough has doubled in size, roll it out to the thickness of one finger. Spread the filling over it and roll into a tight roulade, then place the Potica in a greased baking tin. Allow to rise again in a warm place.

Whisk an egg, spread it over the cake and bake for approximately one hour in a preheated oven. When it is done, remove the potica from the baking tin immediately to prevent the crust from becoming moist and breaking away from the rest of the cake.

To enter your Potica: please ring Sedbergh 21166 and bring your cake to the People's Hall on Saturday August 30 at 11.30am.

**NORTH WEST CANCER  
RESEARCH QUIZ ANSWERS**

The Barbon & Middleton Branch held an Island Quiz up to 30th June in aid of funds and the winners were: Mrs B Taylor from Crook and Mrs Hudson from Kendal.

A big thank you to all those who bought and took part in the Quiz.

The answers were:

- 1) Jersey
- 2) Madeira
- 3) Iceland
- 4) Canary
- 5) Bermuda
- 6) Philippines
- 7) Herm
- 8) Dogs
- 9) Hayling
- 10) Scilly
- 11) Crete
- 12) Paxos
- 13) Puffin
- 14) Orkney
- 15) Galapagos
- 16) Solomon
- 17) Fair
- 18) Lewis
- 19) Reunion
- 20) Spice
- 21) Texel
- 22) Hebrides
- 23) Tonga
- 24) Staffa
- 25) Aran
- 26) Muck
- 27) Capri
- 28) Malta
- 29) Wight
- 30) Taiwan
- 31) Sheppey
- 32) Sumatra

**JOHN  
SOUTER**

21 Fairholme, Sedbergh

☎ 20904



**ALL RUBBISH  
REMOVED**

- 33) Easter
- 34) Iwo Jima
- 35) Hong Kong
- 36) Pitcairn
- 37) Falkland
- 38) Trinidad
- 39) New Guinea
- 40) Sri Lanka
- 41) Newfoundland
- 42) Lanzarote
- 43) Cocos
- 44) Cyprus
- 45) St Helena
- 46) Sardinia
- 47) Islay
- 48) Yell
- 49) Ithaca
- 50) Rhum

## SETTLEBECK HIGH SCHOOL

Alternative Curriculum Week  
*Year 10 Hospitality and Enterprise Activity*

We visited the Lakeside Hotel at Newby Bridge to look at the hotel facilities. We did a marketing simulation for a PR company trying to find a hotel for a Premiership football club looking for a venue for a weekend away. We collected brochures, interviewed staff, checked out all the facilities and did costings for accommodation, meals, drinks and banquets.

We worked in teams and put together presentations as bids which showed that the Lakeside Hotel would be ideal for Man Utd players, Wags and directors. The facilities are superb, the lakeside setting makes it very special and there are lots of opportunities for exercise, shopping and socialising. We thought a champagne cruise on the Lakes steamer would be ideal for a photoshoot!

We are grateful to the owner and staff at Lakeside Hotel for making us so welcome and for their willingness to look after us for the day and provide facilities and lunch for us.

*Reflections on the day:-*

"This was a very good experience. We enjoyed looking at the spa and , its facilities are relaxing and it certainly made us want to come back!"

"It was interesting to see how the business works, all the different staff roles and the specialised catering facilities. It looks good, is a super

hotel, quite expensive but it is 4 star, very plush!"

"I liked everything about it and would love to come back for a few days holiday!"

*Contributions from  
Georgina Metcalfe, Dan Clark,  
Rose Bannister & Clare Thompson.*

## SEDBERGH SWIMMING CLUB



The lessons will recommence at the beginning of September – details in next month's *Lookaround* and in the dentist's window.

Last term's lessons ended with fun sessions and competitions; the intermediate Thursday group's competition results were as follows: 1st Hope Webster, 2<sup>nd</sup> Melissa Sproul and 3<sup>rd</sup> William Ellison. Well done to them - they have demonstrated superb progress.

See you next term when we will be learning how to use stop-watches to build on this progress! All children's lessons are run following the National Plan for Teaching Swimming (NPTS) as set down by the Amateur Swimming Assoc (ASA). Various badges and certificates are attained at each level.

## "TRIAL by JURY"

As part of the 2008 Sedbergh Music Festival the Sedbergh Summer Singers and members of the Dent Players recently performed Gilbert and Sullivan's one-act operetta, "Trial by Jury" in the People's Hall, on Wednesday, 18 June.

This work, only the second of the famous pair's many collaborations, was the ideal choice for the occasion. Fortified and relaxed by virtue of an excellent pre-performance supper and accompanying harp music the performers and the audience were able to enjoy the musical qualities and the witticisms of the composer and librettist and the artistry with which Susan Gamett, the producer and Deryck Cox, the Musical Director, had moulded and enlivened the production.

The Summer Singers and Dent Players, in the guise of the ladies and gentlemen of the Jury, Press and Public, were in excellent supportive and/or antagonistic roles both vocally and visually and it was a delight to witness their total involvement in the hour-long proceedings.

The team of principals (too numerous to praise individually) thoroughly immersed themselves in their roles. Characterisation was strong, voices were projected effectively and diction was particularly admirable. Everybody acquitted themselves marvellously.

The attractive costumes were imaginative and colourful; the set was simple and not at all limited in effect by the diminutive dimensions of the stage and all was given an agreeable

zest by the quality of the lighting. Deryck Cox and Alexa Wightman, on their two pianos at the front of the stage, stabilised and guided the entire performance with the degree of skill and musicianship that they both invariably deliver. Sedbergh has always been proud of its vibrant and multi-talented community and this production (and, indeed, the whole Festival) illuminated that so well.

*Brian Paynes.*

## LOFT STORAGE FOR ONLY £375

### *Price includes*

- Drop down hatch
- Drop down ladder
- 100 sq ft of Flooring
- Mains Light

**K & B Taylor**

**0775 919 1773      01706 659805**

## YOUNG CUMBRIA FASHION SHOW

Four Year 10 girls from Settlebeck High School held a successful Fashion show in the Peoples hall, Sedbergh on Friday 20th June. They organised it themselves and 15 young people from Sedbergh and surrounding areas strutted up and down the cat walk much to the delight of the audience. They were served



non alcoholic cocktails and canapes and have raised £158.00 for Youth Club funds.

We would like to thank everyone who helped make this event so successful, from the Church and Sedbergh School Brass Band for the loan of the cat walk and stage setting, Steve and Andrew for the lighting and sound system, to all the local businesses and members of the community who donated raffle prizes, the many volunteers who helped on the night, Anton for the canapes and of course our talented young people who strutted their stuff on the night.

*Paulyne Hartley*

## **DRY STONE WALLER**

All stone maintenance work undertaken including stone facing & pointing.

Contact

Paul Glover

Tel: 01524 62647

Mob: 07966 444210

e-mail:

paulpauloffthewall@hotmail.com



## **HOWGILL W. I.**

On June 25th we met at Broadleys, Windermere. The weather was damp and overcast. Following coffee and a guided tour of the house the sun shone and we were able to enjoy the gardens and the views. We travelled on to the Ladyholme Centre where we were given a warm welcome by the ladies of Windermere W. I. who provided a lovely tea all ready for us. We then popped in to Rosemary's Garden at Troutbeck rounding off

what we all agreed was a wonderful, memorable day. Thanks were expressed to Anita for the efficient organising.

We met at Howgill on July 3rd for our Open Meeting. It was well attended with guests and members from Dent and Frostrow W. I. We were pleased to welcome Duncan Campbell who introduced us to a different method of cooking. Low fat, low temperature and low moisture, by using the "I Cook" range of cookware. Delicious, nutritious, money saving meals were dished up in minutes for us to try. By conducting heat efficiently and evenly food contains over a third more vitamins than conventional cooked food. The meals looked good and tasted delicious.

Mary Silva thanked Duncan for entertaining us with his humorous demonstration, feeding us, and surprising us. The "I Cook" cookware comes with a lifetime guarantee and a price tag.

The competition for an old family recipe was won by Joan Luffman with Judith Stainton second. Raffle winners were Hilary Wilson, Hilary Charlton and Mary Silva.

The social, a quiz to name the food and drink, was won by Hilary Wilson and Bridget Postlethwaite. Our tempting Jacobs Join brought the evening to a close.

We meet again on August 7th at Howgill Village Hall when guest speaker will be John Natlacen from Cheese Mouse Cheeses. Everyone welcome.

*A. H.*

## POINT TAKEN

Long gone are the days of a local ambulance covering a local area. Vehicles and ambulance crews can travel all over the county or as far as Newcastle and Preston in any one shift. When you need help it is not necessarily going to be the ambulance from the nearest station coming to you.

Staff used to live within 10 minutes of the station but not anymore, staff now join us from different areas of the country.

Sedbergh station only has two of the old staff left, myself and John Haygarth, we being the dinosaurs can remember quite a few of the addresses in Sedbergh and the surrounding areas but as we age the old grey matter begins to forget. We cannot rely on local knowledge anymore.

North West Ambulance Service wants anyone who thinks that their property might be hard to find in an emergency to contact us at [www.nwas.nhs.uk/pointtaken](http://www.nwas.nhs.uk/pointtaken) or call 0845 1120019.

The Trust also wants to know if there will be any difficulties getting to your property i.e. the ambulance will not get up the lane but a car will and that type of thing. Please inform the Point Taken team know anything which might help us save time.

I also ask you to go out to the end of your drive, lane or gate and look to see if your house name or number is clearly visible and think, would it be visible at 2am? Some house

numbers are too small, names are put on gates but when they're open they cannot be seen clearly.

PLEASE ensure the entrance to your property is clearly visible. At 2am one morning we might be trying to FIND YOU. Time wasted driving up and down the road looking for an address could mean the difference between being in this world or being in the next.

Steve Moore

**SAM KONCZYNSKI**



Carpets & Floor Coverings  
Supplied & fitted  
*Telephone*  
**015242 72073**  
**07771 97 00 96**

## WENSLEYDALE RAILWAY

*Steam returns in August*

Following the success of last year's steam train service when passenger numbers tripled, locomotive No 80105 is making a return visit to Wensleydale Railway this summer between Friday August 15 to Sunday September 7.

Meanwhile regular DMU services run every day until the end of September. On steam dates they provide a feeder service to the steam operation; on all other dates they operate between Leeming Bar and Redmire. There will be extra trains during the 1940s week-end on August 30/31, with re-enactors on the trains,

war-time food and evening dances. It is hoped that many passengers will dress in appropriate costume during the week-end.

Yorkshire Day, August 1, will be celebrated with Yorkshire food served on trains and at stations. There will also be Yorkshire Pudding Walks (6 mile guided walks with lunch in a local pub) on both Friday August 1 and Sunday August 3. A special walk will be led on Friday August 22 by Mark Reid, author of 16 Inn-Way books on walks linking local pubs. More details on [www.wensleydalerrailway.com](http://www.wensleydalerrailway.com) or phone Leyburn TIC on 01748 828747.

**SAVE 18p litre on FUEL**

**CUT EMISSIONS**

by 48%!

with the *OK Fuel Saver*

**GUARANTEED**

Details: LHA Ltd

015396 20217/21094

**AN OPEN INVITATION TO ITALY**

Would you like an autumn visit to Italy? A group from Sedbergh will be going to the Rome area again in mid-October. These regular visits arise from the Italian classes at Sedbergh and Kirkby Lonsdale but there are usually spare places and there is an open invitation to anyone who loves Italy to come with us.

We shall be leaving on October 16th and returning on the 23rd. The week

includes a full day in Rome (The Forum, The Pantheon, the Spanish Steps, Piazza Navona and the Trevi Fountain) and a full day in Naples with a visit to the Park of Virgil, views over the Bay to Capri and Sorrento from a spectacular restaurant where we can experience the genuine Piazza Margherita (which originated there) and a coach tour of that historic city. We shall go to the lovely outdoor market in Atina and have lunch at the farm where English writer D.H. Lawrence wrote one of his novels on the edge of the Abruzzo National Park. Among other things you will have the chance to visit the Palace of the Popes at Anagni, and to join our light-hearted classes where we learn about Italian life and language. The total cost, including flight, coach in Italy and virtually full-board, looks like being in the region of £650 per person - though it is important to realise that costs are rising in Italy in very much the same way as here (in particular, food and fuel). Those who have been before know how the family makes us so welcome at the hotel. A comment from one of our trip-members - "one of the best holidays ever - a box of secret delights every day!"

If you are interested please contact me on 015396 21411 or e-mail [gd@the-hylands.co.uk](mailto:gd@the-hylands.co.uk)

*George D Handley*

*It must be emphasised that this is not an advert but an opportunity to join other interested persons on the trip.*

*Ed*

# EXPERIENCED DRESSMAKER

Made to measure  
Skirts, Dresses, Suits,  
Bridal, Ball Gowns, etc.  
Also alterations undertaken  
All made to the Highest Quality by  
**SHEILA SHUTTLEWORTH**  
Tel: 015242 - 74322

## SAFER CYCLING

Hello again. The Kirkby Lonsdale bus is now a happy community experience, with between eight to twelve people using this service. The four plus from Barbon are a great help.

Earlier this week, the local school children have been taking their Cycling Proficiency Badge. Cycling up and down and round Maryfell, its good to think these young children are learning the rules of the road, also using clear hand signals, though sometimes with a bit of a wobble! All the children had helmets on, so what happens afterwards is a mystery, as I very rarely see helmets at weekends or in the evenings.

It is up to the parents and teachers to make sure that helmets are worn at all times. I personally would like to see the wearing of head protection made law as it is in Canada and other countries. I think adults could set a better example by wearing helmets. So happy and safe cycling to all.

*Ann Russell*

## JOE UREN - OBITUARY

Many people in the Dent and Sedbergh area will remember Joe Uren. In Dent he was a regular attendee at the Parish Church, a member of the Tuesday Coffee Morning and a good friend to many.

He would often be around to help at community events and looked after the mowing and general upkeep of the Methodist graveyard. He loved to stop for coffee at the house next to St. Gregory's Church and buy the home made marmalade.

Born in the Northeast to a mining family he went to college in York and trained as a teacher. During the war he co-wrote a book, worked with the Anti-Aircraft Division and the PT Core RSM. After the war he taught in Hamburg with the BFES and then became Headmaster of a school in Berlin. He received the MBE for services to education and at one time was acting Principal of Lancashire Education College in Chorley.

He died peacefully on July 17th.

*S. E. Woof*

Sports injuries?  
Repetitive strain?  
Sciatica?  
Stress/tension  
headaches?  
Back/neck ache?

paedic Massage may  
nents in Kendal



**015396 23696**

Josephine Lade LCSP (Assoc)

## BLOOD DONOR SESSIONS

The next Session will be held in the People's Hall on Wednesday 13th August between 2.00 - 4.00 & 5.30 - 7.30.

Regular donors are encouraged to contact 0845 7711 711 to make an appointment for one of these sessions. Donors can now book their next appointment at the session for their next visit.

We would like to emphasise that *All Donors*, new or returning are welcome with or without an appointment.

Your support of the vital work the National Blood Service carries out would be very much appreciated.

*James Farmer  
Donor Relations*

## Cumbria Stove Centre

Supply and installation of  
wood, coal and gas stoves  
Flue and chimney lining services  
Inglenook specialists  
Fully qualified and experienced  
Hetas engineers

01539 821061 (day)  
015396 25227 (evening)  
SHOWROOM:

34a Main Street, Staveley, Nr Kendal

## CHURCHES TOGETHER

*in Sedbergh and District*

Is this your chance to help build ecumenical relations in this area?

Churches Together in Sedbergh is looking for a new volunteer secretary to manage agendas and minutes for four or five meetings each year.

Please contact Rev. Peter Boyles, Chairman [25226], Rev. Carole

Gotham, Vice Chairman [22030] or Mr Martin Dodds, Secretary [20308] to discuss the role if you feel you could be interested in doing this.

## MARK DODD

Interior & Exterior Work Undertaken  
*Free Estimates*



015396 25375  
015396 21617  
078156 67328



**PAINTER & DECORATOR**  
[www.painter\\_sedbergh\\_dent.4t.com](http://www.painter_sedbergh_dent.4t.com)

## FESTIVAL OF REMEMBRANCE 2008

It is not generally known BUT the afternoon performance of the Festival of Remembrance at the Royal Albert Hall in London, is open to the general public. This will take place on Saturday 8th November and tickets range from £11 to £27.

If you would like more details, please contact Rose Pease (Secretary, Sedbergh Branch, The Royal British Legion) on Tel: 21575.

## EDWIN MIDDLETON

*JOINERS*

All aspects of site joinery work  
30 years experience

We design, manufacture purpose made joinery in our own workshop.

All our requirements fully fitted.

UPVC windows & doors

Free Advice and Estimate

Phone: 015396 25431 or 015396 20074

Mobile: 07779 049103 or 07814 149105

## **CHARITY GARDEN PARTY**

Thank you to everyone who came along, gave donations and helped on Sunday 6th July at our Garden Party.

We managed to raise £721.50 for St. Mary's Hospital, Manchester, which will go towards new play equipment.

Thank you again. Everyone was so generous.

*Steven, Pat & Cheyenne Gardner*

---

## **DENTDALE CRICKET CLUB**

No match reports this month as we have been unable to play due to rain and waterlogged ground. Hopefully August will be better.

Can you get five people together to enter our 5 a side competition on 10th August. You don't have to be a good cricketer to join in the fun. It may help if you know which end of the bat to hold but you don't have to be experienced. Telephone John Hyde on 015396-25503 for details.

---

## **FUND RAISING**

In May, Aaron Troughton (aged 6) went to Legoland at Windsor with family and friends. On the journey, he had an idea to raise some money for a worthy cause. He would like to thank everyone who "bought a sticker for a penny". A total of £5 was raised and has been sent to the North West Air Ambulance.

---

## **McMILLAN SUPPORT GROUP**

The local MacMillan Support Group for Sedbergh, Dent and Kirkby Lonsdale would like to thank all those who supported our recent fundraising

event "A Summer Evening with the Mewses" at Barbon Village Hall. The evening was a great success and raised £840. The committee would also like to thank everyone who has recently given a donation or their support to MacMillan.



## **At the Chair Workshop**

- Chair seating
- Supplies – cane, rush, seagrass, ropes, cords
- Tool sharpening
- 
- ❖ Haberdashery
- ❖ Bead jewellery
- ❖ Restringing
- ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.  
Tel 015396 21489

---

## **SOUTH LAKES SOCIETY FOR THE BLIND**

Following the street collection for the South Lakeland Society for the Blind on 14th June a total of £209 was raised.

Grateful thanks go to all those who took part and to the U.R.C. Church for the use of the hall.

---

## **YOUNG CUMBRIA NEWS**

We have received a donation from Young Kidz group for £100.00, £50.00 of this will go towards our younger members of the group to attend our Summer camp in July and the other £50.00 for the older members of the club to organize an event to raise funds for the weatherproofing of the youth shelter.

Many thanks

*Paulyne Hartley*

## HOT AND COLD

During the damp July weather, there has been a display in the window of the Sedbergh pharmacy (soon to become Boots) about the government's "five a day" a scheme. I often ask my acupuncture clients what they habitually eat and I have noticed that busy people often translate "five a day" into "four pieces of fruit during the day and vegetable or salad with the evening meal". Although this is within the spirit of the government guidelines, it does not take into account the effect on the body of eating this amount of raw fruit and vegetables on a daily basis. One of the most often quoted causes of disease in the traditional Chinese medicine system is "too much cold raw food". Cold raw food slows down the digestion and metabolism and this is particularly true in a cold, damp climate, such as we have here. The result can be problems of overweight, excess mucous or even, according to Chinese medicine, "cold" diseases such as hypothyroidism.

In our climate, most people would do well to think of "five a day, at least four of which are cooked and eaten warm". Lunching on bread, tomatoes and olives works fine on holiday in Greece, but not so well at home.

In addition, some types of food are said to be "damp producing", because they have the same slowing effect on the body that damp weather does. If damp weather affects you at all, you might find you feel better if you limit your consumption of dairy produce, wheat flour, refined sugar and fatty

food.

The opposite problem is food which overheats the body. Heating foods include, curry spices, cinnamon, ginger (especially dried ginger) and garlic. Alcoholic drinks are also heating, particularly drinks with a high alcohol content such as spirits, liqueurs and fortified wines. If you have any kind of "hot" disease, such as hot flushes: hot and painful joints: feelings of heat in the legs: red and sore eyes; repeated sore throats; cellulitis; stomach acidity or reflux: red and itchy skin conditions any of these types of food and drink is likely to make it worse.

In particular, some companies market supplements containing garlic, ginger and cinnamon, without warning of the heating effects. If you suffer from any type of heat symptoms, it is not advisable for you to take these supplements regularly, except possibly for a very short time to resolve a particular problem.

I realise that, to some extent, I am repeating myself in this article. However recent events have shown that some people are still not aware of these issues and are unwittingly damaging themselves by the way they eat and drink.

I hope, that by the time you read this in August, the weather will no longer be quite so cool and damp so that you may be able to allow yourself the occasional salad. If you would like more detailed information about this subject, please get in touch. My telephone number is (015396) 20972.

*June Parker*

## PHOTO CALL

After an absence of some months Photo Call is back.

This month's photo belonged to the late Freda Trott and is now the property of Sedbergh and District History Society. It shows teachers and pupils from the National School (now the telephone exchange) posing on forms in the street outside the school. I don't think Health and Safety would allow that today! We estimate that the photo was taken about 1900. There is a list of names on the back but these do not appear to be in any order. I am hoping that maybe out there someone has a copy of this photo complete with names. It would be wonderful to be able to identify the sitters as many of them will still have descendants still living in the town. Just one identification would be a bonus. If a larger, clearer copy is needed please let me know. My contact numbers are Shirley Tebay,

Walnut Bungalow, Dent LA10 5QT.

Tel: 015396 25001. or by email [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com)

The names are:

Dick CAPSTICK, John BURTON, John NELSON, John GOSS, Austin HARRIS, Sep KENDAL, Tom HALL, Nancy HANDLEY, Maggie TALLON, Tom TEBAY (I think this should be STANTON or STAN) Mary SISSON, Dick JACKSON, Ruth HARDING (her father was coachman for the Bousteads of Settlebeck) Jock GREENWOOD, Walter CHORLEY, Edie STOREY, Hettie BLADES, Edie BLADES, Agnes WINN, Mary WINN, Ada GREENWOOD, Jenny THOMPSON, Mary PICKLES, Maggie NELSON, Jackie THOMPSON, Beaty GARNETT, Willie THOMPSON, Emma SEDGWICK, Bobbie ORR, Edward WADESON, Bert HEYDON, May SEDGWICK, Fred FOTHERGILL



## EDITORIAL

We have, I think, one of the best communities in the country but I have a few observations to make which I feel lets our community down.

The litter and dog dirt issue still continues. Why? I feel sure that the day someone in authority takes action and either Fines or takes someone to court, there will be an uproar.

Another problem I feel strongly about is posters around the town. They make Sedbergh look like a Shabby Run Down Town. The only thing missing are the 'Call Cards' left in phone boxes. One of the reasons *Lookaround* was started in 1986 was the appearance of a vast amount of Posters around the town which were only seen by a few. When the information appears in our pages, they are seen by over 5,000 people.

Last month, I tried to emphasis the importance of vehicles slowing down and respecting others. On the day *Lookaround* was available, the A684 road at Pot Gill, Garsdale Foot was shut for many hours after 3 motorcycles crashed into an HGV. It was potentially Fatal and I believe it was dealt with as such.

I am sure that there have been no 'locals' involved in road incidents recently. Let us hope it continues. I did see a recent TV documentary regarding speeding on the continent and how many thousands have been 'on the spot fined', vehicles seized and licences lost, BUT, the accident rate had been reduced by 66%. All I can say is "wow, it does work".

Last February, local Councillors met with the Chief Constable of Cumbria Police and I was invited to attend. The main issue was the Travelling Fraternity (see previous issues) but I requested Police input into the *Lookaround* as there had not been any since I retired. I was assured that I would receive some. In March, I am aware that there was a serious Crime reported to the Police. There was no report or feed-back. In July, the Assistant Chief Constable was on TV requesting the help from the public with intelligence to help catch criminals. I was disappointed as in June, I rang the Force with information and asked to be contacted. I am still waiting for that call and receive any other information. I do have other observations but it would not be prudent to print them.

D J W

## Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

## General Builders

Plastering ~ Roofing ~ Extensions  
Fire Places Fitted

Paul Stephenson  
015396 21557  
07810 595543



Tom Wilson  
015396 20954  
07790 946578

## YORKSHIRE DALES NATIONAL PARK

Please note that there will be no surgery on 27th August and 3rd September.

<b>ORGANISATION</b>	<b>CONTACT</b>	<b>Tel:</b>	<b>015396</b>
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)	Mrs Whitton	015242	72004
Book Group	Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
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 Corpe	Dent:	25594
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	Mrs Hamilton	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	Mrs Scarr	Sed:	20502
Golf Club *	Mr Gardner	Sed:	21551
Good Companions (Dent)	Mrs Woof	Dent:	25275
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
Liberal Democrats	Mrs Cleasby	Dent:	25476
Methodist Church Hall	Mrs Jackson	Sed:	20530
Playgroup (Sedbergh)	Mrs Gunning	Sed:	20226
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)	Miss Mollison		
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
Scouts	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	Mrs Storey	Sed:	21593
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
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 Howarth	Sed:	20428
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 Metcalfe	Sed:	20654

\* = Latest Amendment



## BED & BREAKFAST

<b>Proprietor</b>	<b>Address</b>	<b>Phone (015396)</b>
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 (2008/12) ..... <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amserve.net	20251
Mrs S Gold-Wood .....	Number Ten Main Street, Sedbergh (2009/02) ..... <i>1D(ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mrs J Postlethwaite .....	Bramaskew Farm, Howgill, Sedbergh (2008/09) ..... <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs L Hopkins .....	Brantrigg, Winfield Road, Sedbergh (2008/09) ..... <i>1T; PB; TV; NS; NP; P; DR; VB</i> e-mail: brantrigg@btinternet.com	21455
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (2008/10) ..... <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: www.holmecroftbandb.co.uk	20754
Mrs K Vigar .....	Apley House, 27 Loftus Hill, Sedbergh (2008/09) ..... <i>1D (ES); 1D/T (PB); TV; NS; CH; VB; P; NP(*); Di (min 4 by arrangement)</i> e-mail: kathryn.vigar@btopenworld.com	20447
Mrs J Hope .....	The Old Joinery, Garsdale, Sedbergh (2008/12) ..... <i>F/D (4 poster); ES; CH; TV; P; NS; DW; CW</i> e-mail: enquiries@theoldjoinery.com	20309

## CAMPING, CARAVANNING, SELF-CATERING & RENTAL

Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2009/02) ..... <i>Sleeps 6-8 1D; 1T; ES; PB; CH; L; TVL; P; NS; NP(*)</i> e-mail: ali@interact.co.uk	20360
Sycamore Cottage, Lunds, Sedbergh (2008/09) .....	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Borrett Barn Caravan, Marthwaite, Sedbergh (2008/08) .....	<i>4 Berth; H+C Shower; WC; TV; NS</i>	21175
Borrett Barn Flat, Marthwaite, Sedbergh (2008/08) .....	<i>Sleeps 4 people; D; T; CH; L; P; NS</i>	21175
Primrose Cottage, 17 Back Lane, Sedbergh (2008/11) .....	<i>Sleeps 4; sunny, south facing, 2 bathrooms, Non Smoking</i> <i>Available from October 2008</i>	21339

### 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

# 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:*

Tony Reed Screen 21081 & 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**

*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 & Frostraw

**Rev. T Widdess Tel: 20329**

## SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday  
**Tel: 20588 or 20503**

*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.*



## Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month (Double December)	=	£1.00
Postal Overseas (Double December)	=	£2.00

All enquiries to  
 13 Kings Yard, Sedbergh LA10 5BJ  
 Adverts by 15th of every month.  
*Can all adverts please be  
 accompanied with the correct money  
 at the time of submission.*  
 Articles etc. by 19th of every month

# DIARY OF EVENTS

*Dates are held up to 10th March 2009*

Entries marked (*) see Advert in previous Lookaround.				22 1000	S&D Art Society Exhibition (15)	SSL
<b>AUGUST</b>				22 1400	YDNP Storytelling	DCMH
1	1000	YDNP Flower Power Starts	DCMH	22 2100	Cat Dog Concert (22)	Dent
1	1000	YDNP Stone Carving	DCMH	23 1000	S&D Art Society Exhibition (15)	SSL
1	1400	YDNP Storytelling	DCMH	23 1100	CWT Walney Island visit	LHCP
2	1000	Un-Fold Designers starts (6)	FM	23 1330	Guided Walk in Grisedale	HJC
2	1000	YDNP Photography Exhibition Starts	DCMH	23 1400	Sheep, Sheep Dogs & Stick Show (23)	MPB
3	1000	Paintings Exhibition Ends (*)	FM	23 1100	Dentdale Show (1)	Dent
3	1000	YDNP Rag Rug Making	DCMH	23 1400	Dentdale Fell Race	Dent
4	1930	Dent Parish Council	DMH	24 1000	S&D Art Society Exhibition (15)	SSL
5	1400	YDNP Spinning a Yarn	DCMH	24 1100	Dentdale Show (1)	Dent
5	2100	Les Bull Band	Bull Hotel	24 1500	Tug of War (24)	Dent
6	1000	Howgill Church Coffee Morning	URCR	24 1900	Evening of Praise & Testimony (19)	DMC
6	1400	YDNP Discover & Do	DCMH	24 1930	Slides of Carlisle Settle Railway	HJC
6	1930	WIF Music & the Ministry	PH	25 1000	Un-Fold Designers Ends (6)	FM
7	1230	YDNP Birds	DCMH	25 1000	Annual Charity Truck Pull	KL
7	1930	WIH Cheese Mouse Cheeses	HVH	25 1000	S&D Art Society Exhibition (15)	SSL
8	1400	YDNP Storytelling	DCMH	25 1100	Dent Gala (25)	Dent
8	1900	Last of the Red Hot Lovers (8)	PH	25 1930	In & Around Grisedale Video	HJC
9	1000	Yard Sale (9)	21MC	26 1000	S&D Art Society Exhibition Ends (15)	SSL
9	1000	Sow: Sew Exhibition Starts (6)	FM	26 1400	YDNP Dry Stone Walling	DCMH
9	1400	Professor Lesley Millar (6)	FM	27 1000	Beekopers Coffee Morning	URCR
10	1000	Yard Sale (9)	21MC	27 1000	Producers Market (27)	JLCP
10	1430	Master Class Recital (*)	URC	27 1400	YDNP Discover & Do	DCMH
10	1400	Dentdale Cricket 5-a-side Competition	Dent	28 1230	YDNP Birds	DCMH
12	1930	FCH Domino Drive	FCH	29 1000	Choir Workshop	PH
13	1000	NWCR Coffee Morning	URCR	29 1400	YDNP Storytelling	DCMH
13	1400	YDNP Discover & Do	DCMH	30 1000	Choir Workshop (30)	PH
13	1915	WID Birds of Prey/Open Meeting	DMH	30 1000	YDNP Photography Exhibition Ends	DCMH
14	1230	YDNP Woodland Birds	DCMH	30 1930	Oket & Amabile Concert (30)	PH
15	1000	S&D Art Society Exhibition (15)	SSL	31 1000	Singing Walk (30)	BS
15	1400	YDNP Storytelling	DCMH	31 1000	Sow: Sew Exhibition Ends (6)	FM
16	1000	S&D Art Society Exhibition (15)	SSL	31 1400	Dentdale Cricket v Sheeptown Cavaliers	Dent
16	1000	DMC Coffee Morning	Rhumes, Dent	<b>SEPTEMBER</b>		
16	1000	Charter Fair & Foodie Fest	<b>Cancelled</b>	1 1000	YDNP Hay Time Festival Starts	DCMH
17	1000	S&D Art Society Exhibition (15)	SSL	2	SHS Term Starts	
17	1030	YDNP Digital Photography	DCMH	2 1930	Neighbourhood Forum	BVH
17	1400	Dentdale Cricket v Hawes	Dent	2 2100	Les Bull Band	Bull Hotel
18	1000	S&D Art Society Exhibition (15)	SSL	3	SS Term Starts	
18	1800	Meet the Artist (6)	FM	3 1000	GVH Coffee Morning	URCR
19	1000	S&D Art Society Exhibition (15)	SSL	3 1000	YDNP Hay Time Festival Ends	DCMH
19	1400	Tea & Stalls (19)	Rhumes, Dent	3 1400	CWT (KL) Sedgwick Trail LF	
20	1000	S&D Art Society Exhibition (15)	SSL	3 1930	WIF 1st Aid in the Home	PH
20	1000	StAS Mission Coffee Morning	URCR	4 eve	CWT Go Bats at Farfield	FM
20	1330	Friends & Farming Farm Walk	Uldale	4 1930	WIH Craft Demonstration	FCH
20	1400	YDNP Discover & Do	DCMH	6	Festival of Books & Drama (51)	Sedbergh
20	1000	Tim Farron Visit (21)	Sed, Dent & Garsdale	<i>All events subject to change.</i>		
21	1000	S&D Art Society Exhibition (15)	SSL	<i>Confirmation of all events in the next issue.</i>		
21	1230	Upland Birds	DCMH	6 1000	Writing Seminar (51)	FM

*The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker  
It is printed by Stramongate Press.*

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

6	1430	Talks on Education (51)	BF		
6	1615	Wisdom of no Mind (51)	PH		
6	1945	Barrie Rutter one Night Stand (51)	PH		
7	1930	John Siddique Between the Words (51)	URCR		
8	tba	Sedbergh Book Group (51)	PH		
8	1945	Breaking the Shakespeare Code (51)	PH		
9	1400	WIK To the North Cape	PH		
9	1915	The Bronte Society (51)	PH		
9	1930	FCH Domino Drive	FCH		
10	1000	Dent Foot Methodist Coffee Morning	URCR		
10	1300	The Tempest Part 1 (51)	URC		
10	1915	WID Climate Changes	DMH		
10	1930	Making Stories out of History (51)	PH		
11	1730	The Tempest Part 2 (51)	URC		
11	1945	Haytime in the Dales (51)	PH		
12	2000	Ha Ha Hamlet (51)	SSPH		
13	1000	Literature Fringe (51)	Sedbergh		
14	1900	Making Waves (51)	FM		
15	1400	Wuthering Heights (51)	PH		
15	1945	Shakespeare on Toast (51)	URC		
16	1400	SLSB First Job	PH		
16	1830	The Sedbergh Story Web (51)	SPS		
16	2000	In Fox's Footsteps - Quaker History (51)	StAS		
17	1000	A&LP Lookaround Coffee Morning	URCR		
17	1000	The Football Reading Game (51)	SHS & BS		
17	1000	Have a go Sword Play (51)	SHS & BS		
17	1900	Swordplay Workshop (51)	SHS		
18	1000	Football Reading Game (51)	BS		
18	1300	Scott in the Antarctic (51)	URC		
18	1400	Travel Writing Workshop (51)	FM		
18	2000	Dea Birkett Travel Talk (51)	tba		
19	tba	Telling it how it is (51)	PH		
20	tba	Telling it how it is (51)	PH		
20		GVH Theme Night	GVH		
21		Festival of Books & Drama Ends	Sedbergh		
21	1230	Pulse Family Fun Day (60)	BS		
21	tba	Sweet William with M Pennington (51)	PH		
24	1000	StAS Coffee Morning	URCR		
24	1000	Producers Market (27)	JLCP		
27	1100	StAS Bric-a-Brac Sale	PH		
27	1100	Whernside Fell Race	Dent		
27	1930	PH Dance	PH		
27	1930	Town Band Anniversary Concert	SSPH		
28	1100	English Schools Fell Running Champs	SS		
<b>OCTOBER</b>					
1	1000	Firbank Church Coffee Morning	URCR		
1	1930	WIF Facts & Phantoms of Upper Eden	PH		
2	1930	WIH AGM	HVH		
7	2100	LES Bull Band	Bull Hotel		
8	1000	Barnardo's Coffee Morning	URCR		
8	1915	WID Beauty Therapy	DMH		
14	1400	WIK Twas the night before Christmas	PH		
14	1930	FCH Bingo & Potato Pie Supper	FCH		
15	1000	Alzheimer's Coffee Morning	URCR		
17		SS Half Term Starts			
20		Beetle Drive	GVH		
21	1400	SLSB Meeting	PH		
<b>DIARY KEY</b>					
			BF	=	Brigflatts
			BS	=	Baliol School
			BVH	=	Barbon Village Hall
			CDC	=	Community Development Centre
			CO	=	Community Office, Main Street
			CTiS	=	Churches Together in Sedbergh
			CWT	=	Cumbria Wildlife Trust
			DCMH	=	Dales Countryside Museum, Hawes
			DCP	=	Dent Car Park
			DMH	=	Dent Memorial Hall
			DMC/S	=	Dent Methodist Chapel/Schoolroom
			FB	=	Festival of Books & Drama
			FCH	=	Firbank Church Hall
			FM	=	Farfield Mill
			GH	=	Gladstone House
			GVH	=	Garsdale Village Hall
			HJC	=	Hawes Junction Chapel
			HS	=	History Society
			HVH	=	Howgill Village Hall
			JLCP	=	Joss Lane Car Park
			KL	=	Kirkby Lonsdale
			KVH	=	Killington Village Hall
			LF	=	Longstone Fell
			LHCP	=	Loftus Hill Car Park
			MCCKL	=	Methodist Church Centre KL
			MPB	=	Manor Park, Barbon
			PH	=	People's Hall
			SHS	=	Settlebeck High School
			SLSB	=	South Lakeland Society for the Blind
			SMCR	=	Sed. Methodist Church Room
			SPS	=	Sedbergh Primary School
			StAS/D	=	St Andrew's Church, Sedbergh/Dent
			SSC	=	Sedbergh School Chaplaincy
			SSPH	=	Sedbergh School Powell Hall
			STO	=	Sedbergh Tourist Office, Main Street
			URCR	=	United Reformed Church Rooms
			WID	=	Women's Institute, Dentdale
			WIF	=	Women's Institute, Frostrow
			WIH	=	Women's Institute, Howgill
			WIK	=	Women's Institute, Killington
<b>Regular Meetings</b>					
		Howgill Toddlers	1315	Every Monday	HVH
		Dent Parish Council	1930	1st Monday	DMH
		SL Carers Association	1400	1st Tuesday	PH
		Killington WI	1400	2nd Tuesday	PH
		Ladies NFU	1930	3rd Tuesday	PH
		Coffee Morning	1000	Every Wednesday	URCR
		Zebbras	1315	Every Wednesday	SMCR
		Toy Library	1430	1st & 3rd Wednesday	PH
		Frostrow WI	1930	1st Wednesday	PH
		History Society	1930	1st & 3rd Wednesday	SHS
		Dentdale WI	1915	2nd Wednesday	DMH
		SLS Blind Group	1415	3rd Wednesday	PH
		Howgill WI	1930	1st Thursday	FCH
		British Legion	1915	2nd Thursday	WHC
		Sed. Parish Council	1930	Last Thursday	PH
<i>All entries are free</i>					

# PUBLIC INFORMATION

## SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

Out of Hours ☎ 01539 781999

Bay Call ☎ 0845 0524 999

<b>Monday</b>	0830 - 1030 O	1400 - 1700 P*
	0830 - 1015 L*	1500 - 1800 B
	1045 - 1230 H*	1830 - 2030 W
	1130 - 1215 Dent Surgery	
<b>Tuesday</b>	0830 - 1030 O	
	1045 - 1230 H*	1430 - 1730 H*
<b>Wednesday</b>	0830 - 1030 O	1400 - 1700 P*
	1045 - 1230 P*	1500 - 1800 L*
<b>Thursday</b>	0830 - 1030 O	
	1045 - 1230 L*	1400 - 1700 H*
<b>Friday</b>	0830 - 1030 O	1400 - 1700 P*
	1045 - 1230 L*	1430 - 1730 L*

L = Dr Lumb

H = Dr Hunt

P = Nurse Pilling

O = Open Surgery

\* = Appointment Only

B = Book on Day

W = Workers Surgery

*The Health Centre reserve the right to offer any  
Doctor/Nurse Practitioner at any time  
in the Open Surgeries.*

*Early Bird Surgery available,  
please ask at Reception*

### Practice Nurses

<b>Monday</b>	0845 - 1300 C	1400 - 1730 C
	0840 - 1200 LB	1400 - 1630 E
<b>Tuesday</b>	0845 - 1300 C	1400 - 1730 C
<b>Wednesday</b>	0830 - 1300 B	1400 - 1730 B
	0840 - 1200 L	
<b>Thursday</b>	0830 - 1300 B	1400 - 1730 B
		1400 - 1730 C
<b>Friday</b>	0845 - 1300 C	1400 - 1730 C

B = Joanne Batty

C = Anne Crome

L = Kay Lumb LB = Bloods

E = ECG Clinic

**District Nurse**

☎ 015396 21690

**Health Visitor**

☎ 015396 20979

### A Collinge Optometrist

<b>Friday only</b>	0900 - 1300	1400 - 1730 *
--------------------	-------------	---------------

## DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner, Mrs D Ross  
& Mr B Taylor

Monday to Thursday	0900 - 1700
Friday	0830 - 1500

### LIBRARY Main Street ☎ 20186

Monday	1700 - 1900
Wednesday	1000 - 1230
Friday	1400 - 1700
Saturday	1000 - 1230

## SEDBERGH TOURIST OFFICE

Main Street ☎ 20125

Open every day  
0900 - 1700

[www.sedbergh.org.uk/booktown/dlbc.html](http://www.sedbergh.org.uk/booktown/dlbc.html)

### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

Thursday 1000 to 1300

e-mail [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

[www.sedbergh.org.uk](http://www.sedbergh.org.uk)

## RURAL CITIZENS ADVICE BUREAU

Kendal Office

☎ 0870 1264061

[www.cabkendal.ndo.co.uk](http://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

[www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)

## POLICE

☎ 0845 33 00 247

## PUBLIC TOILETS

Main Street & Loftus Hill Car Park, 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 *	Appointments only

**MARKET DAY WEDNESDAY**

**HALF-DAY CLOSING THURSDAY**