

Sedbergh & District

LOOKAROUND

August 2010

Issue 280

Donation £1

Lots of rain of late which we hope doesn't continue for much longer as we have quite a few outdoor events coming up in August and it would be nice to have it dry for everyone to attend in comfort.

Don't forget to support events and Advertisers that appear in Lookaround as we are all here to help each other to make this one of the best communities in the country.

Dennis & Jacky Whicker



AUGUST BANK HOLIDAY WEEKEND

Saturday 28th 11am - 5pm & Sunday 29th 11am - Midnight

Dent Playing Field

New for 2010 - HELICOPTER RIDES

Taste of Cumbria & The Dales Marquee

Craft Tent ~ Giant Inflatables ~ Bungee Trampoline

Birds or Prey ~ Fell Race (Junior & Senior) ~ Sheep Show

Wacky Races ~ Egg Throwing ~ Craft Competitions

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

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AUGUST 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 recipients this month are:-
Ethan Lennon who is

10 years old on 3rd August

Ben Thompson who is

10 years old on 15th August

Please collect your vouchers from

Sedbergh Office Services

13 Kings Yard, Main Street,

Sedbergh

which can be used in any shop in

Sedbergh & Dent.

<i>Day</i>	<i>Name</i>	<i>Age</i>
1	Annie RAINFORD	4
3	Ethan LENNON	10
10	Luke TROUGHTON	5
11	Lewis SEDGWICK	2
11	Megan PEARSON	10
13	Mercedes TAYLOR	7
15	Eva HOGGARTH	4
15	George CAPSTICK	8
15	Ben THOMPSON	10
16	Alex COWIN	8
17	Lewis GARNETT	7
17	Megan McDOWALL	9
18	Anna PRALL	11
20	Georgina BROWN	8
23	Finn THORNTON	8
29	Jay FERGUSON	9
30	Abbie WILSON	2
30	John SEDGWICK	6
Nonagenarian & Over		

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! ☺

PERSONAL & SMALL ADS £1

DAWSON

Jenny and family would like to express their sincere thanks to everyone for the many cards, letters, flowers and enormous support they have received during Jack's illness and following his death. Special thanks to Doctors, nurses and Total Carer, to Brian Goad for his help, kindness and advice, to Dorothy Goad and helpers for the refreshments, the Rev. Tim Widdess for words and comfort and to all who attended the wonderful Thanksgiving Service. Thanks also to all who have made donations for South Lakeland Society for the Blind and the Rosemere Cancer Foundation, Preston in Jack's memory.

=====

DUO

Congratulations Jenette & Susan on another successful year. What a shame we are once again away for the celebrations. Enjoy them! Love Mum and Dad.

=====

HICKS

Peter and Gwen would like to thank all the very kind folk of Dent and beyond for the lovely cards sent to welcome us here at 9 Ghyllside. Also for the many acts of kindness shown to us. It is good to be here.

=====

SCARR

Yes it is Forty Years!!! 5th September 2970. Happy **Ruby Wedding Anniversary** Tom. Love from Eileen

LANGFORD

Congratulations Kylie! A **First Class Honours Degree** in Costume Design & Construction. Well done, all that hard work paid off. We are all very proud of you. Love Mum, Dad, Bryony, Rowan & Robin.



=====

WOOF

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

=====

FOR SALE

Wheelchair used only once. Cost £100, accept £50 ono. Tel: 20048.

=====

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 31.01.2011. Reversing sensors, Heated Front Seats, Excellent condition. £8,250. Tel: 015396 20379.

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FOR SALE

Exhaust pipe for Peugeot 205 Petrol. As new £25. Approx 5 tons of local random stone. £50 buyer collects. Concrete coal bunker £25 buyer collects. Tel: 20533.

PERSONAL & SMALL ADS £1

FOR SALE

Hitachi HD ready 32" TV with Freeview. Bought from John Lewis 3 yrs ago & still under John Lewis 5 yr guarantee. £220. Tel: 20418.

=====

FOR SALE

CCS Photographic bag. vgc & quality. £30 ono. Tel: 20869

=====

TOURIST INFORMATION

Wanted: Any tips or advice for 2 people spending a week in late August in mountain resort Korbielow on Polish/Slovenian border and Krakow. Please Tel: 20182 after 7pm.

=====

WANTED

Part Time work required on Saturdays in Dent. Please ring Mike on 015396 25863.

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DENT PARISH COUNCIL

The July meeting discussed the current situation regarding affordable housing provision, approved a new way of dealing with grant applications and heard a report on the refurbishment of public benches in the dale. 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 from the parish clerk.

Housing

The results of the housing needs survey that was carried out last year are now available and nine households in the dale have a need for affordable housing. A further 14

households felt they were in need, but because some did not submit enough details of their personal circumstances, they could not be included in the total. The overwhelming need was for housing for young people, and the survey showed that the demand locally is for property to rent rather than to buy.

At the same time, the National Park is consulting with the public on a draft of its new housing development plan, which is designed to make it easier for affordable housing to be built within the National Park boundaries over the next 15 years.

The parish council has responded to these two developments by forming a

Housing Strategy Group consisting of Jock Cairns, Peter Knapton, Jenny Pilgrim and Ken Smith, to see what can now be done to encourage affordable housing to be built in the dale.

Grants Policy

The council approved new procedures for dealing with applications for grants from local organisations, in response to the problems that occurred last year when there was a considerable increase in the number of applications that were received. To try and make sure that the money goes to those who need it most, applicants for this year's grants will be asked for more information about how the grant will be spent, and also to provide details of their organisation's current financial state. Notices will be posted in the dale in September to invite applications.

Public Benches

The July meeting heard a report from Ken McClurg and Ken Smith on the maintenance work they had been doing on the public benches in the dale. A coat of wood preservative and

some strimming to clear the vegetation around them had resulted in a large number of the dale's benches becoming usable again. Although the parish council doesn't own many of the benches, it is now looking at whether it can carry out more major repairs on some of the more badly dilapidated ones.

Newsletter funding

The parish council newsletter is delivered by volunteers to every household in the dale, and feedback from residents has been very positive. The first three editions have been funded by a grant from South Lakeland Strategic Partnership, but this money has now run out. Each edition costs about £200 to produce, and the council agreed to fund the next edition this November, and include the cost of the two editions in 2011 in next year's budget.

Neighbourhood Watch

The council had ordered some new Neighbourhood Watch signs some time ago, but so far Capita had not produced them. Neighbourhood Watch and Farm Watch are regarded by the police as a useful deterrent to

Cert. PG	<i>Alice In Wonderland</i>	108 minutes
<i>Starring Johnny Depp, Mia Wasikowska, Helena Bonham Carter, Anne Hathaway & Crispin Glover</i>		
Alice returns to the whimsical world she first visited as a young girl, reuniting with her childhood friends the White Rabbit, Tweedledum & Tweedledee, the Dormouse, the Caterpillar, the Cheshire Cat and, of course, the Mad Hatter. Alice embarks on a fantastical journey to find her true destiny and end the Red Queen's reign of terror		
Saturday 7th August at the People's Hall, Sedbergh		
<i>Doors open at 7pm, film starts at 7.30pm</i>		
Tickets: £5 Adults, £3 Children (under 16), £12 Family (2 adults & up to 3 children)		
Flicks in the Fells Telephone: 015396 20504 email: flicks@sedbergh.org.uk		

burglars, but they would work even more effectively if we had a co-ordinator in Dentdale. If you think you might be interested in taking on this valuable community role, please contact me for more information about it. The duties are not onerous, as these days much information is passed on by email or phone.

Next Meeting

The next meeting will be held at 7.30pm on August 2nd 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 e-mail: dentparishcouncil@btinternet.com
In the last Dent Parish Report, reference was made to the PCSO's. The letter 'P' was submitted by Mr Cairns but removed by the Editor for reasons previously explained. Future references made to these Officers will be included. Ed

ROCKY'S PLAICE

On a wet Sunday morning in July Sedbergh Methodist Church held their usual monthly People's Hall service. During this informal service Rev. Tim Widdess introduced the theme of the forthcoming Holiday Club. "Rocky's Plaice" is based on the life of Peter the disciple who was called the Rock. In a fast moving service we met the puppet Rocky, learnt some catchy songs that the children will sing. We also heard about the turbulent life of Peter and how much Jesus loved him even after he'd let Jesus down so badly. The children showed off the sparkly fish they had made at the end of the service. We stayed and chatted over coffee. It was a really enthusiastic start to the Holiday Club.

The next People's Hall Service will be on 15th August 2010 at 10.30am and will be led by Richard Gorst.



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DENTDALE W.I.

The evening began with a full business meeting and lots of information about forthcoming events. The first being the Federation's Summer Fete celebrating 90 years of WI in Cumbria to be held at Kirkby Lonsdale Rugby ground. Quite a few Dentdale members had offered to help with the serving of the cream teas during the afternoon and as I am writing after the event, I can say how thankful we all were that it went so well. Not that the organisation was ever in doubt, but the dire weather forecast must have hung over the preparations. In actual fact, although rather windy, the rain kept off!! I doubt if the ice cream van did a roaring trade, but the side shows bustled with competitors and cream teas proved a hit. Later, some members attended the Hog Roast and Jazz evening which had moved to inside the Rugby Clubhouse so the weather could do what it liked!

President Catherine Sugden expressed thanks to those few who had cheerfully served teas at the refreshment stop in the Memorial Hall, to riders on the Three Counties Cycle Race. More volunteers needed to man the afternoon teas between two and four o'clock at the Dentdale Bank Holiday Monday Gala on August 30th. Hopefully, we will rise to the occasion and there will be plenty of baking donated so that we can offer the usual super spread!

Reminders given of our two fund raising events, one coming up very soon taking the form of a Mini Market

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outside the Memorial Hall on 31st July. The second, an Apple Day on 30th October, more information later, Have you given Freda your favourite Apple recipe yet, so that she can compile a recipe book for sale on the day?

Our speaker for the evening was Carole Marsden from the URC Sedbergh. The theme was *Music with Participation*. Carole a trained musician talked about her career path and played a piece by Benjamin Britten on her oboe. She then went on to tell us the advances in technology which made instrument practicing much more interesting nowadays, and played her saxophone with a CD backing. Then it was our turn. We tried singing a round in two parts followed by a go at playing recorders. Carole had brought one for everyone present and we learnt the fingering for the notes B and A. Soon we were playing combinations of these two notes with backing from a CD, even if some had never held a recorder before! There was a very relaxed atmosphere in the hall and it was all very enjoyable!

Next month is the summer outing to Keswick for a theatre trip to see a matinee performance of *Bus Stop* followed by afternoon tea. We will be leaving Dent car park at 10 o'clock.

COUNCILLORS CORNER

Events moved swiftly after I wrote in my last article about SLDC withdrawing from the Yorkshire Dales & Harrogate Tourism Partnership, and on the 9th July at Farfield Mill I found myself chairing the first meeting of the Sedbergh and District Tourism Promotion Initiative. Sedbergh Chamber of Trade, the Parish Council and Book Town were all represented together with other interested parties including the SLDC Tourism Officer. Representatives from Garsdale, Dent and Middleton have been invited to attend the next meeting. The general view was that initially we needed to concentrate on promotional material and we decided to put our first efforts into preparing a "one stop" brochure which would bring together in one place all the information which is presently scattered around amongst a number of different leaflets. The idea being that we needed to include material which will make people want to visit the area and then to tell them what is available once they have arrived. The other good news is that hopefully a sum of up to £5000 will be contributed by SLDC (together with their tourism expertise) to allow this to happen. Once the brochure aspect of the project is completed then we can move on to the consideration of other related matters. Whilst all this bodes well for the development of tourism in the area and the benefits to the local economy that it will bring, I am aware that there are still some who have doubts about the wisdom of us splitting away from the Partnership and going it alone. Obviously only time will tell, but we nevertheless remain very much a participating member of the National Park fully represented on that body both by Kevin Lancaster and Graham Dalton who are always keen to promote our interests. And, of course, it also leaves us freer to promote our own "brand" area of the Howgills and the Lune Valley.

So much seems to be happening in Sedbergh at the moment. The Sedbergh Townscape Initiative continues to further its plans to improve roads, footpaths, street safety, the built environment and the public realm generally and on 30th July, as a member of the Project Board, I had the pleasure of meeting with about twelve different consultants all of whom had been invited to tender for the next stage of the project. They were then shown around the Town by Parish Councillors Hilary Hodge and Jim Atkins accompanied also by Jayne Kendal the Regeneration and Development Manager from SLDC who throughout has been very supportive of the project. The tenders are now in and these will be scrutinised and decisions made as to whom to appoint to best take the scheme to the next stage.

In my last article I mentioned that on the 15th June I had attended a meeting of the Local Area Partnership. To enable this relatively new body to be able to function properly it needs not only a co-ordinator (who at present is Jason Yates from the County Council) but also an administrator to take minutes,

circulate agendas etc. I was appointed by the Sedbergh and Kirkby Lonsdale LAP to be its representative on the interviewing panel for this post and I am pleased to report that a couple of days ago we appointed someone who I believe will be an excellent person for the job and who we will share with the Kendal LAP. At the same time we also appointed administrators for the other LAP's in South Lakeland District – our nearest neighbours in this regard being South Westmorland and Upper Kent.

Not only was the weekend of the 26th / 27th June one of the hottest of the year so far, it was also the weekend of the Sedbergh Folkfest

and the Dent Music and Beer Festival. Both of them went off extremely well and we are very lucky to have two such high class events literally on our own doorstep. I spent most of my own weekend at the Sedbergh “end” (being a bit of a Folk Music buff) but I have promised myself that next year I shall “do” Dent. With the best of intentions I never seem to be able to do both in the same weekend!

As ever 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

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COUNCILLORS CORNER

YORKSHIRE DALES: Since I wrote last month's article Graham Dalton has been re-appointed as the representative of the three Cumbria parishes on the authority. As one of his proposers I very much welcome this and the fact he was not opposed shows that Parish councillors recognise Graham's hard work.

Meanwhile, Stephen Butcher did not seek re-election to Craven District and Carl Lis has moved from the Independent group on Craven to join the Conservatives. He has taken over Stephen's Conservative place on YDNP. This left Carl's Independent place. Unexpectedly and controversially the Independent group

has chosen Robert Heseltine as its representative.

Robert was formerly chairman of YDNP and left the authority following proceedings in the courts which resulted in 240 hours community service. As one of very few members who consistently opposed Robert's repeated re-election as chairman I had intended to let the past lie in the past. However, I was extremely concerned to see a report in the Gazette where Robert was quoted as feeling he was "very wronged at the time". This is outrageous – he pleaded guilty and as such threw himself upon the mercy of the court. His re-appointment has made it as far as *Private Eye's Rotten Boroughs*

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We are open daily for home cooked food, (a particular favourite is Ham `n` Eggs) and offer an extensive menu for residents and non-residents. Our two guest rooms are both en-suite and we can boast one of the finest views of Cautley Spout and the Howgills.

Please note our opening hours.

We are open each day Wednesday to Sunday inclusive and on Thursday, Friday and Saturday nights.

Prior booking is essential for evening meals

Charity Treasure Hunt

Organised by Churches Together in aid of Hope HIV

Friday August 13th

Starting from Sedbergh Methodist Church, New Street.

Suitable for all ages to complete in pairs, families or teams.
Come along between 6 and 8pm for staggered starting times.

Entry: Adults £2, 5-16 yr olds £1, under 5s free

Free entry if you obtain sponsors in advance
(forms available from Spar or Sedbergh Office Services)

Light refreshments available afterwards in the Church Hall.

Please come along to support this worthwhile cause.

For more information see www.hopehiv.org



column and no, I was not the informant.

Also, Wilf Fenten, the parish representative for northern Craven has decided not to seek re-appointment. We await the selection of his successor. Stephen and Wilf both served YDNP well over the years and I fondly remember the many kindnesses of both of them.

LOCALISM, LOCALISM, LOCALISM: The new Local Government Secretary, Eric Pickles has now put some flesh on the bones of the Coalition's intentions for local government and democracy. This will affect SLDC outside the two National Parks where housing targets are to

be abolished. However, there might well be a greater change within National Parks. Rumours abound that local authority members will be replaced by members elected by direct elections – Hooray !!!

I have campaigned for this longer than anyone else. The details are very sketchy and will no doubt change before implementation but it is suggested that district and county councillors will not be permitted to stand. I can see why this would be so. Clearly this would affect 12 of the 22 current members, including myself. I have heard nothing about changes to Secretary of State appointments but expect open


TEA in the GARDEN
Saturday 14th August
 “Rhumes”, Dent 
 3 - 5pm
Proceeds to Dent Methodist Chapel

nominations at the very least.

THE STATE OF THE A684: Twelve months ago there was a regular correspondence here and elsewhere concerning the state of the A684. It was repeatedly said that nothing had ever been done and it was compared unfavourably with a beck bottom. Since then the county staff and subcontractors have done a fantastic job. Now there is only one section between Sedbergh and Kendal which needs further action, that around the Ingmire Hall area where there are serious drainage problems. Some attempt is going to be made to deal with these before that section is renewed.

There are still some sections within Garsdale which require major resurfacing and some of these are marked out. The naming of the road as one of the most dangerous in the kingdom has not been unhelpful even if the Gazette showed a photo of one of the good bits to accompany the story.

Several people have expressed surprise that it is considered so dangerous. I think it came from several areas. Firstly there was the surface from Kendal through to Garsdale Head. But, then there was the accident count, particularly motorbikes through Garsdale to Hawes and beyond. Also, there is

Junction 37 which has an unenviable lack of safety record. Of course, improving the road surface does not solve the problem and as the road becomes smoother the average speed of cars and bikes increases and so the number of accidents increases disproportionately.

However, as our editor so rightly says, there are no dangerous roads – only dangerous drivers.

The next problems concern several of the bridges in our area. Church Bridge and Barth Bridge in Dent and Millthrop Bridge in Sedbergh are all in need of significant repair before the autumn floods. Also, even now there are several lengths in Cautley and Garsdale where the river has undermined the side of the road and the supporting wall. Finally, I am aware of the problems of the A683 on the Ravenstonedale side of Rawthey Bridge. Whilst that is neither in my division nor in South Lakeland, I have raised it with county officers.

*Councillor Kevin Lancaster –
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DENTDALE SHOW

Handicraft, Home Produce and
Photograph Competition Details
Saturday 28th August

Classes

Children

1. A decorated stone
2. A picture of a vehicle (car, bus, plane - paint, fabric, wax)
3. An item of sewing
4. A party invitation
5. A bookmark
6. A computer generated poster for a local event
7. A model made of any material

Adults

8. A basket of eggs
9. A basket of home grown vegetables (4 or more vegetables)
10. A salad bowl (4 or more salad vegetables) .
11. Strangest shaped vegetable
12. 'Summertime' - an arrangement on any style
13. A cushion cover
14. A picture (watercolour, cross stitch, embroidery)

Sunday 29th August

Classes

Adults

15. Bread (white, wholemeal, garlic - handmade, machine) If we have a large number of entries this class will be divided into a. handmade b. machine
16. Six fruit scones
17. Pot of lemon cheese / curd
18. Bottle of homemade sloe or damson gin / vodka
19. Six biscuits of any variety
20. Fruit cake
21. Gingerbread

22. A pate or terrine

Photograph Competition

**Saturday 28th and
Sunday 29th August**

23. A Dentdale Scene

24. A photograph of a vehicle (car, plane, train - vintage to present day)

Photograph Display

On display this year will be photographs of Dentdale 'Parties' (birthday, fancy dress, wedding - past to present day). Your unframed party snaps will be very much appreciated.

Free entry for children. Adults 50p per entry (40p for a photograph).

Children may enter the adult classes.

An exhibitor may enter up to two items in the handicraft and home produce classes and up to five photographs in the photo competitions. For more details go to the website www.discoverdentdale.co.uk or call 015396 25461



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JACK DAWSON (1922 - 2010)

In July, Sedbergh lost a man whom many referred to as "Mr Sedbergh". He was born, lived most of his life, and died in the vicinity of Bainbridge Road. Grandson of William Dawson, who founded the local coal business in 1895, Jack ran the business for many years before his son, Michael, took it over. A man of principle like his father and grandfather, Jack believed strongly in serving the customers with integrity and courtesy.

These were two of the personal characteristics he brought to local government in his 35 years of service as a councillor. He was Chairman of the last Sedbergh Rural District Council until, together with seven other councils, it became part of the District Council of South Lakeland in 1974. Jack was appointed first Chairman of SLDC, an amalgamated council which he said "had to be a good new authority and an efficient one". With his wife, Jenny, he was invited to Garden Parties at Buckingham Palace at least seven times.

One of Jack's prime beliefs was that one should make a contribution to the community. This much-respected man loved Sedbergh, the beautiful little town where, for many generations, his family had lived. His primary education was received at the British School in Joss Lane where he first met Jenny at the age of nine. Later he went on to Sedbergh School. After this, he joined the RAF for one of the most dramatic periods of his life. He trained as a pilot - and later

became an advanced flying instructor - during the Second World War, a conflict which claimed the life of his older brother William. Jack always remembered the day, many years later, when he met the German airman who shot his brother down. He said that, as he looked into his eyes, he felt no hatred at all.

When he left the RAF in 1946, he joined the family business. He married Jenny a year later - the beginning of just over 63 years of happy married life. He soon became very involved in the life of his native town. Ten years on, he was a local councillor. He was very committed to the Methodist Church, working for many years as a Sunday School teacher and, for over fifty, as a lay preacher. He served as a Justice of the Peace and was a governor of Settlebeck School. His contribution to the community of Sedbergh was long and multi-faceted.

He loved people. He was never happier than when chatting with people - either over his garden-wall at Highfield or at public gatherings. He had a phenomenal capacity to remember what they had told him and to appreciate them as individuals. He had that rare gift of making you feel you mattered to him.

He had so many gifts. This very busy, community-minded man also found time to develop a variety of talents. Many may not know that he wrote poetry - even lengthy epics about such events as the night Capplethwaite Hall burnt down. He

had the large hands of a coalman used to heavy manual work, but these hands were capable of the most intricate craftsmanship. He was a fine artist, painting many local scenes, such as the Iron Bridge, in oils. He also worked with the lathe in his basement, making working models of railway engines such as the Stanier Black Five steam locomotive. He mastered calligraphy and delighted friends by making beautiful greeting cards for them. He sang in choir and choral society and, till very recently, played the electric organ in his home. His was the Voice of God in the town's Mystery Plays to celebrate the Millennium.

Jack never went to a traditional University. His practical skills and high abilities in thinking and rhetoric were developed in the university of life. I know few people with such a wide range of talents. One is reminded of Leonardo. Jack was something of a polymath, a man with a great mind and a clear memory to the end of his life. Sedbergh will not be the same without him.

George Dawson Handley

A TRIP DOWN MEMORY LANE

Sedbergh Community Office, with Sedbergh History Society and Age UK South Lakeland are to hold a series of 4 reminiscence afternoons.

Come and see a range of photographs from the wonderful History Society archive. Share your recollections of the changes that have taken place in the area over the course of a lifetime.

If you have photographs of buildings that have now disappeared, which show views that have changed significantly over the years, or which record social events, do please bring them along to share. They may well be of interest to the History Society. The first drop-in, focusing upon Sedbergh, will be at the Community Office between 1pm - 3.30pm on Wednesday 25th August

Further sessions featuring Garsdale, Dent, Howgill, Firbank and Cautley will be held on the 8th and 22nd September and the 6th October.

Linda Greensmith, our Age UK Village Agent, will be on hand at these events to advise on the wide range of services available via Age UK to all those of 50+ years.



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APPLEBY FAIR

Firstly, I must apologise for not submitting a response for inclusion in July's Lookaround. I had drafted a reply which I was going to complete after having attended the public meeting at Garsdale Village Hall on June 16th. However, our computer monitor failed the following day, and we were setting off on holiday the next morning. By the time we were able to replace the monitor on our return, the deadline for July's edition had long passed.

I am pleased to say that, following my perhaps somewhat controversial article on this subject which the editor saw fit to publish in June's Lookaround, I received a considerable amount of much appreciated feedback regarding the issues caused by the travellers passing through our area over the past two years or so.

I am indebted to all the people who have contacted me about the article, many expressing support for my views, also others who were more directly affected by the issue in question. I received a phone call from one resident who subsequently passed on detailed documentation which highlighted most of the problems caused by a criminal element amongst the travellers during the 2009 Appleby Fair period. Another person stopped me in the street to enlighten me about some of the specific incidents from their personal experience, again stressing that the problems were in the main caused by

certain individuals (a minority of troublemakers) rather than by the genuine travelling gypsies. It is the latter who have my sympathy, this being the prime reason for me going to print in June.

My request for detailed information regarding the actual problems experienced has therefore proved fruitful, and I must express my sympathy and concern to those residents, farmers and landowners whose property and privacy have been seriously impaired by a minority group of troublemakers. I also commiserate with them, having received first hand reports that the police did little to help when called in 2009 following the more serious incidents.

The preventative measures put in place this year which proved an eyesore and an inconvenience to the non-travelling fraternity, however, still give me some cause for concern. I predicted that, were the travellers prohibited from using their regular roadside venues, they would inevitably establish sites elsewhere in the area. This comment was in part justified, as several travellers along with their 'bow top' caravans and horses made a temporary camp in the children's play area adjacent to the Maryfell housing estate. I have been shown photographic evidence of 7 or 8 caravans, along with 9 horses, parked up amongst the children's play equipment. I am unaware of any problems this caused neighbouring residents, and I believe that the travellers only stayed for a

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short time whilst awaiting permission to move on into the Eden district at 5pm on Sunday 30th May. It appears that a large debt of gratitude should be bestowed upon the landowner who allowed his land at Scrogg Bank to be used by the travellers this year, with much reported success, and without which we may all have been reflecting on a much more serious situation. Some loss of trade was undoubtedly experienced by our local traders, although again I believe that there are mixed feelings amongst them regarding the benefits or otherwise of serving the travelling community.

As I said initially, I attended the

public meeting in Garsdale because I was going to be away the following week when the drop-in sessions were to be held in Sedbergh. The overwhelming feeling at the meeting was that this year's event had proved to be a great success, thanks to the control measures which were put in place by the various organisations. We can all only hope for a repeat of this year's success story in 2011 and in subsequent years, and that the genuine, non-trouble making travelling fraternity feel the same way about the situation as do those responsible for putting these measures in place.

Colin Cowperthwaite

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FREEMASONRY

Celebrates 150 years Birthday

On Saturday evening 19th June the Masonic Province of Cumberland and Westmorland celebrated its 150th anniversary by presenting cheques to 11 Cumbrian charities at a Presentation Evening in Carlisle.

Speaking at the event, The Right Worshipful Provincial Grand Master Bro. Norman James Thompson explained that "over the last 14 months the Brethren and their families of the Province have been raising funds at various social events to enable Cumberland and Westmorland Freemasons to mark the occasion by supporting local

charities within their own communities. A magnificent total exceeding £70.000 has been accumulated, most of which will be presented this evening to Charities chosen by groups of Lodges in their own areas". Rt. Worshipful Bro. Thompson also said "I am immensely proud of the good work Masons and their families do in support of Freemasonry and their local communities".

The 6 Group Chairmen introduced and presented cheques to the various charities nominated by their group. The charities who received funds at the event all spoke of the work they do and the difference that these donations will make to the people whom they support. Charity representatives were truly surprised by the amounts of money donated to them. All thanked the Brethren of Cumberland and Westmorland for their efforts to raise these much needed funds.

Over the last few years Freemasonry has become much more open and has begun a process

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**GARSDALE
FUN DAY**

Saturday 21st August

Garsdale Village Hall
Free Entry from 2pm
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Barbecue at 4:30pm

of modernisation which is supported by the Provincial Grand Master, Norman J Thompson who is keen to highlight the work and support Freemasons offer to the wider community. In 2009 The Freemasons Grand Charity made grants totaling £2,928,900, including grants to the three Cumbrian Hospices, The Brathay Trust in Ambleside, The Great North Air Ambulance, The Calvert Trust in Keswick and many other non-Masonic charities and good causes. Many individual Lodges also made donations to support local needs in hospitals and medical care, schools, youth organisations and many other community based projects.

A little Known fact is that Freemasonry is second only to the National Lottery in its funding and support of charitable organisations and good causes as well as the untold community work carried out by its many members. In years gone by very little has been published or made public, this is now changing.

Freemasonry in Cumbria is well

supported and wide spread with members from all walks of life who wish to make a contribution to their local area and community as well as enjoying their Masonic life.

The South Westmorland Group, which includes Members from Sedbergh, presented cheques to the South Lakeland Hydrotherapy Trust of £8,500 and the Kendal Mountain Rescue Team of £2,500.

A total of £55,000 was given to other Charities in Cumbria.

If anyone is interested in learning more about Freemasonry in the area, please contact me.

*Dennis J Whicker
Group Information Officer*

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Was it a true circle? Or did it have flat spots? Could you even make the full movement comfortably? Poor posture, neck injuries, shoulder or back problems, repetitive movements, driving, pc/laptop use all tighten the muscles of the neck and reduce the movement available. Almost 50% of the movement in your neck comes from the joints between the base of the skull and the cervical spine – if the muscles here are tight, the rest of the spine has to compensate and we end up moving in ways which puts greater strain elsewhere in the body.

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SEDBERGH SCHOOL CHORAL SOCIETY

The new season begins on Monday, 13th September. This year we are singing the Chichester Psalms by Bernstein, Benedicite by Andrew Carter and the Durufle Requiem, possibly only two of these but John wants us to learn them all! We meet in Powell Hall, Sedbergh School at 6.25pm.

We are giving two performances as usual, one this time in Ripon Cathedral and one in Powell Hall on the 12th and 13th March 2011. Everyone who enjoys singing is very welcome, and do bring along



any friends. It will cost a bit more this year because the hiring of the books has gone up a lot. Do come and join us.

Please check in the September Lookaround for dates and times. This is because I have not been able to see John before he went away to verify them, but as far as I know they are correct.

Please note the first rehearsal begins at 6.10pm. If you need any further information, please contact Mrs. Lesley Alban at The Old Vicarage, behind Sedbergh Primary School, or telephone her on Sedbergh 20233.

St ANDREW'S CHURCH

News from the Pews



The last 'news' mentioned unknown numbers of feet that enter into St Andrew's Church. As I become more familiar with my 'job' I realize how many people are working behind the scenes keeping the church in good order and making it a lovely place to visit and worship. These are the unseen hands. The Visitors Book is full of compliments to this effect.

All the practical aspects of housework, or should it be "churchwork" are kept up by those who freely give of their time to sweep the floors, dust and polish, clean the brasses and keep those areas tidy which are not generally seen. A super team, who pop into church regularly ensuring the results of their

Employment opportunity for young people including school leavers at **Sedbergh Dental Practice** Cumbria Primary Care Trust are running a dental nurse cadet scheme commencing this September. This involves four days per week working at our training practice and attending college one day per week. Students will undertake an NVQ level 2/3 in Oral Health Care. Employment will last for two years at the end of which the applicant will be a qualified dental nurse. Interested? Either call in or phone Sed 20626 for more information.

labours look fresh for all the services, are the flower arrangers. The husband of one arranger generously grows flowers especially to be used in church, the blooms creating spectacular displays. The grass cutting is a labour of love, which takes up much time given by a small team of men. We also enjoy flowers flourishing in the garden borders thanks to dedicated hands, even working in the rain!

Two groups of young people meet in church on Fridays during term time. I recently had the privilege of watching the younger group, "Chameleons" working together in three small groups for a short time following

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which they performed a short enactment of the Bible story "Daniel in the Lions Den". Each group chose a part of the church to work in and give their performance. It was a joy to see how at home the children were in the church, how they made use of familiar objects, the pulpit, the pew runners, a chair tucked away in a corner, draught excluders, a wooden box and its mysterious contents and much more besides. The short performances told the story in much detail and with sincerity.

The second group, "BOF's", (Barrel of Fun, their own choice of name), meet up at 5pm and they do have fun together judging by the noise and laughter coming from the church

room. They also perform short plays written especially for them and sometimes ones they have written themselves.

Two christenings have taken place during Sunday morning services recently. Each time the church has been full with local young families. Again it has been good to see the children making themselves quite at home in church using the special area at the West End to play with the toys or use the colouring books provided.

The church is kept open daily for all to use and enjoy. It is a much-loved place of peace and beauty in the centre of a busy little town.

Susan Sharrocks

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Exhibitions: *Watercolour Skies: the Dales and Fells Collection*: original watercolours by **Alan Ingham**; **Containment**: woven textiles by Norah Ball; *Wildlife of the Dales*: colour photography by Simon Phillpotts; *The Jubilee Blankets* by the Lancs & Lakes Guild of Weavers, Spinner and Dyers.

Workshops: with **Jeanette Appleton**: Colour in Feltmaking (14/15 Aug) and Lines & Layers in Feltmaking (21/22 Aug) - see website for costs and details.

Weavers Café

Traditional Sunday Lunch: (12-3) 3 or 2 courses – groups welcome, booking strongly advisable on 015396 21159. **Lunchtime Special:** (12-2) soup & sandwich, £5.95 **Teatime Special:** (2-4) home-made cake and tea, £3.50

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DENTDALE METHODIST CHAPEL

Exciting times! The new heaters, given to the chapel, are being fitted as Lookaround goes to press, then re-plastering then re-decorating and then .. in Sept a wedding, the first for 29 years and on our Harvest weekend.

We shared some lovely Prayer, Praise & Testimony services in the course of just over a year, heard various people talking about how Jesus had come alive to them and how He had blessed them, we heard about one ladies experiences in Kenya and how another hopes to go to South America. The food was good as well and more fellowship was

shared over buffet suppers. These services were not everyones "cup of tea" and have come to a close at the chapel but are to take place in a home-setting in the village.

Our monthly coffee mornings, (3rd Sat) are proving to be a good meeting place and the well stocked cake stall always proves popular. In Sept it should possible to view the newly decorated chapel.

Details of services available on chapel notice boards.

SE Woof (25212)

SEDBERGH CDC UPDATE

Another year has gone round and we will soon be advertising our

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courses for the autumn in Sedbergh, Kendal and Kirkby Lonsdale. Like most organisations that receive government funding we are not entirely clear what the future holds but it looks as if our funding is secure for next year at least. In a recent article in the Guardian the skills minister John Hayes renewed his commitment to adult education saying "I will not rule out additional money for it.. I am absolutely committed to adult learning, as is David Cameron. We will make a bold case for it." Let's hope that remains the case!

We will again have a wide range of courses on offer and these will be advertised fully in the September Lookaround. We will also put our brochure in a number of shops, libraries etc around the area. Our website www.sedberghcdc.org.uk will be updated by early August.

There are many old favourites in our programme, such as George Handley's Italian classes and Janni Howker's Creative Writing course. We also have a number of exciting new courses on offer. These will include Reducing Energy Bills in Old

Houses organised by K-SET (the Killington Sustainable Energy Trust), The Chinese Way to Better Health with June Parker, and a new French course for people who have learnt the language in the past and who now wish to "resurrect" it.

Our range of outdoor is becoming popular. You can choose between low level and fell navigation, using a GPS, taking part in a mountain adventure weekend, and having a go at rock climbing.

Beginner and more advanced computing and digital photography courses will be available plus arts and crafts, family history and much more.

Our Sedbergh enrolment evening this year is on **Thursday 16th September** between 6 and 8pm. This will give you the opportunity to come and discuss which course is best for you. However you can ring us on **015396 21031**, email at admin@sedberghcdc.org.uk or visit us before then to book or make enquiries.

Have a good summer and see you in September!

Chris Wood

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Brough

Over twenty members of the society were treated to a tour of Church Brough and Market Brough led by Margaret Gowling on Wednesday 30th June.

We started our tour in Church Brough on the village green with its market cross and then made our way into the castle. Here our guide outlined the history of the manor and parish of Brough. We explored the considerable remaining ruins of the castle which was one that had been restored by Lady Anne Clifford. It had originally been built near the end of the twelfth century but the oldest surviving stone building, the keep,

dated from the reign of King Henry I. It had been in the hands of the Clifford family from 1290. Impressive though it was it had not been the first military fortification on that site. The Roman fort, Verteris, had been built there and had occupied an area three times greater being capable of holding about 500 men. There had also been a civilian site outside the fort.

We then made our way into the church where there were some Roman stones and displays outlining some historical aspects of the village. One unusual feature of the church was a very pronounced slope from east to west. The inhabitants of the village had to perform duties for the Lord of the Manor as part of their rent

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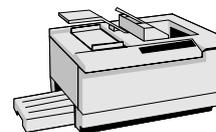
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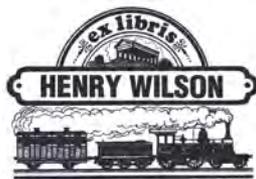
and this proved a handicap when another village was started to the north where the occupiers of the 25 tofts only had to pay a cash rent annually. As a result the market eventually moved from Church Brough to Market Brough.

We then walked towards the latter and crossed a bridge over the Augill Beck near where a mill had once stood. We then went under the modern A66 and into Market Brough. The old road went through the village and its route had been made into a turnpike road in 1743, quite an early age for these. As a result the prosperity of the village had improved due to the mining and quarrying that the improved road had made

economically viable. One of the coach inns was the Castle Hotel which was named that in 1820 having previously been the Golden Fleece. We wandered along streets and roads following the Swindale Beck and encountered the sites of three other mills. The peace of these roads contrasted with the noise that we had noticed near the A66. Both Brougs eventually lost importance due to the rise of nearby Kirkby Stephen.

After our exertions in the warm weather we returned to the cafe near the castle where we enjoyed ice creams and drinks with our guide whom we thanked for a most enjoyable and instructive visit.

Richard Cann



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BOOKWORM

'What I have been reading this month'
A death in Tuscany by Michele Giuttari (Crime)

Florence. A young girl appears to have died of an overdose. However delving further reveals a complicated plot involving Albanian gangs, drug trafficking, murder and underworld crime - all features of contemporary policing in cosmopolitan cities.

Exciting, clever, authentic this is page turning crime fiction that draws you into Italian life from that first hot August morning when it all began.

Fred and Edie by Jill Dawson by Jill Dawson (Fiction)

Edith Thompson (27) and Frederick Bywater (20) were hanged on 9th January 1923 for the murder of Percy Thompson (Edie's husband). Jill Dawson re works the documentary evidence of newspaper reports and letters into a captivating and poignant

novel. The theme is haunting and makes one realise the changes that have occurred during the last 100 years in the criminal justice system, attitudes to women and their legal rights. If the trial were to take place today, Edie would not have been hanged.

The best years of their lives - Kennedy, Johnson and Nixon 1948' by Lance Morrow (history/politics)

1948 was the seedbed of these 3 men's political futures and the commencement of a decade of immense change. They were then 3 ambitious young congressmen who with some startling coincidences would go on to alter the course of American politics. I found this an engrossing and enlightening perspective on the backgrounds and psychological make up of these 3 presidents and events of the time.

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country."

Afterwards we all went to a nearby pub where over 300 Slovenians living in London gathered to watch the world cup match against England accompanied by wild waving of Slovenian flags and the singing of Slovenian football chants.

Several Slovenians I met during the day will be visiting Sedbergh during the summer not just because it is one of the few places in Britain where people speak Slovenian and where their country is not confused with Slovakia, but to provide a welcome relief from the stresses of living in London.

SLOVENIAN EMBASSY VISIT

The Slovenian ambassador, His Excellency Iztok Jarc, made a very brief visit to Sedbergh in April en route from Edinburgh to London. He had lunch with an entourage of Embassy officials and Sedbergh residents at the Cross Keys in Cautley where a hastily erected banner reading "A warm welcome to our friends from Slovenia" greeted him.

The compliment was repaid when a Sedbergh town twinning representative visited the Slovenian embassy reception in London to celebrate Slovenia National day on June 23rd.

"It was wonderful," said town twinning cultural coordinator David Burbidge. "I was made very welcome and it showed that Sedbergh is very much on the international map. I talked with various Ambassadors and Charge d'Affairs from different embassies such as Iran, Turkey and Croatia who all knew about our twinning, as well as many people from Slovenia who were very excited by Sedbergh's connection with their

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On 23rd August, a Road Trip will be setting off on a 'Help for Heroes Road Trip'. We aim to complete 5 miles per soldier, sailor or airman that have unfortunately lost their lives in Afghanistan.

The trip is going to take place over 4 days and we will be setting off from the Dutch/German border and aim to reach the Stelvio National Park in Northern Italy before completing the return trip. I will be driving one of the vehicles of which I am very proud to be able to help my fallen friends and work colleagues.

With your help we can make a difference to those members of the forces that have returned from Operational Tours with injuries and

aid them in their rehabilitation.

For more information on Help for Heroes, please go to:
www.helpforheroes.org.uk or
<http://www.justgiving.com/helpforheroes-roadtrip-2010>.

A big thank you to everyone that has sponsored so far and for those who intend to do so. Please contact Sandra Longlands if you wish to complete a Sponsor Form.

Bill Longlands

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KILLINGTON WI

I know that you just can't wait for the next instalment----quite like Dick Barton-----!!

By the time the day of the Tea Party came, the weather had cooled down considerably from our June heat wave and there was a sneaky wind whistling round. However, it had not rained much for several days so the Rawthey was not a raging torrent. The maximum temperature of the day was 66F (19C), but by 3 o'clock, it was somewhat cooler. I can't exactly remember how the promise to swim in the river started, but it has been in existence for several years. I think that one year we had a really hot day

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for our Tea Party and I remarked that if I had had my 'cossie' with me, then I would have taken a dip. It has been a standing joke ever since. Hence, my remark last month about the 'BIG SPLASH'.

Now, anyone who has ever seen me getting into the sea, river, or a swimming pool, knows that I am one of the world's worst ditherers. One toe in, a few screams and then run away.

But once I am in, I love it. So I reckoned that this was the time to bite the bullet! I marched smartly down the stone steps from our President's terrace to the dub below, and one, two, three steps, and SPLASH!! Immersion had occurred, to the surprise of all present. Mind you it was the briefest of swims, but I felt great afterwards. I was offered a brandy, but declined. So now that is over, Done, Dead, Buried, and no more jests. The following day, for interest, I took a thermometer down to the river and measured the water temperature at 60F (15C).

As usual our tea party was a sociable and most relaxing occasion.

Thank you, Shirley, for your generous hospitality, and thanks to your helpers who provided us with a luscious 'afternoon tea'.

June 24th had found us on our Garden Outing, this time to Summerdale House, tucked away off the A 65 at Nook. Here the family took over a derelict house and garden 14 years ago, and have transformed it into a beautiful and varied garden. There are all sorts of nooks and crannies, herbaceous borders, a gravel garden, a spring garden, several ponds, a bog garden, woodland glades, a knot garden, and many other interesting features. Add to this a nursery selling choice home grown plants, and super teas. What more could one want? The company of good friends, of course.

Now this particular group of 'good friends', will not meet again until 14th September. Then we shall assemble at the People's Hall, at 2-00pm, to enjoy a presentation from Wendy Cooke, entitled, "Something I made earlier". Blue Peter, here we come. Do join us if you are at a loose end.

W.F.U.

FAMILY MUSINGS

Hubby commented "all on top and nought much down below" and I thought he obviously doesn't mean me then and then realised he was referring to our potato bed! The spuds are coming into flower and seem to grow higher each day, the Beans and peas and cabbages and broccoli are coming on well as are the Caterpillars although a recent visitor hunted them out for me even though she was not really dressed for gardening. The Radish were lovely but we didn't keep up and I have cooked a couple as beetroot, an interesting experiment I might not repeat. This year due to extensive netting the birds haven't feasted on the Raspberries but picking them is something of a difficulty, juicy Strawberries complete the kitchen garden along with the promise of Tomatoes in the greenhouse.

Blueberries are ripening as are Blackcurrants in fits and starts and I think we got a couple dozen Gooseberries, one apple is growing on the tree, we are heading for the "Good Life" just need Margo! (You need to be of a certain age to understand that!) Some people pay a lot of money to create a 'wild area' in their garden, we have various all for free.

Henry has got a wife! Henry is an Indian Runner Duck who emigrated up here from Warwickshire and joined a flock of an animal whose name I cannot spell, initials G Fowl, so might we soon have the waddle of tiny feet? Henry pecks the sheepdog and has been known to sleep in the kennel,

hopefully Mrs Duck is very accommodating. As is the dog. Meantime an eve walk around the village saw Mitts, our cat, accompany us all the way ..until we crossed the Ghyl, she meowed and cried, we could hear her as we went down Fothergill field, hubby reassured me she would be at home when we got back. She wasn't. Nor was she at the Hall or the top of the Green but she was sat by the bridge, tail around her paws watching where I had gone from her view. After a loving reunion I carried her to the Green before letting her follow us home. Now, somewhere we have a cat collar and lead ..

Do enjoy the lighter side of life!

Sarah



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U R C ROOMS

Many thanks to all the users of the URC Rooms over the past months as building work has been underway.

By the time you read this we should just have some decorating and carpeting to put in place and all will be finished. The redevelopment of the community rooms has been a focus for the church for a number of years and finally we will have access that is

safer and easier, a fully accessible toilet and baby change as well as a more contemporary colour scheme. The work has been made possible through many local bodies, all of whom we will thank in a permanent way at our 'official' opening. We really are very lucky in Sedbergh to have such supportive groups.

Our hope is that with these new facilities more and more people will be able to use the building for meetings, parties and for the regular coffee mornings. If you have never been in and would like to have a look sometime please contact Carole on the numbers below to arrange a visit.

We are going to have our official opening as part of the Harvest Celebrations over the weekend of 15th-17th October. With the ribbon cutting, cake eating type event on the 17th after the evening service. All are welcome and invites will be going out soon.

Carole is now back from her Maternity Leave and is available most Wednesday and Thursday mornings in the Church office. Carole's number is 22030 though 07890 650545 is more direct during office hours. Carole can be contacted any time but please be patient if she doesn't reply immediately, she will as soon as she is able. Carole's email address is carole.marsden@urc.org.uk once again please be patient as she can only check this a few times a week at the moment. Technology don't we just love it!

Carole would like to thank the Elders who have steered the church admirably over the past 6 months,

amidst many hard decisions and much cleaning!

We'll keep you posted on developments and look forward to sharing our new facilities with you over the coming years. We have yet to decide who gets to 'christen' the new facilities ... any volunteers get in touch!
Carole Marsden

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KIRKBY LONSDALE CHORAL SOCIETY

A reminder for new members and old friends that rehearsals begin on Thursday 9 September at 7.15 for 7.30 pm in the Queen Elizabeth School. (Please ring Rosie on 71068 for directions)

We shall start work on one of Vivaldi's most stunning masterpieces: the *Gloria*, a work of rich contrasts and mood opposites - joyful/dark, playful/majestic, personal/universal- greatly loved for these almost theatrical qualities.

Later there will be carols from the Oxford Book, possibly the most famous and complete of all carol collections, greatly respected for being edited by Ralph Vaughan Williams and friends.

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For more information, please tel: Lavinia
Mahon on 015396 21740 or
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PEPPERPOT CLUB

Another Pepperpot Workshop on
Saturday 11th September.

Following the enjoyable Orchestra
Workshop Day at Settlebeck in
February, and the consequent
formation of Sedbergh
Festival Players who took
part in the Pepperpot
Coffee Concert during the
Music Festival, Sedbergh
Pepperpot Club is
organising another

Workshop Day on Saturday
September 11th, this time in the
People's Hall with Peter Crompton
wielding the baton. Peter teaches at
Queen Katherine School in Kendal.
He already runs a Saturday morning
orchestra for youngsters at QKS
(though not on the Workshop date!)
which means a lot of mileage for
those from Sedbergh. The orchestra
has a lot of takers who happily give
up their Saturday mornings. Peter is
also popular with Cobwebbers.

On the day, coffee etc will be
available from 11 o'clock and the
playing will begin only at 11.30, to
give brass players of orchestral



instruments the chance to join in as
well. The morning session will go on
until about 1 o'clock - please bring
your own picnic lunch - and playing
will resume at 1.45. Friends and
relatives are invited to come along for
a cup of tea with the players at about
3.15 and then listen to a play-through
of some of the pieces explored in the
sessions.

You will find details of the Workshop
advertised elsewhere in *Lookaround*.

If you think that you might be
interested in taking part in the
Workshop and want to know more or
would like to have a booking form,
please telephone Donald or Shirley
Smith (015396 21196) or email
(yantethera@aol.com).

*If you cannot come to the
whole day, it may be
possible to take part in just
the morning or the
afternoon session.*

Booking Forms should be
returned to Yan Tethera, Queen's
Drive, Sedbergh LA10 5DP as soon
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We look forward to hearing from you
soon.
Shirley Smith

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COMPUTER SCAM

A word of warning to a Scam with respect to computers.

The format is you would receive a phone call from someone saying he represents Microsoft and that it has come to his attention that you have numerous errors on your computer and if these are not corrected then your computer could become unusable.

He would give his name and phone number and suggest that you log onto a particular website. If you go onto this website then your computer would be taken over by him for at least half an hour during which time all your details could be accessed.

After the half hour you would be asked to make a payment of £185 so that your computer could be kept clean in future.

There is nothing wrong with your computer. The errors listed do not harm your computer. Get rid of the phone call or phone calls as these people can be persistent.

The whole issue of this Scam has been covered by The Guardian Newspaper on 19th July and can be accessed at <http://www.guardian.co.uk/world/2010/jul/18/phone-scam-india-call-centres>.

CHURCHES TOGETHER

Following on from the popular Holiday Club at the end of July, the next event organised by Churches Together will be a Summer Charity Treasure Hunt. This has been organised in order to raise awareness and much needed funds for the charity Hope HIV. This charity works

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in sub-Saharan Africa supporting millions of children who have been orphaned or affected by aids. The charity was set up in 1997 by Phil and Wendy Wall following an encounter they had with a young African girl whose mother was dying of aids. Since then the charity has grown and grown and now helps some 50,000 vulnerable children and young people in Africa each year.

The treasure hunt will take place on Friday 13th August, starting on foot from Sedbergh Methodist Church. People are invited to arrive in pairs, families or teams between 6 and 8pm in order to give a staggered start. There will be prizes for the shortest times and the most correct answers. We are also challenging entrants to get sponsorship if they so wish and there will be an additional prize for the person who manages to raise the most money for this worthwhile cause. Alternatively, you can just pay an entry fee on the night - but where's the fun in that?! Light refreshments will be available afterwards in the Church Hall. Everyone is most welcome to attend and we hope to see you there. *Ben Maunder*

AUGUST GARDENING

One look around my garden this year, shows that the wonderful warm weather in May and June, has produced some very good growth on all of my annual and bedding plants. Many of these are so familiar to us in our borders and pots, that we forget their origins, but a quick check on my plants has revealed their international roots (sorry!), from temperate to tropical and from continent to continent.

Busy Lizzies (*Impatiens walleriana*) seem to cope with almost any garden site and are often planted in shady spots. They are actually from tropical East Africa where they grow as perennials. Another perennial, this time from South Africa, is our hanging basket favourite, *Lobelia erinus*. Petunias and *Nicotiana* (both members of the Tomato family) are also from the tropics, this time from South America.

Every year, Opium poppies in a delightful variety of colours, seed themselves and pop up in unexpected places, in border and vegetable garden. Knowing a little of the history of opium I assumed that these annuals are natives of Asia. I am most surprised to find that they probably originated in SW Europe and that they have been cultivated in this country since the Bronze Age.

Candytuft, *Nigella*, *Lavatera*, Mignonette and Stocks all hail from the Mediterranean region where they grow in open ground in dry sunny places whereas annual Asters come

from China where they have been in cultivation for at least 2000 years.

With these origins, it is no wonder that my annuals have been revelling in the warm sunshine. As I write this, (St Swithin's Day) there has been rain on and off for the last week so perhaps the "heat wave" has ended. I wonder what my tropical flowers will think of that.

Elaine Horne

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FOOD FOR THOUGHT

Motorists munch their way through almost 4,000 calories of food and drink a week while at the wheel, a recent survey has found.

As many as 56% of drivers tuck in while motoring, with chocolate and fizzy drinks the favourite fare.

Also, 38% said they had always eaten and drunk while driving, while 43% reckon snacking relieves boredom. The poll showed that 45% of motorists eat and drink on the go because they do not have time at home. A total of 15% of drivers admit to drinking their morning cup of tea or coffee in the car in order to extend

their lie-in, while ten per cent regularly juggle a sandwich with the steering wheel. A further ten per cent of Brits admit to driving frequently with one hand inside a packet of crisps.

The survey was by Kia Motors. Their UK communications director Steve Kitson said: "While consuming food and drink at the wheel is not currently illegal, the law takes a very dim view of any activity that compromises a driver's focus on the road.

"It is much safer either to build in time before leaving home or to take a break during your journey. Trying to concentrate on the road ahead and stay vigilant of other motorists while eating and drinking inevitably compromises a driver's reaction time and focus."

"Sensible advice," said IAM Chief Examiner Peter Rodger.

"Some drivers have been prosecuted for driving without due care or not being in a position to have control of the car when eating at the wheel. If you feel the need to eat or drink, listen to your body – it needs a break, fluid or energy. De-hydration is very destructive - in this weather in particular, make sure you have plenty of fluid to drink – but not while you are driving."

From the IAM latest Newsletter.

SWIMMING CLUB

The club is happy to report another successful year of swimming in Sedbergh. Thanks, firstly, to our very efficient supporter Trish Woof who

maintains the First Aid box superbly so that we are always ready for everything! Thanks also to Sedbergh School for allowing us to use the pool and keep swimming locally instead of trailing off to distant pools.

The committee decided that in view of the disruptions (beyond our control) to pool users last year all lesson and session fees will be kept the same - no increases for the second year running! (Yearly membership £15, juniors £8, term of approx 9 lessons £18, session fees £2/£1.) This represents great value for money if compared with alternative courses so if you would like to become a member, or check out lessons for juniors, don't delay in September - enrolment nights are Tues 14th and Thurs 16th.

When attending enrolment please make sure you give us your email address so you can be quickly informed by Sedbergh School of any unplanned pool closures. Also, any other contact details and correct spelling of your child's name as you would wish it to appear on their certificate, as Rainbow awards will be held again this year to celebrate their achievements.

First time junior members need to be in Year 1 (or summer term of reception at the earliest).

Please phone 07752 748929 or kate574@btinternet.com if you need to discuss anything. All members/parents will be given a membership card with full details of planned sessions and lessons for the fridge door!

FARFIELD MILL

Events & Workshops

There are many events taking place at Farfield Mill over the next few months. All workshops are in the Education Room, unless otherwise stated, and run 10.30am-5pm.

Until Mon 31 Aug, 10.30am-5pm

KIDS HOLIDAY ACTIVITIES

Children's Craft Corner

Kids go all arty and create your own artwork – paper, card, crayons and glue supplied; just bring your ideas and have fun! Suitable for ages 3 and upwards (children must be accompanied by an adult).

Free with normal admission

Sun 8 to Sun 22 Aug

ARTIST IN RESIDENCE

Jeanette Appleton (felted textiles)

Jeanette will be 'in residence' in the Bainside Studio on Level 4, during which she will be running two, 2-day workshops for the public (see below). Her work will be displayed and on sale in the Loft Gallery from 25 August to 10 October.

Free with normal admission – open studio towards the end of each weekday

Sat 14 & Sun 15 Aug

WORKSHOP Colour in Felt Making (beginners), with Jeanette Appleton

Discover the qualities of colour and design at each stage, then develop ideas for artworks, fashion or interiors; suitable for those who wish to develop their understanding of

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Saturday and Sunday from 12 noon

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<p><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><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><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><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><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><u>Rice Dishes</u></p> <p>Chilli £7.39 Chicken Tikka Masala £7.99</p> <p><u>Salads</u></p> <p>Ploughman's Lunch £6.20 Cold Meat Salad & Roll & Butter £6.99 Prawn & Rice Salad £6.99</p> <p><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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colour through the felting process.

£150 (£135 concessions & Friends of Farfield)

Sat 21 & Sun 22 Aug

WORKSHOP Lines & Layers in Felt Making (advanced), with Jeanette Appleton

Heighten your perception of the various marks and pattern qualities in lines and layers, enjoying the surprising ways in which the felting technique transforms fabric and threads within different thicknesses of wool; suitable for those who have worked with felt and wish to develop a personal approach.

£150 (£135 concessions & Friends of Farfield)

Sat 11 & Sun 12 Sept, 10.30am-5pm

HERITAGE OPEN DAYS

FREE ENTRY all day, both days – lots to see, lots to do!

Fri 24 Sept, 6.30pm-7.30pm

Sat 25 Sept, 11am-12noon

ILLUSTRATED TALK

Allegory, with Alice Kettle

Alice talks about her aspirations behind the exhibition, *Allegory* (opening in the Howgill Gallery on 25 September), her response to the theme of allegory, and the particular issues involved in working collaboratively on an exhibition project.

£7.50 (£5 concessions & Friends of Farfield) including entry to the

exhibition preview on Friday, or the Centre on Saturday

Fri 24 Sept, 7.30pm-8.15pm

CANDLELIT SUPPER

in Weavers Café

Treat yourself to a delicious candlelit buffet supper in Weavers Café at Farfield Mill with your friends and family. £15 per head for two courses, plus coffee and mints – booking essential on 015396 21159.

Exhibitions

(all exhibitions are free with normal admission and open 10.30am-5pm)

Until Sun 22 Aug, in the Loft Gallery

Simon Phillpotts

Wildlife of the Dales

Simon is a wildlife photographer who lives and works within the

Yorkshire Dales National Park – a beautiful and unique location, but the scale of the landscape means that the wildlife is often overlooked; Simon's colour photographs depict the wide range of habitats and species in the area.

Until Sun 5 Sept, in the Stairwell

Lancs & Lakes Guild of WSD

Jubilee Blankets

Two blankets – one knitted and one woven – produced from carded fleece for display throughout 2010, then auctioned to raise funds for St John's Hospice. The woven blanket is made of three strips using a handloom shared between members, plus a second handloom and floor loom based a Farfield Mill.

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Until Mon 30 Aug, in the Dover Gallery & 2K

Norah Ball

Containment

Inspired by wrapped objects and their links to faraway places, Norah Ball has explored woven, printed and mixed-media techniques to capture her thoughts and ideas in this, her first solo exhibition.

Until Sun 19 Sept, in the Howgill Gallery

Alan Ingham

Watercolour Skies: the Dales and Fells Collection

The first opportunity in over 10 years to view a collection of original artworks by this acclaimed watercolour artist – voted in a 2005 BBC poll ‘the 3rd most popular artist behind only Sir Russell Flint’; featuring around 30 works from Alan’s ‘Fells and Dales Collection’, which includes numerous well-known scenes and landscapes from the Cumbrian fells and Yorkshire dales.

Wed 25 Aug to Sun 10 Oct, in the Loft Gallery

Jeanette Appleton

Residency Work

Work (felted textiles) produced during Jeanette’s 2010 and 2008 residencies at Farfield Mill.

Sat 11 Sept to Sun 14 Nov, in the Stairwell

Cas Holmes

Traces

Found materials gathered in India combined with donated silks, fabric and paper from the UK, and re-assembled by Cas into large wall hangings which explore the cultural

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links between Indian art and decoration, and those of her own Romany heritage, through the use of colour, pattern and image.

Sat 4 Sept to Sun 3 Oct, in the Dover & 2K

Emerging Talent 2010

Another in the Farfield Mill series celebrating the newest, hottest talent to emerge from the universities and art schools of the North West.

Sat 25 Sept to Sun 14 Nov, in the Howgill Gallery

Alice Kettle – Allegory

Alice Kettle’s keenly anticipated new exhibition reflects an abiding interest in the way that narrative can be expressed through the medium of machine-worked textiles – and features her trademark free machine embroidery, both in large wall hangings and in a series of private and symbolic three-dimensional works.

Elizabeth Eaton

JUNE WEATHER

Another month dominated by the dry weather. In fact on only 6 days did we measure any rain and this included yet another official drought of 14 days without rain. Temperatures were generally above the seasonal averages. Half the month had maxima in the mid to upper 70sF with a high of 82F. The minimum temperature for the month was 37.8F. On the same day, 15th of the month, the maximum was 78.2F a staggering difference of 40.4F!! Again, unusually for a month with fairly high pressure, it was breezy with a high of 25.3mph and on all but 8 days from a west or north-westerly direction. Again this is rather unusual as when pressure is high the wind is more likely to be easterly

Events were dominated by the lack of rain. Yes it did allow some farmers to get either hay or silage but I suspect with a very much reduced crop. At least they have got some winter feed in. I have used some hay this month to supplement what grass is available. One off-shoot of the dry weather has been that the sheep droppings have simply dried up without decomposing littering the grass. Trying to keep a patch of mud during the dry weather for nesting birds paid dividends when the swallows duly nested in one of our kennels. The hen laid a solitary egg on the 6th June and although the birds roost in the kennel each night no further development has taken place as yet! Bats are busy most nights. Wasps are attempting to nest

and can be heard chewing wood on various doors around the place. Butterflies are very few in numbers so far. It would seem that the long cold spell in winter reduced the hibernating ones significantly. We had the first hedgehog in the garden for years. Unfortunately it got itself in a trap but a day's observation and half a tin of cat meat it scuttled off after dark none the worse for its experience. I've only seen droppings around the garden since. The dawn chorus has literally been hi-jacked by jackdaws. They have had such a successful breeding season that regularly we have 20+ feeding in the chicken run, on the bird feeders, sheep troughs etc. Any goose egg or duck egg laid on the floor and not well hidden is quickly smashed and eaten!!



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*Pat Bainbridge
Christine Glyn*

CANCER SELF SUPPORT GROUP

"Cancer is like getting a TV without the instructions" Our Aim is to provide the instructions through self help.

This is an ad-hoc self support group that three of us, who are suffering from cancer have recently set up. The aim is to swap experiences and learn how we can improve the quality of our life.

Our initial focus has been on diet and we have recently had several meetings, where this has been one of the main topics. It is planned to now open up the group to new members.

If you are interested in participating and would like to attend one of our meetings, which are held at Gladstone House, don't hesitate to contact us. None of us can of course, given our circumstances, guarantee to attend every meeting, but we can be kept informed by preferably e-mail or if not by phone or mail.

Please note that the group is open to Carers, interested parties as well as cancer sufferers

Please contact Syd McLennan
e-mail: mclennans@toucansurf.com
or phone 015396 21898 or John Kendall

e-mail: yoglass@homecall.co.uk or
phone 015396 20712 SM

FIRE IN MORECAMBE

The co-ordinator of Mission Morecambe was given these words, "Revival is coming to the North West and the fire is going to start in Morecambe, and go out from town to town & village to village".

There was defiantly fire in Morecambe at the Mission on me

18th, 19th & 20th June and the week leading up to it, many different churches and denominations worked together for the mission. People of all ages came to a personal realisation of Jesus, many were healed and others filled with the Holy Spirit.

The main speaker was Davey Falcus, who was a notorious gangster and heroin dealer working with crime families of Newcastle's "West End", after blowing fortunes on drink, drugs and high living he became totally unstable until he met Jesus at the age of 29, his life was completely transformed.

You don't need to be a criminal to need Jesus in your life we all need Jesus, God created us with a soul that only He can fill. (Deuteronomy Ch 4 verse 29). We try to fill our lives with many things but only Jesus can give us true satisfaction and peace in our souls, we can know about Jesus, read the Bible, go to church we can even do a theology course but we need to know Jesus within us through a personal relationship.

Further information, contact John Woof. Dent 25212. JW



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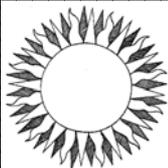
SEDBERGH MUSIC FESTIVAL

The year 2000 was a pretty remarkable year in this town. Sedbergh saw an explosion of home-grown community culture.

The 5hr Millennium Mystery Play cycle at the now destroyed but much-lamented Auction Mart involved some 200 actors from every walk of life, drew in actors from every local school, with technicians, designers, musicians, props teams from Sedbergh, Dent, Garsdale, Ravenstonedale and all manner of other communities roundabout. The plays were written and directed entirely locally.

And in that very same year, the Parish Church likewise had the

courage to mount a Music Festival. Deryck Cox and a small team worked tirelessly to raise funds, spur on local musicians, and eventually put together an intriguing mix of chamber, choral, solo performers, with strands of jazz and blues, and a dedicated team to prepare and cook excellent meals. Nothing comparable in the musical life of the community had ever been attempted before. And the people came. The St Andrew's Sedbergh Music Festival was born. A decade on, last June, we wrapped up the sixth of such Music Festivals comprising a mix just as engaging, just as indigenous, but with a leavening of world class performers to add allure and extend the



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Health practitioners in the local area

boundaries of what was feasible in a small dales community. Tony Reed Screen, with Deryck Cox's invaluable know-how to hand and the blessing of the parish authorities, headed up a team of equally enthusiastic music lovers. He had written and cajoled, phoned and emailed over a two year period, and on June 4th this year, an even more ambitious menu was set before us.

What did we get? Choirs from Sedbergh, Ulverston, Dalston, Kendal with a huge variety of music, the Sedbergh Town Bands Junior and Senior, Westmorland Youth Orchestra, Julian Cann's various ensembles, cellos a-plenty, hilarious four-handed piano delights, stunning Bach partitas, the wickedly satirical 'Summer Sunday', Pepperpot and the Sedbergh Festival Players – and they all came from less than a twenty or so mile radius. Add on a clutch of awesomely talented but tiny young players from Chet's, three celebrity singers of international repute, a Yorkshire cathedral choir, a gigantic American organist who actually brought his own instrument, then spark that all up with by common consent one of the outstanding events of the entire series with the weirdly wonderful 'Over the Hills and Far Away' evening organised by Roger and Judith Bush, plus the astonishing Cornucopia and Friday Recorder Consort, the Cautley Carollers introducing us to ancient sounds, early music, fine harmony singing – all from musicians who live and work in this town. The food was even better than last time, the

audiences bigger, the sense of slightly surprised and dazed achievement greater.

What next? Because there will most certainly be a next. Plans are already afoot. Maybe local schools coming together for a night of blues and big bands, maybe a return visit to the fine acoustic of the parish church by the Sedbergh Town Band, all built round the core of the great classical repertoire from talented local players of all ages, laced perhaps with late night live jazz, and who knows what 'names' to quicken the pulse. Between now and then, we are hoping to put on appetisers over the winter of 2010/11, and on through 2011, make St Andrew's the natural, accessible home for all manner of local music making.

2012 will be the spectacular Olympic year. Our festival will have to be conducted against the certainty of financially austere times. Nevertheless, Sedbergh is resourceful, has gifted performers, and an audience that knows it will be entertained and fed on a fine scale in June 2012. Gold medals? Of course.

Stuart Manger



SEDBERGH YOUNG FARMERS

Sedbergh Young Farmers Girls Tug of War Team, following their success at District Field Day, achieved the honour of representing Cumbria at the Northern Area Field Day, this year held at Clitheroe Auction Mart. Our team of 8 girls were pitched against the best teams from Lancashire, Yorkshire, Northumberland, County Durham and the Isle of Man.

After never losing an End in the heats and semi-final, we faced our biggest competition in the Final of Caldervale Young Farmers, with a fight, Sedbergh were crowned the Northern Area Champions on behalf of Cumbria YFC. Next we shall be competing at Royal Berkshire Show

on Sunday 19th September, this is what we call National Level and we shall be pitched against the best teams in the whole of England & Wales.

All this in writing does sound very easy, but we have been a very determined bunch of girls. We start training as soon as the clocks change in March, twice a week. Andrew Rowlinson (AKA Rowli) our team coach, makes us work hard by pulling a barrel full of stone and tractor weights up and down, trying to perfect our technique and also to make us fitter, increasing our stamina levels for the Competitions. Our team of girls consists of Emma Rowlinson, Claire Capstick, Shelly Bentham,

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Clare Wilson, Joanna Shuttleworth, Joanne Bentham, Sam Shuttleworth & Yvonne Capstick . We all have our role on the rope, and needless to say Rowli makes sure that we are all doing that!

As you can see from the above it is not just the case of standing by a rope and pulling it, we have developed as a team and therefore all work together, it's best to pull as a team than just one person trying to do all the work! There are a few rules which we have to abide by to compete, for a start the whole team has to weigh under 580kgs! (something which we have struggled with, but through a bit of determination have always managed to reach at competitions). All girls must wear matching tops and shorts. Our boots are one of the most important parts of our kit, giving you grip and support when competing but these are even inspected on the day. We have our boots plated on the heel so that we can get a good stamp and dig in on that first shout of 'take the strain' but rules mean that no metal can come forward of the heel. The soles of the boot must be completely smooth.

I am in my last year of Young Farmers and I can safely say that the organisation has presented me with many opportunities and life skills that I would never have taken part in or achieved if I was not a member. It presents young people with a social life like no other and the opportunity to travel to different places having great fun. The lasses of Sedbergh

Young Farmers were very enthusiastic as soon as Ladies Tug of War was introduced and being part of a winning team makes you very proud to be a Young Farmer!

If you are aged between 10 and 26 you can become a member of Young Farmers, you don't have to own a pair of wellies to be a member and everyone is welcome!

Yvonne Capstick



In the picture, we have:-
 Back Row (l-r) – Rowli (Team Coach), Yvonne Capstick, Joanna Shuttleworth, Sam Shuttleworth, Joanne Bentham
 Front Row (l-r) – Emma Rowlinson, Claire Capstick, Shelly Bentham, Clare Wilson

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Uldale Farm Walk

Many people do not realise that there is nothing truly "natural" left in Britain today.

Every component of the country's wildlife has been modified over the ages by Man's gradually increasing influence over the environment. Broadly speaking, this means that rural Britain is FARMED. Most of Cumbria does not lend itself to intensive agriculture so semi-natural plant and animal communities prevail in much of Cumbria's land. It is therefore important that nature conservationists should be familiar with farming practice and how these interact with wildlife communities.

It was against this background that we asked Harry Hutchinson, who has farmed at Uldale, near Ravenstonedale, for 27 years, to lead a walk over his land; he was assisted by John Mounsey a well known all round naturalist.

Uldale is typical of Pennine Fell Farms, with meadows and pasture round the steading and rough grazing allotments beyond, in this case on the middle slopes of Swarth Fell. The common rights attached to the farm lie across the headwaters of the Rawthey on Baugh Fell. Uldale House itself stands at 1,000 feet above sea level and the land, on glacial drift and peat, is mainly wet and acid. This makes farming more

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difficult than it is on drier and more limey land. The Hutchinsons farm on traditional lines with a flock of Swaledale sheep of high quality – witness the prizes they won at the Royal Highland Show this year. Only a few of the ewes are crossed with blue-faced Leicester tups to produce commercially valuable male offspring. To buy the best sires for Swaledale sheep is now so expensive that farmers sometime get together to buy one tup using it first on one farm and then another. The cattle of Uldale are of the beef breeds Blonde d'Aquitaine and Belgian Blue, but Harry said that if he were starting now he would probably choose Aberdeen Angus cattle. He gave a general account of current economic difficulties facing hill farmers, where the nature of the land limits management choice. He does have a “side-line” in that he breeds and trains sheepdogs. This is an important service since a good sheepdog is a vital member of the hill farm staff.

From a conservation point of view, the party noted, that in common with meadow land in much of the surrounding area, the Uldale meadows are not especially herb-rich, but they do have Common Sorrel and Marsh Marigold which are seeding now. There is virtually no heather on the Uldale rough grazing, or, indeed anywhere in the surrounding area. Probably this is due to over-grazing, encouraged by grants based on sheep headings payments which in turn encourage overstocking. However Heather is

now beginning to grow back on Baugh fell. Revival of heather is important, both as a community of high conservation value and as a staple winter feed for Swaledale sheep. Harry reported a good range of bird species, including birds of prey such as hen harriers, buzzards and kestrels. Black grouse, which were common 50 years ago, are now beginning to return, probably reflecting the success of the Black Grouse Recovery Project. The party was lucky to have John Mounsey to hand to identify several moths, including the Large Yellow Underwing, which is superabundant this year, and the Silver-ground Carpet Moth.

There was much discussion of all these matters during the walk and this was continued afterwards over tea, kindly provided by the Hutchinsons back at the steading.

Helga Frankland



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PREVENTION IS BETTER THAN CURE

According to Buddhist philosophy, old age, sickness and death are inevitable for all of us, so what is it, exactly, that we are trying to prevent?

Maybe instead we should be looking at what we are trying to preserve. Chinese medicine has a long tradition of methods for health preservation and longevity. I am hoping to pass on some of these methods at an evening class in the autumn at the CDC, entitled "The Chinese way to better health".

Many of the Chinese practices for better health are also part of our own traditional culture. The Chinese saying, "Take enough food at breakfast, less for supper and at night keep the stomach empty", equates with our own saying, "Breakfast like a king, lunch like a merchant and dine like a pauper". The Jewish version is "Breakfast alone, share lunch with a

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June M. Parker

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friend and give your dinner to your enemy".

One of the most important measures for health preservation is not to overtax the stomach. This means not overeating, not eating too much of any one type of food and eating only lightly in the evening.

There is some debate at the moment about whether food labels should use the "traffic light" system of communicating information about nutritional value, or whether a system of guideline daily allowances should be used. The debate about "traffic lights" versus daily recommended allowances really misses the point. If we want to be healthy we need to eat fresh food, not food in packets with labels.

I recently bought a packet of shelled almonds carrying the information that a "typical 25g portion" (about 10 nuts) contains the following percentages of

guideline daily amounts: calories 8%, sugar 1%, fat 20%, saturates 6% and salt <1%. The information that Chinese medicine would give you about the almonds is that they generally have a lubricating effect and can help, for example, with chronic dry constipation. Such foods are rich in nature and therefore not to be over-consumed.

This illustrates the difference between the modern scientific approach to nutrition and the traditional Chinese view that food has therapeutic properties. Modern science analyses food to see what nutrients it contains and thus deduces the effect it might have. The Chinese approach is to observe directly the effect of food on the body.

Tea drinking can be an important health aid. In ancient China green tea was held to increase the production of body fluids, stimulate the mind, help digestion, help weight reduction, relieve colds and ensure longevity. Modern chemical analysis shows it to contain substances which inhibit cancer cell growth. Statistical research has indicated that tea drinking can reduce hypertension and lower blood sugar.

Chinese medicine warns against both diseases of overwork and overstrain and against diseases of excessive comfort. The ideal is to maintain a harmonious balance of work, rest and exercise. Quite a lot of modern research has been done into the benefits of traditional Chinese forms of exercise such as Tai Chi and Qi Gong. These are flowing

movements focussing on the internal movements of the body, the spiralling of the muscles around the bones, the massage of the internal organs, moving in a unified and coordinated way. Balance, strength and flexibility are obvious benefits. Less obviously this type of exercise improves heart and lung function, increases bone density and improves immunity.

General guidelines for good health usually advocate moderation. There are more specific measures to be taken if an imbalance has arisen. It is possible to make a substantial improvement to health using the "six regulations" of posture, breath, diet, sleep, environment and movement.

June Parker

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THE BULL HOTEL

sold to J&G Inns Ltd

Expanding hotel group, J&G Inns Ltd., has just completed its latest acquisition, The Bull Hotel, Sedbergh.

Sedbergh is ideally located at the gateway of the Yorkshire Dales National Park and the Lake District, with beautiful views out towards the Howgills and some of Alfred Wainright's favourite walks. The Bull hotel, situated on Sedbergh Main Street, is only 5 miles from the M6, junction 37 and as well as offering an ideal base for ramblers and more dedicated walkers, it also offers a great opportunity for a stopover for those travelling on business.

The latest acquisition perfectly complements a fantastic property portfolio which includes Brackenrigg Inn, Ullswater, Warkworth House Hotel, near Alnwick Gardens, Northumberland and, more recently, The Lord Crewe Arms Hotel, Blanchland, bringing J&G Inns Ltd's properties to a total of four, in some of the most beautiful areas of northern England.

With a successful track record, spanning 15 years, in hotel management and strategic business development, J&G Inns will bring a new lease of life to the 14 bedroomed property.

Short term, the Bull will continue

trading through the summer months, before a scheduled two month closure in October and November, when the property will undergo a £250,000 refurbishment, opening again in time for the Christmas season. The distinct style and architectural features of the 17th Century property will be restored to their former glory, with the addition of modern facilities throughout the property. Attention will be primarily focused on the front of house, with the bar, restaurant and kitchens all receiving attention.

In the New Year, a further programme of refurbishment will see the improvement of the guest accommodation to a 3 star standard, in keeping with the other properties in the J&G Inns Ltd portfolio. The plan allows for at least half of the rooms to be completed for Easter 2011.

The reasoning behind the structured redevelopment of The Bull is twofold: firstly, to minimise disruption to our current guests and customers through the summer months, and secondly to enable visible changes to the setup at The Bull to take place so that local residents and customers can see and appreciate the improvements in the hotel.

Speaking of the latest addition to the group, J & G Inns Director Garry Smith explained: "We are delighted to welcome The Bull and its dedicated team of staff to the J&G Inns Group. The last few months have seen us really expand across the North of England, and the Bull is another



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property that it full of potential we aim to realise. On an operational level, we have installed one of our chefs from another property and along with our head chef from Brackenrigg; the two have implemented new menus available throughout the day. As we continue to invest and improve the facilities at The Bull, we will continue to provide more information and updates on progress to the local residents and our regular customers."

THE WRITE IDEA

Sedbergh Book Town has 'The Write Idea'

A selection of late summer book events will take place in Sedbergh Book Town, Cumbria, from 17th – 25th September. Brought together under the title of 'The Write Idea' the venue for all the events is the town's People's Hall and the series kicks off on Friday 17th September at 7.30pm when science writer Sue Armstrong looks at the hidden world of the pathologist and talks about her new book 'A Matter of Life and Death' which features interviews with leading crime pathologists.

On Saturday 18th at 10am there will be free Young Writers Workshop

tutored by poet & storyteller John Rice who has just completed two years as Scottish Arts Council's Poet-in-Residence in Glasgow. The workshop will run for two hours and the age range for participants is 10 – 16 years. Also on the Saturday, at 2pm, Professor Stephen Regan will introduce the new Bloodaxe edition of Basil Bunting's 'Briggflatts' with a talk followed by a showing of the Channel 4 film about Bunting made in 1982. Stephen Regan, Director of the Basil Bunting Centre for Modern Poetry at the University of Durham, will highlight the poet's strong association with Briggflatts, the hamlet that lies just outside Sedbergh, and its world-famous Quaker Meeting House.



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On Sunday 19th September, starting at 12 noon, there will be poetry readings in three of Sedbergh's Main Street cafes and on then Wednesday 22nd the award-winning Cumbria novelist, Sarah Hall, will be reading from and talking about her books. Sarah is the author of 'Haweswater', 'The Electric Michelangelo', 'The Carhullan Army' and 'How to Paint a Dead Man' which is her latest book. Her books have been shortlisted for the Man Booker Prize and she is regarded as one of the finest young novelists in the country.

'At the Water's Edge' is the latest book from Sir John Lister-Kaye regarded as "one of the finest nature writers in the English language. Sir John is also widely regarded as one the UK's leading naturalists and conservationists. He has served prominently in the RSPB, the Nature Conservancy Council, Scottish Natural Heritage and the Scottish Wildlife Trust. His illustrated presentation on Friday 24th September at 7.30pm will be based on his new book and will offer a lyrical hymn to the wildlife of Britain and a

powerful warning to respect and protect it.

Playwrights from across the region will welcome Stephanie Dale's Play Writing Workshop on Saturday 25th September from 11am to 4pm. Steph writes for stage, radio and creates large scale theatre that involves hundreds of people in a wide-ranging vision of community drama. The workshop is limited to 12 participants so early booking is strongly advised.

Full details are contained within the printed brochure, a copy of which, together with tickets for all events, is available (from early August) from the Sedbergh Tourist Information Centre, 72 Main Street, Sedbergh, Cumbria LA10 5AD. Tel: 01539 620125.

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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 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 of 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.

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



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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."

SOUTH LAKELAND SOCIETY FOR THE BLIND

Every year, the Society, which is based in Kendal and has many members in Sedbergh, has a Christmas Prize Draw where people can purchase the usual Raffle/Draw Tickets for 50 pence per ticket.

The Society is giving the opportunity for a business in Sedbergh to Sponsor the Draw and have their name and details printed on every ticket that is bought. The requested Sponsorship is £140. If you wish to support this worthy cause, please make contact with Jane Dodding on Kendal 01539 742633 or e-mail: jane@slsb.org.uk.

SEDBERGH AND DISTRICT COMMUNITY FUND

The Trustees of the Sedbergh and District Community Fund will next meet on 8th September to consider applications for grant aid for projects, activities and events which are of benefit to the community.

This is money raised by Clutterbooks and Clobber, the charity shop, as a result of your donations and support and the invaluable work of our team of volunteers.

For further details and an application form please contact the Community Office.

Applications to be submitted by 3rd September. Thank you all.



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SEDBERGH & DISTRICT HISTORY SOCIETY

Thorn's Hall

Not surprisingly, a large crowd gathered on the steps of Thorns Hall for the Society's visit. It is one of the oldest houses in Sedbergh and there has always been a certain amount of curiosity as to what it looked like inside.

The earliest documentary evidence is in some deeds beginning in 1534. In 1584 it was the home of John Mayer who was Master of Sedbergh School and it remained in the Mayer family for 100 years. Later it belonged to Posthumous Wharton, Master of Sedbergh School, who made extensive improvements and it is

believed some of the pupils were resident there. At the beginning of the 19 century it was bought by an erstwhile sea captain, William Findlay who brought back a black servant (who was not a slave!) and they had a daughter Maria who, on William's death, was left an annuity and a cottage. Since then it has been in private hands until being taken over as a country hotel.

We were met by Gemma who is the House Manager for HF Holidays. She had, very kindly, prepared some refreshment for us and then we were able to walk through the rooms downstairs admiring the wonderful Dent Marble fireplaces, the old oak panelling and the recently uncovered



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beams.

One group was taken upstairs to see the various bedrooms, quite a maze, and then an old dining room on the top floor. This had an interesting roof and had been, in earlier times, a hay loft.

The second group followed and then whilst they explored the outbuildings and the gardens, the first group went up Castlehaw to look at the old motte and bailey. Here Richard Cann explained that in the 11th century, Sedbergh had been a border town during the Scottish raids (the border not being far away, near Tebay) which resulted in the system of mottes along the Lune valley. He showed us the entrance, now securely fastened

up, of the nuclear bunker built in the 1960s. On top of the motte was once a wooden castle but any remains were destroyed when a Royal Observation post was positioned there during the WW2. Elspeth Griffiths showed us some photographs of the underground observation facilities.

We returned to Thorns Hall and wandered around the outbuildings, the stables, and old outdoor wash-place and the old chicken sheds, later used for growing mushrooms.

Richard thanked Gemma for her hospitality and presented her with a copy of the Sedbergh Historian 1999 which gives a fuller history of Thorns Hall.

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**NO NAME,
NO ADDRESS, NO BODY**

"Nobody is perfect, I am nobody"

Graffiti found in a German lift

One year "a friend" and I rented a cottage in Scotland, which had a telephone, which could receive calls, but not make any.

When relaxing one afternoon the 'phone rang and a man asked:

"Are you interested in time share?"

Having nothing to do I said: "Yes".

I then engaged him in a long conversation, asking all the right questions such as: "Where are they?"; "Are there any annual charges?"; "Can I swap for somewhere else?"; "Can I sell it?"; "What does it cost?" and so on.

Eventually, after about half a hour, we reached the point, where I asked for details to be sent to me. He then asked for my name. I replied, "I don't have a name."

"You don't have a name?" he responded.

"That's right," I said, "I know who I am, everyone else knows who I am, so I don't need a name!"

Keyboard noises over the 'phone and some audible sighing. Still thinking he had a sale, he then asked:

"OK. What is your address?"

"Ah," I replied, "I don't have an address."

"You don't have an address?" he spluttered.

"That's right," I said, "I know where I am, everyone else knows where I am, so I don't need an address!"

At this point "my friend" took pity on the man and told him politely where to put his time share and slapped the 'phone back on its rest.

Recently a "CC" wrote an article for *Lookaround* and I wanted to contact this person. Many articles in *Lookaround* are like this, no names, no details. In the last issue: who is "A.H.", "JL", G.B., "Sarah and John"? A passing bee told me who "W.F.U." is. Who writes "Family musings"?

Maybe our Editor would indicate, who writes what – perhaps on the Contents page, so that long established residents and newcomers alike know who they are, not just our own "Mikado".

Best wishes from, *A. Nobody.*
PS: A bottle of wine to the first person

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to identify and telephone me. Fellow committee members and friends excepted.

The issue of Anonymous names rose its head a few years ago and I have stressed ever since that names must and will go on all articles so that the author can be identified. Most people know who the authors are and the initials need not be explained. And yes, I know the author of this article which will be revealed next month. Alas, I don't think that I would qualify for the bottle of wine!!! Ed

SEDBERGH HEALTH CENTRE

will be closed for Training Purposes
on the following afternoons:-

No Session in August
Tuesday 21st September
Wednesday 20th October
Thursday 18th November
No Session in December



CUMBRIA WILDLIFE TRUST

Dippers

If you walk along the banks of any of our local rivers you will probably pass by a brown bird about the size of a blackbird with a white bib, perching on a stone above the water. This is the local breed of dipper. The birds hunt for their food in the rivers, walking or swimming under water and moving pebbles to dislodge insect larvae, their favourite prey. They are fiercely territorial birds, and can be seen at any time of the year, though they are apt to be less visible during

the summer moult. We have a particularly strong population in our area. White markings on stones in the river are a sign of their presence.

Dippers nest under river banks, or on bridge supports, building a small domed nest. The same nest site is often used year after year, and they may start breeding from February onwards. Although numbers have decreased a little over the past 40 years, there are still about 50 nesting pairs on local rivers and streams.

Numbers may have fallen as a result of lower water quality. However this has been a good year for the birds, with few of the usual problems of nests being overcome by floods.

Attention to the spreading of slurry, and care over the disposal of agricultural chemicals will help to maintain pure water. Also, changes to river banks and structures have resulted in the loss of some nest sites. For instance, birds like to nest on bridge supports where stones or bricks are missing. Some nesting ledges have been built where natural ones are not available. Careful restoration can leave suitable niches where nests might be built.

It would be a pity to lose these attractive birds, which are so characteristic of hilly western Britain. Their numbers and distribution are being monitored, and you may see coloured rings on their legs. These rings are fitted when the birds are about a week old and carry information about location and year of birth; they do not trouble the birds at all.

FROSTROW W.I.

They say life's too short to stuff mushrooms but it's certainly not too short to stuff vine leaves! We had a wonderful "foodie" evening when Gill Ioannou came to share recipes from her mother-in-law with us. We were expecting a talk, so we were very surprised when Gill produced food for us to sample! There was Gubebkya (stuffed vine leaves), Imam's Delight (aubergines), Pelavi (onions and bulgar wheat) and Kleftiko (slow cooked lamb). They were all delicious and we couldn't wait to learn how to make them. We adjourned to the kitchen where Gill had everything organised. She took us through each of the dishes in turn and made it look so easy! She reminded me of my mother who was a good cook but who never weighed or timed anything! Right! Demonstration over – time to get stuck in. Gill had provided the ingredients for us all to have a go at stuffing vine leaves. It wasn't quite as easy as it looked but I think our efforts were acceptable. By the way, thanks to Eileen who de-stalked the

QUIET DAY in the GARDEN

1 - 4pm Saturday 18th September 25212

"Rhumes", Dent

All Welcome

vine leaves! There was another culinary surprise with our cups of tea – Gill had brought some sweet treats, including yummy Paklava. It really was a delicious evening and we all received a recipe book (a real bonus for those of us with no memories!). Many thanks to Gill from all of us.

Anne Petyt and Linda Hopkins had taken part in the Star Walk in Kendal and raised the magnificent sum of £450 for cancer research. Well done to both of you. Some of our members had an enjoyable evening in Burneside where Caroline Eames talked about her work as a forensic scientist. Our June walk was led by June Mudd (how appropriate!). The weather was glorious as we walked the final section of the Dalesway from Staveley to Bowness. Once in Bowness we caught the bus to Windermere and stopped off at Lakeland for refreshment and the odd bit of retail therapy. From there we got the bus back to Staveley. June is to be congratulated on her superb timing with the buses!

Our next meeting will be on 4th August when Peter Stephenson will give a talk entitled "From Burnley to Hollywood". We meet at the Peoples Hall at 7.30pm and visitors will be made very welcome.



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DENTDALE METHODIST CHAPEL

Things are looking up! The Mission at Morecambe was a time of great blessing and closer to home new heaters are to be installed at the chapel, then re-decoration. A near-miss when one of the glass light shades fell to the floor led us to remove the others and replace with new shades. Our fund raising has a specific goal and purpose and thanks to all who support our events. Everyone wants money, we are also concerned with you and your problems and will help and/or pray where we can. We hope to "lighten" the schoolroom and the outside seats have been re-painted. Many thanks to all. Service times can be found in the porch.
Sarah E Woof (Sec)

DENTDALE MEMORIAL HALL

Thank you to those who have already offered/agreed to help at the Dent Gala on August BH Monday as one chap said "It's a great do is the Gala, I love it". Visitors often say it is a rare thing, a village Gala, most have faded away or been incorporated in larger events, however we do need a lot of help from getting ready on the Sunday at 4pm through the event to the clearing up at the end. Do join us.

Raffle prizes, other prizes, sponsorship of events all help to raise more money for the upkeep of the Hall and other rooms and this year we face a big bill for the new roof over schoolroom and Haygarth Room to coincide with work on the school roof. There is something for everyone, Bat the Rat, Pot Smash, Coconut Shy, Skittles, Dog Show with Mrs C Robertshaw as Judge, Races for all ages, Egg Throwing & Bouncing Castle. Food wise we have a BBQ and then Teas by the WI, this year teas & coffees will be available all day.

This year we will be at the Dent Show to promote the Gala. We start at 11am in the yard and field behind the School. See you there! Free admission. Info from Sarah 25212 / Jean 25269.

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ROYAL BRITISH LEGION

The Sedbergh Branch held a Coffee Morning on Wednesday 14th July. Many thanks to everyone that donated cakes and raffle prizes and for everyone that helped on the day or attended to support the Branch.

A total of almost £280 was made for funds.

PRAISE & PRAYER

We held one of these services at our home in July and are doing so again, this time Sun Aug 22nd 6.30pm for 7pm start. Undercover if wet. Not "church", different! See advert.

Sarah & John Woof. Dent 25212

PEOPLE'S HALL

Jack Dawson

The Chairman, Management Committee and Trustees of the People's Hall were saddened to learn of the death of Jack Dawson and offer their sincere condolences to his widow, Jenny and to his family. Jack was the last surviving original Trustee of the People's Hall and was there at its birth and guided its development over many years. His last public function was on the stage of the Hall, when he and Jenny opened the Spring Fair in March. He recalled the many years it had taken to raise the funds to build the Hall.

The People's Hall is a lasting legacy bequeathed to Sedbergh by folk such as Jack and we are now continuing to build on this with the current redevelopment project.

Jack Dawson will be remembered as one of Sedbergh's wise and far sighted benefactors.

Just step away from the Bus Shelter!!

Do you crave an outlet for your creative energies? Are you fed up with the bus shelter feeding on the life blood of our young people like Audrey II, the weird and mysterious man-eating plant from "*The Little Shop of Horrors*", its invisible roots and tendrils trapping and hungrily devouring its prey? Then this is your chance to make a change and save these young people before it's too late!

The People's Hall is being redeveloped and we have been given an exciting opportunity to have a 'Youth Room' within its facilities. This room is a much needed venue where young people can plan and develop their own activities. It will also provide them with a meeting place where they can socialize with their friends.

So we are asking you to support this proposal. Help and support of any and every kind is needed to acquire and maintain this much needed proposed space for the youth of Sedbergh. In fact, the whole community can benefit from this project. If you think you can help support this project in any way, please contact Gillian Rea. Thank you!

Gillian can be contacted through me. I guess you have to be under 30 years of age to understand the first paragraph.

Other news

We are pleased to thank the Rose Community Theatre for their kind donation of £500 to the Redevelopment Fund.

The recent Old Tyme Dance raised a profit of £243, which has also been added to the Redevelopment Fund.

Our Architect, Barbara Hartley of Garsdale Design, has taken into account the YDNP Planners' comments and has resubmitted the plans. We await their approval.

*Dr Gina Barney, Hon Secretary
(20790)*

TIM FARRON MP

It hardly seems anytime since the General Election but we are already about to start the Parliamentary Summer Recess. 6 weeks during which the Houses of Parliament are effectively closed for business, followed by another 4 weeks of party conferences. I have written in the past that if MPs are meant to be responsible for the governing of the country then what does it say when the country can apparently manage without us for 10 weeks!

As usual, although I am taking a couple of weeks to holiday with my family, I will try to use the rest of the time I have in the constituency as productively as possible. For the 6th year in succession I will be running my mobile surgery across the constituency for a couple of weeks at the end of August. This is a really important opportunity for me to meet with people across the constituency and simply have a chat with them about what they are worried about. There is no need to make an appointment, simply turn up as we drive into the area and come and say "hello". If the weather is good and lots of people turn up it really is great fun. I am travelling around the Sedbergh and Dent area on the 19th of August (2.00pm in Dent, 3.00pm in Sedbergh) so if you are free please do make the effort to come along. I really need to know what you think about issues whether they are local, national or international, I am particularly interested to hear your views of the new coalition

Government but anything can be useful in my arguments with ministers or in speeches.

I am continuing my campaign to introduce greater levels of democracy into the running of national parks, this time through parliamentary channels so I have high hopes of success as we are now in Government. Given the desire on the part of the coalition to get local communities involved in the decisions that affect them with luck you should all be getting direct say on who sits on the Yorkshire Dales National Park before too long.

On a more local level I am continuing to push for a new road crossing by Settlebeck School. The current block to moving forward on this is that the Highways Department at the County Council do not believe that there is a need. This is surprising and disappointing given the number of people who have contacted me in support of the idea. If you believe that it would help in protecting the safety of children (or anyone else for that matter) if there was a crossing by the school, please could you write to me explaining your reasons. Your support would be extremely helpful in my argument with the Council.

As ever if you would like to contact me about road crossings or any other matter then please write to me, Tim Farron MP, at Acland House, Smokehouse Yard, Stricklandgate, Kendal LA9 4ND or tim@timfarron.co.uk and if you are free on the 19th please do pop along and say "hello"

Thanks for your support

Tim Farron

DENTDALE OVER SIXTIES

Strawberry Tea.

Dentdale Over Sixties held their annual fundraising event in the Memorial Hall In Dent on Saturday 10th July. In spite of a showery afternoon, the Hall was buzzing with activity with people thronging around stalls, selling bric-a-brac, books, "New and nearly new". As usual, the cake and produce stall from Gawthrop attracted much attention. The Strawberry Teas ensured that residents and visitors alike took time to sit down and chat together over the tea fables.

Thank you to everyone for the generous donations, gifts for the stalls, home-made cakes, raffle prizes and everyone who helped behind the scenes. It was a very successful and enjoyable afternoon. The proceeds will go towards the cost of the Over-Sixties Christmas Party.

YORKSHIRE DALES NATIONAL PARK

Facelift for vintage road signs.

Old road signs in the Yorkshire Dales are being given a wash and brush up.

Some of the signs date back to the 1950's and are in need of some tender loving care, according to Andy Ryland, the Yorkshire Dales National Park Authority's Transport and Visitor Management Officer.

"The Yorkshire Dales' network of meandering roads have a particular charm and add to the strong sense of place – and they are noted as one of the special qualities of the National

Park," he said.

"Part of what makes the roads special are some of the road signs and even older finger posts that are still to be found in few places, although they have become much rarer these days. Some of them are in a very poor condition and are in need of repair."

Dales Volunteers John Kirk and Stan Hutchinson have come to the rescue and, with the help of Authority Access Ranger Richard Mainman, who has taken down several of the signs, they are restoring them.

EDITORS COMMENTS

Thank you for everyone's patience with our production of the July issue which nearly never was due to my incapacity.

An important error that I have made recently is omitting the Co-Editor's details on the Front Page which is now rectified.

In the Personal Advert congratulating Andrew & Caroline Woof on the birth of Elsie Anne, I omitted the name of Edward.

The telephone number for the Photographic Bag was wrong. In the details supplied, the 9 looked like a 2 so I have repeated the Ad with the correct number.

Please note that there are new Times for the Surgery on the Back Page from this month.

A continued thank you to all the people that have offered to help with the *Lookaround* should anything happen to me again in the future. Let's hope it's a long way off. DJW

PHOTO CALL

Last month, I only had one reply which surprised me as I thought the photo wasn't terrible old. Those in the picture were Linda Livesy nee Kirk and Judith & Chris Scarrat but I didn't get what production it was.



This month another from the Sedbergh Theatre archive. Does anyone know who these two attractive young ladies are? And what was the production?

I can be contacted at Walnut Bungalow, Dent, Sedbergh, LA10 5QT, or (015396)25001 or by email at shirley.tebay@btinternet.com where hopefully I will have more success

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HOME SPUN

Sometimes a church building can seem to be hard to enter, or the type of service taking place is not really your "thing", or a more intimate gathering is what you would be happier with. Perhaps not. That's ok.

We are hosting monthly Praise & Prayer services in our home and all are welcome.

See advert for August 22nd service. All prayer requests are treated with utmost regard to confidentiality.

God is not confined in a building. We all need some support. Do come.

John & Sarah Woof. "Rhumes"
Lanig Dent LA10 5QJ.
015396 25212

BRIGFLATTS QUAKER MEETING

Just to say that our Thursday evening half-hour Meetings for Worship at 7.30pm have been so warmly welcomed that we shall be continuing until early September, and asking people then if they wish to go on into the winter months---any opinions will be welcome.

Numbers have varied, never large, but the quality of the Meetings has been much appreciated, and our Meeting room seems to offer a special ambience to small gathered groups.

In Friendship

Valerie Finch (elder)

Brigflatts Local Quaker Meeting

Daphne Jackson

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COMMUNITY OFFICER REPORT

Over the past month CSO Karen Dakin has gone on maternity leave and I have now taken over as the Community Support Officer in Sedbergh.

There has been a stolen quad bike in the area, one man has now been arrested for this. Should anyone wish to join farm watch then please call or email on the details below. This

scheme will give you messages regarding suspicious vehicles to look out for and also crime prevention advice based on local trends.

There has also been a suspicious incident on Main street where there was a disturbance behind a commercial premises. People were seen in the area with torches although no damage or thefts took place.

Complaints regarding the zebra crossing outside Settlebeck School have continued. It has been reported that cars are not stopping for people wishing to cross. Although it is courteous for vehicles to stop when someone is wishing to cross at this area, we remind people to stand at the side of the zebra crossing and wait until any cars have stopped before starting to walk across. It has been suggested that another light on the school side of the road may be helpful during the winter months as it is difficult to see people standing there.

Also there has been a complaint about litter on the People's Hall playing field. This is being left during the evening time, we ask children to take their litter home with them and to leave the area as they found it.

The drop ins for the month are Sedbergh Library on the last Monday of the month 17:30-19:00 and Dent Stores on the first Tuesday 10:00-12:00.

Rachel Thomas CSO 5245 Tel 0845 33 00 247. Email rachel.thomas@cumbria.police.uk

DENT GALA

August Bank Holiday Monday, from 1 lam. A really enjoyable village Gala with pillow fights, egg throwing, children's sports, tombola, book stall, BBQ, Bat the Rat, Pot Smash and a lot more ..

We need helpers. If you can help for an hour or a bit longer, could "sponsor" the sports/Dog Show or provide a prize for a competition please contact; Sarah 25212 or Jean 25269. Many thanks.

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YOUNG FOOTBALLERS

If there are any young footballers in Sedbergh looking to play for a team this season,

the following Managers are looking for players to play



in Kendal. If you are interested, please contact:-

Phil Graham on 07725 956765

for 11 year olds in Kendal

John Cornthwaite on 01539 728428

8 & 11 year olds in Burneside

Don James on 01539 726751

6 & 7 years olds at Ibis Club.

QUIET GARDEN

These events happen from time to time in Dentedale and are just a simple time to STOP and Be Still ..see advert for further details. No obligation to "do" anything, feel free to just pop in for a few moments or stay all the time. Part of The Quiet Garden Movement. No charge. Refreshments.

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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
					1800	1827	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									

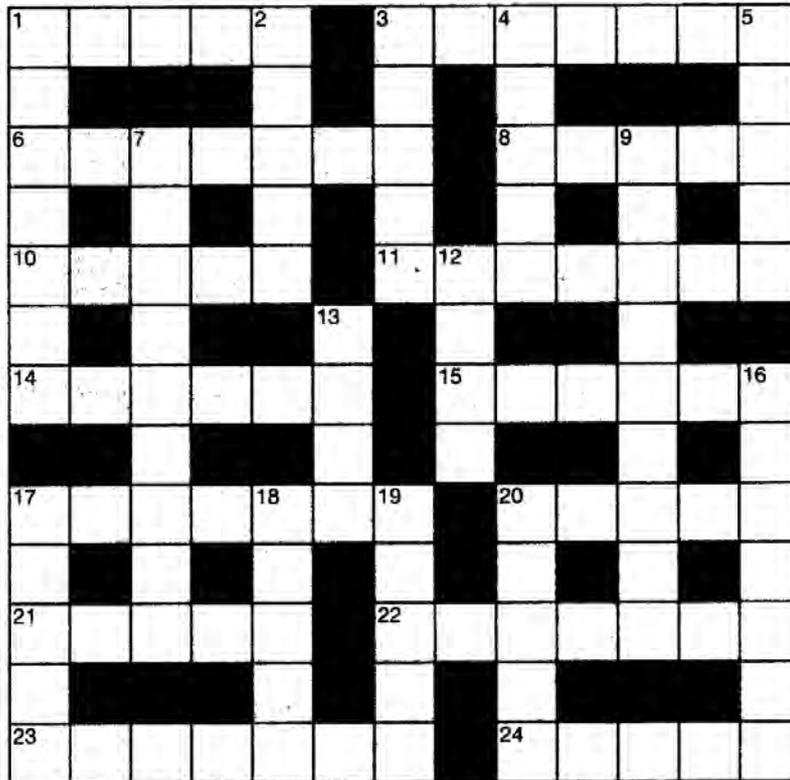
L = Sedbergh Library
 C = Via Kendal College
 H = Via Westmorland General Hospital
 DS = Dent Station

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 Part of the leg (5)
- 3 Bill Clinton's wife (7)
- 6 Acrobat (7)
- 8 Ordered pile (5)
- 10 Money (slang) (5)
- 11 Detrimental (7)
- 14 Help out of trouble (6)
- 15 Expenditure (6)
- 17 Members of the
Unification Church (7)
- 20 Capital of Bangladesh (5)
- 21 Female relation (5)
- 22 Reading desk (7)
- 23 Small cube of toasted bread (7)
- 24 Author, - - - Dahl (5)

DOWN

- 1 Scandalmonger (7)
- 2 Evergreen shrub (5)
- 3 Severe (5)
- 4 Narrow intense light beam (5)
- 5 Country bumpkin (5)
- 7 Burden, drawback (9)
- 9 Connect, attach (9)
- 12 Admit openly (4)
- 13 In this place (4)
- 16 Longed for (7)
- 17 Frenzied (5)
- 18 Inactive (5)
- 19 Beauty parlour (5)
- 20 Style of furnishings (5)



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh (2010/12) <i>ID; IT; 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>ID (ES); IT/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>ID(ES); IT(ES); CH; TV; P; NP; Di; VB; EM; CW</i>	21529
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (2010/11) <i>ID; IT; IS; 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>ID (ES); ID/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); IS; ES; CH; TV; P; NS; DW; CW; DR; VB*</i> e-mail: enquiries@theoldjoinery.com	20309
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

CAMPING, CARAVANNING & SELF-CATERING

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
Sycamore Cottage, Lunds, Sedbergh (2010/09)	<i>Sleeps 2, D; CH; TVL; P; NS; DW</i>	01969 667356

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
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£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 13th March 2011

Entries marked (*) see Advert in previous Lookaround.			
AUGUST			
1	1030	Kids Holiday Activities until 31st	FM
1	1030	Norah Ball Containment till 30th	FM
1	1400	Dentdale Cricket v Skipton	Dent
3	1400	Spinning a Yarn	DCMH
4	1000	Coffee Morning Howgill Church	URCR
4	1400	Discover & Do	DCMH
4	1930	WIF From Burnley to Hollywood	PH
5	1230	Birds of the Yorkshire Dales	DCMH
5	1930	WIH Sarah M Chutneys & Jam	FCH
6	2000	Batwatch	DCMH
7	1900	Flicks in the Fells (7)	PH
8	1000	Jeanette Appleton in Residence	FM
10	1400	Dyeing Flowers Workshop	DCMH
10	1930	Domino Drive	FCH
11	1000	Coffee Morning GVH	URCR
11	1000	Heritage Open Day	FM
11	1400	Discover & Do	DCMH
12	1000	Heritage Open Day	FM
12	1230	Woodland Birds in Yorkshire Dales	DCMH
13	2000	Charity Treasure Hunt (13)	SMC
14	1000	Colour in Feltmaking (25)	FM
14	1330	Grisedale Walk & Tea	HJC
14	1500	Tea in the Garden (A)	RD
15	1000	Colour in Feltmaking (25)	FM
15	1400	Dentdale Cricket v Hawes	Dent
15	1530	Songs of Praise with Irene & Andrew	HJC
17	1230	Red Squirrel Conservation	DCMH
18	1000	Coffee Morning NW Cancer	URCR
18	1400	Discover & Do	DCMH
19	1230	Upland Birds of Yorkshire Dales	DCMH
20	1000	Art Society Exhibition (20)	SSL
21	1000	DMC Coffee Morning (*)	DMC
21	1000	Barbon Sheep Show + More (21)	BMP
21	1000	Lines & Layers in Feltmaking (25)	FM
21	1000	Art Society Exhibition (20)	SSL
21	1400	Garsdale Fun Day (21)	GVH
22	1000	Art Society Exhibition (20)	SSL
22	1000	Lines & Layers in Feltmaking (25)	FM
22	1030	Wildlife of the Dale	FM
22	1030	Pathfinder	DCMH
22	1400	Masonic Fund Raising Day (22)	BVH
22	1400	Dentdale Cricket v Kendal	Dent
22	1830	Praise & Prayer (22)	RD
23	1000	Art Society Exhibition (20)	SSL
24	1000	Art Society Exhibition (20)	SSL
24	1400	Dry stonewall Demonstration	DCMH
25	1000	Coffee Morning StAS Mission	URCR
25	1000	Art Society Exhibition (20)	SSL
25	1030	Jeanette Appleton Residency till 10/10	FM
25	1300	Trip down Memory lane	CO
25	1400	Discover & Do	DCMH
25	1700	CWT Woodland Coppice & Wildlife	LHCP
26	1000	Art Society Exhibition (20)	SSL
26	1230	Birds of the Yorkshire Dales	DCMH
27	1000	Art Society Exhibition (20)	SSL
28	1000	Art Society Exhibition (20)	SSL
28	1100	Dentdale Show (1)	Dent
29	1000	Art Society Exhibition (20)	SSL
29	1100	Dentdale Show (1)	Dent
30		August Bank Holiday	
30	1000	Art Society Exhibition (20)	SSL
30	1100	Dent Gala (30)	Dent
31	1000	Benefits Advice	CO
31	1000	Art Society Exhibition (20)	SSL
31	1930	Blackheart (31)	PH
SEPTEMBER			
1	1000	Coffee Morning Beekeepers	URCR
1	1030	Watercolour Skies till 19th	FM
1	1030	Jeanette Appleton Residency till 10th	FM
1	1930	WIF Visit from Churchmouse Cheeses	PH
2	1930	WIH First Responders	HVH
4	1030	Emerging Talent 2010 till 3/10	FM
5	1030	Jubilee Blankets	FM
8	1000	Coffee Morning Dent Foot Chapel	URCR
9	1915	RBL Committee Meeting	WHC
11	1000	Coffee Morning Shoe Box Appeal	URCR
11	1030	Cas Holmes Traces till 14/11	FM
11	1100	Peppercot Orchestral Workshop (53)	PH
12	1400	Harvest Festival	GSC
14	1400	WIK Something I made earlier	PH
14	1930	Domino Drive	FCH
15	1000	Coffee Morning Network	URCR
16	1800	CDC Enrolment Evening	CDC
17	1930	The Write Idea Starts	PH
18	1000	The Write Idea	PH
18	1300	Quiet Day in the Garden (64)	RD
18	1400	The Write Idea	PH
19	1200	The Write Idea	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 Bakery, Post Office and Dent Stores.*

COVER PICTURE
St John's Church, Cowgill by DJW

21	Health Centre Closed for afternoon	
20 1930	FC Harvest Sale	FCH
22 1000	Coffee Morning Literary Festival	URCR
22 1930	CWT AGM	SHS
24 1030	Illustrated Talk - Alice Kettle	FM
24 1930	The Write Idea	PH
24 1930	Candlelit Supper	FM
25 1030	Alice Kettle till 14/11	FM
25 1930	Harvest Supper	HJC
25 1100	The Write Idea Ends	PH
29 1000	Coffee Morning Firbank Church	URCR
29 1030	Primitive Methodist Service & Lunch	HJC

OCTOBER

1 1030	Cas Holmes Traces till 14/11	FM
1 1030	Emerging Talent 2010 till 3rd	FM
1 1030	Alice Kettle till 14/11	FM
4 1900	Community Play Meeting (*)	PH
6 1000	Coffee Morning Barnardo's	URCR
6 1930	WIF Travels in Venezuela	PH
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
12 1930	Bingo & Potato Pie Supper	FCH
13 1000	Coffee Morning Christian Aid	URCR
14 1915	RBL Committee Meeting	WHC
17 Eve	Grand URC Rooms Opening	URCR
18	RBL Talk	SSJAC
20 1000	Coffee Morning Garsdale Church	URCR
20	Health Centre Closed for afternoon	



DIARY KEY

BF	= Brigflatts
BMP	= Barbon Manor Park
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
GSC	= Garsdale Street Chapel
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
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

Regular Events

Free Entry to Locals	1000 Every Monday	FM
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 Caf�	1930 Every Friday	Library

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 #
	0830 - 1100 P*	1500 - 1800 * 1500 - 1600 HC 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 PD
		1045 - 1230 L* 1430 - 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	0840 - 1300 JO	1400 - 1800 JO
		0820 - 1200 KB 1400 - 1600 DE
Tuesday	0840 - 1300 JO	1400 - 1720 JO
		0820 - 1200 KB
Wednesday	0840 - 1300 JB	1400 - 1640 D
		1640 - 1800 HV
		0840 - 1300 GH 1400 - 1600 GH
		0840 - 1200 KB 1400 - 1630 E
Thursday	0840 - 1300 JB	1400 - 1800 JB
		0840 - 1300 KB
Friday		1400 - 1800 BD

*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
# = Book on Day	W = Workers Surgery
C = Women's Clinic	D = Diabetic Clinic
JB = J Batty	JO = J Orr
GH = G Houghton	B = K Baines
R = Respiratory Clinic	E = ECG Clinic
K = K Lumb KB = Bloods	D = Dressings
* = Appointment Only	HV = Holiday Vacc's
District Nurse & 015396 21690	Health Visitor & 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

14 Long Lane
© 015396 20335 (including emergencies)
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