

SEDBERGH & DISTRICT LOOKAROUND

July 2003

Issue 202

Donation 50p

Welcome to this edition of your very own Newsletter. We may not be as big or as costly as Harry Potter, but every month, you eagerly await the arrival of Lookaround for a very good compelling read. We have even had people sitting out

all night on the last day of the month waiting for the new copy.

We hope that you are spellbound in reading our pages which includes no trickery.

Dennis & Jacky

Natalie will be leading some light, happy and friendly exercise sessions every Saturday morning from 5th July to help the ladies of Sedbergh and any surrounding area, to tone up, lose weight and be healthier.

*Open to all ages, sizes and creeds (even men are welcome)
Saturday morning 10.00 am - 12.30 pm at
People's Hall, Howgill Lane, Sedbergh*

Summer is here, so get Healthier, Slimmer and Fit in just 6 weeks



*Call Natalie
0781 7724128*

The Fitness Pledge:

Want to get well toned and fit? Then slip into old or new kit and just join me Natalie.

Light exercise is the key And in friendly company. Have fun as you grow healthy.

You'll get so fit and firm, you'll see.... It's simple as A.B.C.

Sensible diet will help Accept advice without a yelp

Shed those extra pounds Wear your favourite skirts and gowns

Avoid the sugar, tempting sweets But you can include some tasty meats

Daily eat fruit and veg **IT'S TODAY YOU SIGN THE FITNESS PLEDGE**

Feel fitter with Natalie



Fitness Pledge

First Course (Just for 6 weeks)

Name Phone Date

Address Post Code

Signed Amount Paid £

Sign the above slip (or photocopy) and send to

NATALIE CHRISTOPHER, THE BARN, BRIGFLATTS, SEDBERGH LA10 5HN

With your cheque for £3.50 per session or £18.00 for all 6 sessions

Or if you prefer, just turn up at the People's Hall and pay then

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

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

e-mail: lookaround@whicker73.freeserve.co.uk ~ Web Site: <http://www.whicker73.freeserve.co.uk>

CHILDREN'S BIRTHDAYS

July 2003

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

The recipient this month is:-
Tristan Scott-Hallam who is
5 years old on 24th July.

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.

Apologies to young Joe Game for spelling his name wrong last month when he was 4.



Day	Name	Age
6	Hosannah McCALLUM	6
6	Claire HUNTER	11
8	Poppy CLARK	10
11	Samuel HARPER	1
14	Chloe DALZELL	1
14	Jenny STOREY	4
15	William THEXTON	9
16	Iasmina CALUSERU	5
16	Rowan HALL	7
18	Heather HARPER	9
23	Hannah HODGSON	9
24	Tristan SCOTT-HALLAM	5
24	Pete BROWN	8
27	Mike STOREY	2
28	Kate BAINBRIDGE	6
28	Luke CRAGG	9
29	Jack DICKIE	11





BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (09/03)	SAE for Brochure
	4-5 Berth; H+C; Shower; Sep WC; Fridge; TV; Gas Cooker; Gas + Elec Heating; NS
Wardses Studio, Frostrow Lane, Sedbergh LA10 5JU (11/03)	21138
	<i>1D; CH; TV; NS; P; NP*</i>
	e-mail:- msg@fish.co.uk

KEY

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

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£0.90
Postal Overseas	=	£1.70

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
No adverts
by e-mail or FAX please
Can all adverts please be
accompanied with the correct money
at the time of submission.
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

BEAMSMOOR

Fondest farewell to all friends and residents, past & present, who have been affected by the closure of this important & beautiful home for the elderly. Thanks to Liz, Nigel & Mrs 'D' who have fought hard to avoid this from happening, due to circumstances beyond their control. Happy memories of a lovely chapter in our lives. From the Monday Night "Girls".

CALASÉRU

Happy 5th Birthday Iasmina. Lots of love & cuddles. From Gran XXX

CALASÉRU

Have a great day Iasmina. Love from Uncle James. XXX

PARKIN

I would like to thank all family & friends for all the support & kindness shown during my recent stay in hospital. Many thanks for all the gifts, flowers, cards, visits, phone clls & kind enquiries. It is much appreciated. Love Kath X

PEGGY POSTLETHWAITE

I would like to say a big thank-you to everyone who help me when I had my accident, especially John Douglass and the two ambulancemen, John & Stephen. They were wonderful. Also for the cards and flowers and goodwill messages I received while in hospital. Thank-you all.

COWPERTHWAITE

Doris would like to thank all family, friends & neighbours for the cards, gifts, flowers & visits received during and after my op. in WGH. Percy appreciated all his hep & attention too.

HOPKINS

Vic and Linda would like to thank everyone who joined them at their 'Raise the Flag' party to celebrate their recent Silver Wedding. With so many friends around the day was certainly one we shall never forget. As a result of your generosity in lieu of presents we have been able to fund the following initiatives through World Vision. Giving ten chickens to a family in Uganda, providing ten mosquito nets for families in Rwanda and training sixteen health visitors in Ethiopia. Thank you all.

FOR SALE

6' x 4' wooden trailer with ladder rack and lights. Overall length 9'3". In very good order. £250 ono. Spare wheel with new 145 R13 tyre available. Contact 015396 20670.

NEW TO SEDBERGH

Coming soon, new business venture. Ian Taylor's After Dark Mystery Cycling Tours in and around Sedbergh.

DIALECT DIGEST

Folk in the small village I was brought up tended not to travel too far from home. Everything they needed, for what was a far less complicated lifestyle, could be provided locally. So when I joined the Army and visited foreign parts, naturally I was the object of interest when I returned home on leave. On explaining to the mother of a mate that I had just spent two years in the Middle East, she was determined to find out where exactly this place was. "It's a varry hot place, about two thousand mahls fra here," I explained. "Oh," she says, digesting

SUZAN SEDGWICK

SCHOOL OF DANCE

presents

ADVENTURES IN WONDERLAND

7:30 pm Saturday 5th July

In Powell Hall

Adults £5

(includes glass of wine)

Children £1

Raffle & Refreshments after the show



Alzheimer's Awareness Week

COFFEE MORNING

**Saturday 5th July
10 am to 12 noon**

**U. R. C. Rooms
Sedbergh**

Coffee/Tea & Biscuits

Small Exhibition

**Offers of items for Stalls
and baking most welcome**

*Street Collection for
South Lakeland Alzheimer's Society*

Reg Charity No. 296645



Alzheimer's



this information. "Tell me, is that further ner York?" York, apparently, was the furthest distance she ever travelled in her life. Had she ever made it to the Middle East, she would soon have been complaining about the heat. "By, Ah's fair mafted!" she'd say on a relatively balmy summer day. The opposite of 'mafted' is 'nithered', or 'starved' This last word appears in 'Wuthering Heights', uttered by Cathy. "Ellen, shut the window, I'm starving." I wonder how many non-Northern readers of that famous book wondered why shutting the window would prevent the lass from feeling hungry! It's just one of the occasions when dialect can easily lead to confusion – but only to off-comed 'uns, naturally!

Michael Park

SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

(Do read on, you are fortunate to be able to do so!)

You will probably know already that as well as the large print edition of *Lookaround* being available, a shortened edition is recorded on tape and sent to the local group of the visually impaired.

Those of us who make these recordings are normally 'sighted', and to help us appreciate the different types and degrees of problems that the listeners have, the SLVSB recently ran a course and demonstration at the St. John Ambulance H.Q. in Sedbergh.

Margaret McClure and Janet Eardley from the Society led the discussion, with Margaret McDuff (who is registered blind) giving her practical advice and comments. She told and showed us how (and how not) to offer and give

assistance if needed. Some people wish to be guided by being held by the arm, others prefer to hold on to the guide.

We then tried on a range of special goggles, which simulated various types of degrees of impairment - tunnel vision for example. We took it in turn to help each other negotiate doors, doorways, doorsteps, stairways and so on - quite a nerve-wracking experience.

It made us realize how much trust is involved in such a partnership, and how much we sighted people are able to take for granted. *Brian & Valerie Finch*

Dear Editor,

It is now 12 months since we left the Bull and we would like to thank everyone who has taken the time and trouble to come and see us and also all the people who supported us when we were in Sedbergh.

We are now very settled and Ben and Becky love their new schools - although they still enjoy seeing their friends from Sedbergh.

Ben has joined the Morecambe Youth Band and is still enjoying his music playing Solo Flugel Horn. He is now having private lessons getting ready for his Grade exam.

The business is doing very well and we are happy and contented. We now have time to spend with Ben and Becky which was always very difficult with our hours of trading at the Bull.

We have quite a lot of bookings for weddings during this and next year and even provisional ones for 2005.

Our Christmas Party menus will be out shortly and party bookings are coming in fast. We are fully booked for Christmas Day this year and have a waiting list of people who would like to be with us. We could do with elastic sided walls.

We hope the Band Contest at The Bull was a success, and that the Sedbergh Town Band fared well on the day.

Anyone wishing to visit us will be made very welcome.

John & Hazel Wilkinson

SPARE TIME?

WHY NOT BECOME A VOLUNTEER CAR or MINIBUS DRIVER?

VOLUNTEERS REQUIRED IN THE SEDBERGH AREA

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

COMMUNITY TRANSPORT SOUTH LAKELAND

**YORKSHIRE DALES
NATIONAL PARK**

'Reaching Out - A National Park for All' will be the theme for the Yorkshire Dales National Park's 50th anniversary to be celebrated throughout 2004, it was announced at a recent meeting of the National Park Authority held in Muker.

Planning will now get underway to develop a range of exciting events and activities to be held at locations both inside and outside of the National Park boundary. The aim of the year long celebrations will be to introduce a



new range of people, throughout the region, to the magnificent countryside of the Yorkshire Dales National Park, especially individuals experiencing physical or mental impairment, people from ethnic minorities, the inner cities and young people.

The events and activities will also celebrate the sense of local pride amongst the communities of the Yorkshire

Dales, and a '50 years' branding will be introduced for the year to assist in the marketing of the Yorkshire Dales to visitors and others with an interest in the National Park throughout England and abroad.



Sedbergh Community Development Centre
"The Cottage" between Sedbergh Primary School and
Settlebeck High School

 **Offers for July!**

Surf direct FREE (normally £10) a short on-line course about using the Internet.

CHECK YOUR SKILLS in using words and numbers and make £5 for Sedbergh Primary or Settlebeck school and £5 for the Lancaster children's ward! All Skills for Life courses from Learndirect are free.

Database Workshop - get your database skills up to scratch at our 1 day workshop. Create a fully working relational database including forms and reports. Discover the power of Microsoft Access.

Wednesday 23rd July, 10am - 4pm, £20 (£10 benefit rate)

Tel: 015396 21031

email:admin@sedberghcdc.org.uk

KILLINGTON SPORTS

World Championship at Killington Sports

After defeating Rob Clark in a thrilling final bout, Andrew Carlyle was the worthy winner of the Cumberland & Westmorland Wrestling World Championship, 10½ Stone class, - the highlight of Killington Sports on the Thursday of Bank Holiday week.

The annual Killington Sports held another successful evening and were blessed with warm, dry weather and supported by a good attendance of entrants and spectators. Apart from the traditional wrestling classes, there were the usual range of races and events for all ages, with a good variety of sideshows and refreshments. This year, the Sports created particular interest with the newly

instituted Mountain-bike races over the Fell Race course – won by the visiting son of Killington residents. The evening ended with the traditional egg-throwing, tug-o-war and pillow-fight events.

Results

Men's 100yd:

- 1 P. Richardson,
- 2 L. Dixon,
- 3 M. MacMahon,
- 4 R. Mirfield

Ladies 100yds:

- 1 L. Scott,
- 2 S. Wright,
- 3 G. Stainton

Men's 200yds:

- 1 D. Walmsley,
- 2 S. Hunt,
- 3 L. Athersmith & J.Musgrove

The Paper Warehouse

Explore your creative side. Come along and make some beautiful hand made cards. All tuition, materials, and refreshments included in the price of only £10 for 3 hours. Phone Teresa on 01539 726161 for details.

Card Making Classes

Shop Opening Times

Mon-Fri 10am to 4.30pm & Sat 10am to 4pm

Pass Morrison's Supermarket on the right hand side, turn left at the Land Rover Garage. **Find**

us at Grosvenor House Papers Ltd,
Westmorland Business Park, Kendal, LA9 6NP



COBBLE COUNTRY
Property

59 Main Street, Sedbergh LA10 5AB

Sales, Rentals & Management Services
Holiday Lettings

015396 21000

e-mail: admin@cobblecountry.co.uk

Men's 400yds:

- 1 R. Mirfield,
 - 2 D. Allen,
 - 3 S. Nun,
 - 4 A. Sheppard
- Ladies 400yds:
- 1 C. Crowther,
 - 2 L. Scott,
 - 3 R. Paterson,
 - 4 L. Moorehead
- ½ Mile Handicap:
- 1 S. Watson,
 - 2 S. Fisher,
 - 3 (1st. Lady) G. Crowther,
 - 4 T. Wright

Mile Handicap Cup:

- 1 D. Tindall,
- 2 S. Carr,
- 3 D. Allen,

4 T. Mason

Senior Fell Race Cup:

- 1 T. Mason,
 - 2 S. Nun,
 - 3 L. Athersmith,
 - 4 J. Dickinson,
 - 5 R. Witt
- (Ladies)

- 1 L. Whittaker,
- 2 S. Sheppard

Youth Fell Race Cup:

- 1 D. Walmsley,
 - 2 R. Blenkham,
 - 3 D. Sheppard,
 - 4 A. Crowe
- (Girls)

- 1 R. Parkinson,
- 2 A. Tallon

(Continued on page 10)

U12 Fell Race Cup:

- 1 (&1st. Girl) G. Crowther,
- 2 J. Walker,
- 3 J. Dickinson,
- 4 J. Wright,
- 5 S. Fisher,
- 6 M. Fretwell

Senior Mountain-bike Race:

- 1 J. Petyt,
- 2 A. Heigh,
- 3 A. Holden,
- 4 Packham

U16 Mountain-Bike Race:

- 1 James Walker,
- 2 Jon Walker,
- 3 A Booth

Other events included: Potato Races, Sack Races, Mixed 3-Legged Races, Pillow Fights, Egg-throwing and Tug-o-War.

Wrestling

U12 Boys:

- 1 D. Parsons,
- 2 R. Thexton,
- 3 M Gubby

U12 Girls:

- 1 T. Hodgson
- 2 R Threlfall,
- 3 S. Speak

U15 Boys:

- 1 J. Harrington,
- 2 G. Brocklebank,
- 3 D. Parsons

Novice:

- 1 T. Brocklebank,
- 2 G. Brocklebank,
- 3 A. Booth

12½ Stone:

- 1 D. Atkinson,
- 2 J. Harrington,
- 3 T. Mason

All Weights:

- 1 D. Whitfield,
- 2 J. Threlfall,
- 3 J. Davidson

10½ Stone World Championship:

- 1 A. Carlyle,
- 2 R Clark,
- 3 A Wharton,
- 4 J. Harrington



J J Martin

Main Street, Sedbergh
015396 20400

Special Offers

Dyson Cleaners

DC04 £169

DC07 from £199

Commercials £239

Samsung 28" Widescreen TV £415

plus many more appliances at
competitive prices

all the above are
inclusive of VAT and Delivery.

TREADWELL FLOORING

Suppliers, planners & Fitters of
Carpet, Vinyl & Laminate.

1,000's of samples to choose from.

~ **Written quotations** ~

Call Nicola or Gordon Sproul
on

Tel: 015396 21175

Fax: 015396 21142

KILLINGTON W.I.

Our June meeting was held in the very pleasant surroundings of the Methodist Hall. The business of the day was swiftly conducted by our President, Shirley Richardson who I am sure you will all be delighted to know is making a splendid recovery from her broken ankle- only half a hop-along now!

The other thing which you have been waiting to hear is that the winner of *last* month's raffle of an elegant scarf was Joyce Bird. This month's raffle was won by Joyce Swann (mother of the Post Office). Our competition for an attractive tray was jointly won by Pamela Symonds and Sue Sharrocks. Pamela's tray was one which she had brought back from the town of Yaroslavl when she was on a tour of the waterways of Russia from St. Petersburg to Moscow and showed colourful flowers on a black background- not unlike the decorated work of our own canal folk. Sue's Japanese lacquered tray had been brought back from the Far East in 1967. What a well- travelled lot we are!!

We had a report from our Treasurer, Anne Macer about our successful Coffee Morning at the U.C.R. rooms in May. The coffers were swollen by the late arrival of a most generous coach party. Thanks to all those who helped in this endeavour.

Dawn Stephen's and her helpers were congratulated on winning the competition at the recent and most enjoyable Lune Valley group meeting hosted by Howgill W.I. This was an evening meeting at Howgill schoolroom when the speaker, Mrs. Pat Ascroft regaled us with tales of her involvement in the Commonwealth

St Andrew's Church, Sedbergh

BARBECUE



6:30 pm Friday 11th July
Sedbergh Vicarage
Adults £3.00
Children U16 £1.50
Harry Potter Treasure Hunt

Games, both as a baton carrier and a steward. The message which came through loud and clear was that one never regrets the things that one does only the things that one doesn't do! It was a most enjoyable gathering. Thank you Howgill W.I.

Our own meeting already different for the change in venue also turned out to have an unexpected change of speaker. We had been ready to hear about the crafts of Provence but instead we learnt much about the life and keeping of bees! A last minute crisis meant that we were happy to welcome Malcolm Fraser-Urquhart, one of Sedbergh's beekeepers (and incidentally my husband) who gave us an enthralling insight into the life of the honeybee. We learnt how each hive houses up to 50,000 bees (but only one Queen), and of the many jobs the bees perform in their brief lifetime. We finished up with a taste of Sedbergh honey, undoubtedly the finest in the world!

Our next meeting is our annual summer outing on Tuesday 16th July (note the change of date) when we will sample the delights of Bardsea and Swarthmoor Hall. See you then! W.F.U.

DERIAN HOUSE

OPEN GARDEN - As part of our on-going campaign to raise funds for the Derian House Children's Hospice, our garden at No. 13 New Street was opened to public viewing on Wednesday 4th June. Despite a far from optimistic weather forecast the day proved to be both mild and sunny, allowing visitors to sit and chat over their coffee.

Besides the garden itself other attractions were well stocked bric-a-brac, book, cake and plant stalls, as well as a raffle offering some twelve chances of a prize. As a result of the day we were able to raise £440 for Derian House. This most gratifying sum could never have been achieved without the magnificent help of those manning the stalls and the generosity of so many people. The contributions made to all the stalls ensured a plentiful supply of first rate goods that successfully tempted visitors to dig deep into their pockets. The visitors themselves were generous in the extreme invariably paying more than the asking price in the knowledge that they were helping the worthiest of causes.

Our sincere thanks, and indeed the thanks of Derian House, go to all who donated goods, attended the day, as well as to the many who although unable to attend generously contributed to the funds. The willingness of the people of Sedbergh to support so positively a good cause never ceases to amaze.

In the course of the day we were visited by Mr. Ian Minto, the area fund manager for Derian House. The purpose of his visit was principally to present a certificate of appreciation to Sandra Longlands in recognition of all her efforts over the past two years in raising funds


for Derian House. Besides her continuing 'freeze the knees' campaign she has organised a magnificent table-top sale in The People's Hall and been instrumental in all local fund raising activities on behalf of Derian House. The certificate represents a well merited recognition of her selfless and tireless efforts. It should be recorded that over the two years in which her knees have been exposed to all weather some £420 has been placed in the collecting box located in Powell's, for which a hearty thank you to both Sandra and the shop's customers.

Our next venture will be a stall on the annual Sedbergh Street Market when we will hope to repeat the pleasing success of last year.

G. B.

**JOHN
SOUTER**

21 Fairholme, Sedbergh
☎ 20904



Mini & 4 Ton Skips
now available

**ALL RUBBISH
REMOVED**

The following piece was written by Amy Ferguson and was completed a few days before the discovery of the illness that was to take her life. Amy was born in the West Riding, was proud to be part of the Town Band and loved Sedbergh.

The Origins of

The First Sedbergh Town Band

The Sedbergh Volunteer Company of the Border Regiment which had been formed around 1892 was in decline having only 16 members in 1897. A public meeting was called on December 18th with notices posted around the town inviting all those interested in the Volunteers to attend at the National School. Over 60 people attended and 16 men came forward making a detachment of 32 Volunteers to start the New Year.

Mr. Len Baxter, Lieutenant to the Battalion said he would like to see a revival of the military spirit in the Town and it was his intention to have a band and if twelve instrumentalists could be found in the first year, that would do very well. They had with them that night a Mr G.W. Beardsell, late Bandmaster of the Holmfirth Volunteer Band who was residing in Sedbergh and his services were at their disposal. Mr. Beardsell said that more interest was taken in a Company which had music to march to and strongly urged those interested in joining a band to contact him at the earliest opportunity. The meeting closed and it was agreed that it had been a very successful one.

A SEDBERGH TOWN BAND was

Sedbergh Office Services

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

All types of bulk photocopying available up to A3 size

at low prices

Laminating up to A2 size

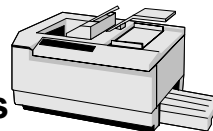
Wide range of office materials

Printer ink cartridges

Labels a speciality

Fax service available 24 hours a day

Plus much, much more!!



All your stationery needs always available



formed and the following reports show that it was a successful one for the town.
February 3rd 1900

Three Sedbergh Volunteers joined an active service unit with the Border Regiment to fight in the Boer War in South Africa. The day they left Sedbergh the Town Band, under the Leadership of Mr. J. Davidson played "Soldiers of the Queen" in the Market Place before starting off to the Station. At the station "Rule Britannia" was vigorously sung by a huge crowd. When the train arrived, the Sedbergh men joined the Volunteers from Kirkby Lonsdale and after hearty cheers the train steamed off to the accompaniment of the Town Band and loud reports from lineside fog signals.

February 9th 1901

The death of Queen Victoria. The Sedbergh Volunteers commanded by Sergeant Punch marched to the Parish Church playing the "Dead March to Saul". At the end of the service the Band led the Volunteers to the National School where they were given a brief talk by Mr. Lowry, Headmaster of Sedbergh School on the honour of serving the late Queen and he hoped the local Corps would prosper.

April 4th 1901

The three men who had served in South Africa with the Border Regiment were to return home. At 7 pm the Sedbergh half of "A" Company 2nd Volunteer Battalion, Border Regiment under Sgt. Punch formed up in the Market Place and headed by the Town Band under Bandmaster Davidson marched off to the Station followed by hundreds of enthusiastic and patriotic civilians. The three men were met by local dignitaries and all three took their seats on a gaily

decorated hand cart which was pulled by men from Millthrop Mill. The band struck up "Auld Lang Syne" and headed the procession back to town. On reaching the Market Place the band played "The Conquering Heroes" and the applause was deafening. A circuit of the Town was made and then everyone made their way to the Parish Church for a Service of Thanksgiving. There were many festivities the following week including a Grand Concert which included among others the Sedbergh Town Band who played "Soldiers of the Queen" and "God Save the King".

So far I have no information for the next thirteen years but I know that the Band seems to have disbanded at the beginning of the 1914-1918 War and at the end of the War only six members of the original Town Band remained. They were willing to help form a new band if money could be raised but this seems not to have happened.

*Amy Ferguson
4th August 2002*

Anthony Collinge

 Optometrist 

For high quality eyecare for
ALL the family in
A friendly atmosphere

We hold clinics every Friday
9.00 - 1.00
2.00 - 5.30

at Sedbergh Health Centre

For an appointment, call in or
Phone 015396 21079

Cheaper telephone calls?
Cheaper electricity?
Cheaper gas?
Cheaper mobile phone?

TELECOM *plus*
the Utility Warehouse
Independent Representative

You are almost certainly paying far more than you need to for all of these services.
To find out more about making large savings on your services bills, get in touch.

email: servicesaver@onetel.com tel: 015396 20058

KARTING

Super 4 British kart championship 2003

Round 1

This is the first round of the British Championship held at Shennington, Sam has come on in leaps and bounds, as he is at this moment in time leading the ICC championship, and that has helped to move him up in the pecking order and receive respect from the top drivers. Any way this helps with his confidence but does not make it any easier to win. Now the main rule to do well in a championship is to finish all three heats and that should get you in to the 'A' final, if you are in the 'B' final you then have to finish in the first 4 places to join the back of the 'A' final.

Saturday practice

Sam went well, and was only 0.3 of a second of the pace, but as Sam has found out that isn't the true pace, as on the Sunday race day you need to be able to overtake and that brings the lap times down a little.

Sunday Race Day

To give you some idea what the day is like the day starts at 9.30 am with the three lap practice, Sam's first heat is the

first race of the day at 10.30 am, then his next heat is at 12.50 pm which is race 15, His last heat is at 1.30 pm and that is race 19 the last heat of the day, there's a break for half hour and then the finals start with the 'B' finals at 2.15 pm the last final race is 3.45 pm, when that is finished there's another half hour wait for the last results to be finalised, and if you're lucky. There's a trophy presentation, that's it then, you then head home which is about three and a half hour drive.

So here goes;

Heat one

Sam starts on grid position 10. This is his mid grid heat and the idea is to finish in the same place or further up the field in the three heats or you end up in the 'B' final. A good start off the line, and as he tries to get into position for the second corner he spins out and stalled the engine he quickly jumped out restarted and was away after the others, he was a quarter of a lap behind the last driver and about half a lap behind the leader. But by the time the flag came out on lap 8 Sam was 14th out of 21, 13.99 seconds behind the winner this is impressive as the last driver was 48.47 second behind the winner.



Happy Valley

Chinese Take-Away

Party Orders Welcome

14-16 Main Street, Sedbergh LA10 5BN

015396 21277

Opening Hours

Sunday - Thursday 5.00pm - 11.00pm

Closed all day Tuesday

Friday & Saturday 5.00pm - 11.30pm

Open on Bank Holidays

Heat Two

Sam starts on grid 21. This is his turn from the back of the field, and there is only one-way to go. That is forwards unless of course you break down and don't finish. He made a lightening start and on the first lap he was up to 8th. By the last lap he was 2nd and with just a few corners left he made a bid for the lead but failed to make it stick so second place was his in this heat. This had the entire top drivers gob smacked and me as well, some race I hope the cameraman saw it.

Heat Three

Grid 4 for Sam. This heat is his turn at the front, the start was not as good this time, and he was going no were fast, and he was struggling to keep up with the

front drivers by lap three he was out of the race with a broken carburettor.

'B' Final

Sam started 7th on the grid. Again his start was not as good as he would have liked, he was 8th for a short time then he made his move, and as the drivers got spread out then he move through to 2nd place and qualified for the 'A' final.

'A' Final

22nd position on the grid. His start was good this time and he was setting the fourth quickest times in the race consistently this meant he worked his way through to 9th place at the flag. This was a brilliant recovery, and Sam won the driver of the day trophy. He is 12th overall in the super 4 championship. *Sam's dad*

THE WISDOM OF THE BODY

On Sunday 1st June the Dent Meditation Centre presented a day on Traditional Chinese Medicine, led by Dr Guo Bisong, who is a specialist in acupuncture and Qi Gong. (Qi Gong means “energy work” and consists of movements and breathing techniques designed to improve the flow of energy through the body.) I felt as if I already had a connection with Guo Bisong because part of my morning Qi Gong routine is a set of movements I learned from my teacher, who had learned it from her.

The day began with a very amusing demonstration by a mechanical cat, which made us all laugh. This was followed by a short meditation and rubbing the palms together before

massaging the face. It was slightly disappointing that this was the only Qi Gong we did all day.

Guo Bisong talked about the laws of nature as symbolised by the familiar black and white yin-yang symbol. Yang, the white part of the symbol, represents light, warm, expansive, moving qualities. Yin, the black part, represents dark, stillness, moisture and coolness. So, day is yang, compared to night which is yin. However the dynamic balance changes from moment to moment. When, around midnight, yin is at its height, the yang for the new day is reborn. It is important to nourish this “baby yang” which means that 11 pm to 1 am is an ideal time for meditation or sleeping but a bad time for excessive consumption of alcohol,



WHITEWALLS RESTAURANT

39 Hatlex Lane, Hest Bank, Lancaster LA2 6EZ

Tel: 01524 822768



3 Course Lunch for £5.95 Tuesdays & Thursdays

Also available - 4 Course Silver Served Table de Hote Menu at £10.95

Why not take advantage when the sun shines of having a sandwich on the veranda overlooking our prize winning gardens.

Sandwiches have various fillings and are served on a rye, raisin & Walnut loaf or a sun-dried tomato, olive & herb loaf with salad & fries @ £3.95

Mid-Week Early Bird Menu

Tuesday, Wednesday & Thursday 6:30 pm to 7:30pm £6.95 for 4 courses.

Restaurant quality food and surroundings at pub prices.

Silver Served Table de Hote and A la Carte Menus are also available every evening Tuesday to Saturday.

Sunday Lunch

Silver Served 4 Courses at £11.95

Civil Weddings - Receptions and All Celebrations Catered For

Our pride is your satisfaction.

Whitewalls is the perfect setting for the biggest day in your life or just a meal for two

partying, dancing or other frenetic activity. Similarly at midday yang is at its peak and at the same time “baby yin” is born in preparation for the coming evening and night. Yin deficiency is often characterised by inability to sleep at night and people are sometimes reluctant to sleep during the day (however tired they are) because they are afraid this will make the insomnia worse. However a short nap somewhere between 11 am and 1 pm will nourish the new yin and may actually help insomnia.

Exercise is a yang activity and best done in the morning. Many joggers take to the streets in the early evening after work, but this is a yin time of day and a bad time for strenuous activity. Similarly the main meals of the day should be breakfast and lunch when there is plenty of yang in the digestive system. Eating late at night damages the yin of the stomach. In her book, “Listen to your Body” (written with Andrew Powell, University of Hawii Press, 2001) Guo

Bisong says that according to Traditional Chinese Medicine, each time you overeat in the evening you reduce your life expectancy by one day. (And each time you get drunk you reduce it by one month!)

A body which has strong energy and is in tune with the cycles of nature can be trusted to make its needs known. If it needs food or water, hunger or thirst will arise, if it need rest it will feel tired. The trouble is that we do not honour these signals and so the connection gets lost. We feel tired but instead of sleeping we have a cup of coffee to keep going. To begin with, smoking (or certain drugs) make us feel nauseous, but we keep going until this natural response is suppressed. We don’t have time for breakfast and eventually no longer feel hungry in the mornings. When the body is unbalanced it starts to give out signals, which undoubtedly have a short term logic, but which can lead to long term damage. Cravings for a cigarette, chocolate, coffee, sugar arise. The question is, how do we get back to a more natural way of living?

It has to be said that even for people who make good health a priority it is difficult to “do everything right” in a work situation. Breakfast and exercise before work and a nap at lunchtime are beyond the possibilities of many people. In her book, Guo Bisong makes the interesting proposal that one day a week there should be no routine and that we should make it a priority to respond to the needs of the body as they arise.

Try it and see how it goes!

Comments and questions are welcome. My telephone number is (015396) 20972.

June Parker

ACUPUNCTURE



I treat
a wide variety of conditions.

Free Half Hour
initial assessment
and telephone advice.

June M. Parker

Dip Ac, MBAC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

JULY REFLECTIONS

I begin these summertime Reflections wishing people on holiday in Sedbergh and the surrounding area, a very happy stay. I can think of nowhere more lovely to be, not only in the summer, but in winter too, when everywhere is decked in winter-beautiful. So, if you're smitten, as I became many years ago, come back, re-visit paradise.

As a guide to traditional events which are taking place during your stay, this newsletter is a wonderful way of finding out what's on. Participate and enjoy lots of very energetic tradition! Make sure you go to as many craft shops and Craft Fairs as you can. The workmanship in this area particularly is unique and so wonderful to take home, to remember by.

I have sheep and sheepdogs. Silk pictures. Clothing, ornaments and loads of jewellery - the latter, I am mad on!

Holidays are all about learning about how other folk live. Charity-drives show that people raise money to help themselves, and others around them. Their need today maybe yours tomorrow. For instance, though Dent's 'Mile-around-the-village' took place at the end of May, it's a good example for me to illustrate how everyone pulling together, with visitors taking part too, and sponsoring the event for Macmillan Cancer Relief, raised moneys as reported elsewhere in this edition of Lookaround, of something in the region of £1,000. Just one evening. Brilliant.

Twenty years is quite a long time what



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

ever it is you've been doing. So, having heard that Mrs. Nona Caygill has been Post Mistress of Dent Post Office for twenty years, and been recognised as such by the post office authorities, I feel it a privilege to count her and her family to be friends of myself and my Sir. Such diligence to duty doesn't surprise me too much, because for a lot of those twenty years, Nona, has supported me and Sir enormously. She has always been there for us. And that, 'being there' is the biggest healer of all.

How dreadfully sad it is that Beamsmoor Residential Home is no more. Through the pages of this newsletter I feel as if I know Beamsmoor. I cannot count how many times I have, in conversation, or in Lookaround, heard of

someone convalescing there, or, who have lived there and, worked there. Always good news. The vibes that spelled happiness and welcome. Caring and loving for people needing that special attention which should be our's as we grow old and need more help. Rest for those who must care at home on a regular basis. A little respite from the hard work of home-loving. A time to weigh up what is the inevitable for those who have been a part of us, for all of our lives. It is the experts, like those at Beamsmoor who know how to tend those who are bewildered and perhaps a bit mixed up. Isn't it terrible that the only thing that I can do is to mourn its passing, with a pit in my stomach for those who feel homeless, and their families who might



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

be very frightened. How utterly helpless I feel. I suppose a double dose of prayer might evolve in miracle. No closure after all? I can hardly hope. And, so, to all those affected by this sad news, I extend a hand of friendship. But, lets think positive and cheer up a bit!

Did you by any chance have a go with a mirror, to find out just who our brilliant, funny and inspirational, phantom Family Musings contributor is? This domain is mastered by a retired dentist, one trained to look at a mouth full of teeth back to front, inside out and upside down, using a little round dental mirror!

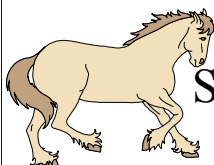
But S.... M..... has expertise of editorial on h.. side! You see, my Sir got me to conclude one of my columns in much the same way, not long after I began writing

for the N W Chronicle. The Editor was away on holiday, the staff was untrained, the paper was in the infancy of returning to an accepted newspaper after years of problems. Not a good time to try out a bit of mirror-writing. What a mess! To this day, neither Sir nor myself have ever managed to sort out quite what the in-put operator had done! Foolish! Me? I felt a total idiot. It was one of those weeks when I bumped into everyone I'd ever known, in the street! Quite who should reap the accolades now, I don't know, but I think the brilliance of Editor Dennis Whicker will have had something to do with it.

And so, for another month, I bid you all farewell. My, my! How times flies.

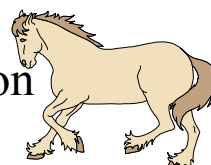
Joan Stockdale

THE DALESMAN CHARITY SHIRE HORSE DAY



Tuesday 22nd July

Shire Horses arrive at 12 noon



To take children round the town

Huge Buffet at 1 pm

All Money Raised Goes To Local Charity

£1 a pint all day - A Token received for each pint bought

Collect the tokens to exchange for quality gifts

Bottles of C'Berg £1



4 pm - 7 pm: Live Music with "Sean The Hippo"

6 pm: BBQ of Burgers, Steaks, Sausages & Salads

7 pm - 10 pm: "Up The Creek" Live Band



Bouncy Castle

All in the Dalesman Car Park

**** This is a Charity Fundraising Event ****

Could we please ask local residents to the Dalesman to bear with us and the noise for this Charity Raising Event. Many Thanks.

Dear Editor,

Farfield Mill and the Sewage system.

The writer of the article in last month's Lookaround was writing from the Mill's point of view. Their action has resulted in a £1.2 million project for which we the tax-payer will ultimately pay! The beneficiaries, apart from the mill, include the Row, 4 of which are second homes, and Hall Bank and the cottages behind the Mill. Again in these areas there are several second homes. We who live elsewhere on the route of this new sewer, have not been connected and would have to pay to be connected to the system. Furthermore the licensed septic tank emptiers have been told they can no longer empty their tankers either at Sedbergh or Kendal but must go to Lancaster or Barrow in twelve months

time as the two local sewerage plants cannot cope with the extra demand. So where does that leave the rest of us who play by the rules and pay our council tax? Furthermore we have lived in the midst of a building site for over 6 months. The traffic fumes from vehicles waiting at the traffic lights and exhaust fumes from generators running night and day have been so bad, that it was impossible to work in the garden or to lay hedges. It was so bad that even my sheep were coughing. This miraculously vanished when the traffic lights were taken away. At times we had difficulties actually getting in and out of our property. The writer, and many others, have been totally ignorant of what has been going on and the trouble Farfield Mill has really caused local residents. *Ann and Brian Wright*



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 shortcrust 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 (<i>This dish will vary. Please ask at Bar for variation</i>)	£9.00
Homemade Tagliatelli Bolognese	£7.00

VEGETARIAN

Homemade Butternut Squash Risotto	£8.00
Bowl of Cous Cous with Roast Vegetables	£7.00

Both the above served with Dressed Salad

Mushroom Lasagne served with Chips & Salad	£7.00
--	-------

THE FARFIELD SAGA

The story so far: when *Pennine Tweeds*, a Farfield, Garsdale Road closed down., a public meeting was held to see if the building and the looms could be saved. A steering committee was formed to look into it and to report back to another public meeting within three months. So far most people spoken to seemed to be in favour.

The second public meeting loomed. There was interest from all parts of the community in getting something done about the building, but the obstacles were enormous. Well meant advice from helpful experts who had already completed a restoration project was not always helpful. "Buy the whole site. You will regret it later if you don't". We had no idea of where the money would come from to buy the one building much less the whole site. "Have a president who is a national figure." How many national figures would want to know about Sedbergh? "Your business plan should look sexy". Now there's a challenge, if we can even find some-one to write a business plan.

We needed money. We needed influential support. We needed professionals to write a business plan and advise us on setting up an organisation. It was not obvious where all these would come from. So it was decided to have a dinner, to cheer ourselves up and canvas for the practical support that would be needed. Some solid progress would have to be made if the second public meeting was to be persuade the project was in a position to go ahead.

The Masonic Hall was booked. The menu was chosen; loin of pork (from Steadman's of course) with prune stuffing

**D J WIXX
PROFESSIONAL DJ**



Available for:

Clubs, Bars, Pubs, Private Functions

All music tastes catered for

From Rock 'n' Roll to Today's Top 40 Hits

Very Reasonable Prices ~ References Available

Tel: 07814 379641 for more details

e-mail : djwixx@hotmail.com

and spicy red cabbage. A table plan showed we could seat 100 people. Volunteer cooks and waitresses were recruited and all was ready. The much enjoyed meal was followed by a fascinating illustrated talk from Mike Davies-Shiel, Cumbria's leading expert on mills. Mike showed slides of David Douglas who had set up Pennine Tweeds and Bryan Hinton who followed him, working the looms, operating the warp mil and winding the cones.

We learned that Farfield in some ways was unique and very precious. It had been in almost continuous production of cloth since 1837 (except for a short period during World War 2 and just after). Unlike most successful mills a town had not grown up around it to blot out the countryside. It still stood, a complex of buildings, almost exactly as it was over a hundred years before. The old stables have now been converted to houses, but if you stand in the mill yard there is not a building sight that was not built before the First World War.

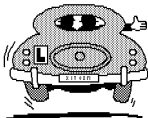
The tall solid looking mills, three of which were worked by water power, are of a size and shape to accommodate both looms and spinning mules, with many large windows to make good use of

MARK A. GRANT

Patient & Friendly Tuition
Refresher & Motorway
Pass Plus Driving Courses
Theory Test Preparation
© Sedbergh 20573

Any
Time
Any
Day

D.O.T.
**APPROVED
DRIVING
INSTRUCTOR**



natural light. Externally they have not changed. Still there are the houses, Farfield House and Oakdene built by the Dovers, a sign of the affluence of the owning family. Down by the Garsdale Bridge is the 'Row' built to house some of the workers.

Mike Davis-Shiel convinced his audience that Farfield was something special. It takes little imagination to see in the mind's eye how it must have been to travel as workers who by 6 in the morning had walked from Dent or Garsdale or Sedbergh in order to be at the mill before the bell, high on the building, warned that work was about to start. The many footpaths they used still converge on the mill buildings.

There were many people that evening who were inspired to work towards restoring Farfield Mill, giving it a modern purpose. Many of those people are still working on the project today as volunteers.

We were fired with enthusiasm but enthusiasm is not enough. What could we tell the public meeting? Yes, without doubt there was support, but would the owner sell Farfield Mill? Talks with the agent John Milton were positive and we learned that the owner John Entwistle

was prepared to negotiate.

How about a national figure for a patron? To our great surprise, Lord Inglewood and Michael Jopling MP both agreed to be patrons.

The professionals to draw up the business plan and give advice? Several came forward including a local solicitor, and John Whitehead, the Sedbergh Partnership Officer.

But the money? We found a book entitled. 'How to Rescue a Ruin'. It was most helpful where to find money but best of all it suggested that if a buildings preservation trust was set up it could join the Association of Preservation Trusts and qualify for advice, loans and grants from a national body called the Architectural Heritage Fund. This seemed a good start.

We were ready for the second public meeting. It was on 26th February 1993. The chairs in the Peoples' Hall were set out – not too many in case no-one came. The steering committee took their places at the front. The meeting was chaired by John Whitehead. To everyone's surprise, the chairs were soon filled. Reports were read out and from the audience came many warnings but also much helpful and constructive advice. There was no opposition. It was therefore duly agreed that a new Committee should be set up, to be called the Farfield Development Committee. Initially those prepared to serve on the Committee were Su and Tony Johnson, John Whitehead, David Booth, Winifred Howarth, Richard Thomas and Maureen Lamb.

The project was officially launched; but little did we know of the troubles that lay ahead. ⌚

SEDBERGH TOWN BAND

The Town Band's Annual Summer Concert was performed in The People's Hall on Tuesday 3rd June. The Band were again clearly delighted to perform before a large and appreciative audience. The warmth of those attending was palpable and was communicated to the Band who responded with gusto and clearly enjoyed giving their all.

A significant feature of the evening was the Band's first public appearance in their new uniform. The maroon blazers with their Town Band crests and white roses attached to the lapels, matching ties and black, silk-striped trousers were greeted with universal approval and will provide the Band with its own unique identity.

As has become customary the conductor

and director of music, Alan Lewis, punctuated the items with anecdotes, biographical details of composers, comments on the Band's progress and information concerning future plans and events. He recalled the early days of the Band's formation and thanked the Headmaster of Sedbergh School, a welcome member of the audience, for the encouragement received and the invaluable use of facilities provided. He drew attention to the recently launched scheme to invite followers of the Band to consider becoming patrons, pointing out the considerable financial challenges involved in running a band. He was able to thank the Craven Trust for their generous grant of £500 which provided just under half the sum needed to



BULL HOTEL

Main Street, Sedbergh
015396 20264



17c Coaching Inn offers an exclusive range of excellent food served in our Restaurant, Bar or Beer Garden.

Well equipped Children's Play area now open

En-Suite Accommodation available.

Family Rooms ~ Double or Single Rooms

Rates Start at £25 per person per night.

All Rooms have colour TV, tea & coffee making facilities.

Small Function Room available for

Meetings, Private Parties, Funeral Teas, etc.

- Wednesday Steak Night - Very popular Steaks start at £4.95 including Chips, Onion Rings, Mushrooms, Tomatoes & Salad
- Happy Hour on Food Monday to Friday 5:30 to 6:30 pm.
All Main Courses £2.95!!
- Sunday Night Quiz - 9 pm. Cash Prizes
- July 25th Celebrations! Alison & Steve celebrate one year at The Bull Hotel.
BBQ. Live Music, Spot Prizes ~ Lots of fun!

purchase a new tenor horn. Although a considerable amount the price was but a fraction of the full cost, the reduction made being thanks to astute bargaining and insistence on various discounts.

In the course of the evening he expanded upon the musical progress made by the Band. He pointed out that the programme, comprising mainly of items not previously performed in public, was musically the most ambitious and demanding to date and could not have been attempted but for a pleasing development in skill and technique. He emphasised, however, that there were no grounds for complacency and that the achievement of perfection, in terms of his most stringent standards, lay in the future. Indeed, he gave voice to his apprehension concerning some members, that the potential for musical disaster would become a reality. His fears were most particularly directed towards 'Sailing' in which the cornets open the number with a lengthy passage which



OUR GALLERY
32 Main Street
Sedbergh
LA10 5BL
Telephone
015396 21800
www.ourgallery.f9.co.uk
info@ourgallery.f9.co.uk

See Elizabeth or David Hilton

Open daily
Except Thursday

For Framing,
David is in the shop on
Monday, Wednesday + Sunday
and after 4:30 pm daily



MK CONVERSIONS

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

Builders, Joiners & Roofing
Contractors

seeks to imitate the movement of the sea. Happily, thanks to the determination of the section and the support of the audience, a performance that was both secure and accurate was achieved, and his fears were proved to be unjustified.

Highlights of the evening included a splendid cadenza performance by Matthew Wilson in 'Drummers Delight', a moving and beautifully played solo euphonium opening to 'Only Time' by Tony Croft, as well as a spirited performance by the Band of a selection from the show 'Oliver' which will feature in their forthcoming competition programme. The evening's programme concluded with 'Instant Concert' in which the audience were challenged, but without success, to number precisely the many familiar tunes that are included in this ingenious, fast moving and attractive composition.

Preparations and practice are already in hand for the Band's next concert, in aid of the MacMillan Nurses charity on Tuesday 30th September at 7.30 pm. New ground will be broken as Settlebeck School's recently extended hall will be the venue.

G. B.

SETTLEBECK HIGH SCHOOL

Settlebeck Updates

We've had some disappointing news recently – the bid which Settlebeck made with 8 other small Cumbrian schools for specialist technology status has not been successful this year and so we will not be able to attract the extra funding we'd been hoping for from September 2003.

However the assessors were impressed by all the hard work which had gone into the bid and are encouraging us to make a few changes in order to reapply for September 2004. We are due to meet with them soon to begin the process of reshaping the bid to match, more closely, their criteria.

Our Learning Resources Centre is really taking shape now, with the roof on and new ASD (Autistic Spectrum Disorders) teacher Honor Redfearn has been working hard planning the new resources for the centre. The building is currently two weeks ahead of schedule and we hope to be in a position to move in, in the last two weeks of August.

Staff Changes

We will be saying goodbye to Helen Jones who has done a tremendous job this year running our Art Department. The GCSE display which Helen put together in our hall, with the invaluable help of Judith Aveyard, was a fitting tribute to the excellent work she's done with our Year 11 students and the moderator was very impressed by the high standard displayed.

Roger Bush

We are also saying goodbye to Roger Bush who has been employed at Settlebeck for the last 33 years. During that time generations of Sedbergh people

have been inspired by Roger's music teaching and many have gone on to play instruments, sing in choirs and appreciate the joy of making music which Roger and his wife Judith have always exemplified. For many years now Roger has also been at the cutting edge of information technology and it was he who introduced computers through music many years ago (in the days of Spectrum and BBCs) and then developed their use across the curriculum. For a number of years Settlebeck was well in advance of most other schools in the timetabling of IT for all students. In recent years IT has become an entitlement for all students in schools and Roger has dedicated his time to developing a range of courses such as CLAIT, GNVQ, GCSE to provide Settlebeck's students with the most up to date teaching and materials. During this time he has also been a prime mover in the delivery of IT courses (too numerous to question) to adults in the Credits Centre and it is to this work that he will now be shifting his focus.

We owe Roger a tremendous debt of gratitude for outstanding service to Settlebeck School, to the young people of Sedbergh (many of whom will not now be so young!) and the community as a whole and we invite all you old boys and girls to come along to our PTFA Summer Fete on Tuesday 8th July at 6.30 pm at which we will make a presentation and say a fond farewell to a great teacher. If you'd like to make a donation to a community gift for Roger please contact our office on 015396 20383 and we will be taking donations up to Friday 4th July.



KARTING

Super 4 British kart championship 2003 **Round 2**

The second round was held at Fulbeck in Lincolnshire and is the narrowest of all the tracks, so passing is very difficult to do, without crashing into someone's kart, but that of course means other drivers find it hard to pass as well. This track, Sam has had good practice on, because, if you have been reading the reports from the other ICC championship that Sam is doing this year, he has been the one to catch, he has been making all the right moves at the right times, but we all now it can't last for ever, as other drivers see how he gets through the traffic, and they start to do the same, that means that they then get in the way, making it even harder to pass.

Saturday Practice

As usual Sam has to run in a new piston, before he could start to find any speed and work on the settings to make the kart better to drive, as the day progressed, he

was not so far away with his quickest time, then as he came out of the corner after the long straight his engine stopped and the three other quick drivers that were right behind him crashed into the back of Sam and each other which caused quite a lot of damage to the karts involved then the day changed with some wind and rain, that slowed the track and meant the setting that we had would have to do.

Heat One

Grid position 5. Good start helped Sam move up to finish 2nd

Heat Two

11th position on the grid. He got up to seventh on the start and with a crash on lap 3 just in front of Sam, meant that he move through the field, he was up to third place, but on lap 6, Sam slowed to a crawl almost, but he did as he was told, that is, that he has to finish what ever happens that so him 18th at the flag.

Heat Three

Position 16 on the grid this time. Sam made his best start of the day so far moving him up to eight on lap 1, he drove well although the heat to finish in a good 3rd place

Qualified for the 'A' final

Sam started on grid 10. He made a steady start this time but as the race progressed he managed to get himself into second place, but didn't have the speed to hold off Chris Grieve so 3rd place was Sam's at the flag.

Sam picked up two trophies the first trophy for third place and a special trophy given by the scrutinisers for the best presented kart of the meeting that most have something to do with the mechanic don't you think?

Sam's Dad (& of course his mechanic)

I. R. MIDDLETON

Handy Man



Garden Services	Weeding
Tree Felling	Rotavating
Fencing	Walling
Hedge Laying & Cutting	Mowing, etc

Fully Insured ~ Chainsaw Certificate
Mini Digger Available

Tel: 015396 22009
Mob: 07766 971287

FAMILY MUSINGS

We have survived.. although at one point, after all elder daughters 21st celebrations were over, I did just wonder if I wanted to live. We enjoyed every moment, from her arrival for her sisters 18th, which was a lovely celebration itself in "Turners" at Whoop Hall, right through to her departure for college on the Sunday evening. It was great having so many students about the place and all very willing to help, Sally & Amy came from London and Sally appointed herself "2nd in command" and knew a tad more about BBQ's when she went home. Son arranged a football match on the Saturday followed by a BBQ before big sisters party in the eve, yes, we saw/made/ate a lotta lotta food. How I wish I'd been up at the bus-shelter with my camera when the youngsters all carried the food up to the hall.., certainly a 21st celebration to remember. Some of elder daughters friends sadly didn't make it, some due to flight or train cancellations, one due to no passport & out-dated ID card, some of their names proved impossible to me, I couldn't say them or spell them or thought Vero and Verina were one and the same-(no) and as for poor Eusidor...Mally kept calling me "mother", daughter had already warned them about me. It's official am eccentric, much preferred than odd.

To plan and arrange and lets not forget the clearing-up afterwards for Fri BBQ, Sat BBQ and party, (we finished the clearing up about 2am)and Sunday Brunch which ran into a lovely tea party-. and still have a little energy left over,

(now remind me, where was that?). YES I must be eccentric!

Granny enjoys company so was in her element until the disco volume was turned up then she and the other golden-oldies beat retreat. She can be found sitting out in the sunshine this glorious weather, we have just enjoyed lunch outside at the Craft Centre. Here the garden looks lovely and we seem to have lots of birds. The Collar Doves Coo away all day reminding me of happy holidays spent 'down Pendower', Cornwall, where Doves Coo-ed away all the time in the woods near the hotel. We could sunbathe on the sandy beach or go to see the donkeys up behind the hotel, or walk up the partly hidden valley from the beach or go further afield. Happy memories. But it is here and now which is important, the loved ones I cherish so dearly .the sharing of everyday things, even mundane tasks are for me made so much better by the fact that at nr 46 I have my mum with me here, and my children, one eighteen one nineteen and one twenty-one-teen, my husband, his parents and so many friends. I am surrounded by people I love and who love me. What can be better? Never very good at maths, one teacher ridiculed the idea of me running a shop after I got 8% for my maths mock GCSE, when hubby told me our 25th wedding anniversary & youngests 21st B'day AND my ½ century were all going to be in 3 yrs time I believed him....as a friend pointed out my 50th is the following year. So 4 yrs to arrange it...

Enjoy your family times, the busy and the quiet ones. *Haras Nottiedim.*

WOOF FAMILY

I am wondering if any of your readers would be prepared to help me? I am descended from a family by the name of "Woof" who as far as I know lived in Firbank, Westmoreland and Sedbergh. John Nowell was my (maternal) great great great grandfather, thus Agnes (Nee Woof) was my gggg grandmother! The following is a little bit of background history on where I fit into the story:

My name is Gillian Glenn Sansum (Nee Sansum) I am the second child of Albert Arthur Sansum and Iris Jessie Sholl. My mother Iris was born 31/07/1929 the daughter of Ada Charlotte Sagrott and James Albert Sholl.

Ada, my grandmother was the eldest child of 4 girls born to William Sagrott and Charlotte Maria Budgell. My grandmother was born in London 21/05/1898.

William, my great grandfather was born 16/03/1875, the son of Joseph Sagrott and Selina King. Joseph was my great great grandfather and he was born in London 26/12/1844. Joseph was the son of John Sagrott and Elizabeth Nowell.

John Sagrott was my great great great grandfather and was born in 1813 he married Elizabeth Nowell on 10/07/1841. Elizabeth was born on 7/03/1823 the daughter of John Nowell and Agnes Woof.

I hope the above makes some kind of sense to you!! I don't have very much information on either John Nowell or Agnes. I know John was born in 1793 and Agnes on 1/1/1797. I know that they were both born in Sedbergh Yorkshire. I know that Agnes married 3 times to 3

different Johns! (Nowell, Slater and Millett) I know that at some point she emigrated to the USA and that she died on 7/5/1889 in Hampton, Iowa and that she is buried in Franklyn, Iowa. I think I may have found a possible link for her father who I think may be William Woof born about 1768 in Firbank, Westmoreland. (Now Yorkshire) But I have yet to prove this.

I am wondering if any of your readers would have any further information on the Woof family or if anybody could point me in the right direction?? I would be very grateful. I am also interested in the history of the area

If anyone would like to either pass on details to me or wish to correspond with Gillian, please contact me. Ed.



Custom-Made Picture Framing

paintings, prints, photography,
needlework, maps, coins, etc

Opening Hours
Mon, Tue, Fri & Sat 9-12
or by appointment

*Please call in & discuss
your requirements*

**HOW MUCH
IS YOUR PHONE BILL?**

Do you like paying that much? Well, if you are still paying BT for your telephone calls, you can make substantial savings. Because of government deregulation you now have a large choice of alternative line carriers and switching over couldn't be simpler. You remain a BT customer (continuing to pay for any extra services like Call Minder you may use) and continue paying your quarterly line rental (which covers the cost of repairs and maintenance) but the charges for your calls will be substantially reduced by having them all automatically re-routed to another company who will bill you for them. Since alternative

companies are competing for your custom, the cost of phone calls is nearly always cheaper, particularly on national, international and peak-time calls. For instance, BT charge 7.9p per minute for a national call at peak-time. It is possible to reduce this to 3.5p per minute. Also, BT charge by the minute so that for a call lasting 61 seconds you end up paying for 2 full minutes, whereas many alternative line carriers charge, pro-rata, by the second, so reducing costs further.

The only reason that BT can continue to charge such high rates is simply a reluctance we have for making the change. Only a small minority of people in the UK are currently enjoying reduced telephone charges, but as soon as

**David Wilson
Computer Solutions**

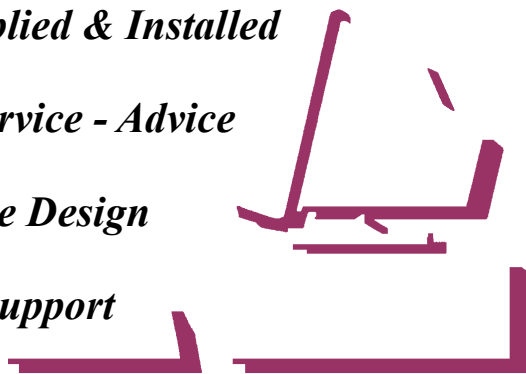
Established 1983

Computer Systems Supplied & Installed

Upgrades - Repairs - Service - Advice

Internet Set-up - Website Design

Unbeatable Service & Support



Farfield House - Sedbergh - LA10 5JN - Tel: 015396 20537
Email: david@farfieldcomputers.co.uk

consumers wise up on a large scale to the savings which are possible, BT will have to reduce in order to stay in competition.

And it isn't only your telephone bill which you can save on. It is four years since everyone in Britain has been able to choose their own gas and electricity supplier. But nearly two out of three of us have not changed even though it's nearly always cheaper than staying with the local company. You don't get any benefits for staying loyal to TXU Energi or British Gas and you are almost certainly paying far more than you need to as recent news coverage has highlighted. Edward Leigh MP, chairman of the House of Commons Public Accounts Committee, stated that "people

are getting ripped off" by staying with their local energy suppliers and the National Audit Office said one explanation for the failure of people to take advantage of cheaper alternative suppliers was "customer inertia". Callum McCarthy, chief executive of the energy regulator Ofgem said: "Domestic customers can benefit from the fall in wholesale prices by switching suppliers and cutting their electricity bills by up to 22%." (Ofgem estimate that around 167,000 people are switching electricity and gas suppliers every week.)

So, don't sit back and continue throwing away good money. Do something about it.

Roger Bush



MEADOWSIDE CAFE

The Laning, Dent
Tel: 015396 25329

e-mail:
meadowsidecafe@btinternet.com

Open 5 Days a Week
and for the Summer Months
Friday Evening Special Menu
Booking Essential

Saturday
Fish & Chip Take-away 5-7pm

HOME COOKED FOOD
& FRIENDLY SERVICE

————— * —————
DOGS WELCOME

*** Sit In Fish & Chip Suppers ***
Friday 11th July & 8th August from 5 pm

—————
FULLY LICENSED WITH OFF SALES AVAILABLE

YORKSHIRE DALES NATIONAL PARK

The YDNP Authority has published the Second Deposit Local Plan for public consultation, providing everyone with an opportunity to comment on proposed changes to local planning policy.

The publication of the Second Deposit Local Plan is a key milestone on the route to replacing the current Local Plan for the Yorkshire Dales National Park, which was adopted in 1996. The Local Plan sets out the National Park Authority's planning policies for new buildings and land use in the National Park and is used as the basis for determining all planning decisions.

The review of the current Local Plan began with the publication of the First

Deposit Local Plan in June 2002; at this time public consultation generated over 1,500 objections and letters of support relating to proposed policies from 248 organisations and individuals.

As a result of these objections and letters of support, the Second Deposit Local Plan contains a number of policy changes, including the proposed introduction of a policy where farm buildings may be permitted for conversion into local housing for rent; and up to 40 additional settlements, including Hanlith, Simonstone and Thorlby, to be included as areas where barn conversions will be allowed for local housing.

At the Second Deposit stage in the review process of the Local Plan, the

THE HEAD AT MIDDLETON

Nr Kirkby Lonsdale, Cumbria

Tel: 015396 20258



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

Accommodation Lodges now available

Family Room	From £70.00
Double/Twin	From £50.00
Single	From £30.00

Prices includes Full English Breakfast

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

- BAR MEALS or RESTAURANT
- ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES
- LOVELY BEER GARDEN WITH WELL EQUIPPED PLAY AREA

BASKET MEALS SERVED after 9:00 pm

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

Proprietors: David and Elizabeth Martin

Authority is only able to accept objections or letters of support on policies that have been changed since the First Deposit Local Plan was circulated.

The Second Deposit Local Plan consists of written statements and proposed policies along with maps of towns and villages in the National Park that show, amongst other things, the proposed development boundaries.

All objections or letters of support must be received at the Yorkshire Dales National Park Authority's office in Bainbridge by post, fax or e-mail by noon Tuesday 29th July, 2003.

Copies of the Second Deposit Local Plan are now available for reference in local libraries, National Park Authority offices and National Park Centres. Copies

have also been sent to parish councils and a wide range of other local groups and organisations, which have an interest in the area. A copy of the text can be viewed on the Authority's website at www.yorkshiredales.org.uk. Further copies can be obtained by calling the Authority on (01969) 650456 or by emailing planning@yorkshiredales.org.uk.

Once the six-week consultation period is completed, all outstanding objections to the First and Second Deposit Local Plan will be referred to a Local Plan Inquiry, this will be followed by the publication of the Inspector's Report. The Local Plan will be modified again and placed on deposit for further consultation before the final Yorkshire Dales Local Plan is adopted in 2004.

<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	<u>Vegetarian Dishes</u>			
▲ Soup of the Day	£2.10	▲ Tropical Vegetable Curry	£5.90	▲ Stilton & Vegetable Crumble	£5.90
▲ Egg Mayonnaise	£2.10	▲ Vegetable Lasagne	£5.90	▲ Mushroom & Nut Fettuccini	£5.90
▲ Grapefruit Cocktail	£2.10	▲ Broccoli & Cream Cheese Bake	£5.90	▲ Vegetable & Pasta Bake	£5.90
<u>Extra Special Main Courses all £9.95</u>		▲ Vegetable Tikka Masala	£5.90	▲ Macaroni Cheese	£5.90
▲ Loin of Pork in Cider & Apple Sauce		<u>Rice Dishes</u>			
▲ Lamb & Apricot Casserole		▲ Chilli	£5.60	▲ Chicken Tikka Masala	£6.90
▲ Chicken with Basil, Port & Dill Sauce		<u>Salads</u>			
▲ Venison Steak with Red Wine Sauce		▲ Ploughman's Lunch	£4.60	▲ Cold Meat Salad & Roll & Butter	£4.90
▲ Venison Casserole		▲ Prawn & Rice Salad	£5.80		
▲ Supreme of Pheasant Chasseur		<u>Sandwiches</u>			
▲ Pork in Pepper Sauce		▲ Prawn with Marie Rose Sauce	£3.60	▲ Ham, Beef, Cheese & Tomato;	
▲ Cod & Prawn Crumble		▲ Cheese & Pickle or Salad	£1.90	▲ Toasted Sandwiches	£2.20
<u>Main Courses</u>		▲ Portion of Chips	£1.00	▲ Mixed Side Salad	£1.20
▲ Roast Dinner of the Day	£5.90	▲ Portion of Mushrooms	£1.00	▲ Roll & Butter	£0.35
▲ Mixed Grill	£11.30				
▲ Fillet Steak	£11.30				
▲ Sirloin Steak approx. 8oz uncooked	£9.80				
▲ Half Roast Chicken	£6.80				
▲ Chicken Kiev	£5.90				
▲ Lasagne	£5.90				
▲ Steak & Kidney Pie	£5.90				
▲ 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



Tel: 015396 20258

Menu

**PSYCHOSYNTHESIS
COUNSELLING AND THERAPY**

Psychosynthesis is a 'psychospiritual' therapy, a way of seeing, in which we look at symptoms as deeper messages from the soul, asking to be recognised.

Almost all of us are attracted to meeting certain needs and desires in our lives:-

- the ability to sustain good relationships
- to be competent in our work
- to be calm even in crises
- to enjoy sound health (emotional and psychological as well as physical)
- the capacity to make informed choices
- to be open to our potential – and to

beauty, joy and love

The aim of Psychosynthesis therapy is to bring all parts of a person's being into more harmonious relationship. In therapy we can look at our childhood history and how it affects us consciously and unconsciously. We can become aware of how old patterns are limiting our ability to respond to life in the present; and we can find what our true purpose and potential is and how to live in alignment with it. In doing this and coming to know ourselves better we can live life more fully with an increasing sense of richness and renewal.

Psychosynthesis was evolved by Roberto Assagioli, a doctor and psychologist who was a colleague of

In addition to our Residential Letting and Management Services, we also offer a full Caretaking and Management Services for absentee or holiday cottage owners.

We stand in for the owner to

- ✓ Liase with holiday letting agents
- ✓ Organise cleaners
- ✓ Carry out weekly or periodic inspections
- ✓ Arrange maintenance and repair
- ✓ Pay bills

For more information or an informal discussion on these or any other services you may require, please contact Chris Whelan
By phone or e-mail or just call into the office



AUCTIONEERS, ESTATE AGENTS
& PROPERTY MANAGERS
INCORPORATING
DALTON & HAGUE ESTATE AGENTS
70 Main Street, Sedbergh LA10 5AD
Tel: 015396 20293 Fax: 015396
21650
e-mail info@dalesproperty.co.uk
www.dalesproperty.co.uk

Freud and Jung. Where Freud investigated the lower unconscious, Assagioli was also interested in the 'superconscious' or spiritual level of the personality. Thus he included in his healing work the development of a transpersonal self, through which we are in touch with purpose and meaning in our lives.

I work locally as a Psychosynthesis Therapist. Sessions are normally weekly for one hour. In the initial consultation I would take details, ask you to outline the problem, answer any queries and make practical arrangements. During subsequent sessions the client may bring any issues s/he wants to talk about, and together we explore it in different ways,

often simply talking.

The length of time necessary for therapy varies greatly according to the individual. Because Psychosynthesis can go deeply to the heart and soul of a person, it is not a 'quick fix', and the process usually takes six months to a year or longer. However it suits some clients to have only a few sessions at less depth, in order to gain a new perspective on a problem, or talk through a particular situation.

If you would like to find our more you can contact me :-

By phone on 015396-21570

By e-mail, or caroline@cattermole.net

Via my website

www.cumbriancounselling.org.uk

Caroline Cattermole

main street gallery

Reflections

On-Line Gallery www.info@mainstreetgallery.co.uk

Original Oil Paintings, Watercolours, Photography,

Out of Print Books in Travel & Arts.

plus "Unusual Memorabilia"

Please telephone 07796 371110

015396 20014

Or call in at

'Reflections Gallery'

86 Main Street, Sedbergh LA10 5ND

The Corner of Main Street and New Street

OPEN

Thursday to Monday 9:30 am to 5:30 pm

Closed Tuesday & Wednesday

**SEDBERGH & KIRKBY LONSDALE
NEIGHBOURHOOD FORUM**

Councilor Nicholson welcomed everyone to the meeting in Casterton Village Hall on 9th June.

Dianne Whitehead reported that following the last meeting Cumbria Community Foundation have been approached by several people for funding, and that Paulene Hartley, youth worker for CACYP in the Sedbergh & Kirkby Lonsdale area continues to build on recent successes with youth groups in the area.

Dianne also reported that the bus funded by S.L. Local Committee trialled in the area had proved to be the most successful of all buses trialled in South Lakeland.

Zebra Crossings in Sedbergh

Following installation of the crossings it

has been found that a minority of cars and motorbikes do not stop at the crossings. More children are found to be walking to school now since their installation, but cars speeding down Long Lane and Back Lane, and also people parking on the chevrons outside the school are making it dangerous for children and other pedestrians. It was felt that traffic lights would alleviate/stop this problem. Cllr Nicholson reported that he hoped to take the issue to South Lakeland Local Committee. Following discussion it was AGREED to put in a referral to South Lakeland Local Committee:

'Whilst the Forum is pleased with the installation of zebra crossings in Back Lane and Long Lane, there is still concern about safety in that area. The Forum believes that the installation of

CUMBRIA IN BLOOM 2003

working towards a brighter environment

GARDEN COMPETITION

I wish to enter into the following category



- | | | |
|----|---------------------|------|
| a) | Yard/Patio | 50p |
| b) | Small Garden | 50p |
| c) | Large Garden | 50p |
| d) | Commercial Premises | £1 |
| e) | Street/Estate | FREE |

(delete which is not applicable)

Please complete details in BLOCK CAPITAL LETTERS

Name

Address

Signature Date

Please submit this form (or photocopy) plus entry fee with each entry to the 'Cumbria in Bloom' box at Chris Whelan Estate Agent, 70 Main Street, Sedbergh by 14th July.

pedestrian controlled lights on both crossings would greatly improve their safety'.

The role of the Parking Attendant

Dick Base, Enforcement Officer, SLDC, is in charge of 12 staff which cover Ulverston, South Lakes and Kendal (Kendal covers Sedbergh & Kirkby Lonsdale). Dick explained that since decriminalised parking came into force 14,000 parking tickets have been issued. Capita/CCC are responsible for traffic regulation orders.

He agreed that the Devil's bridge area was a continuing problem, although the situation was improving since the reinstatement of the traffic regulation orders.

A tow-away system may be introduced as some tourists do not see the £25 fixed

penalty as a deterrent for illegal parking.

Regarding the problem of people parking on chevrons outside schools in the area, Dick explained that his team have no powers in this situation except in Ulverston which has the necessary traffic regulation order in place. Elsewhere it remains a police issue.

If anyone has any problem or issue re parking, they can contact Dick on 01539 733333.

The next meeting of the Forum will be on Monday, 8th September in Kirkby Lonsdale Institute at 7.00 pm.

Let us know the issues that concern you; what would you like to have discussed at the Forum? Contact Dianne Whitehead, Neighbourhood Development Officer Tel. 01229 894103



Dales Dusters

Caretaker & Cleaning Services for Holiday Cottages,
Small Businesses and the Domestic Client
Tel: 07970 514452 or Email: info@dalesdusters.co.uk

Holiday Cottage Management/Caretaker Service

- Key collection procedure
- Emergency contact details supplied to the holidaymaker
- High standard of cleanliness - full clean done at each change-over
- All bed linen washed & *ironed*
- Regular inspections when property is empty to ensure everything is in order
- General maintenance arranged if required
- Complementary gifts supplied for the next guests if required
- Regular inventories

Cleaning for the Home or Small Business:

- Quality, local cleaning service to ease the burden of today's modern way of life
- Daily, weekly, fortnightly, monthly whichever suites you
- One Off **Spring Clean** or maybe just the kitchen?
- Fully Insured

Phone now to discuss your requirements and arrange a
NO OBLIGATION quote



MAX NICHOLSON CB VCO

Someone who owned much to Sedbergh was Max Nicholson who died recently aged 98. His connection with the school is so far in the past that his name is hardly known here, and yet he was one of its most distinguished Old Boys during the last century. Partly that was because his name was not one to hit the headlines or make his mark on television, but his contribution to the life of our times was of enormous importance as a pioneer among those who raised our sights to the nature of the world in which we live and its fragile state.

Max came to Sedbergh in 1919 and quickly set about reviving the School Ornithology Society of which he became Secretary. In that capacity he gave a

lecture to members of the society on "British Warblers", it indicated his already considerable knowledge and interest in bird life which led to the publication of his first book on "Birds in England" in 1926 before going up to Oxford. It was followed by another: "How Birds Live" the following year.

As a senior civil servant during the war years, and later as secretary to Herbert Morrison, Lord President of the Council, Max was given many opportunities for his fertile and critical mind to range over many aspects of government and the political scene with shrewd discernment.

In 1950 he was appointed secretary to the organisation committee of the Festival of Britain, including the building of the Festival Hall. But his most far-

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes and their staff
offer you a warm welcome



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

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

Please note our opening hours.

Tuesday to Sunday 9.30am - 5.00pm (Closed Mondays unless BH)
Wednesday to Saturday nights open from 7.00 pm. **Booking essential**

reaching concern was the formation of the Nature Conservancy Council of which he became the first Director General from 1952 to 1966. In this capacity he had a major hand in founding the British Trust for Ornithology and the World Wild Life Fund, of which the Duke of Edinburgh and Prince Bernhardt of the Netherlands were persuaded to be patrons.

As Morrison's right hand man he had also the responsibility, in 1947, for seeing through parliament the Town and County Act which reflected the growing public interest in and concern for the environment. Indeed it is not too much to claim that it was largely due to Max that words like habitat, environment and biodiversity have become commonplace. In

1948 he was deservedly appointed C.B, and C.V.O in 1971.

Max's time at Sedbergh undoubtedly aroused and nourished his life long interest in wildlife, as he himself acknowledged. We should be proud to claim his as a Sedberghian.

Ingram Cleasby

Daphne Jackson D. O.

Registered Osteopath
BUPA Provider

**Mill Barn, Broad Raine,
Killington LA10 5EP**

**Please ring Kendal Practice
for appointments
01539 740452**

KAY

WHITTLE

BSC PLD MSSCH MBCLA


CHIROPODIST

is pleased to announce
The Opening of her

NEW SURGERY

@


Whittle's Warehouse
Rear of 7-9 Bainbridge Road,
Sedbergh

 **20195 or 20026**

SEDBERGH WANDERERS F. C.

On Friday 13th June in the White Hart Club, Sedbergh Wanderers Football Club held their Annual General Meeting with the following persons nominated for the coming season.

President	Jim Hoggarth
Chairman	Tom Moffat
Fixture Secretary	Tom Moffat
Social/Fundraising Sec.	Kevin Kirby
Treasurers	Mel & Alison Cragg
1st Team Manager	Trevor Gardner
2nd Team Manager	Ian Taylor

Because of the ongoing developments and success of the Football Club it was decided to create another post within the Club. The Secretary's role has been split between two lads doing two different sections, after Caspa resigned from the general side of the job. Tom will take over this role. 

OBITUARY

MISS ALDA ROGERS - District Nurse

Miss Alda Rogers died aged 86 on 21st March 2003. Alda and her friend Joan Baldry, came to Sedbergh in the late fifties, Joan as District Nurse for Sedbergh and Alda as District Nurse for Bentham and district and covered for Joan when she had her days off.

They first lived in a 'tied' house on Havera, then when it came necessary for them both to look after their elderly parents, they were able to purchase 'Ellerthwaite' in Buckbank Lane. Both Alda and Joan worked very hard to help with fund raising for 'The People's Hall.

Alda was very interested in her dogs, black Labradors and later Saluki's. She attended shows all over the country and bred many winning Labradors, the most famous one of all being Champion Dale of Tarmac, sold as a pet to Mr. Hollyoake of Grange. Alda told him he would be worth showing and so as Dale matured he was shown. He won many best of breeds and although only attending around nine championship shows he won four Champion certificates, together with Best of Breed each time, thus becoming a Show Champion. Shortly after this Alda was thrilled when Peter entered him in a field trial and he was awarded his qualifying certificate which allowed him to drop the 'Show' part and become a full Champion.

Alda remained very interested in her dogs even after suffering her first stroke, which prevented her walking and therefore showing. She recovered remarkably well and with Joan's

assistance, was able to lead a good life. After several years, another stroke made it difficult for her to live at Ellerthwaite so the decision was made for her to live in a nursing home in Somerset, near to her sister-in-law and niece and nephew. Her friend Joan left Ellerthwaite in August last year to move into a flat on Maryfell. However, having never lived by herself, felt very lonely and a few weeks ago moved to live with her brother near London. It seems such a shame, when people do so much for a small town that they are so quickly forgotten. There are so many new people in Sedbergh nowadays.

W. M.

EXPERIENCED DRESSMAKER

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

BROADBAND IN SEDBERGH

It is well known now that Settlebeck and Sedbergh Schools have Broadband. The community are unable to access Broadband at this time because 'there is not enough interest' in the area. When there is, BT will convert the Sedbergh Exchange to receive it.

A Web Site has been created for you to view and, if you feel so inclined, register your interest on the Site. Visit www.sedberghbroadbandcampaign.org.uk. ☎

YORKSHIRE DALES NATIONAL PARK

The YDNP Authority has been praised by the Audit Commission for its efforts to ensure the public have an enjoyable and interesting experience when visiting the Yorkshire Dales National Park.

The independent report graded the Authority's promoting understanding service as good and states that the current services have promising prospects for improvement.

The Review which took place throughout the last six months of 2002, looked at the Authority's Promoting Understanding service which seeks to enhance public access to the National Park, implement the Countryside & Rights of Way Act on behalf of the Countryside Agency and promote the public's understanding of the National Park and its role, beyond its boundaries.

The Authority's promoting understanding service was given two stars out of a possible three and the report concluded that visitors are highly satisfied - in particular with the range of leaflets and guided walk programme. The inspectors were also impressed with the Authority's efforts to engage new audiences in the care and conservation of the Yorkshire Dales.

The inspectors noted many positive points in the provision of the service including: the award-winning website, which was found to be both clear and easy to use; the education service and ranger team that provide activities and educational materials for a large number of students and school groups; and a survey from 2001 that showed 98 per

CHARLESWORTH

TREE SURGERY & FENCING SPECIALISTS
SUPPLIERS OF TANNALISED TREATED TIMBER
FIREWOOD SUPPLIERS

we sell a wide selection of
Fencing Materials
Posts • Wire • Rails

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

Middleton Woodyard Nr Sedbergh

Tel: 015242 71840 Office

Tel: 015396 20006 Yard




This Team Leaves It Clean

WOODYARD OPEN

Monday - Friday
8:00am - 4:00pm

cent of those taking part in events thought they were excellent or very good.

However, the inspectors also pointed to a few areas where the Authority should seek to improve including: encouraging wider audiences to use the National Park, in particular helping individuals experiencing physical or sensory impairment; looking at why sections of the local community have a negative perception of the National Park and the need to improve communications to overcome this; and linking the work of the Authority with the world-wide environmental work.

The Audit Commission is an independent body responsible for ensuring that public money is spent economically, efficiently and effectively, to achieve high-quality local and national services for the public. Their work covers local government, housing, and health and criminal justice services. 

Dear Editor

I would like to say how much I enjoy June Parkers' articles in your newsletter.

There seems to be a large gap between Western and Eastern philosophy, particularly as regards the practice of medicine and the avoidance of disease. Eastern thought is sometimes criticised as being airy-fairy mumbo-jumbo, lacking evidence, and Western thought as being rigid, bottom clenched, tunnel vision, unable to see the wider picture.

June is a mathematician, well versed in the rigours of the scientific approach, but also embracing the Eastern philosophy and practice of acupuncture. Her articles in 'Lookaround' are highly controversial, delighting some readers and increasing the blood pressure in others. They raise the debate, both on and off the page. Your newsletter would be a less interesting journal without them.

Yours sincerely,

Jennifer Levitt

JOHN BARNES

8ft mo. con Baling Round
with net wrap
Bale Wrapping

Ansaphone 015242 76 281
Phone 015242 76 491
Mobile 0777 329 8692

HOWGILL W.I.

We were the host Institute for the Lune Valley group meeting held at Howgill Village Hall on May 19th.

It was well attended and President Mary Silva gave a warm welcome to everyone.

Mary Edge manned the literature stall which proved popular. Mary Lowther read out the Federation notices for the forthcoming events in the W.I. Calendar.

The guest speaker for the evening was Pat Ashcroft who kept the audience entertained with her amusing talk about her role in the Manchester Commonwealth Games. Supper was served. The evening ended on a happy note with a sing song with Helen Beare and Jenny Jones. We all joined in with familiar songs rounding off an enjoyable evening.

The June meeting was held at Howgill Village Hall. Our thoughts were with fellow member Peggy Postlethwaite following her recent accident. We wish her a speedy recovery.

Guest speaker for the evening was Pat Cooper who spoke about healthy eating and dangers from salt. Too much salt can give rise to high blood pressure and heart problems. There is concern about the effects on young children due to the high salt content in food. The worst offenders for high salt content are processed and ready prepared foods. Efforts are being made to inform the public on the recommended daily amounts of sodium and packaging information on products like bread. Mary Stainton expressed thanks for a very informative talk.

The competition for a piece of home made shortbread was won by Sheelagh Dennis with Audrey Hoggarth second. The raffle winner was Helen Rushton. A Jacobs Join supper was served followed by the social 'Spot the Dog' which was won by Mary Silva. On July 3rd at Firbank Church Hall, Sue Gilmartin will be rugmaking. Do come along and join us if you are interested. *AH*

**SEDBERGH WANDERERS
WOMEN'S CAR PULL**

On Sunday 24th August at approximately 10 am, the Football Club will be whipping twenty of the town's women into three chains ready for the attempted car pull from Dent Memorial Hall to Sedbergh Peoples Hall, a distance of exactly 5.5 miles.

The team will be made up of parents who have either had children at the town's Playgroup, have children still attending, or children waiting to join. They will be joined by female supporters, friends and footballers wives and girlfriends.

If there are more than twenty then the easier it will be, we've plenty of whips.

All monies raised will go to Sedbergh Playgroup funds. If you can guess the time it will take them, you could win £50, the sheets are out now. This event will be followed straight after by the five generations past and present opening day of Sedbergh's new football pitch. More details to follow in August's *Lookaround*.

People's Hall

	<i>per session</i>
Committee Room	£6 (inc. heating)
Main Hall (<i>daytime</i>)	£9
Main Hall (<i>evening</i>)	£20

(£35 for functions with bar serving alcohol)

Regular bookings may attract discount

Changing Rooms can be booked

Bookings: Sedbergh Office Services

13 Kings Yard, tel. 20788

SEDBERGH GALA 2004

Gala 2004 will be a significant achievement as it will be the 40th Sedbergh Gala to take place. Four

decades of local social history have taken place right on our doorstep Gala Group want to make the 40th Gala Bigger and Better than ever before .So we want to have more people with exciting ideas to join the Committee. Maybe you have fond memories of Gala as a child or are new to Sedbergh and have been involved in other similar events elsewhere. We need your help.

Six committed, hard working and long serving Gala Group members are due to retire at the annual General meeting in October. Teddy Morphet has been on the Gala Committee ever since it was formed in 1963, Paul Winn has been Chairman and has spent 24 years on the committee and Rachel Winn has been a Committee member for over 13 years. Denise Paul has been very active on the committee and spent 2001 to 2002 as Gala Chairperson and Joyce Cox has been Secretary for the past 2 years. The Gala Committee will be hugely depleted by the loss of these people, their contribution to the success of the events over past years has been invaluable.

Future events will only be possible if we can replace the committee members who are resigning. Most significantly a new secretary is required to co-ordinate the booking of attractions for the three events organised by Gala Group .The post of Secretary holds an honorarium payment and would be very rewarding for someone with a little free time. For further details contact Joyce Cox current secretary on 015396 21820. The Annual General Meeting will be held on Monday 13th October at 7.30 pm at the People's Hall Committee Room, please come along to keep Gala events happening. Forty years of history is surely worth preserving.



SEDBERGH PARISH COUNCIL

Minutes from the April Meeting
HIGHWAYS

The mirror at the top of Finkle Street needs to be raised as the when the sun-blinds from the next-door shop are pulled down they obscure the view.

Work is being done to resurface Station Road but it was also pointed out that the road past Dawson's was also in a poor state.

It was also suggested that the bus stop be moved back to Evans house, which is where it used to be.

PLAYING FIELDS

The covered wagon on the playing field was vandalized. Michael Mudd carried out emergency repairs. The matter will be reported to the police

Children are going from the Merewood estate into town through the fence at the bottom of the playing field and are making a path along the field. The responsibility for this fence was uncertain and it was agreed that Mr. McCullagh be consulted if there was any provision made when planning permission was granted.

There is again a sewerage overflow from the People's Hall, this has been discussed with them and they will try to

STAFF WANTED

Full or Part Time staff required to assist during the Summer Period to help prepare & serve food as part of a team at

Stone Glose Tea Room, Dent

experience would be helpful but is not essential

Contact Heather on 015396 25231

unblock the pipe. It was agreed that the People's Hall should attend to this rather than the Parish Council.

Cllr. Blair is to try and get help to draw up plans for the outside of the People's Hall.

There have again been problems with dogs on the playing field. It was agreed that dogs should not be allowed anywhere on the field and if necessary new signs to this effect should be erected.

FOOTPATHS

An access to the play area on Maryfell has been blocked since the building of the Paddock. This will be raised with the planning officer.

CUMBRIA IN BLOOM

The new seat at the top of Vicarage Lane is now complete. ⌚

DAVID RYCROFT

CENTRAL HEATING ENGINEER
PLUMBER & ELECTRICAL CONTRACTOR

over 35 years of experience

DOMESTIC HEATING SPECIALIST

Gas, Oil, Solid Fuel &

Calor Gas Approved Registered Installer

ALL DOMESTIC ELECTRICAL WORK

House Rewiring

CRAIGLANDS, JOSS LANE, SEDBERGH * Telephone Sedbergh 20107

CALOR
GAS



**SEDBERGH & DISTRICT
BEEKEEPERS ASSOCIATION**

Sedbergh beekeepers held their annual Coffee Morning in the URC rooms on Wednesday June 4th. By 10am there was a queue of Sedbergh folk and visitors waiting to come in to enjoy a cup of coffee and a biscuit or two, buy a raffle ticket, and purchase from the excellent selection of cakes, biscuits, produce, plants, second-hand books, and bric-a-brac that our members had donated. By soon after 11 am we had sold out of just about everything! The ladies and gentlemen of Sedbergh know that it pays to come early! Many thanks to all who came, as well as to the members who provided the goods and made the coffee, and who manned the doors, stalls, and raffle desk. It all made for a very pleasant morning and a very welcome addition to the club funds!

Tommy and May Brooks hosted an apiary visit of thirteen members of the club to his apiary in Havera on Saturday June 14th, a beautiful warm sunny day. The bees were working hard, and we were not really surprised (if a little envious) to find when we examined each hive that almost every super was full of

WHEN ONLY THE *BEST* WILL DO
JOHN NEWSHAM
For Quality Interior Fittings
Full Design and Installation Service for
BATHROOMS ~ KITCHENS
(including plumbing & tiling)
BEDROOMS
Tub Hole, Dent Tel: 25486

new honey! The supers sit on top of the hive, and the bees progressively fill them just with honey, as a metal screen through which they alone can pass is installed between the supers and the brood chamber, and excludes the queen bee from using the comb to lay her eggs. Each super contains between 30lbs and 40lbs of honey when full. We all enjoyed a cup of tea and May's tasty baking to complete the afternoon.

Our next meeting is a visit to our Chairman's apiary at The Bungalow, Crowtrees, Melling, on Saturday, July 26th at 2.30pm to see his Dartington hive in action. You will be made most welcome. Please call Sedbergh 21902 for directions if you would like to come. ⌚



AVRIL WHITTLE BOOKSELLER

Specialises in difficult-to-find & out-of-print

BOOKS

on traditional Crafts

Especially Textiles & Needlework

Please telephone, FAX or e-mail to arrange to view our extensive stock

Whittle's Warehouse 7-9 (rear) Bainbridge Road, Sedbergh LA10 5AU

Tel/Fax 015396 21770 ~ e-mail: avrilbooks@aol.com



SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

Members had a thoroughly enjoyable time at the Crossed Keys Inn at Cautley in June. The weather was not quite as good as the previous year being a little dull, but the atmosphere at the Inn was extremely pleasant..

Twenty people gathered for an excellent light lunch of soup and sandwiches. Members and volunteers brought along wine and fruit juices and the conversation flowed for several hours. Everything was discussed from family matters to politics and religion, with people moving around from one table to another to catch up on the latest news of old friends.. There was disappointment that some members and volunteers could not attend the lunch

because of ill health, but they were not forgotten.

The staff at the Inn looked after the group with great care. Many thanks to the hosts at the Crossed Keys and also to Woofs for their taxi service on this occasion, and for all their help throughout the year.

There will be no meeting in July or August but the group will meet again on the third Tuesday of the month starting in September.

Jennifer Levitt

SEDBERGH GALA 2003



The young man pictured here is Edward Lawson, of Lincoln's In Farm, who, aged four, carried the Gala Queen's train round the town in the 2002 procession. He was thrilled to be asked to take part in the 2003 procession and this time accompanied the Gala Queen on her journey.

Edward was very proud, and took his duties seriously. Unfortunately, his name was missed off the list of attendants when they were published in both 2002 and 2003. *W. M.*



Appliance Services

SALES • SERVICE • REPAIRS

To all leading makes
of domestic & commercial appliances

PORTABLE APPLIANCE TESTING

Tel/Fax: 015396 21699

Mobile: 07889 286 722

SEDBERGH CRICKET CLUB

In spite of the wet month only 2 games were lost to the weather. One for the 1st XI and one for the U16's. 1st XI v Shireshead. They scored 153 for 8wks in their 45 overs with 2 wks each for J Cann and A Wilson. Bill Longlands also had 1wk for 3 and took 2 catches. SED knocked them off for the loss 7wks. R Neal 57, J Cann 36, A Wilson 20. v Netherfield. They scored 173ao in 32 overs (this means we had the remainder of their overs ie an extra 13 to add to our allotted 45) Les Hoggarth had 6 stumpings mostly off Pete Meadows' tweekers. SED still couldn't make being all out for 160. Of these Julian Cann scored 97 n.o. but ran out of partners. A similar story unfolded against Carnforth. They were all out for 98 in 32 overs, A Wilson 4 for 18, P Meadows 3 for 27 SED could only make 93ao. with A Wilson top scoring with 41 and P Meadows 20. U16XI lost to Ingleton in the cup. They scored 117 for 8 from their 20 overs, B Longlands 2 for 12, S Wilson 2 for 12 E Lord 2 for 10. SED scored 63ao with T Baines 23 n.o. v Kirkby Lonsdale SED 79 for 6 B Longlands 22,

J J MARTIN
Funeral Service
(B Goad)
Established 1869
Main Street, Sedbergh

Complete Funeral Service
Day or Night

Chapel of Rest



Day or Night Dent 25334
Day Only Sedbergh 20005
 Sedbergh 20778



T Moore 24. KL knocked them off for 3wks in 14 overs. v Sedgewick SED 75 for 6 A Burrow 17, S Wilson 23. Sedgewick won by 8wks in TEN overs. A win against Burneside. SED 146 for 5 A Hague 21, S Wilson 23, A Burrow 32n.o. S. Gardener 30n.o. Burneside were 137 for 5 S Gardener 2 for 36.

With the heavy rain, sewage was once again washed onto the field. Had it not been found by one of our adult members children who play on the field could have been playing in it !!! Parents lobby your councillor and MP if necessary. The storm drains over flow into the sewers, some every time it rains very hard, we, and the school, will have this problem. ⌚

DENTDALE ELECTRICS

R & J C Holmes

For all your domestic & commercial electrical needs.
T.V. and phone points
Dent Station House, Cowgill,
Sedbergh LA10 5RF



Phone 015396 25280

SETTLEBECK HIGH SCHOOL

WORKING WITH THE RSC

Visits to Kendal Leisure Centre, 21st and 22nd May 2003

Being involved with teaching Drama, sometimes marvellous opportunities come your way. One such opportunity presented itself when the Royal Shakespeare Company visited Kendal Leisure Centre at the end of May, some months back. I had booked sixteen tickets for one afternoon performance of Coriolanus and thought no more of this. Subsequently sixteen invitations to a morning "insight session" arrived. A week later the RSC's Education Director, Virginia Grainger, rang to offer Settlebeck their own drama workshop during the visit.

It's extraordinary what goes into an RSC tour. During the morning before the performance we saw a time-lapse video of the construction of a stage and seating area and marvelled at how a common sports hall becomes a theatre. Lighting and sound experts demonstrated their parts in the overall production. Actors and actresses demonstrated fight scenes and how to deliver Shakespeare's language for maximum effect. Finally, question and answer section allowed students to ask about careers in the theatre. This was before we'd seen the play, which was a fine example of RSC at its best.

The next day it was back in the minibus and away for our very own workshop. GCSE Drama students in Year 9 and 10 were treated to a fast moving activity-based session run by the RSC's

Education Director, followed by an opportunity to bring to life the final act of Coriolanus. This included special training in a fight sequence and help with language and stage directions from two of the actors. The end result was impressive, entertaining and hilarious. We all felt we had received V.I.P. treatment – *and we had*. Now the Royal Shakespeare Company knows more about Settlebeck and our students know more about the RSC!

John Fisher

STABLE ANTIQUES

15 Back Lane, Sedbergh ☎ 20251
e-mail:- antique.thurlby@amsolve.net

Anything old & interesting bought

BROWSERS WELCOME

*OPEN 6 DAYS A WEEK
SUNDAY BY APPOINTMENT*

Bed & Breakfast available

DENT MACMILLAN 2003

Mile Challenge

This year we did the 'CONGA' for 1 mile and raised £1025.00. A very big thank you goes to all our 'Milers' and their very generous sponsors, to Carolyn for leading us with her "one man band", to those who came in fancy dress, B.J. really did excel herself this year!

To the children, Alisha, Eve and Matthew for starting the course so well, to Richard for being so helpful, and last, but not least, to the Holiday-makers who joined in the fun. Many thanks again to all concerned.

Nona Caygill

MAY WEATHER

Well this month was rather damp, certainly compared to the earlier months of the year. In fact had it finished as it had started it could well have been as wet as the rest put together. We ended up with 4.26". Although the pressure did not leave the 29" mark it was usually at the lower end and as a result it was a breezy month again. A maximum wind speed recorded of 27.1 mph from a NNE direction. Only one day did not record a maximum in double figures with 7.8 mph from the west. Temperatures, as you would expect, climbed so the lowest maximum was 52.7F. Several nights dropped into the 30s with a minimum of 36.9F. The last week returned to the

weather of previous months with no measurable rainfall and temperatures reaching 73F and night time temperatures staying in the 50s most of the week. The warmth and wet brought a spurt in plant growth resulting in much grass cutting for gardeners but welcome feed for livestock. The warm humid conditions had a down-side with a crop of fly-strike cases in sheep. After the wonderful show from dandelions it was the month of the buttercup to show its gold. Certainly there has been sufficient nectar flow for some bees to load up their stores. Several beekeepers have had swarms probably due to the rapid build up earlier in the season followed by a drop in foraging during the wet part of the month. I have still only seen 2 house martins so far this season and 1 baby blackbird. Unless we get rid of some magpies we shall have fewer small birds and not so small. One of the local thieves has robbed out both woodpigeon and collared dove in our garden and I suspect been responsible for both thrush and blackbird leaving eggs. ⌚

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



STUART MCMINN BSc HND ABEng

PLANS DRAWN

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

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

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

THE ROYAL BRITISH LEGION

On June 18th the Sedbergh Branch of the Royal British Legion held their annual Coffee Morning in the U.R.C. Rooms.

On the stalls were a large assortment of home-baked cakes and biscuits, much bric-a-brac and numerous gifts to raffle.

The Legion wishes to thank all those who contributed to the success of the Morning and particularly all the ladies who helped to make and serve the coffee.

A record £304 was made for Legion funds. ⌚

YORKSHIRE DALES NATIONAL PARK

The Countryside Agency's deputy chair, Pam Warhurst, has been appointed as its Board member with special responsibility for the Yorkshire Dales National Park it was reported at a meeting of the National Park Authority held in Muker in May.

Working closely with the National Park Authority, Pam will be responsible for advising the Authority on current work within the Countryside Agency and ensuring the two organisations work effectively together to care for and maintain the area's countryside.

Pam is also chair of the National Countryside Access Forum, a member of Rural Affairs Forum for England (RAFE) - chairing its urban/rural interdependencies sub-group - and a trustee of the Earth Centre, Doncaster. She is chair of the Bear Wholefood Co-operative which runs a health food shop, cafe and offices, and a Fellow of Royal Society for the encouragement of Arts,

Manufacture & Commerce (RSA).

Pam Warhurst was leader of Calderdale Council in West Yorkshire from 1995-1999, represented Yorkshire and Humberside on the Committee of the Regions of the European Community and vice-chair of the Regional Assembly for Yorkshire and Humberside. From 1998-2002 she was a Board Member of Yorkshire Forward, chairing the Environment sub-committee. As chair of Calderdale Healthcare NHS Trust from 2000-2001, she led a major reorganisation of healthcare within the district prior to the trust's merger.

The Countryside Agency is the statutory body working to make the quality of life better for people in the countryside and the quality of the countryside better for everyone. ⌚

THE FRIENDS OF BEAMSMOOR

As Chairperson of the 'Friends' I would like to thank all members for their help, support and hard work during the last 10 months, with a special 'thank you' to Pat as Secretary and Dawn as Treasurer. Sadly, as of Wednesday June 18th, we are officially disbanded.

The efforts of the 'Friends' were greatly appreciated by the Residents as were the monthly visits from the Methodist Minister and Singers, the local Clergy giving Communion and the support given to Beamsmoor from the local community, helping to enhance the social enjoyment of everyone at the Home. Thank You All. God Bless.

My thanks also for the encouragement and support given to me by Elizabeth, the staff, the residents and their families in my role of Social Care Co-ordinator at Beamsmoor. *Carole Bain*



GARDEN BUILDING SPECIALISTS

Top quality Garden Sheds
and Workshops
at very competitive prices.

Summerhouses

Greenhouses

Gazebo's

NEW - Children's Playdens
and Wooden Climbing Frames

Full construction service available

Telephone

015396 21175 or 017688 67226



JULY GARDENING

The weeds in the vegetable garden seem to be having an exceptionally good year and so I had to spend a good length of time the other day weeding around the peas and beans in order to give them a fighting chance. While doing that I discovered that something had been having a quiet munch at some of the pea plants. I assume that the culprits are mice, or voles, as the plot is rabbit fenced. The damage was recent and half a dozen nice chopped offshoots were left on the ground, so I tested them for flavour and found them to be quite tasty. Eating pea shoots may seem a little strange but it is actually quite an old idea. In the Victorian era when large kitchen gardens were popular, peas were forced in glasshouses at temperatures of 75 degrees Fahrenheit, in January, in order to produce shoots for pea soup. The exact origin of the cultivated pea is unknown, although it is thought that it may have arisen from the crossing of two types of

wild pea, one from Europe and the other from Russia, to form a large seeded hybrid. Peas have been cultivated in this country since the time of Henry VIII and by Elizabeth I reign a variety called the Carlin Pea was popularly grown as a drying pea, and eaten on Carlin Sunday in Lent. Nowadays peas are usually grown as a green vegetable, and they come in two forms" round and wrinkled seeded. Round seeded peas have a higher starch content and are consequently hardier than the sweeter wrinkled seeded peas. The former can be sown early in the year but the latter taste better and I think they are well worth waiting for. In this area the variety Hurst Green Shaft seems to produce a good reliable crop- that is, if the mice don't eat them first.

Elaine Home

LONDON MARATHON

Alan and Emma Fletcher (Alan, formerly of Sedbergh) ran in the London Marathon this year. Alan ran last year for children with Leukaemia in a time of 3 hours 40 minutes. This year running with Emma they both completed the course in 4 hours 24 minutes, and ran for the Kendal Branch of the R.S.P.C.A.

Many people sponsored them and also took part in a 'Guess the Time Taken' competition.

Mrs. Harvey from Sedbergh won this and very kindly donated her prize money to the fund.

A total of £482.50 was raised (so with tax back it should be over £500), so well done to them and to all of your who sponsored them or took part in the guessing game.

W.M.

Local Food for Local People



Growing with Grace, Clapham

Offers an extensive range of
Organic vegetables & fruit bags
Delivered to your door **weekly**

Tel: Sue on **015242 51723**

Come & visit the **Organic Shop**
Over two acres of **greenhouses**
Growing **organic** produce

www.growingwithgrace.co.uk

YORKSHIRE DALES NATIONAL PARK

A report to the YDNP Authority's Planning Committee, meeting in Sedbergh, confirmed that permission had been granted for nearly 1,000 new homes over the last ten years in the Yorkshire Dales National Park.

Over 450 new homes have been granted planning permission, 432 conversions of traditional buildings have been permitted as well as 23 sub-divisions of existing homes.

The number of new homes is double the figure expected by the requirements set out in the North Yorkshire Joint Structure Plan (adopted 1995) - the overall policy document for building and development in the area - which suggested the need for up to 550 new homes throughout the ten year period.

In the South Lakeland District Council area, 63 conversions have been granted permission and 152 new buildings were allowed.

The North Yorkshire Joint Structure Plan (adopted 1995) sets out the general policies and proposals of strategic importance for the development and use of land, taking into account national and regional policies. It is jointly compiled by North Yorkshire County Council, the Yorkshire Dales and North York Moors National Park Authority and the City of York Council.

There are over 10,000 houses in the Yorkshire Dales National Park, with a resident population of 20,000 people. ⌚

EMBROIDERERS GUILD

Kirkby Lonsdale and District Branch

After our short business meeting on 12th June in Westhouse Village Hall, Tracey Pearce set us to work making little draw-string bags. She had brought patterns and fabric for us to use and guided us on the construction of these small bags. She also brought some of the bags she had made herself, and showed us how we could finish the edges using the sewing machine and also how to make cords using the sewing machine. Once the basic design is learnt, they can be decorated to each individual's taste.

Our next meeting will be held on Thursday 10th July. This will be a member's meeting. After a break in August, the next one will be Thursday 18th September when Ann Wright will be showing us her special form of canvaswork. From that date our meetings will be held at Cowan Bridge Village Hall from 2-4 pm. 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. ⌚

SANDWATH PET HOTEL

Kirkby Stephen, Cumbria CA17 4HE

Luxury Dog Boarding Kennels and Catteries.

Bring your pets to our newly built establishment which has been created with your pets interest in mind.

Each kennel/cattery is fully insulated and heated.

Inspections are welcomed.

Please phone to arrange a mutually agreeable time.

Up-to-date vaccinations are essential.

All types of pets considered

For any information contact the Dargue family on 017683-71442

Dear Editor

Recently, about a stone's throw from our front door. I dug up two almost identical 9" high medicine bottles, which - if only from the quality of their glass - seem obviously to pre-date both the birth of the National Health Service and the modern growth of transatlantic tourism.

On the two sides of each bottle are the moulded inscriptions "R.V. Pierce M.D." and "Buffalo N.Y."; whilst on the front, one bears the legend "Dr. Pierce's Favourite Prescription", and the other (presumably of later date!) "Dr. Pierce's Golden Medical Discovery".

I would be intrigued if any of your readers could enlighten us in what period, and for what ailment, this evidently popular (even addictive: there was a third "Dr. Pierce" bottle fragment) American export might have found its way to a relatively remote Dales farmhouse.

*Bill Lake
Acre, Cowgill
Tel. 25407*

SETTLEBECK HIGH SCHOOL

Fundraising for MacMillan Nurses

Amanda Sowerby pushed Neo Hayley-Knowles in his pushchair around the lanes in Sedbergh on 19th May to raise money for Macmillan Nurses "Walk a Mile" campaign. Well Done Amanda for the £121 you raised! Amanda did this through Settlebeck High School who usually complete the mile challenge each summer but were unable to do so this year. Many thanks to Amanda for keeping the Settlebeck flag flying!

Mrs J Walsh

SEDBERGH GALA

Every year, the Gala Group Committee work tirelessly on 3 events for the community. The main Gala Day in May, Bonfire Night in November and the Children's Party in January.

A vacancy has arisen in the Group for the Secretary. Duties include attendance at monthly meetings (the second Monday of each month) taking of minutes and the booking of events and attractions for Gala Day, Bonfire Night and the Children's Party. There is a small remuneration paid (currently under review) If you are interested in this position please forward your details to Joyce Cox at Bridge House, Brigflatts, Sedbergh Cumbria LA10 5HN or telephone 015396 21820 for further discussion. Closing date 25th August. ☎

THOUGHT FOR THE MONTH

Don't you just feel sometimes that your could just shut the door and walk away? There are special weeks for all sorts of people, every illness just about, Carers, Children. What about a week for those who just long to walk away. One problem, when we get back and open that door everything will still be there.... So what's the answer.

Make a little special time just for YOU/ME. No one else. Do your own thing. Or do nothing at all. Summer is here, enjoy, sit out in the sunshine, soak up its warmth, pick Buttercups. See who likes butter (remember that, as a child, holding a Buttercup under someone's chin to see the golden glow, they 'liked butter') and just perhaps ask someone to pray for you. Or even,... this is radical... pray for yourself. There's power in prayer. At least think about it. *L. D.*

DENTDALE MEMORIAL HALL

All being well, work will soon commence on our proposed extension and to help to keep everyone up to speed, a set of plans will be displayed on the Sedgwick Room notice board. These will have a few minor adjustments to them for the final work.

Fund Raising goes on and I have a target ...£1000 by the end of this year. So far, two Dance Evenings, a Brass Band Concert, and an Antique Valuation Day have raised in the region of £500. We are on our way folks. Many thanks to all who have helped and supported so far.

We will release further information on events soon. They will include a car treasure hunt and a Giant Table Sale. Ideas for other things always welcome, along with offers of help and of course if you are concerned regarding the extension or anything else concerning the hall come and have a chat or telephone me on 25212. Our aim is to provide a hall everyone in the community will be pleased to hire. Nothing happens in a hurry or, as I am discovering, without hard work. I'm willing and positive.... Are you? *Sarah Woof, Secretary DMH*

INK CARTRIDGES

Many people have kindly dropped off their spent printer ink cartridges at Sedbergh Office Services and they are very well received. There is a request from the organisers that when you drop off the cartridge, can you place it in an old cartridge box. If they are not boxed, there is additional costs to dispose of them properly.

LADIES N. F. U.

Members at the May meeting had a journey to Peru - the Land of the Incas.

Mr. Bill Halford described his journey with slides, maps and excellent descriptions of the land and its people. Mrs. Killops gave the vote of thanks.

Twenty four members and friends enjoyed an evening at the Hayes Garden Centre.

A Buffet Supper was served. Two demonstrations of Patio planting and Orchid growing were held during the evening.

SETTLEBECK HIGH SCHOOL

Year 5 Science "Shared Day"

A large group of Year 5 children from Sedbergh and Dent Primary Schools were enthralled by a recent Science experience organised by Mr Burrowes and Mrs Hurr at Settlebeck. They spent an afternoon as forensic scientists, using chemical test to investigate pollution and microscopes to learn more about a hidden and fascinating world.

The children were enthusiastic, totally absorbed in their work and thoroughly enjoyed the experience. The staff shared their enjoyment in this action-packed afternoon.

SPRING SHOW 2004

What did you think of the classes in this year's Spring Show?

What new classes would you like to see in the 2004 Spring Show?

Would you like to help with the Show?

Phone Sedbergh 20610 or put your idea in the suggestion box at the Community Office.

DEMOCRACY

Our deputy prime minister is getting all democratic all of a sudden. He is offering us a referendum as to whether we want a North West Regional Assembly. We cannot have one on the European Constitution, which effectively hands over the remains of our country to a United States of Europe, in spite of what Haines et al say. If in any doubt just go onto the EU web-site. Talking of web-sites you will find the NW Region already has one and offices in Brussels! So who is playing silly devils? Well of course it is our government. The EU already has the UK divided up into 13 regions, has the necessary structure in place, committee of the regions to rule straight from Brussels to the regions by-passing Westminster altogether. It seems Blair's conversion, like Kinnock, Patten and Brittan before him, is down to personal ambition. He too wants to be on the gravy train selling us down the river to achieve it. Ⓢ

RACE FOR LIFE

5 Km Race for Cancer Research UK

Many thanks to all family, friends and neighbours who sponsored me to run the Race For Life Challenge.

Race for Life is organised by Tesco's and open to women only. These events are held all over the country and the money raised is targeted on finding cures for caners that touch women's lives.

I ran the 5 Km race at Crooklands on Sunday 15th June, completing the course in 29 minutes and raised £359.

Once again many thanks to all those who supported me.

Lisa Woof

THE END OF AN ERA.

These past few weeks have been a sad time for us all, there have been many tears shed, but when the heartache subsides and the dark clouds lift we will have some precious memories to treasure.

So, I would like to thank Mrs Dixon, Mrs Collins, Elizabeth, Caroline and all the staff for making it a pleasure to work at Beamsmoor over the years. But most of all, a very special 'thank you' to all the residents who have made Beamsmoor their home; it was a privilege to have met you, come to know you, to have helped care for you and to have shared some very happy times with you. God Bless.

Carole Bain.

Social Care Co-ordinator, Beamsmoor

PAPERLADS CUP VICTORY

Congratulations from all at Sedbergh Wanderers F.C. to Don and Janet MacConell from the Newsagents, who entered a team in the Northern Paperlads 6 a side cup competition held at Sunderland.

Don picked the team with Baino and Jaws coaching. Luke Packham, Robert Close, Steven Wilson, Robert Moffat, Eliot Beagan, Tim Baines and Joel Davis succeeded in bringing the Robert Taylor Trophy home. We now hope these lads bring their good form into the First and Second Teams this season. *S.W.F.C.*

Dear Editor,

During my work at Beamsmoor Residential Home I met many remarkable people and forged many deep friendships.

I now mourn the passing of that establishment.

J.C.

**At the
Chair Workshop**

- Chair seating & supplies
 - Tuition
 - Tool sharpening
-
- ❖ Bead jewellery
 - ❖ Restringing
 - ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.
Tel: 015396 21489

GARY ALLAN

WELDING & FABRICATION
STRUCTURAL STEELWORK
ORNAMENTAL GATES & RAILINGS
FARM EQUIPMENT
ON SITE WELDING
STEEL FROM STOCK

Tel: 015242 76426 Mobile: 07968 411787

KARTING

ICC kart racing championship

Round 3

Sam leads this championship, and this weekend was to be a challenge for him because on Saturday practice he was with out me, “his mechanic” and “chassis adviser.” Well, it sound better that his “spanner” or “gaffer”, anyway I was to busy involved with the Sedbergh Gala, I probably saw you there, but I was busy, and didn’t have a lot of time to talk to so many people,

Now where was I, “Oh yes”, Sam on his own on practice day, well, Sam knows this track at Shennington well now, so he ran the engine in, as normal, and he was the second quickest in the dry behind Carl Millington he is the driver that Sam has to try to beat at the moment, then it rained and rained just like it did at Sedbergh, so that shortened Sam’s day. As for me well the day got longer or it felt like it did. I was finished and home by 8pm; I then had my tea and was on the road to Shennington by 9.30pm, three and a half hours later I parked up, and slept soundly till 7.30am Sunday morning.

HEAT ONE

Sam starts the day with his front grid position, which was 4th. A good start saw Sam up to 2nd behind Jon Turner this is how it looked like finishing, but for Jon’s rear bumper coming a part, and he had to pull in to the pits on the second to last lap leaving Sam to win heat one.

HEAT TWO

Sam starts on grid 11. This heat didn’t go as normal, the start wasn’t bad, Sam raced well, but he didn’t get past some drivers that he would normally pass, 4th was still a good finish, but I possibly expect to much sometimes.

HEAT THREE

Again Sam started on grid 11. This time thing worked out better he made a slightly better start, race just as hard, but this time he moved further up the field to finish in 2nd place.

FINAL

Sam qualified on grid two along side Carl Millington. Carl finished his three heats with two wins and a second place so you can see neither Sam nor anybody else can catch him at the moment. But my plan for Sam in the final should make him start to think that his days of easily winning are coming to an end, so this was my plan for Sam’s race, make a good

start, then follow Carl very closely, but Sam had not to try to pass, just finish as close as possible behind Carl, now the reason for this is that Carl is about a 0.10th of a second quicker than Sam and when he has a gap between them he can start to relax and that helps him to go faster, were as if Sam could just slip stream him and keep very close then that might stop him relaxing and start thinking how he can try to loose Sam, but if Sam was to try to pass, then Carl could counter his move and that would leave a gap, then Carl would be gone in to the distance, the plan went out the window at the start of the race as Sam's kart engine flooded at the line and he made a poor start dropping to sixth place, by the time he had worked his way passed and back in to second place a lot of laps had past by, but Sam did as he was told and drove hard all the way to the flag to finish just 03.60 seconds behind Carl and more importantly just 00.06s hundreds of a second slower than Carls quickest time, so I think the job was done, he'll know now that Sam is not that far behind in his driving ability, its just time that is needed now.

Now back to Sedbergh Gala. Even though this report is some week later. I hope I can take this moment to thank everyone who helped make the day a successes, and ask you to let me know what was good, and of course, what was not, what would you like to see there next year, as it is the 40th Gala.

And this also includes you even if you have stopped going to the Gala, Please write to Mr G Moore, Chairman of the Gala Group, at 25 Guldrey lane, Sedbergh, Cumbria. LA10 5DS.

If like me, you where at the first Gala then you need to be involved in or at least help, some how, in putting the fun back in the Gala day.

So let's work on some new ideas, and possibly bring back some old favourites.

"This should also let me know if anybody reads the reports".

"It is my personal view that there is plenty of good and not so good things to talk about, so let's bring them out in to the open and change them to help the next generation".

Sam's Dad.

Thanks again. Graham Moore.

SEDBERGH BOWLING CLUB

Our Annual Open Doubles event, was once again held on Bank Holiday Sunday with sixty four entrants.

Despite some showers, everyone enjoyed the keen competition. We saw some excellent bowling. We provided a good selection of refreshments and held a raffle.

This year we were sponsored by Hotter Shoes of Kendal and each entrant received a £5 gift voucher. The winners also each received a £50 gift voucher, presented by Mr. Tom Powney (from Hotter Shoes).

Our President, Mrs. Eleanor Greenbank, congratulated brothers Brian and Doug Boardley on winning also the runners up Paul and Violet Dennison, and presented them with their prize money.

Well done to all Sedbergh members who played in this competition, especially Donald Westgate and Jim Mason on getting through to the quarter finals. Better Luck next year!

L. Killops

SPONSORED WALK

St. Mary's Hospice, Ulverston


On 11th May 2003, a sponsored walk was organised by Brenda Thexton, on behalf of the Toll Bar Show Committee, in aid of St. Mary's Hospice, Ulverston.

The total amount raised was £784.27p. We would like to thank all walkers and sponsors for making this event so

successful.

Many thanks to the Bull Hotel, Sedbergh for their hospitality and generous donation.

We are hoping to make this an annual event for different charities each year.

Thank you all once again from the Toll Bar Show Committee. 

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

SETTLEBECK HIGH SCHOOL*Science Fair at Dallam School*

We went to a science fair at Dallam School. Four schools took part Settlebeck High School, Dallam School, Sedbergh Primary and Milnthorpe Primary. There were four activities, one was about pollution in rivers, another was

on nuclear energy, the third was an Internet search for types of renewable energy resources to put in different countrys and the fourth and final one was building a wind turbine. We really enjoyed this experience and would like to go again.

Iain and Edward

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	Mrs Sewell	Sed:	20793	
	Cubs			
	Scouts			
Settlebeck High School P.T.F.A.	Mr Mawdsley	Sed:	20723	
South Lakeland Carers Association	Mrs Wood	Sed:	21385	
South Lakeland Voluntary Society for the Blind	Mrs Bartle-Ross	Sed:	23334	
Squash Club	Dr Noble	Sed:	20100	
St. John Ambulance	Mr Close	Sed:	21000	
	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	

POLICE FILE

Killington Church was the target for thieves when they took two oak Funeral Stools (see picture) between 4th & 8th June. A Pine Table was taken from a house in Cautley on 21st May and tiles to the value of £100 were taken from a garden on Fairholme on 18th June.



The People's Hall and Playground Furniture have been targets of mindless vandalism which is very rare in Sedbergh. The Playground is provided for the children of the town and maintained to keep it safe for our children but someone has decided to cause damage. Not only is this dangerous for our children, when repairs are made, the money spent is taken away from other areas of the town, so in the end, everyone in Sedbergh suffers. Also the Hall has recently had eggs thrown at the building and sustained minor damage. The Hall is again for the town and is run by a dedicated team of volunteers.

Any information regarding any of the above items can be passed to any Officer

which will be treated with confidentiality.

This month, there has been a plea from SLDC. Due to the increase in number of Market Stalls on Wednesday's, it is requested that you do not park your vehicles on the top side of Joss Lane Car Park.

DJW

CUMBRIA WILDLIFE TRUST

Duck and Raft Race

For the first time in many years both May Bank Holidays saw river levels well above those possible for holding this event safely. Besides the difficulty of stretching a net across the river to catch the racing ducks, when waders or even wet suits would have been inadequate, our valiant testers discovered undertows capable of sweeping spilled rafters off their feet.

This of course was very disappointing for us all. Much work goes into organising such an event but all was not lost entirely. Thanks to those who were good enough to "back" their ducks in advance, we managed to raise over £400 for the work of the Trust.

To determine the prize-winners, a draw was held in the Posthorn café (by kind permission of the proprietor). Random visitors were asked to draw a number and the following emerged.

	1 st Prize: £25	
Mark Mabey		(Yeovil)
	2 nd Prize: £15	
Chris Whelan		(Sedbergh)
	3 rd Prize: £5	
Alison Cowperthwaite		(Sedbergh)
	4 th Prize: £5	
John Milburn		(Cheshire)

Our warm thanks go to those who helped in any way.

SG

C J Elphick & Son

Washing Machine &
Domestic Appliance Repairs

Hoover & Hotpoint
Specialists

30 years experience



015396 - 20605

SETTLEBECK HIGH SCHOOL

The Settlebeck Well Uncovered

During the preparation and excavation of the site of the new Settlebeck Learning Resource Centre we were astonished and delighted to uncover an early Victorian well in excellent condition. The well is six metres deep, beautifully lined in local stone, and when it was uncovered it still contained a little water. From the position of the well, some five metres from the old front porch of Settlebeck House, you can clearly see the house's date stone, 1836. It could be presumed that the well dates from the early years of the house, and may have been the original water supply.

The school has considered the options for the well. One obvious one – the cheapest in fact- is to simply fill it in with concrete and cap it, so that it will no longer be seen. Another is to back-fill the shaft to a certain depth, and place a glass cover and light within the remaining depth to create a feature. We would prefer the latter option, because, although this well is not considered archaeologically significant, it is unusual in Sedbergh. It is part of the community's history and we are keen to preserve it for the school and the community.

In order to undertake the necessary work to preserve the well we need expressions of interest and support from individuals and groups within the community. We also need to fund a significant sum of money. If you would like to help us save the well please contact the school by telephoning 015396 20383 or email office@settlebeck.cumbria.sch.uk



TOILETS

Members of South Lakeland District Council are wanting to visit the toilets on Loftus Hill Car Park and seek more information before making a decision about their long term future.

SLDC provides the toilets on the car park which is on land owned by Sedbergh School and the lease is due for renewal in 2006.

These toilets are necessary for residents and visitors alike and their permanent closure would have an adverse effect on the area.



CHRISTIAN AID

The Christian Aid Shop in the URC Rooms raised £1591.37.

House to House collections for Sedbergh and district to date is £2793. More details to follow.

The Christian Aid Committee would like to thank anyone who participated in any way.



Dear Editor,

I just want to say a huge thank you to everyone who sponsored my clean-up at Settlebeck Bridge. I am very grateful for your support.

I will be leaving for South Africa on 29th June to carry out volunteer conservation work.

Holly Higginbotham

TEEZER

What's the difference between Emile Heskey and Marks & Sparks?

You always get a full refund for unwanted goods at Marks & Sparks.

David O'Leary

BUS SERVICES

<u>Sedbergh to Kendal via Oxenholme</u>				<u>Blackhall Road, Kendal to Sedbergh via Oxenholme</u>					
<u>Monday – Friday</u>				<u>Monday - Friday</u>					
07.45		564	GP	❖	08.35		564	GP	❖
09.40		564	W		08.35	Sch	564	W	
09.55		564	GP	❖	09.30	Tue	804	W	❖
10.05	Wed	564B	W	❖	10.30		564	W	
12.40		564	W		10.45		564	GP	❖
12.45		564	GP	❖	11.30	Wed	564B	W	❖
13.00	Wed	564B	W	❖	13.30		564	W	
14.00	Tue	804	W	❖	13.40	Wed	564B	W	❖
14.40		564	W	❖	13.45		564	GP	❖
15.25		564	GP	❖	16.20		564	GP	❖
17.11		564	W		16.30		564	W	
<u>Saturday Only</u>				<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	❖

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
All times are from and to The Dalesman Inn

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)

Religious Services in Sedburgh

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

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

Complementary Therapists practising locally

DIARY OF EVENTS

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

JULY		
1	SS Cricket v Scarborough College	SS
2	1000 URC Church Coffee Morning	URCR
2	SS Cricket v Leeds Grammar	SS
3	1930 WIH Rugmaking	FCH
3	SS Cricket v Glenalmond	SS
4	SS End of Term	
5	1000 Alzheimer's Coffee Morning (5)	URCR
5	1000 Slimming Registration	PH
5	1900 BBQ, Games & Duck Race	KVH
5	1930 Adventures in Wonderland (5)	SSPH
8	WIK Outing	TBA
8	SHS Summer Fete	SHS
9	1000 Masonic Hall Coffee Morning	URCR
9	1030 Summer Exhibition Finishes	FM
9	1930 WIF Life of a Coastguard	PH
11	1830 StAS Barbecue (11)	StASV
11	Folk Music Week-end Starts	Swan
12	1030 Summer Exhibition Starts	FM
12	1900 KVH BBQ & Games Night	Cancelled
12	2200 SWFC Disco (12)	PH
14	Folk Music Week-end Ends	Swan
15	1400 SLVSB Outing	CCC
16	1000 WIH Coffee Morning	URCR
16	WIK Bardsea & Swarthmoor Hall Visit	
18	SHS & SPS End of Term	
20	1400 CWT Waitby Greenriggs	LHCP
22	1200 Shire Horse Day (22)	D
23	1000 Dent Foot Chapel Coffee Morning	URCR
30	1000 Network Methodist Coffee Morning	URCR
AUGUST		
2	2200 SWFC Disco (A)	PH
4	August Bank Holiday	
6	1000 Howgill Church Coffee Morning	URCR
7	1930 WIH Open Meeting & Bring & Buy	HVH
9	1000 KC Coffee Morning	KVH
9	Teas in Garden	RD
12	1930 FCH Domino Drive	FCH
13	1000 NW Cancer Coffee Morning	URCR
13	1030 Summer Exhibition Finishes	FM
13	1915 WID Lakeland Life	DMH
13	1930 WIF Mystery Meeting	PH
16	1400 SCC v Moor Hospital A	SHS
17	Fun Run	KS
20	1000 Lookaround Audio Coffee Morning	URCR
20	1245 HS Story of a Hill Farm	LHCP
23	Sedbergh Market Fayre	Sedbergh
24	1415 CWT Children's Discovery	DCP
25	Bank Holiday Monday	
25	Dent Gala	Dent
25	1400 SCC v Lancaster 4th	SHS
27	1000 Beamsmoor Coffee Morning	URCR
SEPTEMBER		
2	SHS & SPS Start of Term	
2	1930 Swimming Club AGM	Bull
3	SS Start of Term	
3	1000 URC Church Coffee Morning	URCR
4	1930 WIH Fawltly Towers 2	HVH
6	2000 PH Olde Time Dance	PH
7	Dog Show	KS
8	1900 Neighbourhood Forum	KL
9	1400 WIK Christmas Customs	PH
9	1930 FCH Domino Drive	FCH
10	1930 WIF Lancaster Young Offenders	PH
10	1000 Dent Foot Chapel Coffee Morning	URCR
10	1900 CWT Badger Watch	HF
10	1915 WID Making a Splash	DMH
13	1400 SCC v Bentham	SHS
14	DMC Harvest Festival	Dent
15	DMC Harvest Festival	Dent
17	1000 St John's Firbank Coffee Morning	URCR
20	1400 CWT Dovecote Gill	LHCP
20	Cowper Day Horse Sale	KS
22	1930 FC Harvest Sale	FCH
24	1000 Garsdale Church Coffee Morning	URCR
28	1300 Cautley 10	SHS
30	1930 Sedbergh Town Band Charity Concert	PH
OCTOBER		
1	1000 Barnardo's Coffee Morning	URCR
2	1900 WIH AGM	FCH
4	1400 MH Jumble Sale	MH
8	DMC Coffee Morning	URCR
8	1915 WID Flower Essences & Reika	DMH
8	1930 WIF Give it serious thought	PH
13	1930 Gala Group AGM	PH
14	1400 WIK Taste 'n' Try	PH
14	1930 FCH Bingo & Potato Pie Supper	FCH
15	1000 Christian Aid Coffee Morning	URCR
17	SS Start of Half Term	
22	1000 CWT Coffee Morning	URCR
25	Charter Fair	KS
26	Clocks go Back	
26	Charter Fair	KS
28	SS End of Half Term	
29	1000 KC Coffee Morning	URCR

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

NOVEMBER			
5	1000	Masonic Hall Coffee Morning	URCR
5	1830	FC Bonfire Night & Skittles	FCH
6	1930	WIH Old Hutton Owl Project	HVH
11	1400	WIK AGM & Social Time	PH
11	1930	FC Domino Drive	FCH
12	1915	WID AGM & Understanding Europe	DMH
12	1930	WIF AGM & Social Evening	PH
DIARY KEY			
BF	=	Brigflatts	
BS	=	Baliol School	
CC	=	Cross Keys, Cautley	7
CDC	=	Community Development Centre	
CO	=	Community Office, Main Street	
CWT	=	Cumbria Wildlife Trust	
D	=	The Dalesman PH	7
DCP	=	Dent Car Park	
DMH	=	Dent Memorial Hall	
DMC	=	Dent Methodist Church	
EG	=	Embroiderers' Guild	
FCH	=	Firbank Church Hall	
FM	=	Farfield Mill	
GVH	=	Garsdale Village Hall	
HF	=	Holme Farm	9
HS	=	History Society	
HVH	=	Howgill Village Hall	
JLCP	=	Joss Lane Car Park	
KC	=	Killington Church	
KL	=	Kirkby Lonsdale	
KVH	=	Killington Village Hall	
KS	=	Kirkby Stephen	
LHCP	=	Loftus Hill Car Park	
MH	=	Masonic Hall	
PH	=	People's Hall	
RD	=	Rhumes, Dent	8
SCC	=	Sedbergh Cricket Club	
SHS	=	Settlebeck High School	
SMC	=	Sedbergh Methodist Church	
StAS	=	St Andrew's Church, Sedbergh	
StASV	=	St Andrew's Church Vicarage	7
StJAR	=	St John Ambulance Rooms	
SC	=	Swimming Club	
SMC	=	Sedbergh Methodist Church	
SR	=	Spooner Room	
SSPH	=	Sedbergh School Powell Hall	
URCR	=	United Reformed Church Rooms	
WHC	=	White Hart Club	
WID	=	Women's Institute, Dentdale	
WIF	=	Women's Institute, Frostrow	
WIH	=	Women's Institute, Howgill	
WIK	=	Women's Institute, Killington	
WVH	=	Westhouse Village Hall	
YDNP	=	YDNP Centre, Main Street	



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

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

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill © 21079

Dr J. Syred © 20239

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

Dent Surgery

Tuesday	1530
---------	------

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
--------	------------------------

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