

Sedbergh & District

LOOKAROUND

July 2004

Issue 213

Donation 50p

Welcome to this bumper issue of 72 pages this month which is full of the usual high standard of articles and adverts.

A warm welcome to all the visitors to the area. We hope that your stay with us

will be one of pleasure and that you visit any of the many functions and use our wide range of shops while you are here. Please only take photo's from the area and only leave footprints.

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CHILDREN'S BIRTHDAYS JULY 2004



Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipient this month is:-
Kishore LENNON who is
7 years old on 14th July

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



Day	Name	Age
4	CJ MIDDLETON	1
5	Holly ROSS	2
6	Hosannah McCALLUM	7
8	Poppy CLARK	11
9	Hannah LENNON	1
11	Samuel HARPER	2
14	Chloe DALZELL	2
14	Jenny STOREY	5
14	Kishore LENNON	7
15	Jerome McKENNA	1
15	William THEXTON	10
16	Iasmina CALUSERU	6
16	Rowan HALL	8
18	Scarlett O'Neil	4
18	Heather HARPER	10
23	Hannah HODGSON	10
24	Tristan SCOTT-HALLAM	6
24	Pete BROWN	9
27	Mike STOREY	3
28	Kate BAINBRIDGE	7
28	Luke CRAGG	10

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	15 Back Lane, Sedbergh (04/12)	20251
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Mrs S Gold-Wood	10 Main Street, Sedbergh (04/07)	21808
	<i>ID; IT; IS; CH; TVL; NSB; P; CB; VB; GF</i> e-mail: sangold.kwood@virgin.net	
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (04/09)	21455
	<i>IT; ES; NS; NP; P; DR</i>	
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (04/10)	20754
	e-mail:- susan@holmecroftbandb.co.uk <i>2D; IT; CH; TVL; NS; NP*; P; DR</i>	
.....	Crook-O-Lune Farm, Howgill (04/08)	01539 824270
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	Sleeps 3. 3½ miles from Sedbergh	

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

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 at the time of submission.*
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1



DAWKINS
Happy 70th Birthday
Granny. Love from Paris
XX XX XX

DAWKINS
Happy Birthday
Grandma. Love from
Matthew XXXX



DAWKINS
Happy Birthday Granny
Gloria. Hugs & Kisses from
Kalum XX

DAWKINS
I know you will
have a great
Birthday (you
have had enough
practice!!) Love
from Dal XX



DAWKINS



Have a very
Happy Birthday
Kalum. Lots of
Love from
Matthew & Paris.

DAWKINS

Happy Birthday Kalum
with lots of love from
Daddy, D & Grommet.



DAWKINS
Happy Birthday Kalum.
With lots of love from
Granny Gloria. XX

DAWKINS

Well, haven't you grown
up since this was taken!!
Have a great day Kal.
Love from Dal XX



HOPKINS

Vic, Happy 60th
Birthday on 9th July.
With much love from
Linda (your biggest fan)



RUSLING

Many thanks to all my friends and well
wishers for their cards, presents and
good wishes, and most of all their visits,
which made my 60th Birthday such a
special occasion. Janice and I really
appreciate all you did. Thank You. Pete.

PERSONAL & SMALL ADS £1

CALUSERU

Happy 6th Birthday Jasmina on 16th July. With Lots of love and hugs from Gran. XXX.

CALUSERU

Happy Birthday Jasmina. Lots of love from Uncle James and Vicky. XXX.

CAPSTICK

Betty would like to thank family, friends and neighbours for the many cards, flowers, gifts and prayers during my recent stay in hospital. A special thanks to those friends who sent baking for Tommy. Also the support and help given with work on the farm at a very difficult time, which was very much appreciated.

CRINES

I am retiring from Evans House at the end of this term. Tony and I would like to say Goodbye to the many people in the town who we have known during the last 20 years. Also we want to thank our loyal staff, both past and present, who have supported us during our years here. We will miss Sedbergh, but we will return. Brenda.

DONOGHUE

Congratulations Garry on your **18th Birthday** on 19th July 2004. Best wishes for the future. Love from Mum, Dad, Martin, Ian and Nicola. Also from Auntie Nicola and Uncle Alistair in Canada.

DONOGHUE

Happy **18th Birthday** Garry on the 19th July. Love from Gran, Granddad, David, Annemarie, Tom, Jack and Joe.

LORD

Rosemary would like to say a big 'Thank you' to the many people who sent flowers, cards and messages during her recent stay in hospital. It certainly was a big help knowing that so many kind and caring people were thinking of us during this difficult time. I am now well on the way to recovery.

MIDDLETON

Happy **1st Birthday** CJ on 4th July. Lots of Love from Mummy & Daddy.

MIDDLETON

To our very special grand-daughter CJ on your **1st Birthday**. All our Love Nan and Granddad Steadman.

RUSLING

Many thanks to all my friends and well wishers for their cards, presents and good wishes, and most of all their visits, which made my 60th Birthday such a special occasion. Janice and I really appreciate all you did. Thank You. Pete.

WOOF

Happy **60th Birthday** Dad on 12th July 2004. Best wishes for a wonderful day. Love Andrew and Jayne.

PERSONAL & SMALL ADS £1

TAYLOR

Linda, Rose, Gwyn and families thank relatives, friends, neighbours for the lovely cards, letters, flowers and expressions of sympathy received following the sad loss of Dad (Mily). Special thanks to Rev. Peter Boyles for his kindness shown to us all and the lovely service; many thanks to Brian Goad for his thoughtfulness and help. Also thanks to the ambulance crews, staff at Sedbergh Health Centre, Ward 9 Westmorland General Hospital and Ward 1 Lancaster Royal Infirmary for their sensitive care. Thanks too for donations so generously given amounting to £740 divided between local Cancercare and Dent Churchyard Fund.

STEADMAN

ALICE PRIMROSE (PRIM)

Tom, Garth, Jean, Alan, Pam and families would like to sincerely thank their friends, neighbours and relatives for their flowers cards and letters of condolence and kind words following their recent sad loss. We would like to thank Canon Fell and the Rev Long for a wonderful service at St Andrew's and to Brian Goad for his guidance and compassion. Also Dr. Syred and Dr. Lumb for their professional help during Mum's final months and their understanding and compassion which was much appreciated. Sandra Smith and her team of Cumbrian carers are also to be commended for their dedicated and difficult job of caring for the elderly. Also to kind and caring neighbours both past and present. Thank you all so much.

WOOF

Congratulations Dad (David) on your **60th Birthday** on 12th July 2004. Have a great day. Lots of love Paul and Rachel.

WOOF

Best wishes Dad on your **60th Birthday** on 12th July 2004. Lots of Love from Helen and Martin.

WANTED

Good home needed for country loving 9 year old female short haired cat. Needs retired home with lots of cuddles. Very affectionate. Ring Dee on 0779-1769565 and I will get back to you.

WANTED

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WANTED

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FOR SALE

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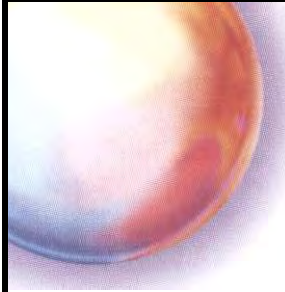
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- 1) Two single beds with clean interior sprung mattresses, immaculate condition.
- 2) Gas cooker in good order and clean.
- 3) Small electric washing machine - old model; needs a hot water supply to fill it. Has an agitator - electrically operated and a hand operated, attached wringer.
- 4) Easilec refrigerator in good order. To view ring Sedbergh 20473 (Smith).

S & D LOOKAROUND

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If it's helped to make your day,
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 NORTH WEST CANCER RESEARCH FUND
 MANSERGH BRANCH
Cheese & Wine Evening
 With Music 
Gill Foot Farm, Mansergh
By kind permission of Mr & Mrs G Head
Friday 2nd July
 from 7 pm
 Raffle ~ Cake Stall ~ Mystery Stall

**WESTERN FRONT TOUR
MAY/JUNE 2004**

This tour was organised by Steve Williams, Secretary of the Brindle Historical Society and its main purpose was to pay tribute to the men of Brindle who gave their lives in the 1914-18 war. I was lucky enough to be invited to join the party by virtue of the fact that the name of James Foldys Hitchon appears on both the Brindle and Sedbergh School memorials. He was killed in the opening minutes of the Battle of the Somme, while serving as a Lieutenant with the Chorley Pals. His grave, not far from where he fell, was visited and honoured.

Three nights were spent in Arras and two in Ypres in very comfortable hotels. There was time to explore both towns the centres of which have been reconstructed to look as they did before the destruction of the First World War. In the latter there is an excellent museum named 'In Flanders Fields'. Also, we were able to attend the impressive and moving Menin Gate ceremony twice.

In addition to the excellent booklet about the tour which all received before setting out a 'briefing' sheet and map were issued for each day's programme, as

well as simple town maps and guides for Arras and Ypres. A brief but very useful and informative overview or 'battlefield talk' was given by Steve Williams where appropriate, for example, at the Hindenburg Line and Passchendaele

An enormous amount was covered on the tour, from the Somme battlefields and memorials to the Ypres Salient and Passchendaele via Arras, Cambrai, Vimy Ridge, Ploegsteert Wood and the Messines Ridge. At the two Canadian memorials at Beaumont-Hamel and Vimy Ridge, where there are also visitors' centres and museums, young Canadian volunteers showed the party round the preserved battle areas. In the former all was above ground but in the latter one is taken underground to see part of the amazing tunnel system. These young graduates are extremely knowledgeable and what they have to show and tell is fascinating. Space does not allow to tell of all the individual things we saw, but they included Delville Wood, the Lochnagar Crater and Hill 60, the Thiepval and Tyne Cot memorials and some of the small and beautifully kept cemeteries where some of the party were able pay their personal tributes to members of their family and in a few of which French and German soldiers lie alongside the British.

The overwhelming impression is of the beauty and peace of the memorials, woods and cemeteries and, in fact, of the whole area which contrasts forcibly with what it must have been like between 1914 and 1918, something which one cannot begin to imagine as one cannot take in the vastness of the scale of sacrifice when compared with the smallness of the scale

of the territory over which it was made. Those who made that sacrifice are remembered with honour, dignity and beauty.

For Sedbergh Town and School wreaths or crosses were laid, in addition to the one for James Hitchon, at the following memorials: Arras (Flying Services and main); Menin Gate, Thiepval, Tyne Cot, Cambrai, Loos and in some of the smaller cemeteries, thanks to the patience of Steve and the other members of the party. In addition, photographs were taken of the names of 55 young men of the school and town who never came home. Altogether, 294 failed to return from the various battlegrounds of the First World War. Grateful thanks are due to all members of the party who helped find the

names of the 55 of which only five have known graves, all the others have their names inscribed on the big memorials and this may give some idea of the horrors of war; so very many gravestones have only the inscription 'A Soldier of the Great War. Known unto God'.

It was a privilege to have been asked to go and I am very grateful to Steve Williams and the Brindle Historical Society for making this possible and for their help and kindness throughout. Steve will be organising another trip soon and is also planning one to the D-Day Beaches and Caen for 2005, should anyone be interested in joining him. I can thoroughly recommend his organisation, knowledge and enthusiasm.

Elspeth Griffiths



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Saturday

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DOGS WELCOME

*** Sit In Fish & Chip Suppers ***

Friday July 9th & August 13th from 5 pm to 10 pm

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

Sedbergh beekeepers were delighted to be able to give their first live bee demonstration at this year's Sedbergh Gala. We had borrowed a bee-tight gazebo tent from Furness & District Beekeepers' Association that we had erected in the far corner of Lupton Field on the Friday night before Gala and to which we had brought one of Tommy Brooks' hives and colonies of bees. To reduce the number of bees that would want to come out of the hive to forage for nectar and pollen during Gala day, we had used a useful technique - on the Friday morning the chosen hive was moved just two feet to the side of its usual place in Tommy's apiary and a



The Bee Gazebo at Sedbergh Gala

second, empty hive put in its place. Two frames of honeycomb with eggs, young larvae, and nurse bees (but not the queen) were then transferred from the demonstration hive into the spare hive, and two empty frames with foundation wax only put in their place. During the day all the foraging bees left their own hive without noticing the change, and eventually returned to the usual spot where their home was and found the (nearly) empty hive! Bees have such an exact map of where "home" is that they accepted the change! By the evening most of the foraging bees had been tricked into moving house, and we could transport the remainder of the colony to the gazebo on Lupton Field.

We were very pleased that so many visitors came to the gazebo to see the demonstration. While several adults and children (the youngest was Archie, a three-year old!) put on bee suits and came into the gazebo, and the rest watched from the outside, Tommy and I opened the hive and showed the bees working to fill the top chamber of the hive, that we call a 'honey super' with honey, then put the 'super' and its bees to one side as we demonstrated the bees working in the

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HOMEOPATHY

CLINIC IN SEDBERGH

'Drop-In Clinic' for acute cases **every Friday Morning** in the Masonic Hall
between 09.30 and 12.30

Beginning on 5th March

No Need To Book ~ Nominal Charge

For Further Details, Contact

Denise Williamson - Sedbergh 20846

Ian McPherson - Sedbergh 20648

main 'brood chamber' below, where the queen bee lays all her eggs, the nurse bees feed the young larvae, and eventually seal the larvae in their cells so that they can metamorphose through the pupal stage eventually to emerge as fully grown bees. Our Chairman and Vice Chairman were outside the gazebo answering the many interesting and perceptive questions the spectators asked. Little Archie was enthralled with the sight of the inside of the hive and all the bees working, and was keen to put his gloved hands into the hive so that the bees would walk on his fingers! A real beekeeper in the making! The demonstration ended and we all came out of the tent just as the Dakota arrived overhead to do its fly-past! From wings to wings, so to speak!

Late that evening, when everyone had gone, we were able to take the hive and all the bees back to Tommy's apiary and on Sunday morning reverse the trick on the flying bees, restoring the hive to its rightful spot, the two frames back to the brood chamber, and with the temporary hive two feet to the side all the foraging bees returned to their proper home - with not a word of complaint!!

Our next meeting is a visit to the apiary of new members, Roy and Nancy Pallitt, in Melling, on Saturday, July 17th, at 2.30pm. By mid-July the swarming season is usually over and the main 'honey flow' is at its height. This is the time that we check that everything in the hive is well, that the queen bee has laid sufficient eggs to ensure that the number of foraging bees is at its maximum, that the workers have plenty of space in the 'supers' to store more honey, and to assess the likely size of the crop. You will be made most welcome if you would like to attend this "Mid-Season Inspection". Please call 21902 for directions.

Malcolm Fraser-Urquhart



The Bee Hive at very close quarters

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CALOR
GAS



SEDBERGH GALA 2004

Sedbergh Gala held on 22nd May 2004 was a great success thanks to the lovely weather and large numbers of people who came to support the event. Over 3,000 people enjoyed the fairground rides, children's sports, Sedbergh town band and the dramatic and nostalgic Dakota Flypast. Sedbergh Gala Queen Cally Steadman and her attendants Grace Ormerod, Natasha Kellaway, Amy Bolsher, Eilidh Sproul, Rowan Hall, Jennifer Stainton Ben Morgan and Robert Whittaker all did a fantastic job in the procession and on the field. The retiring Gala Queen Sally Brooks and her retiring attendants Hannah Smith Saville, Becky Lowther, Lizzie Farrell, Laura Woodfine, Emma Postlethwaite Terence Glenville and John Woof all joined with the activities also.



Sedbergh Gala would not take place if it were not for the sponsorship of local businesses. This year there was a higher amount than ever before and Gala Group is extremely grateful for this support, (please see the list of sponsors at the end of this article). The help offered by Sedbergh School is also crucial to Gala both in the availability of Lupton field and the support from pupils in setting up and clearing away. The whole event of gala is organised by a small group of 20 people, there is another small group who offer their support on the day helping to set up the stalls and manning the gate. However more volunteers to help on gala day are urgently required Sedbergh School boys might not be able to help

WINDOW CLEANING PAINTING GARDENING WORK

If you don't want to do it yourself, just call me.

Sear

015396 22024





next year. Could strong Settlebeck pupils fill this gap? Please contact Gala Group secretary Richard Kooper on Sedbergh 20234 if you would be willing to offer to help.

All proceeds from Gala are used to support Gala events. Children's party for all primary school children is held in January and Bonfire celebrations are held on the Saturday after November 5th. Gala Group also pay monies to local groups and individuals who need support for specific causes. Applications are considered at the Annual General Meeting in October. If you would like to be considered for a grant from Sedbergh Gala, then please make an application in writing to: - Gala Group Secretary at Fell House, Joss Lane Sedbergh LA10 5AS by September 30th.

Sponsors: D & J MacConnell; Cobble Country; Cico Chimney Linings; W. Dawson and Son; I. R Dawson; Dalton & Hague; J. J. Martin; Jackson & Graham; R. S. Morphet; Oglethorpe, Sturton & Gillibrand; Picture Palace Card Co Ltd; Pinfold Caravan Park; Sedbergh Chemist; Sedbergh & District Chamber of Trade; Sproul & Taylor; G. A. Steadman; Malcolm Sedgwick; White Rose Fisheries & Café; HSBC Bank; Oakdene Country House; Sedbergh & District Lookaround; D. T. Close; Three Peaks; Bull Hotel; Dalesman Country Inn; White Hart Sports & Social Club; The Red Lion; Sedbergh Golf Club; Andrew Mattinson; Mark A Grant; Woofs of Sedbergh; R. F. G Hollett; The Posthorn; The Green Door; David Rycroft; M.K. Conversions ; Swan Inn; J. M. Pratt; Michael Mudd ; Lucid; Gary Allan Welding & Fabrication; Christopher Whelan; Paul Winn; Dales Dusters & M. Winn & Sons.

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Alzheimer's 25th Anniversary



COFFEE MORNING

Wednesday 14th July

10 am to 12 noon

U R C Rooms, Joss Lane

Coffee or Tea & Biscuits

Raffle ~ Bring & Buy Cake Stall

Exhibition

Street Collection for
South Lakeland Alzheimer's Society


Alzheimer's
Dementia care & research

SEDBERGH TOWN BAND

Annual Summer Concert

The fifth Annual Summer Concert took place in the People's Hall on Tuesday 25th May. It was held a little earlier than usual so as not to clash with the town's splendid music festival that starts in the middle of June.

Alan Lewis, the Band's Director of Music, introduced the various numbers that comprised the programme with his customary informative anecdotes delivered with appealing wit. Initially a sombre note was struck as he explained that the opening number, 'Tarka 1, 2, 3' composed by himself, was played in respectful and affectionate memory of our Chairman, Brain Water, who so tragically died earlier this year.

Before the second item, 'London River', was played he gave a detailed analysis of the piece, also pointing out that it would feature as the principal test piece to be played by the Band at the forthcoming

Kirkby Lonsdale and Sedbergh Brass Band competitions. It is a musically demanding piece and the fact that it is being presented as a competition number is indicative of the advances made by the Band over the last five years. Even as recently as a year ago the Band could not have contemplated playing such a piece but thanks to dedication and application it is now firmly ensconced in the Band's ever-expanding repertoire. Whilst praising the advances made Alan did issue a veiled warning when he cited the old adage that it takes five years to build up a band but only five minutes to destroy it.

A mixture of familiar and new items comprised the remainder of the programme that drew warm appreciation from an excellent audience. Of particular note were two numbers featuring solo performances: in the first half of the programme Mark Hodgson, the Band's principal Cornet player, was the soloist in 'The Lazy Trumpeter.' After the interval Noel Bertram was the solo trombone in 'The Acrobat': the expertise and professionalism displayed by both soloists justifiably won enthusiastic applause from audience and band member alike.

The Band join together in thanking the audience for their continuing support. Sincere thanks are also extended to the ladies who manned the door, sold the raffle tickets and provided the interval tea and coffee. As always we are indebted to the ticket sales outlets, the premises that allow us to display our posters, as well as Steve of the Bull for the loan of additional seating and the generous post-concert refreshments.

JULY GARDENING

I was recently looking through a book written by that great plantswoman, Gertrude Jekyll, entitled "Gardens for Small Country Houses". The book is filled with lovely pictures of long herbaceous borders, yew hedged formal gardens and large, formal pools and other water features, and the smallest garden illustrated is a three acre plot.

Miss Jekyll obviously had a very different idea of a small house and garden plot than most people today but, her gardens and her use of plants are still well worth studying because they hold plenty of ideas for smaller spaces. Many of her gardens had a lovely "cottage garden" character, created by the use of a mixture of tall spiky plants and billows of lower "fluffy" plants. The spiky plant group might include Delphiniums, Lupins, Aconitums ("Monkshoods"), and Verbascums, I love the first two of these but do find them very slug and snail prone in my own garden so have taken to using the others instead. Aconitums come in various shades of blue, white, bicour and pale yellow and some of the newer cultivars such as "Stainless Steel" have a curious metallic sheen to their petals. Verbascums are beautiful flowers with flat open petals in shades of pink, cream, white and pale yellow. Again, newer varieties have brought us some unusual colours; 'Helen Johnson' has pale biscuit flowers and 'Cotswold Cream' has creamy yellow, pink tinged petals and dark pink stamens. I grow two species of *Verbascum*; *V. chaixii* 'Alba', which has white flowers and grows to a height of 4 to 5 feet, and *V. phoeniceum* a lower plant with purple or pink flowers. These

St Andrew's Church, Sedbergh

BARBECUE

6:30 pm Friday 15th July
Sedbergh Vicarage
Adults £3.00
Children u16 £1.50
Children u5 free
Star Trek Treasure Hunt



sometimes cross pollinate and if allowed to seed, produce plants with medium flower spikes of pale creamy pinkish flowers. Verbascums are fairly short lived plants so choice hybrids should be propagated every 3 or 4 years from root cuttings.

For my "fluffy" plants I find *Astrantias*, *Geraniums*, *Origanum* and the old favourite, *Stachys lanata* ("Lambs Lugs") hard to beat. *Astrantia* flowers range from white through pink to rich wine red. Each flower has a pincushion of stamens surrounded by a ring of petal-like bracts. Plants are very free flowering over a long period of time and generally trouble free. *Geraniums* in shades of pink, blue, purple, black (well, almost) and white are numerous and variable in size and shape. *G. phaeum* is one of the earliest, and darkest in flower, white petalled *G. renardii*, one of the neatest, and *G. 'Rosanne'* one of the longest flowering, having large blue flowers over a 3 to 4 foot spreading mound of foliage. Throw a few daisy things into the mixture and you will come up with a very pleasing "cottage garden" look that Miss Jekyll would surely be proud to call her own.

Elaine Home

SEDBERGH CDC

I thought it was high time to put an article in the Lookaround telling you what is happening at Sedbergh Community Development Centre. We have lots of new courses and events going on over the next few months and we do hope that you will support them.

People's War

Have you been inspired by the coverage of the D Day landings? Perhaps you have a story to tell of your wartime experiences? Or perhaps you have a friend or relative who would like to share their memories? The BBC People's War project has been set up to record the World War 2 memories of ordinary people in an extraordinary time. Your stories could be about anyone involved in

the war – service men or women, land girls, factory workers, children growing up in wartime Britain. Stories need to be typed up on a computer and submitted to the BBC website. To help you do this Sedbergh CDC has registered as a People's War centre with the BBC. We can show you how to get started, we may even find a volunteer to do the typing for you! Give us a ring if you would like a story recorded. If there is sufficient interest we will arrange some sessions where you can get together for tea and a chat as well!

Computer Training for Clubs & Societies

We have some Lottery funding available to help the members of your club or society to use computers more effectively. You might like to learn how

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to print jam pot labels, create a membership list, find specific information on the web or produce posters and leaflets. Just give us a ring and we will see what we can do. You might not have won the Lottery but here is a chance to get your money back by taking advantage of this free training!

New Web Site Builder Tool

Cumbria CREDITS, our parent organisation, has produced a very easy to use tool for developing web sites for individuals, clubs and businesses. What's more, five community groups can use it free for the first year. To build a web site all you have to do is log onto the SiteBuilder website, choose a template that you like, edit the text and add your own pictures. Then click "Publish" and



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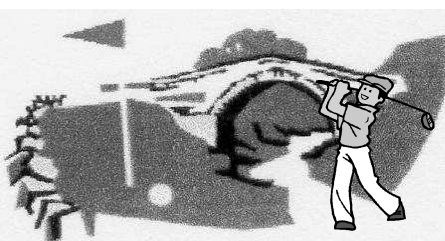
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your site is live on the web. You can make changes in minutes, as often as you like. Business users can easily add an e-commerce facility so that customers can order online. Contact us for place on our free SiteBuilder workshop on 6th July and see how easy it is!

Autumn Programme

Our autumn programme of courses will be available soon. We will be offering over 20 courses in Sedbergh including new subjects such as Beginners French, Alexander Technique and Digital Imaging. We will also be running the latest version of the European Computer Driving Licence for the first time. You can take the whole certificate, or you can update your previous ECDL by completing part of the course.

We look forward to seeing you in the centre. Our enrolment evening will be held on Thursday 9th September 6-8pm in Sedbergh CDC.

Chris Wood

CUMBRIA WILDLIFE TRUST

Hedges

What is a hedge? In modern parlance, it may be defined as “a sustainable field boundary”. At the other end of the sustainable series come wire fences which must be replaced relatively frequently, followed by wooden railings, and then walls. The materials of walls – the stones – last indefinitely, but requires skilled work to repair fallen “gaps” from time to time.. Obviously, these other types of boundary must be used where hedges will not grow; hence the prevalence of walls on the higher ground around Sedbergh.

Fortunately hedges have advantages additional to functioning as field boundaries; they are a veritable haven for wildlife! Much of their value for wildlife depends on their species diversity and how they are maintained. If hedges are to provide their primary function of providing stock-proof barriers between fields, hedges, like walls, require skilled management. Left to themselves, they would turn into rows of trees and sprawling bushes. The aim is to keep hedge growth dense and thick from ground level to a height of a few feet. Tall growth beyond that gives shelter for stock. Traditionally this aim is achieved by “laying”. At intervals of several years, the tall stems are cut almost through as low down as possible and then bent down horizontally. Stakes keep the laid stems firm. The sides and top of the hedge are then trimmed. However, many farmers now use time-saving tractor-mounted cutter bars to trim the tops and sides of their hedges – more in the style of garden hedges.

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Many hedges, especially those dating from the 18th century Enclosure Awards and more recently, are composed mainly of hawthorn. Older hedges, whatever their original composition, comprise a greater range of woody species. Some hedges are “ghost woods”. These originated as narrow strips of woodland left between fields carved out of national forest. Others contain whatever species happen to have seeded in among the planted material.

Thus, there may be a wide range of trees, such as Oak, Sycamore, Ash, Rowan and Alder, some of which may have been allowed to grow up into hedgerow trees. There will also, of course, be shrubby species including

Hawthorn, Blackthorn, Elder and Bird Cherry (Heg). The herbage in the hedge bottom depends largely on the nature of the soil, the aspects of the sides of the hedge and whether it is set on a bank or level with the adjacent field, with or without a ditch. Primarily, this herbage comprises woodland and woodland edge species, including ferns and mosses and flowering plants ranging from grasses to the familiar Primroses, Wood Anemones and Violets. Less common species may include Moschatel and Herb Paris, Giant Bellflower and Melancholy Thistle flourish in the lea of hedges on some road verges. Additional to this variety of species, where hedges are laid, there is beneficial structural diversity, the range of growth stages embracing close dense areas, mature trees and tall stems.

All this floral and structural diversity is complemented by a rich fauna. Birds use hedges as food (berries and seeds), song posts (tall sections) and safe sheltered nesting and roosting places (dense growth). Mammals, mainly rodents, but also shrews and squirrels, feed on berries and seeds and use hedges as safe refuges and highways. Invertebrates frequenting hedges are legion. Apart from being valuable food sources for fellow hedge-dwellers, hedges are vital to invertebrates for their own lives. They range from butterflies and moths, notably the Small Ermine Moth whose caterpillars defoliate Heg (apparently without harm) year after year, to bumble bees feasting on Hawthorn nectar, and nesting in nooks on hedge banks. Earthworms, snails and innumerable other species are also present.

Clearly, therefore, hedges play an

Daphne Jackson D. O.

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important part in the conservation of nature. Fortunately, management of a hedge for its primary purposes need not conflict with management favourable to wildlife. A well-laid hedge provides shelter for stock as well as a home for plants and animals. In the ordinary way, only a proportion of a hedge's length will be laid in any one year, so all stages of growth will be present in the hedges on a single farm. Avoiding herbicide spray damage of hedge banks will protect the flora and keep the bank strong by the presence of living roots holding the soil together.

This value for nature conservation which hedges have, means that we need to know how they are faring. Local members of the Cumbria Wildlife Trust are taking part on surveying our own local hedges. Colin Barr of Barr Ecology Ltd and Rick Stuart of the Centre for Ecology and Hydrology based at Lancaster University have devised a standard procedure for recording our findings. This will ensure that the reports are consistent and are capable of registering changes by adopting the same procedure in future surveys.

Helga Frankland

MAKING GOOD THE DEFICIT

In our culture, a great part of our efforts to keep ourselves healthy is directed towards getting rid of or reducing various substances perceived to be unhealthy: losing weight, lowering cholesterol, detoxifying, liver cleansing, and so forth. Less attention is paid to the other side of the picture: building up and maintaining our vital energies.

Take the example of weight loss: if a person's vital energy is low, a reduced calorie diet is unlikely to improve this. Instead attention should be paid to enhancing the person's level of energy and, in particular, to improving the digestion and metabolism. The clue as to the best approach to take, often lies in the pulse. You might expect the pulse of an overweight person to be quite full and strong and, if excess were the root of the problem, it would also have a certain "slippery" quality. On the contrary, in my experience, many people who wish to lose weight have rather a weak pulse,

indicating that replenishing vital energy is the correct approach.

Signs of energy deficit may include tiredness, breathlessness, reduced appetite or craving for sweet foods, a bloated feeling after eating and lowered resistance to infections (frequent colds and flu).

Equally important is the quality of the blood. Blood deficiency is a wider concept than anaemia, and concerns the ability of the blood to moisten and nourish the tissues of the body. Typical symptoms are dryness (of skin, hair, nails, eyes), difficulty falling asleep, dull headaches and mild dizziness (for example when sitting up suddenly from a lying position). In extreme cases blood deficiency may predispose a person to feeling hot at night and to more severe headaches and migraines. Women may experience menstrual irregularities.

Three important areas to consider in cases of deficiency are:

- good digestion and metabolism
- good breathing (energy comes from food and air)
- good sleep

Problems in any of these three areas will affect both the vital energy and the blood and every effort should be made to resolve the problem.

The main every day strategies for building up deficiency are:

- look after your digestion. Eat regularly and have your main meals early in the day. Eat food which is easily digestible and avoid foods which cause digestive discomfort or bloating (in our climate both wheat flour and dairy products can be problematic in this respect for some

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- people).
- eat nourishing freshly cooked food. Avoid processed food and all junk food and drink. To nourish the blood, eat eggs, lentils and beans, dried fruit in moderation and small amounts of meat.
- breathe slowly and deeply. Breathing exercises increase vitality. You will learn these at your local yoga or Tai Chi classes. For yoga, contact Deyna Hirst (015396 21556) and for Tai Chi, contact Ian McPherson (015396 20648).
- Plan to get enough sleep. Have a nap at lunchtime if at all possible (this is particularly important if you suffer from insomnia)
- take regular moderate exercise to

SEDBERGH & DISTRICT

HISTORY SOCIETY

Sunday 21st July
Kirkby Stephen

Visit to places of
historic interest.
Margaret Gowling

Meet in The Cloisters between
the Church and Market Square
at 1.45 pm.

All meetings in Settlebeck High School,
start at 7:30pm unless stated.

EVERYONE IS MOST WELCOME TO ATTEND ANY OR
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by Joe Symonds

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- promote the circulation
- avoid unnecessarily taxing the system. Keep consumption of coffee, sugar, alcohol, iced food and drinks to a minimum. Don't smoke or use recreational drugs. Ask for your doctor's help in minimising use of medical drugs.
- don't get overtired

Although building up your vital energies is a long-term project, you might find acupuncture or homeopathy can help you make a start in this direction. Phone numbers can be found in the "Options" box at the back of the Lookaround.

I welcome questions and comments on these articles. My telephone number is (015396) 20972. *June Parker*

PHOTOGRAPHS

Not much feedback for last month. I still don't know the name of the dog but I have had one name suggested for the unknown girl in the Settlebeck photo.

This month another 2.

This one was in the Settlebeck archives so I assume it is pupils of Settlebeck doing something at Dent. Does anyone know anything about what was going on. The photo is not very clear.

The 2nd one is Primary School .. National .. Miss Campbell's class date unknown. I need a date and names for this one

Answers as always to Shirley Tebay, Walnut Bungalow, Dent. Tel: 015396 25001 or e mail shirley.tebay@btinternet.com



SEDBERGH & DISTRICT TOY LIBRARY

The Toy Library has a growing membership of families with children aged 0 - 5 years and has recently purchased toys for the older age range of children up to 11 years. We look forward to welcoming the older children in July. Many of the toys will be suitable for outdoor play in the school holidays. It may also be helpful for adults in Sedbergh with visiting friends or grand children to be aware that they can also join the Toy Library on their visitors behalf and make the visit more enjoyable.

In August a Nearly New or New Toy Sale will be held. The Toy Library will

take a small commission on sales. There will also be art/craft supplies on sale at very reasonable costs.

The Toy Library will be open during the holiday from 2.30 pm to 4.30 pm on the following Thursdays:- July 8th and 22nd, August 5th and 19th, and September 2nd and will continue to open every two weeks. It is important that toys are returned after two weeks to prevent disappointment to other borrowers. They then can be re-booked if desired.

All children need to be accompanied by a responsible adult when attending and borrowing from the Toy Library.

*Bronwen Osborne
Toy Library Committee*

SEDBERGH GALA 2004

RESULTS

Senior Fell Race

1st: Mark Croasdale

2nd: Paul Brittleton

3rd: Ian Magee

4th: Stuart Hunn

5th: Colin Urmston

6th: Lee Athersmith

1st local: Paul Tuson

1st female: Karen Slater

1st veteran: Colin Urmston

Under 17 Fell Race

1st male: Matthew Hurst

2nd: Jonathan Pawson

3rd: Tom Addison

1st female: Emma Stuart

1st local: -

Under 14 Fell Race

1st male: James Mountain

2nd: Liam Horsfall

3rd: Matt Fretwell

1st female: Rosie Stuart

2nd: Gemma Crowther

3rd: Emma Thompson

1st local: Chris Tuson

Under 12 Fell Race

1st male: Thomas Sessford

2nd: Jonathan Wright

3rd: Tom Doyle

1st female: Emily Throup

2nd: Annie Riley

3rd: Rebecca Thompson

1st local: Sam Fisher

1st local under 11: Tom Cooling

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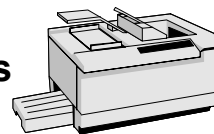
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**ALZHEIMER'S AWARENESS WEEK
MEMORY AND MEMORIES
25th ANNIVERSARY 1979 TO 2004**

We've so much to celebrate. "It makes you think"

This year marks the 25th anniversary of the Alzheimer's Society. Twenty five years ago, the society was a small group of individuals determined to change the world. The achievements over the years that followed have resulted in the Society today becoming the leading care and research charity for people with Dementia and their carers in the U.K. Since its formation there has been a very active branch based in Kendal, providing a service to South Lakeland. The Alzheimer's Society intends to make the year 2004 a year to remember. The theme

for the year "**It makes you think**". In this, the society's anniversary year, we want to make as many people as possible think about dementia.

In 1979, when the society was founded, hardly anyone had even heard of Alzheimer's. Today 90 per cent of people in the U.K. are 'Alzheimer's aware'. Back in 1979 there was no recognition, even among the medical profession of the needs of people with Dementia and their carers. Today it's a very different picture, help and advice are readily available for people with memory problems, dementia, and for their carers.

The South Lakeland branch of the Alzheimer's Society has recently been awarded a Community Fund grant to set up a **Memory Advice and Support**

CUMBRIA IN BLOOM 2004

working towards a brighter environment

GARDEN COMPETITION



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| c) | Large Garden | 50p |
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Signature Date

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service (MASS). This service will offer people with Dementia, their carers, family and friends a range of support services to enable them to maximise quality of life for as long as possible. One of the services is:

Family Support

This is a one to one support service for the person with Dementia, their carers, family and friends. It offers support, information and advice and links up with other relevant organisations. The Society's Support Worker can make an initial visit to your home or meet you in Stricklandgate House, Kendal to discuss your needs. Alternatively you can telephone the Society's Office in Kendal.

On Wednesday 14th July 10.00am to 12.00 noon the Alzheimer's Society is

having a coffee morning in the United Reform Church Rooms, Sedbergh and also a street collection. Staff, Committee members and Support Service Workers will be available to give advice to anyone who requires information on what the society can offer, so please come along and support the Alzheimer's Society's 25th Anniversary or contact:

Suzanna Duckworth, Elaine Moneypenny, Nancy Huck, Joyce Nicholson, Lalik Nasmyth
Alzheimer's Society, South Lakeland Branch, Stricklandgate House, 92 Stricklandgate, Kendal, Cumbria, LA9 4PU
Tel: 01539 742631 to find out about the new and exciting services that can be offered. Open: Mondays to Fridays, 9.00am to 2.00pm. *George C. Tomlinson*

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TIM COLLINS MP

A few weeks ago I held a special coffee morning at Sedbergh's Masonic Hall. This was the latest in a series of similar events I have been holding in towns and villages right across South Lakeland.

The morning in Sedbergh was a chance for local people to come and have a chat over a cup of tea and a biscuit.

As I sat and listened to people, one issue kept coming up again and again: nuisance caused by travellers camped on roads around the town on their annual trek to and from the Appleby Horse Fair.

Genuine gypsies, of whom there are precious few these days, are one thing. People who ignore laws, spit on regulations and trample over rural communities – all while happily

accepting, indeed demanding, pay-outs from the very society they claim to despise – are quite another.

So not surprisingly there is real concern over those travellers who damage property and leave litter strewn around their campsites. 'What can be done to stop this?' I was asked

I share the strongly held view of many Lookaround readers that we should not turn a blind eye to law-breaking just because of someone's alternative lifestyle.

Some travellers occupy land without permission. This often causes considerable and understandable upset to local residents. Illegal occupiers frequently damage property. Some let dogs on the loose which worry horses,



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ewes and lambs as well as frightening local residents; some engage in petty and serious theft, cause noise pollution, create health hazards due to a lack of waste disposal facilities or leave large amounts of litter. In extreme cases, some even harass local residents for money or goods.

If we are to stop this sort of behaviour we must enforce the laws on trespass, animal welfare and road tax. At present relatively minor offences like these result in prosecutions of those who are generally law-abiding, while those who flout the law and display contempt for civilised behaviour are allowed to get away with it for fear of provoking an "incident".

In particular, the process of evicting trespassers from land is currently too prolonged and difficult to enforce. Too often our local councils and the police find they are asked to jump through an impossible number of hoops before they can even begin to take action on behalf of local residents who are often at the end of their tethers.

Our area thrives on the welcome our tourist industry gives to the vast majority of our visitors who are pleasant, sensible and civilised. We should, however, stop pretending that all visitors are welcome or deserve a friendly reception.

A new and much tougher legal framework, which puts the rights of existing residents first, is vitally needed. This is something I have long campaigned for in Parliament and will continue to do so until we get the common sense changes which are now so essential.

Tim Collins

SEDBERGH MARKET FAYRE SATURDAY 28th AUGUST

As you will be aware Sedbergh is to feature in a programme being produced for BBC2 on Town Twinning. We are therefore delighted that the Sedbergh Market Fayre will be one of the first occasions when we welcome the film crew to Sedbergh and hope that everyone will join in making this an event worth filming.

Please try and come along in costume - anything appropriate from 1251 onwards to portray the Market's existence from medieval times to the current day.

There will be a competition for the best costume in adult and children's categories and we can't wait to see how inventive and imaginative you can be!

A Royal Seal of Approval - We are also planning a Royal Performance when Good Queen Bess will confer knighthoods and make proclamations during the proceedings. If you wish to bestow an honour on a loved one and have it declared at the Fayre for all to hear please contact Sandra Gold-Wood on 21808 for further details.

This may be your only chance of a mention in the Queen's Honours List!

Helpers wanted - The setting up of the Market stalls takes considerable time on the Saturday morning and if anyone can spare time between 7 am and 9 am and/or again between 4pm and 5 pm to help this would be very much appreciated. Please contact Lyn McLennan on 21898 if you are able to help.

DENT MEMORIAL HALL

The building of the new Haygarth Room cost some £30,000 last year which depleted the reserves. An important task is to replenish capital. Various fund raising events have been organised for the hall, the last being a second antiques valuation day. We were hosts to Penrith Farmers & Kidds, who were kept busy over several hours appraising the treasures and curios of Dentonians. We are grateful to the valuers who offered expert information to the visitors and to everyone who brought along their items. Hall funds were boosted by £280 from the day.

August bank holiday seems far off but it will creep up. Plans are in hand for Dent Gala in the afternoon on 30th August on the playing field on that day. This is the major annual event to support the hall. Last year's total was £1,700 and this year we would like to do better by reaching at least £2,000. Games, sports, produce stalls etc. provide a lively afternoon for all the family, finishing with the popular egg throwing contest, great fun to watch, unfortunate good sports get splattered with the contents of their purchases.

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The following day, Tuesday 31st August, 7.30 p.m., there will be a summer evening concert in the hall by the Dales Vacation Chamber Orchestra. Ten instrumentalists will play a varied programme of entertaining and exhilarating music. The group are all final year or post-graduate students at music colleges. Instruments include violins, viola, cello, double bass, flute, oboe, clarinet, horn and bassoon.

Soon afterwards on Wednesday 15th September there will be a ladies fashion evening showing dress and costume through various periods and styles. Local mannequins will be sporting items of elegant couture of grandmother, mother and now ourselves.

Please note these dates in your diaries and come and give your support to the hall, the community facility available to and used by all. Watch out for further information and adverts in Lookaround.

A SEDBERGH VIEWPOINT

Congratulations to all who were involved in staging the 40th Gala. What a wonderful afternoon we all enjoyed. The theme of Ruby Red was taken up marvellously well by all the groups in the procession. No doubt the judges had a difficult task in awarding the prizes. The Town Band was as good as ever leading the way. The tractor painted red towards the back of the procession was a nice touch too. Agricultural community goes ruby red! The Dakota flew over spot on time and circled enough for photos to be taken; and the Fire Brigade did a good job with their bucket chain putting out the fire in Pudding Lane. There is much work involved in putting on a show like the Gala; so all involved should know that the rest of us appreciate their efforts.

Congratulations are due too to all who were involved in putting on the Festival. It was difficult deciding which concerts to attend, and all that I attended were of a high standard. Many performers came from far afield. It must have been a headache organising the timetable for the events. Not only concerts, but we had lunches and suppers too.

These events alone prove once again what a wonderful community Sedbergh is. However, just one slight grouse, and that is I do wish there was greater use made of *Lookaround* for advertising events. It is the first place I look for "what's on"s, and many others too I would think, but I see posters and flyers for several events not advertised here.

I do try to keep me ears and eyes open to what is going on locally, but I do miss things. I have read in the local weekly

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newspaper that Sedbergh is to feature in a BBC2 tv programme to be filmed in August. It is always good to have a high profile for the town, but I'm personally not sure that the topic of town-twinning will be a winner, or that it will do much for the long term future of the town. But that's just my viewpoint!

It seems too that the Planning Authority would let the fabric of the town centre fall into disrepair rather than allow redevelopment. Udale's old shop can't be turned into residential accommodation, but what business wants to take it over? However the same planners allow the (to me) eyesore to be built in front of Balliol School. I'm sorry for the residential properties which have to look at it. At the same time Beamsmoor, out of town, is not allowed to become a School! Is it me or is there no consistency in these decisions?

Finally, you voted, but do you know who your European Member/s of Parliament are? I don't. I think I will have sign off this month not sincerely or faithfully, but

Yours in Confusion,

N. Hastle.

TOWN TWINNING

Members of the Town Twinning committee have been to visit the German Town of Guglingen. The German Ladies who were visitors here last year met us at Stuttgart Airport and gave us a warm welcome. A short rail trip brought us to the edge of the small Town of Guglingen. Everywhere is very green with woods and rose gardens. The houses are large and built in traditional German style. The Countryside is mainly agricultural growing wheat, barley and other similar crops while the surrounding hillsides are covered in rows of grape vines

A busy schedule had been arranged beginning with a walk through the countryside to a local Inn for an evening meal. Here we dined with the partners of Regina, Irene and Hannah, members of the Guglingen Twinning group who had visited Sedbergh, plus friends and family members.

Saturday began with a reception at the

Rathause (Town Hall) presided over by Claus Dietrich Town Mayor. We were received warmly and gifts were exchanged. Later the party sampled the locally produced wine which flowed from a fountain in the Town Square. Among other activities the Twinning group went on a walk in the wooded area above the Town to view a castle ruin with a romantic story attached to it and an area where dinosaur bones had been found.

Hilary Dixon and David Collier stopped off on their way back from holiday and joined us for the evening. And what an evening, as part of the local sports festival there was live entertainment, music and dance. We were cheered and clapped as we were introduced on stage. After which Garth said a few words and David gave them a song.

Jurgen Voges representative of the North West Twinning Association located in Preston, unfortunately missed his footing on a grass verge as we walked back to

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our lodgings and fell breaking his ankle in two places. Stuart Byatt, Twinning secretary was able to administer first aid but poor Jurgen will have to stay in Hospital for the next three weeks. His family are going out to be with him but meanwhile Irene and the other Guglingen twinning ladies will be taking good care of him.

On Sunday we had a guided tour, in English, of Guglingen's historic sites and then lunch with the Mayor and other members of the Guglingen Twinning group. Later a guided tour of the Wine co-operative. The weekend was finished off with a barbeque, music and song.

Myself, Garth Steadman, Nigel Close and Stuart Byatt returned home tired out but having been treated like royalty by the people of Guglingen

We would very much like to thank all those who generously gave goods for us to take to Germany. A Hilary Moore Print

given by Farfield Mill and framed by Our Gallery, sweets from the Green Door plus home grown honey from Tommy Brooks. We also took a selection of fruit cake and Dales cheese, a disc of Gala photos and leaflets from Sedbergh.

The debriefing meeting was held on Monday June 28 at the Bull Hotel. The next ordinary meeting is on Monday July 12 at 8pm in The Bull. New members welcome. Enquires call Stuart 20909 or Garth 20431. *Sandra Gold-Wood*

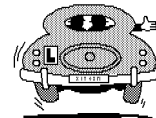
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DENTDALE WI

Nearly Midsummer as I write and naturally, people are taking holidays, so we had fewer members than usual at the meeting. With both our pianists away we were forced into singing Jerusalem unaccompanied doing really well!

Institute business featured the revised destination for the outing on July 13th Leaving Dent at 1.45 pm we shall now be visiting Hawes Countryside Museum followed by a meal in The Wensleydale Pantry.

Members enjoyed the Group Meeting at Howgill where Dentdale won the Cup for the competition with a collage of fruit and vegetables by Sarah Woof.

We heard that Freda Meakin had hosted a very successful *Painting for Pleasure* day in Dent with members from the Federation finding inspiration and pleasure in drawing and painting our lovely village!

We shall be doing a little fund raising again on the 31st July with a cake stall outside the Memorial Hall from 10.00am. Plenty of cakes for sale we hope!

Tony Dickinson then gave us an illustrated talk on *Limestone and Caves* from his experience as a guide in White scar Caves. The cave takes its name from the limestone outcrop that overlooks the entrance. White Scar cave was formed between 400,000 and 100,000 years ago when water flooded through the cracks in the limestone dissolving and eroding rock to produce the caves, passages and formations we see today. After describing the geology of the caves, Tony proceeded to take us on a tour slide by slide through Britain's longest show



DRY STONE WALLING

Judge: Mr Steven Allen, Tebay

A Silver Cup to be competed for annually, given by

Mrs Juliet Frankland,
in memory of her husband Raven,
for two yards of

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within a 12 mile radius of
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Prizes: 1st £10; 2nd £8; 3rd £6
and a Cup for under 16 year olds.

To be completed and entered (£1) by
24th July 2004.

Entries please to

Mrs Ann Mason
Ravenstonedale Agricultural
Show Secretary,
22 Highfield, Tebay
CA10 3TJ



cave covering about one mile. Past cascading waterfalls and between banks of flowstone into the Battlefield Cavern with its roof soaring in places to 100 feet. It was very impressive and right on our doorstep. Perhaps some of us might be tempted to give it another visit soon.

The competition for a stone from the river or seashore was won by Judith Newsham and the raffle prize by Wendy Cooke.

Our next meeting in the hall will be on 11th August with a talk entitled *Seabird Summer*. This is an open meeting and we extend a warm welcome to visitors and members of other branches of WI.

Do you need?

A cv. preparing, a special document preparing or typing, assignments, reports, other copy-typing, writing, posters *etc?*

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CUMBRIA IN BLOOM

(Sedbergh)

The above committee has reluctantly decided that this year we shall not be entering me countywide competition "Cumbria in Bloom". There are a number of reasons why we came to this decision. One reason is that our committee is a very small group and another is that the criteria laid down by the Cumbria in Bloom organisation is too involved for our committee to meet.

These include the following sections.

- (1) Floral display (design, quality of feature, standard of maintenance etc) which includes residential gardens, community involvement, etc., etc., Permanent landscaping, including shrubs (public areas, open spaces, verges, trees and roadside planting etc., etc.,)
- (2) Local agenda 21 (creation, maintenance and preservation of natural habitats, including appropriate interpretative material. Recycling, composting etc etc.,)
- (3) Local environmental quality (cleanliness of streets and other public areas, gap sites, including litter, dog fouling, graffiti, flyposting, etc , etc.,)

(4) Public awareness (publicity and promotion of Cumbria in Bloom campaign, fund raising, sponsorship and media coverage. Etc., etc.,)

As you can imagine this has gone far beyond making the town look presentable by cleaning the street and flowerbeds and our small committee feel this is not what we set out to achieve. We wanted to make Sedbergh pleasing not only for visitors but more importantly for those of us who live and work here permanently.

We shall however still hold our Garden Competitions, although for some reason the Chamber of Trade have decided that they will organise the Commercial Property section of that competition, (this committee feel a little peeved as this was decided without any consultation with ourselves)

Please find the entry form for the garden competition on page 24 of this edition of Lookaround (minus the section for Commercial premises)

If you have any suggestions regarding the work of our committee please feel free to let any committee member know or give me (Dorothy Blair) a ring on 20807

SEDBERGH PARISH COUNCIL

From the minutes of 28th April.

GUEST SPEAKER

The Chairman welcomed Dr. Hillary Hodges to talk about the Book Town project.

The Book Town initiative was launched, as a result of the Western Dales Future group, in the context of closed shops on Main St. as an initiative to stop the downward spiral of closing shops and to attract more business to Sedbergh.

Only about 6% of the visitors to the Dales come to Sedbergh. The aim of this project is not to turn the town into a tourist town but to attract different business into the town and thus increase the prosperity of the town and get visitors to spend more in the town. All Book

Towns are different and we are not trying to create another Hay-on-Wye. The rural regeneration project produced a study by Prof. Seaton and it was agreed that as there were not many vacant premises we would go for multi-tenancy units in one building.

The Sleepy Elephant has been opened as a trial with 8 booksellers displaying their wares. A business plan has now been completed by consultants who used to work for CCC and they have produced a fully costed 5 year plan. The aims are to establish a literary festival, bookfairs, and workshops for writers and to promote the town to people looking for books. The aim is to have 3-6 new book outlets by the end of the plan.

It has now been agreed that with the

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threatened closure of the Tourist
Information Centre the downstairs of this
building should be developed into a book
outlet and TIC and thus retain the top
floor for its present use. As part of the
plan a book town manager would be
appointed.

It is hoped that funding will come from,
amongst others, Rural regeneration,
SLDC, YDNP, and Millennium trust.
The consultants are preparing bids.

There was some discussion on the issues
raised and the Chairman thanked Dr.
Hodges.

*Planning applications were considered as
follows:*

LBC Replacement new windows at 3
Main Street No objections
FPP clad west gable with vertical slates at

Sun Lea, Joss lane, Sedbergh

We do not support as it is
out of keeping and will be unsightly on
such a prominent wall

FPP Extension to B&B Accommodation
at Bramaskew, Howgill Lane

No objections

FPP erection extension to existing
dwelling and demolition garage at

Hylands, Howgill Lane No objections

FPP extension to Ash Gill, Millthrop

No objections

FPP remarking of parking bays and
external lights at NatWest Bank, Main
Street

No objections

Change of use of Beamsmoor to
educational and residential use

We strongly object. The site

(Continued on page 36)

is not large enough to provide any exercise/playing facilities and there is inadequate parking. Also the property is situated right on a dangerous highway. *Planning decisions were received as follows:*

FPP erection conservatory to rear 21 Sycamore Av.

Granted

FPP erection dormitory building, re-siting existing gas tank and creation minibus parking area at Longrigg Outdoor Centre, Millthrop

Granted

HIGHWAYS

There are potholes at Settlebeck Corner/Hawes Road and on the Cautley Road from St. Marks to Steps End.

A letter has been received from Capita (John Bell) reporting that no progress has been made with the bollards on Main St.

but suggesting a meeting with the Chamber of Trade and the County Council. Cllrs. Blair and Brown agreed to attend such a meeting to be arranged. Mr Bell confirmed our request to relocate the mirror so the shop sunblind does not obscure it.

SLDC have confirmed that the litter bin on Back Lane was removed at the request of a Back lane resident whose dining room overlooked the bin. It has been pointed out that this was a much-used bin and should not have been removed without any consultation. They have promised to install a new bin near the junction with Fell Close.

PLAYING FIELDS

The disused toilet-blocks on the playing field were discussed and it was agreed

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that at present we should not incur the expense of removing them but we would monitor the situation.

It was agreed to make a payment of £500 to Sedbergh School for all their work undertaken on our behalf on the playing field.

STREET LIGHTING

The lights on the folly have now been repaired but the light outside 18 Thornsbank is out.

CUMBRIA IN BLOOM

The town is not entering the competition this year due to the amount of work involved and the lack of volunteers to prepare that entry. The local competition will however still be held.

Wild flower plants have been ordered for Toll Bar corner and will be paid for

by a grant from YDNP.

It was agreed to accept a quote from the Milburn's to clear the site at the back of Queen's Gardens. This was preferable to hiring a skip as previously agreed due to access problems.

ASTHMA CAMPAIGN

This is the month of the weigh-in for my sponsored slim. I have had a lot of encouragement and congratulations for my efforts but at the time of writing, only five people have agreed to sponsor me! This is a shame, not only for my efforts, but also for the charity that stands to gain from your support. You have until the end of July to telephone me with your pledges, my number is 20052.

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £3.60 Garlic Mushrooms on Toast £3.10 Pate with Garnish, Toast & Butter £3.10 Soup of the Day £2.95 Egg Mayonnaise £3.10 Grapefruit Cocktail £3.10</p> <p style="text-align: center;"><u>Extra Special Main Courses all £10.95</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.30 Mixed Grill £11.90 Fillet Steak £11.90 Sirloin Steak approx. 8oz uncooked £9.55 Half Roast Chicken £7.50 Chicken Kiev £6.30 Lasagne £6.30 Steak & Kidney Pie £6.30 Cumberland Sausage £6.30 Gammon & Pineapple £6.30 Barnsley Lamb Chops £9.50 Marinated Lamb Steak (6oz) £9.50 Pork Chop in BBQ Sauce £6.70 Cheese & Ham Pasta £6.30 Tuna Pasta Bake £6.30</p>	<h1>THE HEAD AT MIDDLETON</h1>  <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £8.90 Grilled Rainbow Trout £8.90 Breaded Scampi £6.30 Breaded Haddock £6.30</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.30 Stilton & Vegetable Crumble £6.30 Vegetable Lasagne £6.30 Mushroom & Nut Fettuccini £6.30 Broccoli & Cream Cheese Bake £6.30 Vegetable & Pasta Bake £6.30 Vegetable Tikka Masala £6.30 Macaroni Cheese £6.30</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £6.30 Chicken Tikka Masala £7.20</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £4.90 Cold Meat Salad & Roll & Butter £5.90 Prawn & Rice Salad £6.30</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.00 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.50 Toasted Sandwiches from £2.70 Portion of Chips £1.50 Mixed Side Salad £1.50 Portion of Mushrooms £1.50 Roll & Butter £0.45</p>
--	---	---

**A TRIBUTE TO
ALICE PRIMROSE (PRIM)
STEADMAN**

At Dad's request and with his help I have put together a short account of Mum's life.

Mum was born at Shardelous Road, New Cross, Southeast London on 14 February 1916 growing up a city girl in London with her late sisters Violet and Iris.

From leaving school Mum went to work in the large stores in London eventually securing a job at Harrods. Then in 1941 like many others she joined the WRAF and was based at Chipping Norton. Dad had already joined the RAF in 1939 and this is where they met. A chance offer of a cup of tea and two people were brought together for a lifetime. Wartime carried on but they decided to get married. Friends gave clothing coupons for Mum to get a "Posh" dress and Dad borrowed his father in law's suit and shoes. They were married at West Wickham in Kent on June 10th 1944.

Mum had never been North before so the trip to the In-laws, who were unable to go to their Wedding due to wartime restrictions, became their honeymoon destination. A train to Kirkby Stephen,

from a blitzed Kings Cross, followed by a hitched lift with the local vet to Tarn House. Then the half mile walk across the fell track to Lythside at Ravenstonedale in the pouring rain at night must have been quite an eye opener, but Mum would take it all in her stride unruffled as ever.

1945 saw Garth on the way and Mum was moved north again along with her sister-in-law Jenny and her baby back to Lythside. Dad was now shipped out to North Africa. Every day they wrote to each other. Letters would arrive bundled together. With very little room at Lythside Mum, Jenny and baby, at Raven Franklin's request, moved into his house at Bowber-Head where more room was available. Raven kindly took Mum to Helm Chase where Garth was born.

Dad's Mum and Dad bought Waggon House at Brough and moved there with Mum and Garth. Dad returned back from Iraq to see Garth for the first time as a toddler.

Mum then looked after Dad who was very ill with Meningitis in Carlisle Hospital. Many times her Father-in-law and Frank Allinson helped her hitch a lift from Brough to Carlisle to see Dad.

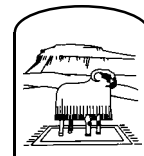
1947 saw Mum and Dad buy a house at

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Soulby with 2 acres. The front room was converted into a corner shop and Mum could still look after Dad and Garth.

1948 saw another move to a twenty-acre smallholding at Newby. Mum never flinched at the hard work on the farm. Basic hand tools and a borrowed horse were all that were used to farm. Quite a change for a City girl! Mum never grumbled. She just got on with it.

1950 saw another move to a larger farm at Ireby near Wigton. 24 acres and 14 cows. Dad scythed the meadows the roadsides and the churchyard for hay. Mum worked hard to help. A bit of whistling and singing was common place in the Hayfield. Happy Days! In amongst this I arrived. Amenities were fairly basic. Water was brought from the beck in buckets, left to settle and then used. A bath was always in a tin bath in front of the fire. All washing was in a pot sink out the back.

1955 saw another move to Claylands farm at Ravenstonedale. Amenities were better here. Still no bathroom, kitchen, electricity, lino, television, phone etc. But now no need to go to the beck for water. Mum could use the brown sink with a brass tap stuck in the hole in the wall outside the back door.

Garth and I were very fortunate to be brought up where there were no locked doors and everybody was made welcome.

True there were no carpets on the floor and no money to buy extras but the fire was always on and a bit of home baking was always ready in the Pantry.

The next move in 1961 came suddenly. Mum's Dad gave them £40.00 to help to buy extra stock. We had 13 cows but no sheep of our own but wintered Hogs for other farmers. They bought the 2nd prize milk cow at Penrith auction which turned out to be a disaster as after 2 months it was diagnosed as being infected with the contagious Johnes disease. The vet advised immediate slaughter. The other cows also became infected and went the same way. With no compensation in those days I do not know what we lived on with no milk cheque coming in each month, but Mum, as ever, still carried on caring the way she always did.

Dad came to Sedbergh to buy some straw from Stan Bracken ready for starting again.

Mable Woof who owned the butcher's shop at 5 Finkle Street was at Stan's and wanted to sell the butchers business. I can remember Mum and Dad talking into the

(Continued on page 40)

early hours about the pluses and minuses of such a move.

They sold the farm, bought the shop and have been at Sedbergh ever since.

1966 Dad was in hospital again leaving Mum to run the shop with me (just left school) and Garth on the busy van rounds.

1969 saw their Silver Wedding and they had their first holiday touring in Norway. A couple of more trips to Norway followed. Other holidays throughout the UK followed.

Always just Mum and Dad together enjoying each other's company.

1972 Dad was back in Newcastle hospital having a brain tumour removed. Mum carried on and nursed Dad back to good health once again.

Throughout her long married life to Dad, "59 years and 49 weeks" Mum was simply just always there. She always gave love and consolation to us. Mum gave up a great deal of her life to looking after her own and Dad's parents.

A lady in sales, a WRAF flight mechanic, running a corner shop, a farmer's wife, a butcher's wife and a devoted nurse, wife, mother and grandmother to us. Could anyone ask for more?

When Mum passed away on 19th May 2004 with Dad now looking after Mum he was making Mum a cup of tea, the very thing that brought them together all those years ago.

On behalf of our family Mum or Prim as her friends knew her will be sadly missed.

This copy of a short note on a card sent to Dad, from a friend, I think sums it all up.

Dear Tom.

The love between you and Prim has shone out like a beacon, as a wonderful example to all of us. This will never diminish, nor will so many wonderful memories of the years you shared.

All our Love

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Twenty businesses across the Yorkshire Dales have joined forces with the National Park Authority to keep visitors up-to-date and well informed.

In the National Park's 50th anniversary year, the Authority is overhauling its network of Park Information Points, which provide essential information to visitors about events and attractions, access to the Dales, projects and issues affecting the Park.

With extra resources being channelled into the project, nearly two dozen shops, pubs and cafes around the National Park have joined the new scheme, which offers participating businesses extra exposure and publicity.

Kathryn Storey, Sustainable Tourism Officer with the National Park Authority, said: "Thanks to the positive response from local businesses we now have a strong network of Park Information Points, which will complement the

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"The initiative is a great opportunity for businesses to display information on events, local accommodation and maps and to promote their business, while being officially recognised as being part of a network of places visitors can go for information on the Yorkshire Dales National Park."

The 20 successful applicants are being supplied with equipment and fittings to enable them to provide an information service without losing valuable business space.

Other benefits include free promotional signage and materials, publicity in Authority publications and a trade discount on National Park merchandise.

Eight youth hostels across the National Park have also joined the Park Information Points scheme.

The Authority is now seeking suitable sites outside the National Park, which will provide information to visitors before they arrive.

The local Park Information Points are Stone Close Tearoom, Dent and Dent Youth Hostel.

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SEDBERGH GALA 2004

Children's Sports Results

2-3 years BEAN BAG

1st: Isabel Colton

2nd: Emilia Page

3rd: Robbie Alderson

4-5 years BEAN BAG

1st: Tom Murphy

2nd: George Hinson

3rd: Hannah Metcalfe

3-4 years HOOP ON HEAD

1st: Emilia Page

2nd: Joseph Pate

3rd: Omar Nour

7-8 years BEAN BAG RELAY

1st: Patrick Bannister

2nd: Harry Packham

3rd: George Hindson

2-3 years SPRINT

1st: Joseph Pate

2nd: Emilia Page

3rd: Isabel Cotton

7-8 years HOOP ON HEAD

1st: Patrick Bannister

2nd: Harry Packham

3rd: Chloe Kendal

4-5 years HOOP ON HEAD

1st: Hannah Metcalfe

2nd: George Hindson

3rd: Tom Murphy

4-5 years SPRINT

1st: Hannah Metcalfe

2nd: Emma Packham

3rd: Michael Dougdale

7-8 years SPRINT

1st: Patrick Bannister

2nd: Harry Packham

3rd: Dean Thompson

LONG RACE AROUND ARENA

1st: Harry Packham

2nd: Patrick Bannister

3rd: Thomas Murphy

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FIRBANK CHURCH QUIZ

Recently, Firbank Church distributed a 'British Wild Plants Quiz' in the area which was won by Mary Hodgson of Ingleton. Thank-you to everyone that took part and raised funds. The answers are as follows:-

1. Bugle
2. Shepherds Purse
3. Dogs Mercury
4. Daisy
5. Melancholy Thistle
6. Foxgloves
7. Rowan
8. Ash
9. Nipplewort
10. Ragged Robin
11. Fat Hen
12. Speedwell
13. Fairy Flax
14. Harebell
15. Snowdrop
16. Cocksfoot
17. Orchid
18. Good King Henry
19. Eyebright
20. Lady's Mantle
21. Kingcup
22. Birdsfoot Trefoil
23. Wood Sage
24. Spearwort
25. Clover
26. Violet
27. Flea Sedge
28. Sneezewort
29. Lady's Bedstraw
30. Goldilocks.

D J T

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If you have run a quiz similar to this one, send us the answers and the winner and they will be printed..... *Ed.*

SEDBERGH PLAYGROUND

An update on the Playground situation. Firstly a big thank-you to money raised by Sedbergh Primary school, from their car wash. A testimony to the importance of the playground that pupils chose to stay behind after school to raise funds. Thank-you.

We have decided on a funding deadline for the end of August. Applications are still being considered by some of the grant giving bodies we have applied to. Two of which are especially promising, one is just dependent upon us getting planning permission for the new equipment.

The committee went on a tour of other playgrounds, we would have liked to have taken children as they're obviously

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the best judges, but it was a whistle stop tour of seven playgrounds from Carnforth to Skipton, all by suppliers we're considering using. This enabled us to see the equipment in place, to get a feel for it and to see how it aged, future maintenance is going to be an important issue, so we wanted to make sure it can stand up to wear and tear. We also got to talk to parents who gave us pointers of which pieces of equipment the children actually played on. Carol Douglas, the chair of the committee, was chief tester in the absence of any children. Nichola Packham videoed all of the equipment and played it to the children in her playroom...they like it all, so we may have to take over the football pitch!

We have contacted three companies to draw up detailed plans, which will then go for planning permission, which will hopefully lead to a further grant.

After a long time raising funds the playground is now becoming a reality and should be in place early next year. We would still welcome any donations it all helps and will be gratefully received and if you wish publicly acknowledged.

DENTDALE METHODIST CHURCH

The joint meeting between the congregations of St Andrew's (Dent) and the Methodist Church was a very worthwhile event and follow - up meetings are being arranged. The main topic was the possibility of a United Sunday Afternoon "event" in the Memorial Hall once a month starting in the autumn, more on this next month.

Headway .. their holiday week at High Laning Farm with a "Meeting" each evening in the Methodist church is 14-21st August, they will possibly be having a BBQ and testimony and praise eve at "Rhumes" one day, and will join the Pray & Share on the Thursday A'noon also at the bungalow. Again, more info next month. The evening "meetings" for

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worship are along the theme of "God is Able" and all will be welcomed amongst them.

In the porch at the church copies of "Word 4 2Day" are available and copies are also available at the bookstall in St Andrew's, they are free. Also at the Methodists copies of another Daily Readings booklet are now available, "Living Light" Bible Reflections for every day living. again these are free. They include telephone numbers for national Prayerline and Devotions, we have in the past considered the possibility of setting up a local "Prayerline No." More on this at a later date.

Our Sunday services continue as usual and all are welcome, when you read this the Open Air Service and the Going For Gold will be happy memories. A big thank you to all who took part, who helped, who came, who shared in any way. Meanwhile our "Rooms" are available for community use, the new Gopax tables are much easier to move and set up than the old trestle tables, bookings please to "Rhumes". Remember, the chapel is open every day for visitors or quiet prayer.

J&SEWoof.



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SEDBERGH TOWN BAND

Kirkby Lonsdale Brass Band Concert

On Sunday 13th June the Band travelled to Kirkby Lonsdale to take part in their annual Brass Band Concert, a contest first held in 1988.

Following assiduous practice leading up to the contest hopes were high of mounting a serious challenge to the other six entries for the various prizes and awards on offer. In the event, although the Band acquitted itself with distinction, the quality of some of the opposition from considerably higher sections in the brass band world was such that we had to be content with just the pleasure of participation.

It was an excellent day: the weather was fine and the setting in the Kirkby Lonsdale square was delightful. All factors combined to encourage a large crowd to congregate; sit in the sun, indulge themselves in appropriate refreshments and enjoy in excess of four and a half hours of splendid brass band music.

Each band was required to march and play from the church to the square. They then arranged themselves on the stage erected outside the bank and played a

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SETTLEBECK HIGH SCHOOL,

**Long Lane, Sedbergh, LA10 5AL
Tel: 015396 20383 Fax: 015396 21024**

programme consisting of another march, three verses of a hymn and a test piece. The adjudicator, Mr Derek Broadbent, decided to universal approval that the Lofthouse Band were worthy winners with Elmfield and Gawthorpe gaining minor prizes. The other competitors (the hosts, Kirkby Lonsdale, Burneside, Sale Brass and Sedbergh) were far from disgraced and contributed significantly to the success and enjoyment of the day.

Apart from participating in our own contest last year, this was the Town Band's first competitive outing. It was a great experience and many valuable lessons were learned which can only stand us in good stead for the future.

FAMILY MUSINGS

If you need someone to do something it is better to ask a busy person rather than someone with nothing to do...?.. right?... so if we arrange an "event" at a busy weekend . .the same sort of applies, does it? Let me explain, when Granny died we, the family, well .. Me .. decided we would hold a "Celebration of her life" event/party at her beloved home in the summer. Now as we, (me), try to pin down a date, we (me) encounter problems. Bank Hol w/e at end of August best suits brother - far - away but not brother - nearer who favours Grannys b'day date, that is mid week which some people find difficult as they did the funeral on a Tue watch this space.

The world is divided over the "wild" Yellow Poppy. Some people love her & say 'leave them' in the garden while others say 'Get them out', myself? I love them, bright yellow against the green. The local world doesn't seem divided over our Fish N Chips nights. As well as a darn good supper you get to see people you seldom see elsewhere and catch up on the local news, the sort that doesn't get into the paper. The local cafe which puts

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Dales Dusters

on these monthly suppers is to be congratulated on keeping the tradition set up by previous owners. It is good to sit outside the said Café, coffee in hand watching the world go by, and when that inc hubby on his huge tractor all the better to wave at! Even if I did wave a can of Lager at him .. only joking!

Driving through the multi-storey car park I wondered at all the empty spaces by pillars ... until I parked in one-you get out yr car and ... oops you cannot get past the pillar, nor around the front of your car so that explains it. People who are more "agile" than I probably exit their car by the passenger door or even vault over the bonnet .. No .. Don't picture me doing that please, not a pretty sight! Picture me in the garden, working, or enjoying the summer house, but usually working happily among the memories. Watch where you park!

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MAY WEATHER

What a magical month May has been, weather-wise! Temperatures were the highest for some time with 3 days making the 80s and a maximum of 87.6F. The lowest maximum was 58.8F. The coldest night was on 7th when the temperature dropped to 35.1F. One interesting feature was how warm it was on many evenings around 11.30pm with several nights in the upper 50sF. On the last day it was 61.2F at this time. Pressure was steady in the mid 29 inches of mercury except for a few days in the first week, when we had some rain, it fell into the 28s. May had an official drought with 19 days without rain! With only 1.58 inches in total. When did we last have a May so dry? Winds were generally fresh with a

maximum of 27.1mph on the 1st. The lowest maximum recorded was 9.6mph. Wind direction again followed recent patterns with only 5 days from a southerly direction the rest from the north-west. I thought our prevailing winds were supposed to be from the south-west? Not these days it seems. The dry weather seemed to slow the development of the larger trees. One interesting feature in our garden was the laburnum not only had leaves but flowers. Usually it is stripped by snails but they were obvious by their absence! Swallow numbers increased but house martins were very much down and swifts nearly non-existent. Starling, blue-tit and blackbird all got young away but no song or missel thrushes. Was this due to the snails aestivating? Butterflies have also been few in number so far this year. After the original tortoiseshell that hibernated I have only seen a few small whites and the odd orange-tip. Has the dry weather affected the hatching of peacock and red admirals? It certainly isn't a lack of nettles!

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IMPORTANT NOTICE

SEDBERGH HEALTH CENTRE

On Saturday 17th July Sedbergh surgery will be closed due to essential development work in the building. This will include rewiring for the new computer system and the installation of a new phone system. There will be an emergency service on the usual number 20218 from 8 am to mid-day.

There will shortly be a 24 hour dedicated prescription phone line available.

HOWGILL W. I.

Our June meeting was held in Firbank Church Hall, where fourteen members and one guest were present.

Several members attended the group meeting in the Peoples Hall on May 17th hosted by Frostrow W. I. It was proposed our President Mary Silva is to be nominated for election to the Executive Committee. We feel Mary is worthy of this position and we wish her luck. A thank you letter has been received from Susan Renshaw thanking us for the money raised from the Bring and Buy Stall for the AC.W.W. Camaroon project.

Eight members enjoyed a fashion show hosted by Ravenstonedale W. I. L.A. Fashions of Milnthorpe modelled casual wear to wedding attire.

In the coming months the new Membership Communications System is to be discussed with W.I.'s at different venues. This is about keeping records and a database of its members.

The 2005 sample calendar was passed around. We received freebies from Taylors of Harrogate and perfume from Coty. We were encouraged to collect tokens from Yorkshire Tea. Each token plants one tree for Ethiopia.

Our summer outing is to be a trip to the Theatre by the Lake at Keswick on September 8th, to see the comedy 'Sailor Beware'.

As we did not have a speaker we made our own entertainment with a selection of poems, jokes, tapes and music. The monthly competition for 'My favourite Cup and Saucer' was won by our guest Tanya Hoare with Peggy Postlethwaite second. A quiz to name the herbs to the

clues was won by Barbara Axford, and the raffle winner was Audrey Hoggarth.

Our next meeting will be held at Howgill on 1st July when Mr. Trevor Hughes will be speaking on 'Old Kendal' and everyone is welcome. *A.H.*

DIALECT DIGEST

Students of European languages, such as French and German, are used to the familiar form of 'you', still in use for communication with family or close friends. English used to have 'thou', but this only survives in its dialect form now, as 'thoo', or 'tha', or 'thee', depending on which part of Yorkshire you hail from.

Its use can cause trouble, as in the case of the Yorkshireman, irked at being familiarly addressed by a total stranger thus, said, "Don't thee thoo me! Thee thoo thissen an' see hoo thoo lahks it!"

The late Dorothy Una Ratcliffe, one-time President of the Yorkshire Dialect Society, wrote a lovely little poem, which sums up the importance of that one tiny word.

"I may not call thee 'Sweetheart',/My ain, my dearest dear,/Nor 'Darlin', nor 'Beloved',/Lest ither fooak might hear,/An' even 'Luve's' forbidden,/Wi' all sweet wods 'at woo - /Then, may I, when thi fooak are nigh,/Call thee 'Thoo'?"

Aa! There's a vast o' meanin'/In that short simple wod,/It's sad as t'wind in t'rushes,/It's blithe as t'lilt o' t'bod./It hods a threat o' kisses/To ony courtin' two-/ So, may I, when thi fooak are nigh,/Call thee 'Thoo'?"

Who says us Northerners aren't romantic?!

Michael Park

YORKSHIRE DALES NATIONAL PARK

Yorkshire Dales National Park residents and visitors can assist a major butterfly monitoring project by keeping their eyes peeled for the winged wonders.

Despite the relatively cool upland climate of the Yorkshire Dales, around 25 species of butterfly are regularly sighted within the Park, reflecting the rich variety of habitats in the area.

But conservationists still need to learn more about the distribution and population status of many species.

To address this knowledge gap, members of the public are being asked to record glimpses of green hairstreaks and sightings of small heaths.

To make the identification process easier, the Yorkshire Dales National Park Authority has joined forces with English Nature and the charity Butterfly Conservation to produce a new leaflet.

The publication contains life-size colour illustrations and detailed background information about the preferred habitat of 27 different species of butterfly.

Sightings can be recorded on special sheets and then returned to the National Park Centre in Sedbergh or the Park Authority's offices in Grassington or Bainbridge.

Ian Court, Species Officer at the Yorkshire Dales National Park Authority, said: "We are hoping visitors and residents will use this leaflet to identify the butterflies they see while out and about this summer.

"By sending in records of their sightings, they will be helping us to determine the distribution of butterfly species across the National Park. This

information will enable us to monitor population changes and help ensure important butterfly sites are managed properly.

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SEDBERGH LADIES NFU

The subject of the May meeting was a very interesting and informative talk on the Air Ambulance by Ann and Peter Burrow. They had become involved in fund raising and promotion, after a 999 call, when their son had a serious accident at work. Sadly he did not recover, despite all their efforts.

Ann and Peter showed some slides of incidents the ambulance had been called to. The running costs are £63,000 per month.

Our annual fund raising evening will be on 20th October when the Town Band will give a concert in the Peoples Hall with proceeds going to this essential service.

The Ladies went to the Goodacre Carpet factory on 8th June. We were told the process needed to treat and dye the different types of wool. We were taken through various stages to the finished carpets. It was a very informative trip. We then went to the Station Inn at Oxenholme for a meal, enjoyed by all.

OPEN DAY SUCCESS

Growing with Grace welcomed the local community at their open day last Saturday 19 June. Despite wet, cold and squally weather, the number of visitors more than doubled on last year. Tours around the 'glass houses, packing shed and composting scheme' enabled people to witness the different aspects of the business first hand. Existing customers could see the growing crops of sugar snap peas, broad beans, courgettes, sunburst squash, baby chard, round beans and salad leaves that are, or soon to be, included in their vegetable bags. The shop was open and a vegetarian barbeque provided snacks, welcomed in the unexpectedly cold weather! A puppet show and painting entertained younger visitors. Information displays in the packing shed explained the packing operation, the composting scheme and provided information on the Middlewood Trust and Soil Association. Matthew Robson had a stand displaying his 'Bushy Tail' herbal products and was there to provide information and advice.

Growing with Grace wish to thank everybody for their interest and support.



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Anybody wishing to make a follow up visit would be welcomed.

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MARGARET MASON 29/07/1934

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In your youth on the milk round you did go,
Or with young farmers to the agricultural show,
You then met Stephen, who took your hand in marriage,
Followed soon by baby Jean in carriage,
Richard, Robert and Judith extended the clan,
Completing the Mason family plan,
Stock and farming have always been your passion,
While to swimming, badminton and bowls you'd go dashing,
Archers Hall has always been your base,
But November is the time to pack your case,
At last you and Stephen will retire,
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HOLIDAY CLUB

This year's holiday club for 4 to 11 year olds will be held in the People's Hall from 16 to 20 August, from 10am to mid-day. The title of this year's club is 'Seaside Rock' and as the name suggests the activities will all be based on a seaside theme.

Application forms will be distributed via the primary school before the summer holidays, to be returned to Sedbergh Office Services by the date indicated on the form.

The Holiday Club has been great fun in previous years and we look forward to welcoming new children, as well as welcoming back previous participants.

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SEDBERGH VISUALLY IMPAIRED GROUP MEETING

Sixteen people gathered in the People's Hall on Tuesday 18th May. They heard Kathrone from the South Lakes Society for the Blind explain how the National Library for the Blind wants the visually impaired to make more use of public libraries, and to go into Sedbergh Library during the 'Make a noise in Libraries' week from 19th to 25th July, to enquire about the special services available.

A new type of RNIB CD player was demonstrated; there was a selection of watches to be examined; a set of Large Print Books were available on loan; and some new ideas for improving the *Lookaround* tapes were discussed. All this, plus a goodly and constant supply of tea and biscuits made for an interesting afternoon.

Valerie Finch

SEDBERGH BOWLING CLUB

We held our Open Doubles Competition on Bank Holiday Sunday. Play started at 10 am, in glorious sunshine, which remained until the finish at 9 pm. We provided refreshments, which were on sale throughout the day, and held a raffle.

Our President Sheila Bainbridge congratulated the winners Bob Gardner and Simon Bray from Bowness Club and presented their prizes. Runners up were Gilbert Bainbridge from Sedbergh and his partner and ex work colleague Eric Atkinson, who lives in Kendal and also plays at Bowness.

All our members played well. Special Congratulations to Gilbert, John Oughton and Tom Wilson who lost in the Quarter finals.

SEDBERGH GALA 2004

RESULTS

Fancy Dress

Under 4

1st: Brodie & Reuben Swallow & Ben
Ferguson

2nd: Abbie Woof

3rd: Chloe Dalzell

Girls 4-7

1st: Katie Woof

2nd: Rachel Hopkins & Rebecca Wild
(joint)

3rd: Reagan Brooks

Boys 4-7

1st: Jake Woof

2nd: Harry Page

Girls 8+

1st: Grace Cowperthwaite

2nd: Emma Hopkins

3rd: Rebecca Wilkinson & LLana Fearn
(joint)

Boys 8+

No entrants.

Prams/pushchair

1st: CJ Middleton

2nd: Jerome Ingham

Bicycles

No entrants

Ponies

No entrants

Decorated vehicle

1st: Sedbergh Playgroup

Pedestrian Float

1st: Guldrey & Co

2nd: Sedbergh Primary School

3rd: Settlebeck High School

The person who correctly identified the
1964 Gala Queen which appeared in last
month's *Lookaround* was Brenda

Thexton who correctly identified her as
Margaret Bell.

SEDBERGH TOWN BAND

Annual Sedbergh Gala

This year's Gala was particularly
significant being the fortieth anniversary
of its inception as a regular feature in the
Sedbergh calendar.

The Town Band again led the procession
from the fire station, through the town
and on to the Lupton fields via Back
Lane. A series of stirring and familiar
marches ensured the parade progressed
with fitting swagger and panache.

Subsequently the Band gave a concert
featuring numbers both traditional and
new to its repertoire. Unlike last year
when the Band had to play protected
from the elements by the marquee, this
year they were able to be in the midst of a
huge crowd that was attracted to the
event by a combination of excellent
weather and a fantastic range of
entertainments. The Band would like to
extend their appreciation and
congratulations to the Gala organising
Committee for achieving such a
successful day.

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THOUGHT FOR THE MONTH

Anyone told you the most important of the Facts of Life ? You, me, everyone, we are born through Gods creative love, throughout our lives His love sustains us and gives us hope and strength. His love is everlasting, is always the same, He doesn't have a bad day. bad moods, or ever be too busy to listen to us. He is just a word away, prayer need not be complicated, just one word "Jesus" and He is with us. If you have a Bible, look up Romans 8 v38 and read for fact that NOTHING can separate you from God's LOVE. Life can be terrible, grief can be painfull, to be lonely can be to be in despair, remember this, people blow hot and cold, but not God, He is with you. He cares. He loves. And always will. *LD*

SEDBERGH BADMINTON CLUB

The AGM was held on 14th June with the entire committee in attendance. Formal business was briskly conducted with Chairman, Treasurer and Secretary all re-elected. Each presented their report and the Chairman summed up the general feeling that it had been an excellent season with both senior and junior teams playing well and all members benefiting from our move to Queen' s Sports Hall. The Chairman thanked the Treasurer for all her hard work throughout the year and the meeting closed at 9.45.

CLUB NIGHTS

The season will begin on Friday September 3rd when existing and new members (all abilities!) will be very welcome, times as follows:

Juniors Fridays	7.30-8.30
Seniors Fridays	8.30-9.30
Mondays	7.30-9.30

SEDBERGH

ROYAL BRITISH LEGION

The Committee would like to thank all who helped in any way with the Legion Coffee Morning in June which raised £262.74 towards the funds.

Dear Editor

May I please, through the pages of the Lookaround, thank all those people who helped me in my research on Braithwaite's.

Over the past two or three years, whilst carrying out this research, I have renewed many old acquaintances in Sedbergh and made many new friends.

At last I have managed to put all the information together in the form of a "History of Braithwaite's of Sedbergh", and would like to take the opportunity of publicising it. The history is in the form of an A5 booklet with 81 pages and over 100 photographs. It has been produced in two versions, one in black and white selling at £3.50, and the other in colour (half the photos in colour) selling at £6. The booklets are available from the Lookaround Office, or from me, Gordon Braithwaite at 7 Lansdown Road, Abergavenny, NP7 6AN.

MEALS ON WHEELS

Would you like to help provide a vital service to your local Community?

We need drivers and helpers to deliver Meals on Wheels in the area. If you are interested in becoming a Volunteer for two hours a week/fortnight, please contact 01229 894338 for more details.

FURTHER TO SEDBERGH MEMORIES

Dear Readers,

I stand corrected! Jack and Jenny Dawson remember the 'Pullars of Perth' sign outside Agnes Parker's drapery and baby-wear shop, where Aston's bakery is now.

Thank you, Jack and Jenny.

Freda Trott

POLICE REPORT

There are many reports recently about the bad roads in our area with many accidents occurring, especially on the A683 and involving motorcycles. There is currently a survey being conducted regarding the A590 to Barrow too. I must disagree with these comments as I do not believe that there are any bad roads in our country, only bad drivers. The biggest contributory factor in accidents is 'speed'. My advice at all time is "KILL YOUR SPEED, NOT YOURSELF".

Another issue that I would like to be resolved is a Drivers Re-Test every ten years which would improve the standard of driving everywhere. It is also unfair to make the initial Test harder as only new and usually younger drivers are affected. Think about it and ask yourself the question, "would you pass a Test today?"

Recently, a small chrome watch shaped like a flower was found on the riverbank after the duck race. If you have lost a similar one, please contact the Lookaround Office with a further description of the watch.

DJW

FROSTROW W. I.

In June an outing replaced the monthly meeting and this year the main venue was Raby Castle. Members and friends left Sedbergh by minibus on a drizzly, murky morning, but, much to our relief, as we crossed the Pennines, the rain cleared. By the time we reached Barnard Castle it was a clear, fresh morning, so we spent time shopping, enjoying a cup of coffee or browsing the market stalls.

At Staindrop the proprietress of a very pleasant café was awaiting our arrival. We heard favourable comments all round about the food service.

On to Raby Castle, built in 14th Century by the Nevill family and in the Barnard family since 1626 to the present day. It is an impressive castle with elaborate architecture, fine furniture and portraits, also a carriage collection.

We returned via the scenic route with panoramic views.

An enjoyable day was had by all thanks to the careful organization of June Mudd.



Millennium Stone at Settlebeck


KILLINGTON W.I.

The ladies of Killington W.I. forgathered once again in the committee room of the People's Hall. The date was June 8th. The hour was 2pm. The occasion was our monthly meeting. The turnout was excellent though a few of our stalwarts were missing. We were glad to learn that Majorie Bramley is home again after an unexpected sojourn in the Royal Lancaster Infirmary. She had been unlucky to have been pulled to the ground by one of those infernally, eternally extending dog leads, and sustained a cracked femur resulting in a new hip being needed. Hence she missed not only our meeting but also the pleasure of being a bric-a-brac lady at our Gala stall. Here an excellent profit was made and much fun was had, thanks to Dawn Stevens and her band of merry men (or persons of that nature). Next door to the bric-a-brac Wendy and Joyce urged young and old alike to search for the buried treasure which you will be interested to learn was buried under Danny Bridge. The nearest guess by Clara Holden placed the gold at Garsdale Foot Farm and hence won the £10 prize. (The bullion has been returned to the Royal Mint)

(We have been quite active this month. In addition to the Gala several of us enjoyed the Vale of Lune group meeting hosted by Frostraw W.I. in the People's Hall and we thank them for their hospitality. The competition for a collage of fruit and vegetables was won by Dent W.I., their entry having been prepared by Sarah Woof. Well done to them and thanks again to Dawn for our own splendid entry. Several of us journeyed to

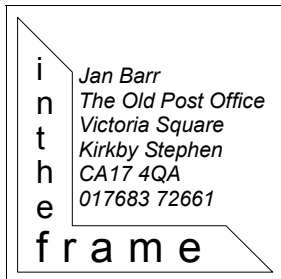
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☎ 20904



**ALL RUBBISH
REMOVED**

Holker Hall for the Garden Show and really enjoyed all the displays. Many beautiful plants were bought to enhance the gardens of Sedbergh. Myself, I returned with two huge bags for garden rubbish and a novel type of seed tray. I had been forbidden on pain of death to buy any more plants, "**until you have planted the ones you've got!**" Another outing for Killington W.I.'s glamorous ladies was to a Fashion Show at Newbiggin-on-Lune. This had been organised by Ravenstonedale & Newbiggin Institute and was a great success. The clothes worn by the models on the catwalk were provided by L. A. Fashions, a boutique in Milnthorpe, and were eminently wearable and affordable.



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The models were members of their institute and slightly more substantial than Kate Moss!)

The business part of our meeting dealt with even more activities to come. On the morrow four of our members dressed in best bib and tucker were off to the A.G. M. at Sheffield with a very early start (6.16am from Joss Lane - what a precise lot we are!) We look forward to Pam's report in due course. Plans are also afoot for our outing in July, our Coffee Morning at the U.R.C. Rooms on 30th June, our stall at the Market Fayre on 28th August, and our President's Tea Party at High Becks in August.

After all this activity, and plans for more, we were very ready to sit and listen

to our own speaker who was Scott Helmsley of South Lakeland Voluntary Society for the Blind. He told us of the practical help this society can provide for those with impaired vision in our area. The society has no financial connection with the National Institute for the Blind which works on a grander scale. Scott made the point that those with loss of vision often suffer other disadvantages such as loss of hearing which makes coping with everyday life even more difficult. Did you know that a red and white striped cane means that the user has limited hearing as well as sight? (No! It doesn't mean that they want to be taken to the barber's.) Volunteers can be organised to help with simple tasks such as reading mail and other items. He showed us a wide range of ingenious and sensible gadgets, all designed to make life easier and to help those in need to maintain an independent life. It made us all think, especially as some of our own members already have these problems which they overcome with courage and good humour.

As usual the meeting concluded with tea, chat, competition, raffle, and this month ordering calendars and diaries for 2005! How time flies when you're having fun! The raffle for a lovely Yorkshire Tea caddy (full of Yorkshire Tea bags) was won by Joyce Swann, and she was delighted with the lovely tin. It's one of those that you keep for a lifetime. I am still using a sugar tin with a very worn picture of the Royal Wedding - Elizabeth and Philip. Mary Tallon won the competition for "a rose" with a beautiful perfumed bloom from her own garden.

W.F.U.

KILLINGTON SPORTS

McNamara wins World Championship again.

Rob McNamara from East Kilbride won his eighth All-Weights World Championship from a field of 14 in an exciting final of the Cumberland & Westmorland Wrestling held at Killington Sports this year. David Atkinson was runner-up and Joseph Robson came third. This event was jointly sponsored by Killington Marquees and Michael Mudd.

The Sports organisers were keeping their fingers crossed when it was still raining at 5 o'clock during the traditional party for the local children, but for once the weather forecasters were right and it cleared up quickly for a prompt start with the children's races at 6 o'clock and then stayed fine for the rest of the evening. Someone was looking kindly upon us. Nearly 500 participants and spectators turned up to enjoy yet another traditional village sports which have been held at Killington for many decades. 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. The evening concluded with the usual fun events such as Potato Races, Sack Races, Mixed 3-Legged Races, Pillow Fights, Egg-throwing and Tug o' Wars.

The organisers wish to express their gratitude to the many sponsors who regularly support this event.

Results

Men's 100 yards.

1st. Elliot Began

2nd. Wajib Ali

3rd. Daniel Walmsley

4th. David Appleyard

Ladies 100 yards

1st. Sam Morphet

2nd. Janice Laidlaw

3rd. Helen Caton

4th. Angela Clarke

Men's 200 yards

1st. James Walker

2nd. Daniel Walmsley

Ladies 200 yards

1st. Angela Clark

2nd. Angela Hurst

3rd. Helen Caton

Men's 400 yards

1st. Alistair Russell

2nd. Dave Till

3rd. David Allen

Ladies' 400 yards

1st. Gemma Crowther

2nd. Chloe Johnson

Half-mile Handicap

1st. Alistair Russell

2nd. Tom Doyle

3rd. Mark Wilson

Ladies

1st. Gemma Crowther

2nd. Melanie Morphet



Rob McNamara being presented with his trophy by the President of the Wrestling Association and George Rowlinson of Killington Sports



Rob McNamara in action

Mile Handicap

- 1st. Chris Doyle
- 2nd. Danny Parkinson
- 3rd. David Allen
- 4th. K Johnson

Ladies

- 1st. Helen Jolly

U12 Fell Race

- 1st. Matthew Thretwell
- 3rd. Mohammed Samsul
- 4th. Neall Tell

Girls

- 1st. Lauren Moorhead
- 2nd. Melanie Morphet
- 3rd. Amy Fretwell

Local

- 1st. Ben Chetwood

U16 Fell Race

- 1st. Alistair Russell
- 2nd. Ryan Thornborrow
- 3rd. Grant Cunliffe

Girls

- 1st. Gemma Crowther
- 2nd. Holly Johnston
- 3rd. Samantha Morphet

Senior Fell Race

- 1st. Colin Urmston
- 2nd. Chris Doyle
- 3rd. Lee Siemaszko
- 4th. Wajib Ali

Ladies

- 1st. Lynn Whittaker
- 2nd. Samantha Morphet
- 3rd. Helen Jolly

Senior Mountain Bike

- 1st. Andy Holden
- 2nd. James Dalton
- 3rd. James Walker

U16 Mountain Bike

- 1st. Ben Chetwood

Wrestling

U12

- 1st. Ben Brocklebank
- 2nd. Alistair Thompson
- 3rd. Stuart Mason

U15

- 1st. Graham Brocklebank
- 2nd. Stuart Mason
- 3rd. Neil Bentham

U15 Girls

- 1st. Tracy Hodgson
- 2nd. Hannah Hodgson
- 3rd. Charlotte Musgrave

Men U15 Stone

- 1st. Alan Walton
- 2nd. David Atkinson
- 3rd. Joe Harrington

All Weights

World Championship

- 1st. Rob McNamara
- 2nd. David Atkinson
- 3rd. Joseph Robson



Cyclist approaching the Finishing Line



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TWIN TOWNS: SEDBERGH

The Concept

Sedbergh will host visits from key members of FOUR different potential twin towns, from differing European countries. The visitors from the European towns will LIVE and WORK alongside their Sedberghian counterparts for approximately ONE WEEK. This process will be filmed. At the end of each visit, a core group of participants from Sedbergh will voice their opinions regarding the feasibility of twinning with that particular town. At the end of all four visits, the town will make a decision as to which town is right for Sedbergh - and sign, or state the intention to sign, an Official Twinning Charter.

The Format

The BBC will broadcast THREE programmes per week, (for example, Monday, Wednesday and Friday) for the duration of four weeks. The proposed broadcast dates are in January 2005 and it is intended for either a 6:30pm or 7pm half hour slot on BBC2. Each week, the viewers will see a different European town in Sedbergh.

The Style

The BBC is keen that editorially, the programme is suitable for 'tea time' viewing, and it should appeal to a wide age range. A lot of emphasis will be placed on the attractiveness of Sedbergh, both as a town and the wider location and therefore the series will be particularly

visually appealing.

The Filming

A production team will be based in Sedbergh for approximately SIX WEEKS. This may be all in one stint, or spread out over a slightly longer time period. It is our intention to start filming on or around August 30th. We would like to keep the good weather, and ensure that your foreign visitors can take time off from their existing commitments.

However, we also want to make sure that the schools can participate in most of the series, that the town has slightly fewer tourists, and that more Sedberghians are at home and able to take part in the decision making.

The Participants

The series will match up key community figures with their foreign counterparts, although it is unlikely that one person from Sedbergh would be asked to host Europeans from all four villages. The individuals 'hosting' a European will form part of the 'storyline', but these people are unlikely to feature in equal amounts on screen. As this is very much an observational documentary, we cannot precisely predict how the project will unfold. For example, if a Farmer has a particular experience with his French counterpart, he could find himself the centre of a story line on one programme, but the following week his experience with the Italian Farmer is uneventful and therefore only features briefly.

Participants can expect to be filmed for the duration of their involvement (hosting one or several visitor(s)). Secondary participants (for instance, customers in a pub or a shop, or work colleagues) will also be expected to co-operate with the cameras and to get involved when



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..... suitable.

The Cameras

..... There will be a selection of camera people about the town, at any one time. We do not currently intend to fix any static cameras in public areas or in homes or work places. Filming will vary between observational documentary - where the camera follows the action as it takes place, and short informal interviews with people at various points.

What happens if I want to get involved

..... Make sure that you say hello to Zoe or Tim at the meeting and have a quick chat. We may film a short conversation with you, which is not for broadcast. If for some reason you couldn't speak with us at the meeting then please contact one of us as soon as possible by leaving a message for us at The Bull reception desk (June 8th -June 10th) or by contacting us by telephone or email from 14th June. Details below.

FAQ's

What is required of a participant?

..... Individuals will be teamed with their foreign counterpart, and will be expected to live and work with this person for approximately one week. Some

..... (Continued on page 62)

participants will be involved in more than one twinning, but not necessarily on consecutive weeks. Cameras will be in homes and work places, and at times may seem a little intrusive, so family members and colleagues may require some patience. When suitable, we would like family members and colleagues to also participate, as they will have their own opinions to share. Participants will need to be comfortable about sharing their opinions, and they will take part in the town's final decision, as their personal experiences will be relevant to the choices made.

I don't speak a foreign language, can I still take part?

Yes, everyone visiting Sedbergh will be required to have good spoken English.

What happens if I do not want to appear on camera?

Inhabitants of Sedbergh who are particularly unhappy about appearing on camera should make themselves known immediately to production staff, and every effort will be made to ensure they do not feature. However, their co-operation with this will be expected and therefore if they see the cameras rolling they should attempt not to participate (for instance purchasing bread from the bakers whilst the cameras are filming the cash register area of the bakers).

How do you choose the four towns?

Members of the production team will select the European towns. Our selection process will follow a 'wish list' provided by the twinning committee and we will

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attempt to make sure that all four towns fit most of the desired criteria for a potential twin town for Sedbergh.

How will we know anything about what the other towns are like?

Each town will have a 'promotional film' made for Sedberghians to view. Sedbergh will judge how they feel about their potential twin by the experience of hosting that town's key community members for one week in their homes and workplaces. In addition, the visitors will put on an event culturally relevant to their home town - to give the wider population of Sedbergh a taste of who could be their Twin Town.

Who are Ideal World Productions?

Ideal World Productions is a successful independent production company, with

offices in Glasgow and London. We are well known for ratings-winning series such as Location, Location, Location, and Driven. We also produce high calibre one-off documentaries. Twin Towns is an original concept formulated by Ideal World Productions and we have been commissioned by the BBC to make the series. In May 2004, Ideal World Productions merged with Wark Clements - Scotland's largest production company, to form IWC MEDIA, and during the coming weeks we will begin to operate under this name. Due to the merge, please be advised that any existing contact details for us will change as of Monday 14th June.

For any further information, contact Zoë or Tim on 020 7317 2230.



Sedbergh Community Development Centre

Pick up a "BiteSize" course this summer!

Creating Labels & Raffle Tickets - Save time and money by learning how to print your own! Tuesday 13th July, 7 - 10pm. **FREE**.

CREDITS SiteBuilder - Web design the easy way! - A FREE workshop to introduce you to a new simple and cost-effective tool for creating a professional looking website for your club or business. Have a go, you'll be impressed!
Tuesday 6th July, 7 - 9:30pm **FREE**

Rotting & Rolling! - A practical workshop on compost making and building a wormery. "It's a sin to bin, get composting!"
Fold Ghyll, Garsdale, Sunday 4th July, 9am - 12pm, £6

Autumn Course Preview

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Tel: 015396 21031

SEDBERGH TOWN BAND

Band News

Upon promotion from The Beginners' Group Richard Kooper (tuba), Liz Hodgson and her daughter Hannah (cornets) have played in their first concerts for the Town Band.

The Band intends forming a drum section and invites all aspiring drummers to get in touch with the Director of Music, Alan Lewis, on Sedbergh 22230 (Band Room) or Sedbergh 20001 (Home).

On Wednesday 21st July there will be a Charity Concert to be held in the open air in the Bull Hotel garden on the recently constructed band stand. The concert will be in aid of Cardiovascular Research and the Kirkby Lonsdale Band will also be appearing. Entry is free but there will be the opportunity to contribute to this worthy charity via a donation at the end of the concert. The concert will be part of a 'Euphonothon' performed by Joe Symonds. This involves Joe cycling, carrying his euphonium, from John O'Groats to Lands End, stopping off nightly to play his euphonium with a local hand and thus raising money for the charity.

On Saturday 4th September members of the Band are travelling to the Bridgewater Hall, Manchester, to hear the three leading British bands in Concert: Black Dyke Band, Foden's Richardson and Grimethorpe Colliery.

Sunday 5th September sees the Band in Kendal at 1 pm playing at the official opening of the new Veterinary Centre at K. Shoes.

The well supported 'Absolute Beginners' and 'More Advances Beginners' classes under the expert tuition respectively of Noel Bertram and Tony Crofts continue to be held on Monday evenings at six o'clock. Additional players of any standard are always most welcome. *GB*

SEDBERGH YOUTH SUPPORT FUND

It is some time since I wrote about this funding opportunity in "Lookaround". This is by way of reminder that the fund still exists.

The fund is available to anyone, on behalf of themselves, or a group within the Sedbergh local community, involved in Christian work with young people. It may also be used for subsidising any young individual who may wish to participate in a Christian based activity, but feels unable to fund all the costs. For instance joining a Schools' Christian Union Summer Camp.

Money is available for the Committee to consider making donations. The Committee is multi-denominational. Their main wish is that all deserving causes are given every opportunity to apply, and each application will be treated on its merits. The main consideration will be the furthering of Christian work or the Christian experience for young people in the area.

If anyone would like to know more, or wishes to make an application, please contact me on Sedbergh 20678. Thank you.

Martin Cope (Chairman)



NO SMOKING ZONES

ACCOMMODATION	Phone (015396)
Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms)	25043
Slack Cottage, Dent, Sedbergh (B&B)	25439
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.)	21000
Moss Barn Holiday Caravan, Garsdale Road, Sedbergh (Self C.)	21038
Scow Cottage, Cowgill, Dent, Sedbergh (B&B)	25445
River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B)	25592
The Lodge, Loftus Manor, Sedbergh (B&B)	21855
Garsdale Foot Farm, Garsdale, Sedbergh (B&B)	21329
Swan Inn, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Wilkinstile, Dowbiggin, Sedbergh (Self C.)	20436
Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms)	21820
Sun Lea, Joss Lane, Sedbergh (B&B)	20828
The White House, Flintergill, Dent, Sedbergh (B&B)	25041
Cross Keys Hotel, Cautley, Sedbergh	20284
High Brigflatts, Sedbergh (Self C.)	20570
Syke Fold, Dent, Sedbergh (B&B)	25486
Lea Yeat Cottage, Wray Rigg, Cowgill, Dent, Sedbergh (Self C.)	25091
Holmecroft, Station Road, Sedbergh (B&B)	20754
The Bungalow, Cautley, Sedbergh (B&B)	21649
Middleton Head, Middleton (B&B)	20258
Randall Hill Cottage, Station Road, Sedbergh (Self C.)	21346
10 Main Street, Sedbergh (B&B, All Bedrooms)	21808
Stone Close, Main Street, Dent, Sedbergh (B&B)	25231
St Marks, Cautley, Sedbergh (B&B, All Bedrooms)	20287
EATING PLACES	
The Head Restaurant, Middleton	20258
Bull Hotel Restaurant, Main Street, Sedbergh	20264
White Rose Fish & Chip Cafe, Main Street, Sedbergh	20468
Le Rouge Restaurant, Finkle Street, Sedbergh	20433
Fran's Bakery Tea Room, Main Street, Sedbergh	21058
Dent Crafts, Helmside, Dent	25400
Swan Inn Restaurant, Middleton, Nr Kirkby Lonsdale	015242 - 76223
Meadowside Tearoom, The Laning, Dent	25329
Cross Keys Hotel, Cautley, Sedbergh	20284
Dalesman Restaurant, Main Street, Sedbergh	20
Stone Close Tea Rooms, Main Street, Dent	25231

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

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
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
Butterflies Tots & Carers	Mrs Gerrard	Sed:	21217
Caving & Potholing Club (Dent)	Mr Stephenson	Sed:	21285
Chamber of Trade	Mrs Baines	Sed:	21287
Chameleons Drama Club	Mrs Bush	Sed:	20058
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Smith	Dent:	25209
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
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	Mr Kooper	Sed:	20234
Guides			
	Rainbows	Miss Stephenson	Sed:
	Brownies	Mrs Mackereth	Sed:
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
History Society	Mrs Scobie	Sed:	21106
Kent Lune Trefoil Guild	Mrs Taylor	Sed:	20440
Ladies National Farmers Union	Mrs Escholme	Sed:	20376
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)	Mrs Donaldson	07967	972160
Parish Council (Sedbergh)	Mr Stanton	Sed:	20901
People's Hall	Mrs Griffiths	Sed:	20677
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
Scouts	Mrs Sewell	Sed:	20793
Cubs	Mr Mawdsley	Sed:	20723
Scouts	Mrs Wood	Sed:	21385
Settlebeck High School P.T.F.A.	Mrs Bartle-Ross	Sed:	23334
South Lakeland Carers Association	Dr Noble	Sed:	20100
South Lakeland Voluntary Society for the Blind	Mrs Cooling	Sed:	20622
Squash Club	Mrs Denton	Sed:	20521
St Andrew's Church (Sed) Sunday School	Mrs Kellaway	07799	262055
St. John Ambulance	Mr Winn	Sed:	21096
Cadets	Mrs Uttley	01539	722568
Adults	Ms Pakeman	Sed:	21279
Slimming Club	Mr Ellis	Sed:	20344
Swimming Club	Mrs Waters	Sed:	20457
Tennis Club	The Committee	Sed:	20773
Town Band	Mrs Mason	Sed:	20048
White Hart Sports and Social Club	Mr Hinson	Sed:	20118
United Reformed Church Rooms	Mrs Fothergill	Dent:	25257
Westmorland Gazette Correspondent	Mrs Petyt	Sed:	21574
Women's Institute (Dentdale)	Mrs Scambler	Sed:	20603
Women's Institute (Frostrow)	Mrs Sharrocks	Sed:	20754
Women's Institute (Howgill)	Miss Capstick		
Women's Institute (Killington)	Mrs Storey	Sed:	21593
Young Farmers Club			
Zebra's Baby & Toddler Group			

BUS SERVICES

Sedbergh to Kendal via Oxenholme

Monday – Friday

Sed	Arr				
07.45	0845		564	GP	❖
09.40	1010		564	W	
09.55	1030		564	GP	❖
10.05	1040	Wed	564B	W	❖
12.40	1310		564	W	
12.45	1320		564	GP	❖
13.00	1335	Wed	564B	W	❖
14.00	1430	Tue	804	D&H	❖
14.40	1510		564	W	❖
15.25	1600		564	GP	❖
17.11	1745		564	W	

Saturday Only

09.55	1030		564	GP	❖
10.50	1125		564A	D&H	❖
12.45	1320		564	GP	❖
15.25	1600		564	GP	❖

Sedbergh to Brough

Monday – Saturday

09.05	0929#	M-F	564	GP	❖
11.15	1200		564	GP	❖
14.15	1445		564	GP	❖
16.50	1740		564	GP	❖

Sedbergh to Kirkby Lonsdale

09.45	10.18	Thu	567A	D&H	❖
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To Hawes

08.45	0920	Fri	112	B	
09.10	0945	Tue	112	B	
10.00	1035	Tue	804	D&H	❖
11.20	1155	Fri	112	B	
14.00	1435	T&F	112	B	
15.35	1620	Sch	112	B	
15.35	1620	Fri	112	B	

Sedbergh to Cowgill

09.40	10.09\$	Sat	564A	S	❖
12.05	12.32	Wed	564B	W	❖
15.00	15.30\$	Wed	564B	W	❖
14.15	14.43	Sat	564A	S	❖

Blackhall Road, Kendal to Sedbergh

via Oxenholme

Monday - Friday

Dep	Sed				
08.35	0905		564	GP	❖
08.35	0919	Sch	564	W	
09.30	1000	Tue	804	D&H	❖
10.30	1056		564	W	
10.45	1115		564	GP	❖
11.30	1205	Wed	564B	W	❖
13.30	1356		564	W	
13.40	1415	Wed	564B	W	❖
13.45	1415		564	GP	❖
16.20	1650		564	GP	❖
16.30	1656		564	W	
17.45	1815		564	W	❖

Saturday Only

09.40	1015		564A	S	❖
10.45	1115		564	GP	❖
13.45	1415		564	GP	❖
14.20	1455		564A	S	❖
16.20	1650		564	GP	❖

From Brough to Sedbergh

Monday – Saturday

07.05	0745	M-F	564	GP	❖
09.15	0955	Sat	564	GP	❖
#09.30	0955	M-F	564	GP	❖
12.05	1245		564	GP	❖
14.45	1525		564	GP	❖

From Kirkby Lonsdale to Sedbergh

12.15	12.48	Thu	567A	W	❖
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From Hawes to Sedbergh

08.00	0845	Sch	112	B	
09.20	0955	Fri	112	B	
12.00	1235	T&F	112	B	
13.25	1400	Tue	804	D&H	❖
14.45	1520	Fri	112	B	
16.35	1710	Sch	112	B	
16.35	1710	T&F	112	B	

From Cowgill to Sedbergh

09.37	1005	Wed	564B	W	❖
\$10.20	1050	Sat	564A	D&H	❖
12.32	1300	Wed	564B	W	❖
\$15.45	1615	Sat	564A	D&H	❖

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

B = Braithwaite's Coaches

D&H = D&H Travel

❖ = Provided with Support from CCC # = Kirkby Stephen

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)

All times valid from 4th April 2004

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
 Sunday 08.00; 10.30 & 18.30
 Wednesday 11.15

Canon A W Fell Tel: 20283

ROMAN CATHOLIC

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

Rev. Dr. P Campbell Tel: 20918

METHODIST CHURCH

New Street
 Sunday 10.30 & 18.30

Rev. T Widdess Tel: 20329

UNITED REFORMED CHURCH

Main Street
 Sunday 10.30

Secretary: Mrs M Mason 20048

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

*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

Canon 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 & Frostrow

Rev. T Widdess 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, Homeopathy	015396 20648
Ruth France	Remedial & Therapeutic Massage	07866 596958
Denise Williamson	Homeopathy, Bowen Technique	015396 20846
June Parker	Acupuncture	015396 20972

Complementary therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 8th March 2005

JULY			
1	1030	Photo Exhibition Daily (A)	FM
1	1000	Moor & Dale Exhibition Starts	DCMH
2		SS Term Ends	
2	1545	Chameleons Drama Club	StAS
2		SHS Open Day	SHS
2	1900	Cheese & Wine with Music (8)	GFFM
3	1000	Coffee Morning	GVH
3		Jura Singing Holiday	
4	1015	YDNP Cautley Spout	YDNP
4	1100	The Whinash Walk	Shap
4		BBQ & Duck Race	KVH
4		Jura Singing Holiday	
5		Jura Singing Holiday	
6		Jura Singing Holiday	
6	1400	Demonstration	DCMH
7	1000	URC Coffee Morning	URCR
7	1400	Demonstration	DCMH
7		Jura Singing Holiday	
8		Jura Singing Holiday	
9	1545	Chameleons Drama Club	StAS
9	2000	Zebra's AGM	TBA
9		Folk Music Weekend (1)	SIM
9		Jura Singing Holiday	
10		Jura Singing Holiday	
10		Folk Music Weekend (1)	SIM
10		Lakeland Rose Show	Crooklands
11		Folk Music Weekend (1)	SIM
11		Lakeland Rose Show	Crooklands
13		WIK Outing	
14	1000	Alzheimer's Coffee Morning (14)	URCR
14	1030	Photo Exhibition Ends (18)	FM
14	1330	YDNP Dentdale Floral Frenzy	DCP
14	1930	Needles & Pins Club	StJAR
14	1930	WIF Meeting	PH
15	1830	StAS Barbecue (15)	SV
16	1545	Chameleons Drama Club	StAS
16	1830	GVH Evening Walk	GVH
16	1930	Gift Day	DCMH
18	1030	People's Hall Service	PH
18	1030	Textiles Exhibition (18)	FM
18	1400	CWT Wildlife of Coombe Scar	DCP
20	1400	SLVSB	CO
21	1000	WIF Coffee Morning	URCR
21	1400	YDNP Watermills	YDNP
21	1400	HS Kirkby Stephen (21)	KS
21	1930	Charity Concert (21)	Bull
22	1230	Birds in the Dales	DCMH
24	0900	Cumbria Steam Gathering	Flookburgh
24	1400	YDNP Surprises in Sedbergh	YDNP
25	0900	Cumbria Steam Gathering	Flookburgh
26	1200	Shire Horse Day (26)	DI
28	1000	Methodist Coffee Morning	URCR
28	1400	Art in the Park	DCMH
31		Barbon Hill Climb	Barbon
AUGUST			
1	1000	YDNP East Cowgill	Dent Station
1	1000	Moor & Dale Exhibition Ends	DCMH
4	1000	Howgill Church Coffee Morning	URCR
7	1230	Open Gardens Weekend	Garsdale
8	1230	Open Gardens Weekend	Garsdale
8		StAS Table Top & BBQ	SIM
10	0830	Lunesdale Agricultural Show	KL
11	1000	North West Cancer Coffee Morning	URCR
11	1930	Needles & Pins Club	StJAR
11	1930	WIF Meeting	PH
14	1300	CWT & HS A Walk on Clouds	LHCP
15	1400	YDNP Watermills	YDNP
16	1000	Holiday Club	PH
17	1000	Holiday Club	PH
17	1400	SLVSB	CO
17	1930	FCH Domino Drive	FCH
18	1000	StAS Missionary Coffee Morning	URCR
18	1000	Holiday Club	PH
18	1030	Textiles Exhibition ends (18)	FM
18	1300	YDNP East Cowgill	Dent Station
19	1000	Holiday Club	PH
20		S&D Art Society Exhibition Starts	MH
20	1000	Holiday Club	PH
21		Town Band Charity Concert	Bull
22	1030	People's Hall Service	PH
28	1000	Market Fayre	Sedbergh
28	1000	Beekeepers C'Mouth Convention	Keswick
28	1430	Fun Afternoon & BBQ	GVH
28		Gardening Ass Annual Show	KL
29	1415	CWT Children's Walk	DCP
29		Dentdale Annual Festival	Dent
30	1300	YDNP Dentdale Walk	DCP
30		Dentdale Gala	Dent
30		Dentdale Annual Festival	Dent
31	1930	Dales Vacation Chamber Orchestra	DMH
SEPTEMBER			
1	1000	Garsdale Church Coffee Morning	URCR
1		S&D Art Society Exhibition Ends	MH
3		WIK Outing to Cartmel Flower Festival	
3	1930	Badminton Season Starts	SSQH
4		Victorian Fair	KL
4	2000	PH Old Tyme Dance	PH

The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker

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Whilst every effort is made to ensure that information is correct, the editors cannot accept any responsibility for any inconvenience caused through errors or omissions.

5	1300	Town Band Performance	K Village					
5	1400	Senior Tennis Tournament	TC	BF	=	Brigflatts		
5		Victorian Fair	KL	BS	=	Baliol School		
7	1900	Neighbourhood Forum	DMH	BVH	=	Barbon Village Hall		
8	1000	URC Coffee Morning	URCR	CDC	=	Community Development Centre		
8	1930	Needles & Pins Club	StJAR	CO	=	Community Office, Main Street		
8	1930	WIF Meeting	PH	CS	=	Casterton School		
9	0900	Westmorland County Show	Crooklands	CWT	=	Cumbria Wildlife Trust		
9	1800	CDC Enrolment Evening	SHS	DI	=	Dalesman Inn		
10	1900	Torchlight Procession	Kendal	DCMH	=	Dales Countryside Museum, Hawes		
12	1015	YDNP Cautley Spout Walk	YDNP	DCP	=	Dent Car Park		
12	1400	YDNP Surprises in Sedbergh	YDNP	DMH	=	Dent Memorial Hall		
13	1930	Beekkeepers	PH	DMC	=	Dent Methodist Church		
14	1400	WIK Mad Hatters	PH	EG	=	Embroiderers' Guild		
14	1930	FCH Domino Drive	FCH	FCH	=	Firbank Church Hall		
15	1930	Ladies Fashion Evening	DMH	FM	=	Farfield Mill		
18		Moorcock Show	Mossdale	GFFM	=	Gill Foot Farm, Mansergh		
19	1030	People's Hall Service	PH	GVH	=	Garsdale Village Hall		
20	1930	FC Harvest Sale	FCH	HS	=	History Society		
21	1400	SLVSB	CO	HVH	=	Howgill Village Hall		
22	1900	CWT Bat Watch	LHCP	JLCP	=	Joss Lane Car Park		
29	1000	Firbank Church Coffee Morning	URCR	KC	=	Killington Church		
OCTOBER								
1		Folk Weekend	Ingleton	KL	=	Kirkby Lonsdale		
2		Folk Weekend	Ingleton	KVH	=	Killington Village Hall		
3		Folk Weekend	Ingleton	LHCP	=	Loftus Hill Car Park		
6	1000	Barnardo's Coffee Morning	URCR	MCH	=	Methodist Church Hall		
12	1400	WIK A Taste of Cumbria	PH	MCCKL	=	Methodist Church Centre KL		
12	1930	Bingo & Potato Pie Supper	FCH	MH	=	Masonic Hall		
13	1000	NISCU Coffee Morning	URCR	PH	=	People's Hall		
13	1930	Needles & Pins Club	StJAR	SC	=	Swimming Club		
13	1930	WIF Meeting	PH	SCC	=	Sedbergh Cricket Club		
18	1930	Beekkeepers Honey Show	PH	SHS	=	Settlebeck High School		
19	1400	SLVSB	CO	SIC	=	Sportsman's Inn, Cowgill		
20	1000	Christian Aid Coffee Morning	URCR	SIM	=	Swan Inn, Middleton		
24	1030	People's Hall Service	PH	SMCR	=	Sedbergh Methodist Church Rooms		
25	1930	GVH Beetle Drive	GVH	StAS	=	St Andrew's Church, Sedbergh		
NOVEMBER								
5	1830	FC Bonfire Night & Skittles	FCH	StJAR	=	St John Ambulance Rooms		
9	1400	WIK AGM	PH	SR	=	Spooner Room		
9	1930	FC Domino Drive	FCH	SSPH/L	=	Sedbergh School Powell Hall/Library		
10	1930	Needles & Pins Club	StJAR	SV	=	Sedbergh Vicarage		
10	1930	WIF Meeting	PH	TC	=	Tennis Club		
10	1930	GVH Domino Drive	GVH	URCR	=	United Reformed Church Rooms		
15	1930	Beekkeepers Review	PH	WHC	=	White Hart Club		
16	1400	SLVSB	CO	WID	=	Women's Institute, Dentdale		
21	1030	People's Hall Service	PH	WIF	=	Women's Institute, Frostrow		
DECEMBER								
8	1000	Garsdale/Cautley Ch Coffee Morning	URCR	WIH	=	Women's Institute, Howgill		
8	1930	Needles & Pins Club	StJAR	WIK	=	Women's Institute, Killington		
11	2000	PH Old Tyme Dance	PH	WVH	=	Westhouse Village Hall		
14	1400	WIK Christmas Party	PH	YDNP	=	YDNP Centre, Main Street		
14	1930	FCH Domino Drive & Mince Pies	FCH					
19	1030	People's Hall Service	PH					
20	1930	Beekkeepers	PH					
21	1400	SLVSB	CO					

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079/20218

Dr P A Orr

Monday	0830 - 1100 1130 - 1200 #	1500 - 1900 *
Wednesday	0830 - 1100 1130 - 1200 #	1500 - 1900 *
Saturday	0830 - 1100 1130 - 1200 #	

Dr W Lumb

Monday	0830 - 1030 * 1230 - 1300 Dent	1530 - 1830 *
Tuesday	0830 - 1100 1130 - 1200 #	1530 - 1830 *
Wednesday	0830 - 1100 *	1430 - 1730
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

Dr C Mingins

Thursday	0830 - 1100	1500 - 1800 *
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Dr C Hunt

Friday	0830 - 1030	1600 - 1900 FP
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Practice Nurses

Monday	0845 - 1200	1300 - 1730
Tuesday	0845 - 1200	1300 - 1630
Wednesday	0845 - 1200	1300 - 1630
Thursday	0815 - 1200	1300 - 2000
Friday	1000 - 1200	1300 - 1900
Monday & Friday		Anne Crome
Tuesday & Wednesday		Janice Hancock
Thursday		Adele Reynolds

District Nurse

☎ 21690

Health Visitor

☎ 20979

A Collinge Optometrist

Every Friday	0900 - 1300	1400 - 1730 *
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DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Ms G Turner & Mr M Brickles		
Monday to Thursday	0900 - 1700	
Friday	0830 - 1500	

* By Appointment Only

Telephone Consultation

FP Family Planning

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 1300 - 1330 for lunch

COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600

e-mail office@sedbergh.org.uk

web page www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Wednesday 1000 to 1300 & Friday 0930 to 1230 *

☎ 21185 or 08451 202 999 (local rate) 24 hours

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

PENSION SERVICE SURGERY

Community Office Alt. Mondays 1000 - 1200

☎ 01539 795000 or 0845 6060265

SLCVS @ Community Office

1st Wednesday every month ☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031

e-mail: admin@sedberghcdc.org.uk

POLICE ☎ Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

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 *	

MARKET DAY

WEDNESDAY

HALF-DAY CLOSING

THURSDAY