

SEDBERGH & DISTRICT LOOKAROUND

June 2003

Issue 201

Donation 50p

For anyone that visits our area, to walk down Main Street on a cold wet windy day (and we have many of those!) there does not look as though there is anything going on. But if you read the pages of your very own Newsletter, you will be

surprised as to how many things are going on all the time - and almost every day. A big thank-you to all organisations for keeping everyone in the area informed.

Dennis & Jacky



DENT FOLK FESTIVAL

27th-29th June 2003

The Michael McGoldrick Band Martin Simpson Jon Boden & John Spiers Spellbound Theatre's 'Settle Carlisle'

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CHILDREN'S BIRTHDAYS

June 2003

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

The recipient this month is:-
Chelsea WOOF who is

10 years old on 25th June.

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 |
|-----|-----------------------|-----|
| 2 | George HINSON | 4 |
| 2 | Stewart McCANDISH | 11 |
| 2 | Demeer BALDERSTON | 6 |
| 5 | Benjamin CHETWOOD | 11 |
| 7 | Alexander WINSTANLEY | 7 |
| 9 | Christopher MacCONNEL | 4 |
| 9 | Edward LAWSON | 6 |
| 7 | Ross SEDGWICK | 7 |
| 9 | Jack LEDDY | 7 |
| 9 | Charlotte ORR | 11 |
| 11 | Kieran TODD | 5 |
| 14 | Adam ROBINSON | 10 |
| 17 | Oliver BROWN | 10 |
| 18 | Chloe PACKHAM | 11 |
| 19 | Beth BAINBRIDGE | 10 |
| 23 | Joe JAME | 4 |
| 23 | Jake WOOF | 7 |
| 24 | Laura HARTLEY | 7 |
| 25 | Chelsea WOOF | 10 |
| 28 | Annabelle BREWER | 4 |



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| | e-mail: sangold.kwood@virgin.net | |
| Mrs S Sharrocks..... | Holmecroft; Station Road, Sedbergh (12/03)..... | 20754 |
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| | <i>2D; IT; CH; TVL; NS; NP*; P; DR</i> | |
| Mrs L Hopkins..... | Brantrigg, Winfield Road, Sedbergh (09/03)..... | 21455 |
| | <i>IT; ES; NS; NP; P; DR</i> | |

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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; GF = Gluten Free
CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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All enquiries to
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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

DORMAND

Peter, Christine and Janet would like to thank everyone for their kind messages of sympathy following the death of Mary. Donations in her memory from Family and friends in aid of Macmillan Nurses amounted to £560 and will be used for palliative and educational purposes by the Macmillan Nurses and Community Team at the Westmorland General Hospital.

HARPER

Betty and family would like to thank all relatives, friends and neighbours for their kindness and support during Betty's recent stay in hospital. Our warmest thanks to you all.

KIRBY

I would like to thank all the family, for a super evening out, and friends, for all the lovely cards and gifts, received for my **60th Birthday**. Love to you all, Dorothy.

LEWES

Happy **18th Birthday** Jessica. Yay, everything is now legal. well, almost!! Lots of Love Mum, Dad, Aythan, Leanne, Brendan and Robyn. XXX.

STANTON

Alan and Betty Stainton would like to thank all who sent cards, good wishes and visited. Also phone calls and prayers, while Alan was in Nuffield, FNLI and W.G. Hospitals. Special

thanks to John Raw for all his support. You were wonderful, and always there when needed. Thanks also to Kath and Tony for the lovely Sunday dinners and to Rev. Grahame Hall and Rev. Anne Pitt for their visits and prayers. Many thanks also to Angela Lawrence for all the lifts to the day hospital since January. God Bless you all.

WALLER

Doris and Billy would like to thank everyone for all their lovely cards they received on their **Diamond Wedding Anniversary**. Also for the generous gifts received of money, instead of presents, for £300 for the Health Centre. Also many thanks to June for all her love and help at all times.

HAPPY ANNIVERSARY

MILD 4 WILD
4 EVA 381

HAPPY ANNIVERSARY

MUM AND DAD
Hope you have a good day
Lots of Love
PRINCESS

HAPPY ANNIVERSARY

Grandma and Grandad
Love
Baby N

THANK YOU

A big thank you to the person who found my watch on Maryfell. Adam Roberts.

PERSONAL & SMALL ADS £1

FOR SALE

A 19" computer monitor in vgc idea for graphics and games. Also brand new cordless keyboard and mouse still boxed £100 ono Phone 015396 21042

FOR SALE

Hammond Electric Organ. Two manual + pedals. £100 ono. Tel: 20616.

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Leitz 10 x 25 Trinovid Binoculars, rubber armoured, soft leather case, boxed, like new. Cost over £300. £195. Ring Sedbergh 21799.

FOR SALE

Electric Sewing Machine in good condition. Complete with various attachments including buttonholer and instruction book. £45. Exercise Bike £20. Tel. 015396-20660.

WANTED

Two cycle rack to fit 4x4 rear door mounted spare wheel. Please phone with details after 6pm. Tel. 21693

S & D LOOKAROUND

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KART RACING 2003

Two Championships this year for Sam

Hi there all you race enthusiasts. This year Sam will be racing in a new 125 ICC kart championship, and also, this year he moves to the 125cc NATIONAL kart championship instead of the OPEN class he raced in last year. The reason Sam has moved is that the Open championship has gone back to racing three heats and a final instead of timed practice. This was a skill that Sam had to learn last year and if you have been reading the reports, he did just that. One of the things Sam has learnt since the end of the season is clutch control and how to get off the line at the start of the race quickly. With the three heats format, you start in a different places in each heat, i.e. lets say front row, middle row and back row, you then start on the grid for the final in the place you have earned from the results of the heats.

Now let me tell you more about the ICC championship. This is what they race in Europe and with the experience from this it will help the British drivers to adapt to racing in this format abroad. In years gone by British drivers have been struggling to come to terms with the differences in tracks as their tracks flow more than in this country. We have long straights followed by a tight hairpin, this means the engines are tuned for top speed and high revs, also the brakes are more important. This means that when you go abroad to race the skills you have learned over the years, are "as much use as a chocolate teapot." So the ICC type format has been introduced. This has changed the power output and the driveability, making it a much easier, cheaper, and cleaner on the environment,

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they also thought it would slow the karts down. But that has not happened. This means that the Open class is under a lot of pressure as this class is expensive and by the look of it, not quick enough either. The National class and the ICC class have to weigh 180 kg. The Open class are 5 kilos lighter. This is one reason they are the quickest out on track but the national and ICC are almost as quick and cheaper. Well enough of that;

#### Round One of the ICC Championship

Held at little Rissington, and the last track where Sam raced at in the British Championship in 2002. It was where he missed out on a good second place in the race, and because he burnt his clutch out on the start he didn't finish that race, that

SEDBERGH WANDERERS F. C.

# DISCO

People's Hall

Saturday 7th June

10 pm till late

No Under 16's ~ Admission £2

# A.G.M.

White Hart Club

Friday 13th June @ 7.45pm

**WANTED**

New Secretary

New 1st Team Manager

*All Welcome*

dropped him from a possible 7th place in the championship. Dropping him out of the top 9 drivers in the country, which was his target at the start of the year, so he was looking to repeat that performance this time.

Heat One Grid 3. The difference in Sam, and his starting ability was very noticeable, 100% improved, the racing went well and he finishes second.

Heat two Grid 8. His start was good and he was up to third on lap 1, finishing second again.

Heat three Grid 18. He was literally flying from the green light passing 4 drivers in about 10/14 feet then Nathan Freke moved into his path and up and over Sam went, that's over the back

of Nathans kart, Sam said after that, "it happened that fast, he wasn't going to slow down for anything. I changed into third gear in the air, landed then turned towards the corner" all in a couple of seconds, then he pisted 3 more in the first corner, by the end of lap 1 he was up to 8th. This charge through the field continued throughout this race. He eventually finished 4th.

FINAL. Pole Position for Sam. Sam's starts are possibly the best thing that he has improved over the winter so it was not a surprise to see Sam take the lead from the lights but his lead was lost to Nick Smith on lap two but he never gave up trying to get the lead back. He nearly got past on every lap but didn't force the leader just in case he got pushed off and didn't finish, so second place had to do. CHAMPIONSHIP POINTS. Sam leads with 122 points from the winner of the final Nick Smith, who has 120 points followed by Frank Wrathall on 112 points.

*Graham Moore*

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# OPEN GARDEN

12 noon to 5 pm  
8th June  
Greenbank, New Street, Sedbergh  
Teas ~ Plant Sale

**SEDBERGH GALA  
Results and ~Reports**

On Saturday 17th May over six hundred and fifty adults and many more children braved the slightly showery weather to enjoy the 39th Sedbergh Gala. Sally Brooks Gala Queen for 2003 and her attendants Becky Lowther, Hannah Smith Saville, Lizzie Farrell, Donna Postlethwaite, Emma Capstick, Emma Postlethwaite and John Woof, (Terrence Glanville was ill and unable to take part) led the procession.

There was a huge number of fancy dress entrants and musical accompaniment from Sedbergh Town Band and the Kendalians. For this year only the venue was Lupton field on Back Lane. The area was bigger than the People's Hall field but it was full of colourful rides, stalls, activities and events. Traditional Cumberland and Westmorland Wrestling was as popular as ever and the fell racers met the challenge of a new course with great enthusiasm. There were displays from Milnthorpe Steel Band, Sedbergh Town Band, Maypole dancing and Belly Dancing. Pet Dogs were being put to the test in dog agility and there were Donkey rides and Hot Dogs showed how clever a

little dog can be riding trucks and jumping fences.

Sedbergh Primary School held the finals of the 6 a side football competition and rounders contest and all competitors were awarded medals. There was a nostalgic theme to Gala as there was a vintage merry go round and organ to entertain the crowds. The theme of stars of Stage and Screen was brilliantly represented, ranging from depictions of Lord of the Rings, Bollywood and lots of great Disney favourites.

Gala Group would like to thank Sedbergh School for the use of Lupton field and The Danson Room and also for the support of the pupils who helped on the morning of Gala. There was an enormous amount of sponsorship from local businesses which contributed greatly to the success of the event. Thank you to all Gala supporters. Watch out for plans to celebrate the 40th Sedbergh Gala in 2004.

**RESULTS**

*Shop Window Display*

- |     |                                                    |
|-----|----------------------------------------------------|
| 1st | The Gallery (007)                                  |
| 2nd | Leighton's (Winnie the Pooh)                       |
| 3rd | Les Maddocks Ins. Serv<br>(Gone But Not Forgotten) |

*Cumberland & Westmorland Wrestling*

Under 15 yrs

- |     |                |
|-----|----------------|
| 1st | G. Brocklebank |
| 2nd | B. Brocklebank |
| 3rd | A. Wood        |

Under 18 yrs

- |     |                |
|-----|----------------|
| 1st | R. Housby      |
| 2nd | T. Brocklebank |
| 3rd | G. Brocklebank |

12½ Stone

- |     |                |
|-----|----------------|
| 1st | J. Harrington  |
| 2nd | T. Brocklebank |



|                            |                                |     |                     |
|----------------------------|--------------------------------|-----|---------------------|
| 3rd                        | G. Brocklebank                 |     | <i>Boys Over 8</i>  |
| All Weights                |                                | 1st | Andrew Wild         |
| 1st                        | J. Robson                      | 2nd | Luke Cragg          |
| 2nd                        | T. Hodgson                     |     | <i>Girls Over 8</i> |
| 3rd                        | R. Houlsby                     | 1st | Zoë Jones           |
|                            | <i>Fell Runners</i>            | 2nd | Llana Fearn         |
| Seniors                    |                                | 3rd | Debbie Armitstead   |
| 1st                        | Ted Mason                      |     | <i>Boys 4 - 7</i>   |
| 2nd                        | Billy Procter                  | 1st | Jake Cowperthwaite  |
| 3rd                        | Ben Lonsdale                   | 2nd | Brad Moss           |
| 1st Local                  | J. Fisher                      |     | <i>Girls 4 - 7</i>  |
| Under 17                   |                                | 1st | Rebecca Wild        |
| 1st                        | S. Hunn                        | 2nd | Grace Cowperthwaite |
| 2nd                        | R. Blenkarn                    | 3rd | Rachel Hopkins      |
| 3rd                        | Daniel Walmsley                |     | <i>Under 4</i>      |
| Under 14                   |                                | 1st | Alex McKenzie       |
| 1st                        | J. Darling                     | 2nd | Jessica Orr         |
| 2nd                        | J. Mountain                    | 3rd | James Abbatt        |
| 3rd                        | R. Thornbarrow                 |     |                     |
| Under 12                   |                                |     |                     |
| 1st                        | L. Horsfield                   |     |                     |
| 2nd                        | J. Stuart                      |     |                     |
| 3rd                        | M. Fretwell                    |     |                     |
| 1st Local                  | S. Fisher                      |     |                     |
|                            | <i>6 a side Football</i>       |     |                     |
| Law Lighting - 2           |                                |     |                     |
| Thexton Thunderbolts - 0   |                                |     |                     |
|                            | <i>Rounders</i>                |     |                     |
| Ellison Electric Eels - 10 |                                |     |                     |
| Chetwood Cheeky Chimps - 9 |                                |     |                     |
|                            | <i>Fancy Dress</i>             |     |                     |
| Adults                     |                                |     |                     |
| Joint 1st                  | T. Thompson                    |     |                     |
|                            | J. Lowther                     |     |                     |
|                            | <i>Decorated Vehicle/Group</i> |     |                     |
| 1st                        | Sedbergh Primary School        |     |                     |
| 2nd                        | Lord of the Rings              |     |                     |
| 3rd                        | Playgroup                      |     |                     |
|                            | <i>Decorated Pram</i>          |     |                     |
| Chloe Dalzell              |                                |     |                     |



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## SEDBERGH PRIMARY SCHOOL

### Football Reports

*This report was submitted previously but was held over to this month because of space. DJW*

The Sedbergh second team were playing against St. Mary's, at Kirkby Lonsdale.

We started off not quite together as a team but we played our best. By half time we were 7 - 0 down. Mr. Cayley brought some subs on and he encouraged us to work as a team.

For the first five minutes of the second half we still weren't quite together but then the crowd was cheering us on and our passing and team work got much better. Near the end of the game, in the last 10 minutes, Daniel Clarke passed the

ball to Xav Baines, he dribbled it past a St. Mary player, then got sandwiched, so Mr. Cayley shouted, "Pass it to Luke" and when he did, Luke Ingham got into the box and put it in the back of the net. We all got really confident and they got less confident.

Five minutes from the end of the game, Luke Ingham nearly scored another goal, but the goalkeeper just got his hands to the ball.

At the end of the match, I felt Daniel Clark was Man of the Match because he was a strong defender throughout the game. The final score was 8 - 1.

*Luke Ingham*

St. Thomas (2) v Sedbergh (0)

Two amazing saves by the St. Thomas



### Sedbergh Community Development Centre in "The Cottage" at the primary school

## Open Day

**Tuesday 10th June 2003, 3pm - 8pm**

- \* see the new centre \* meet the tutors \*
- \* find out about IT courses, word & number skills \*
- \* recreational classes \* Business Link contact point \*
- \* book a BiteSize \* discover Learndirect \*

**\* free refreshments \* adult & child treasure hunt \* prize draw \***

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goalkeeper denied Sedbergh a share of the points. The Kendal team were a very strong outfit with experienced players, but Sedbergh, after a sleepy start, matched them all the way.

Chances were made at both ends and the game could have gone either way, but it just wasn't to be Sedbergh's day.

Great tackling from the midfielders and defenders made it hard for the opposition and superb saves from Sam Bolsher were admired by both coaches.

Second half pressure from Sedbergh led to some great opportunities, but there was no way past the St. Thomas goalkeeper who pulled off two 'Bartez-like' reaction saves to win his side the match.

St. Patrick's (4) v Sedbergh (1)

The League leaders Sedbergh Primary were finally beaten by a very good side from St. Patrick's (Endmoor).

A flu bug had weakened Sedbergh's side but they still got off to a flying start with a sweeping move that led to an early goal. The next five minutes saw lots of pressure asserted by Sedbergh, but no second goal came. Towards the end of the first half disaster struck when two fantastically taken corners produced two goals for St. Patrick's. Sam Bolsher, the goalkeeper, did very well to keep the in-swinging corners from going straight in, but both saves, unfortunately, rebounded to opposition strikers.

The second half saw chances for Sedbergh come and go, with St. Patrick's counter-attacking at every opportunity. Two late goals by the Endmoor team were well taken, sealing their victory. A good effort by an under strength Sedbergh side who didn't really deserve

to lose by as many as three goals.

Sedbergh (5) v Ghyllside (0)

The match started off well with a tight game in midfield. That was before Stuart had a shot from long range and their goalkeeper got the sun in his eyes and it dipped over his head and under the bar for a great goal.

The second half was even better with Bryan getting a hatrick and Magnus getting the 5th. But Sam Bolsher was very lucky when they had a shot from midfield, he got the sun in his eyes, but just managed to tip the ball over. The rest of the match was mostly us with the ball in midfield and the defence made some great tackles and the goalkeeper made some great saves then the final whistle was blown. *Fred Ormerod*

Music for a Summer Evening

# SEDBERGH SUMMER SINGERS

*with young artists*

**Wednesday 11th June**

in

**St Andrew's Church,  
Sedbergh**

at

7:30 pm

Programme £2 (£1)

*For Church Funds*

**South Lakeland Alzheimer's Society  
Alzheimer's Awareness Week  
5th.-12th. July 2003**

Tempus fugit (time flies). It doesn't seem twelve months since Sedbergh held its first Alzheimer's Awareness Week street collection and coffee morning and what a great success it was, thanks to all who contributed.

This year the street collection and coffee morning will be on Saturday 5th July and will take place in the URC Rooms in Sedbergh between 10 am. and noon. As well as coffee, tea and biscuits, there will be a raffle draw, a Bring and Buy cake stall and a small exhibition to raise dementia awareness.

Gifts for raffle prizes and cakes are, as always most welcome. So please come along and support the event.

The theme of this years Awareness Week is "Mind your Head." The key message is that research seems to show that there are steps we can take NOW that might help protect us from developing dementia in later life. Although there is still much that we don't understand about dementia, we are in a position-for the first time-to say there are ways in which we can change our lifestyle to help reduce our risk of developing some form of dementia.

Research evidence suggests that a healthy diet and lifestyle may protect against dementia. So keeping the mind and body active and healthy is the best way of protecting your brain - there are strong links between a healthy heart and a healthy brain. Many scientists now think that drinking small quantities of red wine

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1st SEDBERGH SCOUTS

**ANNUAL  
GENERAL  
MEETING**

7:30 pm Friday 13th June  
Scout Headquarters  
*Behind the Bull Hotel*  
Refreshments provided

appears to keep the heart healthy, keep the blood less sticky and reduce the risk of clots forming.

The local branch of the Alzheimer's Society is based at Stricklandgate House in Kendal (Tel. 01539-734066). Their office is open Mon.-Thurs. 9am.-2pm. and you are welcome to call in to get information, advice and support. Any funds raised locally in South Lakeland can be used to fund local projects and activities. Recently the Alzheimer's Society's Day Care Centre in Kendal, had a conservatory extension built on, thanks mainly to local fundraising. Many thanks to all who contributed towards the cost.

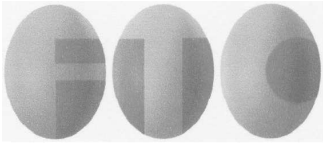
Many people are surprised to learn that Alzheimer's Disease is just one form of dementia and that the Alzheimer's Society offer help to people with other forms of dementia, as many people who suffer from these related diseases or disabilities can develop dementia as a consequence? These include Parkinson's Disease, Down's Syndrome, Bingswager's Disease, HIV, Huntington's Disease, Multiple Sclerosis, Vascular Disease and some stroke victims.

Dementia is NOT a psychological disorder or a psychiatric condition? It is actually a physical disease which affects

the brain, leading to the death of brain cells. Gradually, more areas of the brain are damaged leading to loss of short term memory and confusion. There are now treatments available for people in the early stages of Alzheimer's which, if effective, can enhance quality of life for some time.

So, if you think you might have, or you know someone who is showing early signs of memory loss, it's worth getting things checked out with a GP. (Doctor) as similar symptoms can be caused by illnesses such as vitamin deficiencies, thyroid problems etc. - so why worry about something which might be treatable?

Please come and give the Society your support on the 5th. July.



COMPANY  
*presents*

**ABSENCE**

by Wend Hammond

An award winning drama - lovers bound by destiny clash in the shadow of global conflict - compelling & controversial

**FRIDAY 13th JUNE**  
8.00 pm

People's Hall, Sedbergh  
Finger Buffet before the play at 7:30 pm  
*proceeds of which will go to  
Help Tibet & The Pepperpot Club*  
Tickets from 015396 21196

## DENT FOLK FESTIVAL

27th - 29th June 2003

Following the tremendous success of the first Dent Folk Festival we're back for 2003 with another weekend of world class music, family fun, entertainment and education.

Highlights of this year festival include John Spiers and Jon Boden. They both sing and play melodeon and fiddle respectively. Regarded by those who first heard them as a musical match made in heaven, their shockingly original slant on the best of the English tradition rapidly attracted recognition and excitement. Earlier this year they won The BBC Folk Award for best new artists. Expect raucous Morris tunes, inventive arrangements of country dance tunes, rousing chorus songs and involved ballads all delivered with charm and humour.

Martin Simpson, whose live performances alternate between great subtlety and driving bottleneck blues. He takes a basic song and augments it so beautifully that it becomes an epic. This man is a genius and just has to be heard. Recently named one of the top 15 artists of the decade by Acoustic Guitar

## Celebrations

The Sedbergh & District Buildings Preservation Trust is celebrating both the achievements of Sedbergh in the past few years and the achievement of Trust which is about to start the last stage of the restoration of Farfield Mill

**Visit Farfield Mill Arts & Heritage Centre**

**FREE**

Bring this token with you  
Please admit the Bearer and Family, free of charge,  
to the Farfield Mill Arts & Heritage Centre  
during the weekend June 14/15th

*Note: there is no charge at any time for a visit to the Cafe*

Settlebeck PTFA

## Car Boot Sale

Saturday 14th June

8am-2pm (gates open 7am)

Settlebeck Bus Park

Car £5, Van £10

Refreshments

Bookings 015396 20885



Magazine, his latest album, The Bramble Briar, signals a return to the UK after a stint of more than 10 years in America.

Michael McGoldrick, virtuoso flautist and piper who returns to Dent after His awe inspiring performance last year. He will be joined by an all star line up including many of the musicians who played on Michael's masterpiece "Fused". On its release "Fused", a mix of traditional playing with trance and fusion, was widely applauded as one of the most ground breaking folk albums of all time. For this concert he will be joined by Dezi Donnelly (Manchester fiddle maestro), John Joe Kelly (The worlds leading Bodhran Player), Ed Boyd (Guitar, Flook) , Donald Shaw (Keyboards, Capercaille) Ewan Vernal (Bass, Deacon Blue) and Charles Mackintosh (Drums and Percussion, Shooglenifty).

The festival has commissioned an especially re written version of

Spellbound Theatre's 'Settle Carlisle'. The piece tells the story of an impoverished farmer from Dentdale who goes to work on the building of the railway as a casual labourer. Throughout this tale of love, faith and human endurance, we are bombarded with the jeering and triumphs of the true villain of the piece, the train.

The Children of Dent School will perform as the culmination of a festival project teaching them local fiddle tunes and clog dancing as guests at the Grand Ceilidh with leading Cumbrian roots band Striding Edge. The festival has also commissioned a children's puppet show based on characters from Dent's colourful past by Rob Boden, a puppeteer from

Kendal.

This is just a taste of what's happening over the weekend. Please take a look at the folk festival website at [www.dentdale.com](http://www.dentdale.com), with over 20 performances and workshops taking place there is something for everyone and many activities are free! Tickets for the main concerts are available from Dent post office or from the box office on 01524 582803.

The Dent Folk Festival 2003 is funded by Awards For All, Cumbria County Council, South Lakeland District Council, Lyon Logistics, Kendal College, Black Sheep, Outline Professional Audio, Music Links, Sound Support and Dent Parish Council.

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### **CUMBRIA WILDLIFE TRUST**

*From Bites and Stings to Medicines*

Dr Mike Hall has worked for many years in the pharmaceutical industry and is a long-standing member of the Trust. He is also honorary manager of the Burns Beck Moss nature reserve. He spoke to us of his lifelong interest in medicines from natural products.

15-10,000 years ago much landscape was woodland varying in density and supporting many varieties of fruit and plants. Volcanic regions were rich in minerals, sulphur for example. Various illnesses have been recognised as far back as 2700BC. Descriptions of symptoms indicate migraine, diabetes, arthritis and Parkinson's disease amongst others. A papyrus dating from 1700BC

shows a Pharaoh with a clay crocodile bound to his head by a silk scarf. The crocodile has herbs in its mouth. Tight pressure to the temples can relieve migraine and this illustrates an early, and rather cumbersome, attempt at a cure.

A 1700 manuscript tells of a recipe using black nightshade and in 1750 William Withering MD introduced the use of foxgloves for "dropsy" (heart or renal failure). Digitalis cannot be reproduced chemically and is now farmed commercially in parts of Europe. In 1895 Felix Hoffmann used an aspirin-like compound found in willow and meadow-sweet to treat rheumatoid arthritis.

Dr Hall then explained the necessity for plants and animals to bite or sting. Those used for defence are more painful than

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those used as a prelude to feeding. The latter may contain some anaesthetic properties as well. We are fortunate in not having too many biters and stingers in the UK. Wasps are more lethal than adders. The honey bee pumps venom for up to a minute. The sting is left behind and releases pheromones encouraging other bees to come and join in. Apparently we should admire its ingenuity. However the venom contains melitin an anti-inflammatory peptide. It is possible to get apid therapy. The patient receives a series of stings over days or months depending on the seriousness of the condition.

In 1965/6 Dr Alastair Reid went to Malaysia. A common complaint from the paddy field was snake bite from pit

vipers. When he took blood samples from the victime, the blood did not clot. The vipers “pits” below its eyes contain infra-red sensory organs which enable it to follow its bitten prey in the dark until it collapses and dies. The venom contains a clot dissolving agent which has been marketed initially by Boots but now by a German company with its own snake farms. Various other cardio-vascular problems could benefit from the ensuing research.

The problems with harvesting natural products from the wild can mean that stocks are depleted although more farming of these is being developed. However many are difficult to grow and

*(Continued on page 18)*

THE ROYAL BRITISH LEGION  
**COFFEE  
MORNING**  
**Wednesday 18th June**  
10 am to 12 noon  
U R C Rooms, Joss Lane  
Entrance 50 pence  
**ALL WELCOME**

Cake Stall  
Bric-a-Brac

Books  
Raffle

take a long time to develop. Cell culture is often unsuccessful and chemical synthesis sometimes impossible or costly. Genetic engineering of any kind is the subject of public concern.

Dr Hall listed other examples of natural medicines. Leeches prevent clotting and are used by European companies excluding the UK. Venom from the green viper reduces the incidence of heart attacks for angina sufferers and the green mamba produces another peptide which regulates heartbeat. Investigations continue into the canine hookworm which fastens its barbs into its victim's intestines on which it feeds. Ulceration does not occur because its salivary glands contain a chemical which stops white blood cells collecting at the site. This slows damage to the penumbra surrounding the haemorrhage. White cells can clog up the damaged area and slow the blood supply.

Advances in pain relief are being helped by the tropical conus snail which harpoons its fishy prey and injects it with a poison. The fish is pulled in without a struggle. The cono-peptides this snail produces in its venom are being marketed for eliminating pain particularly in the

spinal cord. They are also being trialled for epilepsy, Parkinson's disease, stroke and hypertension. This is a colourful and attractive creature but contact with it in its natural state can be fatal, an extreme but unpopular form of pain relief.

Research is ongoing into more species including the Sri Lankan pit viper with results including a new anaesthetic and remedies for neuropathic pain. The Chilean tarantula is docile and fluffy but if upset can release a downy and

venomous substance into your eyes and nose. South American frogs are kept as pets by tribesmen who use their poisons to tip their darts. Other frogs have extremely poisonous skins. The hooded pitohui birds from Papua New Guinea have been found to produce the same toxins in their brightly coloured feathers. Morphine from the opium poppy is well known but a tropical frog has poisons in its skin 200 times more powerful.. research into curing brain cancer involves the Israeli giant scorpion and the southern copperhead viper could help MS sufferers. The Costa Rican scorpion could assist in the treatment of diabetes.

In 1999 60% of the world population depended on natural products for medicine. 70% of anti-biotic and anti-cancer treatments come from natural products. With this in mind it is imperative that we do our utmost to preserve the world's bio-diversity hotspots in tropical and sub-tropical regions.

Dr Hall ended with a quote from John Sawhill. "In the end, our society will be defined not only by what we create but by what we refuse to destroy". Take heed!

SG

### **CARING FOR THE ELDERLY**

If you have an interest in the care of the elderly and would like to become involved with the social side of their care as a volunteer, the 'Friends of Beamsmoor' would be happy to hear from you.

Through the dedicated fundraising efforts of the 'Friends' and the generosity of the community it is very rewarding to see the residents Social Fund continue to grow, enabling us to further enhance the social enjoyment of everyone living at Beamsmoor.

It is an important part of their well being to be included, as much as possible, in social activities. If you feel you are able to spare some time, perhaps to be an escort on a trip out, or come into the home to demonstrate your talents, or you

might like to spend some time chatting one to one with a resident, or give a talk to a group, they do appreciate the company and always enjoy meeting new people. Perhaps you could lend an extra pair of hands for a project involving a greater number of residents or when needed at one of our fundraising events, maybe you are an excellent baker and would kindly donate some of your 'goodies' for a cake stall at a coffee morning for example. Whatever level of input you are able to offer as a 'Friend' would be greatly appreciated.

You're more than welcome to join us at one of our regular meetings or if you would like further information please ring me on Sedbergh 21001.

Many thanks.

*Carole Bain*  
*Social Care Co-ordinator*

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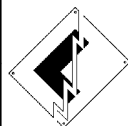
### CHOLESTEROL MYTHS

I have often wondered if undue importance is being placed on the blood cholesterol level, which is just one reading in a very complex situation. I was therefore very interested in a long article in CAM magazine (April 2003) by Prof Joel Kauffman in which he discusses the book "The Cholesterol Myths" by Dr Uffe Ravnskov (New Trends Publishing Co, 2000, available from Amazon). Here I present a potted version of the "myths" which probably affect us most.

MYTH 1 - high fat foods cause heart disease. This myth is called the "diet heart theory" and is strongly contested in the article. Between 1930 and 1960 the death rate from heart disease in the USA increased about 10 times. During that time consumption of animal fats declined. Since 1960, animal fat consumption has continued to fall and the death rate from heart disease has decreased slowly. In Switzerland after the

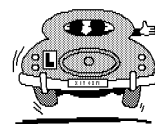
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Second World War deaths from heart disease declined and at the same time consumption of animal fats increased by 20%. None of this supports the idea that the "healthy, low-fat diet" we are all urged to adopt will protect us against heart disease.

MYTH 2 - high cholesterol causes heart disease. As I understand the article, high blood cholesterol is only a risk factor for heart disease in the very small percentage (0.5%) of the population with the highest readings. These are people who have a genetic defect called hypercholesterolaemia. So it would seem to follow that blood cholesterol levels in the bottom 98% of the population range (to give a bit of leeway) are not indicative of increased risk of heart disease. As cholesterol-lowering drugs can have non-trivial side-effects, it would seem to make no sense to treat mild to moderately elevated blood cholesterol and even less sense to give preventative treatment. (Statins, one group of cholesterol lowering drugs, are thought to increase the risk of cancer by causing growth of new blood vessels - see the website given at the end of this article.) For women, the

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article says, high blood cholesterol is not a risk factor at all and in one study of elderly French women, the group with the highest blood cholesterol levels had one-fifth of the death rate of the group with very low cholesterol.

MYTH 3 - high fat foods raise blood cholesterol. Many people are reluctant to eat eggs because of this belief, which is a pity because they are a convenient and easily digested form of protein. Dr Ravnskov experimented on himself by eating 58 eggs in 8 days. He measured his cholesterol levels before and after and found there was a slight drop. The Masai tribe in Kenya have the lowest blood cholesterol levels ever measured. They drink half a gallon of full-fat milk a day and have a very high meat consumption.

MYTH 4 - cholesterol blocks arteries. In one of the early studies in 1936 in the USA the bodies of individuals who had died violent deaths were examined. There was no correlation between blood cholesterol and atherosclerosis.

MYTH 5 - lowering cholesterol will lengthen your life. The trouble here is that we have become occupied with the "surrogate endpoint" of low blood

cholesterol instead of considering the true objectives of good health and long life. In a World Health Organisation trial 10 000 men with high blood cholesterol were divided into two equal groups. One was given the cholesterol-lowering drug clofibrate and the other placebo. After 5 years the clofibrate group had had more fatal heart attacks and a total death rate of 128, compared with 87 in the placebo group.

If cholesterol is an issue for you, I suggest you read the book or look at the International Network of Cholesterol Sceptics website at [www.thincs.org](http://www.thincs.org).

If anyone wants to read the article in CAM, just ask me. My telephone number is (015396) 20972.

*June Parker*

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FARFIELD MILL

Back in 1993, in the Lookaround report of the 2nd Public meeting held to decide whether anything could or should be done about Farfield, one sentence anticipated the future. It read, "there are a number of exciting possibilities for the use of the Mill. Building on the work done by Bryan Hinton at Pennine Tweeds, the looms could produce articles to be sold in a shop on site and there could be a chance for the public not only to see the looms at work but also to study the history of Farfield and Sedbergh through interpretive displays. In addition it is known that young designers are looking for workshop space".

Ten years later and that vision has more or less been realised!

As the season starts again at the Arts and Heritage Centre at Farfield, with workers arriving and getting to work in their studios, with visitors getting to know the place for the first time, with tradesmen delivering goods or making repairs, it must be not dis-similar to the life that centred round the yard at Farfield for 150 years and more right up to the time of Pennine Tweeds.

Of course in the nineteenth century people did not arrive in motor vehicles, but on foot, on horseback or driving horse drawn wagons. All day long there would be the clatter of horses' hooves in the yard and the shouts of the workmen hauling goods up on the gantries. The gantry in the yard was only recently taken down, but another still joins the four

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storey mill with the adjacent mill building. There would be trolleys moving from building to building taking the spun yarn to be woven or to the dyeing shed or to the tenter shed. There would be the young lads sweeping up the mess left behind by the horses.

Right down to the 60's and 70's of the last century, hundreds of machines were clattering away in the mills, a saw mill operated on the ground floor of the largest building and pre-fabricated houses were made for the developing world in another. If you have ever wondered why a corner is missing off the building alongside the river, it was done to get the A-frames for the rooves of those houses, out of the building!

Even in the late eighties a company with HGV's and numerous fork lift trucks were on the point of buying the site for their warehousing and distribution business. Anyone who lived on the site then was either involved in the business or accepted the fact that the buildings were designated for commercial use.

Inevitably some of the buildings were bought by housing developers and this has increased the residential population. It was because of the progressive dereliction of the area that five of the residents were amongst the first Trustees of the Sedbergh and District Buildings Preservation Trust and they helped to develop a plan for the site.

(Continued on page 24)

Now the yard at Farfield is buzzing with life once more. No longer do people come in their working clothes – and there must have been 100-150 people employed there in its heyday – but mostly in their ‘respectable’ clothes. There are cars instead of horses. Some do walk, using the original footpaths the workers used, but few of us can claim these days that we do not use a car for most journeys.

The present use of the site means that the interests of the new residents have to be taken into account in a way that was unnecessary in the past. Even on an industrial site, people have a right to privacy and to unhindered access. After consultation with the individual residents

immediately affected, the Trust is putting in place a Traffic Management Plan which will regulate the movement of all vehicles on the site to minimise inconvenience for all users and to minimise the impact of vehicles on the environment. All residents have a permanent invitation to come into the Centre at any time if there is a problem, but so far this year no-one has come in to report a problem.

Grants from the EU and from the Rural Development Programme have enabled the Trust to greatly improve the access onto the Garsdale Road which is now much safer than it was. The access road itself has posed something of a dilemma. A road with a rough surface keeps cars

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going at a reasonably slow pace, but it is not very good for the health of the vehicle. It was decided, reluctantly, to put on tar macadam, with traffic calming humps. This was scheduled for March this year, but last minute objections prevented it going ahead. At present we cannot give a date for this work, as it depends in being able to take up further EU and RDP grants but we have temporarily patched the existing surface.

Farfield and the other mills in Sedbergh were once the hub of the local economy selling their goods far and wide and employing local labour. Now it is the visitors to Farfield that come and spend their money which enables the Arts and



St Andrew's Church, Sedbergh

MISSIONS

COFFEE MORNING

Wednesday 25th June
10:00 am to 12 noon
U. R. C. Rooms, Joss Lane

Heritage Centre to put money into the pockets of the producers of fine goods. It also means that if the Centre is successful it can give employment to local people. In fact two more local people have been taken on in the last few months.

Perhaps best of all, in some people's eyes, is the fact that the new sewage system is almost complete, thanks to pressure from residents, the Trust and the local MP Tim Collins. At Hallbank and at Farfield there will now be an efficient public sewerage disposal system and unsightly septic tanks can be removed. This can only have a positive impact on the value of those properties.

The Farfield Saga will appear next month.

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SEDBERGH BOOK TOWN

A Community project by and for the people of Sedbergh.

Your Committee, properly constituted by Sedbergh Chamber of Trade, and being a sub-group of Western Dales Future, would like to bring you up to date with all the exciting Book Town developments.

1) We now have a 100-page report on the feasibility & prospects for the promotion of Sedbergh as a Book Town or a centre for book related businesses. This report was funded by the public purse and had to be the result of competitive tender. Our distinguished consultant, Professor Seaton has brought together much scattered information to give us a picture of Sedbergh's economic health and future possibilities. (Please note this information is available to any group which needs to make application for funding, if applicable, within the parishes of Sedbergh, Dent and Garsdale.)

In brief the general tone is very encouraging, particularly with regard to location and catchment area for visitors. Parking, as we expected, has been highlighted as a potential problem. Your committee is discussing the situation with various groups and steps are already being taken to find a community supported solution that will address the needs of townfolk and visitors alike.

A copy of the full report is lodged in Sedbergh Library for those who wish to study it in detail.

2) Since 2001 many smaller buildings in the town centre have changed hands or found new tenant businesses. There are still two large central buildings either of which might be converted to a 'Book

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Centre' where book-dealers wishing to try a 'toe-in-the-water' test could rent small retail units (this also means that YOU could try.) The enterprise would be centrally managed by a manager responsible to trustees and would generate 2 full time jobs or 5 part time jobs.

The acquisition of a building is our next major step. The purchase and conversion will obviously need to be grant-funded, but, once acquired, the building would belong to the town. Unfortunately, the funding agencies in Cumbria are presently undergoing a massive re-organisation, otherwise we might be able to tell you something more positive on this topic. Recently we have made contact with The Business in the Community Charity which is part of the Prince's Trust group of Charities, this group is keen to fund community enterprise and we are hopeful that they may become involved in funding that all-

important building. Please be assured that any building work will be done by Sedbergh businesses.

3) **EVENTS;**

A) Books-in-the-Boot: as part of the usual Wednesday Market on Joss Lane car-park. Individuals are invited to load their car boots with surplus books and sell 'em!. The event will be brought to the attention of book dealers in the area who will no doubt find it a useful hunting-ground. Pitches will be paid for at car boot rate of £5 per day. Bookings should be made to Sedbergh Office Services, (though at first this may not be necessary), charities are actively encouraged to take part. Please note in order to make this possible the Chamber of Trade has had to extend a public

liability insurance to cover anyone who wishes to join in. The first Book Boot will be on Wednesday 28th of May and every week thereafter. Please help us to make Sedbergh Market a more exciting event each week!

B) Pro-Am Monthly Book Market: at Sedbergh Auction Mart. We would like to build on the market day Book Boot by running a professional/amateur book market. It is envisaged that book-dealers from the local area and further afield will be taking stalls, but local charities might also find the idea useful if they have quantities of donated books on their hands. Individuals might also like to take space to sell their surplus, are there any car booters out there with loads of books? Dates and costs to be advised; starting later this year.

C) Wainwright Weekend: We have been discussing with the new publishers of Wainwright Guides if it would be possible to bring out a special edition of the Howgills book to mark the Book Town launch. They have enthusiastically agreed to this and also to our mounting an annual Wainwright Event to include a seminar or lecture, and walks led by Eric Robson the broadcaster. This event should give local businesses many opportunities.

4) **Charitable Status -**

We need to obtain Charitable Status and to form a Company limited by guarantee. As we have mentioned this is a community project - and if we are lucky enough to find the funding to buy a book centre building it will be free of mortgages and although managed by a trust, will really belong to Sedbergh, a

(Continued on page 28)

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Friday 27th June
KIRKBY LONSDALE
A walk round the town focusing on
some of its earlier history
David Smail
Loftus Hill Car Park @ 5:45 pm
Devil's Bridge Car Park @ 6:30 pm

For further information, contact
Ann Sibley 25024
Chris Swannick 20951

EVERYONE IS MOST WELCOME TO ATTEND

Chairman: Joyce Scobie 21106
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BEEKEEPERS ASSOCIATION
First Annual Conference
SATURDAY JUNE 28**

10am - 4pm
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for tickets or more information

community asset.

5) It is generally accepted that at least one large emporium selling second-hand books is essential in a Book Town. We are delighted to be able to tell you that we are in active discussion with Oxfam, who are currently in need of a large outlet in the area for distribution and retail of their substantial second-hand book stock. We are very hopeful that this can be achieved on the outskirts of Sedbergh. Watch this space!

Another famous book business which is looking with interest at Sedbergh is Biblion of Mayfair. Leo Harrison runs a fascinating multi-unit shop which includes some of the most specialist dealers in the country. Leo has family in this area and will certainly give us some tips. His landlord in Grey's Antique Market is Benny Grey who is also putting together a multi-unit enterprise at the old Bird's Custard factory in Birmingham city centre, Benny is helping us with our

application to the Prince's Charity.

We already have a substantial number of other specialist and middle-market bookdealers who are interested in being involved in the project (some to move existing businesses to the area, some to use the managed units).

*We would like to mention that since retail property in Sedbergh is by no means on a financial par with the semi-derelict buildings of (say) Wigton, as it used to be, it is unlikely that 'cheap paperbacks and ex-library rubbish' will be much in evidence. That valuable and quite expensive shelf-space is much more likely to be filled with decent stock at reasonable prices.....and we will be aiming always for quality not quantity.

6) Although the branding of Sedbergh may be "Books" the marvellous thing about anything based on the written word is the sheer number of subjects that can be encompassed by the title. The special-interest events (musical, dramatic, geological, local history, local flora and fauna, local culture, craft and textile based etc) already taking place here on an annual basis can only be enhanced by the likelihood of good-quality elusive books on each subject being available close by.

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Ghyllas, Cautley Road,
Sedbergh



Cake & Plant Stalls
Raffles ~ Side-shows

We really don't want to alter Sedbergh that much – just to add to it's interest and prosperity!

7) AND – guess who we were hosting in Sedbergh just a month or so ago? None other than the King of Hay-on-Wye himself - the famous and very eccentric Richard Booth. Richard is very supportive of our venture and thinks that the location in particular would be difficult to beat. He actually had himself driven up 250 miles or thereabouts from the Welsh borders (he is still in the process of recovering from a serious medical problem) to meet your Committee. He spent about 2 hours with us and made many telling points relating to promotional ideas. His visit culminated in presenting us with a box of interesting books as a promotional 'starter'. One of his ideas is that Sedbergh might be part of a Book Trail, visitors would be able to make a stop here as part of a "booky" holiday in the UK.

8) Your Community Project !

Your committee needs YOU! we are sure that there are loads of interested people out there with all sorts of ideas that could be incorporated into this project. Whether you are interested in starting a business or just being involved for some fun we want to hear from you. Ring 015396 20034.

9) Future plans -

THE SEDBERGH ANTHOLOGY - well a book town needs books doesn't it? *So let's write one!*

We invite anyone of 15 and over to submit a written piece, which may be a story or poem (max. 3000 words), it may also be illustrated.

The only rule is that the work must have some connection to Sedbergh, this connection may be either true or totally imaginary, (please make sure that any "true" stories do not mention anyone within living memory.) You could simply name a character Sedbergh or Sedbergh might be a planet in a solar system 5000 light years away, let your imagination take flight! Start thinking now, an entry form will be printed in the Look Around later in the year.

THE LOGO COMPETITION -

We don't want to leave the children out, so we will be running a competition in the Christmas term for logos and posters for the Sedbergh Book Town. There are some great book town sites on the web so look there for ideas. Judges and prizes will be announced in September and all the schools will be asked to take part.

Your Book Town Committee hopes that you will be interested and encouraged by everything we are trying to do.



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JUNE REFLECTIONS

There are so many bluebells this year. Our seaside garden seems to be blue all over. So, I cannot help but picture Lookaround-land.

The sea thrift too, are spreading all across the front of the house, between us and the sea. Their heads bob in the wind and they never seem to break.

Once again I approach my press deadline and it is at such a time every month that the antennae of my mind go searching.

Following the Dales. And, the roads. Being thankful for memories. They are what life is made up of as age adds to the collection. No bad thing although its awfully easy to be a bore about what is now in the past. And, by the time you read this Dent will have 'done' their 'Mile

For Macmillan Cancer Relief. Be it on three legs or the Conga round the village, I hope that the event, held on the May Spring Bank Holiday weekend, was as well sponsored as it always is. I've raided Sir's piggy-bank!

I will have had my spies there and hope to include a report on it in the July 2003 Lookaround. And, if you've not sponsored the event, its never too late, or too much, for our Macmillan teams to accept!

Studying the Lookaround's 'Diary Of Events' pages, myself and Sir never tire in admiration for the amount of charity support there is in your part of the world. Sadly something we, around these parts, can't really boast about!

We also noted that on 14 May, a cricket



ATTENTION:- ALL FED UP FEMALES OF SEDBERGH!

DO YOU WANT TO
TONE UP FOR SUMMER?
LOSE WEIGHT?
LOOK BETTER?
FEEL FITTER?

Natalie is doing an easy Exercise Class for all ages and sizes!

From 10 am to 12 noon on Saturday 5th July

in the People's Hall

There will be Classes every Saturday afterwards
if there is enough interest on Saturday 5th July.

For more details, information, enquiries or just a general chat,
call Natalie on 07817 724 128

match took place, Sedbergh School v Giggleswick School. My Sir is an old Giggleswick-ian, but reckons they'd be beaten! 'You're just plain negative', I teased him.

And, a mention about Dent's Three Day Folk Festival on 27, 28, 29 June. I'd give quite a lot to be there, but, my spirit is never far away.

Turning the lavish, coloured, seventy-two pages of Lookaround Issue 200, and seventeen years on from that first copy, I feel that this is the time to congratulate, and to appreciate everyone who, in any way, contributes to the community, as do of course, the Editors of Lookaround. I note a new feature in the form of a police report. That really does spotlight the care and awareness needed by the public in general, for everyone's safety.

And I recognise all those who take on responsibilities. Tirelessly they carry on ... and on! Village halls, play schools, sport, churches and chapels, businesses and all the various health charities and every single person within the community. Everyone doing a little bit. A lot, doing a lot as well! Often it is not the amount of work, but the quality, which matters most. It is to those people that I extend my hand of friendship. Coming to

the season of extra outdoor activities, especially sport with the young, I believe that they should get more than self-satisfaction, but recognition and thanks.

To bring to an end this month's Reflections, and having concentrated on the word charity, which also means love, what ever one's faith and the services about which I have written, one 'worker' is not mentioned. He comes in many and various fashions. But, this particular example is when a troubled mind seeks peace. God is the worker. He is the ultimate of understanding. However, an active brain which disallows sleep, when troubles multiply, one willing to accept help and therefore peace, may sense a nice drifting sensation. The head becomes filled with song. "Be still and know that I am God ... " "... I am the God that Healeth you ... " And then, feeling the upsurge of light and hope, our reply : "In You, O Lord, I Put My Trust ... " Nothing happens instantly! Haunting thoughts may worsen before getting better. But it is Trust in God which tells us to be : "Still and Know" He who is in charge! In these days spent in the fast lane, there's got to be something upon which we can rely.

And so, I wish you a happy month of June.

Joan Stockdale



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HOWGILL W. I.

We would like to thank everyone who supported our Coffee Morning on May 7th. It proved successful raising £140 for our funds.

Members met at Howgill on May 1st. President Mary Silva attended the briefing conference where the resolutions were discussed.

This year they focus on the young and old diet related health problems in children, to promote modern apprentice schemes to provide skilled workers for the future, and care for the elderly. They will be debated at the Royal Albert Hall on June 11th. Our President will be attending.

We were pleased to welcome Rhona Bentham who inspired us with her

display of decoupage work which we all admired.

Armed with scissors and Glue we were all eager to have a go. It was fun and rewarding as we each made our own attractive decoupage card.

Christina Booth expressed thanks to Rhona for sharing her talent with us and teaching us the basic steps to this popular craft. The social time to identify the trees was won by Helen Beare and Judith Stainton. Bridget Postlethwaite was the raffle winner.

The monthly competition for a flower made from kitchen foil was won by Lorna Scambler with Barbara Axford second. Our next meeting will be held at Howgill on June 5th, when Pat Cooper is giving us a health talk on Lo Salt. *A.H.*



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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

Folk Music Week-end July 11th - 14th ~ All Welcome

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

SEDBERGH SWIMMING CLUB

Once again the swimming club is in need of your help in order to preserve public swimming in Sedbergh. Is there anybody out there who would like to take their Bronze medallion life saving award? If so please contact any member of the Club.

We are also desperately short of teachers for the hour lesson sessions on a Tuesday. We do pay our teachers for their work and a willingness to help is more important to us, than any formal qualifications (although they are useful)!! So, please don't be put off if you have no teaching experience, but are a competent swimmer who would be willing to help us out, even if it is only for a short time.

We would be happy to hear from anyone with an interest.

Due to this teacher shortage we are having to change the deep-end swimming classes after half term. All deep end swimming class pupils (previously taught by Diane) should now attend at 7.30 - 8.00pm. on a Tuesday where an endurance swimming session will be given. If this creates any problems please attend at your normal time and a place will be given to you in the classes still taking place in the pool. All other classes will proceed as usual.

Ladies recreational swimming will now commence at 8.00pm as a consequence of this change. Apologies for any inconvenience this may cause.

The Swan Inn

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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 | £9.95 |
| 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.**

**Lovely Beer Garden
with Children Play Area and Seating.**

SEDBERGH TOWN BAND

Amy Ferguson. The Town Band recently suffered a grievous loss with the death of Amy Ferguson.

Amy was an early recruit to the band at its formation in 1999. Through conscientious practice and an innate flair she soon became a valued and secure member of the cornet section. From the start she was tireless in sharing her enthusiasm for music and the pleasure she derived from the band with other beginners. Although she herself soon attained a standard of playing in advance of the beginners' stage, she attended all the classes and was instrumental in encouraging the less talented and diffident to stick with learning the basics and ultimately taking their places in the

band proper.

Behind the scenes, as a member of the Committee, she contributed enormously to the day to day running of the organisation as well as giving the band a public profile through detailed research into the distant origins of a past Sedbergh Town Band. Her efficient manipulation of publicity and ticket sales helped to ensure that all concerts, from the very humble beginnings, have received large and much appreciated support from the Sedbergh community.

We extend our sincerest sympathies to Amy's family in their loss and are delighted to report that her contributions to the band will be perpetuated in a trophy to be awarded at the Annual Band Festival.

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

Proprietors: David and Elizabeth Martin

Sedbergh Gala. The Town Band were honoured to lead the parade that marked the commencement of the 39th Annual Sedbergh Gala. Resplendent in their scarlet sweaters the colour and rousing marches played helped to dispel the gloom of the weather which threatened, but failed, to mar this wonderful day in the Sedbergh calendar.

In mid-afternoon the band contributed to the musical element of the Gala with a short concert that consisted of a varied selection of popular numbers. The Band much appreciated the magnificent tent that had been erected on the Lupton field which enabled them to give of their best unaffected by intermittent showers.

The Band wish to express their admiration for the splendid efforts and

organisation of the Gala Committee.

Forthcoming Events in June. On Thursday 3rd of June at 7.30pm in the People's Hall the Band will be giving their Annual Summer Concert when the new uniform will be worn in public for the first time. Equally new will be the programme of music which has been assiduously rehearsed over the last few weeks..

Sunday 22nd June sees the first Annual Sedbergh Brass Band Festival. Each competing band will march from the Joss Lane Car Park and then perform a programme on the newly built band stand in the Bull Hotel Garden. Competitive Brass Music and many attractions should ensure a day to be enjoyed all the family.

G. B

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

THE HEAD AT MIDDLETON



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Menu

KILLINGTON W.I.

Our May meeting to discuss and vote on the resolutions to be presented at the National Conference provided us with some interesting topics. All the resolutions are designed to bring to government attention matters upon which the members of Britain's W.I.'s feel strongly or about which we think we have some particular viewpoint or expertise. Thus it follows that they are seldom resolutions which any of us would wish to oppose. The first resolution concerns providing adequate support for old people either in their own homes or in residential care; the second urges better education for children about healthy eating and the provision of more opportunities for

physical exercise in schools in order to reduce the growing obesity in young people, and the third resolution calls for support for modern apprenticeships in order to relieve the growing shortage of skilled workers. All laudable aims - I am sure you will agree! Support for these resolutions was almost unanimous so we hope that our views will have some effect. Our delegate at the conference will be Mrs Mary Silva, President of Howgill W.I. and we are grateful to her for conveying our votes.

Not quite "from the sublime to the ridiculous", but something along that line as our meaty and somewhat depressing discussions were followed by light-hearted entertainment from our own jolly

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 |

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SUMMER OPENING TIMES: Monday to Friday Lunch 12 - 2.30 5.30 - 9.30
Saturday & Sunday - Food served all Day

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members. This year's programme was started by "our very own -- Joan Moores" with a lovely selection of poetry for Spring. More frivolous contributions included some Stanley Holloway monologues and an item from Flanders and Swann. We heard the tale of the "Three Little Pigs" in which Miss Riding Hood turned out to be as big a villain as the wolf himself! The whole was rounded off by some pleasant orchestral music.

A delicious birthday cake with eight candles on was then brought forth (each candle counted for ten). The birthday girl? None other than - "our very own Joan Moores " Happy Birthday Joan!

Further delicacies accompanied a cup of the drink that cheers but does not

inebriate.

The competition for an arrangement of flowers in a teacup was won by Anne Macer with a cup of velvety pansies, though every entry was worthy of a prize. I hate to say that I can't remember who won the raffle so you will have to wait with baited breath till next month when I shall reveal all. Moreover apologies for an inaccuracy in my last report. Jenny's winning "old tool" was not for cutting block salt. It was for cutting block sugar!

Please note the change of venue for our next meeting which will be held in the Methodist Church Hall in New Street on June 10th at 2.00 pm. We shall hear about the delights of Provence.

You would be most welcome to join us.

W.F.U.



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 |

**YORKSHIRE DALES
NATIONAL PARK**

The ydnp Authority has welcomed the arrival of a new TARGET project officer, Mark Allum, who joins the park management team at the Authority's Grassington office.

In his new post, Mark will be responsible for managing the Yorkshire Dales and Cities Integrated Rural Transport and Visitor Management Programme which aims to support the local economy by encouraging visitors to use public transport for holidaying in the area and reducing the need for visitors from urban areas to bring their cars into the National Park. Mark will also be responsible for promoting the health benefits of visits to the countryside for

walking and cycling.

Mark Allum, TARGET project officer, said: "With car use on the increase, my role will be to work with city and district councils to promote a public transport network for the Yorkshire Dales that meets the needs of visitors to the area, and helps contribute to the care of the special environment of the National Park.

"Around a quarter of households in West Yorkshire do not have access to a car, this includes people young and old, those living in the heart of the cities, as well as many in disadvantaged communities. Many of these people are not even aware of the possibilities of coming to the Yorkshire Dales by bus or train, or the added freedom they can gain from being able to do a walk without



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

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 Pork Fillet with Crackling, Oven Roasted served with Mash, Vegetables & Gravy£9.00

SAUSAGE & PIES - All our pies are Home-Made with short-crust pastry

- 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 (*This dish will vary. Please ask at Bar for variation*)£9.00
- Homemade Tagliatelli Bolognese.....£7.00

VEGETARIAN

- Homemade Butternut Squash Risotto£8.00
 - Bowl of Cous Cous with Roast Vegetables.....£7.00
- Both the above served with Dressed Salad*
- Mushroom Lasagne served with Chips & Salad£7.00

worrying about the journey home, to the end I am delighted to play a positive part in promoting public transport use to the Yorkshire Dales National Park."

Mark's background is education and training; primarily working in outdoor education with a wide range of groups from primary school children to senior managers from large national organisations. Mark and is no stranger to the Yorkshire Dales having worked at outdoor education centres throughout the area, including Buckden House, Ingleborough Hall and Low Mill Residential Centre in Askrigg.

The Travel Awareness Regions Groups for Environmental Transport project (TARGET) is an international collaborative project involving the

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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

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, Tomato, 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 |
| Whitby Scampi - Served with Chips & Salad..... | £7.00 |

FAMILY MUSINGS

Our younger daughter looked a vision of loveliness as she set out for her 6th Form Ball at the Netherwood. She got ready at Granny's, bringing everything together - ball-gown, shoes, bag, earrings and the necklace hubby and I have given her for her 18th. It is beautiful and I just took a deep breath over the price. Granny and I went into Kendal to meet her for the shopping trip and the shop assistant kept asking "When is the Wedding?" I think some of her classmates thought she had undergone a transformation or as some would say 'scrubbed up rather well'. Now 18 she is an adult and joins her two older siblings thus meaning all our children are now adults, and oh boy are we not so proud of them all. Very individual and all with the potential to go

far. And send us grey (I mean MORE grey). Yet it hardly seems any time at all that I had three under 4 years old and gave up ironing. It was one task too many and dangerous to mix hot iron and tiny runabouts.

Talking of families we have a family of Greenfinches in the garden. The young have developed the trick of feeding upside down on the bird nuts and usually come all together, five of them. We've two collar doves, a pigeon building a nest in a fir tree and, joy of joys, two thrushes. The latter seem more scarce these days and are both lovely to see and to hear. Some warm dry weather is needed.

My plant house is bursting at the seams. The now ivy-clear wall has Clematis and Honeysuckle planted against it along with Raspberry canes and a Blackcurrant bush

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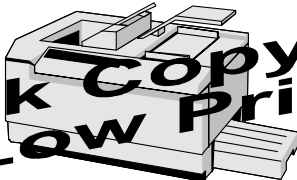
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we hope to train on the wall, the sweet peas will go there.

Why is it hubby can save work on disk on the computer yet when I try anything more than just 'save' I lose it? Never mind, I am mastering my on-loan word processor and I will master my computer. In the meantime Hubby's input is valuable.

Sometimes my mind worries me. Take the other day for example. I knew son was off to a 21st, but why did I then ask "What are you doing tonight luv?"... Just a glitch I guess.

Village life is great, but the Chinese whispers can get very mixed up and wrong. We, hubby and I had a bit of a mishap with his side of our electric blanket. Nothing too serious and we soon dealt with it, and just lived with a

smell of 'burnt toast' for a bit. We slept in the same bed that night, the offending blanket out in the rain. I mentioned this to a very few folk and was amazed to be greeted five days later with the tale of our 'Fire' and how we'd put the mattress outside and then slept on it!? I presume we took it back inside first? The best I heard however, was along the lines of us having such a passionate time we'd set the bed on fire! Oh, village life.

On that note I shall finish for now. Just be careful what you talk about, or not, as the case may be, and wait to hear the other version. Enjoy June. Hopefully some better weather.

2003 Middelton

(which should be written the wrong way around and held to a mirror)

Christopher Whelan

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GREAT BEAR

Forty children turned up on Saturday May 3rd. at the Peoples' Hall for a Pepperpot music, drama and art workshop. The story, Great Bear and the Jades, based on a traditional Chinese folk story, was introduced to the children. Musical instruments, brought by some of the children or kindly loaned by the Primary School were introduced and various ways of portraying the five main character parts in music, were explored. The children divided into the four animal groups in the story, red birds, green dragons, black tortoises and white tigers and Lizzie took the part of the Great Bear. Groups took turns in composing and recording their animal's music, dramatising the story and making masks

and Chinese character wall hangings so that everyone had done everything by early afternoon.

All the children came together then to perform the dramatised story. Costumes were tried and fitted, masks donned and to the recorded music the story took shape. Live music was added to highlight the drama. Clearing up and a run around outside, heralded the end of rehearsal. The room was prepared for the parents and friends we hoped would come and see the fruits of our labours. We were not disappointed. A good crowd turned up to watch the 20 minute performance, the climax of a busy but fruitful day.

Judith Bush

Val Finch & Ann Wright



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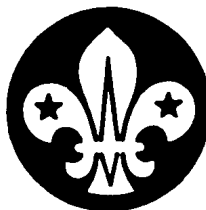
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1st SEDBERGH SCOUT GROUP

Yes we are still here!
The Group, in common with many others throughout the Country, has been through difficult times associated with problems in recruiting leaders and helpers and the fall in the numbers of Scouts and Cubs on roll. However, although our future is far from secure, we are fortunate in having a small number of experienced and committed Section leaders, our own premises at Kings Yard and a good range of camping and other equipment. We remain financially solvent, despite having to use savings to fund running costs in recent years.

The Group has now been established in



Sedbergh since 1973 and we are determined to be here for the next 30 years but we need help. The dwindling Executive Committee needs new blood (a Treasurer would also be nice!) and the hard work of our Cub Leader, Jane Sewell, is deserving of more support. Many will recall that the Cub pack was temporarily suspended in 2001 and was revived thanks to the efforts of Alan Muil (the

Assistant District Commissioner) travelling from Kendal each week to supervise meetings - he is still doing so to support us but this is clearly not a long term solution.

We feel sure that there remains a need for the Scouting movement in Sedbergh and that youngsters (boys and girls) can continue to gain much from the activities, fun and learning opportunities on offer. Helping at meetings or fund raising events (and even serving on the Executive Committee!) may also be fun and rewarding. The fuller involvement by parents would be particularly welcome.

If you wish to find out more about the Group or ways in which you might contribute to its survival come along to our Annual General Meeting at 7 30 pm on 13 June at Scout HQ (adjacent to the Bull Hotel) or contact any of the following:

- Bill Mawdsley (Scout Leader) 015396 20723
- Jane Sewell (Cub Leader) 015396 20793
- David Beare (Secretary) 015396 21339
- Jim Atkins (Chairman) 015396 20031

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BEEKEEPERS ASSOCIATION

One of our aims this year is to meet and get to know better some of the beekeepers from other parts of Cumbria and from the areas of North Yorkshire and North Lancashire near to us, whose bees are so-to-speak neighbours of ours!

To this end the club visited Furness Beekeepers' Association at their Spring Convention on May 10th in Bardsea. Eight of us enjoyed a very instructive and entertaining day with some sixty other beekeepers from South Cumbria and nearby. First we learnt the finer points of the different types of pollen our bees collect, as seen under a high-powered microscope, and appreciated how both honey bees and flowering plants have evolved over millions of years to work together so well to each other's benefit - the bees getting essential protein food for their offspring in addition to the nectar to make honey, and the flowers being pollinated so that they in turn can produce fruit and offspring of their own. Each part of the bee's anatomy and the flower's structure are perfectly matched to ensure the process is successful for both.

We then saw how to construct glass observation hives which can be permanently set up in your dining room for you to watch all the bees' activities, day and night, from the queen laying eggs to the new bees emerging, worker bees grooming the queen, each other, and the drones (male bees), as the worker bees quietly come and go along a pipe through the wall to the open air and the flowers! The speaker had kept bees like this for ten years continuously, and videoed every aspect of their behaviour throughout the year, which he shared

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with us. It was truly marvellous to watch. If only we could persuade our wives to let us try!!

In the afternoon we learnt the art and science of presenting honey products perfectly for showing, and the latest situation in the arguments for and against genetically modified crops, as it affects bees and beekeepers. We made a lot of new beekeeping contacts and had a thoroughly enjoyable time.

Our next meeting is our annual coffee morning in the URC rooms at 9am on Wednesday 4th June. We then have our own 1st Summer Conference at Sedbergh Golf Club on Saturday 28th June. Details are given elsewhere in this month's Lookaround. You will be warmly welcomed at either. *M.F.U.*

CHAMBER OF TRADE

Confirmation of our lottery registration has been received.

The next meeting of the Neighbourhood Forum is 9th June at Casterton.

An application has been made to the Neighbourhood Forum for a grant towards the Medieval Market. The application is to go before the next meeting in June.

Membership is doing quite well. A number of people who have seen the web site [sedbergh.yes] want to be on it, and have been told that they need to join the Chamber to do so. Martin Powell will take photos of businesses to go on the site if required.

Late Night Opening is booked for the first Wednesday in December (3rd December)

New brochures - these are to be left in abeyance until the 'book town' is up and running. Is 'Hidden Britain' money still available? If so could we apply for the money when the book town is organised?

There is concern that with the sewerage works at Sedbergh and Kendal closed, they cannot deal with emptying cess pits. No-one seems able to say whether this is permanent or what alternative



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arrangements have been made.

Members were informed that Western Dales Futures have invited the three parish councils to meet to raise £5,000 each, but were disappointed at the lack of interest. It is still looking into a block insurance for all small organisations, but again no one attended the meeting.

Elephant Yard in Kendal advertises on the radio. It was suggested businesses in Sedbergh might get together to do something similar.

There are a lot of artists in the area. Would it be possible for them to display their work in some of the empty shops? The problem of council tax was raised, but it was thought there might be a way around this.

Marshall House is looking very 'sad'. Sedbergh School to be asked if they could tidy it up.

Advertisements for the 'Hands On Guide' should be taken to Sedbergh Office Services as soon as possible.

SEDBERGH CRICKET CLUB

Well the English rain making ceremony has started and been successful - at producing the rain of course. Already fixtures have been affected by the weather. Evening games for the youngster have needed flood lights. Batting first is always a preferred option in evening games. Success has been achieved by the 1st XI, due to a large dose of enthusiasm, for our new skipper Caldrick Lewis. The first problem in Sedbergh is to get a team out and after a shaky start Caldrick has done well on that score. They lost their first match, with only 9 players, to Kirkby Lonsdale. Sadly rain washed out the next game against Morecambe with our squad going well with 133 for 2 wickets, Les Hoggarth scoring 73no, R Neal 40. On Bank Holiday Monday the team took on Cartmel in the Cup. Cartmel were all out for 120 with Julian Cann, Alan Wilson, Pete Meadows, Sam Moore and Dave Mellard getting 2 wickets apiece. Sedbergh knocked them off for the loss of 4 wickets with R Neal getting 55no and J Cann35. The game against Ingleton was a high scoring match with Sedbergh getting 207 for 6 in their allotted over. R Neal being 109no, J. Cann64. Ingleton were 194 for 8. J. Cann taking 3 for 32, D. Mellard 2 for 44 and Pete Meadows 3 for 48. Unfortunately Ingleton managed to bat out their time with a draw being the result.

The U16 have lost both of their games but are enjoying their cricket. In the match against Ingleton the bowling was a bit ragged with extras being top scorer! Tom Moore, Bill Longlands and Andrew

Burrow got a wicket each and Stephen Wilson top scored with 18. Against Kirkby Lonsdale Sedbergh scored 79 for 6 with Bill Longlands getting 22 and Tom Moore 24. Kirkby knocked them off for the loss of 3 wickets. The U13 had a spectacular win against Kirkby Lonsdale getting them all out for 15! Catherine Hurst took 7 wickets, the rest being run out!

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SETTLEBECK HIGH SCHOOL

Castlehaw Motte & Bailey

Year 7 students have been studying the Motte and Bailey Castle as part of their History curriculum. They gathered information from books in the classroom and visited the site to make sketches, take measurements and consider why the Normans built a Motte and Bailey Castle there. They used the research to make a tourist information leaflet in their ICT lessons. The leaflets have been passed on to the Y.D.N.P office for their publicity / Interpretation Officer to look at. They will be on display in the Y.D.N.P. Information Centre, if you would like to have a look at the students' efforts to try their marketing skills!

Judith Walsh

FAMILY FUN DAY

Dent Pre-School Association held its Fun Day on Saturday 3rd May in the Memorial Hall at Dent.

Fun was had by all, with a wide range of stalls, including; Homemade Crafts, Plants, Cake Stall, Soaps and Face Painting. For those wanting something a bit more fun we had numerous side stall games ranging from Guess the Weight Of The Cake to Hook A Duck. Tombola & Raffle were also held.

Hot Soup, Sandwiches and Cream Teas were served whilst people sat back, relaxed, and enjoyed a performance from the Morris Dancers and the School Maypole Dancers.

Thank you to Matthew for the very professional Clown Game Stand you created and donated, and also to Wendy Cooke & Steve Hawley (local businesses) for the financial contribution you gave from your craft stalls on the day.

Special thanks, however, to Sophie (The Shop On The Green), for her truly spectacular stall of soaps. It was wonderful to see such a wide variety of shapes, scents and colours, varying from Bath Bombs, Goldfish Bowls, Hearts, Shells, Bars, Soaps On Ropes, to even a

Slice Of Soap. We can never thank you enough for all the endless hours you spent creating and even packaging all the soaps.

A splendid sum of £776.92 was raised for our Playgroup and Nursery. The day would not have been possible without the generous help from the Mums and the Playgroup/Nursery leaders. So much time was given both before, and on the day. Thank you to everyone who supported us. It is encouraging to see the community working so hard to support the future of our children.
Julie Middleton

ACTION (MEDICAL) RESEARCH 50th Anniversary

“Touching Lives” Appeal

Local man, Simon Riley, of Station Road (grandson of the late Ken and Mrs Kitty Siemaszko and son of Terry and Andra Riley) ran the London Marathon on 13th April in 3 hours 2 seconds.

This is the third time Simon has run for Action Research. The sponsor monies this year totalled £315.

Congratulations to Simon on an excellent performance and grateful thanks to his sponsors.

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APRIL WEATHER

Well the month opened with a blast. At midday on the 1st we had a short sharp hail storm with hailstones the size of large peas! After such a rude awakening we did not have any more rain, to trouble the rain gauge, for another 13 days. Another shower followed by 6 more dry days brought us to the 20th from where it rained every day to the end of the month totalling 1.97 inches. The start of the second week got rather chilly overnight with a minimum of 24.6F on the 10th and ground frosts for a week. Also on the 10th the wind-chill temperature fell to 19F! Again another breezy month with a low wind speed of 8.7 mph from the south west. For the rest of the month we had 7 days with wind speed maximums in the 20s mph the rest being in the teens. Atmospheric pressure was fairly steady with one day at 28.76 inches Hg, 2 days at 30 inches and the rest 29+ inches of Hg. It was pleasant again to kick off the wellies and jacket to work outside. The deluge at the end of the month coincided with my first lambs as usual. Lambing seems to have gone reasonably well judging by the numbers frolicking in the fields helped by the spurt of growth in the grass. The swallows were back early in the month and were nest building before the month was out. The occasional swift had appeared by the end of the month but no house martins. Tulips put on a good display this year but were knocked about by the wind and rain latterly. The bees were working the dandelions whenever the sun shone. Blackbirds and thrushes had got their first broods away in spite of the magpies attentions. The magpies took all the woodpigeon and collared doves

eggs in our garden. Something will have to be done about these thieves as they seem to be increasing in numbers.

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SEDBERGH WANDERERS F.C.

The Football Club would like to thank the towns Parish Council for all their hard work towards our new pitch for the coming season which starts on 16th August. Also we would like to thank Settlebeck and Sedbergh Schools for providing us with playing facilities for the past season. A big thank you also to the Gala Group for loaning us their fencing to go around the pitch. Thanks to our sponsors and supporters for their excellent backing for the past nine months. Also thanks to Linda Gardner for turning out our superb kits every week, to Mary Teal and the White Hart Club for their support., Steve and Allison at the Bull Hotel and last but not least Tommy Brookes and Jim Hoggarth for all their hard work maintaining our facilities and equipment.

We now look forward to our A.G.M. on June 13th in the White Hart Club and it looks likely to be a busy one with a new Secretary and 1st Team manager needed.

EMBROIDERES' GUILD

The Kirkby Lonsdale and District Branch held their meeting on Thursday 8th May in the Westhouse Village Hall.

After our short business meeting, Ann Hunter, our Chairman, welcomed Fredi Blezard, our speaker. Using samples of her work, and various pictures, she took us on her journey in the pursuit of Hardanger Embroidery. This type of work, in which threads are pulled and/or removed altogether, was developed in Norway, and Fredi had followed it through her City and Guilds Embroidery course. Although she was still interested in Hardanger, her passion for embroidery was very varied and she showed us pieces of her more recent work.

Our next meeting will be held on

Thursday 12th June when we will learn how to make little draw-string bags from Tracey Pearce. All our meetings are held from 2-4pm at Westhouse Village Hall, usually on the second Thursday. Further details can be obtained from Ann Hunter on 01242 41120, Kay Stockdale on 015242 76443 or Tracey Pearce on 01539 741869. All are most welcome. No previous experience is needed.

FARFIELD LUNCHEON CLUB

On the 6th May twelve of us went to the 'Sun Inn' at Crook where we were warmly welcomed, well cared for, and where we enjoyed a delicious meal from a very varied menu. An excellent selection of food at a wide range of prices, certainly something to suit every palate and pocket.

It was a bustling pub with seating outside, we sat in the dining room and with customers in all the time for food or for drinks. Sitting outside you can watch the world go by between Bowness and Plumgarths roundabout.

Our next outing is to the 'Sportsmans', our very own local 'Family Chain of One' at Cowgill.

If you are a member of the Sedbergh & District Building Preservation Trust Luncheon Club, and enjoy good company and going out for lunch once a month, do contact the Luncheon Club organiser S.E. Woof on Dent 25212.

The visit to Crook was a super start to our new programme during which we will visit Nateby, Dent and Sandside. Very many thanks to Roger and Jane Underwood who have arranged these gatherings for so many years, relax and enjoy.

JOHN SOUTER

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WINNING THE WAR AGAINST SLUGS

The slug expert Howard Drury says that one of the worst things we can do is to kill black slugs, which are usually about 5 inches long. According to him this is the wrong thing to do as it is probably a garden friend capable of eating up to 20 plant slugs a day. Apparently the real enemies in the garden are the little black and brown things hiding under the leaves eating the tender shoots and burrowing underground after tubers and roots. Drury says that out of the 25 slug types in this country only about 5 species are by preference green plant eaters. Many of the others are carnivores that tuck into other slugs and worms.

Few of us have the time and patience to identify the species in our gardens and we often resort to the old deterrent - slug pellets.

However, there are other ways of making life uncomfortable for slugs. American researchers of the US Fish and Wildlife Service in Honolulu found that when they sprayed an area of soil with 2 per cent caffeine solution, slugs would either crawl away from the treated area or die. I would not suggest that you do this in your garden because the research is in the early stages but there are ways that you can combat slugs with some success.

For a start slugs do not like soot, crushed eggshell, wood ash, copper, hair, holly leaves and pellets that immobilise them and make them die of dehydration. One of the best ways to win the war against slugs is to identify what types of plants slugs do not like.

These include plants with scented

leaves, leathery leaves and leaves with tough textures, furry leaves as in lamb's ears, lavender, holly leaves, rosemary, large begonias, antirrhinums, rock rose, aubretia, basil, alliums, foxglove, red cabbage, chicory, ferns, camellias, fennel.

Brenda Koo

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SOUTH LAKELAND DISTRICT COUNCIL

The result of the District Election on May 1st 2003 was as follows:-

Kevin Lancaster (Con) 697 (71.4%)
Syd McClennan (LibDem) 279 (28.5%)

I would like to thank everyone who came out to vote for me and returned me as one of your two District Councillors for a further term of four years. Paul Winn, Joe Nicholson and I will continue to represent the interests of Sedbergh, Garsdale, Dent and Middleton on the County Council, District Council and National Park Authority to the best of our ability.

As always I fought the election on the facts and I feel I must put on record my disappointment that the Liberal Democrat machine chose to do otherwise.

Kevin Lancaster

CDC

Sedbergh Community Development Centre in "The Cottage" at the Primary School

We would like to invite everyone to our Opening Day on Tuesday 10th June. You will have the chance to snoop around "The Cottage" and to find out more about what we offer. There will be free refreshments, games, a treasure hunt quiz and a prize draw – so bring the whole family! You can talk to tutors from recreational and computer courses, discover about Learndirect on-line learning and have a go at some computer programmes.

Our free BiteSize courses, advertised last month, are proving very popular. If you have not booked any places yet be quick, you could miss out!

We are very keen to promote "On the Road to Driving" on 26th June. This is aimed at young people who are learning, or about to learn, to drive. It is a fun 3 hours designed to help them understand more about becoming a good driver. If you know anyone it would help please get them to contact us.

If you belong to a club or organisation why not come to Effective Press Releases on 17th June? This free session will help you design press releases to send to papers, radio and TV. If you learn the tricks of the trade you are much more likely to get noticed!

A big thank you to all of you who visited our stand in the rain at the Sedbergh Gala yesterday. It was great to see so many people showing an interest in our new centre and our courses. Those people who were brave enough to have their picture taken for "Gurning for Learning"

received a £5 voucher to be used at the centre.

Contact Sedbergh CDC on 015396 21031

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SETTLEBECK HIGH SCHOOL

"FLOORBALL" – a bit of Finland comes to Settlebeck!

At the moment we have got a new Finnish teacher helping our tutor group. He is called Mr Tuovinem and he has taught us how to play the Finnish game 'Floorball'. We really enjoy it! We've seen some videos on how to play it and we've had some games in the hall. It's a bit like hockey but much faster and less dangerous! The goals are small and the ball and hockey sticks are plastic.

We're really grateful to Mr Tuovinem for showing us this game and for giving us an insight into Finnish culture and sports.

Thank you Mr Tuovinem

7B

JUNE GARDENING

"Do you have a favourite plant?" asked a friend of mine last week. "Well," I said. "Probably about 500. It all depends what I'm looking at at the time, or who I'm thinking of, or where I happen to be."

High up on the list of favourites are primroses, particularly wild ones (*Primula vulgaris*) with their pale delicately fragranced flowers, and also the less common, but equally beautiful Birds Eye Primroses (*P. farinosa*) which grow in damp spots on limestone areas and have tiny pink flowers born on short stems over rosettes of little white backed leaves.

There are primulas to fill almost any position in the garden.

Species such as the "Candelabra" *P. pulverulenta*, *P. japonica*, *P. beesiana* and *P. chungensis* with flowers ranging from bright rich magenta, through pale pink and white to orange and apricot, and the Giant Himalayan Cowslip, *P. florindae* and its smaller cousin the Sikim Cowslip, *P. sikimensis* with yellow or brick red colour forms love a moist or boggy soil and plenty of rainfall. Those which favour damp shade include *P. sieboldii*, a pink or white flowered plant cultivated in Japanese gardens for many years, *P. capitata* with delicate purple flowers *P. denticulata* the mauve flowered Drumstick Primula and the amazing *P. viallii* with flowers resembling bright pink/red Red Hot Pokers.

For the rockery there are wonderful forms of *P. auricula* with velvety petals and leathery leaves and *P. rosea*, a tiny early flowering species with rich pink flowers. The list is enormous. (There are around 1500 cultivated *Primula* varieties

listed in "The Plant Finder" book). Perhaps it is not so surprising that some of them feature among my favourite plants.
Elaine Home

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BUTTERFLIES

Where have all the under 3's gone?

It has been decided not to run Butterflies this term, because so few children are now attending our carers and tots sessions, currently held on a Wednesday afternoon, at St Andrews churchroom.

Butterflies was introduced to provide a drop in facility for mums and carers at a time in the week which was convenient for them. We plan to review the arrangements and re-open in September, on a trial basis. As part of the review, we would welcome any suggestions or feedback, on how Butterflies might be developed to meet its continuing aim as a drop in facility.

Dorothy Gerrard telephone 21217

Linda Hopkins telephone 21455

KART RACING 2003

Round 2 - ICC Championship

Held at Fulbeck in Lincolnshire.

Saturday practice was a very long day for Sam as he has changed to a different kart for 2003 and I've got to sort out the setting to suit Sam, so he has the confidence to drive smooth and fast. Sam's day didn't get any better all day. He was 1.1 seconds a lap slower than Carl Millington and 0.8 off Nick Smith and Frank Wrathall, so he was ready to walk home, he was that disappointed.

SUNDAY - RACE DAY. The three lap practice on new types was a big improvement putting Same 4th quickest and that helped to settle Sam down so that he could concentrate on the racing and not worry about the lack of speed he had on Saturday.

Heat One. Grid position 18. This was almost a carbon copy of round one. Except that most of Sam's rivals and the quick drivers were at the front end of the grid. Sam would have to do something spectacular. Which is what he did, driving round the outside of 8 other drives in the first corner. This is not recommended, but it did work this time for Sam. He was up to 4th by lap 3 and finished 4th just behind Jon Turner. This had the other drivers talking about how quick Sam is off the start line, and how good he is through traffic, as some had tried to follow. One driver said "He was just in front one moment and gone the next."

Heat Two. Grid 8. This time the quick drivers were along side or behind Sam; this race went well with his first win in the new kart.

Heat Three. Grid 5. This heat was to be

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a measured effort as Jonny Lang, one of the other drivers in the team that Sam races with is in front of Sam on the grid. Jonny has been told to drive as hard and fast as possible, and not to look back, or Sam would take that as a signal to pass. So the pressure was now on Jonny, as that's what Jonny usually does, because he tries just too hard. So a second place for Sam pleased both drivers.

FINAL. Sam qualified on pole position for the second time in the two race meetings; he also finished second like the last meeting but to a different driver this time. Last time it was Nick Smith, this time it was Carl Millington who won, but he was only 0.2 tenths of a second faster than Sam, when on Saturday he had been 1.1 seconds a lap faster. So, well done again Sam. Lets try to keep this up when we start the British Championship.

125 ICC Championship Points after two rounds.

| | |
|-----------------|------------|
| Sam Moore | 245 points |
| Carl Millington | 215 points |
| Nick Smith | 214 points |
| Jon Turner | 210 points |
| Frank Wrathall | 207 points |

Report by Sam's Dad

CELEBRATING CULTURAL DIVERSITY.... in Dent?..

I can almost hear you saying "In Dent? ... someone's having me on", but no, it is quite correct.

The Primary School supported by Dent Parish Council and Asda/Walmart have arranged an evening in the Memorial Hall on Tuesday 3rd June from 6.15 - 8 pm. Everything is FREE. That includes a session by Wendy Ridley (LEA Advisory Teacher) on how we ALL can promote positive attitudes towards difference and diversity in a mainly mono-cultural area. Food and Music from around the world... and a FREE CRECHE.

Please don't be the one to stay at home and miss out on what will be a fun and informative evening. In these days when our lovely dale is accessible on the 'net from around the world and travel is so much easier and quicker, it is not alright to presume we will only ever be visited by 'folk just like us'.

Come along, enjoy and learn in a relaxed, fun atmosphere. Tickets are FREE but must be ordered from the School office. An evening no to be missed. See you there. *S.E.W.*

DENTDALE MEMORIAL HALL

The second Dance Evening held on May 10th raised £61 for the building/renovation fund and was very much enjoyed by those who went along. Watching award winners, John and Caroline Sanderson dancing is a treat in itself and to be able to be taught to dance by them a privilege.

They are returning in the autumn with another such evening and it is hoped more people will come along and join in or watch. The home-made refreshments were much enjoyed by all especially those from further away who pronounced them a 'rare treat'.

Plans are already in hand for the Gala on August Bank Holiday and there will be further news of fund raising events next month. Thank you to all helpers.

S.E.W.

LIVERPOOLS PET MASCOT

Stave walks into the Club with his pet dog Chelsea. The barman, Dean, says "Sorry, no pets allowed."

Stave replies, "This is a special dog. Turn on the Liverpool game and you'll see."

Dean, anxious to see what will happen, turns on the T.V. Stave explains that whenever Liverpool have an attempt on goal the dog does flips. And, lo and behold, Liverpool keep firing shot upon shot at the goal and each time the dog keeps flipping and jumping.

"Wow, that one 'eck of a dog you've got there Stave. What happens when Liverpool score?"

"I don't know, I've only had him for seven years!" Stave replies.

David O'Leary

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SEDBERGH BEEKEEPERS

Sedbergh and District Beekeepers Association are holding their First Annual Conference at Sedbergh Golf Club on Saturday 28 June.

During the one-day conference R D B Hickling from Lincolnshire will speak about 'The English Black Bee' and Robin Dartington will be travelling from Hertfordshire to demonstrate and explain 'The Dartington Hive'.

Local members Bill and Marion Smith will be talking about their experience of domestic wax production and local Association Secretary Malcolm Fraser-Urquhart will be sharing the results of his research into 'Honey, foraging, yields and methods in the Sedbergh District'.

The conference programme has been designed to appeal to both experienced beekeepers and anyone who is interested in bees and honey. For anyone interested in photography there is a competition to find the best photograph depicting any aspect of beekeeping. Stalls are planned to be running throughout the day. These include a bring and buy stall for beekeeping equipment, new equipment and a Defra Bee Inspectors information

stand.

The cost of the day is £10 to include a soup and sandwich lunch, tea and coffee.

Local association chairman John Tallon said, "Interest in beekeeping in and around Sedbergh is growing and we feel that it is a good time for us to share our enthusiasm and knowledge. We hope that our programme will appeal to both novice and experienced beekeepers as well as anyone who just wants to find out more."

Anyone requiring tickets or more information should telephone 015396 21567 or 21902

SEDBERGH GALA DAY

And the rain came down!! Well, what can one say about the weather for Gala Day?!

In spite of the conditions, it was a good Gala, well attended, a happy atmosphere, and given a better day it would have been GREAT - One of the Best.

It was obvious the Committee had worked very hard, to organise such an excellent imaginative programme of events. And there was a good variety of stalls etc.

Joan and I did very well with our little stall of 'Bits and Pieces' raising £90+ for our two favourite animal charities. Thank you to all who 'bought' from us.

Thank you Gala Committee for all your hard work, and the time you give to put on this special Sedbergh event. Please do not be put off by the rain - you do a wonderful job, and despite all your obvious organising skills, even you cannot do anything with the weather.

Jean Dixon

Daphne Jackson D. O.

Registered Osteopath

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DENTDALE W.I.

The May meeting is always the time to listen to the resolutions that will be presented at the A.G.M. of the National Federation of W.I. Margaret Fothergill and Nancy Murdoch gave accounts of the background to the resolutions and we spent some time in discussion before voting. Catherine Sugden will be relaying our decisions to Mary Silva President of Howgill WI who will be our delegate this year.

Following a break for tea, we all settled back to hear the Speaker Ann Farnell demonstrate *Ways with Pasta*. It is always very relaxing watching someone else cook. Ann made it look so easy to produce eight different dishes within a very limited time scale, using a portable cooker perched on two trestle tables as her work surface! Pasta is very versatile, but many of us had not tried it as an ingredient for a sweet dish, but I can tell you that it worked very well.

The finished dishes were eagerly tasted and recipes purchased to try them at home. Portions of the dishes were then auctioned to be eaten for the following nights supper maybe?

The competition for an unusual piece of kitchen equipment had a good number of entries and was won by Stella Bannister.

Next month on the 11th June there will be a demonstration and talk on *Corn Dollies* and we would welcome any visitors who may wish to join us.

SETTLEBECK HIGH SCHOOL

Year 11 Leavers

Year 11 students are on study leave now as they prepare for their examinations in this final phase of life at Settlebeck. The usual shirt signing ceremony, cake cutting by Maureen Airey and her canteen staff and lunch time 'shenanigans' involving shaving foam and water reduced the senior staff to patrolling with mops and buckets, but it was all in good fun, tinged with tears and hugs as the students spent their last formal day at school. Diane Elphick (Governor) presented NRAs on the Leavers Day before Maureen served coffee, then it was off to Blackpool as usual for the shopping and white-knuckle rides at the Pleasure Beach. Good luck and Good Health to you all as you embark on life in the big wide world!

Judith Walsh

THOUGHT FOR THE MONTH

Did you celebrate St. George's Day back in April. I wonder why we don't celebrate him more. Anyway, here is a less well known saint to remember on the 7th June. Saint Robert of Newminster.

He was born in Gargrave and his dates were 1100-1159. He lived during the decades after the northern Saxons were defeated by new Norman rulers. He studied in Paris before returning to Gargrave as a priest. Later he became Abbot of Newminster in the North East, and was known for his 'zeal for poverty and prayer'.

Just in case you need a reason to celebrate something in June. Enjoy your 'events'.

L.D.

JOHN OTWAY

Just A Little Help From Our Friends

March seems some time ago now, but many in Sedbergh will still be reliving the memories of John Otway and the Big Band performing at the People's Hall.

It turned out to be a splendid evening of entertainment and, as predicted, sold out completely. Sorry to those who didn't manage to get tickets and had to be turned away at the door - next time you'll heed our warnings.

The Society of Otway Appreciation & Promotion (SOAP) are grateful to all those in and around town who helped make the event so successful. People are already asking will Otway be back again? We'd like to think so, but we may need some help.

So if you consider yourself a Sedbergh & District Otway Fan, new or old, and would be happy to give a hand with preparations next time around, we'd love to hear from you.

Simply send your name, address and phone number by email to: nic.sheppard@churcharmy.net or alternatively phone 01937 585440 and leave a message.

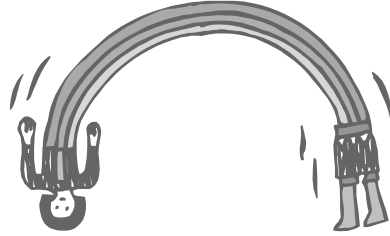
Nic Sheppard

ASTHMA COFFEE MORNING

We would like to thank everyone who came and helped and supported the Coffee Morning held on April 23rd.

The amount of £300 was raised for the Asthma Campaign.

E. W.



RAINBOWS & BROWNIES

Both Rainbows and Brownies are both preparing to start meetings in September.

If you are a girl aged between 5 and 7 years, you can join the Sedbergh Rainbows who meet once a week to play games, sing songs, make things, cook up recipes and listen to stories.

If you aged between 7 and 10, you can become a member of Sedbergh Brownies. The Pack meets every week to have loads of fun and huge adventures.

If you are interested in becoming a member of the Rainbows or Brownies, ring Dot on 20346 or Jeanette on 21731 for further information.

SEDBERGH SCHOOL THE LOCAL BOYS FUND

The committee of management will meet on June 20th to consider applications for grants for educational tuition and facilities for boys resident in the parishes of Sedbergh, Garsdale and Dent.

The fund does give priority to local boys attending Sedbergh School but it also considers applications from local boys attending any other centre of learning.

Anyone wishing either further information or to apply for a grant should contact the secretary, Joyce Priestley, Havera Bank, Sedbergh. Telephone 015396-20104.

ARMED SERVICES

War is not pleasant or desirable, but the Legion stands ready as ever to help those affected by it.

We are here, now, to provide emotional and financial assistance to those servicemen and women deployed in the Gulf. We are here to help those who may return injured as a result of the conflict. We are here to help their families and dependents. And, if we are requested to, we will be there to help raise additional funds for them all.

Our strong local networks and comprehensive support and case worker structure will be a much needed, secondary safety net to catch those unfortunate people who slip through the well-established family support service provided by the Ministry of Defence, the armed forces and SSAFA Forces Help

This will be particularly important in the case of those reservists and TA members who have been deployed to the Gulf and whose dependents do not have immediate access to the support available to regular units in service garrisons. Our full resources are available to help those in need.

If anyone in the Sedbergh area is interested in taking part in a half-day walk from Sedbergh on Sundays this summer, please telephone Dick French on 20436.

NEIGHBOURHOOD FORUM

There are regularly meetings of the Sedbergh & Kirkby Lonsdale Neighbourhood Forum and the next will be held in the Village Hall at Casterton at 7pm on Monday 9th June.

The 3 main items for discussion will be

the Zebra Crossings in Sedbergh, the role of the Parking Attendants and Neighbourhood Forum Grants plus any item raised.

Further information is available from Diane Whitehead on 01229 894103.

EDITOR'S NOTE

A continued thanks to everyone that supports the Lookaround with their contributions. I now receive articles on a regular basis via many mediums. They include the Internet, Floppy Disk, typed and hand-written. As a result, I have accumulated a number of Floppy Disks which are in the Office. Some of them are collected and recycled but there are many that are not. These will ultimately be disposed of by giving them to a worthy cause or just going in the bin. Please collect yours if you want it back.

There are also a number of photo's that have been left with us that have gone into print. These can also be collected from the Office.

All articles are gratefully received BUT, I must have details of the author so that if there is a query or any other problem, I have someone that I can contact to rectify it. The usual problems are:- unable to read the text, clarification of time or date or place of an event, confirmation of spelling. If you do not want your details to appear, that is no problem, but I need to know where it has come from.

For the last two months, I have printed the timetable for the bus that runs from Dent to Kendal via Sedbergh on Friday and Sunday. I have just been informed that the timings were wrong but I have not yet obtained the correct times.

DJW

HISTORY SOCIETY

The first event of the Summer Season took place in unexpectedly good weather. Over 20 members met on the site of the Hoffmann kiln near Settle where David Johnson from Staincliffe took us around the surrounding area and the kiln itself. The Hoffman kiln was developed by the Craven Lime Company in the 1870's to a design by a German group of scientists led by Hoffman and was operational until the 1939 with only two breaks due to strikes.

It is situated at the foot of a large limestone cliff where the stone was quarried and carried along a tramway by horse-drawn wagons through a tunnel, to be burnt in the kiln. Coal was brought by rail from Wath near Doncaster.

The kiln itself is almost rectangular, rounded at each end. It contained 22 chambers each of which in turn would be stacked to the roof with limestone with spaces left for the coal to be fed down from the top. Each chamber was then sealed off from the next one and the entrances closed as the continuously burning fire gradually moved round and the firing started.

After the limestone was processed it was sent to Bradford, Sheffield and Scotland ; the purest lime went to the chocolate makers, sugar refiners and leather tanners, the less pure went to the iron and steel industries and some crushed stone was used for railway tracks.

Several members went on to visit the later limestone works further down the pathway.

Thanks are due to David for a very

interesting and informative afternoon – we recommend others to visit the kiln where, even if there is no guide, there are informative boards explaining the site and the processes involved.

This was a National Local History Month event.

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POLICE REPORT

Parking will continue to be a problem in many of our towns and villages, and until we bring back the horse and cart, it will never be resolved fully. Drivers are still continuing to park on Main Street and on the footpath. It is an offence of obstruction which could earn you a Fixed Penalty. Please use the Car Parks which are only a few paces away.

As usual, the Police are wanting help from the public. This time, we are looking for lonely yellow 'No-Waiting' cones which have been loaned out and not returned. These are used to assist things like the Gala, Funerals, Weddings and people moving house. If we have none, we cannot help you. If you know of any looking for a good home at the Police Station, please let an Officer know or drop it off at the Station. *DJW*

SEDBERGH TOWN BAND

On Tuesday 22nd April the Town Band gave their first concert out of Sedbergh. The Band were invited by The Dent Memorial Hall Committee to perform in the Hall as part of their fund raising ventures aimed at acquiring the cash necessary to put in motion ambitious renovation and expansion schemes.

A varied programme was enthusiastically received by the Dent audience, with marches, Disney, film and T.V. themes predominant. For the first time the Band performed a show selection, 'Oliver', a demanding piece that featured the many memorable and popular tunes from the show. This was a particularly significant item for the Band as it will be one of their three pieces that will be performed at the Band Contest to be held in the Bull Hotel's garden on Sunday 22nd June.

The highlight of the evening was Matthew Wilson's percussion slot in 'Drummers Delight'. He showed his virtuosity, skill, enthusiasm and energy, not to mention an ability to create a decibel level never before experienced in the confines of the Dent Memorial Hall.

Between items Alan Lewis, conductor and director of music, entertained the audience with his witty introduction to instruments of the band as well as answering questions that had been raised in the interval. Graham Dalton, on behalf of the Dent Memorial Hall Committee, thanked the Band and expressed his appreciation of the increase in funds made by the concert. The evening closed for the audience with a rousing rendition of the National Anthem. The Band were then entertained to a magnificent spread

of sandwiches and cakes by the ladies of the Committee, for which they were most grateful. *G. B.*

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SEDBERGH WANDERERS F.C.

Presentation Night - Sat. 10th May

The Club's Presentation Night was held in the Bull Hotel on Saturday 10th May and the following presentations were made.

1st Team

| | |
|-----------------|-----------------|
| Players Player | Simon Parkin |
| Managers Player | Nicky Ross |
| Top Goalscorer | Andy Todd |
| Young Player | Arran Siemaszko |

2nd Team

| | |
|-----------------|---------------|
| Players Player | Matt Parkin |
| Managers Player | Craig Gardner |
| Top Goalscorer | Elliot Beagan |
| Young Player | Dan Mason |

Most Promising Player Luke Packham

The players and officials all gave money towards buying and presenting Chris Wheatley with a new England shirt.

WHAT A TRAGEDY

I have just heard that Beamsmoor Residential Home is to close. The staff and the residents have been given one month's notice. This is a shocking loss for all concerned and *for* Sedbergh.

My mother became a resident of Beamsmoor several months after we moved here. By that time her senile dementia was already so far advanced that she never even learnt the way from her own room to the lounge. She had a lovely room with views to the fells which she loved, her own bathroom, some of her own furniture and treasured pictures, warmth, tasty and timely meals and loving carers to see that all her wants were supplied. I and the rest of her family had the comfort of knowing that she was as safe and happy as she could be. Best of all I could visit her every day-it was only two miles away, five minutes in the car or a brisk walk on fine days. If I were otherwise occupied then there were others to care for her, staff, other residents, and other people's visitors - it was a real family atmosphere. She stayed in Beamsmoor until she died just over a year ago at the age of 94. She was nursed by people she knew, with help from our kindly and very competent local nurses and splendid doctors. She was not shuttled off to a distant hospital which however good it might have been would not have been familiar and close. To all those wonderful folk I send my heartfelt thanks.

On a personal note Beamsmoor was also a great advantage. I got to know not only

the Close family and their staff whom I am delighted to call my friends, but other residents and their generous families from whom I learnt much about Sedbergh and the real folk of the locality. I cannot write a list of all these people, many of whom have now moved on, but I am thinking of you all.

I have no knowledge of the reasons for this sad closure but imagine that the growth of mindless rules has much to do with it. One thing I know is that no amount of regulation could have produced a more loving home for our elderly folk and I am sorry it will not be there when I need it.

Wendy Fraser-Urquhart

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DIALECT DIGEST

The village where I was brought up had only the one shop, but it sold everything a body could need for the house.

Goods came in bulk, and were weighed out in front of you into various coloured bags. Sugar was delivered in huge sacks, and then parcelled out into the famous

blue sugar bags for customers. A West Riding friend tells me that the empty sacks were much in demand by the local ladies because 'they were jist t'reet size fer mekkin' a pegged rug'. He went on to say that, 'Butter wor i' barrels an' it were purrinta shape wi' two bits o' wood 'at were called butter pats. We wrappt it up i'

| ORGANISATION | CONTACT | Tel: 015396 |
|--|--------------------|--------------------|
| After School Club | Mrs Packham | Sed: 21484 |
| Age Concern Monday Club | Mrs Winder | Sed: 20512 |
| Age Concern South Lakeland PH (M, & F) * | Mrs Alderson | Sed: 20814 |
| Angling Association | Mr Dandy | Sed: |
| Art Society | Miss Nelson | Sed: 20034 |
| Baby & Toddler Group (Howgill) | Mrs Stainton | Sed: 20665 |
| Baby & Toddler Group | Mrs Packham | Sed: 21484 |
| Badminton (Dent) | Mrs Rushton | Dent: 25306 |
| Badminton (Sedbergh) | Mr Mason | Sed: 20565 |
| Beekeepers Association (S & D) | Mr Fraser-Urquhart | Sed: 21902 |
| Bowling Club (Queen's Gardens) | Mr Killops | Sed: 20279 |
| Bowling Club (Indoor) | Mrs Greenbank | Sed: 21720 |
| Bridge Club | Mr Mr Stanton | Sed: 20901 |
| Buildings Preservation Trust (S & D) | Mrs Lamb | Sed: 20553 |
| Caving & Potholing Club (Dent) | Mr Stephenson | Sed: 21285 |
| Chamber of Trade | Mrs Rusling | Sed: 20788 |
| Christian Aid | Mrs Hannam | Sed: 20897 |
| Conservative Association (Sedbergh) | Mr Beck | Sed: 20336 |
| Cricket Club (Dent) | Mr Smith | Dent: 25209 |
| Cricket Club (Sedbergh) | Mr Wright | Sed: 21038 |
| Cumbria Wildlife Trust | Mrs Garnett | Sed: 21138 |
| Dentdale Choir | Mrs Bush | Sed: 20058 |
| Dentdale Festival Committee | Mrs Owen | Dent 25505 |
| Dentdale Players | Mrs James | Dent: 25037 |
| Dent School (Friends of) | Mrs Mason | Dent: 25461 |
| Dog Training (Sedbergh) | Mrs Robertshaw | Sed: 20316 |
| Farfield Mill Arts & Heritage Centre | Mr Clark | Sed: 21958 |
| Fire Service (Tuesday Evenings) | Mr Packham | Sed: 20302 |
| First Responders | Mrs Brown | Dent: 25542 |
| Football Club (Dent) * | Mrs Mitchell | Dent: 25432 |
| Football Club (Sedbergh) | Mr Moffat | Sed: 21797 |
| Gala Group | Mrs Cox | Sed: 21820 |
| Golf Club | Mr Lord | Sed: 20993 |
| Good Companions (Dent) | Mrs Woof | Dent: 25275 |
| Gladstone House | Mrs Mackereth | Sed: 20346 |
| Help Tibet Northern Branch | Mrs Howarth | Sed: 20090 |
| Hockey | Miss Capstick | Sed: 20259 |
| Howgill Harriers | Mrs Moffat | Sed: 20907 |
| Howgill Schoolroom | Mrs Stainton | Sed: 20665 |

| | |
|---|---|
| grease-proof paper cos polythene hadn't bin invented.' | wanted it. My father said. 'T'day yon bacon- slicer were installed, all t village toned oot jist ti see it werkin'! |
| Our village shop would never have passed any health and safety examination. The sacks of flour and so on were just laid about on the floor, which was itself just rough, stained floorboards. | But it was the amazing smells that filled the air that everyone remembers. Mind, it was a sad fact that maist things smelled a seet better ner they tasted! |
| Bacon was sliced to the thickness you | <i>Michael Park</i> |
| History Society | Mrs Scobie Sed: 21106 |
| Kent Lune Trefoil Guild | Mrs Taylor Sed: 20440 |
| Ladies National Farmers Union * | Mrs Woof 01539 720608 |
| LETS around Sedbergh | Miss Wheaten Sed: 20959 |
| Liberal Democrats | Mrs Cleasby Dent: 25476 |
| Masonic Hall | Mr Conchie Sed: 20660 |
| Playgroup (Sedbergh) | Mrs Stainton Sed: 20665 |
| Over 60's (Dent) | Mrs Murdoch Dent: 25335 |
| Parish Council (Dent) | Mr Dalton Dent: 25436 |
| Parish Council (Garsdale) | Mr Holden Sed: 21577 |
| Parish Council (Sedbergh) | Mr Stanton Sed: 20901 |
| People's Hall | Mrs Beare Sed: 21339 |
| Peoples Hall Day Centre (Mon & Fri) | Day Centre Sed: 21126 |
| Pepperpot Club (Sedbergh) | Mrs Smith Sed: 21196 |
| Pistol and Rifle Club | Mr Middlemiss Sed: 20662 |
| Playing Fields (Sedbergh) | Mr Hinson Sed: 20118 |
| Rag Ruggers | Mrs Hennedy Sed: 20899 |
| Residents Association (S & D) | Mrs Capstick Sed: 20816 |
| Royal British Legion (Men) | Mr Gray Sed: 21884 |
| Royal British Legion (Women) | Mrs Bateman Sed: 20474 |
| Scouts Cubs | Mrs Sewell Sed: 20793 |
| Scouts | Mr Mawdsley Sed: 20723 |
| Settlebeck High School P.T.F.A. | Mrs Wood Sed: 21385 |
| South Lakeland Carers Association | Mrs Bartle-Ross Sed: 23334 |
| South Lakeland Voluntary Society for the Blind | Dr Noble Sed: 20100 |
| Squash Club | Mr Close Sed: 21000 |
| St. John Ambulance Cadets | Mrs Kellaway 07799 262055 |
| Adults | Mr Winn Sed: 21096 |
| Swimming Club | Mr Lord Sed: 20993 |
| Tennis Club | Mr Ellis Sed: 20344 |
| Town Band | Mr Waters Sed: 20457 |
| White Hart Sports and Social Club | The Committee Sed: 20773 |
| United Reformed Church Rooms | Mrs Mason Sed: 20048 |
| Westmorland Gazette Correspondent | Mr Hinson Sed: 20118 |
| Women's Institute (Dentdale) | Mrs Fothergill Dent: 25257 |
| Women's Institute (Frostrow) | Sed: |
| Women's Institute (Howgill) | Mrs Scambler Sed: 20603 |
| Women's Institute (Killington) | Mrs Sharrocks Sed: 20754 |
| Young Farmers Club | Miss Winn Sed: 21699 |
| Zebras | Mrs Swallow Sed: 21034 |

BUS SERVICES

| Sedbergh to Kendal via Oxenholme | | | | Blackhall Road, Kendal to Sedbergh via Oxenholme | | | | | |
|--|----------------|------|----|--|-------|----------------|------|----|---|
| <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> | | | | <u>Saturday Only</u> | | | | | |
| 09.55 | | 564 | GP | ❖ | 09.40 | | 564A | S | ❖ |
| 10.45 | | 564A | S | ❖ | 10.45 | | 564 | GP | ❖ |
| 12.45 | | 564 | GP | ❖ | 13.45 | | 564 | GP | ❖ |
| 15.25 | | 564 | GP | ❖ | 14.20 | | 564A | S | ❖ |
| 15.25 | | 564 | GP | ❖ | 16.20 | | 564 | GP | ❖ |
| <u>To Kirkby Stephen Via Cautley and Kirkby Stephen Rail Station</u> | | | | <u>From Kirkby Stephen, Market Square</u> | | | | | |
| <u>Monday – Saturday</u> | | | | <u>Monday – Saturday</u> | | | | | |
| 09.05 | M-F | 564 | GP | ❖ | 07.11 | M-F | 564 | GP | ❖ |
| 11.15 | | 564 | GP | ❖ | 09.21 | Sat | 564 | GP | ❖ |
| 14.15 | | 564 | GP | ❖ | 09.30 | M-F | 564 | GP | ❖ |
| 16.50 | | 564 | GP | ❖ | 12.11 | | 564 | GP | ❖ |
| <u>To Kirkby Lonsdale</u> | | | | <u>From Kirkby Lonsdale Square</u> | | | | | |
| 09.45 | Thu | 567A | W | ❖ | 12.15 | Thu | 567A | W | ❖ |
| <u>To Hawes</u> | | | | <u>From Hawes</u> | | | | | |
| 08.45 | Fri | 112 | B | | 08.00 | Sch | 112 | B | |
| 09.10 | Tue | 111 | B | | 09.20 | Fri | 112 | B | |
| 10.00 | Tue | 804 | W | ❖ | 12.00 | T&F | 112 | B | |
| 11.20 | Fri | 112 | B | | 13.25 | Tue | 804 | W | ❖ |
| 14.00 | T&F | 112 | B | | 14.45 | Fri | 112 | B | |
| 15.35 | Sch | 112 | B | | 16.35 | Sch | 112 | B | |
| 15.35 | Fri | 112 | B | | 16.35 | T&F | 112 | B | |
| <u>To Dent & Cowgill</u> | | | | <u>From Dent School</u> | | | | | |
| <u>Wednesday</u> | | | | <u>Wednesday</u> | | | | | |
| 12.05 | | 564B | W | ❖ | 09.50 | | 564B | W | ❖ |
| 14.15 | | 564B | W | ❖ | 12.45 | | 564B | W | ❖ |
| <u>Saturday</u> | | | | <u>Saturday</u> | | | | | |
| 10.15 | | 564A | S | ❖ | 10.30 | | 564A | S | ❖ |
| 14.55 | | 564A | S | ❖ | 15.10 | | 564A | S | ❖ |

| | |
|--|--|
| <p>M-F Monday to Friday Only Tue Tuesday Only Wed Wednesday Only Thu Thursday Only Sat Saturday Only Sch Schooldays Only (M-F) W&F Wednesday & Friday Only T&F Tuesday & Friday Only <i>All times are from and to The Dalesman Inn</i></p> | <p>GP Grand Prix of Brough W Woof's of Sedbergh B Braithwaite's Coaches S Stagecoach in Cumbria ❖ Provided with Support from CCC Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice. For Comprehensive up-to-date information ring :- Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)</p> |
|--|--|

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

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

Complementary Therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 9th March 2004

| JUNE | | | | |
|------|---|------|--|--|
| 1 | SS End of Half Term | | 27 1745 HS Kirkby Lonsdale (27) LHCP | |
| 1 | 1030 Summer Exhibition Starts (6) | FM | 27 1800 Dent Folk Festival (1) Dent | |
| 2 | SHS & SPS End of Half Term | | 28 1000 Cumbria in Bloom Coffee Morning URCR | |
| 3 | 1815 Cultural Diversity | DMH | 28 1000 Beekeepers Annual Conference (28) GC | |
| 3 | 1930 Sedbergh Town Band Summer Concert | PH | 28 1000 Dent Youth Club Coffee Morning RD | |
| 4 | 1000 Beekeepers Coffee Morning | URCR | 28 1400 Alpacas & Gardens (28) G | |
| 4 | 1000 Derian House Coffee Morning | NS | 28 1400 SCC v Coniston A SHS | |
| 5 | 1930 WIH Lo Salt | HVH | 28 1800 Dent Folk Festival (1) Dent | |
| 7 | 0700 DFC Sponsored Walk | DCP | 29 1800 Dent Folk Festival (1) Dent | |
| 7 | SS Cricket v Barnard Castle | SS | 30 SS Cricket v Birkenhead School SS | |
| JULY | | | | |
| 7 | 2200 SWFC Disco (7) | PH | 1 SS Cricket v Scarborough College SS | |
| 8 | 1200 Open Garden (8) | GNS | 2 1000 URC Church Coffee Morning URCR | |
| 8 | SS Cricket v The Hawks CC | SS | 2 SS Cricket v Leeds Grammar SS | |
| 9 | 1900 S&KL Neighbourhood Forum | CVH | 3 1930 WIH Rugmaking FCH | |
| 10 | 1500 CDC Open Day (10) | CDC | 3 SS Cricket v Glenalmond SS | |
| 10 | 1400 WIK L'Esprit de Provence | SMSR | 4 SS End of Term | |
| 11 | 1000 Playgroup Coffee Morning | URCR | 5 1000 Alzheimer's Society Coffee Morning URCR | |
| 11 | 1915 WID Corn Dollies | DMH | 5 1000 Slimming Registration (A) PH | |
| 11 | 1930 Sedbergh Summer Singers Concert (11) | StAS | 5 1900 BBQ, Games & Duck Race KVH | |
| 11 | WIF Outing | TBA | 8 WIK Outing TBA | |
| 12 | 1400 Embroiderers Guild | WVH | 8 SHS Summer Fete SHS | |
| 13 | 1930 Absence (13) | PH | 9 1000 Masonic Hall Coffee Morning URCR | |
| 13 | 1930 Scouts AGM (13) | SHQ | 9 1030 Summer Exhibition Finishes (6) FM | |
| 13 | 1945 SWFC AGM (7) | WHC | 9 1930 WIF Life of a Coastguard PH | |
| 14 | 0700 DFC Sponsored Walk | DCP | 11 Folk Music Week-end Starts (A) Swan | |
| 14 | 0800 SHS PTFA Car Boot Sale (14) | SHS | 12 1030 Summer Exhibition Starts (6) FM | |
| 14 | 1000 KC Coffee Morning | KVH | 12 1900 KVH BBQ & Games Night Cancelled | |
| 14 | 1030 Farfield Mill Celebrations (14) | FM | 14 Folk Music Week-end Ends (A) Swan | |
| 14 | 1400 Church Spring Fair | KVH | 15 1400 SLVSB Outing CCC | |
| 14 | 1400 SCC v Kendal 3rd | SHS | 16 1000 WIH Coffee Morning URCR | |
| 14 | SS Cricket v Stonyhurst | SS | 18 SHS & SPS End of Term | |
| 15 | Father's Day | | 20 1400 CWT Waitby Greenriggs LHCP | |
| 15 | 1030 Farfield Mill Celebrations (14) | FM | 23 1000 Dent Foot Chapel Coffee Morning URCR | |
| 17 | 1400 SLVSB Meeting | CO | 30 1000 Network Methodist Coffee Morning URCR | |
| 18 | 1000 RBL Coffee Morning (18) | URCR | AUGUST | |
| 21 | 1200 BS Fun Day (21) | BS | 4 August Bank Holiday | |
| 21 | 1400 CWT The Hidden Valley | LHCP | 6 1000 Howgill Church Coffee Morning URCR | |
| 21 | 1400 SCC v Silverdale A | SHS | 7 1930 WIH Open Meeting & Bring & Buy HVH | |
| 21 | SS Cricket v Bolton School | SS | 9 1000 KC Coffee Morning KVH | |
| 21 | 2200 Midsummer Disco (21) | DMH | 9 Teas in Garden RD | |
| 22 | 1900 Hymns for a Midsummer Evening | KC | 12 1930 FCH Domino Drive FCH | |
| 22 | Brass Band Competition | BH | 13 1000 NW Cancer Coffee Morning URCR | |
| 22 | SS Cricket v Bolton School | SS | 13 1030 Summer Exhibition Finishes (6) FM | |
| 24 | SC Fun Gala | SC | 13 1915 WID Lakeland Life DMH | |
| 24 | SS Cricket v Manchester Grammar | SS | 13 1930 WIF Mystery Meeting PH | |
| 25 | 1000 StAS Mission Coffee Morning (25) | URCR | 16 1400 SCC v Moor Hospital A SHS | |
| 26 | SS Cricket v RGS Lancaster | SS | 17 Fun Run KS | |
| 26 | SS Cricket v Merchiston | SS | 20 1000 Lookaround Audio Coffee Morning URCR | |

*The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker,
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Whilst every effort is made to ensure that information is correct, the editors cannot accept
any responsibility for any inconvenience caused through errors or omissions.*

| | | | | | | |
|-------|------|---------------------------------|----------|----|---|------|
| 20 | 1245 | HS Story of a Hill Farm | LHCP | 25 | Dent Gala | Dent |
| 23 | | Sedbergh Market Fayre | Sedbergh | 25 | 1400 SCC v Lancaster 4th | SHS |
| 24 | 1415 | CWT Children's Discovery | DCP | 27 | 1000 Beamsmoor Coffee Morning | URCR |
| 25 | | Bank Holiday Monday | | | SEPTEMBER | |
| | | DIARY KEY | | 2 | SHS & SPS Start of Term | |
| BF | | = Brigflatts | | 2 | 1930 Swimming Club AGM | Bull |
| BS | | = Baliol School | | 3 | SS Start of Term | |
| CC | | = Cross Keys, Cautley | 7 | 3 | 1000 URC Church Coffee Morning | URCR |
| CDC | | = Community Development Centre | | 4 | 1930 WIH Fawltly Towers 2 | HVH |
| CO | | = Community Office, Main Street | | 7 | Dog Show | KS |
| CVH | | = Casterton Village Hall | 6 | 9 | 1400 WIK Christmas Customs | PH |
| CWT | | = Cumbria Wildlife Trust | | 9 | 1930 FCH Domino Drive | FCH |
| DCP | | = Dent Car Park | | 10 | 1930 WIF Lancaster Young Offenders | PH |
| DMH | | = Dent Memorial Hall | | 10 | 1000 Dent Foot Chapel Coffee Morning | URCR |
| DMC | | = Dent Methodist Church | | 10 | 1900 CWT Badger Watch | HF |
| EG | | = Embroiderers' Guild | | 10 | 1915 WID Making a Splash | DMH |
| FCH | | = Firbank Church Hall | | 13 | 1400 SCC v Bentham | SHS |
| FM | | = Farfield Mill | | 14 | DMC Harvest Festival | Dent |
| G | | = Ghyllas | 6 | 15 | DMC Harvest Festival | Dent |
| GC | | = Golf Club | 6 | 17 | 1000 St John's Firbank Coffee Morning | URCR |
| GNS | | = Greenside, New Street | 6 | 20 | 1400 CWT Dovecote Gill | LHCP |
| GVH | | = Garsdale Village Hall | | 20 | Cowper Day Horse Sale | KS |
| GVH | | = Garsdale Village Hall | | 22 | 1930 FC Harvest Sale | FCH |
| HF | | = Holme Farm | 9 | 24 | 1000 Garsdale Church Coffee Morning | URCR |
| HS | | = History Society | | 28 | 1300 Cautley 10 | SHS |
| HVH | | = Howgill Village Hall | | 30 | 1930 Sedbergh Town Band Charity Concert | PH |
| JLCP | | = Joss Lane Car Park | | | OCTOBER | |
| KC | | = Killington Church | | 1 | 1000 Barnardo's Coffee Morning | URCR |
| KL | | = Kirkby Lonsdale | | 2 | 1900 WIH AGM | FCH |
| KVH | | = Killington Village Hall | | 4 | 1400 MH Jumble Sale | MH |
| KS | | = Kirkby Stephen | | 8 | DMC Coffee Morning | URCR |
| LHCP | | = Loftus Hill Car Park | | 8 | 1915 WID Flower Essences & Reika | DMH |
| MH | | = Masonic Hall | | 8 | 1930 WIF Give it serious thought | PH |
| NS | | = 13 New Street | 6 | 14 | 1400 WIK Taste 'n' Try | PH |
| PH | | = People's Hall | | 14 | 1930 FCH Bingo & Potato Pie Supper | FCH |
| RD | | Rhumes, Dent | 8 | 15 | 1000 Christian Aid Coffee Morning | URCR |
| SCC | | = Sedbergh Cricket Club | | 17 | SS Start of Half Term | |
| SHS | | = Settlebeck High School | | 22 | 1000 CWT Coffee Morning | URCR |
| SMC | | = Sedbergh Methodist Church | | 25 | Charter Fair | KS |
| StAS | | = St Andrew's Church, Sedbergh | | 26 | Clocks go Back | |
| StJAR | | = St John Ambulance Rooms | | 26 | Charter Fair | KS |
| SC | | = Swimming Club | | 28 | SS End of Half Term | |
| SMC | | = Sedbergh Methodist Church | | 29 | 1000 KC Coffee Morning | URCR |
| SMSR | | = Sedbergh Methodist Schoolroom | 6 | | NOVEMBER | |
| SR | | = Spooner Room | | 5 | 1000 Masonic Hall Coffee Morning | URCR |
| SS | | = Sedbergh School | | 5 | 1830 FC Bonfire Night & Skittles | FCH |
| URCR | | = United Reformed Church Rooms | | 6 | 1930 WIH Old Hutton Owl Project | HVH |
| WHC | | = White Hart Club | | 11 | 1400 WIK AGM & Social Time | PH |
| WID | | = Women's Institute, Dentdale | | 11 | 1930 FC Domino Drive | FCH |
| WIF | | = Women's Institute, Frostrow | | 12 | 1915 WID AGM & Understanding Europe | DMH |
| WIH | | = Women's Institute, Howgill | | 12 | 1930 WIF AGM & Social Evening | PH |
| WIK | | = Women's Institute, Killington | | 30 | St Andrew's Day | |
| WVH | | = Westhouse Village Hall | | | DECEMBER | |
| YDNP | | = YDNP Centre, Main Street | | 3 | 1800 Late Night Opening | Town |
| | | | | 6 | 0930 KC Table Top Sale | PH |
| | | | | 6 | 1930 MH Christmas Dinner | MH |
| | | | | 9 | 1400 WIK Christmas Party | PH |
| | | | | 9 | 1930 FCH Domino Drive & Mince Pies | FCH |

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill © 21079

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 * |
|--------|-------------|---------------|

Dent Surgery

(Methodist Chapel)

| | | |
|--------|-------------|------------|
| Monday | 1230 - 1300 | Dr Ann Orr |
|--------|-------------|------------|

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 | |
|---------|------|--|

District Nurse

© 21690

Health Visitor

© 20979

A Collinge Optometrist

| | | |
|--------------|-------------|---------------|
| Every Friday | 0900 - 1300 | 1400 - 1730 * |
|--------------|-------------|---------------|

DENTAL SURGERY

Finkle Street © 20626

| | |
|---|-------------|
| Mr I. R. Dawson, Mr C. Ross & Mr M Brickles | |
| Monday to Friday | 0900 - 1715 |
| Wednesday Evening * | |
| Saturday Morning * | |

VETERINARY SURGERY

22 Long Lane © 20335

Mr N. Preston & Mr J. Bramley

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

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 - 17.00

(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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