

SEDBERGH & DISTRICT

LOOKAROUND

May 2003

Issue 200

Donation 50p

After 17 years and 200 issues, Lookaround continues to improve. To celebrate, we are again in full colour. The Web Site continues to inform people around the world as to what happens in our area, there are 5 recipients of the

Lookaround Large Print and over 20 receive the Talking Lookaround. If you know of anyone that would like to receive either of the latter, please enquire at the Lookaround Office.

Dennis & Jacky

SEDBERGH GALA

Saturday 17th May 2003

Procession starts at 12:30 from Maryfell

*** Starring ***

Gala Queen and Attendants
Fancy Dress "Stars of Stage & Screen"
Sedbergh Town Band
Kendalians
Floats

**Gala Events all afternoon on
Lupton Field, Back Lane**

Entrance:- Adults £2.50 ~ U16 Free

Cumberland & Westmorland Wrestling
Army Assault Course
Roundabout
Slide & Maze
Donkey Rides
Punch & Judy
Under 5 Fun Area
Steadman's Food Stall
Beer Tent
Car-Pull Challenge
Merry go Round
May Pole Dancing
Bouncy Castle
Show Dogs
Home-made Lunches And Teas
Fell Races

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

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.whicker73.freeserve.co.uk>

CHILDREN'S BIRTHDAYS May 2003

Every month, there is a Children's Voucher for £10 which is kindly sponsored by two anonymous readers.

The recipient this month is:-
Kieran MILBURN who is

7 years old on 28th May.

Please collect your voucher from the Sedbergh Office Services at 13 Kings Yard, Main Street, Sedbergh which can be used in any shop in
Sedbergh, Garsdale & Dent.



Day	Name	Age
1	Emily ARMITSTEAD	10
3	Tom BAINBRIDGE	8
3	Martin WOOF	8
4	Mark WOOF	5
7	Georgina CRAGG	5
8	Kane WOODHOUSE	4
10	Bethany ORR	8
10	Sarah HAGON-HOOD	8
10	Stephen HAGON-HOOD	8
13	Ruben SWALLOW	1
13	Kelvin HODGSON	8
14	Harry PAGE	4
22	Bethany HANDLEY	3
22	Megan HANDLEY	3
22	Patrick BANNISTER	6
23	Darryl HODGSON	7
23	Xavier BAINES	9
24	Rebecca HARPER	6
24	Kelly SCARR	6
28	Kieran MILBURN	7
31	Harry COOLING	7
31	Joseph CLARE	9



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/03)	21455
	<i>1T; ES; NS; NP; P; DR</i>	
Miss S Thurlby	Stable Antiques, 15 Back Lane, Sedbergh (12/03).....	20251
	e-mail:- antique.thurlby@amserv.net	
	<i>1D; 1T; CH; L; NP*; P; DR; VB</i>	
Mrs S Gold-Wood	10 Main Street, Sedbergh (05/03)	21808
	<i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB</i>	
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (12/03).....	20754
	e-mail:- susan@holmecroftbandb.co.uk	
	<i>2D; 1T; CH; TVL; NS; NP*; P; DR</i>	

CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (09/03)	SAE for Brochure
	4-5 Berth; H+C; Shower; Sep WC; Fridge; TV; Gas Cooker; Gas + Elec Heating; NS
Wardses Studio, Frostrow Lane, Sedbergh LA10 5JU (05/03)	21138
	1D; CH; TV; NS; P; NP*
	e-mail:- msg@fish.co.uk

KEY

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

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Single Column x 1"	=	£7.50
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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	=	£0.90
Postal Overseas	=	£1.70

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.

**No adverts
 by e-mail or FAX please**

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

Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

BOLTON

Jim and Doreen would like to thank Dr. Syred and the Sedbergh Health Centre. Cumbria Care ladies, Robert and Rose, Dereck and Heather, for all your help and care for Raymond, Huds House, Cowgill.

GARDNER

The family of the late Peggy Gardner would like to thank everyone for their kind thoughts, cards, flowers and donations in her memory to the charity Breathe Easy. Thanks to Dr. Syred and staff at the surgery for their care, to Brian Goad for his sensitive handling of the funeral arrangements and to Revd. Jeff Armitstead and Margaret Mason for their help with the service. Peggy enjoyed being involved in many local groups and greatly appreciated the friendships that she made in Sedbergh. We will miss her.

HALL

Mabel would like to let all her friends know she has moved to 6, Fell Close. All her friends and neighbours are welcome to call. She would like to thank all her exceedingly good neighbours for all the very good care over the years especially Alan and Harriet for all the wonderful dinners and odd jobs. Thank you all.

KIRBY

Happy **60th Birthday** mother on 2nd May. Have a good night with the family. Love Lorraine and Caspa.

WOOF

SUSAN. Happy **18th Birthday**. You are now old enough to do all the things you have done already and more besides. Enjoy the celebrations. Wishing you a very Happy Birthday and love and happiness for the future. Love Mum, Dad, Jenette, Andrew and Granny.

WOOF

JENETTE. Happy **21st Birthday**. Enjoy the celebrations and the actual day when it arrives. We wish you love and happiness for the future, along with anticipation of all the foreign places you will introduce to us. Love from Mum, Dad, Andrew, Susan and Granny.

FOR SALE

Volvo 340 J. Reg. £500. One lady owner from new. Taxed & tested till end July '03. Regularly garage maintained throughout. Tel. 015396-21567.

FOR SALE

Daewoo Video Recorder with Videoplus. Full instruction booklet. Cost £69. Open to offers. Used once. Genuine reason for sale. Tel. Dent 25212.

FOR SALE

Girls Raleigh Global Bike. 15 gears. Turquoise. VGC. £60. Telephone - 015396-21162.

FOR SALE

Girls Raleigh, 5 gear bike. Cool purple/pink colours. As new, complete with stabilizers. Suit age 5 to 8 years. £60 ono. Tel. 21105.

PERSONAL & SMALL ADS £1

FOR SALE

Dining Table and 6 chairs. Teak polished finish. Excellent condition. Table size 60" x 36" closed. Extension section in middle. Seats 6 closed, 8 when extended. Chairs matching finish with black seats. £80. Tel. 015396-21898.

FOR SALE

Flymo 350 Turbo Compact Lawn Mower in good working order. £50. New MS Publisher 2002, cost £75, accept £50. Tel: 20980.

WANTED

Country loving couple (mid 50's) - teetotal - would like to hear from any holiday home owners with a country property with rural situation and nice views within a 15/20 mile radius from Sedbergh who might consider letting their home for weekend use for any period from a month upwards. Telephone Southport (01704) - 213495 in the evenings.

FOUND

A small watch in the Maryfell area. Please call into Sedbergh Office Services.

S & D LOOKAROUND

If you have liked our newsletter,
If it's helped to make your day,
Please think of the local businesses,
For adverts for which they pay.



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printers

printers

of

Sedbergh Lookaround

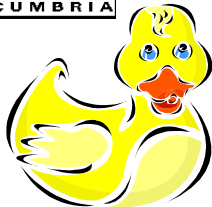
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phone 01539 720448
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e-mail info@strampress.co.uk
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CUMBRIA WILDLIFE TRUST

DUCK & RAFT RACE



2:30pm
Monday 5th May
New Bridge, Settlebeck, Sedbergh



Generous Prizes!
Fun for all the Family

CHAMBER OF TRADE

Closure of Toilets:

Councilor P Winn is fighting hard on this issue. It was agreed he should be invited to speak to the Chamber, or at least have some discussion with him as to the best way forward.

Halifax Agency:

Whilst it was regretted that another facility was being lost to the town it was acknowledged that nothing the Chamber said would have any effect, and it was not felt necessary to write a letter of objection to the Halifax.

Drunkenness

There seems to be an increasing problem with drunks vomiting in the streets, and at a recent week-end, into a

stamp machine hole at the Post Office!

Whilst it is difficult to know what can be done about it, it was agreed that the local police should be informed of the problem, in the hope that a greater police presence at closing time might be possible. ☺



Sedbergh Junior School

& its Nursery

Stepping Stones

Co-education (3-13) Low Bentham

A first class day and boarding school
We've doubled in numbers since September 02
Come and see why

Open Day

May 3rd

10.00 – 2.00

(but you can visit us anytime)

for further details, please contact us on:

015242 61275

hmsjs@sedbergh.sch.uk

www.sedbergh.sch.uk

Sedbergh School is a registered Charity no 1080672

St Andrew's Church, Sedbergh

**RING THE CHURCH
WITH SILVER**

Saturday 3rd May

Coffee ~ Lunches ~ Teas
Cake Stall

In the Church Rooms 10am to 4pm

CUMBRIA WILDLIFE TRUST

Squirrels

“Where can I see a red squirrel?” The answer is “Most likely on your bird feeder, or someone else’s. Otherwise in a wooded gill like Taythes or Hebblethwaite or Hobdale Beck, but you will need keen eyes once the leaves are on the trees, and you have more chance of seeing one early in the morning, perhaps even on Castlehaw.”

For the past 9 years we have been monitoring both red and grey squirrels in the Sedbergh district. Our sightings have been recorded on computer by Roger Moore. From these records it seems that the red squirrels are holding their own, though whether they have actually increased it is hard to say. They have not

been seen recently in some localities where they were previously present. On the other hand there have been a few sightings in places where they have not been seen for some years. All this points to the importance of regular monitoring if we are to have a true picture of how things are, and we are grateful to those who keep us up to date with their sightings. Mrs Judith Walshe at Whitbeck (20182) collects sightings from Garsdale, while Colin Armitstead (20319) or myself (25476) are glad to have records for the reds of the district.

In spite of all our efforts to control the numbers of grey squirrels moving into the area there are still pockets in Dentdale, Cautley and the Lune valley from which they could spread more widely if they were not controlled by shooting or trapping. Some people may wonder if this is necessary. Grey squirrels are engaging small animals which can be interesting to watch but they can do a lot of damage to fruit, plums, raspberries, strawberries, and, in towns, to property itself. Moreover there are now so few places like Sedbergh where there is still a small residual population of red squirrels that many of us believe we have a duty to do what we can to protect them. It seems certain otherwise that they will disappear from this district as they have done from almost the whole of England, and the grey squirrels will take over.

If you would like to help with this please get in touch with Colin or myself. Or you could support our campaign in Cumbria by joining the newly formed Friends of the Red Squirrel. For details ‘phone 01539 816300

Ingram Cleasby

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Wednesday 7th May
The
Craven Limeworks
David Johnson
Meet Loftus Hill Car Park
1:30 pm
Bring a Torch & strong footwear

***This is a
Local History Month Event***

EVERYONE IS MOST WELCOME TO ATTEND
ANY OR ALL OF OUR LECTURES

Chairman: Joyce Scobie 21106
Secretary: Diane Elphick 20605
Treasurer & Member Sec: Richard Cann 20771

SPRING SHOW 2003

Class	
CLASS Section 1 - Handicrafts	
2 Patchwork item	
1st	Mrs P Hughes
3 Scale Model	
1st	Mr R Mackereth
4 Scale Model based on kit	
1st	Mr R Mackereth
2nd	Mr R Mackereth
5 Something new made from something old (any material)	
1st	Miss A Buckle
2nd	Miss A Buckle
Commended	Mrs S Dennis
6 Wooden item including toys (small enough to carry underarm)	
1st	Miss L Barron
2nd	Miss L Barron
7 Any hand-woven article	
1st	Mrs D McCaffery
9 Cross stitch article from kit	
1st	Mrs C A Mounsey
2nd	Mrs M Bramley
Commended	Miss K Shuttleworth
10 Item of embroidery (other than item 8 or 9)	
1st	Mrs L R McLennan
2nd	Mrs S Dennis
12 Hand spun wool	
1st	Mrs D McCaffery
2nd	Mrs M Smith
13 Article knitted from hand spun wool	
1st	Mrs D McCaffery
2nd	Mrs M Smith
14 Beadwork	
1st	Miss K Shuttleworth
2nd	Miss K Shuttleworth
15 Hand made rug	
1st	Mrs J Holton
2nd	Mrs W Fraser-Urquhart
Section 2 - Handmade toys	

Farfield Mill Arts & Heritage Centre

Early Summer Exhibitions

May 3rd to May 28th

Ten Plus Textiles

May 31st to July 9th

International

Felt-Making Association

Situated in the *new* Howgill Room

Also enjoy the Dover Gallery, Heritage displays,
working looms, Riverside Café and Gift Shop

NOW OPEN 7 days a week

10:30am to 5:00pm

e-mail: themanager@farfieldmill.org

www.farfieldmill.org

Tel: 015396 21958

16 Soft toy - knitted, sewn, or crocheted

1st Mrs M Silva

2nd Mrs M Silva

18 Toy made from scrap material

1st Mrs W Howarth

2nd Mrs Z Archer

19 Dressed doll (doll may be bought)

1st Mrs L R McLennan

2nd Mrs J E Sowerby

Section 3 - Flowers and Plants

20 House plant

1st Mrs S Sharrocks

2nd Mrs J Bird

21 An arrangement of 3 flowers

1st Mrs M Milburn

2nd Mrs J Bird

22 Garden on a plate for under 16 year
olds

1st	Miss C Todd	2nd	Mrs M Silva
2nd	Miss C Brown	Section 5 - Home Produce	
<i>23 Garden on a plate (adults)</i>			
1st	Mrs J Swann	1st	Mrs J Postlethwaite
2nd	Mrs A Macer	2nd	Mrs S Denniss
<i>24 Novice: Table centre using natural plant materials</i>			
1st	Mrs J E Sowerby	1st	Mrs J Postlethwaite
<i>25 Miniature arrangement in a shell</i>			
Commended	Mrs M Milburn	2nd	Mrs P Hughes
<i>26 Basket of Spring flowers</i>			
1st	Mrs W Fraser-Urquhart	1st	Mrs P Hughes
2nd	Mrs B Hartley	2nd	Miss E Thexton
<i>27 An arrangement in a frame: petite</i>			
1st	Mrs M Milburn	<i>41 Plate of 6 butterfly buns</i>	
<i>28 Arrangement using driftwood</i>			
1st	Mrs J E Sowerby	1st	Mrs J Postlethwaite
2nd	Mrs J E Sowerby	2nd	Mrs P Hughes
<i>29 "Cascade". An exhibition pedestal</i>			
1st	Mrs M Milburn	<i>42 Decorated gateau</i>	
<i>30 Cacti and succulents</i>			
1st	Mrs J Milburn	1st	Mrs J Postlethwaite
Section 4 - Garments		2nd	Mrs J Bird
<i>31 Hand knitted garment in a single colour</i>			
1st	Miss A Buckle	<i>43 Fruit cake</i>	
2nd	Miss O Harper	1st	Mrs J Postlethwaite
<i>32 Hand knitted multi-coloured garment</i>			
1st	Mrs J Swann	2nd	Mrs S Denniss
2nd	Miss A Buckle	<i>44 4 Fruit scones</i>	
<i>33 Hand knitted mittens or gloves</i>			
1st	Mrs M B Turton	1st	Miss M Postlethwaite
2nd	Mrs J E Sowerby	2nd	Miss J Moores
<i>35 Crocheted article or garment</i>			
1st	Mrs B Hartley	<i>45 Gingerbread (8" square)</i>	
2nd	Mrs M Milburn	1st	Mrs J Postlethwaite
<i>36 Sewn garment</i>			
1st	Mrs S Denniss	2nd	Mrs M Smith
2nd	Mrs S Denniss	<i>46 Round shortbread</i>	
<i>37 Knitted baby garment</i>			
1st	Mrs M Milburn	1st	Mrs J Bird
		2nd	Mrs J Swann
		Commended	Mrs J Postlethwaite
		<i>47 6 Flapjack pieces</i>	
		1st	Mrs J Swann
		2nd	Miss J Moores
		<i>48 Carrot cake</i>	
		1st	Mrs J Postlethwaite
		2nd	Mrs B Hartley
		<i>49 Victoria sandwich (filled with raspberry jam)</i>	
		1st	Mrs V Cann
		2nd	Mrs J Postlethwaite
		<i>(Continued on page 10)</i>	

<i>51 Pot of jam</i>	
1st	Mrs M Smith
2nd	Ms R McInerney
<i>52 Pot of marmalade</i>	
1st	Mrs J Bird
2nd	Mrs J Bird
<i>53 Pot of lemon curd</i>	
1st	Ms R McInerney
2nd	Mrs J Postlethwaite
<i>54 Pot of chutney</i>	
1st	Mrs J Postlethwaite
<i>55 Bottle of wine</i>	
1st	Mr W S Smith
2nd	Mrs J Postlethwaite
<i>56 Pot of clear honey</i>	
1st	Mr W S Smith
2nd	Mr M Fraser-Urquhart
<i>57 Pot of set honey</i>	
1st	Mr M Fraser-Urquhart
2nd	Mr W S Smith
Commended	Mr T Brooks
<i>58 Piece of honeycomb</i>	
1st	Mr W S Smith
Section 6 - Art and Photography	
<i>59 Artwork: Still life (any medium, any form)</i>	
1st	Mrs S Denniss
<i>60 Artwork: Portrait (including animals)</i>	
1st	Mrs S Denniss
2nd	Mrs S Denniss

DANCE EVENING
Dent Memorial Hall
Saturday 10th May
5pm onwards
Tuition from 8 time
Gold Honoured Award Winners
John & Caroline Sanderson
Supper Raffle
ALL WELCOME
Details from Dent 25212

WINDER SOCIAL COMMITTEE
FUN NIGHT
on 
Saturday 10th May
7:30 pm
Masonic Hall, Sedbergh
Knockout Competitions & Supper
included in £5 ticket
Bar Raffle 
 Tickets available from:-
 Mrs J Conchie 20660
Mrs E Greenbank 21720
Mr R Pearson Farfield Clothing

Commended	Mrs C Dawbarn
<i>61 Artwork: Landscape</i>	
1st	Mrs S Denniss
2nd	Mrs S Denniss
<i>62 Pottery article</i>	
1st	Mr B Brunt
2nd	Miss E Thexton
Commended	Mr B Brunt
<i>64 Colour photograph of animal or bird</i>	
1st	Mr D Brooks
2nd	Mr B Wright
Commended	Mrs J Postlethwaite
<i>65 Colour photograph of child</i>	
1st	Mrs S Cotterell
2nd	Mr B Wright
Commended	Mrs W Fraser-Urquhart
<i>66 Colour photograph of local landscape</i>	
1st	Mr D Brooks
2nd	Miss D Paul
Commended	Mr G Hailey
<i>67 Colour photograph other than any of the above</i>	
1st	Dr C Stephenson

SPARE TIME?

WHY NOT BECOME A VOLUNTEER CAR or MINIBUS DRIVER?

VOLUNTEERS REQUIRED IN THE SEDBERGH AREA

Training given and all expenses paid
Ring **01539 735598** to find out more

COMMUNITY TRANSPORT SOUTH LAKELAND

2nd Miss D Paul
Commended Miss D Paul
68 Colour panoramic photograph
1st Mrs P Hughes
2nd Mrs J Postlethwaite
Black and white portrait (including animals)
1st Mrs C Dawbarn
2nd Mrs J E Sowerby
Section 7 - Children's Section
Pre-school children
74 Necklace made out of sweets
1st Master T Hall
Reception, Years 1 and 2
75 An animal made out of vegetable or foliage
1st Miss R Hopkins
2nd Master H Cooling
76 An item made out of scrap material
1st Miss A Postlethwaite
2nd Miss E Hopkins
77 Hand made birthday card
1st Miss L Postlethwaite
2nd Miss A Postlethwaite
78 Handwriting of 'Incy Wincy Spider' in pencil
1st Master R Thexton
2nd Miss L Postlethwaite
Commended Miss R Hopkins

Years 3, 4, and 5

79 Handwriting of Nursery Rhyme 'Jack and Jill' for the W Milburn & Son cup
1st Miss C Brown
Commended Miss E Postlethwaite
80 Animal made out of vegetable or foliage
2nd Miss E Postlethwaite
81 Monster made out of scrap material
1st Miss E Postlethwaite
82 Hand made birthday card
2nd Miss E Postlethwaite

Years 6 and 7

83 Handwriting: two verses of the 'National Anthem'
1st Miss E Thexton
2nd Miss C Todd
85 A computer designed picture, A4 size
1st Miss E Thexton
86 Hand made birthday card
1st Miss S Kellaway
2nd Miss S Kellaway

Years 8, 9, 10, and 11

90 Book cover design for a favourite book
1st Miss J Shuttleworth
Section 8 - Local organisation publicity stands
91 A stand in a maximum area of 6' by 6', judged on promotional effect for the organisation
1st Kirkby Lonsdale W I Market
2nd Help Tibet
Commended Sedbergh & District Beekeepers' Association
Section 9 - Victorians 'r' Us
92 An item made at the Victorians 'r' Us weekend
1st Miss R Longlands
2nd Miss R Hall
Commended Miss E Thexton 😊

BOOK TOWN

Some Comments on the Sedbergh BookTown Committee's recent study.

The implications of this report on the future character of Sedbergh are enormous and I believe its recommendations would, if carried out, cause irreparable damage to the town. I hope the following comments will shed some light on the realities of the situation, and explain why I find the scheme proposed in the report both dangerous and unworkable.

The report was written by one of the originators of the theory of the European BookTown, which became fashionable in the late 1990s as a means of regenerating failing local communities under particular conditions which appertain

mainly to certain small north European towns, by attempting to tap into a sector of the global tourist economy. The idea has not transplanted well to Wigtown, despite large infusions of public money, and even less so to Dalmellington – the two Scottish examples - and it is now generally accepted that the idea is quite inappropriate for small market towns such as Sedbergh which are not decaying, have none of the infrastructure or cheap property suited to the reception of a mass tourist market, and where an influx of such tourists would destroy the very peace and quiet which attracts the more discerning and affluent visitor.

It draws together some useful, if imprecise, statistical data regarding tourism in Sedbergh and the district, but



THE BULL HOTEL

Main Street, Sedbergh

015396 20264

17th Century Coaching Inn

The Bull offers an extensive range of great food, traditional cask ales and luxury accommodation.

Fantastic new Beer Garden now open

- Pets Corner with miniature Pony, rabbits & Guinea Pigs
- Play Area with Wendy House and Climbing Frame with Slides
- Bandstand Playing Live Music throughout the summer
- May 5th - Children's Entertainer, Face Painting & Magic
- May 26th - Family Barbecue all day from 1200. Bouncy Castle

Kids eat FREE from selected menu all summer



THE BULL HOTEL

Main Street, Sedbergh

015396 20264

17th Century Coaching Inn

New Chef - New Menu

All dishes now cooked from fresh, local ingredients.

A selection from our menu

Starters

Bury Black Pudding.....	£3.95
Tiger Prawns.....	£4.50
Greek Koftas (home made).....	£3.95
Cumbria Air Dried Ham with Melon.....	£4.50
Chefs Soup of the Day.....	£2.75

Main Courses

Pork Parcels - pork loin steak filled with Camembert topped with Mushroom, white Wine & Herb Cream Sauce.....	£7.95
Lamb Henry - slow baked shoulder of Lamb, marinated in mint and spices.....	£8.95
Archangel Roast - our Chef's version of this Mediterranean Brazil Nut Roast.....	£6.95
Ju-Yong Chicken - Chicken Breast fillet, marintade in ginger, chillies, soy, lime juice, sugar & Olive Oil.....	£7.95

Home-Made Chips and Fresh Vegetables

Every Wednesday - Steak Night

Steak from £4.95

the conclusions of the study are often contradictory, many are applicable to any one of hundreds of similarly-sized towns in the country, and a large section is taken up by a rambling and irrelevant defence of the booktown as the last bastion of the secondhand bookshop.

There is, however, a basic contradiction within the report which is far more serious. On the one hand it tries to convince us that a book town "branding" for Sedbergh will attract the wealthier, more "up-market" tourists who will bring money to the town, and on the other admits not only that it is based on the European model where the average spend is a mere £3.50 to £5 per head, but that bookselling businesses of

the kind it proposes to bring to Sedbergh are hardly ever economically viable anyway I would suggest that the more affluent and cultured tourists are never going to be attracted by offering cheap goods, even less so by businesses struggling to survive.

And what are these books, to be priced at no more than £5? The great majority are the detritus of the book trade – secondhand paperbacks, unwanted novels, book club editions, ex-library volumes and out-dated text-books, all on their last journey to the paper-bank and virtually unsaleable. Does Sedbergh really wish to be filled with shops, or - more likely, and even worse - un-manned

(Continued on page 14)

units, trying to dispose of such stuff? How many tourists must visit the town each year to generate a sustainable income for each of the ten to twelve booksellers envisaged in these units?. If the Hay on Wye example is followed, where, according to the report, 34 dealers require 500,000 visitors annually to make a living, Sedbergh would need up to 150,000 impecunious browsers to be tempted off the M6 every year to fill our roads and clog up our Main Street. The author of the report is reported as saying elsewhere that to cope with this influx he envisages extra parking for 500 cars which “would not be a problem”.

The only way to attract the more “upmarket” book-buying tourists which the report envisages, would be to open

shops full of good quality collectable books, but these are precisely the sort of books which are not readily available. Good books are not like groceries, to be ordered in from a wholesaler on a whim. By their very nature they cannot easily be sourced or priced, even with the help of the Internet, and it takes many years experience to deal in them successfully. Book towns have, on the other hand, become seen as “the flea-markets of the book trade”. This is why no small town full of good bookshops in England – and there are several, such as Lewes or Ludlow – wishes to be associated with the term. It would be a dubious honour indeed for Sedbergh to be the first.

In fact, the report accepts that most of the so-called bookdealers likely to be

THE DALESMAN A-LA CARTE MENU

This Menu is very labour intensive, hence the attention to detail and possible waiting time which is reflected in the price.

STARTERS

Soup of the Day.....	£2.50
Chicken Liver Pate, served with warm toast & Plum Chutney	£4.00
Tiger Prawns - dish may vary between Garlic Prawns & Prawns with Coriander & Tomato.....	£5.00
Chargrilled Flat Mushrooms with Pesto & Parmesan	£3.00
Chargrilled Flat Mushrooms with red onion & Cous Cous.....	£3.50
Smoked Salmon & Caper Salad.....	£5.00
Ham, Beef Tomato, Basil & Brie Bruchetta.....	£5.00
Chargrilled Asparagus wrapped in Parma Ham, Hollandaise & Poached Egg	£6.00

MAIN COURSE

All Main Courses are served with Vegetables & Potatoes of the Day

10oz Fillet Steak filled with Boursin Cheese & wrapped in Bacon with Hollandaise Sauce..	£14.00
Chargrilled Pork Chop served with Mustard Mash & Roast Parsnip & Thyme Gravy	£9.00
Chargrilled Chicken Fillet served with Bacon & Mushroom Risotto.....	£9.00
Chargrilled Gressingham Duck Breast served with Mash & Plum halves	£11.00
Fresh Monk Fish wrapped in Bacon served with Garlic Mash, Mustard & Cream Sauce	(Subject to Market Price)
Chargrilled Lamb Steak with Aubergines, Tomato, Chilli Salsa	£10.00
Tagliatelle with Spinach, Tomato & Parmesan..	£7.00

WINTER OPENING TIMES: Monday to Sunday Lunch 12 - 2 6 - 9

SUMMER OPENING TIMES: Monday to Friday Lunch 12 - 2.30 5.30 - 9.30

Saturday & Sunday - Food served all Day

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THE DALESMAN BAR MENU

Main Street, Sedbergh Tel: 015396 21183



Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar

DALESMAN SALADS

Dalesman Cracker Salad - Cold Belly Pork Salad	£7.00
Roast Beef - Aberdeen Angus	£7.00
Roast Ham	£7.00
Dalesman Platter - A Platter of all the above 3 Salads	£8.00
Chicken & Bacon - whole fillet of Chicken Chargrilled	£7.00
Smoked Salmon & Caper	£9.00
Prawn - Freshwater Prawns	£8.00
Dalesman Ploughman's - Cheddar, Cropwell Bishop Stilton, Brie - served with Homemade Chutney, Salad, Pickled Onion, Roll & Butter	£7.00

OMELETTES

A huge 3 Egg Omelette, served with Chips & Salad - Choice of 2 fillings - Ham, Cheese, Tomato, Onion or Mushroom	£7.00
Prawn	£8.00

KIDS All served with Chip & Peas or Beans

Gammon	£4.00
Scampi	£4.00
Sausage	£4.00
Chicken Nuggets	£4.00
Egg	£4.00

attracted would be either part-timers with another job, folk taking early retirement or complete novices, who fancy the romantic thought of dealing in books in a beautiful location. Such individual aspirations are often wholly admirable and some of the best specialised book businesses in the country have started in this way. But most professional full-time dealers in nearby towns are opposed to this scheme because they know that extra competition from concentrated numbers of such casual traders who are not knowledgeable about prices would drive up those prices at local auctions. We ourselves do not deal in the cheaper books, and we rarely attend auctions, as we buy almost entirely from private

sources throughout the country. We would therefore be unaffected by the so-called "competition", but having a retail outlet makes us more accessible to those clients who wish to bring their books to us or to inspect and collect books ordered through our catalogues or websites. Nonetheless, if the booktown scheme were to come to fruition we would have to close our shop in Finkle Street, since large numbers of tourists browsing our shelves on a daily basis would degrade our stock unacceptably through constant handling. We would in fact consider re-locating to another town, even though this would be a sad personal decision, born and bred as I was in

(Continued on page 16)

Sedbergh.

Richard Booth, founder of the Hay on Wye BookTown (the fore-runner of all book towns) and Honorary Life President of the International Organisation of BookTowns, condemns this study as “total rubbish” and suggests that the author’s theory of booktowns was invented solely for the purpose of obtaining grants. He has already expressed his thoughts very forcefully to the Book Town Committee and to the Chamber of Trade in an open letter earlier this year: “Having spent twenty-two years creating the BookTown of Hay-on-Wye ... can I express my total horror at the appointment of Mr. Seaton [the author of the report] to promote and advise Sedbergh as a BookTown? The chaos he

caused in Wigtown, Scotland’s first official BookTown, was so substantial that we are only just beginning to sort it out ...”. Whatever the internal politics of the Book Town world may be – and we risk getting into very murky waters here – the opinions of a man of Richard Booth’s stature in the book trade cannot simply be ignored.

I dislike having to criticize so comprehensively any plan which apparently aims to bring more prosperity to the district, and would have been happy to support and advise on any sensible project. We have been dealing in antiquarian books here in Sedbergh for fifty years, and it does seem a little strange that at no time did the Book Town committee consult us. Advice has

	<h2 style="text-align: center;">THE DALESMAN BAR MENU</h2> <p style="text-align: center;">Main Street, Sedbergh Tel: 015396 21183</p>	
<i>Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar</i>		
ON THE BONE		
Lamb Shank - Oven Roasted slowly, served with Mash & a Red Wine and Redcurrant Gravy & Fresh Vegetables£8.00		
‘The Dalesman Cracker - Belly Pro Fillet with Crackling, Oven Roasted served with Mash, Vegetables & Gravy£9.00		
SAUSAGE & PIES - <i>All our pies are Home-Made with shortcrust pastry</i>		
Steak & Kidney served with Chips & Vegetables£7.00		
Pork & Leek Sausage served with Mash & Vegetables.....£7.00		
Cumberland Sausage served with Mash & Vegetables.....£7.00		
Homemade Meat Lasagne - Meat Sauce, Layers of Pasta, Creamy Béchamel, Chips & Salad.....£7.00		
Homemade Meat Curry served with Rice (<i>This dish will vary. Please ask at Bar for variation</i>)£9.00		
Homemade Tagliatelli Bolognese.....£7.00		
VEGETARIAN		
Homemade Butternut Squash Risotto£8.00		
Bowl of Cous Cous with Roast Vegetables.....£7.00		
<i>Both the above served with Dressed Salad</i>		
Mushroom Lasagne served with Chips & Salad£7.00		

apparently not been sought from any other experienced booksellers, nor from either of the two trade associations. The P.B.F.A. (Provincial Book Fairs Association) recently held a Book Fair in the People's Hall but discouraged the display of any publicity for the scheme at that event. The A.B.A. (Antiquarian Booksellers Association), the senior trade body of which this firm is a member of long standing, likewise has not been informed or consulted, and their President endorses my views entirely.


Throughout this district there are numerous excellent specialised bookshops and dealers who already perform the function of attracting affluent and discerning book-buyers to the area in considerable numbers. It might have been

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more sensible to build on this nucleus rather than ignoring and even antagonising them. Sadly, much effort and taxpayers' money has already been spent on this ill-considered scheme. I hope it will not be taken any further.

C.G.Hollett



THE DALESMAN BAR MENU

Main Street, Sedbergh Tel: 015396 21183



Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar

Starters

Home Made Soup.....	£2.50
Home Made Chicken Liver Pate with warm toast & Plum Chutney.....	£4.00
Tiger Prawns	£5.00
Prawn Cocktail with Marie Rose.....	£4.00
Chargrilled Flat Mushrooms with Pesto	£3.00
Chargrilled Flat Mushrooms with Red Onion & Cous Cous.....	£3.50
Smoked Salmon & Caper Salad	£5.00
Ham, Tomoto, Basil Brie on Toast.....	£5.00
Ham Terrine	£4.00
Chargrilled Asparagus wrapped in Palma Ham, Hollandaise Sauce & Poached Egg.....	£6.00

Off the Chargrill all served with Chips
'Our Beef is 100% Aberdeen Angus - this reflects in the price you pay, yet you are guaranteed the fullest flavour & quality'

10oz Sirloin, served with Flat Mushrooms & Grilled Tomatoes, Salad or Vegetables	£13.00
10oz Fillet, served with Flat Mushrooms & Grilled Tomatoes, Salad or Vegetables	£14.00
10-12oz Gammon Steak	£8.00
10-12oz Gammon Steak with Cheddar Cheese.....	£9.00
10-12oz Gammon Steak with Blue Cheese.....	£9.00

FISH

Cod in Beer Batter - Fresh Cod bought daily served in our own Beer Batter with Chips & Peas	£9.00
Witby Scampi - Served with Chips & Salad.....	£7.00

THE FARFIELD SAGA

(A true story of country folk and their fight for a mill)

Episode 2

The story so far: *In October 1992 Pennine Tweeds at Far field Mill which is on the Garsdale Road just outside Sedbergh closed down. It occupied the third floor of a four storey mill. This was the end of 160 years of weaving at the mill. A public meeting was held in November 1992 to find out if anything should or could be done about it.*

Should the mill building be allowed to eventually become derelict? Could the looms be saved? Did people in Sedbergh want to see something done, and if so what? The newly formed committee had to start talking; to everyone they could

think of.

We were standing outside the Headmaster's office. It was the Sedbergh School Headmaster's office. However old you are, the stem "Come in", when you have knocked on the headmaster's door, gives you a sinking feeling. Tony Johnson, was not easily intimidated and he was quite equal to the situation. We were of course warmly welcomed by the Headmaster and it was not long before we had the assurance we were hoping for. Sedbergh School, the biggest employer in the town, would support any attempt to rescue the mill at Farfield. He would even second one of his staff to come on the Committee. So Richard Thomas became involved and eventually became the Trust President.

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The Swan Offers a very extensive Menu.

Over 40 various meals as well as a Children's Menu from £2.99.

Here are a few from our Traditional Menu

- Giant Ham & Eggs. 16oz Gammon cooked to your liking with
2 eggs, chips and vegetables of the day..... £8.95
- A foot of Cumberland Sausage, Chips, Vegetables and Gravy £6.95
- Liver & Onions (tender Lambs Liver in a rich caramelised
Onion Gravy) served with Mash Potato & Vegetables..... £6.95
- Steak, Guinness & Mushroom Pie (Short Crust Pastry). A large
slice served with Mash or Chips and fresh Vegetables £6.50
- Mixed Grill (Lamb Chop, Pork Chop, Gammon, Rump Steak,
Lambs Liver, Pigs Liver, Sausages, Black Pudding, 2 eggs,
Mushrooms, Onions Rings and Chips). Can you eat it? £11.95

**Our Bar area has recently been extended and we now have
a full size Pool Table and Games Room to keep children amused.**

**As of Easter, our lovely Beer Garden will be open
with Children Play Area and seating.**



The Swan Inn

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Set between Sedbergh and Kirkby Lonsdale, The Swan with spectacular views looking up towards Middleton Fells offers an extensive range of Home Cooked Fayre as well as A-La-Carte Menue. Enjoy your meal in either our Bar or in our lovely Old Restaurant complete with cosy large Log Fire's throughout.

We offer a large range of Malt Whiskey's (40 in all) and our Cask Beer range has been awarded by CAMRA. Cask Beers for April include:- Black Sheep; Timothy Taylor; Landlord; Thwaite's Bitter and Dark Mild Hartley's XB as well as others.

The Wildwood Bluegrass Band perform Live Music every Friday Night

Opening Hours

Tuesday to Friday	12 noon to 2pm	6 - 11pm
Saturday - Open All Day	12 noon to 11pm	
Sunday - Open All Day	12 noon - 10.30pm	

Sunday Lunch our speciality £5.95 Bookings Advisable

BUFFETS & FUNCTIONS CATERED FOR

After some persuasion. Tony Johnson who lived at Farfield, had agreed to be chairman of the steering committee. Tony wielded a firm hand and warned us not to presume everyone would want the project to go ahead. There would be many problems and it was vital at this stage to listen to everyone, those against as well as those who were enthusiastic.

We approached the other schools. Settlebeck High School welcomed the idea as an educational opportunity appearing on its doorstep, while the Primary Schools in Dent and Sedbergh were already planning in their mind's eye educational visits.

The Parish Council obviously had to be talked to. They are a well informed group of people, with much experience and they

were elected to represent the views of the town. They are not given to being over enthusiastic, but they had been concerned for some time about the future of Sedbergh. The idea of some kind of development at Farfield fitted in well with their proposals for the town set out in the recent appraisal entitled 'Sedbergh 2000'. Their approval was wholehearted but was it a real possibility? The words 'pie in the sky' escaped the lips of one councillor in a private conversation. Yes, maybe. There were more people to talk to. The Lookaround was used to invite comment and John Whitehead, the Sedbergh Partnership Officer based at the Community Office, contacted businesses, local quangos, government bodies and

(Continued on page 20)

local authorities.

A visit to a Chamber of Trade Meeting, a much more relaxed occasion, led to a promise of support. For the Chamber, to increase tourism was vitally important, and they thought that some kind of development at Farfield might do just that. There were just one or two members who ran high street shops who had reservations. Farfield was not in the centre of Sedbergh. Would it take trade away from the town? Most disagreed but only time would tell if that fear was a real one.

The most important people to be consulted were the residents and business people at Farfield itself. Many had turned up at the public meeting. There were already on-going problems because of the

mixture of residential properties with industrial activities and some felt the site was very untidy. These people believed that if the buildings fell out of use there would be more dereliction. The majority were very anxious indeed that something should be done. Eventually five people from four of the Farfield households became trustees.

Crucially the Yorkshire Dales Planning Authority had to be consulted. It was then their policy to keep industrial buildings in industrial use. Although they had some time previously allowed conversion of some buildings for residential use that was no longer to be allowed. They were also anxious for some tourist expansion in the Sedbergh area. The main problem was access, as on the single lane

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entrance ,track, cars coming into the site could not see those at the other end setting off to go out. There was many a curse from drivers as cars, commercial vehicles and tractors coming in had to back out onto the main road to allow other vehicles to get out. The Dales Authority decreed that there could be no change of use without an access improvement.

Numerous other people were consulted and comments were invited in the Lookaround. The results were discussed at meetings held every fortnight in the Community Office. Seldom has that office resounded to such heated discussions, to the expression of such doubts and the explosion of such enthusiasm. As some-one later commented, it was more Vicar of Dibley than Corporate Boardroom.

There were so many things to consider, not least of which was what could or should be done with the Mill. At the next Public Meeting it would be necessary to offer some suggestions, as well as some ideas on where the money would come from. One way of finding out was to look at what had been done elsewhere.

The first step would seem to be to go

and find out. Mr and Mrs Johnson went off to Waterside Mill at Settle. Bryan Hinton went off to Elliot's Fine Fabrics mill at Galashiels and the Secretary set off to see the restored mill at Gatehouse of Fleet. We all reported back.

Then there was Allenheads. Thirty miles from Hexham, the nearest town, Allenheads was a lead mining village with the present population of only 160 people. They formed a Village Trust and within six months had raised £80,000. By the time the project was complete they had raised £600,000 and created a community centre, an exhibition area and craft workshops and they had restored the old water powered pump engine.

If Allenheads could do it, why not Sedbergh? Here was an exemplar project. If Sedbergh wanted to restore Farfield Mill and put it to a useful purpose, it surely was not impossible. The Committee decided to recommend that the project should go ahead.

Would the next public meeting support the Committee? Was Sedbergh ready to embark on the project? If they did, would it actually turn out to be 'pie in the sky'? Time would tell.

To be continued

POLICE REPORT

From this month, Lookaround will be reporting on various Police related things. The reports will not always be doom & gloom but will be designed to make our place a better and safer place to live.

Long Lane is fast becoming a problem area with vehicles and pedestrians. The Zebra Crossing has been installed for the use of and the safety of people, especially children going to and from school. It is illegal to park on the zig-zags of the Crossing and will earn you 3 penalty points on your Licence and a £60 fine if you do. All the vehicles that park outside the school cause a hazard for vehicles passing through the area as well as those emerging from Garsdale Road. The biggest thing that does bother me though

is the amount of children and parents that do not use the Crossing but cross nearby or even cross between cars as they wait at the crossing. Accidents become Statistics. **DON'T BECOME A STATISTIC.**

It used to be that the summer months were the times when people went away on holidays. This is not now the case and many people go away throughout the year. If you are leaving your home for a short period, here are some tips for you to think about. Cancel the milk being delivered; cancel your papers; have a relative or friend call at the house on a regular basis to remove post from behind the door; get them to open and close curtains at irregular times; use time switches to put lights and the radio on at irregular times. Pass details to the Police

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which include the following information:- your name and full address, telephone number, when you leave and when you return, the name, address and telephone number of the person that has a key for your premises and the address and telephone number (if possible) of where you will be for your holiday. This information should be either typed or put in BLOCK CAPITAL LETTERS. (The Police are not permitted to hold keys for you). Then have a good relaxing holiday.

Two recent incidents have occurred in the Sedbergh area that are worthy of note.

On Wednesday 16th April at about 2.45pm, two males parked their vehicle at the entrance to the Auction Mart. They then went to a house on Station Road and forced the front door open (which was locked). The occupant was in the garden and heard the noise and on entering the house, the two offenders ran out to their car and drove off into towards the town centre. Did you see these persons or the vehicle?

The second was a Burglary and Theft at Dent Craft Centre. Sometime between 1130 pm on Saturday 12th and the morning of Sunday 13th April, persons forced open a window at the Centre and



Page 23 May 2003

People's Hall

	<i>per session</i>
Committee Room	£6 (inc. heating)
Main Hall (<i>daytime</i>)	£9
Main Hall (<i>evening</i>)	£20
	(£35 for functions with bar serving alcohol)

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13 Kings Yard, tel. 20788**

removed a very large and heavy Victorian Rocking Horse valued at £750 (see photo of *the* horse). The offenders would have needed a vehicle to take away the Horse and there must have been a number of them. Did you see anybody or vehicle that looked out of place that night?

Events like the above are rare - but they do happen. If you see anyone that you are not happy about, make a note of their details, their height; build; age; hair; clothing; accent; vehicle. Ask to see their Identification. If they are genuine, you will see it. If not, they will leave.

Although Sedbergh Police Station is not always manned, there are Officers on duty 24 hours a day. If you need an Officer in an emergency, call 999, otherwise ring 01539 722611.

The Police are currently updating their Keyholder lists for premises in the area. Most are okay but some are out of date or not in the system. If you hold keys for any premises, whether private or business, please let us have the name and address of premises and the names, addresses and phone numbers of the Keyholders.

More news & information next month.

DJW

MAY REFLECTIONS

My first thought as I pen my Reflections for May, is, the people who are holidaying in the Sedbergh and Dent area, and other places nearby.

What a beautiful part of the world you have come to. I think probably, combined with the welcome you'll get where ever you go, you've chosen the land where happy holidays are made of.

All you need to do is to remember to keep your dogs well under control and to clean up after them. There are so many facilities now for picking up canine droppings, making the job more pleasant and easier. I live quite literally on a beach, and sadly, we have awful doggy problems to contend with.

Its just a case of treating the land as you

yourself would wish, if this were your home. Farming has had a tough time. Farmers need all the support they can get. Remember to shut gates where ever you find them closed, or if particularly requested. The sheep are totally amazing, they know to an inch what is theirs to graze, but, they also reckon that 'the grass on the other side is always greener'! Don't give them chance to prove it.

I can recommend every type of local produce, and, the shops are great. The best part of a holiday is to use shops where you'll experience the change of consuming goods individual to the locality.

So, have a very wonderful holiday. We trudge along as ever! However the other morning, I heard : 'Quickly! Come and

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3 hours of entertainment and fun with short music breaks and games

Sunday 25th May in the People's Hall

Doors open 7:30 pm ~ Show starts 8:00 pm prompt

Tickets £10 £13 on the door

Ladies will be admitted at 11:00 pm for the Disco ~ £2

NO UNDER 18's

look at this!' My Sir's eyes were focused above the Valley airfield, at the spot in the sky where the Red Arrows Display Team of nine scarlet Hawks weave their patterns with coloured vapour trails, to mark special occasions. But, that day, what we saw against the vivid blue of the sky, were two snowy white Hawk vapour trails in the sign of the Cross. And there it remained until, after quite a considerable length of time, it all dispersed into small, wispy clouds.

Later that day we heard unofficially of an RAF loss in the Iraqi war. And all pilots come through Valley for their fast jet training. Very much later, a large but very graceful Harrier jump-jet arrived and we watched it hover sadly over the

airfield. We stood still, remembering all the happy times when the Harrier comes to open days to bow and curtsy to the crowds. War time thoughts are deep. And I realised that Cross in the sky is like the one marked indelibly on our foreheads when we were baptised into the family of the Church. It remains for ever, not withstanding the type of life a Christian follows. Which ever the road traversed. This must surely be a comfort to many and I think of it like being tagged! The Lord above can keep an eye on us, and be there when we need him. The war caused fear and sadness. Those against going to war didn't really realise the type of danger was under Saddam's belt. We

(Continued on page 26)

must pray for world peace. We'd all adore to think of peace without having to fight. But those we must deal with are dictatorships and we are democratic. In order to share our good fortune, we must fight the enemy of terror, so that the populous of other countries can enjoy what we have.

But, however awful it has been, life must go on. And so I look to two of our dearest friends, Jackie and Edith Sedgwick, who have retired from farming and moved down the Dale, taking up residence in what I called 'my cottage' for about ten or eleven years! Yes, that little chunk of heaven deep in the cobbles of Main Street, Dent. Where Sir and I, and the late Little-Morrie Stockdale spent as much time as we could. Where we found untold happiness. Where we 'lived' the bliss of village life. That little place enhanced all the other myriads of blessings that were to be ours in Lookaround-land.

Dear friends. And, a lot of them. In Sedbergh as well as Dent. To be able to step out of one's house and buy freshly baked bread for lunch from Dent Stores. Pop into the Post Office. Get my work for the Chronicle safely in the post to Bangor. Have a laugh and a chat. The Wool Shop, too. A window filled with beautiful things and two lovely people within, with whom to pass the time of day. Oh, The Fountain Gallery.

And, Sedbergh Office Services. Stable Antiques, a dear lady and, that is Dachshund-land too! I could go on for ever. Stare at the beauty within the Church. Kneeling in peaceful prayer. Giving thanks. Singing praise. We shared the sadness of the village and town as we

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did the happiness.

The George & Dragon and the Sun Inn. I am told both pubs are 'For Sale'. Sir, in a flip moment suggested we bought them. Sir would run one, and me the other! I do not think that I could have coped with myself if any others, than Edith and Jackie had taken up residence in - 'my cottage'! So, Sir joins me in wishing Jackie and Edith happiness and peace within the strong, rounded walls of a little home just across the way from St. Andrew's Church, Dent.

In the meantime, I reap enormous satisfaction writing for Lookaround. And of course, there lies, for me, the heart of my life with you all, in this case, Sedbergh and Dent. I must say that the excitement of Lookaround dropping through our letterbox is the grab to see what the little picture is, on the front of the envelope. A privilege of those on the Lookaround Mail Order Subscription list. How clever! I have collected most and have them in my writing file.

And so, my hand of friendship is extended to Jackie and Edith, and all other people who have moved house. May they soon know that once again, there's no place like home.

JS

ANTIQU VALUATION DAY



Dent Memorial Hall

Tuesday 27th May

from 11 am

£2 per item valuation



Antique Expert **Mr P Scott** will be present
Refreshments available

Dig out Grandma's statue, Aunties Vase, that old clock or book. Bring them along and find their value or just come and watch.

ALL WELCOME

BEEKEEPERS

Sedbergh beekeepers held their 7th Annual General Meeting on March 10th. Thirteen members attended and all the business was smoothly conducted. The Chairman, John Tallon, was able to report on a very successful 2002 for the club, and anticipate an even better 2003, weather permitting, with our first Summer Conference. The Committee were re-elected without any changes.



Sedbergh beekeepers were again well represented at the Sedbergh Spring Show on 5th April. Our display stand in the Masonic Hall gained a commendation from the judges, and we met a number of possible new members. Although we would have liked to see more entries in the honey classes of the Home Produce section, the standard achieved was high.

Tommy Brooks gave a talk and led the discussion at our evening meeting at the Friends' Meeting House on 7th April on the do's and don't's of carrying out the first inspection of the hives after the long winter season. He pointed out the importance of choosing the right weather, not an easy task with the extraordinary ups and downs of temperature and lack of

rainfall in the last several weeks. He highlighted the importance of checking that the queen has been laying her eggs in large numbers and that the workers have been able to find sufficient fresh pollen on which to feed the young larvae as they hatch out. Also that there is sufficient honey left in the combs from last year to feed the whole of the growing colony, and that there are no signs of disease.

Either a shortage of food or the effects of a bee ailment can have very serious results at this time of the year, as beekeepers aim to achieve the largest numbers of healthy foraging worker bees to coincide with the time that the flowers and trees blossom and produce the nectar

from which the bees make their honey. The first inspections, and taking the correct actions, can make all the difference to the size of the eventual honey crop.

We have two meetings in May. We shall be visiting Furness beekeepers at their Spring Convention on 10th May, and Bill and Marion Smith will be our hosts at our first apiary visit of the year, on 24th May, at their apiary in Garsdale. You will be most welcome to join us.

Malcolm Fraser-Urquhart

Ysobel Sugden

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FAMILY MUSINGS

Sitting in the lounge at the Lothersdale in Morecambe listening to some of the over 80's and over 90's, of which there were many, talking about wars, music, food and other such important topics was fine, then every so often one would turn to me asking "You'll remember.... Oh no, you can't, you are just a young-un," made my day! Two of my offspring visited us one day and one of the guests commented afterwards, "Your children are beautiful, they take after their good-looking mum". Now you know why I keep going back!

As ever we enjoyed our holiday, Granny was pushed up or down the prom twice each day, had a walk one day, and we visited the shops and went by car to

Heysham, but couldn't buy Nettle Beer. We sampled the unique delights of Lubin and have booked for the Senior Citizens week in October. Granny is an optimist.

Pushing a wheelchair around Morecambe was an experience, far worse than Dent cobbles, the unsuspecting uneven pavings in the pavement...wow, nearly had Granny overboard, and we had to make certain the seat belt was fastened. The shop doors with steep slope and metal threshold, or doors not happy to have fully open, or display stands to get hooked up with. People who will not get out of the way... the little children in pushchairs looked pleased to see Granny. This reminded us of going around Dezenzano Market in Italy where the children in pushchairs



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KILLINGTON SPORTS

Commencing 6pm on Thursday 29th May
Beckside, Killington



Open Sports ~ Fell Races ~ Field & Track Events ~ Children's Races
Side Shows ~ Wrestling ~ Pillow Fight ~ Tug 'o' War
Mountain Bike Race

Adults £3 ~ Children £1.50



All enquiries ring: 015242 76251 or 015396 21343

seemed amazed to see an adult in one, and one certain taxi driver nearly had a heart attack when she got out the chair to get into the car, he ran around screaming "She Walks"... happy days.

Three inches somehow became three pounds in the last months Musings, haven't been measured recently as hubby's a tad busy with lambs. Thirty, yes thirty, sets of twins arrived on one day, anyone beat that...? Eating plan hard to live to at the hotel but did my best, need to weigh myself now and get back to basics. Anyone reading this an thinking they will copy, a word of warning, if you have health problems of any sort have a chat with the doctor or dietician before you start. These pills I take do help but are expensive and again good idea to run it past someone in the know. All that apart I feel much better and have more energy, which is a good think as at the moment I have a farm trailer to fill with garden rubbish and oh boy was I stiff last night... another day similar heavy labour today... makes a change to wheelchair pushes up the prom.

May promises to be an exciting month... one daughter reaches 18, the other celebrates her 21st. We have a weekend of action planned for the 21st

and in researching B & B details to post to folk coming from away we discovered one can sleep in a house linked with the slave trade which has ghosts... not far from Dent, afternoon tea on the lawns, tea and crumpets on arrival. I almost wish I didn't live here so I could stay there. Seriously we do have many very good B & B's to recommend to visitors, lets send that message far and wide. Our two pubs might be up for sale, but the dale is very much open for business, another folk festival will happen in June whoever said living in the country is boring, ain't lived here!

I have lots of competitions to enter for short stories, lots of inspiration around me... but this glorious weather tempts me... outside into the garden, granny sits in the sun and I potter about alternating heavy labour with gentle weeding, have a small plant house and am growing plants from seed, very satisfying... as is an iced drink on the patio with a friend, call in soon. Have fun, enjoy your family, they are very precious.

Nottleddim Haras

P.S. The ORANGE mast became in working order before last months Musings. Yes, we are on the air in Dentdale.

ACUPUNCTURE



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June M. Parker

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MAINTAINING HEALTHY JOINTS

Joints are not just isolated articulations, but an integrated part of the whole, affecting and affected by our general state of health. In particular the blood provides nourishment and moisture for the joints and removes waste products. Thus healthy blood and good circulation promote healthy joints and conversely malfunctioning joints impede circulation and stagnate the blood.

The quality of the blood depends upon nutrition, digestion and metabolism. In Chinese Medicine, the blood is said to be adversely affected by worry, anxiety, stress and lack of sleep. Good circulation depends upon appropriate exercise. In other words if you want healthy joints, look after your general health. Foods which specifically treat blood deficiency are meat (in small amounts), fish and eggs (prefer free range, organic products where possible), as well as rich vegetable

foods such as pulses, dried fruit and certain oils.

To maintain good joint function a combination of external and internal forms of exercise is best. External exercise is what we normally think of as exercise: sport, swimming, walking and running. Internal exercise is designed to move and regulate the body's internal Qi (energy, pronounced "chee") and includes yoga and T'ai Chi. It is best to begin working with a teacher. For T'ai Chi in Sedbergh and Dent contact Ian McPherson (015396 20972), for yoga in Sedbergh contact Deyna Hirst (015396 21556) and for yoga in Dent contact Laura Clare (015396 25572). In these disciplines movements are made slowly and with awareness, always remaining within the natural capacity of the body (which is different for everyone).

But what to do once joint trouble has set in? Acute injuries should be rested and may need conventional medical

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Conductor: Alan Lewis

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Tuesday 3rd June

7:30 pm

People's Hall

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From McConnells, Knights & The Bull



treatment. Alongside this consider homeopathy (arnica is a well known self-help remedy for injury, shock and trauma) or acupuncture which can be helpful in reducing pain and swelling, speeding recovery and restoring good function. Many chronic joint problems are the result of an old injury and correct treatment at the time can avoid problems later on.

Many of us suffer from long-term joint problems and there is much that we can do alongside any conventional medical treatment we may be having:

- regular relaxation sessions help with pain and stress and can encourage the muscles to relax. Muscle tension is often a factor in joint problems and pain and tension can become a vicious circle.
- if you have a problem in one joint it is very important to keep all the other joints moving. Fingers, toes, wrists and ankles can all be exercised sitting down and rhythmic movements in these areas can be beneficial for joints further along the limbs. If your problem is with the lower limbs, exercise the arms and shoulders and

vice versa.

- many problems arise from over-use. If you can, take a rest from the activity which causes the problem. For small-movement repetitive strain injuries it can be beneficial to make large movements with the limbs and for overuse of the large joints try making small, gentle movements well within the pain-free range.
- use massage to improve circulation in the whole limb and in addition to treat tender areas around the joint itself. Do not exert more pressure than is comfortable.
- yoga or Tai Chi can be very helpful. Do not feel that you cannot do anything because you cannot touch your toes or stand on one leg! Many movements can be performed sitting or lying. Laura Clare specialises in therapeutic yoga and works with individuals to develop a yoga programme adapted to their needs (015396 20972). For chronic joint problems this would typically be a series of movements coordinated with the breathing.
- acupuncture is often used for joint problems. The approach is to reduce pain, promote circulation in the channels running through the joint, to revitalise the body and calm the spirit as appropriate in each individual case. The treatment would vary according to whether the joint is affected by cold, damp or heat.

For more information about any of this, please contact me. My telephone number is (015396) 20972.

June Parker

SETTLEBECK HIGH SCHOOL

As we reach the end of the winter season in terms of school sports, we now hope the recent warmer, dryer weather will be back with us during next term's busy programme of summer activities.

Cross-country. There has been much to enjoy, with the house cross-country competition being one of the highlights, involving nearly every Settlebeck student completing the school course, to win points for their house.

Final results were: 1st. Ghyll 2nd. Beck 3rd. Tarn 4th. Dale.

Individual successes were;

Junior boys; 1st. Dan Sedgwick 2nd. Andrew Postlethwaite 3rd. Nathan Close.

Junior girls; 1st. Alice Sutcliffe 2nd. Rebekah Sutcliffe 3rd. Emma Mason.

Senior boys; 1st. Robert Close 2nd.

Robert Moffat 3rd. Tim Baines.

Senior girls; 1st. Rachel Law 2nd.

Harriet Smith-Hanratty 3rd. Rachel Thomas

Congratulations to the winners and all the runners who supported what is a true Settlebeck tradition!

In January, Robert Close also ran successfully as a member of the Cumbrian team at Hexham race course in the North East counties fixture where he finished in 52nd place, the 13th Cumbrian inter. boy to finish. Finally, the cross country report in the last newsletter missed a line of print which praised the efforts of Ryan Iveson (15th), Alice Sutcliffe (26th) and Rebekah Sutcliffe (54th in fields of 80+ runners), who competed in the South Lakes school's

Christopher Whelan

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event at the end of last term, along with the students named in the last report.

Netball. A group of 14 year 9 students took shared a trip with Kirkbie Kendal to the Manchester Arena to watch the England v. New Zealand International. Although England lost 52-36 it was an excellent opportunity to watch the country's top players prepare for and take part in such a huge event. Much fun was had by all including mexican waves, deafening noise from crowds of screaming and popsinging schoolgirls and a very late school night!

There have been a number of fixtures this year, indoors and outdoors. All our players have tried their hardest and most results have been good, particularly in view of the size of some of the schools we have played! Year 7s have been

particularly successful. Match results v. Queen Katherine: Yr 11 lost 13-9 ,Yr 10 lost 12-8 ,Yr. 9 lost 9-7 ,Yr 8 lost 14-1, Yr 7A won 2-1, 7B lost 1-0. v. Kirkbie Kendal: Yr 9 won (Away), Yr. 7(A) won 3-1, Yr.7 (A v. K.K.B.) won 5-1 (Away), Yr 11 lost 18-9 , Yr 9 lost 15-14, Yr 7(B) won 10-6 (Home) v. Ingleton Middle School: Yr 7 won 15-6 , Yr 8 lost 9-7. v. QES: Yr. 9 lost 9-8 , Yr 8 lost 14-7. v. Dallam: Yr. 7 won 8-7, Yr 9 lost 4-2.

House Matches. Senior house netball was won by Beck with runners up Tarn.

Tennis. Jonathon Griffin, Cumbria club coach, will be coaching groups of students on Thursdays after school, next term. We look forward to his expertise and good humour as he puts our students through their paces! ☺



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DIALECT DIGEST

One way the religious significance of this time of year is commemorated is by special foods. Everyone knows hot cross buns (which were once sold hot in the streets), but how many people still bake a simnel cake, traditionally eaten on the fourth Sunday in Lent, Mothering Sunday? It's a rich fruitcake, decorated with eleven balls of marzipan representing the Apostles, without Judas.

In some parts of Yorkshire, the custom is to bake Easter biscuits, thick and rich, with dried fruit and candied peel.

Then there are the eggs - not the expensive chocolate ones, more box than egg - but pace eggs, hardboiled hens' eggs, painted in bright colours and rolled

down grassy slopes on Easter Sunday or Monday. This tradition is said to represent the rolling away of the stone from the tomb of Jesus. If the eggs reach the bottom without cracking, it's a sign of good luck. There are also pace egg plays, with historical themes, still performed in some areas by brightly-dressed mummers. The word 'pace' comes from the Hebrew word for Passover.

And even in the days when folk worked every hour of daylight. Good Friday in the countryside was always solemnly observed.

'On Good Friday rest this pleeaf (plough); start nowt, end nowt, that's eneeaf

Michael Park

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TENNIS CLUB

A.G.M.

Sedbergh Tennis Club AGM was held on the 18th March and the following officers were appointed or re-appointed : -

President	Sandy Roy
Chairman	Richard Ellis
Vice Chairman	Graham Robinson
Secretary / Membership Secretary	Audrey Carr
Treasurer	Tracey Thornton
Mens Team Captain	Graham Robinson
Ladies Team Captain	Tessa Moore
Junior Teams co-ordinator	Rosemary Lewes
Adult coaching	Ysabel Sugden
Sedbergh School liaison	Sara Hirst

Settlebeck liaison and coaching

Angela Nicholas

Primary School liaison and coaching

Stephen Cayley

All the formal business was duly conducted, with the Chairman giving his report for the previous year, audited accounts being presented and arrangements made for this year.

Tennis Club days are : -

Tuesday 7.00 pm - Mens

Friday 7.00 pm - Ladies

Sunday 2.00 pm - Mixed Doubles

An Tennis Family Open Day has been arranged at Guldrey at 2pm on Sunday 4th May. Further details from Audrey Carr.

Richard Ellis



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SEDBERGH SCHOOL

Understandably, there has been some alarm caused by press coverage – both local and national – of the SARS issue (often exaggerated or inaccurate) and I am aware that there may be some residents who are unsure about Sedbergh School's own policy.

Very few of our pupils actually live in either Hong Kong or mainland China and of these, some spent their holidays in Europe whilst others followed the 10 days quarantine requirement I initially recommended. For the latter, their holidays have been completely spoiled and I can now only hope that a busy term here in our beautiful county can at least make up for some of that.

Paramount is the good health of our 400

pupils and all those living in the area.

You can be assured our actions are above and beyond those stated by the Government health agencies.

The following is a letter sent to parents which, hopefully, will clear up the many rumours and misconceptions that are always associated with these types of incidents.

SEVERE ACUTE RESPIRATORY SYNDROME (SARS)

Throughout the holiday period, I have been in regular contact with the appropriate medical authorities and the parents and guardians of our Hong Kong boys and girls, as concerns over SARS have grown. At all times, guidelines laid down by the national and international health authorities have been followed.

THE HEAD AT MIDDLETON

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Thus, in my message of 3 and 8 April, a period of quarantine was a requirement prior to returning to School.

In the final days of the Easter holiday, the World Health Organisation, the Medical Officers of Schools Association and the Department of Health have advised that Hong Kong students who have been given a clean bill of health should be able to return direct to their Schools. Although this further advice was conveyed to our Hong Kong families on 17 April, my understanding is that those pupils for whom it was applicable are already serving their quarantine period.

In order to make doubly certain that all

is well, our School Doctor, Christine Hunt, will be carrying out detailed checks on all our returning Hong Kong students and will maintain close vigilance thereafter. If she has concerns, then arrangements for isolation are in place.



You will appreciate that the story of the past month has been confused and difficult, especially for our Hong Kong Sedberghians to whom we all extend our concern and sympathy. I hope that we shall all be able to begin the Term together, with the interests of

both the United Kingdom pupils (together with the Sedbergh staff and Community) and their Hong Kong colleagues properly served and safeguarded. 😊

<u>Starters</u>		<u>Fish Dishes</u>	
▲ Prawn Cocktail & Marie Rose Sauce	£3.20	Salmon Steak with Parsley Sauce	£7.90
▲ Garlic Mushrooms on Toast	£2.95	Grilled Rainbow Trout	£7.90
▲ Pate with Garnish, Toast & Butter	£2.95	Breaded Scampi	£5.80
▲ Soup of the Day	£2.10	Breaded Haddock	£5.80
▲ Egg Mayonnaise	£2.10		
▲ Grapefruit Cocktail	£2.10	<u>Vegetarian Dishes</u>	
<u>Extra Special Main Courses all £9.95</u>		▲ Tropical Vegetable Curry	£5.90
▲ Loin of Pork in Cider & Apple Sauce		▲ Stilton & Vegetable Crumble	£5.90
▲ Lamb & Apricot Casserole		▲ Vegetable Lasagne	£5.90
▲ Chicken with Basil, Port & Dill Sauce		▲ Mushroom & Nut Fettuccini	£5.90
▲ Venison Steak with Red Wine Sauce		▲ Broccoli & Cream Cheese Bake	£5.90
▲ Venison Casserole		▲ Vegetable & Pasta Bake	£5.90
▲ Supreme of Pheasant Chasseur		▲ Vegetable Tikka Masala	£5.90
▲ Pork in Pepper Sauce		▲ Macaroni Cheese	£5.90
▲ Cod & Prawn Crumble		<u>Rice Dishes</u>	
<u>Main Courses</u>		▲ Chilli	£5.60
▲ Roast Dinner of the Day	£5.90	▲ Chicken Tikka Masala	£6.90
▲ Mixed Grill	£11.30	<u>Salads</u>	
▲ Fillet Steak	£11.30	▲ Ploughman's Lunch	£4.60
▲ Sirloin Steak approx. 8oz uncooked	£9.80	▲ Cold Meat Salad & Roll & Butter	£4.90
▲ Half Roast Chicken	£6.80	▲ Prawn & Rice Salad	£5.80
▲ Chicken Kiev	£5.90	<u>Sandwiches</u>	
▲ Lasagne	£5.90	▲ Prawn with Marie Rose Sauce	£3.60
▲ Steak & Kidney Pie	£5.90	▲ Ham, Beef, Cheese & Tomato;	
▲ Cumberland Sausage	£5.90	▲ Cheese & Pickle or Salad	£1.90
▲ Gammon & Pineapple	£5.90	▲ Toasted Sandwiches	£2.20
▲ Barnsley Lamb Chops	£8.90	▲ Portion of Chips	£1.00
▲ Marinated Lamb Steak (6oz)	£8.90	▲ Mixed Side Salad	£1.20
▲ Pork Chop in BBQ Sauce	£6.10	▲ Portion of Mushrooms	£1.00
▲ Cheese & Ham Pasta	£5.90	▲ Roll & Butter	£0.35
▲ Tuna Pasta Bake	£5.90		

THE HEAD AT MIDDLETON



Tel: 015396 20258

Menu

CUMBRIA IN BLOOM

Yes its that time again. We have entered Sedbergh in the Cumbria in Bloom competition so come on EVERYONE let's get working now and have brilliant results for the judges in July.

First we must say a big thank you to the LETS group who recently wound up their committee and very generously donated some of their funds to our group. Thank you very much. We must also say a thank you to Neighbourhood Forum who very kindly give us grants for such projects as the patio area at Vicarage Lane and the ongoing enhancement work at the Toll Bar Junction, and for work we undertook at Settlebeck corner.

We are pleased to say that our patio area, complete with seat (our grateful

thanks to the Huddleston family for allowing their seat to be placed there) and planters are now in situ at the head of Vicarage Lane. John Moore who undertook the work is to be thanked for all his hard work.

The Toll Bar junction has now been fenced off and we were considering sowing wild flower seeds but we feel that is a little ambitious so instead we have planted some dog wood and will be exploring what other shrubs/plants would be best suited for that site, taking into consideration the sight line of the motorists.

We were delighted to see all the daffodils appear between the Toll Bar junction and the 30 mph limit. Our thanks to Tommy Brooks and John

main street gallery

Reflections

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Monday	09:30 - 1230	1:30 - 5:30
Tuesday	Closed	
Wednesday	Closed	
Thursday	09:30 - 1230	1:30 - 5:30
Friday	09:30 - 1230	1:30 - 5:30
Saturday	09:30 - 1230	1:30 - 5:30

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Stanton who dug all the holes for us and we had the easier task of just popping in the bulbs. Our thanks to South Lakeland District Council for the bulbs. If anyone has any ideas where more daffodil bulbs should be planted please let us know.

In February we had trouble with large amounts of salt being placed on the flower beds in Main Street, which happened over two nights. If it jogs your memory it was the two days when the Main Street was awash with grit. Did anyone see someone deliberately placing salt on the flower beds? Cumbria Contract Services assure us it was not their workman.

We are a very small group and it is sometimes soul destroying to find this kind of thing happening. Hopefully it will

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be an isolated incident.

Most of the time our work is trouble free. We are pleased to hear that St. Andrews Church have formed a group to undertake work in the Churchyard. As this is an obvious focal point of the town we look forward to seeing it at its best. ☺

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dedicated to providing affordable, accessible and available transport for the people of South Lakeland. Set up as a charity in 1994, CTSL manages voluntary car schemes throughout South Lakeland and affordable minibus hire for community groups. Transport is available for social Journeys, essential medical journeys and visiting friends and relatives.

Community Transport South Lakeland is currently served by a handful of



Sedbergh volunteers but new volunteers are always welcome and needed. The amount of time involved is completely up to you and all your expenses will be reimbursed.

Community Transport South Lakeland also provides affordable minibus hire for community groups driven by trained volunteers. We always need more volunteers to drive our vehicles - all drivers will be given free training and support

If you are involved with a community group and would like the use of a community minibus or are interested in any of the above volunteering activities, please contact Mary Gough on 01539 735598. ☺

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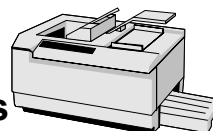
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NEW BUS SERVICE

Last month, Lookaround reported on page 27 that a new Bus Service would operate from Dent and Sedbergh to Kendal.

Please use this service and allow us to keep it for future use. If you have any comments or ideas could you please contact Settlebeck student council, either through your children if they go there or just by dropping a note in for Andrew Bonsall or Sally Brooks (Joint Chairman/ Chairwoman for the council). Timetables will be put up in various locations around Sedbergh and Dent (there's one up in the library at Sedbergh).

Thank you very much, and we hope this service is of use to you.

Andrew Bonsall

SEDBERGH GALA

Saturday 17th May 2003, the procession starts from Maryfell at 12.30 pm involving the Gala Queen and Attendants, Bands, Floats, as well as Fancy Dress entrants. The procession will lead (for this year only) to Lupton Field on Back Lane, Sedbergh. Entrance to the event is £2.50p for adults, under 16's are free.

Many traditional events and new attractions are planned. Fell Races, Cumberland & Westmorland Wrestling, Army Assault Course, Punch and Judy, Home Made Teas, Beer Tent, Car Pull and Craft Stalls.

This is an event for all ages and interests; it is a traditional Country Gala Event and is well worth a visit. ☺

Fridays

DENT, Village	18:10	--	21:40
Gawthrop, Road	18:13	--	21:43
End			
Rash	18:16	--	21:46
Catholes, Road	18:19	--	21:49
End			
Millthrop	18:21	--	21:51
SEDBERGH, Dalesman	18:25	19:45	21:55
Killington	18:38	19:58	22:08
Oxenholme	18:48	20:08	22:18
KENDAL, Woolworths	19:00	20:20	22:30
KENDAL, Woolworths	19:00	20:20	22:35
Oxenholme			
Killington	19:12	20:32	22:47
	19:21	20:41	22:56
SEDBERGH, Dalesman	19:34	20:54	23:09
Millthrop	--	20:57	23:12
Catholes, Road	--	20:59	23:14
End			
Rash	--	21:02	23:17
Gawthrop, Road	--	21:05	23:20
End			
DENT, Village	--	21:09	23:24

Sundays

DENT, Village	12:00	13:30	--	16:30
Gawthrop, Road	12:03	13:33	--	16:33
End				
Rash	12:06	13:36	--	16:36
Catholes, Road	12:09	13:39	--	16:39
End				
Millthrop	12:11	13:41	--	16:41
SEDBERGH, Dalesman	12:15	13:45	15:15	16:45
Killington	12:28	13:58	15:28	16:58
Oxenholme				
KENDAL, Woolworths	12:45	14:15	15:45	17:15
KENDAL, Woolworths	12:45	14:15	15:45	17:15
Oxenholme				
Killington	13:02	14:32	16:02	17:32
SEDBERGH, Dalesman	13:15	14:45	16:15	17:45
Millthrop	13:18	--	16:18	17:48
Catholes, Road	13:20	--	16:20	17:50
End				
Rash	13:23	--	16:23	17:53
Gawthrop, Road	13:26	--	16:26	17:56
End				
DENT, Village	13:30	--	16:30	18:00

LOST OPPORTUNITY

Following the foot and mouth epidemic the Government and other organizations have created pockets of funding to help the rural areas of Cumbria.

It is not always easy to access these funds and someone always has to take on the responsibility for making all the phone calls, reading all the documents, inviting the right people to come and discuss what is being requested.

Through the good offices of the Sedbergh Chamber of Trade the Western Dales Futures group was formed following a public meeting at which Sedbergh, Garsdale, Dent and other Parishes were represented. Western Dales Futures took on the job of finding those who would be prepared to push projects forward and they are having some success.

In some cases it is the Parish Councils that have to take the lead, although the work may be done by other individuals or groups such as the Western Dales Futures. One particular scheme, Vital Villages, has to be applied for and backed by the Councils. Voluntary Action Cumbria sent a representative to explain the scheme, details of which were sent to Sedbergh, Garsdale and Dent Parish Councils. Put simply, the proposal was that the three Parish Councils should each apply for the £5000 available to each of them. The money would be put together and used to employ one local person to talk to all local organizations, from football clubs and playgroups, to residents organizations and the churches to find out what is needed and to access any funding that might be available.

Local organizations already do much for

themselves and the amount of money raised for charities locally is quite incredible. However it all takes time and effort, time willingly given, but there are not always enough people around to do all that is needed. People need to earn a living and cannot always find time to do much voluntary work. To be able to pay to have one local person dedicated to seeking help and to direct those already involved where they may best find help cannot be a bad thing.

Sadly it is not to be. Despite all efforts, the Parish Councils of Sedbergh, Garsdale and Dent, who would need to co-operate to make this a reality have chosen not to take up the opportunity.

I say 'sadly' because this is entirely a personal opinion. (This is not written on behalf of any organisation.) There will be others who view this very differently. What is important is that people should be aware of the decisions taken on their behalf.

Maureen Lamb

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SEDBERGH JUNIOR SCHOOL & STEPPING STONES

As another term speeds to a close, it is hard to believe that in just three short months we will have completed our first year at Low Bentham. Exciting developments lie ahead of us as we expand the boarding accommodation and refurbish more rooms. So much has happened since September, that it is impossible to choose one highlight over another. Numbers attending the Junior School – which includes a good number from Sedbergh and the immediate area who use the daily shuttle service - have risen rapidly; in fact, the school has very nearly doubled in size. This Easter saw our first overseas trip with a large party of boys and girls heading to the French

Alps to ski. Like the Senior School, SJS offers an impressive range of sporting and extra-curricular activities and benefits from a Music suite, Art rooms, Science laboratories, computer rooms and Library.

‘Stepping Stones’, our purpose-designed Nursery has certainly proved very, very popular. It is placed deliberately at the heart of the school and boasts two lovely classrooms, its own washing and cloakroom facilities, a dedicated, secure play area and, perhaps best of all, it lies adjacent to the superb full sized sports hall – and that means the littlest of all the children can hurtle around whatever the weather!

From the outset we were determined to offer a Nursery that, first and foremost gave the children an exciting, stimulating and caring first experience of school. However, we also recognised the needs of mothers and fathers. Lunch is offered to all children, whether they attend the morning, afternoon or full day – and there is no extra cost. The uniform is practical, hardwearing and stylish and there isn’t an endless and irritating list of ‘extras’. Our maxim is affordable excellence.

Demand for places has been constant and it is really most important that parents plan well ahead for this crucial stage in learning and development. The school operates the voucher scheme. Anyone is welcome to come and look around and, really, that is the only way to understand what Sedbergh Junior School and ‘Stepping Stones’ is all about.

Why not visit and have a look round at our next Open Day on 3rd May from 10am to 2pm ?



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SUCCESS FOR SEDBERGH Q BUTCHERS

The impressive list of awards already won by local Q butchers Steadman's of Sedbergh, has been steadily growing in recent weeks with a number of new top achievements.

At the 2003 Guild of Q Butchers Barbecue Product Evaluation and National Barbecue Championships held at Stoneleigh Park, Warwickshire, Steadman's won ten awards for their products, including three Gold's, and Garth Steadman was a member of the Barbecue Team that took a highly commended award. The Gold award products were a Super 6 Burger, Steak Bite and a Lemon Chicken Grillstick.

Four other products won Silver (Beefburger, Lamb Grill, Napoli Pork Burger and Pepper Steak Grill) and three Bronze (Pork & Apple Burger, Firey Jack and Cowboy Burger).

Garth was a member of a Northwest team who cooked and presented products in the National Barbecue Championships for judges Jeremy Fowler, International Head Judge for the World Barbecue Association, and John Holden and Mark Bannister of the Meat and Livestock Commission.

Garth's product was Larded Rib-eye of Cumbrian Aberdeen Angus and his team mates were Alison Bradley of Fraser's Butchers, Great Lever, Bolton, who cooked Mediterranean-filled Sirloin Steak and Philip Cranston of Cranstons Ltd., of Carlisle, Hexham and Penrith who presented Medallions of Rump Steak wrapped in Dry-cured Bacon.

Ten teams from all over the UK took

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part in the event—one of the most prestigious in the meat industry. The Guild of Q Butchers represents the finest independent meat retailers who are noted for product innovation, presentation and quality.

At an earlier event last month, Foodex Meatex in Manchester, Steadman's were also successful in the National Sausage and Pie Products Awards run by the National Federation of Meat and Food Traders.

Steadman's won gold for their Steak & Kidney Pudding, Silver for their Speciality Meat Pastie and two Bronze awards for Steak Pie and Turkey & Ham Pie.

Garth said "It is always good to compete against other butchers and to compare our products with the best in the country. We are thrilled with our recent successes and it is all part of our policy to keep developing new and exciting products for our customers. We have many tried and tested favourite products but as a member of the Guild of Q we are committed to exploring new, fresh ideas. That is why these competitions and evaluations are so important."





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MAY GARDENING

Spring has come early for many plants this year and bushes and trees are showing their first flush of beautiful new foliage. I love the mixture of different fresh, bright greens which can be seen all around us and which show off the spring flowers to great advantage.

Some trees and shrubs are grown specially for their brightly coloured leaves and, on deciduous plant, the colours are best seen as the new leaves unfold. Many *Acer* species and cultivars are grown for their foliage. The dwarf 'Japanese Maples' are an obvious choice but there are also superb larger trees which make eye catching features in a larger garden.

Acer negundo 'Flamingo' -a coloured form of the 'Box Maple' has beautiful cream/pink/pale green leaves born on greenish stems. The new, young wood also has a white 'bloom' which gives the tree a light, bright appearance. The best foliage is born on the new, vigorous stems so this plant is often treated as a coppice or pollarded plant, being cut back hard every 3-4 years. This keeps it down to a reasonable size—it is potentially a very, very large tree.

Another neatly sized plant is a form of sycamore—*Acer pseudoplatanus* 'Brilliantissimum'. This has beautiful new foliage which is a unusual bright shrimp pink in colour. It is a slow growing tree, rather mushroom shaped when mature. Its main drawback (in my opinion) is that as the foliage matures it turns a rather sickly pale green, so I love the plant in spring but hate it in summer. Definitely not to place in a corner of a garden, hidden from view, but where it can be visited at the right season. *EH*



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FROSTROW W. I.

Our President, Ann Petyt, welcomed every to the April meeting, then we stood in silence in memory of a valued W. I. Member and friend, Mrs. Mary Dormand, who died in hospital very recently after courageously fighting her illness. Mary was a gracious lady and had been our very efficient secretary for many years, so will be greatly missed. Our sympathy is with her husband and family and a donation in her memory will be sent to the Cumbria Westmorland Federation.

Those who attended the half yearly Council Meeting found it a worthwhile evening and had been impressed by the speaker.



Jean Mitchell will be attending the AGM Briefing Conference when resolutions on Children's Diets, Care of the Elderly and

Vocational Training of young people will be discussed.

We were given details of the Lune Valley Group Meeting at Howgill on May 19th and the main Federation events were highlighted.

Our speaker was Mrs. Marjorie Hanson who explained how she began lacemaking - mainly thanks to her mother who taught her to tat - and how the Guild of North West Lacemakers was formed in Manchester in 1976, then the South Lakeland Lacemakers began to meet in 1981. Mrs. Hanson showed us exquisite samples of lace in Knitting, Crochet, Tatting, as well as bobbin lace - some of these from other countries.

She was thrilled to have had the pleasure of teaching women from other

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countries and to have learned new methods from them.

It was lovely to hear that she teaches children in an After School group, so this wonderful creativity will hopefully be continued and passed on.

Vi Harvey, also a member of the Lacemakers, proposed a vote of thanks for a most interesting evening.

The competition for 'A Piece of Lace' was won by Marjorie Fishwick and Margaret Faulkner won the raffle.

On May 14th the Resolutions will be discussed and voted on, followed by a Jacob's Join supper and social evening. If you are new to the area or would like to know more about W. I. You are most welcome to join us.

M. F.



SEDBERGH WANDERERS CAR PULL

On Sunday 16th March the town's Football Club and Steve, the Bull Hotel landlord pulled Roger Keighley's escort van from the Police Station to the Fat Lamb at Ravenstonedale, a distance of 8.9 miles.

The Pull took us 2 hours, 31 minutes and 18 seconds. The £50 winner was 4 year old Adam Ross who guessed bang on.

The Club would like to thank Karen Brewer, Alison O'Neil, Tommy Harper, Dennis Whicker, and Gary Robinson, landlord of the Fleece, at Brough, for all their donations and a big thanks to everybody who had a guess at the time.

A big thanks to Mags Hall for all her efforts, Lorraine's back up car and Jean Cope for supporting us on the day.

Thanks to Steve and Alison and staff at the Bull for their hard work afterwards with the snail racing and refreshments.

Thanks to the footballers who pulled - Graham Gardner, Ben Smith, Craig Moff, Tom Gardner, Milly, Parky, Andy Todd, Dan Mase, Tom Moff, Frame, Rodge, Assa, Caspa and Mascot, Ashleigh Hall.

With the Car Pull and Snail Racing altogether plus donations we raised a total of £616. All monies raised will go to Sedbergh Childrens Playgroup.

The Football Club will be supporting the Playgroup again within the near future.

Caspa

CAN YOU HELP

French student seeks host family for the months of July and August. My name is Morgane Rollard and I am in my first year of university at Nantes. I would like to find a host family in England this summer so that I can improve my level of spoken English. I would be willing to do light housework, errands and/or childminding in return for room and board. If you can help please contact me at morgane.rollard@laposte.net
References available. ☺

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SEDBERGH BADMINTON CLUB

End of Season Report

Juniors - Well done to our junior players. In the Eden Valley League the Junior team won the Division Three Trophy.

This was a great achievement as it is the first time the Club has submitted a team in this league. The team consists of:-
Abby Mason Joanne Bentham
Elizabeth Thexton Olivia Law
Joe Robinson Andrew Postlethwaite
Philip Metcalfe

Many congratulations to Joe Robinson and Jessica Mason for representing Cumbria this season and to Olivia Law and Emily Crompton for being selected recently to represent Cumbria in the under 12's at Largs in Scotland in May.

The End of Season Junior Tournament was very well attended and played with great enthusiasm. Trophies were presented to the following players:

Intermediate Joe Robinson
U13 Girls Olivia Law
U13 Boys Sam Clegg

The Club thanks Richard Mason (Grizz) for the time and effort he puts into coaching. It is much appreciated by all the juniors.

Seniors - The Club has had two teams in the Westmorland League this season. The first team came third in Division 4 and the 2nd team came 4th in Division 5.

The 1st team had an excellent run in the Albert Pearson Tournament. They won the trophy last year and came very close to winning again this year but were beaten in the final by a strong Hutton Croft (Kendal) team. Runners up trophies were presented to Hayley Forknall, Margaret Chambers, Angela Mason, John Armitstead, Keith Burrow

and Alan Wilson.

The Club held its annual presentation evening on Saturday 12th April at The Bull Hotel.

The following awards were presented:

1st Team Improvement Award

John Armitstead

2nd Team Improvement Award

John Postlethwaite

Team Player of the Season

Hayley Forknall

Club Player of the Season

Richard Mason

Outstanding contribution to the Club

Donald Westgate

The new season begins September 2003.

For details contact Richard Mason on 20565 or Angela Mason 25461. ☺

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A World Premiere tour of Hollywood screenwriter's Award Winning Script. Growing theatre company develops circuit of rural venues in Lancashire and Cumbria for 'Absence', a piece of contemporary dynamite.

Award winner

'Absence' has won 5 theatre excellence awards and the American Drama Critics Association 'BEST PLAY OF THE YEAR' award, when premiered in Detroit as 'The Hole' in 1999. After a partial re-write in the aftermath of '9.11' it now resounds with contemporary power. In short it is an enduring love story from the 1940's to the present day, heavily influenced by global events. The fact that we have once again been at war adds extraordinary resonance to an already remarkable play.

Hollywood to here

Wendy Hammond is fast achieving notoriety in the USA (see [www. Links under Wendy Hammond - Playwright](http://www.linksunderwendyhammond.com)) her most recent Hollywood screenplay being Julie Johnson starring Courtney Love. it is remarkable that Freerange, only in its second year of touring, should have the World Premiere of 'Absence'.

Undoubtedly 'Absence' will make a smash hit film, and those on our circuit of village halls will be able to say 'they saw it first!'

We are bringing 'Absence' to The Peoples Hall at Sedbergh on Friday 13th June 2003 at 7.30pm. There is to be a finger buffet provided by The Pepperpot Club and Help Tibet, the proceeds of



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which will go to these organisations. Incidental music will also be provided during the buffet. Tickets (which includes the buffet) are £10.50 before 1st June from Shirley Smith on 21196 and £11.50 after that date and on the door.

Freerange Theatre Company is a registered non-profit making theatre company formed to take theatre of the highest quality to rural communities in Lancashire and Cumbria. We are growing fast, and with support from key partners to include: North West Arts, Lancashire County Council, Lancaster City Council and CVR we have extended our touring circuit from 4 venues to 18 for this spring tour.

**FARFIELD MILL
ARTS & HERITAGE CENTRE**

The Centre at Farfield has just completed its first full year of operation and it is time to take stock. Open seven days a week from Easter to the end of October and at weekends for most of the winter, the visitor numbers have been very close to those predicted. From April 2002 to March 2003 there were approximately 14000 in total, including course members and visitors to the cafe.

It is not easy to calculate very accurately the effect on the town centre at Sedbergh. Clearly many people stop at Farfield who do not stop at Sedbergh. Many visitors to the YDNP Information Office are directed to Farfield either by car or by following a beautiful footpath map that has been drawn up for us by Susan Garnett. What is clear is that since the Centre at Farfield opened, the number of visitors to Sedbergh recorded at the Tourist Information Centre has increased by 10,000.

The steering committee in 1993 certainly did not imagine that after 10 years of work by that committee the restoration work would still not be complete. This year, at last sees the final



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stage of the work on the building about to be completed. The Trust will soon begin work on the development of level 4 and finish the landscaping of the site. There will be more workshops, another exhibition area and practical activity areas for community use. There will be an expansion of classes in traditional skills such as weaving, spinning and rug making as well as contemporary arts and crafts including pottery and painting.

In the meantime, if you go down to the mill, you will find that each month there will be a new exhibition of contemporary arts and crafts. There is an exciting season ahead of us. And if you have not been yet, it is time you did. Most Londoners have never been inside the Tower of London. Farfield Mill represents Sedbergh's future as well as its past and we hope that it cannot be said that most of those living in Sedbergh and district have never been inside their own mill at Farfield now it has been [restored](#).

SEDBERGH & DISTRICT HISTORY SOCIETY

There was a good turn out for the final meeting of the winter programme held on March 19th in Dent Memorial Hall for the lecture on 'Historic Railway Structures in Cumbria'. Gordon Biddle, a transport historian with a number of publications to his name, illustrated his talk with a fine collection of slides highlighting a wealth of detail from the railway infrastructure in the region. The Victorian railway engineers certainly had a way of getting things done during the golden age of steam, 2000 miles of track between 1826 and 1844 and 15,500 miles by 1880 was an extraordinary rate of progress by modern standards. Some of their finest engineers worked on the local line from Ingleton to Lowgill. The Middleton bridge still spans the A683 'on the skew' with a fine segmental arch in rock faced stone intricately lined with bricks, cheaper and easier to use. The logistics of erecting the bridge over the River Rawthey, built in cast iron with very fine gothic detail and a single span of 120 feet, was quite a feat; similarly the Lune viaduct of the same span with 3 supporting arches in local sandstone and the enormous strength in the red sandstone piers of the Lowgill viaduct.

The Smardale Ghyll viaduct, now a footpath, was built by Sir Thomas Bouch of Cumberland, the first Tay Bridge being his downfall. The S & C Smardale viaduct at 120 feet was the highest built in its time.

The variety and standardisation of station design was highlighted. Grange station on the Furness line was one of

many built by Austin & Paley as the town grew up round the railway as a resort and seaside watering place.

Mr. Biddle referred to the impact on the local community of the railway colonies which sprung up during the construction. During his vote of thanks Tony Hannam read extracts from a letter posted in Dalton in Furness in 1845 to father from son working on the construction of the Furness line which gave an insight into working life on the line. ☺

Daphne Jackson D. O.

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LIVERPOOLS NEW STRIKER

Liverpool have signed a new centre forward from Kabul United F.C. Apparently on his first day at training, his manager Houllier picked up a ball and said "BALL". Then he pointed at the goal and said "GOAL". Then he demonstrated a kicking motion and said "KICK", understand? KICK, BALL, GOAL. GOOOOAAALLL!

The Afghan striker was a little puzzled by this and summoned up the courage to say "Excuse me, Mr. Houllier, but I speak very good english". Mr. Houllier responded by saying "Sit down son, I'm talking to Heskey!" *David OLeary*

SEDBERGH COMMUNITY DEVELOPMENT CENTRE

A new home at last

The new Settlebeck Cottage is now complete and we are busy moving furniture and computers in. We hope to be up and running for courses soon after Easter. There is a large computer training room with 12 PCs for tutored courses, and a small room with 3 PCs for Learndirect use or private study. We also have a good sized meeting room, disabled facilities and a small kitchen area. After Easter several of the Adult Education courses will move into the Cottage, some making use of a superb upstairs classroom belonging to Settlebeck High School.

We will be holding a grand opening on Tuesday 10th June, more details on this next month. Meanwhile our new telephone number is 015396 21031.

BiteSize bonanza!

You will see from the centre pages that we are offering a huge range of short taster courses this summer in all sorts of subjects. Come and have a go at something, its fun and its free! We will try to arrange full courses over next autumn and winter in the most popular subjects.

Don't miss out on a Diploma!

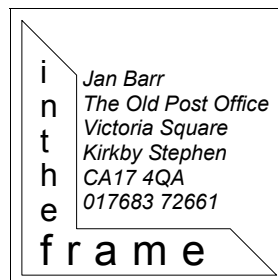
Our next Diploma course will begin on 7th May. This is a popular computer course that leads to a valuable qualification from the Open College. Lasting 35 weeks it gives a thorough grounding in using a computer and

common programmes. Over the last four years 69 people have done our Diploma course, ranging in age from 20 to 75. We only run the course once a year, so don't miss your chance!

Keep on track in the Howgills!

Finally I would like to draw attention to our Basic Mountain Navigation course. This is for all walkers who would like to be able to navigate confidently in the hills using a map and compass. The course is spread over two Saturdays, 10th and 17th May. There will be a mixture of classroom sessions and outdoor practice. The leader is Mike Hinson, a very experienced outdoor instructor.

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SPONSORED WALK

Dent FC is organising a sponsored walk over the Yorkshire Three Peaks to raise much needed money for the club and Dentdale First Responders. Any monies raised will be split 50/50 between the club and the First Responders.

First Responders aim to cover medical emergencies in the Dale, such as heart attacks. Two defibrulators are needed - one for Cowgill and one for Dent, each costing approx £2,500 each.

We would therefore be very grateful, as would the Dentdale community, for your support.

The walk will be held on either Sat 7th or Sat 14th June (weather pending). The second weekend being used in the event of the first weekend being cancelled.

The walk will start at Dale Head in Silverdale (GR. 843714) at 0745, transport will depart from Dent Car Park at 0700. The route will take in Pen-y-Ghent, Ingleborough and Whernside and then back to Dent. A distance of approx 20 miles.

Children are encouraged to take part by collecting their own sponsors and completing the last hill - Whernside, meeting the main body of walkers at the Hill Inn at approx 1300.

On returning to Dent it is intended to have some much deserved, and probably needed, drinks in the Sun Inn at approx 1700.

Participants will take part at their own risk and no responsibility for injury or loss will be accepted by the organisers. It is hoped to organise support vehicles, which will rendezvous with walkers at road crossings providing drinks and transport for any participants unable to

continue.

Walkers will be required to provide suitable equipment including boots, waterproofs, rucksacks, drinks, food, etc.

Once again your support would be greatly appreciated. Participants must be registered with Jim Burton before 1st June. Sponsors for the event are also required. Please contact Jim on 015396 25537 ☺

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LADIES N. F. U.

The April meeting was very well attended by members and friends to hear of the fascinating work of Mrs. Ann Parker on the art of Sugar Flower Making.

She brought a display of flowers she had made showing the intricate work. Mrs. D. Pratt gave the Vote of Thanks for a most enjoyable evening.

Mrs. Gorst and Mrs. Towler were the tea hostesses. The raffle was won by Mrs. Towler and Mrs. B. Escolme. ☺

HOWGILL W. I.

The April meeting was held at Howgill and was well attended.

Mary Silva presided and gave a report on the Council Meeting held at The Lakes School, the highlight being the guest speaker Paul Whittaker, Director of 'Music for the Deaf'. Despite being profoundly deaf he gave an excellent and amusing talk.

Four enthusiastic members had successes with their entries in the Sedbergh show and were rewarded with the W. I. Cup for most points per W. I.

Members were reminded of the three day Holker Garden Festival which is fast approaching.

Guest speaker Susan Oliver inspired us all with her demonstration entitled 'Table Talk', the theme being gold. Simple, economical materials were used to create attractive table decorations.

Susan also gave us an insight into her work as Superintendent Registrar and what is involved in her job. Anita Carey expressed thanks for an informative talk and superb ideas for stylish dining.

The monthly competition for a Table Centre of vegetables was won by Barbara Axford with Helen Beare second. Lorna Scambler was the raffle winner.

The social half hour to 'Name That Tune' was won by Sheelagh Dennis.

On the 19th May we are hosting the Lune Valley Group Meeting in Howgill Village Hall. The guest speaker will be Pat Ascroft, renowned raconteur who will share with us her role in the Manchester Commonwealth Games.

Our next monthly meeting will be held at Howgill on May 1st when Rhona Bentham will be demonstrating decoupage. Do join us in the village hall if you are interested.

A. H.

SEDBERGH PRIMARY SCHOOL

Dennis Bond Visit

Mr. Dennis Bond came to Sedbergh Primary School. He told the pupils about all of the books he had written. He was very funny to talk to and made lots of people laugh. He's also been a teacher and a soap star in The Bill.

Everybody asked him if he was James Bond's brother. He isn't, but he does have two pen names.

He's written about 60 books. One of them is called No. 1. The teacher read the pupils 'The Granny that wasn't like other Grannies'. Everyone enjoyed his visit and went home talking about him.

Sam Fisher Y5

He (Denis Bond), is a famous author and has published 67 books. He writes books for children and adults. It took him 13 years to publish one book and the last publisher who looked at it thought it was brilliant and he was very happy.

Michael Stainton Y5

AUTHOR VISIT ALERT!

Denis Bond, aged 56, is not just a famous author but an actor who has been in such shows as The Bill.

Denis started out his career as an actor but then decided, when his acting didn't work out, to become a teacher. Recently he has started acting again and has also become an author.

Whilst he was at Sedbergh Primary, Denis read to the Nursery and Infant children, some of his stories. Years 5 and 6 talked with him and had a taste of his workshop and finished off with a story-writing session. It was a great visit and all the children thoroughly enjoyed his company, they also learnt a lot.

Jessica Joel Y5

SETTLEBECK HIGH SCHOOL

Friday the 14th March. We all know it's here (it's quite hard to avoid), and when Settlebeck students start walking down to school with red hard, noses (and in a few cases) clothes, then it can only confirm that yet again we're giving it our a;; to raise money for comic relief.

This year, Settlebeck student council in conjunction with the staff of our school decided we would (traditionally) have a non uniform day with the option of fancy dress. Also this year we had three judges, Joan Woof, Julie Calvert and Jean Sowerby. Judged at the end of lunchtime the three winners were, Ryan Iveson (lower school), Ben Coates (upper School) and most importantly Mr Gardner (teachers.)

Also included in the day was the rare delight of seeing the school cafeteria staff in school uniform and various other exciting costumes including a few drag queens, some red devils and a Rastafarian. We raised over £600.

However, even in all the fun and frolics of the day we can't help but remember what it's all going to. I don't know how many of you sat down to watch the Comic Relief night but you couldn't help being impacted by not only the comedy, but also the short videos of people living in such awful conditions. Not only is our money going to people in Africa, but it will be going to help those less fortunate than us in this country. It's amazing really that even in a country such as ours, apparently one of the better off in the world, we still have people living on our streets in such terrible strife. May our

thoughts go out to them and what they must be going through.

So anyway, I hope we've managed to do our bit for Red Nose Day 2003 and I hope that you too have made your donation to helping people of the world. We all deserve a healthy life (and I'm just about to be given an injection) and they need it more than most. Thank you very much.
Andrew Bonsall

SPRING SHOW 2003

Cups and other trophies awarded

Overall Winner of the show

Mrs J Postlethwaite

Prize for most new entries to the show

Mrs S Denniss

Section 1 Handicrafts cup

Mrs D McCaffery

Section 2 Handmade toys cup

Mrs M Silva

Section 3 Flowers and Plants cup

Mrs J E Sowerby

Section 4 Garments cup

Miss A Buckle/Mrs S Denniss

Section 5 Home Produce cup

Mrs J Postlethwaite

Section 6 Art & Photography cup

Mrs S Denniss

Section 7 Children's section cup

Miss E Postlethwaite

W Milburn & Son cup

Miss C Brown

Special cup

Miss E Hopkins

Section 8 Local organisations' cup

Kirkby Lonsdale W I Market

Section 9 Victorians 'r' Us award

Miss R Longlands

W I Cup Most points per WI member

Howgill W I

Rosette for best entry in the Show

Miss K Shuttleworth ☺

DENTDALE W.I.

Low flying aircraft affect us all in the Dale and so we were pleased to welcome Squadron Leader Tony Parrini to talk to us at the April meeting on *The Role of the RAF and Military Low Flying*. Tony Parrini is based in Penrith and is the Regional Community relations Officer for Cumbria and Tynedale. He deals with enquiries, complaints and claims for compensation. He also monitors and responds to the Media.

Squadron Leader Parrini gave a film and slide presentation on all aspects of Low Flying something, we were told, that is vital for defence and necessary so that our airmen gain the experience should they need it in combat. There are 400 low-level flights per day spread all over

the country and they adhere to very strict guidelines. Any breaches of regulations were taken very seriously. All complaints would be investigated. It was a very interesting and informative presentation and Judith Newsham gave the vote of thanks.

Fund raising for First Responder was discussed and a mini market on 26th July and a Wine and Cheese evening by Booths on 5th September are in hand so keep these dates free!

During coffee, lists for Holker Hall tickets, summer outing to Little Salkeld Mill and the Group meeting at Howgill on 19th May were waiting to be filled.

Rita Corpe, Nancy Murdoch and Dorte-lis Powell won raffle prizes

Our next meeting will be on 14th May when we will be watching a demonstration by Ann Farnell on *Ways with Pasta* and it will start at the slightly earlier time of seven o'clock. Visitors are always welcome to join us. ☺

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COMPUTER VIRUS

Over the last few months, many of our readers have received e-mails from friends informing them that they have received a virus which affects their 'computer Address Book' in the file JDBGMGR.EXE. It is also known as the 'Teddy Bear Virus'!

It is an elaborate hoax and not a virus at all. Many people have been innocently led to delete this file on their computer. It is not too much of a problem but it must have made someone somewhere laugh.

If you have received this e-mail, and followed the instructions, please send me an e-mail and I will forward the required information to you by return. *DJW*

SETTLEBECK HIGH SCHOOL

Settlebeck's approach to the war in Iraq

As I plan my second whole school assembly on the Iraq war, I'm very very aware of the heavy responsibility we carry as educators (both teachers and parents) to help our students make sense of what often seems like a senseless world. When we are bombarded with extreme and conflicting visions and information, with propaganda and spin, with horrific images of the suffering of innocent people caught up in this war alongside images of terrorist atrocities and a few extremist Muslim clerics preaching hate, it is vital that our students are properly informed, given access to the evidence, helped to appreciate all sides of the argument and differentiate between prejudice, assertion and the facts. At Settlebeck time has been provided in assemblies and IBV (Issues, Beliefs and Values) lessons to enable students to explore the issues, give their views and listen to each other. We will continue to strive to provide Settlebeck's students with a balanced account of the facts of this conflict as it unfolds, in order for them to make up their own minds on the rights and wrongs of the situation, but at

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the heart of our teaching will be the principle that this is not a racial or religious issue; there is no fundamental tension between Islam and Christianity or between the Arab and Western people. This is a war borne out of extremism and a failure of politics, and our duty will continue to be to offer our empathy and support to those innocents who have caught up in this conflict. Ultimately it will be on the quality of relationships with the Iraqi people, once the conflict is over, that the justice of this war will be judged. It will be in the peace to come that the Arab world will judge whether this war was invasion and occupation or liberation and freedom. *Dave Smith*

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SETTLEBECK HIGH SCHOOL

As you read this, the handover of 'the cottage' or Community Development Centre (CDC) will have taken place and we are delighted with this superb addition to our facilities. The new Learning Resource Centre (LRC) foundations are now in place and the building programme is still on schedule to be complete at the end of August. Honor Redfern has been appointed as teacher for the new centre and she joins our special needs team from immediately after Easter. Honor worked in the Lancashire special needs advisory service and she brings with her a particular expertise in supporting students with autistic spectrum disorders,

We'd like to welcome Kath Mather back at Settlebeck after her knee operation, Cath Haygarth who joins our lunchtime supervisors team and Sarah Gettings and Tuomo Tuovinen, who have joined us this term as student teachers in Science and History, retrospectively.

Our bid for specialist status as part of the Rural Academy has gone to the DfES and we hope to hear in the next two months whether we've been successful.

All these new developments will be celebrated in the summer of 2004 with an open day and open evening to enable old boys and girls, parents and prospective parents, and member of the community to come along and see the remarkable changes which the school has gone through over the last few years. With increased numbers in year 7 next year and the potential for new resources from the Rural Academy bid the school's future is currently looking very rosy. Our next priority is our library which is small and in desperate need of development. This will be the big challenge for 2004

and a particular focus for our open day. ☺

SEDBERGH PRIMARY SCHOOL

On Monday 24th February, Denis Bond came to Sedbergh Primary School. He told the pupils about all of the books he had written. He was very funny to talk to and made of lots of people laugh. He has also been a teacher and a Soap Star in The Bill.

Everybody asked him if he was James Bond's brother. He isn't, but he does have two Pen Names. He's written about 60 books, one of them is called "No. 1". The teacher read the pupils "The Granny that wasn't like other Grannies". Everyone enjoyed his visit and went home talking about him.

Sam Fisher Y5

Denis Bond is a famous author and has published 67 books. He writes books for children and adults. It took him 13 years to publish one book and the last publisher who looked at it thought it was brilliant and he was very happy.

Michael Stanton Y5

Denis Bond, aged 56, is not just a famous author but an actor who has been in such shows as The Bill. Denis started out his career as an actor but then decided, when his acting didn't work out, to become a teacher. Recently he has started acting again and has also become an author.

Whilst he was at Sedbergh Primary, Denis read to the Nursery and Infant children, some of his stories. Years 5 and 6 talked with him and had a taste of his workshop and finished off with a story-writing session. It was a great visit and all the children thoroughly enjoyed his company, they also learned a lot.

Jessica Joel Y5

TALKING LOOKAROUND

A six- monthly meeting of the group of volunteers involved in the production of the 'Talking Lookaround' took place in April. The group had been in existence for a year and had produced eleven editions of the audio version of the 'Lookaround' newspaper.

The finances were found to be in good order and the group felt that the year had been a successful one. The volunteers were thanked for their commitment as many of them had suffered illness and periods in hospital over the year as well as being involved in the work of other voluntary organisations.

Since the start of the group in May 2002, new equipment had been acquired and a space to work taken up in the St. John Ambulance meeting rooms. Help had been given by pupils from Settlebeck High School and from Sedbergh School. Cabinets for the equipment, paid for by a Sedbergh School non-uniform day were being made by Brian Goad and would be ready in the very near future

The number of people receiving the tape had increased from eight to around twenty.

The group discussed ways in which the

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quality of the audiotapes could be evaluated and improved. There was also concern that every effort should be made to ensure that the tapes were reaching the people who would most benefit from them, namely visually impaired people possibly elderly, living alone, housebound and unable to keep up with local news by visual means.

A coffee morning, organised by Barbara and Gordon Axford would be held in August, the money raised going towards ongoing expenses in the production of the tapes. *JL*

CHRISTIAN AID WEEK

12th - 18th May

The close proximity of Christian Aid Week to the growing humanitarian crisis in Iraq gives the people of Sedbergh and surrounding district an opportunity to respond and help the people of Iraq in their time of need. From Monday to Friday the Christian Aid Shop in the United Reformed Church rooms in Sedbergh will sell good as new clothes, home baking, books, toys, plants each day from 9.30am - 12.30pm, 1.30pm - 4pm and 6pm - 8pm on Tuesday. Coffee and tea are served each day. There will be the usual house to house collection and the committee encourages donors to continue to sign the gift aid declaration on the envelope to boost the good effect of your gift. There will also be a Christian Aid Coffee Morning in Dent Memorial Hall on Saturday 17th May (10am - 12 Noon) and the Christian Aid Church Service is in St. Andrew's, Sedbergh on May 11th at 6.30pm. ☺

KILLINGTON W.I.

I like a good mystery so was intrigued by the title of the talk to be given by our speaker this month, "a box of miscellanea". Granted, the fact that our monthly competition was for "an old tool" did give me a clue as the competition at our meetings tends to be linked in some way with the talk. However the title proved to be misleading - not "a box.....", but "many boxes.....", would have been more accurate! Mr. Alan Head turned out to be a rare collector, not a collector of "objects d'arts", but more a gatherer-up of unconsidered trifles of past times, "objects d'utiles", (items of use). Of course we had to guess the purpose of each item as it was brought out of its box rather like rabbits from a hat. All of the implements which Alan brought along actually worked, as befits a retired engineer. So if you are short of a bull horn trainer, a blood-letting knife for a horse, a Thomas' splint, a chest drill, an original Horlicks mixer, a toy mincer, a carpet vase (po), or any number of curious but useful things, you know who to ask. It was a fascinating afternoon and the only meeting that I can recall when

the entertainment continued right through tea! Fortunately we always deal with W.I. business before the speaker starts.

Our own competition produced yet more intriguing tools and was won by Jenny Wearing who brought a pair of salt-nips formerly used for breaking block salt. The raffle for a watch (thanks to Pamela Moran) was won by Valerie Cann so she has no excuse for being late now (not that she ever was).

Our next meeting on Tuesday May 13th at 2.00pm in the Peoples' Hall is entitled "Resolutions and Social Time", so come and be sociable! *W.F.U.*

DENTDALE

We are putting a project together for an independent Information Centre for Dentdale visitors. One of the things that we need are old photographs of Dent town and the surrounding points of interest, and I wondered whether the Lookaround readers would have any source material that we could borrow for reference and return to them once copied? There must be many photos that would immensely interest and we would be very grateful for any information received.

We are also collating brochure and publication information, hopefully on places of interest, walks and history, and although we have quite a large choice of printed matter available within the village there may be a few little gems around that we are unaware of - any pointers in the right direction from the readers would be gratefully appreciated.

*Jackie Bellis
Meadowside*



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SEDBERGH CRICKET CLUB

By the time you read this the first matches will have been played by all teams. The younger members have continued to attend nets regularly. They have enjoyed two nights under the expert guidance of Dave Fallows, the County coach. On the second of these the youngsters had their first experience of batting against a machine when Dave used a bowling machine so that the batsmen had consistent accurate bowling on which to practise their shots. Many of them showed a great improvement, particularly using a straight bat to defend their wicket. These sessions were paid for with the proceeds from last summers golf tournament organised by David Lord and Graham Keighley which many of you supported. Thanks again on behalf of the club.

Fixtures for May:

	1st XI	
3rd		H v Morecambe
10th		H v Ingleton
17th		no game
24th		A v Shirehead
31th		H vNetherfield
	U16	
7th		H v Ingleton
14th		A v Kirkby Lonsdale
28th		A v Burneside
	Cup	
25th		Sedgewick Away
	U13 All week beginning	
5th		A v Netherfield B
12th		H v Kirkby Lonsdale
19th		A v Arnside
26th		H v Sedgewick

All home matches are played on Settlebeck School field. The 1st XI games start at 2pm and the juniors 6pm. Come along and support your local team or even better come and have a game. 😊

WEATHER

March Weather. Its official. March was the sunniest March on record, so says the Met Office. As was January and February was the sunniest February since 1988. The early part of the month produced some much needed rain with 2.4 inches in the first 11 days but none there after. In fact there was a shower on the 24th but not enough to trouble the rain gauge. Temperatures were unbelievable for March with only 7 nights below freezing with a minimum of 26.8F. 9 days the temperatures reached the 60's with a highest of 68.2F. Again it was a windy month but no severe winds we often associate with March. The highest gust recorded on the 24th at 24.2mph. The lowest gust was 7.8mph. on 15 days these winds were blowing form a North Westerly direction. With a settled month's weather the pressure was expectedly on the high side.

During this pleasant spring weather the natural world has been active also. Primroses and violets have added colour to the hedgerows, blackthorn has blossomed, with the sunny days the bees have been working it, so you sloe gin drinkers should have plenty of fruit come the autumn to make your tippie. Butterflies have been active as have bats and hedgehogs. Towards the end of the month thrushes and blackbirds were feeding young so lets hope they avoid the attentions pf the magpies. The golden show of daffodils continued and towards the end of the month the gold of dandelions gave the bees much needed pollen. If this weather continues we can hopefully look forward to the return of our summer migrants 😊

TEN YEARS AT THE CHAIR WORKSHOP

On Gala Day the Chair Workshop will have been open for 10 years, despite road closure during taking up the cobbles in Main Street, illness, family difficulties and the Foot and Mouth year. The workshop has become established as the centre for chair reseating and seating craft supplies in the north. 75% of the chairs come from Cumbria, Yorkshire and Lancashire. The remainder comes from all over the country.

The fascination of running the Chair Workshop is that I never know who or what will come through the door. Interesting people and a variety of chairs and sofas, often rare, with unusual histories, come to the shop. It is surprisingly similar to my previous work as a General Practitioner, when every patient and telephone call could be a new and unexpected problem. Both are to do with restoring function. My daughter has always referred to the line of battered chairs as 'the illies'. Then there are all those people from the town who come in and shout "it is only me!" but who is 'me'? The call may be about a chair, a piece of jewellery for repair, tools for sharpening, Town Band matters, a generous invitation or a chat and a piece of home-made cake.

The Chair Workshop continues to develop. Thanks to Neville Allen I have a new website with a gallery showing the range of my work (www.chairworkshop.f9.co.uk). There is also a full price list so the mail order side of the business is increasing. People seem to have great difficulty getting supplies of unusual materials or even simple things like

natural rope. My daughter plans to join me in the shop and grandson, Hugo, is already practising hard, sorting out tools, hammering and threading.

Sandra Cotterell

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SEDBERGH TOWN BAND

Spring Show - A stirring march played by the Town Band was the prelude to the official opening address of the Sedbergh Spring Show by the Rev. Bill Long.

Following Bill's words the band entertained the exhibitors and guest, who perused the splendid display of local creative activities, with an hour's programme that included marches and popular favourites. The band's contribution to the day closed with a most musically pleasing rendition of 'Only Time', an item new to the band's expanding repertoire and receiving its first public airing.

The Spring Show represents the first of the new season's concerts and we can look forward to a full programme of events including fund raising for the Dent Memorial Hall, the annual Sedbergh Gala, the Band Contest, the Summer Concert and the McMillan Nurses Charity Concert over the next few months.

G. B.

A VERY PLEASANT SURPRISE

I recently visited Farfield Mill when they were staging a Victorians R Us weekend. I must hold my hands up and admit that I had not visited the Mill for some considerable time. Certainly not since the present Manager, Mike Clarke had taken over the helm.

What a very pleasant surprise I got - the presentation of the artists/craft peoples work is brilliant. I was also impressed how good the items on display are. Although some (not all though) of the items were a little expensive, as a one off special gift they are wonderful presents (perhaps family members or friends could pool their resources and buy one gift).

Items ranged from pictures (of many mediums) silk scarves (I loved those) pottery, felt work, woodwork, jewellery, knitwear etc. These crafts are permanently on display with many of the artists/crafts peoples in residence at the Mill.

Special exhibitions are on throughout the year, and range from paintings by two Dent artists back in April, Textiles in May, Felt Making from June to July, Photography from mid July to mid August, Pottery and Textiles in August to

September and Paintings from the end of September to November.

There is an admission charge but where can you go today and be able to park, or within easy strolling distance of Sedbergh, wander around at leisure and then enjoy the delights of the café. There is also a shop selling a wide range of goods at affordable prices.

If you have yet to pay a visit to the Mill then I would certainly recommend it. Mike Clarke and his team certainly make you feel very welcome. *Dorothy Blair*

SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

The group held a very enjoyable social meeting in April. The attendance was high and discussion lively. Various people in the group gave accounts of the spectacular and sometimes gruesome farming methods of pest elimination that they had been involved in, witnessed or heard about over the years. These involved mainly the control of crows, moles and rats. Some ludicrous examples of today's bureaucracy were also mulled over. George Tomlinson returned to chair the group in the temporary absence of our usual chairman and Winifred Howarth looked after everyone with her usual care and sensitivity. Best wishes were sent to volunteer Betty Harper for her stay in hospital.

The group will be meeting on the third Tuesday of the month in both May and June and will be having an outing to the Crossed Keys Inn in July.

New members are always welcome and transport may be provided for attendance at the meetings. Phone 20100 if interested in attending. ☺

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DENTDALE MEMORIAL HALL

Our planning permission is GRANTED, work will be put out to tender, the application to Vital Villages is being submitted... we need funds'. Here is our riveting list of Fund Raising events to which we invite your support, see adverts in *Lookaround* for further details.

Sat. 10th May Dance Evening

5 p.m. - Supper and Tuition

Tues. 27th May Antique Valuation Day
11 a.m.

Car Treasure Hunt To Be Arranged

Giant Table Top Sale To Be Arranged

For each of the above I am the person to receive offers of:-

A) HELP

B) Refreshments

C) Raffle Prizes

So, please do contact me and be part of the Hall Project. Nothing happens without hard work, we can all be busy but can all do something else as well. You know what is said.. "If you want something doing ask a busy person". So, come on, come and join us. We are a rare breed. (Well, I am!).

Sarah Woof

c/o Rhumes - Dent 25212

SETTLEBECK PTFA QUIZ NIGHT

The atmosphere was tense. Mobile phones were banned so no one could phone a friend, there was no audience to ask, and coughing was definitely not allowed. This was the annual Settlebeck PTFA quiz night!

More tables and chairs had to be brought out to accommodate the fourteen

teams. More bottles of wine and cans of beer were opened, and the battle commenced, ably controlled by quizmaster Dave Smith. The winning student team went by the name of Laura's Lovelies, the adult winners were the Learning support assistants. There was also a winning team of ex-Settlebeck pupils, proving they had learnt a thing or two since leaving.

Not only did a lot of people have an enjoyable night out, but also the PTFA took over £300! Watch out for next year's event, I suspect that some team called Legs Eleven may be contemplating revenge!

Marion Wood

PEOPLE'S HALL

Two suggestions for people booking the Hall:

Set-up time

If you want to use the Hall for setting up before your event, it's worth considering booking it.

You can never be sure that it will be free beforehand - there's nothing to stop another user booking it at the last minute.

So book it yourself and then you can relax!

The same applies to anyone wanting to clear up after an event - book the Hall and buy yourself time.

Returning keys

After an evening event, try to return keys that same evening. There's a letterbox in the Office Services door, and they can be dropped through it. This will help avoid aggravation.

SEDBERGH SPRING SHOW

Our thanks go to the following sponsors:-
Sedbergh Chemist, Martin Powell, Garth Steadman, Dalesman, J.B. Rycroft, Green Door, Roy Mackereth, Three Peaks, Sedbergh Spar, D.J. McConnell, M. Fraser-Urquhart, Jean Sowerby, Roger and Jane Underwood, Bill and Margaret Milburn, Mrs. C. Hayhurst for Best in Show Rosette.

Also to the Judges:-
Sections 1, 2 and 4 - Mrs. D.M. Galbraith,
Section 3 - Mrs. Linda Hopkins,
Section 5 (excluding honey) -Mrs. Beatrice Brown,
Honey - Mr. Brian Wright,
Section 6 - Art - Mrs. Liz Hilton
Photography & Three dimensional object - Mr. Graham Glynn,
Section 7 - Mrs. Thelma Western,
Section 8 - Mr. & Mrs. Michael Leigh.



VOICES ON THE RAILINGS

Between 8 and 15 March, around a hundred residents of Sedbergh wrote their thoughts about the then proposed war on Iraq onto paper tags and tied them to the railings outside Marshall House on Main Street. Many more people read them as they passed by.

There were many deeply felt and thoughtful responses, both for and against military action, and we felt it important that the tags were not lost. The Sedbergh and District Community Office has offered to keep them as a public record,

and we would like to thank them for this. We have also made a transcript of the tags which will kept with them. They are available for anyone to read.

The intention behind 'Voices' was to allow an opportunity for people at a local level to express their concerns. We hope that this was valuable, as we now enter the aftermath of war.

We would like to thank everyone who wrote a tag, and everyone who stopped to read them. We would also like to thank the Headmaster, Sedbergh School, for his kind permission to use the railings.

Wallace Heim

and on behalf of Sally Jeffery and Ian MacPherson

DENTDALE ANNUAL FESTIVAL COMMITTEE

Dentdale Annual Festival Committee would like to thank everyone who supported our Race Night on 29th March, in the George & Dragon, Dent. A total of £317 was raised towards our popular Annual Festival over the August Bank Holiday weekend.

We would like to thank local businesses Dent Stores, John Newsham, Dales Hydraulics, Dalecom, Graham Bradley Joinery, Edwin Middleton, Dentdale Electrics and Dent Country Furniture for kindly sponsoring the races, and a special thank you to Martin Stafford for donating hot-put suppers to the racehorse owners.

We hope everyone enjoyed the evening, and hope you will support our Midsummer Disco on 21st June in Dent Memorial Hall.



OLD PHOTOGRAPHS OF THE AREA

The Sedbergh & District History Society's stand at the recent Spring Show attracted a lot of interest, largely due to its display of old photographs.

The Society is keen to increase the number of photographs in its archives and would be grateful to receive any, over fifty years old.

If anyone has some they are prepared to lend to the Society they will be copied and then returned to the owner.

If you can help please contact either Joyce Scobie (Tel. 21106) or Richard Cann (Tel. 20771). ☺

SEDBERGH WANDERERS F. C. WOMENS CAR PULL CHALLENGE

Because of the success along with a few thousand pounds raised from the Clubs five car pulls, i.e. Caton to Sedbergh, Kendal to Sedbergh, Kirkby Lonsdale to Sedbergh, The Greyhound and most recently, Sedbergh to The Fat Lamb. We are now going to be spectators for our next event planned for August.

The Football Club is wanting 20 female volunteers i.e. 2 x 10 person teams, to attempt a car pull. The destination has not yet been decided, but plenty of suggestions have been made by the lads.

There will be stretcher bearers, oxygen tanks, first aiders, zimmer frames, roadside masseurs and pen and paper available (last minute Will changes).

So, if your up for it, can breathe unaided for four to five weeks, (approx time) and think you can pull a double decker bus up the front of Winder Fell, (full), then let me know so we can get things organized. All monies raised will go to Sedbergh

Playgroup. In the likely event of you being caught speeding, the Club will pay your fine!.
Caspa

THOUGHT FOR THE MONTH

We all know someone who never seems to think, they just act, regardless of how their actions affect anyone else. It does not worry them, they do not THINK. Or they say the first thing (ah. I did not say 'thought') that comes to them, never mind if it is cross or hurtful, they don't THINK.

Others spend so much time THINKING how to say something or do something, that they get nothing said/done, so what's the answer?

A little consideration for others is worth its weight in gold. That's the gem for this month.
L. D.

SEDBERGH BARNARDO'S

The Sedbergh Barnardo's Helpers Group wish to thank all who supported our recent Coffee Morning.

Over £207 was raised towards the cost of the various Barnardo's projects in the Kendal area.

BEAMSMOOR

The residents and 'The Friends of Beamsmoor' wish to thank all who donated items for the raffle and for sale at our 'Hot X Bun' afternoon held at Beamsmoor on Tuesday 15th April.

Thanks also to all the staff and all who gave time to help on the day. But especially our thanks go to all who joined us on the day to make it a very enjoyable afternoon helping to raise £175 for our residents social fund and Leukaemia.

Again 'Many Thanks' to Everyone!!

SPELLBOUND AGM

It was reported last month that at the AGM of the Spellbound Amateur Theatre Company, considerable anger had been expressed that other organisations had been given favourable treatment by the management at the Farfield Arts and Heritage Centre. They now know that this is not correct and they are offering an

apology. We would like to stress that any organisation or individual is more than welcome to put forward a proposal for use of the facilities at Farfield. The new community facilities on level 4 will not be available for use until late 2003 or early 2004. Details of the space available will be circulated at a later date. ☺

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Slack Cottage, Dent, Sedbergh (B&B)	25439
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.)	21000
Moss Barn Holiday Caravan, Garsdale Road, Sedbergh (Self C.)	21038
Oakdene Country House, Garsdale Rd, Sedbergh (All Bedrooms),	20280
Scow Cottage, Cowgill, Dent, Sedbergh (B&B)	25445
River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B)	25592
The Lodge, Loftus Manor, Sedbergh (B&B)	21855
Garsdale Foot Farm, Garsdale, Sedbergh (B&B)	21329
Swan Inn, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Wilkinstile, Dowbiggin, Sedbergh (Self C.)	20436
Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms)	21820
Sun Lea, Joss Lane, Sedbergh (B&B)	20828
The White House, Flintergill, Dent, Sedbergh (B&B)	25041
Cross Keys Hotel, Cautley, Sedbergh	20284
High Brigflatts, Sedbergh (Self C.)	20570
Syke Fold, Dent, Sedbergh (B&B)	25486
Lea Yeat Cottage, Wray Rigg, Cowgill, Dent, Sedbergh (Self C.)	25091
Holmecroft, Station Road, Sedbergh (B&B)	20754
The Bungalow, Cautley, Sedbergh (B&B)	21649
Middleton Head, Middleton (B&B)	20258
Randall Hill Cottage, Station Road, Sedbergh (Self C.)	21346
10 Main Street, Sedbergh (B&B, All Bedrooms)	21808
Stone Close, Main Street, Dent, Sedbergh (B&B)	25231
EATING PLACES	
Stone Close Tea Rooms, Main Street, Dent	25231
The Head Restaurant, Middleton	20258
Bull Hotel Restaurant, Main Street, Sedbergh	20264
White Rose Fish & Chip Cafe, Main Street, Sedbergh	20468
Le Rouge Restaurant, Finkle Street, Sedbergh	20433
Fran's Bakery Tea Room, Main Street, Sedbergh	21058
Dent Crafts, Helmside, Dent	25400
Swan Inn Restaurant, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Meadowside Tearoom, The Laning, Dent	25329
Cross Keys Hotel, Cautley, Sedbergh	20284

Entries in 'No Smoking Zones' are **free** for any premises in the Sedbergh, Dent & Garsdale areas (not including retail shops.)

BUS SERVICES

BUS SERVICES					
<u>Sedbergh to Kendal via Oxenholme</u>		<u>Blackhall Road, Kendal to Sedbergh via Oxenholme</u>			
<u>Monday – Friday</u>		<u>Monday - Friday</u>			
07.45	564 GP	❖	08.35	564 GP	❖
09.40	564 W		08.35	Sch 564 W	
09.55	564 GP	❖	09.30	Tue 804 W	❖
10.05	Wed 564B W	❖	10.30	564 W	
12.40	564 W		10.45	564 GP	❖
12.45	564 GP	❖	11.30	Wed 564B W	❖
13.00	Wed 564B W	❖	13.30	564 W	
14.00	Tue 804 W	❖	13.40	Wed 564B W	❖
14.40	564 W	❖	13.45	564 GP	❖
15.25	564 GP	❖	16.20	564 GP	❖
17.11	564 W		16.30	564 W	
<u>Saturday Only</u>			17.45	564 W	❖
09.55	564 GP	❖	<u>Saturday Only</u>		
10.45	564A S	❖	09.40	564A S	❖
12.45	564 GP	❖	10.45	564 GP	❖
15.25	564 GP	❖	13.45	564 GP	❖
15.25	564 GP	❖	14.20	564A S	❖
<u>To Kirkby Stephen Via Cautley and Kirkby Stephen Rail Station</u>			16.20	564 GP	❖
<u>Monday – Saturday</u>			<u>From Kirkby Stephen, Market Square</u>		
09.05	M-F 564 GP	❖	<u>Monday – Saturday</u>		
11.15	564 GP	❖	07.11	M-F 564 GP	❖
14.15	564 GP	❖	09.21	Sat 564 GP	❖
16.50	564 GP	❖	09.30	M-F 564 GP	❖
<u>To Kirkby Lonsdale</u>			12.11	564 GP	❖
09.45	Thu 567A W	❖	14.51	564 GP	❖
<u>To Hawes</u>			<u>From Kirkby Lonsdale Square</u>		
08.45	Fri 112 B		12.15	Thu 567A W	❖
09.10	Tue 111 B		<u>From Hawes</u>		
10.00	Tue 804 W	❖	08.00	Sch 112 B	
11.20	Fri 112 B		09.20	Fri 112 B	
14.00	T&F 112 B		12.00	T&F 112 B	
15.35	Sch 112 B		13.25	Tue 804 W	❖
15.35	Fri 112 B		14.45	Fri 112 B	
<u>To Dent & Cowgill</u>			16.35	Sch 112 B	
<u>Wednesday</u>			16.35	T&F 112 B	
12.05	564B W	❖	<u>From Dent School</u>		
14.15	564B W	❖	<u>Wednesday</u>		
<u>Saturday</u>			09.50	564B W	❖
10.15	564A S	❖	12.45	564B W	❖
14.55	564A S	❖	<u>Saturday</u>		
			10.30	564A S	❖
			15.10	564A S	❖
M-F	Monday to Friday Only		GP Grand Prix of Brough		
Tue	Tuesday Only		W Woof's of Sedbergh		
Wed	Wednesday Only		B Braithwaite's Coaches		
Thu	Thursday Only		S Stagecoach in Cumbria		
Sat	Saturday Only		❖ Provided with Support from CCC		
Sch	Schooldays Only (M-F)		Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.		
W&F	Wednesday & Friday Only		For Comprehensive up-to-date information ring :-		
T&F	Tuesday & Friday Only		Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)		
<i>All times are from and to The Dalesman Inn</i>					

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00; 10.30 & 18.30

Rev. A W Fell Tel: 20283

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30 & 18.30

Rev. G. Hall Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. J Armitstead Tel: 01539 720524

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Mr. M Roberts Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

**Rev G Jones Tel: 01539 - 722079
or Mr G Watson Tel: 20561**

*For enquiries for the following services,
Please ring the relevant telephone number*

CHURCH OF ENGLAND

Firbank; Howgill & Killington

Rev. A Pitt Tel: 20670

Cautley & Garsdale

Rev. A W Fell Tel: 20283

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;
Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrrow

Rev. G. Hall Tel: 20329

*Would you like to know that someone is
praying for you? Or do you have a
relative, friend or neighbour in special
need of prayer? In the Churches, we pray
every Sunday for
this community and
we should like to
hear of any special
needs. Please ring
any of the above
telephone numbers so
that we may pray for
you and/or others.*



OPTIONS for health and well-being

June Parker	Acupuncture	015396 20972
Caroline Cattermole	Counselling	015396 21570
Ian McPherson	T'ai Chi, Flower Essences, Reiki, Hypnotherapy, Meditation	015396 20648

Complementary Therapists practising locally

JULY		
1	SS Cricket v Scarborough College	SS
2	1000 URC Church Coffee Morning	URCR
2	SS Cricket v Leeds Grammar	SS
3	1930 WIH Rugmaking	FCH
3	SS Cricket v Glenalmond	SS
4	SS End of Term	
5	1000 Alzheimer's Society Coffee Morning	URCR
8	WIK Outing	TBA
8	SHS Summer Fete	SHS
DIARY KEY		
BF	= Brigflatts	
BH	= Bull Hotel	6
BK	= Beckside, Killington	5
BS	= Baliol School	
cc	= Cross Keys, Cautley	7
CO	= Community Office, Main Street	
CWT	= Cumbria Wildlife Trust	
DCP	= Dent Car Park	
DMH	= Dent Memorial Hall	
DMC	= Dent Methodist Church	
EG	= Embroiderers' Guild	
FCH	= Firbank Church Hall	
FM	= Farfield Mill	
GVH	= Garsdale Village Hall	
HF	= Holme Farm	9
HS	= History Society	
HVH	= Howgill Village Hall	
JLCP	= Joss Lane Car Park	
KC	= Killington Church	
KL	= Kirkby Lonsdale	
KVH	= Killington Village Hall	
KS	= Kirkby Stephen	
LHCP	= Loftus Hill Car Park	
MH	= Masonic Hall	
PH	= People's Hall	
SHS	= Settlebeck High School	
SMC	= Sedbergh Methodist Church	
StAS	= St Andrew's Church, Sedbergh	
StJAR	= St John Ambulance Rooms	
SC	= Swimming Club	
SMC	= Sedbergh Methodist Church	
SMSR	= Sedbergh Methodist Schoolroom	6
SR	= Spooner Room	
SS	= Sedbergh School	
URCR	= United Reformed Church Rooms	
WHC	= White Hart Club	
WID	= Women's Institute, Dentdale	
WIF	= Women's Institute, Frostrow	
WIH	= Women's Institute, Howgill	
WIK	= Women's Institute, Killington	
WVH	= Westhouse Village Hall	
YDNP	= YDNP Centre, Main Street	
9	1000 Masonic Hall Coffee Morning	URCR
9	1030 Early Summer Exhibition Finishes (A)	FM
9	1930 WIF Life of a Coastguard	PH
12	1900 KVH BBQ & Games Night	KVH
15	1400 SLVSB Outing	CCC
16	1000 WIH Coffee Morning	URCR
18	SHS & SPS End of Term	
20	1400 CWT Waitby Greenriggs	LHCP
23	1000 Dent Foot Chapel Coffee Morning	URCR
30	1000 Network Methodist Coffee Morning	URCR
AUGUST		
4	August Bank Holiday	
6	1000 Howgill Church Coffee Morning	URCR
7	1930 WIH Open Meeting & Bring & Buy	HVH
9	1000 KC Coffee Morning	KVH
12	1930 FCH Domino Drive	FCH
13	1000 NW Cancer Coffee Morning	URCR
13	1915 WID Lakeland Life	DMH
13	1930 WIF Mystery Meeting	PH
17	Fun Run	KS
20	1000 Lookaround Audio Coffee Morning	URCR
20	1245 HS Story of a Hill Farm	LHCP
23	Sedbergh Market Fayre	Sedbergh
24	1415 CWT Children's Discovery	DCP
25	Bank Holiday Monday	
27	1000 Beamsmoor Coffee Morning	URCR
SEPTEMBER		
2	SHS & SPS Start of Term	
3	SS Start of Term	
3	1000 URC Church Coffee Morning	URCR
4	1930 WIH Fawltly Towers 2	HVH
7	Dog Show	KS
9	1400 WIK Christmas Customs	PH
9	1930 FCH Domino Drive	FCH
10	1930 WIF Lancaster Young Offenders	PH
10	1000 Dent Foot Chapel Coffee Morning	URCR
10	1900 CWT Badger Watch	HF
10	1915 WID Making a Splash	DMH
17	1000 St John's Firbank Coffee Morning	URCR
20	1400 CWT Dovecote Gill	LHCP
20	Cowper Day Horse Sale	KS
22	1930 FC Harvest Sale	FCH
24	1000 Garsdale Church Coffee Morning	URCR
30	1930 Sedbergh Town Band Charity Concert	PH
OCTOBER		
1	1000 Barnardo's Coffee Morning	URCR
2	1900 WIH AGM	FCH
8	1915 WID Flower Essences & Reika	DMH
8	1930 WIF Give it serious thought	PH
14	1400 WIK Taste 'n' Try	PH
14	1930 FCH Bingo & Potato Pie Supper	FCH
15	1000 Christian Aid Coffee Morning	URCR
17	SS Start of Half Term	
22	1000 CWT Coffee Morning	URCR
25	Charter Fair	KS
26	Clocks go Back	
26	Charter Fair	KS
28	SS End of Half Term	

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill © 21079

Dr J. Syred © 20239

Monday to Thursday	0900 - 1000
Friday	0900 - 1000 *
Monday & Wednesday	1400 - 1500
Monday	1800 - 1900
Saturday (Urgent Cases)	0900
Friday Female Clinic	1015 *

DENT SURGERY

Tuesday	1530
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Dr P.A. & W.G. Orr © 20218

Dr Ann Orr

Monday	0830 - 1100	1600 - 1900 *
Tuesday	0830 - 1100	1600 - 1900 *
Wednesday	0830 - 1100	1300 - 1800 *
Thursday	0830 - 1100	1600 - 1900 *
Saturday	0830 - 1130	

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300 Dr Ann Orr
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District Nurse

© 21690

Health Visitor

© 20979

DENTAL SURGERY

Finkle Street © 20626

Mr I. R. Dawson, Mr C. Ross & Mr M Brickles

Monday to Friday	0900 - 1715
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Wednesday Evening *

Saturday Morning *

VETERINARY SURGERY

22 Long Lane © 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday	1400 - 1430 *
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Mon, Wed & Fri	1900 - 1930 *
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Saturday	1330 - 1400 *
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Sunday *

PENSION SERVICE SURGERY

Community Office

© 01539 795000

Mondays 1000 - 1400

* By Appointment Only

SEDBERGH CHEMIST

41 Main Street

© 20270

LATE NIGHT CLOSING

Monday	1730
Tuesday	1730
Wednesday	1730
Thursday	1730
Friday	1730
Saturday	1300

LIBRARY

Main Street © 20186

Monday		1700 - 1900
Wednesday	0930 - 1230	1400 - 1700
Friday		1400 - 1700
Saturday	0930 - 1230	

Y. D.N.P. CENTRE

Main Street © 20125

Open 7 days a week

10.00 - 16.00

(Closed for dinner 1300 - 1330)

COMMUNITY OFFICE

(Above Y.D.N.P. Centre)

Monday to Friday 1000 to 1600

© 20504

e-mail office@sedbergh.org.uk

web pages www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 1000 to 1300

Every Friday 0930 to 1230 *

© 21185 or

08451 202 999 (local rate) 24 hours

e-mail via site www.cabkendal.ndo.co.uk

RSPCA

Kendal Office

Monday to Friday 0900 to 1300

© 01539 736036 (local)

© 0870 55 55 999 (national)

POLICE

Long Lane, Sedbergh

© Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh

Dent Village

MARKET DAY	WEDNESDAY
HALF-DAY CLOSING	THURSDAY

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