

Sedbergh & District

LOOKAROUND

July 2010

Issue 279

Donation £1

Once again, a big thank you to everyone for their contributions this month.

We now have a regular Cartoonist who will try and feature something topical. They are all meant as fun,

nothing personal is meant by any of them and will be used when space allows.

Please note that there are changes this month to the Bus Timetable & the Information Page on the back. DJW

SEDBERGH WANDERERS F.C.

ONE BIG WEEKEND

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Friday 9th July

7 - 9pm
**Pre & Primary School
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9 - 11pm
**Secondary School
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Saturday 10th July

12 noon
**Senior 5-a-side
Football**

1pm
**Children's
Games & Activities**

8pm
**DISCO &
ABBA Tribute Band**

Sunday 11th July

9am
**Car Boot Sale
All vehicles £5**

12pm
Prize Draw

2pm
Tug-of-War

People's Hall and Field

Barbecue all weekend with Lager £1 per bottle

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

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JULY BIRTHDAYS

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 are:-
 Samuel Harper who is
 8 years old on 11th July
 Please collect your vouchers from
Sedbergh Office Services
 13 Kings Yard, Main Street,
 Sedbergh
 which can be used in any shop in
Sedbergh & Dent.

Sincere apologies to all the Children who had a Birthday last month in June. I forgot to change the ages from the previous year so everyone appeared one year younger than they really were.

Ed

NONAGENARIANS

We are now including the details of all those aged 90 years and over who wish to have their details included. To do this, we must have the persons permission, the correct Name & Date of Birth and a contact telephone number. Please supply these details and they will appear in the relevant month. Sadly, they will not qualify for the Birthday Voucher!

☺

A very Special **Happy 100th Birthday** to Doris Foster on 9th July 2010.

Day	Name	Age
1	Jenny FALLOWS	4
2	Niamh METCALFE	6
3	Theo OVERSBY	2
4	Ben GREENSMITH	6
4	CJ MIDDLETON	7
5	Holly ROSS	8
9	Hannah LENNON	7
10	Milly BROOKSBANK	7
11	Samuel HARPER	8
13	Arthur HAYHURST	2
14	Chloe DALZELL	8
14	Jenny STOREY	11
15	Jerome McKENNA	7
18	Scarlett O'NEIL	11
24	Ruben PARK	5
25	Antony COWIN	5
27	Akira CRESSEY	5
27	Mike STOREY	9
29	Jody MIDDLETON	3
Nonagenarian & Over		
09	Doris FOSTER	100

PERSONAL & SMALL ADS £1

BAINES

Barbara would like to thank all relatives, friends and neighbours for their prayers, kindness and support, for cards and flowers received following the sad loss of Clifford. Thanks also to Rev. Tim Widdess for a lovely Service and for the staff at Duo for the catering. Special thanks to Olive, John & Jill for their support and to Fishwick's Funeral Service for the arrangements and all who gave donations for St John's Hospice.

CALUSERU

Happy 12th Birthday Darling Iasmina on 16th July. Hugs & kisses. Have a fantastic day. Love from Gran XXXX

CALUSERU

Happy Birthday Iasmina. Love from Uncle James XXX.

CALUSERU

Happy Birthday Gorgeous. Love from Great Aunt Lynda XX

LEDDY

Congratulations Jack on your 'Hole-in-One' on the Second Hole of your competition. We are very proud of you. Well done. Keep it up. Grandad & Nanna

RICHARDSON & MIDDLETON

Congratulations William & Emma on your Engagement on 15th June at Lands End. Love Mum, Dad, John, Martin, Steven & Michelle.

RICHARDSON & MIDDLETON

Congratulations Uncle William & Aunty Emma on your Engagement. Lots of love from CJ, Sienna May & Jody.



STACEY

Isabel and family thank all who kindly sent cards, letters and flowers following the very sudden death of Francis. Special thanks are made to the Paramedics as well as to Brian Goad for their attentive and caring services. Particular gratitude is also due to Rev. Vic Hopkins.

WILSON

Harry and Eileen would like to thank everyone for their best wishes on the occasion of their Wedding in Scotland on 7th June.



WOOF

Andrew & Caroline would like to thank family and friends for all the cards, presents and good wishes on the birth of our daughter Elsie Anne.



WOOF

Congratulations Andrew & Caroline on the Birth of Elsie Anne on 15th May 2010. Love & Best wishes from Dad, Rachel, Paul, Helen, Martin & Molly XX

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Pine bookcase. 3 shelves H40" x W23" x D10" £20. Buyer collects. Tel: 21176.

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FOR SALE

Luxor 16" Digital HD ready LCD TV. Hardly used £80 ono. Harmsworth Natural History (3 volumes) Published 1910 £10 the set. 8 Observers Books £1.50 each or all for £10. 'The Days Work' by Rudyard Kipling. 3rd reprint in 1898 by McMillan & Co £70 ono. Law Reports 1866 - 1874 (9 volume set) J Bulwer. Various conditions £60 ono. Tel: 07826 316452.

=====

FOR SALE

Mahogany Chest of Drawers £100. Vintage 3/4 height wardrobe £50. Double school flip top desk + 2 chairs £30. White toilet £20. 2 x 2-seater sofas Free to a good home. Upright LEC Fridge/Freezer £50. Tel: 20195.

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FOR SALE

Land Rover Freelander TD4 SE. Green, Manual, Diesel, 32,000 miles, purchased new Feb 2005 '54' Reg. One owner, 12 months MOT & Service, Taxed to 31.07.10. Reversing sensors, Heated Front Seats, Excellent condition. £8,250. Tel: 015396 20379.

FOR SALE

Oak framed, Ox Blood leather 3 seater sofa, 2 chairs & footstall. Immaculate condition. £495 ono. Tel: 015396 20904

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FOR SALE

P Reg Corsa 5 Door. 53,000 miles. £900 ono. Taxed until October 2010, full MOT valid from May 2010 for a year. A reliable car which is an excellent runner. 2 careful owners (myself & Grandparents). Any enquiries, please call 07837 955431.

=====

FOR SALE

CCS Photographic bag. vgc & quality. £30 ono. Tel: 20862

=====

FOR SALE

Oval pine Cheval mirror £15. Pine kitchen Rocking Chair £20. Tel: 015396 20616.

=====

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=====

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=====

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DENT PARISH COUNCIL

The June meeting discussed a planning application for a track between the playing field gate and the pavilion, heard a report on recent police activity and approved in principle a pilot project for closer co-operation with the National Park. As usual, the full minutes are published on www.dentdale.com (follow the parish council link) and a paper copy can be obtained on request to the parish clerk.

Playing Field Track

Getting vehicles on to the playing field in wet weather without them getting bogged down can be difficult, and this causes potential problems for events such as the Dentdale

Show. The Show committee have offered the parish council £3,000 towards the creation of hard standing by the gate and a track to the pavilion, and the June council meeting agreed to submit the planning application that this project requires.

YDNPA Community Pilot Project

One of the objectives of the Dentdale parish plan was to improve the relationship between the Dentdale community and the National Park. In the last year, this relationship has been soured by a number of issues over planning, and so council members have been discussing with David Butterworth, the National Park's Chief Executive, how this

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situation could be remedied.

Partly in response to this, the Park has allocated budget of £10,000 as well as officer time for a unique 18-month pilot project with the Dentdale community. During the project, parish councillors and other members of the community will work closely with the Park's officers on issues that meet both the aims of the National Park and the aims of Dentdale's parish plan. The June parish council meeting agreed in principle to take part in the project, and full details will be worked out in the next few months so that it can start later this year.

Play Area Opens

A ceremony was held on June 12th to open the new play area on The Green. Eva Hogarth, Lauren Charnley, Greg Tebbett, Beatrice Deighton and Ellie McDowell cut ribbons and formally declared the new equipment open, before parents and guests held a picnic on the green to celebrate the occasion.

In the parish plan survey in 2008, the children had requested a better play area in the Dale, and as a result a small committee consisting of Catherine Steele, Helen Winn, Jenny Robinson, Kate Cairns and Kate Tebbett took on the task of bringing this about. They obtained grants of over £45,000 to buy and install the new equipment, and both local people and second home owners in the Dale have made donations. The children have been involved throughout the project, designing the new area, conducting surveys of local residents and choosing the

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equipment.

CSO Changes

At the end of June, CSO Rachel Thomas takes over Karen Dakin's liaison role in Dentdale while Karen is on maternity leave. Rachel's contact details are tel: 0845 33 00 247 or email: rachel.thomas@cumbria.police.uk or KendalRuralINPT@cumbria.police.uk and from August she will be available at Dent Stores on the first Tuesday of each month to deal with residents' concerns.

Church Bridge and Barth Bridge

Concern has been expressed at recent council meetings about the cracks appearing in Church Bridge and, to a lesser extent, in Barth Bridge as well. The council has reported these to Cumbria Highways and has asked for details of any action that is proposed, as some residents have been told that remedial work is planned for later this summer.

YDNPA Planning Dept

Graham Dalton reported to the June meeting that the National Park's planning department is currently

experiencing severe staffing shortages, as currently it has only one planning officer in post out of a total complement of six. This will inevitably take some time to resolve, and while planning applications are still being dealt with within the required time limit, it is not clear at present how long this can be maintained.

New Bus Service

The lack of public transport in Dentedale is a recurring local concern, and so the extra Saturday bus journey this summer is very welcome. It will be provided by Apollo 8 between Sedbergh, Dent and Dent Station, providing connections with the late afternoon train from Carlisle to Leeds. Coupled with the Saturday morning bus, this considerably improves the bus service within the dale and to Sedbergh. If it is successful, it is hoped to run it again in future years, so we need to make sure it is well used if we want to keep it.

Copies of the timetable below are available at Dent stores, Stone Close cafe & Dent station.

Sedbergh Dalesman	16.45
Dent Village	17.00
Cowgill	17.13
Dent station	17.15
Dent station	17.35
Cowgill	17.37
Dent Village	17.50
Sedbergh Library	18.05

Cycle Race Litter

An annual cycle race has upset a number of residents who regularly

**Settlebeck High School
Summer Fete**

**Thursday 8th July 2010
6.30 pm**

~ BBQ ~ Pimms & Wine ~ Kids Games ~
~ Raffle ~ Prizes ~ Refreshments ~

~ plus much more ~

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help to keep the Dale's verges free of litter. After the cyclists had travelled from Lea Yeat to Dent Head, discarded energy drink containers and other food wrappers were found on the roadside. John Sibley, the secretary of the litter picking group that was formed as a result of the parish plan, has contacted the organisers of the race about it, as has CSO Karen Dakin. The response from the organisers was positive and the litter picking group have offered assistance for next year's event, so hopefully the problem won't recur.

Next Meeting

The next meeting will be held at 7.30pm on July 5th in the Sedgwick Room. As usual, the public are welcome to attend and to raise any matter that concerns them during the public forum at about 8pm.

Jock Cairns, Chair Tel: 25655 Email: dentparishcouncil@btinternet.com

**LUNE VALLEY GROUP MEETING
HOWGILL W. I.**

The Group Meeting was held at Howgill Village Hall on May 17th. President Mary Silva gave a warm welcome to members from the Lune Valley Group, executive member Doris Aldworth, and our speaker Joan Bentley.

Doris encouraged members to support the showcase highlight being the Village Fete at Kirkby Lonsdale in July to celebrate the Federation's 90th Anniversary. Also the Art and Craft Exhibition and the Cross Bay Walk, both these events in August. The A. C. W. W. Project was explained which we are supporting during our 90th year with a target of £3,000.

"Flowers for a Spring Evening" was the theme of the demonstration given by Joan Bentley. We were all inspired. The results were stunning with several floral displays on offer to

the ones who were lucky raffle ticket winners.

We went on to enjoy a lovely W. I. Supper with both savoury and plenty of 'naughty but nice' cake.

The competition for a table decoration was won by Killington who were presented with the cup. The raffle was drawn followed by a quiz, still on the theme of flowers devised by Howgill member Hilary Wilson.

The Bring and Buy Stall raised £70 for the A. C. W. W. Project.

Frostrow President Anne Petyt expressed thanks to Doris Aldworth, Joan Bentley and Mary Edge who manned the literature stall, and the hostesses. Anne went on to invite us all to the 2011 Group Meeting in the People's Hall on May 16th.

The Host President Mary Silva thanked everyone for coming and wished everyone a safe journey home.

A. H.



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BARBON OPEN GARDENS



Saturday 10th & Sunday 11th July

12 – 5 pm on both days

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Barbon Art Club

Barbon Sugar Craft Group



Kirkby Lonsdale & District Embroiderers' Guild

Lunesdale Quilters

Refreshments by the W.I.

Adults £5 / Senior Citizens £3.50 / Children Free



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COUNCILLOR KEVIN

COALITION GOVERNMENT: Like most councillors I have been cautious as to what exactly the change in government means for the local area. That there will be more overt fiscal restraint is obvious. Clearly also, there will be moves in funding from the strategic to the pragmatic. What does that mean? The money will be spent emptying the bins rather than devising methodologies for working out how the bins ought to be emptied. This is ironic for South Lakeland. When I was in cabinet we suffered greatly from the first round of performance assessment. South Lakeland was designated weak

because it spent its resources doing things rather than having vast shelves full of plans, strategies and programmes. Now these have all been written they can apparently be projected back into the waste bins. Both Yorkshire Dales and South Lakeland are well advanced with one of the key strategic documents, the Local Development Framework. As it happens I will be chairing a meeting on the housing sites allocations in the People's Hall on 19 July. In opposition my party was developing what was called "Open Source Planning". It seems that this has found its way into the programme for coalition government. If it were to be

enacted as suggested then there will be radical departures from the present planning constructs. You will have seen headlines that new housing targets are to be abolished. That will overturn the ethos behind the SLDC LDF. It will not affect YDNP as there were no targets for NPAs. But, if the intention is to move decision making back to members and away from officer advice – as is implied – then the whole basis of decision making upon material considerations could be done away with. I would welcome this as the method used in Licensing of simply having regard for the policy is much cleaner and infinitely fairer for applicant and objector alike.

APPLEBY NEW FAIR: I will leave my main comments for the next issue when we will have had the Drop-In session and a chance to digest the feedback from this year's event. By and large the much stronger position taken by the police, county, district and parishes has been well-received. However, I know that "CC" wrote for more people that those who were prepared to write with him in last month's *Lookaround*. But, what he advocates is what we TRIED to do in 2007, 2008 and 2009. It did not work and what was worse it was rapidly escalating out of control. Some have raised the issue of retail impact from the tighter controls. Measuring this is fraught with

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difficulties. One person says trade was down, another says they were able to stay open this year and lost nothing to theft. Another says their customers were intimidated in previous years. Add to that the value of the grass which was STOLEN from the fields by all the horses in previous years. Why should the farmer bear that cost ?

NEW HOUSES ON FARMS: One of the greatest problems with existing planning policy is the attitude to building an extra house on an existing farm. I believe that this led to more than half of the contentious planning problems within Yorkshire Dales and no doubt beyond. In opposition Roger Bird and I were involved with devising a better system than the present one. Basically we suggested that a new house could be linked to a farm as part of the holding and we could do away with the intrusive and offensive checks demanded by the present system. Our ideas were good enough for Tim Farron to copy them in his leaflets as a "Home on the Farm" so I have some hopes that they too will find their way into the new Planning Acts.

A684 SEDBERGH TO KENDAL: This year's schedule of works within Cumbria includes substantial provision for further expenditure on the A684. These are tabled for July August and are going to deal with some of the worst remaining sections. There will not be like the great length done earlier this year but will nonetheless be significant. Again there will be a need for some



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temporary road closures and again there will be the totally impractical diversions advertised as required by law. Please be understanding, the temporary inconvenience is annoying but very necessary if we are to get the road up to the standard which we all want.

*Councillor Kevin Lancaster –
015396 20800, 07980 844 695,
kjlanc@kjlanc.demon.co.uk,
Fellgate, Dowbiggin,
Sedbergh, LA10 5LS*

COUNCILLORS IAN & PETER

Since being first elected to the District Council in 2008 I have been the Council's appointed representative on the Executive Board of the Yorkshire Dales & Harrogate Tourism Partnership. I have to say that this has not been an entirely positive experience especially as the centre of gravity of the Partnership's operations have been much more in the Thirsk and Harrogate areas than the eastern edge of Cumbria! This sense of being marginalised was compounded even further by the sharing of a Chief Executive with the Moors and Coast Partnership making the activities of the Partnership even more remote to our own needs. I came increasingly to the conclusion that the benefits of membership on either a commercial or cultural level were minimal and that

the financial contribution made to the Partnership by SLDC could be better spent locally on specific projects within the Sedbergh & Kirkby Lonsdale Ward. Consequently on the 11th June SLDC gave notice of its withdrawal from the Partnership and I am now looking forward to a series of meetings between SLDC Tourism Officers and representatives of local projects within the area to see how we can bring added value to the local tourist scene. It also gives us the opportunity to "brand" East Cumbria as a destination "par excellence" and ultimately to be more integrated into the overall aims of Cumbria Tourism from our own unique perspective.

SEDBERGH & DISTRICT

HISTORY SOCIETY

Tuesday 13th July
2pm

THORNS HALL AND CASTLE HAW

Meet outside Thorns Hall at 2 pm.
Gemma Ellis will show us some of the interesting features of the older parts of the house.

Afterwards, weather permitting, Richard Cann will lead us up Castle Haw to explain the significance of the ancient site.

Take a picnic!

ALL ARE WELCOME

*For further information,
please contact the*

Programme Secretaries:

Julie Leigh on (015396)20726 or

Elsbeth Griffiths on (015396)20677.

Let's see how things develop, but in the meantime if you do have any ideas please do not hesitate to get in touch.

Appleby New Fair is now over for another year and there seems to be general acceptance that the arrangements in place this year were an unqualified (though expensive) success, resulting in minimal disturbance for the settled community. The Travellers, themselves, felt that in Appleby itself they were over-policed but the law-abiding majority seem to have appreciated that in Sedbergh and Kirkby Lonsdale the arrangements benefited then just as much as local



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EVENING**
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residents. There is to be a drop-in session at the Peoples Hall on the 23rd June to review how things went.

I mentioned in my last article that negotiations are still ongoing with YDNPA regarding the acquisition by the town of 72 Main Street (TIC and Community Office) for the benefit of Sedbergh, Garsdale and Dent. The Park has now stipulated a sale price and given us until November to decide whether or not to go ahead with the purchase. I have since attended a further meeting of the User Group on the 4th June. All current users were represented including the Parish Council and a member of the Park Authority. The

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discussion was very constructive and, leaving aside altogether whether Sedbergh as the largest settlement in the National Park should be having to pay to have property transferred to it which is already being used for the exclusive benefit of residents and visitors, it was decided to prepare a business plan once a valuation of the property had been completed by an independent surveyor and the existing planning use further clarified. I am obviously hoping that in the meantime the YDNPA will reconsider its decision and offer the property at less than a market value price or even recognise (hope against hope!) that the TIC and Community Office are such a shop window and valuable local resource for the Park that the ownership of the premises be transferred free, gratis and for nothing! Watch this space....

On the 15th June I attended a meeting of the Local Area Partnership along with my District Councillor colleagues and representatives of Parish Councils in the LAP area (i.e. Sedbergh, Garsdale, Dent, Middleton,

Killington, Firbank, Kirkby Lonsdale, Casterton, Barbon and Mansergh) together with officer support from the participating Authorities and agencies. Readers may well remember that this is intended to be a forum to bring decision making to the local level as far as possible and to facilitate the co-operation of all parishes in working together on common problems and issues. As this is a new initiative there are bound to be teething problems and the debate on Tuesday was certainly very lively! I am pleased to say that in fulfilling one of its functions as a grant-making body with its own budget (albeit small) a grant of £2000 was made to Sedbergh Parish Council to assist in the funding of the current Sedbergh Townscape Initiative. Personally I have high hopes that the LAP's will bring greater transparency, accountability (and common sense!) into local democracy and I await developments with interest.

Finally, I have been delighted to see so many St. George's flags around Sedbergh in the last few weeks. Now

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I know that this has more to do with the World Cup than necessarily being a sign of patriotic pride, but wouldn't it be enlivening if we could have more flags around even when football isn't being played? Whenever I visit Germany I am always impressed by even quite small towns and villages flying up to four different flags: the EU flag, the national flag, the regional flag and the local / town flag. Maybe either the Church could be persuaded to "fly the flag" all the year round or alternatively we could erect a flag-staff somewhere in the town centre. Perhaps local businesses or organisations could sponsor a flag for a week or a month at a time with the money going to a local charity? Would anyone be interested in designing a town flag? Or do readers have any other ideas?

Don't forget that Peter Woof and I may be contacted at any time as follows:

*Peter Woof: 015396 20857
 email: peterwoof@hotmail.co.uk*
Ian McPherson: 015396 20648 email: ianmcperson24@hotmail.com

SEDBERGH SCHOOL BOOK

School Boys become Published authors

A new book about the history of Sedbergh School that has been written by two sixth form pupils from Sedgwick House. In October 2008 Ben King and George Head began an Oral History project to capture the memories of Old Sedberghians and former Staff. The original aim was to produce a collection of recordings and transcriptions to donate to the school archive, however the project proved so successful that the boys were moved to produce a book. After numerous redrafts the boys are now the proud authors of Sedbergh School's latest book.

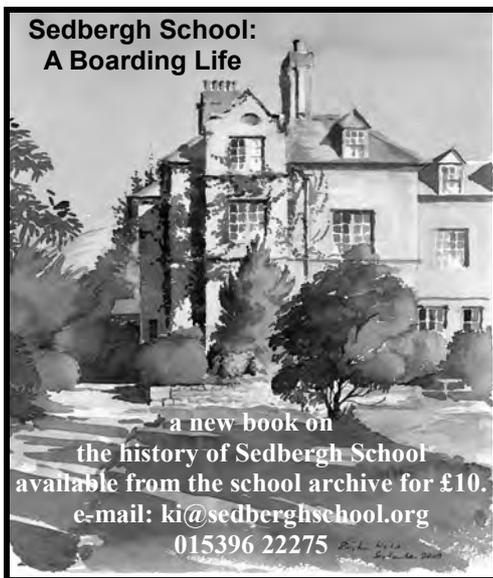
Ben and George spent nearly a year interviewing a wide variety of people connected with the school. Having learnt how to use specialist recording equipment the boys conducted interviews both in school and in the

homes of the contributors. They particularly enjoyed the hospitality of several former housemaster's wives who proved good at baking! Both boys have an interest in History with George and Ben hoping to study History and Classics respectively.

"Having learnt about so many intricate details of boarding life at Sedbergh, we felt that others would enjoy reading about them too." Says Ben King

The last nine months have been spent pulling out the interesting details from the seemingly endless interview transcriptions to make the final manuscript. The book is divided into themed chapters in which the interviewees talk about some of the fundamental aspects of Sedbergh life from food and sport to the house system and the introduction of girls. With the earliest anecdotes describing life at Sedbergh School in the thirties the reader is able to chart the changing attitudes and conventions in the school through the memories of those who experienced them first hand.

"Sedbergh School: A Boarding Life" is now available to buy from the school archive 015396 22275, ki@sedberghschool.org or online for £10 plus £3 postage and packaging.



DENT READING ROOM

The Reading Room and Snooker Hall Committee would like to thank everyone who helped with their Table Top Sale and Coffee Morning and also everyone who supported us in every way.

CUMBRIA IN BLOOM

Many of you will remember that some fifteen years ago (roughly) four ladies formed the above committee and during that time we were joined by other members.

Over the years the committee achieved various schemes to enhance Sedbergh some of which were :-

- (1) The creation of the flower beds on Main Street, and those at either end of Main Street,
- (2) The new footpath and flower bed at the front entrance to Queens Drive
- (3) The flower beds at the Police and Fire Station
- (4) A number of other projects in and around the town.

Sadly over the years the committee has dwindled and now we are left with just three members.

The reason for this article is to ask is anyone willing to join the committee - you do not have to be a gardener or know anything about plants - you just have to be enthusiast about how Sedbergh looks - in particular with regard to the flower beds and with ideas of how to progress. (One such project could be the triangle grassed area at the Toll Bar junction, another the parking area at the New Bridge Lay By etc., etc.)

Over the years we entered the competition Cumbria in Bloom and were winners twice in the Small Country Town section, (during the competition years we in fact ordered nearly 80 hanging baskets just for the town)

If you are interested in joining this

committee or wish to know more before making a commitment please either give me a ring (Dorothy Blair) on 20807 or leave your details at the Community Office

It is not a commitment for meeting every week/month. Sometimes we do not have to weed, plant, trim etc. for many weeks, and of course many hands make light work. (meetings are fixed for as and when we need to discuss projects) (which at the present time we do not have to meet as a phone call between the present members is sufficient as we do not have the manpower to undertake any new projects)

Age is no barrier - we would welcome any help.

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DENTDALE W.I.

We are exactly half way through the 2010 programme so where does the time go? The June meeting is by tradition an Open Meeting when we invite members from other Institutes and of course, anyone else who would like to listen to our Speaker and join us for a Jacob's Join supper. However, before the Speaker (and the food) there were various items to discuss in the Business Meeting! President, Catherine Sugden welcomed our visitors and we sang Jerusalem. The first item on the agenda was a report on the Group Meeting hosted by Howgill WI which had been well attended and had featured an excellent demonstration of flower arranging. There had also been a Bring and Buy stall in aid of ACWW which had made £71. Dentdale's own effort to raise funds for ACWW will take the form of an Apple Day to be held in October. Freda Meakin has offered to collate apple recipes into a booklet, so, please give your ideas to Freda by the end of August. We were told that

bookings are now being taken for the summer outing to Theatre by the Lake Keswick to see a performance of "Bus Stop" followed by afternoon tea on Wednesday August 11th.

A comprehensive report on the AGMNFWI will be given at the next meeting, but it would appear the 99.3% were in favour of clearer food labelling as to country of origin.

The Federation's Village Fete to be held on 17th July in Kirkby Lonsdale is fast approaching and several members have offered to help serve afternoon tea. Bookings were being taken for the Hog Roast and Jazz evening following the Fete.

Our speaker for the evening was Paul Wilkinson, a Ranger with the YDNP who gave a very interesting presentation of the recent work completed in the Cumbria area. Paul manages the area which consists of Sedbergh, Dent and Garsdale parishes, and his main aim is to keep the public right of way networks in good repair and overseeing the Open Access. He works closely with landowners. It was interesting to hear

about the recent improvements to the Occupation Road above Dent. The severe erosion caused mainly by off road and large farm vehicles has been addressed. Paul told us of his work with Settlebeck pupils forming a wild life area, linking the features to the curriculum and fostering the early interest of pupils in the future of this beautiful part of the Dale.

Ways are being sought to help disabled and those with mobility problems access certain lengths of footpaths by installing gates instead of styles. It was a very positive talk and Paul was thanked on our behalf by Judith Newsham for his hard work, and thanks expressed to the team of volunteers too! Then it was time to

eat and Paul stayed on to take questions informally over supper.

Margaret Schofield won the competition with her photograph of an aspect of the Yorkshire Dales.

Our next meeting will be in the Memorial Hall on July 14th. New members and Friends always welcome.

SEDBERGH LADIES NFU

The May Meeting was held on 18th with a good attendance.

The Speaker for the evening was unable to come due to illness but Mr & Mrs Brian Wright kindly stepped in at the last minute with a wonderful screen presentation with music of their once in a lifetime holiday to Peru, Ecuador and the Galapagos Islands which everyone thoroughly enjoyed.

On Tuesday evening of June 8th, 21 members and friends went to Kitriding, Lupton for a meal and sausage making demonstration. Everyone enjoyed a beautiful buffet supper, after which Stewart Lambert told us how he diversified after Foot & Mouth. Instead of milk production, they decided to kill their own pork, beef & lamb and open a Farm Shop and go to the Farmers Markets to sell it.

Two years later, they opened the Café and Gift Shop which is open on Thursdays to Sundays.

Several members tried their hand at sausage making and did very well, after which we were all given a pack of sausage. A very enjoyable evening was had by all.

SarahM



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SEDBERGH TOWN BAND

Band Notes

American Visitor. The weekly rehearsal was joined recently by a gentleman from America holidaying in Sedbergh and staying at Thorn's Hall. Tom Manzi from New Hampshire took up the cornet on his retirement a few years ago and was able to fulfil a long standing wish of playing with an English Brass Band. A search of the website had revealed the existence of the Sedbergh Band and he was a most welcome guest.

As campanologists frequently join the ringers in the area they are visiting it is not unusual for the same to occur with brass bands.

New Player The Band have much pleasure in welcoming to their number a most talented and experienced cornet player Louise Knowles who has recently moved into the area and is living in Dent.

Annual General Meeting Chairman Sandra Waters opened the meeting on Wednesday 16th June by stating that as far as the Band was concerned a lot had happened in the course of the twelve months since the

last A. G. M. She then proceeded to comment briefly on some of the events starting with the most welcome visit by the Zrece Town Band which commenced on their arrival with a memorable BBQ at Ernie and Viv Hailwoods. This was followed the next day by a combined concert given before a large audience in Sedbergh School's Powell Hall. In the course of the year the usual programme of concerts and carol sessions was followed but with the addition of a most successful and innovative St. George's Day celebration.

Another new venture was a sponsored solo playing that thanks to the generosity of the community saw sufficient money raised for the purchase of new Bb and Eb tubas.

Thanks to Carole Marsden and her helpers the Youth Band has gone from strength to strength - besides regular practices and public playing a trip to Blackpool was enjoyed.

A trailer suitable to the Band's needs and a minibus (previously the property of Settlebeck High School) that thanks to the attention of Peter

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Packham is fully road worthy, have been purchased. The Annual Dinner was held again at The Black Bull, Nateby and Chris Perrott was this year's recipient of the President's Cup.

Keith Wood was thanked for all his work on the committee on his retirement - his role keeping track of the Band's instruments has been taken over by Michael Roberts.

The Treasurer then presented the accounts for the year. A detailed breakdown was cogently delivered by Chris Chambers who expressed satisfaction with the current financial position of the Band and explained that it was the committee who advised the appropriate steps to be taken to cover eventualities as they arose. The Chairman thanked him for all his hard work.

Bandmaster Alan Lewis expressed his contentment with the continued progress of the Band, both technically and musically.

The meeting concluded with the announcement that the existing committee continues en bloc.

G. B.

PEOPLE'S HALL

Redevelopment News

We have had a response from the YDNP planners, who have suggested a number of "potential" design changes for us to consider. These revolve around improving the way the building sits on the landscape by changing the footprint slightly, extending the veranda and changes to the fenestration (windows). This latter suggestion is to remove two windows (for amenity reasons); to add others and to change the shape of others. Originally we had been advised to minimise the fenestration, but it certainly suits us to increase it again, in order to achieve a light and airy interior.

Our Architect is now amending the plans, the acceptability of which will naturally be subject to their receipt and reviewing and commenting on the revised designs by the YDNP planners.

Some good news is that the planners accept that we might wish to redevelop the Hall in phases, ie: to give us freedom to complete only one part of the development at a time.

Another area we are asked to consider is the car parking and landscaping. This will be discussed with the Highways Department of the Cumbria CC.

Although fundraising is not yet in full flow funds are coming in. We are grateful to the Killington WI for a donation to the redevelopment fund.

*Dr Gina Barney,
Hon Secretary (20790)*

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KILLINGTON WI

Time to wrack my brains, phone my friends and reach for my brown folder, in order to remember what has been happening lately in Killington WI. Perhaps it's not quite that bad, but I do wish that I would stick to my resolve to write the report on the day of our meeting (doubtless, so does our editor. *Sometimes. Ed*).

Dorothy Hindle, from Grange-over-Sands, was our speaker for this month. The title of her talk was, "As we were in the 1940's". Many of us, of course, have our own clear recollections of those days, but Dorothy was a real enthusiast and collector 'of unconsidered trifles', from that time. Her interest has taken her, and her husband, to many 1940's themed events where vehicles, typical happenings, clothes, hair styles and lots of other things from the period are gathered together.

Hence her conceptions of the era are more vivid than those of most of us. For the younger of our members it was introducing them to some things that they hadn't seen. Have you still got your ration book, or identity card? Do you remember that 'Persil washes whiter', and that, 'Bovril prevents that sinking feeling'? Do you, like, me, still wash your woollen socks with a posser? Did your father say, at mealtimes, 'Go easy. There's a war on'? So many things to remember, and many, many of them, full of good use and common sense. Mind you, I wouldn't like to do without my washing machine!

Our speaker had to catch the bus back to Grange and so once again we had a back to front meeting, i.e. speaker before business, and business before tea so that nobody could slope off! We discussed forthcoming attractions, making plans for our coffee morning, our President's Tea Party on July 13th at 3-00pm at High Beckside, our garden outing to a garden in Lupton, and various other interesting possibilities. There are just so many things one can do, but remember, that the things one regrets are the things one doesn't do. We had only one member on whom to bestow our birthday wishes this month, for Mary Tallon, who is 99 this month, and still going strong. Well done, Mary!

Maggie l'Anson gave us a report of the happenings at the National AGM at Cardiff which she had attended as our delegate. Thank you for your

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interesting and succinct report, Maggie. One item about which she told us had us all up in arms. It appears that the National Federation are well advanced with plans to market jams, chutneys and other items, under the WI name, in supermarkets and suchlike. These will be made to WI specifications, but manufactured in selected factories, under licence. As members of the WI, we disapprove strongly of this. There has, once again, been no consultation with members, and moreover, we believe that the strength of WI products is that they are **home made**. A letter stating our objections is to be sent to the WI executive. Still enough of that, but

anything you buy from Killington WI is genuinely home made.

So members, please assemble at High Beckside on July 13th for an entirely home made and delicious tea. And if the weather keeps on as it is now (mid June), this may be the year when you hear the BIG SPLASH!!

W.F.U.

PS. Tea - excellent, as usual.

Competition - a picture of the 1940's - me. (It was great fun but time-consuming looking through old snaps.) Raffle - Edith Robinson (I think) - a useful shopping bag.

ZEBRAS

Zebras are having their AGM on Wednesday 14th July at 1.30pm at Sedbergh Methodist Church Rooms.

Everyone is welcome to attend. We are looking for a new chair person and secretary, as Mags and Myself are standing down. Anyone interested in either position can contact me before the meeting.

We look forward to seeing some new faces.

Zebras will be closed for the summer holidays this year. So the last Zebras will be Wednesday 14th July and we start back on Wednesday 8th September.

I would just like to say a big thank you to all the children that took part in the Big Toddle, and to everyone that has helped this year, especially Beth, Janet and Tim for their help with the drinks.

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**SEDBERGH & DISTRICT
 HISTORY SOCIETY**

Gayle Mill

The first trip of the summer was to Gayle Mill, just outside Hawes. Many people will have seen the Mill when it featured a few years ago on Restoration, a television series about endangered buildings which needed financial and practical help to survive. After Gayle Mill had been voted the winner of the Northern Area section of the programme, it underwent four years of renovation to restore it to its former glory. Now it is fully operational again and open to visitors. Society members were lucky enough to receive a guided tour by Brian Alderman whose knowledge of the history of the Mill and affection for it were self evident.

We began the tour outside the bottom level of the building where Brian talked about its origins and development. It was built in 1784 as a cotton-spinning mill when cotton was beginning to be imported from the United States to Lancaster. From there it was transported to Gayle by pack horse on the new turnpike road

to Richmond. It is thought to have been built to an Arkwright patent of a mill design and had the benefit of maximum light on all three floors. The heavy machinery was housed on the bottom floor and the top floor was used for the storage of the cotton bales and the teasing out of the raw material.

Brian told us that the Mill had been used for several purposes as economic conditions had changed in the dales. Flax took over from cotton for a few years and then, wool was spun for the increasingly important local knitting cottage industry. For some years in the nineteenth century the Mill was used for domestic accommodation until in 1878 it became a saw mill. The turbine which replaced the large water wheel was made in Kendal and drove the items of woodworking machinery. In the early twentieth century when a generator had been installed the Mill also produced electricity for some years and the woodworking business continued until 1988.

After Brian had showed us how the water had been channelled into the building along the restored wooden leat, he took us into the Mill itself to look at the turbine and the woodworking machinery. He operated one of the lathes to demonstrate how the woodworking machinery was powered. As we climbed up the stairs to the top floor we also saw many examples of the original woodworking tools.

Our thanks are due to Brian who gave us such an interesting introduction to this iconic building.

DENTDALE MEMORIAL HALL

Please continue to let us have unwanted or damaged crockery for the popular Pot Smash on Gala day (Aug BH Mon), we are in full flow now towards the Gala, if you would like to be involved do let us know, yes August is a while off yet but time has a habit of flying by especially when everyone is busy. What we would really like is for EVERYONE to get behind the Gala, talk about it, be positive, it IS a great day out for locals and visitors and the MAIN FUND RAISING EVENT for the DMH. Recent refurbishment work at the rear entrance has much enhanced the area, we would like to treat the kitchen to a "make-over" next year,

Sunday 25th July

7pm

'Rhumes', Dent

PRAISE & PRAYER

All Welcome

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Sunday July 25th

7pm

'Rhumes', Dent

All Welcome

re-decorate the Sedgwick Room and then probably have a pitch roof on "our" part of the complex when school has their part done, we cannot do all this just on the income from the lettings! Each group who uses the building should have a member on our committee (thus they are a DMH Trustee) and in an ideal world that person links their group to an activity on Gala day which they then organise and run, of course other helpers are needed too, the "piggery team" who are invaluable bringing all the equipment to site and then clear it away later, all need "extras". The pay is non-existent but we do have some laughs and the knowledge we have "done our bit" and possibly more. Do get in touch and be part of Dent Gala.

SE Woof (Chair) 25212

Jean Haygarth (Sec) 25269.

PS. Indoor Bowling is continuing through the summer.

FAMILY MUSINGS

Driving over Barth Bridge recently I was going so slowly I read the notice about going single file on the footpath as it was through a Hay meadow, the road was full of people, all ages, all over the place and I noted in the field three people walking side by side in a row through the field, could they not read the notice, or did they think it didn't mean them? It really annoys me when people ignore instructions like that, you know the sort of thing, "Don't .." so they do or "Do".. and they don't ..

At the Chapel recently snippets were read out of the minute book from way back in the 60's, really interesting stuff and good to hear that issues got put- off back then like they do now, the roof was to be re-slatted but just half of it due to lack of funds, then it came up the following year still to do, then no mention and we know it was done, all of it, much later. Names recorded which bring back happy memories ..Mrs Verity, Maggie Cummings, the Capsticks, Mr & Mrs Jack Winn, Jim & Jinny Allen, Mary Batty, Rowland & Slena Sanderson, William & Marjorie Middleton, Tom &

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Sally Metcalfe, that got me thinking who I can remember living in the village .. Polly Mclurg who looked after Mr Crossleys shop in the Laning, I bet a lot of you have no idea where that shop was! The door has been walled up but the window is still there! "Country Kitchen" any offers as to where that was?

The best of course is that the girls cafe is where my Mum had a shop for over 20 years, but that is not in Dent, no monkey in the window now just me and a friend doing what my Dad would call "playing silly beggars" blowing our biscuit wrappers about. It is great to look back but also to look forward in anticipation and of course to enjoy the here and now. This of course has it's sad and difficult moments and at such times family and friends are invaluable, the ones who let you cry and the ones who make you giggle.

Our veg plots are full and thriving

and more and more people are growing their own veg and fruit, the birds will feed well if we do not net and cover up or hang up scarers. Last year I had picked the first Strawberry by now and two years ago a whole basket of Rasps, so we are behind it seems. Some of us more than others, a friend (?) called along the street to me "I knew it was you I recognised your bum!" Makes a change to my grey hair.

Have started a clear-out, it will take a while, especially as am working full-time, my business has taken off, it's great, I just miss my home but can't have everything. Mitts looks after things and has friends in to visit so we have to do a check of the house before leaving.

Summer seems to be here which is great, must master the Ice Cream maker, then it will be the Juicer, already use Bread Maker and the Mixer, where would we be without our electric "helpers". Enjoy the summer and get to your crops before the birds. The best thing in a garden to me is the sound of little children enjoying themselves, enjoy yours.

Sarah.

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SEDBERGH & DISTRICT ART SOCIETY

Since our inspiring Winter Programme finished, we've been focussing on preparations for our Annual Summer Exhibition, to be held in the Sedbergh School Library from August 20th to 31st (see the August Lookaround for more details).

Those of us who have continued to meet informally throughout the year on Wednesday mornings at 9.30am--- usually in the People's Hall Committee Room---value this time spent in enjoying the congenial company, appreciating and learning from each other's efforts, and, for some of us, the opportunity to try to produce something for the Exhibition without any distractions!

We would very much like to welcome a few more people at these Wednesday mornings when we start again in September. Beginners or experts, any medium, having a go in a relaxed and helpful atmosphere---if you're interested, contact Barbara Leigh on 20794 for more details.

V. Finch



Dentdale Methodist

COFFEE MORNING

Wednesday 28th July

10 am to 12 noon

URC Rooms, Joss Lane

All Welcome

St ANDREW'S CHURCH

News from the Pews

There was a full congregation to welcome the Bishop of Bradford, David James to Sunday morning worship on 13th June, and the middle Sunday of the Music Festival. It was the last time for Bishop David to preach in St Andrew's as he is due to retire next month. It seemed very fitting therefore, that the rafters were raised with the glorious sounds of Sedbergh School Choir singing throughout the service. A joyous occasion indeed.

The Music Festival is almost finished as I write and what a wonderful, vibrant two weeks it has been. It would be interesting to know just how many pairs of feet have come and gone through the church doors during the fortnight, not only those of the concert goers but those of performers coming in at odd times to practice, those of the people moving pianos and other instruments, those setting up the stage, the ladies manning the catering and those taking food they have prepared earlier, not forgetting the visitors

popping in to view the church as they pass through our town.

Tony and his team must be congratulated most heartily on the quality and variety of the Festival programme, something to suit everyone. Naturally, as a bell ringer I am biased but I thought the sound installation playing throughout the daytime in the church, entitled "A Month of Sundays" was brilliant. Andi Chapple had taped the bells from different locations around the town, thus recording not only the sound of the bells but other outside noises, (like motorbikes), mixed the sounds with the aid of a computer, thus completing his "sonic" portrait of the church and its place in the town.

As this is my first time of writing in "Lookaround" since taking over as a Churchwarden following Lavinia's retirement I should like to say thank you to all those who have offered kind words and much encouragement. I felt humbled to be invited to take the position and look forward to helping maintain the worship and fabric of our beautiful Parish Church to the best of my ability.

Susan Sharrocks

BATTLE OF THE BANDS!

7:30pm

Wednesday 28th July

People's Hall

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visiting Slovenian Rock Band **500m**

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Dance or just listen + Bar

YORKSHIRE DALES NATIONAL PARK

Public Meeting on Housing Plan

Members of the public are being asked to say what they think about future plans for housing in the Yorkshire Dales National Park.

Three meetings have been organised in July to enable residents to have their say on a draft housing development plan that has been drawn up by the Yorkshire Dales National Park Authority (YDNPA).

Last year a YDNPA Housing Working Group, which was set up to oversee the review of housing policy, called on organisations and individuals in the National Park to put forward possible sites where affordable housing could be built.

More than 140 were suggested and, of those, 38 have been put on a shortlist for consultation. Details of their location as well as the whole Housing Development Plan are now on the Authority website at www.yorkshiredales.org.uk/housingdevelopmentplan.

The public meetings will comprise a presentation about the context, objectives and proposed policies in the draft plan, followed by a discussion, questions and answers.

Yvonne Peacock, the YDNPA's Member Champion for Forward Planning and the Working Group Chairman, said: "The objective of the draft housing development plan is to reduce the shortfall of local, affordable housing in support of long-



term community sustainability.

"These meetings will be an opportunity for people to contribute to the housing debate and to engage with officers and members involved in the review of planning policy for housing. We hope people will come along and take part.

"The consultation will inevitably lead to changes and amendments to the plan before a final version is submitted to a Planning Inspector for independent examination."

Peter Stockton, the YDNPA's Strategic Planning Officer, said: "The plan – if it is implemented – will help people to live and work in the National Park through the release of land in response to local housing need."

The meetings, which will each run from 7pm to 9pm, have been arranged as

follows:

Monday July 5 at the YDNPA

Yoredale offices in Bainbridge

Thursday July 15 at Grassington

Town Hall

Monday July 19 at the People's Hall in Sedbergh

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INTERESTING ELBOWS

Many of us at sometime will suffer from pain around the elbow (eg golfers elbow/tennis elbow). Elbows are subject to many forces – the muscles which control the wrist & hand attach at the elbow as do some of the powerful shoulder muscles.



Elbows are also affected by poor posture at the neck and shoulders and by wrist & hand problems.

Conversely how well our elbows move also has a knock-on effect on the rest of the arm, and can cause neck problems. The way we sleep can also affect our elbows – sleeping with them bent can cause compression of the 3 major nerves which run through the elbow and irritating these can cause problems like pain, numbness and pins and needles in the wrist or hand. So don't ignore a pain in the elbow – it could become a pain in the neck!

JL

SOUTH LAKELAND SOCIETY FOR THE BLIND

Sedbergh Group for people with sight problems.

The Street Collection for the Group was held on Saturday 12th June in which over £200 was collected. A bog thank you for all those that Collected or Donated.

The weather was delightful for the very popular luncheon outing to the Barbon Inn this month. The food was excellent and we were looked after in the usual very thoughtful way by the staff. Lunch was followed by a raffle organised by Betty and Sue Harper and then people moved around to catch up with other group members. It was a very enjoyable occasion.

There will be a gap of two months and the group will meet again on the third Tuesday in September. New members are always welcome and transport may be available. Tel 21019 or 01539 742633.

JL



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MAY WEATHER

It was rather mixed month once again, weather-wise, with cold spells, hot ones and more dry ones! Temperatures varied a low of 27.3F to a high of 83.1F. Rainfall was again limited with a total of 0.56 inches, most of which fell in the last week. We did not actually have an official drought with the longest dry spell being 10 days. Winds were variable with daily maxima varying from 6.7mph to a high of 22.4mph mostly from a north westerly direction. In the first half of the month the wind chill took night time temperatures below freezing on all but 2 nights whereas the actual temperature only fell below freezing on 5 nights though others were near enough to produce a ground frost.

May must produce more growth than any other month. Trees come into full leaf and many blossom. The frosts early in the month damaged the new growth on the beech trees. It has been another good month for flowering hedgerows and shrubs in the garden though the hawthorn was quite late. Banks have been full of violets, bluebells and greater stitchwort and latterly lady's bedstraw. One again it has been a good year for dandelions giving the bees much needed pollen. On the warm days it was good to hear the blossom buzzing as the bees worked away. The good spring has resulted in quite a few swarms of bees fairly early on. The blue tits have broods in two of our nest boxes and the blackbirds

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have raised yet another brood of 3 in the shippin. The mallard ducklings we rescued are doing well, certainly better than if left to the magpies! Getting up at first light to bottle a lamb I have heard quite a lot of the dawn chorus. May is generally the best month for this. However the dawn chorus with us is somewhat mixed. We have the usual melodious songs of blackbird, robin wren and dunnock, sadly no song thrush with us this year, but it is interspersed with the harsh calls of pheasants, nearby rooks cawing and up Frostrow the mewing of a peacock not to mention our resident cockerels! I have had several reports of people hearing cuckoos but I haven't heard one yet. The oak beat the ash again so we should have a splash! I remember saying that last year and look what happened!!

JULY GARDENING

Some years ago, when I worked for a time for Leicester City Parks Department, there was a great plan afoot to renovate a Victorian rock garden on a mound in one of the City parks. "Alpine meadows" were then just the thing to have, so we set about removing all the existing scruffy, weedy, grass and sent off to a firm which specialised in these things, for their choice of meadow plants. I never dared to tell the head of the Department, (who was not very well versed in British wild flowers,) that many of the new plants which duly arrived were the very things that had been weeded out. The new Self Heal and Speedwell and Clover plants looked so much more imposing than our original weedy specimens.

Nowadays the thing to have is not so much of an "Alpine Meadow", as a "Wildflower Meadow", but the same care has to be taken over plant choice, or you may find yourself with quantities of the same plants that you would be weeding out of your borders every week. (Watch out for Wood Avens or Herb Bennet and Welsh Poppy) Other wildflowers sold in collections can be so small that any self respecting existing grasses engulf them immediately.

Wild Flower Meadows are most successful on poor soil, so if you are starting from scratch, try to remove as much of the topsoil as possible before you begin to plant. If this is not possible, choose early flowers such

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as Primrose and Cuckoo Flower and strong growers such as Water Avens, Meadow Buttercup, Yellow Vetchling, Knapweed, and Meadow Cranesbill. Oxeye Daisy and Red Campion will do well on thin soil but soon move themselves into borders and paths if they find too much competition in the grass.

Gardeners who are aiming for the perfect lawn will of course be going to great lengths to get rid of all these flowers. Having applied various weedkillers may I suggest that you do not follow another fashion and use a Mulch Mower. It may save on time and effort spent on getting rid of clippings, but it is a most effective way of propagating and spreading any remnants of weed and moss which may still be residing in your lawn.

Elaine Horne

CARLISLE TO SETTLE RAILWAY

The Friends of the Settle Carlisle Line are pleased to announce the return of the popular archaeology summer tour programme of the Ribbleshead Viaduct and Blea Moor Tunnel area. Everyone is welcome on these free walks, and they provide a fascinating insight into how the engineers and navvies won their hard-fought battle against the elements to build the rail line at this bleak and dramatic location.

The tours will take place every Wednesday in July and August. Anyone interested should simply turn up at the Ribbleshead Station Visitor Centre by 1025.

There are two tours to choose from. The first takes approximately two hours and is around the area of the Ribbleshead Viaduct. On the tour visitors will learn about the history of Ribbleshead Station and be taken on a conducted walking tour of the site of Batty Green Shanty Town. The tour also takes in the hospital, the locomotive inspection pit, the stone sorting area, Sebastopol Brickworks, and the site of the Iron Age Fort.



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The second tour takes about four hours. It also visits the various points in the first tour and then continues to Blea Moor Tunnel. The tour does not enter the tunnel, but visitors will learn how the tunnel was constructed, see the 'false shaft' (built in the wrong place!), and go to where the stone was extracted for the construction of the Ribbleshead Viaduct.

For both tours it is essential to bring boots or strong footwear, together with waterproof clothing. Both walks cross rough ground and it can be very wet in places. On the full day tour, a packed lunch is essential.

One of the guides for the tours will be Peter Davies, who has been a walks leader for the Friends of the Settle Carlisle Line for over 20 years. Peter says "These tours are an ideal way to help people picture what it was really like for the thousands of navvies and their families who lived and worked in this harsh landscape. Time and the elements have eroded much of the remains of their endeavours, but if you know where to look there is still a fascinating heritage to discover."

**DOWN AT THE POND
SOMETHING STIRRED ...**

... hardly surprising as 40 pairs of feet approached! These belonged to yr 5 pupils from Sedbergh Primary school and to yr 8 pupils from Settlebeck High School, acting as their mentors, along with a host of adult supervisors. This was part of a national OPAL (Open Air Laboratories) survey and, for our local schools, part of their continuing work on local habitats.

The expedition had been arranged by Janet Chetwood, yr 5 science teacher, and Jane Storey from Settlebeck. Nick Brown of Sedbergh School introduced them to the pond, Bruce Lock, normally 'out of bounds' to passers by.

It seemed such a perfect afternoon for pond dipping... with nets of course. Fortunately for the creatures in it the pond was heavily protected by a forest of 10ft high common reeds and 2 feet of mud so only 2 groups at a time cautiously accessed the water's edge.

Jonathan Taylor, a Community Scientist at the University of Central Lancashire, had travelled up from Preston with all the 'know how' and resources needed.

This was one of 700 ponds being surveyed today.

So, after minor diversions from ants and mini-frogs, time to settle down to the challenge: 'How clean is our pond?'

How clear is it? All but 3 images on a card seemed visible looking down through a 2 litre bottle of pond water.

How acidic/alkaline? The coloured

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indicator paper matched pH 5.5; so slightly acidic.

How healthy is the pond? This was the fun bit as 9 groups of pupils in turns swished their nets around in the water emptying them into a white tray of pond water. Pupils were surprised how many mini creatures were seen moving around and the task of trying to identify them using the reference cards proved absorbing.

An amazing 26 types of pond animal were identified. These included mayfly and dragon fly larvae; water beetles, fleas, bugs and mites; pond skaters, water shrimps, snails and worm-like creatures, common frogs, a toad, red and blue damsel fly and a smooth newt!

50% of the groups scored 31+: a very healthy pond indicator.

This is a near perfect undisturbed pond habitat, at present short of water, so better access to the water might have given even better results.

All in all this was a highly satisfying expedition and an illustration of one of the many exciting science projects happening down at the primary school.

*Tony Hannam
Community Governor*

DENT BBQ

Back in May we enjoyed lovely weather, good food and great company, there is something wonderful about sharing fellowship in the open air, especially when there are no Midges, (possibly saving themselves for the Folk Fest!). Many thanks to all, esp' the person who gave us the Gas BBQ.

Sarah & John.

BOOKWORM

What have I been reading this month?

'The Batchelor Girl's Guide to Everything' by Agnes Miall (gift/humour)

This is a delightful self help manual on practical survival in 1916 and covers essentials such as how to wash a handkerchief, etiquette for the female worker, window box gardening, haybox cookery and sundry others. Some of the advice is still relevant today I found ! though the prices differ eg £3 per year to rent a country cottage. A fun gift book for anyone setting out on their own and preparation for the next age of austerity.

'Brief Lives : Anton Chekov' by Patrick Miles (Biography)

In 112 pages this book covers Chekhov's life (1860 -1904), Russian society at the time, his literary development and subsequent significance (eg his plays changed how people saw things and related to each other) and very interesting I found it too. The influence of the

Steppe and censorship issues at the time are covered well. Chekhov trained as a doctor and practised in various ways throughout his life in addition to writing plays and short stories. The section on his travels to Sakhalin penal colony in eastern Siberia to do research was fascinating.

'View from a Shed' by Michael Wale (Gardening)

This engagingly written book tackles 4 seasons as an urban farmer ie keeping an allotment in London. Wale is entertaining about plants, birds, characters, compost and events on his allotment plot. The text is accompanied by lovely illustrations and anyone who has or had an allotment will recognise some of the scenarios and smile !!

Best wishes

RM Bookworm

SEDBERGH BROWNIES

The Brownies are held in Sedbergh Methodist Schoolrooms every Wednesday during School Term Time and new members are always made welcome.

The next event that the girls will be holding is a Coffee Evening on Wednesday 14th July in the Schoolrooms starting at 6pm. Everyone is welcome to attend and support the Group where there will be a Cake Stall, large Raffle and much more to entertain you.

If you would like any more information with respect to the Coffee Evening or the Brownies in general, please contact Jacqui on 21338.

DENTDALE METHODIST CHAPEL

When you read this the first of our fund raising coffee mornings will have taken place, these are at our own rooms and on third Saturday monthly, we trust they will also become a meeting place for friends from the village and the circuit. We had nothing to do with the request in the West Gaz for goods with the unobtainable phone number, that was put in by someone else without our knowing. Our Sunday services continue at 7pm and details are in the chapel porch, as always all are welcome.

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WAKE UP!

Wake up to what is happening in the towns and villages of the north west of England! God's Holy Spirit is alive and moving in the area, people who once made fun of or just ignored the idea of the moving of God in people's lives are coming to realise just how life changing He is. God is equipping His people. Who are His people? His Church? Everyone and anyone. You. Me. Them. This moving of God is not confined to any denomination and

He, (God) can be worshipped anywhere not only in a Church building. The "Church" is PEOPLE not buildings (however dear to us they are) with all this in mind and following prompting from Holy Spirit we are opening our home for Prayer & Praise Sunday July 25th, refreshments from 6pm, service from 7pm, EVERYONE is invited to come along and join in. If you need transport or more information or would appreciate knowing someone is praying for you do contact us. Come and be part of whatever God blesses us with, He longs for our hearts not just lip service. Yes, we know what people say of us "hard sell God at Rhumes", no it isn't, just loving acceptance from Him and from us, we are not perfect, we make mistakes (scorchers at times, oh! dear) but God has blessed us so much over recent months and called us to a Ministry together, and we must be obedient to that call. Do come, Sun July 25th, see the separate adverts in *Lookaround*.

John & Sarah Woof

"Rhumes" Laning Dent. 25212.

SEDBERGH & DISTRICT CHRISTIAN AID COMMITTEE

Many thanks to all those who supported the various events during Christian Aid Week. As yet we have not got the final total of the Door to Door collection but it is in the region of £2,000 and the Shop raised just over £1560. We should know the grand total from all the activities by the date of our AGM on the 19th July.

BARBON OPEN GARDENS

The Barbon Open Gardens will this year be held on Saturday 10th and Sunday 11th July from 12 – 5pm on both days. An excellent range of small, medium and large gardens ranging from newly created to well established mature gardens including as many as 5 gardens that have not opened before.

At the same time, in Barbon Village Hall, there will be an Exhibition and Demonstration by the Barbon Art Club, Barbon Sugar Craft Group, Kirkby Lonsdale and District Embroiderers' Guild and the Lunesdale Quilters, all of whom meet in the Hall. There will also be an opportunity to buy items from some of these groups.

Refreshments, cakes and light lunches will be provided by members of the Barbon and Middleton Women's Institute.

Plants for sale from Pudding Poke Barn, one of the gardens that will be open towards the end of the open garden tour route.

Ticket maps give entry to the gardens and exhibition and cost £5 for adults, £3.50 for senior citizens and children free. Dogs permitted in the gardens if kept on a short lead but not in the village hall unless a guide dog. Tickets will be valid for entry on both days. Barbon is situated off the A683 between Sedbergh and Kirkby Lonsdale.

The event is in aid of Barbon Village Hall (registered charity no. 523051). Please call Mike Kingsbury on 015242 76434 for more details.

HOWGILL VILLAGE HALL

A big thank you to everybody who supported the Duck Race and Coffee Evening on Monday 31st May, which raised an amazing £900 toward the funds needed to upgrade the Village Hall.

The winners were:

- 1st. Jane Allan.
- 2nd. Jenny Stainton.
- 3rd. Nick Howarth.
- 4th. Mary Silva.
- 5th. Ivy Scarr.

The entrance to the car park of the Village hall has now been widened and generally improved this makes access much easier as you will see on your next visit.

BLOOD DONOR SESSIONS

The Sessions will be held in the People's Hall on Wednesday 21st July with two sessions from 2pm to 4pm then 5pm to 7.30pm.

If you wish to book an appointment time, please ring 0300 123 23 23.

DENT GRAMMAR SCHOOL

Student Grants for 2010/11

In the past, it has been possible to offer funding in the form of Grants to assist Students meeting the criteria of the Charity.

Once again, the Governors have had to give priority to the cost of maintaining the properties of the Charity.

Regrettably therefore, it is not possible to make the usual offer of funding to Students this year 2010.

SEDBERGH PLAYGROUP

Sedbergh Playgroup is open 4 mornings a week from 9 to 11:30 am and is open to children from the age of 2 years, 6 months.

We have lots of different activities and visits to local places of interest.

Our emphasis is on 'Learning through play' Themes and activities are designed to follow the Early Years Foundation Scheme. If your child was born between 1st September 2007 & 31st August 2008 or if you would like any further information, please contact Joanne Kitchen on 20826.

72 MAIN STREET

No 72 Main Street is the where you find the Community Office, the History Society, the Tourist Information Centre and community facilities such as the planning surgery. The building is owned by the Yorkshire Dales National Park Authority, who wish to sell it.

There is realistically nowhere else that the Community Centre can go if the building is sold commercially for shops and offices, which it could be, and then Sedbergh would most likely lose the facilities that are housed there.

To prevent this loss if at all possible, a group made up of representatives from the Parish Council, the Chamber of Trade, the History Society and the Booktown Literary Trust are looking at ways of acquiring the building as a community-owned resource for Sedbergh.

As always there is a lot of work, especially paperwork, involved in a

project such as this, not least in trying to assure ourselves that the venture is sustainable over the long term and can be self-supporting.

Preparatory work has begun. Updates on progress will be made available as we have them.

To comment on this, please use the comments box online at

72mainstreet.blogspot.com, thanks.

David Collier



OPEN GARDEN

Betty and Alan Stainton wishes to thank everyone that helped at the Open Garden at Grassrigg Farm on 1st & 2nd May.

A big thank you to all who attended and bought things which helped to raise over £440 which was shared between Sedbergh and Dent Foot Methodists.

SEDBERGH WANDERERS F.C.

Training starts on Monday 12th July at 6:30pm on Back Lane Lupton School Field. All new players welcome 16 years of age and above.

The new season Kick Off is Saturday 21st August.

SEDBERGH TOWN BAND

Sedbergh Music Festival

The Band were again delighted to be invited to participate in this year's Music Festival, the increasingly prestigious event held on alternate years. A concert of varied music was given to an appreciative audience in St. Andrew's Church on Wednesday 9th June.

The pre-event publicity promise of a programme that included works by director Alan Lewis was fulfilled by two fine arrangements by him - "Fanfare and Hymn Repton" and "Highland Cathedral!". There were also two original compositions - the ever popular standard march of the Band "Tarka 123" and a new piece that had its origins in "Highland Cathedral". A Counter melody in his arrangement of this number had met with approval and Alan was inspired to compose a work based on this melody whilst walking the dog in the early morning in Akay Wood - hence the title "Akay Dawn".

"Akay Dawn" appeared in the first half of the programme whilst a stirring performance of "Highland Cathedral" featuring three pipers led by Town Band Tuba player/instrument repairer/piper Tony Playfoot thrilled the audience with their rousing rendition.

Old Sedberghian percussionist graduate Ali MacDonald who now teaches in Sedbergh showed his accomplished versatility when featured in "Drummer's Delight".

Songs "Things", "Everything I do", "Bridge Over Troubled Water" and, new to the Band's repertoire, the

demanding "New York, New York" along with Big Band numbers "Spanish Eyes" and "Reet Petite", and film theme "Born Free" comprised the rest of the programme.

In response to the audience's demand for more the Band played "The Dambuster's March" as an encore and concluded an excellent evening with the National Anthem.



SOUTH LAKELAND CARERS

The Support Group continues on the 1st Tue in every month, usually at the meeting room in the People's Hall and all who care for someone are welcome. Recently George Tomlinson came to show slides and will return later in the year, this month it is the annual lunch at Dent. We no longer run a coffee morning at the URC but hope to do a fund-raiser later in the year, if anyone has any ideas do let the group know. Although I no longer work for SLC I do help as a volunteer and in that capacity am back running the group, all messages through the office please (or Duo!).

Sarah E Woof SLC
01539 815970

SLOVENIAN MALE VOICE CHOIR

Visit May 20th - 25th

We have now created such a web of choir visits that although many of our local Sedbergh singers were providing accommodation for the male voice choir visiting in May from a town near Zrece - we decided that with three other visits to Sedbergh this year, we would do most of our events for this tour in the Greater Sedbergh area rather than in the town.

So it was that the 30 Slovenian singers and friends visiting from Lukovica in May sang on board the Gondola steam yacht on Coniston Water, at concerts in Liverpool Metropolitan Cathedral, Cartmel

Priory and the magnificent Ambleside Parish Centre as the sun set over Loughrigg (and then danced to music from Dent's Celebrated Garsdale Street Band,) in the Ulverston Arts Centre Lantern House, in the tiny fellside chapel at Chapel le Dale, at Ingleton Primary School, and with community choirs in Lancaster, Ambleside and Ilkley.

The choir is led by Igor Velepik from the Ljubljana Steiner School who came last year with his choir to perform in Dent and other local venues. Igor's singers have often been very hospitable to us when visiting Ljubljana - so when his choir sang this year at the Kendal Parish Church they were delighted to meet

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organist Bob Talbot and choir leader Charlotte Jackson, both of whom met Igor at concerts last year when we arranged a tour for Amabile throughout Slovenia.

Greater international relations were also fostered by the singers staying in the homes of local singers - and they met many other local people in local pubs and churches, at a Dales pig farm and on Lakeland walks. On one occasion they sang in the magnificent Cathedral Cavern in Little Langdale, and on another with stunning views overlooking Tarn Howes. And on their visit to meet His Worship the Mayor of Kendal, Councillor John Bateson, they were treated to a tour of the Kendal town hall treasures with some



excellent refreshments, as well as getting the opportunity to be photographed alongside a very berobed mayor with full gold chain and heavy velvet cloak.

We'll see them all again next October when we visit Slovenia - but you can see them now on video at www.youtube.com.

David Burbidge

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £4.30 Garlic Mushrooms on Toast £3.90 Pate with Garnish, Toast & 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 & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & 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 & Kidney Pie £7.39 Cumberland Sausage £7.39 Gammon & Pineapple £7.39 Barnsley Lamb Chops £10.99 Marinated Lamb Steak (6oz) £10.99 Pork Chop in BBQ Sauce £8.99 Cheese & Ham Pasta £7.39 Tuna Pasta Bake £7.39</p>	<h1>THE HEAD AT MIDDLETON</h1>  <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<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 & Vegetable Crumble £7.39 Vegetable Lasagne £7.39 Mushroom & Nut Fettuccini £7.39 Broccoli & Cream Cheese Bake £7.39 Vegetable & 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 & Roll & Butter £6.99 Prawn & 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 & Tomato; Cheese & 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 & Butter £0.65</p>
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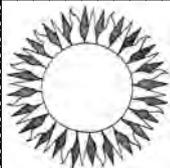
KILLINGTON SPORTS

entertains a record crowd yet again

Competitors of all ages entertained well over 800 spectators, who turned out to enjoy the usual packed programme of events at this year's Killington Sports, - once again blessed with fine weather. Traditional Lakeland sports such as fell-racing, running and Cumberland and Westmorland Wrestling were interspaced with fun events such as egg-and-spoon, tyre-, potato-, three-legged and sack-races, pillow fights and egg throwing. The usual side-shows of Quoits, Darts, Pitch-penny, Horse-shoes, Coconut Shy and Treasure Hunt were this year supplemented with a "Guess the Date

of Birth of an Alpaca" competition.

All events were well supported, but one of the most popular, again, was the U16 Half-mile handicap with 52 entries, most of whom had already run in the Fell-races! It was great to see the keen participation of youngsters in these sports - an example was the Under 11 Fell race with a record 89 entrants! However, many of the Senior events were competed for by regular visitors to Killington – with some well into the "Senior" bracket! Our regular handicapper and commentator, Roger Ingham, once again entertained the crowd with his humorous and extremely knowledgeable (and often creative!) commentary - contributing a



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great deal to the success and enjoyment of the Sports. The evening came to its usual conclusion with a keenly contested Tug o' War competition beneath the glow of car headlights –Sedbergh YFC Boys team again being the winners.

Much credit for another successful Killington Sports goes to the Sports Committee for the preparation of the field and organisation on the night. However, they would like to express their gratitude again to John Capstick for the loan (and mowing!) of his field, and to all the sponsors of the events who once again provided invaluable support to the Sports by supplying the bulk of the prize-money - ensuring the Sports' financial viability and future.

The Sports Committee were also grateful for the assistance of the C&W Wrestling Association who provided the Judges, and to the Fell-racing Association who recorded all positions and times in the Fell Races for the benefit of their members.

Excellent BBQ refreshments were provided and sold throughout the night by Kate Roberts and her team.

Once again, the Sports were followed by a Ceilidh on Saturday night with more than 200 people of all ages filling the marquee - kindly donated by Andy Newbold of Killington Marquees Ltd. After leading the judging of the wrestling on Thursday, Chris Bland was again the Caller for the dancing - this time to

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the music of the "Reunion" band. Following their success at the Sports, Kate Roberts' team again provided excellent BBQ refreshments. A bar organised by the Hall Committee satisfied the thirsty needs of both the dancers and non-dancers!

The Ceilidh was held to raise money for North West Air Ambulance and to support the local Village Hall.

Results

U12 Tyre Race – 1st. Joe Moorhouse, 2nd. Ciaran Johnson, 3rd. Ben Ferguson, 4th. Sam Wilson.

U17 Tyre race – 1st. Ryan Croasdale, 2nd. Joe Stapleton, 3rd. T. Thekston, 4th. Anne Stapleton.

U9 Boys 100yds – 1st. Thomas Marshall, 2nd. Richard Day, 3rd.

Jonny Gill, 4th. William Brooks.

U9 Girls 100yds – 1st. Laura Capstick, 2nd. Mia Petrucci, 3rd. Lily Davies, 4th. Emma Capstick.

U13 Boys 100yds – 1st. Charlie Seaman, 2nd. Ben Anderson, 3rd. Josh Newbold, 4th. Robbie Johnson.

U13 Girls 100yds – 1st. Ella May, 2nd. Gemma Knowles, 3rd. Ellie Lambert, 4th. Mary O'Reilly.

U17 Boys 100yds – 1st. Tom Rees, 2nd. Ryan Croesdale, 3rd. Will Smith, 4th. William Atkinson.

U17 Girls 100yds – 1st. Lauren Appleyard, 2nd. Olivia Seaman, 3rd. Hannah Storton, 4th. Chloe Johnson.

U12 Sack Race – 1st. Thomas Marshall, 2nd. Matthew Capstick, 3rd. Sam Gorst, 4th. Catherine Strickland.



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U17 Sack Race – 1st. Beau Smith, 2nd. Holly Wild, 3rd. Nick Inman, 4th. Sharon Barnes.

U12 Boys Potato Race – 1st. Sam Willink, 2nd. Liam Mason, 3rd. Billt Fallows, 4th. Sam Gorst.

U12 Girls Potato Race – 1st. Laura Capstick, 2nd. Mary Atkinson, 3rd. Amy Mahon, 4th. Sophie Marshall.

U17 Boys Potato Race – 1st. Beau Smith, 2nd. Joe Atkinson, 3rd. Adam Handley, 4th. Mark Mahoney.

U17 Girls Potato Race – 1st. Sharon Barnes, 2nd. May O'Reilly, 3rd. Hannah Storton, 4th. Lydia Gorst.

Children Mixed 3-Legged – 1st. Adam Handley & Kaly Barnes, 2nd. Abbie & Ruby Allan, 3rd. Anna & Tom Stapleton, 4th. Mark Mahoney & Holly

Wild.

Mens 100yds – 1st. Thomas Matthews, 2nd. Dan Caton, 3rd. Jon Richardson, 4th. Luke Croesdale

Ladies 100yds – 1st. Emily Hirst, 2nd. Sue Narey, 3rd. Melissa Carr, 4th. Harriet Appleyard.

Mens Sack Race – 1st. Adam Caton, 2nd. Richard Bennet, 3rd. Rob Hudson, 4th. Daniel Moses.

Ladies Sack Race – 1st. Rachel Slattery, 2nd. Jill Heseltine, 3rd. Sharon Hudson, 4th. Harriet Appleyard.

Mens Potato Race – 1st. Niall Till, 2nd. Adam Caton, 3rd. Rob Hudson, 4th. Ray Atkinson.

Ladies Potato Race – 1st. Melissa Carr, 2nd. Sharon Hudson, 3rd. Elly

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Atcaster, 4th. Jill Petrucci.

Ladies 200yds – 1st. Lauren Appleyard, 2nd. Annabel Caton, 3rd. Debbie Mahoney, 4th. Helen Caton.

Mens 200yds – 1st. Beau Smith, 2nd. Tom Matthews, 3rd. Raymond Atkinson, 4th. Adam Caton.

Senior Fell Race – 1st. Tom Addison, 2nd. Alistair Dunn, 3rd. Ted Mason, 4th. Joss Addison, 5th. Dan Caton, 6th. Tom Sessford, 1st. V50, S. Moffat, 1st. V40. Jeff Chadwick.

Ladies 1st. Melanie Hyde, 2nd. Cath Bradley, 3rd. Jill Heseltine.

U17 Fell Race – 1st. Will Smith, 2nd. Ryan Croesdale, 3rd. Rory Addison, 4th. James Hall, 5th. Alex Brown 6th. David Wilson.

Girls – 1st. Lauren Munro-Bennett,

2nd. Lindsay Maclean, 3rd. A. McLaughlan.

U14 Fell Race – 1st. Ben Johnstone, 2nd. David Goad, 3rd. Phil Done, 4th. Joe Stapleton, 5th. Oliver Willink, 6th. Callum Lambert.

Girls – 1st. Bella Gray, 2nd. Alisha Johnson, 3rd. Lauren Appleyard.

U12 Fell Race – 1st. Tianar Crocken, 2nd. Josh Newbold, 3rd. Robbie Johnstone, 4th. Lewis Goad, 5th. Ciaran Johnstone, 6th. Jack Burne.

Girls – 1st. M. O'Reilly, 2nd. Ellie Lambert, 3rd. Sophie Marshall.

Local Boy – Sam. Gorst

Local Girl – Sophie Waller

Open Mountain Bike Race – 1st. Andy Holden, 2nd. Jonathan Gibson, 3rd. Adrian Nelhams.



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Mile Handicap – 1st. Danny Parkinson, 2nd. Steve Carr, 3rd. Joss Addison, 4th. William Smith, 5th. Niall Till.

U17 ½ Mile Handicap – 1st. Beau Smith, 2nd. Ryan Croesdale, 3rd. James Hall, 4th. Will Smith, 5th. Josh Newbold, 6th. Phil Done.

U16 Girl – 1st. Eilidh Sproul, 2nd. Alisha Johnson, 3rd. Erin Proctor.

Open Mens 400yds – 1st. Beau Smith, 2nd. Adam Caton, 3rd. Will Smith, 4th. Phil Done.

Open Ladies 400 yds – 1st. Annabel Caton, 2nd. A. Sproul, 3rd. Melanie Hyde, 4th. C. Hodges.

Adult Mixed 3-Legged – 1st. Jon & Helen Caton, 2nd. Elizabeth Thexton & Pip Middleton, 3rd. Sharon & Rob. Hudsey, 4th. D. Knowles & R. Atkinson.

Tug o' War (senior) Sedbergh Young Farmers Boys team

Wrestling

U12 Boys – 1st. Thomas Gibson, 2nd. George Wilson, 3rd. Ben Anderson.

U15 Boys – 1st. Darrell Hodgson, 2nd. James Kevill, 3rd. Fred Witt.

U16 Girls – 1st. Connie Wilson, 2nd. Rowan Boardley, 3rd. Hannah Hodgson.

U18 Boys – 1st. Stuart Mason, 2nd. Ben Brocklebank, 3rd. James Hall.

Mens 13st. – 1st. Graham Brocklebank, 2nd. Stuart Mason, 3rd. William Atkinson.

Men U21&U12st. – 1st. Stuart Mason, 2nd. William Atkinson, 3rd. Ben Brocklebank.

Mens All-Weight – 1st. Graham Brocklebank, 2nd. Joe Threlfall, 3rd. Jack Ewart.

Pillow Fight

Mixed U12 – 1st. Lewis Dennison, 2nd. Lizzie Hayhurst, 3rd. James McLaughlan.

Mixed U17 – 1st. Matthew Atkinson, 2nd. Hannah Hodgson, 3rd. Darrell Hodgson.

Mens – 1st. Matthew Waller, 2nd. Trevor Hodgson, 3rd. Robin Nicholson.

Sideshows

Horseshoes – David Woof.

Quoits – Gordon Strickland.

Pitch Penny – 1st. David Woof, (Junior) Chris Stainton.

Treasure Hunt – Ruby Allan.

Guess the D. o. B. of Alpaca – Myles Jackson & Joy Cameron-Brown.



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ZRECE SCHOOL VISIT

Sunday 30th May – Friday 4th June

In 2009 the Zrece school's visit to Sedbergh was notable for its very British weather. We kept reminding them that no matter how cold and damp it was they were at least experiencing the real thing and it would contribute to their understanding of why the British constantly talk about the weather. On Hadrian's wall they were able to fully empathise with the miserable Roman soldier stuck on the most northerly frontier longing for sun and warmth in that grey, damp miserable climate.

This year has been very different. While Zrece has had rain and low temperatures we've basked in glorious warm sunshine and the Dales and Lakes have looked resplendent in their spring colours. They couldn't believe the rhododendrons in the Lakes; the huge displays of vibrant colours were stunning.

The 32 students and six teachers stayed again at the Howgill bunk barn. Nigel turned up with a tractor and farm trailer to transfer all their luggage and food from the large coach, on which they'd travelled over the previous two days all the way from Slovenia, via a sight-seeing tour of London.

The first day was spent exploring



Sedbergh and included a morning walk along the river, looking for evidence of the house in Akay Woods and luxuriating in the warm garlic-tinged scent of English woods in spring-time. In the afternoon we scaled Winder up Settlebeck Ghyll (see photo) and they thought that this was really quite a demanding hike, but everyone managed it and felt pleased with the achievement. That evening was quiz night which featured some questions relating to English traditions, history and vocabulary.

On Tuesday we had our only damp period travelling to Liverpool, in the morning, to visit Anfield for the stadium and exhibition tour. I'm always amazed at the close allegiance to English football which the Slovenian young people have, though this is likely to be put on hold on June 23rd. The guides there were even more hilarious than usual and our visitors loved the gently teasing Scouse humour.

In the afternoon we transferred to the Trafford Centre, that temple to consumerism that always wows them – they have nothing like this in a country with a population smaller than Greater Manchester, and it's a relatively safe environment in which the students can go off in groups for a couple of hours to explore and enjoy some freedom from adult supervision. This is the time for present buying and maybe a tee-shirt with a saucy English message.

Wednesday was history day with a trip in warm sunshine to Carlisle and

Hadrian's Wall. We started at the Castle with tales of countless gory conflicts between our ancestors both north and south of that highly contested border. On to the Cathedral for a look at the heavenly ceiling, the misericords and the wonderful stained glass windows. Our visitors had done their research and at each venue a student stood up before his/her peers to inform them about the background to the site from his/her own research.

After a lunch in Carlisle centre we travelled on to Housesteads Roman Fort and, in stark contrast to last year's visit, we all stood on the wall in glorious sunshine looking out to clear horizons over magnificent rolling hills, moorland and the Whin Sill ridge. The Roman fort is full of interest but the communal toilets is always a particular favourite, with many a cry of shock and disbelief and yet how many hundreds of years did it take

before Britons returned to that high level of Roman hygiene?

Wednesday evening was music and dance night in the People's Hall thanks to the Cautley Carollers who entertained with traditional English and Slovenian folk songs sung in immaculate four-part harmony. The students sang some of their own songs accompanied by a very able 14-year-old accordion player, and Roger and Judith Bush amazed us all with the haunting sounds of the hurdy-gurdy and Neapolitan bagpipes. English and Slovenian folk dances got us all moving and laughing.

On the last day we set off for the Lake District on one of the hottest days of the year so far. We walked the Rydal Water to Grasmere lakesides via Loughrigg Terrace, again stunned by the beauty of the views on a perfect Lakeland day. We had a quick visit to Keswick to see Derwentwater and the market-place before returning for the final evening's entertainments and packing before the long coach journey back via Stonehenge to Slovenia.

This was a particularly successful trip and I'd like to thank the members of the town twinning committee and all those Settlebeck students who came along on the trips and activities to support, and get to know, yet another year group of young Slovenian people, keen to learn English and to experience and understand the culture that they've been studying from the age of nine.

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IS BAREFOOT BETTER?

You may have seen an article in the WG recently, in which Alison O'Neil extols the virtues of going for barefoot walks.

I think we are all at least vaguely aware that ill fitting shoes can lead to foot problems such as corns and bunions. I have gradually come to realise that, even if they fit well, shoes can have an adverse effect not only on the feet, but on the legs, the spine and the internal organs.

Shoes which raise the heel above the level of the toes (almost all shoes do this) tip the body forwards and disturb the posture. The disadvantage is particularly noticeable when walking downhill, as the shoes effectively make the gradient more severe. This is probably why walkers tend to have sore knees, especially when walking downhill.

Shoes with stiff soles prevent the

foot from moulding to the ground and the shoe can tip suddenly on uneven ground to the detriment of the ankles.

Shoes which are cushioned encourage us to land more heavily than necessary, thus jarring the joints. Were the shoes not cushioned, we should be compelled to use the movement of the body to prevent jarring. In addition cushioned shoes are very inefficient. With each step we are wasting energy in compressing the sole. The difference in efficiency between this and going barefoot is like the difference between a bike with suspension and one without. It is particularly noticeable going uphill that the effort needed to go barefoot is less.

During the snow this winter, people dealt with the problem of slipping in different ways. Some people avoided going out, others went out equipped with better boots, crampons, poles and so forth. Others adjusted their

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way of walking so that they no longer slipped. This probably involved taking shorter strides and placing the foot down, as opposed to allowing it to slide horizontally. This way of walking is kind to the legs and feet and is not just recommended for snowy weather.

When we wear shoes with grippy soles, we are avoiding feeling ourselves slip. However, the torsion which could have caused a slip still exists and is transmitted up through the legs. This is particularly unfavourable for the knees, which are not designed to twist.

Walking or running with good posture is possible wearing boots or shoes, if we give it continual attention. (Attention is heightened in more difficult circumstances such as running up a steep hill or carrying a heavy rucksack, as good posture makes the work easier.) Barefoot walking or running makes good posture much more likely as our posture is the only way we have of minimising impact and preventing slippage. In poor posture the spine is not erect, which puts pressure on the

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organs. Could going barefoot be therapeutic for people with hiatus hernia?

More information can be found in the books "Born to Run" by Christopher McDougal (barefoot running) and "Zen Body Being" by Peter Ralston (principles of good posture). You might also like to look at the Barefoot Tribe website. Which has useful tips on how to run without injury.

Most of the time, cold weather, rough ground or social convention make going barefoot uncomfortable. If you are looking for completely flat shoes with flexible soles. I can recommend Barefoot Vivo for everyday use (available from Betty and Babs in Kendal) and Vibram Fivefingers for fell walking and running (available from Lakes Walker and Runner in Ambleside).

June Parker

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APPLEBY FAIR

Despite the doom saying of the anonymous correspondent "CC" (page 12, Lookaround, June 2010) the arrangements put in place by the Authorities have worked. This year we benefited from the "joined-up" traveller management provided from Cumbria CC, SLDC and the Police right across the county.

The genuine travellers arrived on 24 May as advertised and all had left by June 14. They did not establish alternative sites. In Sedbergh they heavily and happily used the Scrogg Bank field provided. Most of those inside the field considered it safer for their children and animals to be away from the busy A683 roadside. One

minor complaint was they "could not see through the hedge". But then the overgrown hedge did mean that many residents driving along the road were often blissfully unaware of the 40/50, or so, cars, caravans, etc. parked inside.

There were some minor instances of invasions of *enclosed* spaces. One occurred behind Maryfell with a number of bowtops, but the travellers were quiet, lit no fires and left the next day. Another occurred on the Settlebeck School playing fields, but this was quickly rectified by the police. Scrogg Farm garden was occupied by two different groups of travellers on two different days, who when they were told they should not

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be there, immediately moved their animals out.

The residents, particularly those in the Cautley valley were thus this year able to go about their normal activities without fear or trembling. Gates could be left open, roads were not obstructed, no field invasions occurred and no hedges, gates, fences, barns, etc. were damaged.

Of course these new arrangements did not suit everyone. The mythical "gypsy" who had been sitting at the Cautley roadside for 55 years had to alter his tradition and sit in Scogg Bank. This is how new traditions start, although I doubt whether he, or some of us, will be here in 55 years to check.

At least one resident did not accept the new rules for roadside parking of even bow tops and wanted them banned also. And the writer was personally verbally abused by a traveller "leader" who used very offensive and strong language. He was an exception as all other travellers the writer spoke to were pleasant, polite and welcoming.

My attitude had softened in talking with many of the travellers and listening to their suggestions to the extent that I thought that next year could be more relaxed. But the two contrary remarks from a resident and a traveller "leader" has moved my opinion to recommend the same arrangements be applied next year.

The only small change could be to open Scrogg Bank on Monday 23 May 2011 (one week before the

Spring Bank Holiday) and, instead of requiring travellers to vacate during the Fair dates, to leave it open until the Monday after the fair week end, ie: 13 June 2011. This would go a considerable way to addressing the biggest complaint the travellers made of being continually "moved on".

CRAG would like to sincerely thank many people for returning our lives back to normality this year. The planning started in June 2009 and finally took off with a meeting convened by Tim Farron MP in November 2009. In particular, we would mention: the landowner of Scrogg Bank, who by providing his field released the pressure of where travellers could stop; the officers of the County Council for putting in place the legal means to restore order; the officers of the District Council for managing the physical arrangements of skips, toilets, posts, rocks and signs; and last, but not least, the many Police Officers from the Chief Constable down, who managed the many situations that they encountered with such great tolerance and reasonableness, both to the travellers and the residents alike.

The planning now starts for 2011.

Dr Gina Barney, CRAG

ALZHEIMER'S SOCIETY

The Coffee Morning held on Wednesday 26th May in the URC Rooms realised £284 for local funds.

The organiser, Bronwen Glancy, would like to thank everyone for their invaluable support.

CUMBRIA WILDLIFE TRUST

Bird news in Sedbergh

Right on cue the Pied Flycatchers returned to this area in late April to take up residence in their nest boxes. This year a total of only six boxes were active, although it seemed as though more birds were out there but just not using the wooden boxes, maybe preferring natural tree holes. 1 adult and 29 young birds were ringed on 11 June, the pulli being of similar age and ready to fledge within a couple of days of ringing. One box failed completely with 5 dead young, probably due to the death of a parent. Last year, 54 young Pied Flycatchers fledged with 47 being ringed which was very encouraging. The reason

for a decline in numbers this year is unclear - possibly the cold late spring discouraged breeding but there must have been adequate food supplies because one brood had a record 8 young.

On one of the early visits in May 2009, there was a male Pied Flycatcher near a box containing 6 blue eggs - a sight which never ceases to delight me! The next weekly visit, however, convinced me of my increasing senility on finding in the box a Blue Tit which proved to be sitting on 3 blue eggs and 5 BT eggs. During the next few weeks the nest was carefully monitored (and photographed) to find that a pair of Blue Tits successfully raised 3 Pied

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Flycatchers and 3 Blue Tits with no sign of help or interference from the original Pied Flycatcher parents. On 10 June, the three Pied Flycatchers were ringed with all six young birds presumably successfully fledging soon after.

The box was cleaned a few weeks later to find the original PF nest at the bottom with 4 dead PF eggs and the BT nest on top of it containing 2 dead BT eggs. Assuming that the Blue Tits would not have been able to jettison any of the original eggs out of the box, the female Pied Flycatcher must have laid 7 eggs and somehow managed to keep lifting 3 of them to the top of the new nest being built by the Tits. At some point she must have given up (maybe she was the 2nd mate for the male who gave her no support?) and the Blue Tits continued to hatch and feed the brood.

There are many reports of Blue Tits and Great Tits with mixed broods, but I wonder how many Blue Tits have been recorded successfully raising Pied Flycatchers with their own brood. This experience taught me the importance of frequent monitoring during the breeding season and that I should never assume anything. Nature is full of surprises!

Birdwatchers are often asked questions about ringing such as 'is it cruel' and 'why do it?' The simple answers are that no, it is not cruel (equivalent to a human carrying a mobile phone with them) and because it gives us so much information about bird behaviour and

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populations. (For more details go to www.bto.org.) There are two interesting ringing results that have come to my attention this year. In Selside, nr Kendal, a female Pied Flycatcher was captured which was ringed by Colin Armistead in Sedbergh in June 2003. Already, this little bird will have flown to southern Africa and back six times and it is still breeding! In Dentdale, a farmer found a dead Buzzard with a ring on and fortunately brought it back for identification. The BTO has records that this bird was ringed in Borrowdale (just west of Tebay) in June 1992. A typical lifespan for a buzzard is 12 years with maximum age in GB of 25 so we hope that this one died of natural causes and old age.

If you do find a dead bird with a leg ring, please remove the ring (they open up easily), take note of the location and inform me or the British Trust for Ornithology so that identification of the bird can take place.

Jackie Foott
015396 25453

ITALIAN ODYSSEY

Tour Ten.

Our tenth visit to the Rome area of Italy began on Sunday 23rd May when 20 of us left Newcastle Airport to fly to Rome. The welcome we received was warm as ever and our visit included some fascinating new experiences as well as some old favourites. Subiaco ranks high among our favourites - an atmospheric place within a deeply wooded valley where the Patron Saint of Europe, Benedict, devoted himself to God in a cave high in a rock face. The wonderful abbey, built many years later, tells the story in beautiful medieval frescos. From the rose garden we can hear the rushing waters of the river Aniene far below - waters once dammed by the Emperor Nero to make lakes for his magnificent summer palace. A historic and evocative place indeed!

Another firm favourite is the Gardens of Ninfa which we are privileged to be allowed to visit. Though not well-known, this is said to be the "most romantic garden in Europe". Thousands of plants intertwine the ruins of the deserted town of Ninfa, flourishing in a microclimate at the foot of a lofty escarpment. This once-important town was on the site of an ancient shrine (dedicated to the water nymphs) whose crystal-clear waters now irrigate the fabulous gardens.

This year we made a popular return to Atina, the town on the ridge, with beautiful views and an amazing open-air market held every Monday morning. Cherries were in season



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<p>and , as in previous years, proved very popular. Our farmer friend, Loreto, joined us there and provided us with a cooling Prosecco on the scenic terrace overlooking the lovely Comino Valley. This was the village of Picinisco where D.H.Lawrence stayed as the guest of his friend on the edge of the Abruzzo National Park. At Casa Lawrence we all enjoyed a copious lunch of delicious food from the farm, prepared by the farmer's own family.</p> <p>On Saturday morning we travelled in time when we visited the ancient port of Rome, Ostia Antica, near the spot where the River Tiber enters the Tyrrhenian Sea. In recent years it has proved too costly to travel all the way Naples to visit sites like Herculaneum and Pompeii, but there are those who think Ostia is even better. It was a smaller town, abandoned because of malaria centuries ago, and later excavated to reveal the shops, taverns, theatres and public baths of the ancient port. Always we have excellent guides who bring such places to life with their commentaries in English.</p> <p>A real innovation this year was the visit to an agriturismo (a farm focused on tourists) called "The Valley of the Nightingale". This is water-buffalo-rearing country where they supply buffalo milk, an essential ingredient of authentic mozzarella cheese . Here we had a magnificent buffet lunch with a wide range of meats and cheeses, home-baked bread, and home-produced extra virgin olive oil. Wine flowed and cameras flashed as we regaled ourselves in the spacious</p>	<p>and beautifully-furnished dining room. We thanked our host in song with the Italian version of "For he's a jolly good fellow" (Perché è un bravo ragazzo).</p> <p>In one of our optional morning sessions on Italian Life and Language, local historian and photographer Daniele Baldessare talked to us about the ancient hill-top town of Fiuggi - of which we later had a guided tour prior to our visit to a hostelry for the traditional Pizza Margherita.</p> <p>Our tenth "cultural and gastronomic tour" (as a guest once called it) included another "first" in the form of an orchestral concert in the theatre of the famous Fiuggi Spa. This was given by the Orchestra of the Conservatory of Frosinone and included a Beethoven Piano Concerto. It was a real privilege to listen to these young musicians performing. We have previously enjoyed piano recitals and a recital of favourite arias by two young opera stars, but never an orchestra.</p> <p>The Barberio family who run the hotel gave us their usual excellent service with a smile, the cuisine being of the high standard we have come to expect over the years. We plan another visit in 2011, starting Sunday May 29th, and hope to have an Italian supper here in the late autumn for past and future travellers. Please contact me early if you are interested in next year's trip.</p> <p style="text-align: right;"><i>George D Handley, The Hylands, e-mail gd@the-hylands.co.uk</i></p>
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CHOIRS MEET JUNE 11-13

When I first visited Slovenia in 2004 I went to a concert in Zrece and the priest told the assembled throng that they should be as kind to each other as they are to the visitors.

I was put in mind of this when we had choirs visiting us in the middle of June from Sedbergh, and from several places around Britain and the rest of the world.

We have of course got used to making our Slovenian visitors as welcome as possible - and this year that included taking them on trip to Anfield football stadium, a tour of the Yorkshire Dales and visit to the excellent Skipton Folk Club, providing meals cooked by kitchen wizard Lucia

Marquart, transport provided by Susan Garnett, Dave Smith, Ruth Emery and myself, and some lovely accommodation in George Handley's home.

But we also wanted to extend this beneficence to all our friends and neighbours in Sedbergh and as a result provided meals and concerts for free for everyone who wanted to join us, funded by the Sedbergh singing organisation Lakeland Voice.

As well as the choirs teaching their songs to each other and performing in the streets, pubs and shops around Sedbergh, we had a concert in a packed People's Hall with some excellent singing from groups such as Werca's Folk from Northumberland,

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Sounding It Out from Wiltshire and the wonderful Pevke iz Brinjeve Gore - the family of singers from Zrece who came two years ago. There was also some excellent singing from local ensembles such as The Cautley Carollers and Kinderly performing together for the first time.

And then on Saturday night we had an enormous dance with British and Slovenian folk dances with music and dance instruction provided by visiting musicians - including folk legend Sandra Kerr as well known for her singing with Pete Seeger and Ewan MacColl as for creating Bagpuss.

Our lunchtime picnics were also well attended - both of which had a wet weather alternative which proved invaluable when the rain lashed down off the fell on Sunday and we all piled into the Longrigg Residential Centre for another enormous meal prepared by Lucia - with singing between courses.

It was too far for our Slovenian singers to just come for the weekend, so they arrived on Thursday at Leeds

airport and after being treated to a meal in Ilkley with our friend Ruth Emery, drove onto Sedbergh via an evening with 100 singers at Blackburn People's Choir. And then on Monday morning the group sang for - and were sung to by - the children at Sedbergh primary, before walking down the riverbank to Farfield where Karolina, a professional hairdresser from Zrece, gave our daughter Anika a trim.

Later we made a tour of the Yorkshire Dales which included a walk through Dent and a visit to the Settle Carlisle railway where station master Tony sang to our guests - hard to imagine that at Kings Cross. And on Tuesday we all left early to do a tour of the Liverpool docklands, Beatles museum and Anfield football stadium before the group caught a flight back to Venice.

You can see videos from the weekend on www.youtube.com/Davidburbidge - or better still, join us at our next Choirs Meet.

David Burbidge



PEPPERPOT CLUB

Sedbergh Pepperpot Club is very lucky to occupy, traditionally, a central slot in the Sedbergh Music Festival especially when, as this time, the day of the Pepperpot Coffee Concert happened to be sunny and warm, ideal for the Extreme Cellists to mount St Andrew's Church tower and perform there - quite a spectacle to see their cellos hauled up and down by rope! They also played earlier to the coffee drinkers and joined in - impromptu - with a couple of the items played by the Pepperpot Music Makers orchestra. These children really rose to the occasion, under the expert guidance of Elizabeth Dodd, all the more remarkably because

many of them had only started learning their instruments during the last year.

The new Sedbergh Festival Players then took to the stage. Here is what Jan Harrison wrote about her involvement : *I decided to have a go at playing in the Festival Orchestra even though I have not followed the traditional path of learning violin as a child and then taking it up again later on (as many of the "Cobwebbers" do). In fact, I usually describe what I'm learning to play as "the fiddle" - I learn to play mainly folk and American Old-Time music and mainly by ear. So playing orchestral music from a score was always going to be a challenge for me. I'd been to the*



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Saturday workshop in February and despite not always being quite sure of where I was on the score, it did not put me off trying to play in the real thing.

I have to admit that I did find the first "real" rehearsal quite daunting. Some of the pieces were quite fast and "notey" for me, there were symbols on the music which I'd never had to deal with when playing the piano or singing in the choral society and I was constantly casting sideways glances to try to see if my bow was going the same way as everyone else's – so much to think about! However, we were able to take the music home; three of us got together a few times to practice so that with each rehearsal, I was able to play a little bit more and feel more confident. I really started to enjoy the rehearsals and it was a wonderful feeling to know that I was making a contribution, however small, to the rather impressive sound that was being created. By the time of the concert, I couldn't play all of the notes in all of the pieces – some I had to leave to the more experienced

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players – but I realised that that was okay and I really enjoyed what I could play AND (major advance) I always knew where I was in the music!

The whole of the morning's programme was lovely – from the Pepperpot orchestra to the picnic at the Pepperpot itself to the music of the Extreme Cellists. I can't think of a nicer way to spend a Saturday morning and I really hope that the Festival Orchestra will be able to continue in some more regular form.

We were of course very fortunate to have Richard Howarth to steer them through our pieces and we look forward to working with him again on a future occasion. Jan's enthusiasm was echoed by others who took part and also by many who came along to support. It seems that a happy time was had by all - which was of course the object of the exercise!

Shirley Smith

GRAHAM J MOFFAT



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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Troutbeck, 3rd June

In warm sunshine, twelve members of the Society walked through the village of Troutbeck, led by Andrew Lowe, who urged us to take in the ambience, before beginning a fascinating commentary on the local architecture. Mr. Lowe, former Building Conservation Officer of the Lake District National Park Authority, has an extensive knowledge and understanding of the history and function of the vernacular architecture of the Lake District and an infectious enthusiasm for old agricultural buildings, such as bank barns and an extraordinary hennery-piggery.

We began the tour at the south end of the linear village. It consists of a series of small hamlets strung out along the spring line on the south-facing side of the valley. Above the farms, the pasture lands reach up the fellside; below, each farm had a narrow strip of the better land down to the river. Formerly these fields were arable, growing roots, oats and barley, which were stored, threshed and winnowed in the upper sections of the bank barns. Bank barns are built on a slope so that they are partly two storey buildings, the under-storey being used for cattle.

Each of the ancient farmhouses has its accompanying bank barn. Some of the farmhouses represent the earliest

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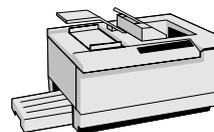
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phase of seventeenth century rebuilding to occur in the Lake District. Whereas, in general, single-storey wooden farmhouses were rebuilt as two-storey stone houses in the late seventeenth century, this process began in prosperous Troutbeck as early as 1620. Mr Lowe pointed out features of the earliest farmhouses and the earliest barns, and showed us how some have evolved over the centuries but retained recognisable older parts while others had been enveloped in eighteenth century or Victorian shells but retained some original internal features. The houses were built of local undressed stone and were roughcast to make them weatherproof, whereas the barns were left as exposed stone to provide ventilation, although the grain stores would be well plastered internally to reduce depredation by rats and mice. The provision of a nest-site for an owl had the same aim.

Even the few Victorian buildings in Troutbeck are of unusually high quality, as this was a fashionable

place to build a gentleman's residence. But the essence of the place is undoubtedly the older high status yeoman's houses, not only the famous Town Head of the Browne family, but several other superb examples of seventeenth & eighteenth century dwellings, exhibiting characteristic features such as oak lintels and mullions, chamfered or circular chimney stacks, drip-courses, crow-stepped gables and even, in one case, a slopping-out shoot from the upper master-bedroom.

From each group of houses in the linear village, an old track or lane led diagonally down to the bridge over the river, the site of the mill and the Church. We finished the tour by walking down one of these tracks and entering the Church to admire the sixteenth century roof beams and the surprising and beautiful pre-Raphaelite windows, the result of a visit to the area by William Morris, Edward Burn-Jones and Ford Maddox-Brown.

Judith Robinson

TIM FARRON MP

I am really pleased that all the effort that went into combating the problems that have existed around the horse fair, has worked out so well. I know some people had reservations about various aspects of the approach being taken but since the Fair period itself I have heard nothing but positive comments, which is brilliant. The various agencies involved in co-ordinating the fair are keen to get feedback on the new arrangements. I know that they are having a couple of meetings in the Sedbergh and Garsdale area during June. If you cannot manage to attend these you can go to their website (www.applebyfair.org) and complete a

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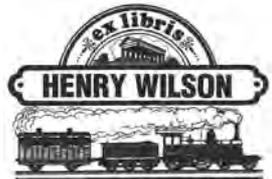
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Tuesday 21st September
Wednesday 20th October



questionnaire there. However, I would also like to hear any feedback myself so I can ensure that any further actions needed are put in place.

Since I last wrote in *Lookaround* we have had the Queens Speech which has set out 22 new pieces of legislation to be put through Parliament next year, including reforming Parliament itself and increasing pensions, this is an ambitious agenda but one I am convinced will eventually do much to improve the lives of people in this area. I have long believed in the need to introduce much greater levels of local involvement in decisions and, with the presence of the Liberal Democrats in the Government, we are starting to see this happen with the introduction of measures to give patients more say over their local health services and I am sure that over the coming years we will see more initiatives like this. You never know we may even see elections to the National Park authorities, something I have long campaigned for.



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The previous Government set up a body called the Commission for Rural Communities, whose job is to act as an adviser on policy for Rural Communities. They have recently completed a report into "Upland Communities," which is how they classify places like Sedbergh and Dent. To be honest I don't think it told us anything that we around here don't know already. It highlighted the facts that wages are low, young people cannot afford to buy houses, farmers need to be able to make a living, all the usual stuff that we all discuss and indeed I have mentioned in this column many times before. However, again it was really encouraging to see

that they too recommended more involvement in decision making, bringing budgets down to Parish Council and District Councillor levels. I am convinced that it is only through taking decisions as close to those who are affected by them that we will start to see the real changes that we need in areas like ours.

Finally, I was fortunate enough to be called at Prime Minister's Questions the other day and so had the opportunity to question David Cameron on the plans for the new cancer unit at Westmorland General Hospital. I was encouraged when he agreed to ensure that I met up with the Health Secretary to discuss the matter. So we await what news there is in that area under the new spending regime.

If you have any views about issues that you feel need to be fed in to me then, as ever, please do write to me, Tim Farron, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or tim@timfarron.co.uk.

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Tim Farron MP

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PHOTO CALL 1

As if to make amends for May's photo, I had a lot of replies regarding the June photo starting with Richard Kooper closely followed by David Lord, Kim Lyon, Rosemary Challoner and Robin Hildrew so my thanks go to them.

Kim was able to tell me that the Panto I asked about was The Emperor's



New Clothes which she wrote and directed, she also very kindly loaned me a photo of the same Panto from the original production by The Dentdale Players for which I was very grateful. Thankfully she included the names as I wouldn't have had a clue.

So last month's photo was from The Boyfriend featuring the boyfriends and girlfriends. From left to right Tony Thomas, Richard Kooper, Alan Harris, Robin Hildrew. Dilys Evans, Tina Coward (possibly) Linda Garnett and Barbara Kooper whom I ought to have recognised from my own days in Sedbergh Theatre!!

For July another theatre photo -



names and production are needed.

I will look forward to any replies. Send to Shirley Tebay, Walnut Bungalow, Dent, Sedbergh, LA10 5QT or 015396 25001 or shirley.tebay@btinternet.com Oh and last month's had a typing error, it should of course have been Mr Warp and Mr Weft!

CHURCHES TOGETHER

The annual Holiday Club for primary school aged children will run from 26th-31st July at the People's Hall. The theme this year is Rocky's Plaice and explores the story of Peter through a range of games, activities, stories, songs and videos. Registration forms are now available in the local schools or from the Office Services. Places are limited so please register early to avoid disappointment.

Wildfire is a musical written by Roger Jones telling the story Stephen and the coming of the Holy Spirit at Pentecost. The musical tour around Cumbria, visiting Barrow, Whitehaven, Carlisle and Kendal, culminated in a Pentecost service for all the Churches in Sedbergh on Sunday 23rd May. At this service a combined choir performed two pieces from the musical using professional soloists from the tour. Roger Jones also taught a third piece to the congregation. The St. Andrews drama club, Chameleons, put on an excellent drama performance introduced by Vic Hopkins. This was followed by a powerful word from Roger Jones.



A STORY in last week's Gazette about the meeting, after 44 years, of a former headmaster of Dent National School and one of his ex-pupils has prompted a reader, Mr J. H. Mason, of Bowfell Crescent, Windermere, to send this picture of some members of the school in 1931. "I'm sure," he comments, "that the former head, Mr J. G. Teare, and the former pupil, now Mrs Florence Roberts, will remember some of these pupils." Here is the identification list: Back row (from the left), Mr Potter (headmaster), J. Goth, M. Hartley, S. Haygarth, W. Hodgson, G. Middleton, J. Haygarth, J. McClurg, D. Staveley, H. Dawson, J. Mason, J. Dinsdale, with teachers Miss Robinson and Miss Palmer. Middle row, K. McClurg, H. Bentham, A. Mason, G. Capstick, G. Ellison, D. Haygarth, H. Mason, K. Winder, R. Gardener, M. Bentham, J. Mason, F. Taylor. Front row, F. Capstick, A. Gardener, B. Benson, R. Hodgson, D. Aspden, B. Gardener, J. Aspden, R. or J. Capstick and J. Capstick.

PHOTO CALL 2

Hazel Coates nee Stainton kindly sent me an old Westmorland Gazette cutting featuring Dent National School c1930. The names were included but she thought Lookaround readers might be interested. I doubt if many are still alive now

Shirley Tebay

FROSTROW W.I.

Normally we have an outing in June, but as several members were away on holiday and we had already had an outing in April, a smaller group than normal met at our President, Anne Petyt's home, on a beautiful summer evening. After a brief catch up with business, we enjoyed a Jacob's Join followed by plenty of chat, a quiz and a few shared jokes, why is it always the punch line that we forget?

Our walk this month took us on the last leg of the Dales Way, from



Staverley to Bowness.

Our book of the month was Fallen Angels by Tracy Chevalier.

Preparations have been made for our Coffee Morning on 30th June (it seems that it is all WI's hosting Coffee Mornings this month!)

In July Jill Ioannou will be our speaker talking about her mother-in-law's Greek Cypriot recipes.

Please come and join us, we meet in the People's Hall Committee Room, on the first Wednesday of the month, at 7.30pm.

SLOVENIAN ROCK BAND IN SEDBERGH

Forget the world cup and the England/Slovenia result at the end of June - what you really need to see is the Battle of the Bands!

Several local rock bands presented by Kendal College sound boffin Ian Hutt will take to the stage in the People's Hall at the end of July alongside Slovenian rock wizards Pet Sto Metrov - or to use their more user friendly name for non-Slovenian speakers: 500m.

The band's lead guitarist Janez Skaza (pronounced Yar-nez Skar-zar) has been to England on three previous occasions with Samo's choir in 2005, with the fabulous male voice group Oktet-9 who met Amabile here in 2008, and last year when the Zrece and Sedbergh Town Bands played alongside each other.

"I love the warmth and welcome of the Sedbergh people and the wide musical expertise in your town," says Janez, whose band is coming overland from Slovenia performing in all the great cultural capitols of Europe: Ljubljana, Amsterdam, Paris, London, Edinburgh.....and Sedbergh.

"We've been influenced mostly by British bands such as Deep Purple and Uriah Heep, but also by few American bands like Lynyrd Skynyrd, and the Dutch band Van Halen. We have a few great bands in Slovenia like Avtomobili and Šank Rock, but we still take the band TOTO as our greatest influence."

The band also performs their own songs in Slovenian and English - in

fact some of the gigs I arranged for them in London insisted that they didn't play covers so the band has been busy increasing their stock of home grown music.

The band are driving overland in 2 camper vans and would welcome any offers of a place to park with a water and electricity supply - and of course if you'd like to invite these 6 fine young musicians to come for a meal I know it would be very much appreciated.

Some of the lads will be known to youths in Sedbergh from earlier school visits. Residents next to Balliol School will no doubt be delighted that the band won't be staying there this time - one resident commented after Oktet-9 stayed there: "I thought they were a male voice choir but there was some very high pitched giggling going on outside my window at 4 o'clock in the morning." Many of the singers in the local youth choir Amabile have also kept in touch since their sell out performance together in the People's Hall a couple of years ago.

The bands let rip at 7.30pm on Wednesday July 28 in the People's Hall and there will be a bar with all profits going to the People's Hall restoration fund. The gig is being organised as a fund raising event for the People's Hall by Andrew Allan with sound system and engineer kindly provided by Ian Hutt. Tickets are available from Andrew Allan, the TIC or at the door. If you need more information you can contact Andrew - or ring 21166.

David Burbidge

HOWGILL W.I.

Our June Meeting was held at Firbank Church Hall. President Mary Silva opened by giving a warm welcome to everyone.

Best wishes for a speedy recovery were extended to Sheelagh Denniss following her recent bicycle accident.

Five members enjoyed the "Sing a Song" hosted by Tebay/Orton W.I. Held at Orton Village Hall. Final arrangements were made for our Coffee Morning on June 9th.

June is the month when we break with tradition and members became speakers. Maggie l'Anson gave an interesting and excellent report on the AGM held in Cardiff on June 2nd. The one Resolution put forward was supported but more research is to be carried out on clearer food labelling with 'Country of Origin'.

Mary shared memories with a look back into the archives followed by Poetry Reading and a Medley of Songs to 'Join in Together', plus news of an achievement award contributing to an enjoyable evening of entertainment.

Dates for our diaries:- The Open Meeting in Dent, our Summer Outing to Yewbarrow Gardens, the Lingerie Evening and the next Howgill Hikers Walk on 9th July.

Vera Hodgson won the competition and Mary Silva took home the raffle prize.

1st July will be an Open Meeting held in Howgill Village Hall. We are looking forward to meeting and greeting visitors and our speaker Wendy Fraser-Urquhart. *A. H.*

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EDITORS NOTES

First and foremost, can I thank everyone for their kind thoughts, prayers, good wishes, cards, flowers and help over the last few weeks during my bout of incapacity.

For quite a few weeks, I struggled to walk with what I thought was a muscle problem. The pain became unbearable so I went to see the Doctor. I was sent for an X-Ray and it showed something was on my left femur. I was then 'Fast-Tracked' to receive a Full Body X-Ray and an MRI Scan. (and no, they didn't have to borrow an HGV Scanner for me to fit into!!).

On Wednesday 2nd June, I went to see an Oncologist and was immediately admitted into RLI. Two days later, I was operated on as more than 50% of the bone density had been reduced by a cyst and the leg was in danger of breaking. An emergency operation was performed to insert a pin to strengthen the bone. At the same time, the Cyst/Tumour was removed and was found to be cancerous. As I write, the leg is much better and I should be walking again very soon. The results of the Biopsy should be known soon and treatment will commence asap.

This information is given to you for two reasons. The first is to update and thank everyone and to give you a reminder that if you have a little niggling problem, go and see your Doctor as there could be another underlying issue which could be more serious.

The second is what could possibly

happen in the future. While laying in my Hospital Bed, the thought of *Lookaround* came to the fore. "What if I don't get out for a few weeks" I was thinking. "There would be no *Lookaround* as nobody else could put it together". It is with this problem in mind that I am appealing to readers. Would anyone like to act as a 'Reserve Editor' in case I am incapacitated again at the crucial time? Guidance and assistance would be given. If you are interested, please contact me where it could be discussed further.

EDITORS ERRORS

Slipped up last month with 3 errors.

The first was I forgot to amend all the ages of the Birthday Boys & Girls on Page 3. They were all one year older than appeared.

The next was in the Diary Section. The Dentdale Methodist Service in Morecambe was in the right place on the 20th June but still had 14th as the day of the event.

The third was on Page 58. The Heading should have read "Dent & Sedbergh Oral History Society".

D J Whicker



COMMUNITY OFFICER REPORT

Over the past month there have been a number of thefts from local outbuildings and a theft from a vehicle in our area. Neighbourhood watch and farm watch messages have been circulated.

Please ensure your property and vehicles are left secure, all valuables are kept out of sight and report anything suspicious to 0845 33 00 247. There has been a theft of a vehicle where keys were taken from an insecure house, please ensure keys and valuables are kept out of sight in your house. There has been one reported incident of theft of scrap metal in the area.

The Appleby fair post event drop in

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session was held on 23rd June at the people's Hall Sedbergh to allow members of the community to give feed back regarding this years fair. Further meetings regarding this will be held, with dates and locations advertised nearer the time.

My last day before leaving on maternity leave will be 28th June, CSO 5245 Rachel Thomas will be covering the Sedbergh Dent and Garsdale area while I am away and can be contacted on the same number 0845 33 00 247.

Karen Dakin CSO 5206 Tel – 0845 33 00 247 KendalRuralNPT@cumbria.police.uk or karen.dakin@cumbria.police.uk

Organisation	Update	Contact	Tel:	015396
Allotments Association (Dent)	08/09	Mr Smith	Dent:	25688
Allotments Association (Sedbergh)	02/09	Mr Atkins	Sed:	20031
Angling Association		Mr Wright	Dent:	25533
Art Society (S & D)	09/08	Mrs Leigh	Sed:	20794
Badminton (Sedbergh)	10/08	Mr Wheatley	07816	437500
Beekeepers Association (S & D)		Mrs Whitton	015242	72004
Birdwatching	02/09	Mrs Foott	Dent:	25453
Book Group		Mrs Dodds	Sed:	20308
Bowling Club (Queen's Gardens)		Mr Killops	Sed:	20279
Bridge Club		Mr Estensen	Sed:	21060
British Legion	12/08	Mrs Pease	Sed:	21575
Canoe Club (S&D)		Mr Hinson	Sed:	20118
Caving Club (Kendal)		Mr Teal	Sed:	20721
Chamber of Trade	05/10	Mrs Kirk	07980	462063
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	10/08	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	12/08	Mrs O'Neill	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)	06/09	Mr Kirby	Sed:	21214
Gala Group	04/10	Mrs Usher	07837	978626
Garsdale Village Hall		Mrs Scarr	Sed:	20502
Garsdale Ladies Group	09/08	Mrs Ramsbottom	Sed:	21013
Golf Club	12/08	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 Schoolroom		Mrs Stainton	Sed:	20665
Howgill Toddlers		Mrs Alderson	Sed:	22050

Kent Lune Trefoil Guild		Mrs Mitchell	Sed:	21144
Killington Sailing Association	12/08	Dr Ripley	Sed:	21101
Ladies National Farmers Union		Mrs Escholme	Sed:	20376
Liberal Democrats	12/08	Mrs Minnitt	015242	72520
Methodist Church Hall		Mrs Jackson	Sed:	20530
Over 60's (Dent)	02/09	Mrs Burrow	Dent:	25203
Parent Support Group		Mrs Goad	Sed:	20402
Parish Council (Dent)	09/08	Mr Cairns	Dent:	25655
Parish Council (Garsdale)		Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	10/08	Mr Robertshaw	01539	730597
People's Hall		SOS	Sed:	20788
Pepperpot Club (Sedbergh)		Mrs Smith	Sed	21196
Pistol and Rifle Club		Mr Middlemiss	Sed:	20662
Playground (Sedbergh)	10/09	Mrs Rice	Sed:	22100
Playgroup (Sedbergh)		Mrs Gunning	Sed:	20226
Playing Field (Sedbergh)	10/09	Mr Longlands	Sed:	20885
Pulse Gym	03/10	Mrs Gold-Wood	Sed:	21808
Rag Ruggers		Mrs Hennedy	Sed:	20899
Red Squirrel Group (Sedbergh)	02/09	Mrs Foott	Dent:	25453
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 Society for the Blind		Mr Axford	Sed:	21019
Squash Club		Mrs Cooling	Sed:	20622
Slimming Club		Mrs Uttley	01539	722568
Swimming Club		Mrs Thexton	Sed:	20574
Tennis Club		Mr Robinson	Sed:	21014
Town Band		Mrs Waters	Sed:	20457
Toy Library	11/09	Mrs Osborne	015242	61029
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)	12/08	Mrs Petyt	Sed:	21574
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	12/09	Mrs Wilson	Sed:	20238
Young Kidz		Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group	03/09	Mrs Woof	Sed:	21644

* = Latest Amendments

If there are any Groups missing and/or contact details are incorrect,
please supply details to the Lookaround Office

BUS SERVICES

Sedbergh to Blackhall Rd, Kendal via Oxenholme					Blackhall Rd, Kendal to Sedbergh via Oxenholme				
Depart	Arrive				Depart	Arrive			
0740 (C)	0817	M - F	564	KLC	0825	0858	M - F	564	KLC
0938 (H)	1010	M - F	564	W	1030 (H)	1058	M - F	564	W
1007 (C, H)	1049	M - S	564	KLC	1055 (C)	1128	M - S	564	KLC
1015 (L, H)	1045	Wed	564B	W	1300 (H)	1330 (L)	Wed	564B	W
1050 (L)	1125	Sat	564A	A8	1330 (H)	1358	M - F	564	W
1238 (H)	1310	M - F	564	W	1405 (C, H)	1443	M - S	564	KLC
1310 (C)	1347	M - S	564	KLC	1425 (H)	1500 (L)	Sat	564A	A8
1545	1620	M - S	564	KLC	1610 (C)	1640	M - F	564	W
1708 (C, H)	1745	M - F	564	W	1625 (C)	1658	M - S	564	KLC
1827 (C)	1904	M - S	564	KLC	1745 (C, H)	1818	M - F	564	W
Sedbergh to Kirkby Stephen					Kirkby Stephen to Sedbergh				
0858	0932	M - F	564	KLC	0705	0740	M - F	564	KLC
1128	1202	M - S	564	KLC	0940	1007	M - S	564	KLC
1443	1505	M - S	564	KLC	1235	1310	M - S	564	KLC
1658	1732	M - S	564	KLC	1510	1545	M - S	564	KLC
Sedbergh to Kirkby Lonsdale					Kirkby Lonsdale to Sedbergh				
0945 (L)	1018	Thu	567A	W	1215	1248 (L)	Thu	567A	W
Sedbergh to Cowgill					Cowgill to Sedbergh				
1330	1355	Wed	564B	W	0950	1015 (L)	Wed	564B	W
0940	1009 (DS)	Sat	564A	A8	1020 (DS)	1050 (L)	Sat	564A	A8
1500	1530 (DS)	Sat	564A	A8	1545 (DS)	1615 (L)	Sat	564A	A8
1645	1715 (DS)	Sat	564A	A8	1735 (DS)	1805 (L)	Sat	564A	A8
Last Update: July 2010									

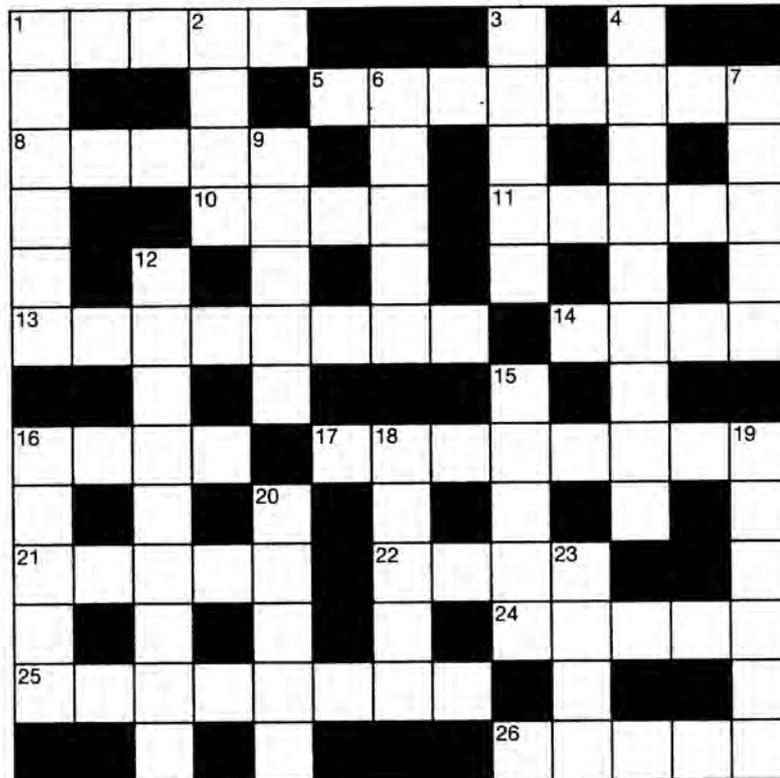
L = Sedbergh Library
 C = Via Kendal College
 H = Via Westmorland General Hospital
 DS = Dent Station

W = Woof's of Sedbergh
 KLC = Kirkby Lonsdale Coaches
 A8 = Apollo 8

Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.

For Comprehensive up-to-date information ring :-
 Traveline 0871 200 22 33 (Open : 7am - 8pm Daily)

All times are from and to Thorns Bank



ACROSS

- 1 Immature (5)
- 5 However (5, 3)
- 8 Energy (5)
- 10 Point opposite west (4)
- 11 Spanish holiday island (5)
- 13 Marquess of Bath's estate (8)
- 14 State of confusion (4)
- 16 Mixture of smoke and fog (4)
- 17 Crisp Indian bread (8)
- 21 Visitor (5)
- 22 Egyptian bird (4)
- 24 Slightly intoxicated (5)
- 25 Going backwards (8)
- 26 Seat for one person (5)

DOWN

- 1 Somerset town (6)
- 2 Part of the neck (4)
- 3 Commence (5)
- 4 Flat currant biscuit (9)
- 6 Islamic religious ruling (5)
- 7 Contract for letting (5)
- 9 Ethiopian emperor,
- - - Selassie (5)
- 12 Cheek, backchat (9)
- 15 Break into parts (5)
- 16 Sweetener (5)
- 18 Pungent vegetable (5)
- 19 Hungarian language (6)
- 20 Home office (5)
- 23 Turban owner (4)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Sleeps 6-8 3D (1ES), 1T (PB), TVL, CH, NS, DW, DR, VB, CB, DFB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (2010/12) <i>1D; 1T; TVL; CH; DW; P; DR; VB</i> e-mail:- wheelwright.cottage@homecall.co.uk	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (2010/02) <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 (2010/09) <i>1D(ES); 1T(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2010/11) <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 (2010/09) <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 (2009/12) <i>F/D (4 poster); 1S; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
Mrs R Gardner	Oakdene Country House, Garsdale Road, Sedbergh (2010/05) <i>2D (4 Poster); 2D; 1T; 1S; All ES; TVL; P; CH; CW; FC; NS</i>	21012

CAMPING, CARAVANNING & SELF-CATERING

Sycamore Cottage, Lunds, Sedbergh (2010/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356
Mrs Durie	Crossthaite, Garsdale, Sedbergh (2011/06) <i>Sleeps 6/7 D, F, T, CH, TVL, P, NS, DW, DR, CW</i>	07900 531043
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (2010/11) <i>Self-Catering Sleeps 6-8</i>	20360

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 & Susan Sharrocks 20754

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 Marsden 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 & Frostrow

Rev. T Widdess Tel: 20329

SEDBERGH CHRISTIAN CENTRE

5.30 pm People's Hall every Sunday

Tel: 20588 or 20503

www.sedberghchristiancentre.co.uk

*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
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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	=	£2.00
Postal Overseas	=	£2.50

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
Last Price Update August 1999.

DIARY OF EVENTS

Dates are held up to 23rd December 2010

JULY			
1	1000	Yorkshire on my Mind till 11/7	DCMH
1	1930	WIH Open Meeting	HVH
4	1000	Rugmaking	DCMH
4	1400	Dentdale Cricket v Nomads	Dent
6	1400	Spinning a Yarn	DCMH
7		SS Term Ends	
7	1000	Coffee Morning URC	URCR
7	1025	Carlisle to Settle Walk	RV
7	1930	WIF Greek Cypriot Recipes	PH
8	1030	Pathfinder	DCMH
8	1830	SHS Summer Fete (8)	SHS
8	1915	RBL Committee Meeting	WHC
9	1900	OBW Primary School Disco (1)	PH
9	2100	OBW Secondary School Disco (1)	PH
10	1200	OBW Senior 5-a-side Football (1)	PH
10	1200	Barbon Open Gardens (10)	Barbon
10	1230	CWT A Hill Farm Visit	LHCP
10	1300	OBW Children's Games (1)	PH
10	1400	Discover & Do	DCMH
10		Dentdale Over 60's Strawberry Teas	DMH
10	2000	OBW Abba Tribute (1)	PH
11	0900	OBW Car Boot Sale (1)	PH
11	1000	Photography Workshop	DCMH
11	1200	Barbon Open Gardens (10)	Barbon
11	1400	OBW Tug of War (1)	PH
11	1400	Dentdale Cricket v Archbishop	Dent
11		One Big Weekend 10 Mile Road Race	Sedbergh
13	1400	HS Thorns Hall & Castlehaw (13)	TH
13	1400	WIK Tea Party	PH
13	1400	Dry-Stone Walling	DCMH
14	1000	Coffee Morning British Legion	URCR
14	1025	Carlisle to Settle Walk	RV
14	1330	Zebras AGM	SMCR
14	1800	Brownies Coffee Evening (14)	SMCR
16	1000	Annual Family Exhibition 5/9	DCMH
17	1000	DMC Coffee Morning (*)	DMC
17	1330	CWT The Wonders of Smardale	LHCP
18	1100	Peg Loom Demonstration	DCMH
18	1400	Dentdale Cricket v Oundle	Dent
19	1900	YDNP Housing Plan	PH
20	1400	Dried Flower Workshop	DCMH
21	1000	Coffee Morning Ladies NFU	URCR
21	1230	Red Squirrel Conservation	DCMH
21	1400	Blood Donor Session	PH
21	1700	Blood Donor Session	PH
24	1000	Drive Sale (24)	RD
25	1000	Historic Food/Games from the Past	DCMH
25	1400	Dentdale Cricket v Sedbergh	Dent
25	1800	Praise & Prayer (25)	RD
25	1900	The Vibrant Power of God (25)	RD
26 - 31		Annual Holiday Club	PH
27	1000	Benefits Advice	CO
27	1400	Sheep to Scarf	DCMH
28	1000	Coffee Morning Dent Methodists (28)	URCR
28		Dentdale Over 60's Summer Outing	
28	1400	Discover & Do	DCMH
28	1930	Battle of the Bands (28)	PH
29	1400	Dry-Stone Wall Demonstration	DCMH
AUGUST			
1	1400	Dentdale Cricket v Skipton	Dent
4	1000	Coffee Morning Howgill Church	URCR
4	1930	WIF From Burnley to Hollywood	PH
5	1930	WIH Sarah M Chutneys & Jam	FCH
11	1000	Coffee Morning GVH	URCR
15	1400	Dentdale Cricket v Hawes	Dent
18	1000	Coffee Morning NW Cancer	URCR
21	1000	DMC Coffee Morning (*)	DMC
22	1400	Dentdale Cricket v Kendal	Dent
25	1000	Coffee Morning StAS Mission	URCR
25	1700	CWT Woodland Coppice & Wildlife	LHCP
30		August Bank Holiday	
30	1100	Dent Gala	Dent
31	1000	Benefits Advice	CO
SEPTEMBER			
1	1000	Coffee Morning Beekeepers	URCR
1	1930	WIF Visit from Churchmouse Cheeses	PH
2	1930	WIH First Responders	HVH
8	1000	Coffee Morning Dent Foot Chapel	URCR
9	1915	RBL Committee Meeting	WHC
11	1000	Coffee Morning Shoe Box Appeal	URCR
14	1400	WIK Something I made earlier	PH
15	1000	Coffee Morning Network	URCR
22	1000	Coffee Morning Literary Festival	URCR
22	1930	CWT AGM	SHS
29	1000	Coffee Morning Firbank Church	URCR
OCTOBER			
4	1900	Community Play Meeting (*)	PH
6	1000	Coffee Morning Bamardo's	URCR
6	1930	WIF Travels in Venezuela	PH

*The S & D Lookaround is edited, published & distributed monthly by
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*The content of The Lookaround does not reflect the views of the Editor.
Whilst every effort is made to ensure that information is correct, the Editor cannot
accept any responsibility for any inconvenience caused through errors or omissions.*

*Copies are available from Sedbergh Office Services, Sedbergh Tourist Office,
Green Door, Premier, Howgills Tea Room, Post Office and Dent Stores.*

COVER PICTURE
Killington Sports by John Mather

7	1930	WIH AGM & WI Advisor	FCH
9	tba	MS Table Top Sale	PH
9	2000	Old Tyme Dance	PH
12	1400	WIK Slides of old Sedbergh	PH
13	1000	Coffee Morning Christian Aid	URCR
14	1915	RBL Committee Meeting	WHC
18		RBL Talk	SSJAC
20	1000	Coffee Morning Garsdale Church	URCR
23	1100	RBL Bikers Visit	Sedbergh
29	1930	HVH Domino Drive	HVH

NOVEMBER

3	1930	WIF AGM & Jacobs Join Social	PH
4	1930	WIH Gardens of the Lake District	HVH
4	1915	RBL Committee Meeting	WHC
9	1400	WIK AGM & Desert Island Discs	PH
10	1000	Coffee Morning Bowling Club	URCR
11		RBL Band Concert & Service	URC
14	1030	Remembrance Sunday	StAS/StAD
19	1930	WIH Domino Drive	HVH
30	1930	Neighbourhood Forum	PH

DECEMBER

1	1000	Coffee Morning Ladies NFU	URCR
1	tba	WIF Christmas Party	tba
2	1930	WIH Christmas Party	tba
9	1915	RBL Committee Meeting	WHC
11		Dentdale Over 60's Christmas Lunch	DMH
14	tba	WIK Christmas Lunch	tba
17		Dentdale Over 60's Friday Club Party	DMH
22	1930	Christmas Domino Drive	HVH
23	1000	Coffee Morning Town Band	URCR
25		Christmas Day	

Regular Meetings

The Monday Club	1200 Every Monday	SMCR
Howgill Toddlers	1315 Every Monday	HVH
Dent Parish Council	1930 1st Monday	DMH
T'ai Chi	1930 Every Tuesday	URCR
SL Carers Association	1400 1st Tuesday	PH
Killington WI	1400 2nd Tuesday	PH
SLS Blind Group	1400 3rd Tuesday	PH
Ladies NFU	1930 3rd Tuesday	PH
Coffee Morning	1000 Every Wednesday	URCR
Zebbras	1315 Every Wednesday	SMCR
Sedbergh Juniors	1730 Every Wednesday	PH
Brownies (term time)	1730 Every Wednesday	SMCR
Sedbergh Seniors	1930 Every Wednesday	PH
Frostrow WI	1930 1st Wednesday	PH
History Society	1930 1st & 3rd Wednesday	SHS
Dentdale WI	1915 2nd Wednesday	DMH
SL Society Blind	1415 3rd Wednesday	PH
Howgill WI	1930 1st Thursday	FCH
Child Health/Baby Club	1400 1st & 3rd Thurs	PH
Toy Library	1430 1st & 3rd Thursday	PH
Royal British Legion	1915 2nd Thursday	WHC
Dent Over 60's	1330 Every Friday	DMH
Sed. Parish Council	1930 Last Thursday	PH
Monkey House Café	1930 Every Friday	Library

DIARY KEY

BF	= Brigflatts
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
FCH	= Firbank Church Hall
FM	= Farfield Mill
G&D	= George & Dragon, Dent
GVH	= Garsdale Village Hall
HJC	= Hawes Junction Chapel
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KLI	= Kirkby Lonsdale Institute
KVH	= Killington Village Hall
LHCP	= Loftus Hill Car Park
PH	= People's Hall
RD	= Rhumes, Dent
RV	= Ribbleshead Viaduct
SHS	= Settlebeck High School
SLSB	= South Lakeland Society for the Blind
SMC(R)	= Sed. Methodist Church (Room)
StAS/D	= St Andrew's Church, Sedbergh/Dent
STO	= Sedbergh Tourist Office, Main Street
TH	= Thorn's Hall
URCR	= United Reformed Church Rooms
WIB	= Women's Institute, Barbon
WID	= Women's Institute, Dentdale
WIF	= Women's Institute, Frostrow
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

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

Monday	0830 - 1030 O	1500 - 1800 B 1500 - 1800 * 1500 - 1600 C 1830 - 2030 W*
	1130 - 1215 Dent Surgery	
Tuesday	0830 - 1030 O	1430 - 1730 H* 1045 - 1230 H* 1830 - 1915 W*
Wednesday	0830 - 1030 O	1430 - 1730 D* 1045 - 1230 P* 1500 - 1800 L*
Thursday	0830 - 1030 O	1430 - 1730 H* 1045 - 1230 L*
Friday	0830 - 1030 O	1430 - 1730 L* 1045 - 1230 L* 1430 - 1730 P*

Practice Nurses

Monday	0845 - 1300 A	1400 - 1730 A 0820 - 1200 KB
Tuesday	0845 - 1300 A	1400 - 1720 R 0820 - 1100 KB
Wednesday	0830 - 1300 J	1400 - 1640 D 0840 - 1200 KB 1640 - 1720 H 1400 - 1630 E
Thursday	0830 - 1300 J	1400 - 1720 J 0840 - 1300 KB 1400 - 1720 A
Friday	0845 - 1300 A	1400 - 1720 D

*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*

L = Dr Lumb	H = Dr Hunt
P = Nurse Pilling	O = Open Surgery
B = Book on Day	W = Workers Surgery
C = Women's Clinic	D = Diabetic Clinic
J = Joanne Batty	A = Anne Crome
R = Respiratory Clinic	E = ECG Clinic
K = Kay Lumb KB = Bloods	D = Dressings
* = Appointment Only	H = Holiday Vacc's

District Nurse **Health Visitor**
& 015396 21690 & 015396 20979

A Collinge Optometrist

Friday only	0900 - 1300	1400 - 1730 *
	* = By Appointment Only	

DENTAL SURGERY

Finkle Street © 20626
Mr I R Dawson, Ms G Turner & Mr B Houghton
Monday to Thursday 0900 - 1700
Friday 0830 - 1500

LIBRARY Main Street © 20186

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

SEDBERGH TOURIST OFFICE

Main Street © 20125
Open every day
1000 - 1700
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
www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Kendal Office
© 01539 738772
www.cabsouthlakeland.org.uk/kendal.html

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

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
Dispensary Monday to Friday 0900 - 1300
1400 - 1700
Consultations Monday to Friday 0900 - 1000 *
1400 - 1500 *

Other times *

* = By Appointment Only

MARKET DAY	WEDNESDAY
HALF-DAY CLOSING	THURSDAY