

Sedbergh & District

LOOKAROUND

July 2005

Issue 224

Donation 50p

Will all contributors please note that we CANNOT ACCEPT ANYTHING BY E-MAIL FOR THE AUGUST ISSUE. Please drop off either a printed hard copy, Disk or CD at the Office. We apologise for any inconvenience caused.

This issue consists of 80 pages. A phenomenal big thank-you to all contributors, both articles and adverts. Without you, the readership would have nothing to read every month.

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CHILDREN'S BIRTHDAYS JULY 2005

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

The recipients this month are:-

Iasmina CALUSERU who is

7 years old on 16th July

Ella ADAMS who is

11 years old on 9th July

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



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Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (05/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com	21455
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (05/10) e-mail:- susan@holmecroftbandb.co.uk <i>2D; 1T; CH; TVL; NS; NP*; P; DR</i>	20754
Mrs C Cooper	Far End Farm, Garsdale Head, Sedbergh (05/10) <i>1F; 1D; 1T; ES; CH; L; P; DR; VB; GF; CB; CW; PetsW; NS</i> e-mail: farendfarm@onetel.com	21906
Mrs A Bramall	Summerhill, 7 Highfield Road, Sedbergh (05/10) <i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB; GF</i> e-mail: ali@interact.co.uk	20360
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F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite; PB = Private Bathroom
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 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); P = Parking;
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

PERSONAL & SMALL ADS £1

CALUSERU

Happy Birthday Iasmina for the 16th July. Lots of love and hugs from Jeannie Fell & Albert.

CALUSERU

Happy 7th Birthday Iasmina, lots of love and hugs from Gran xxx

CALUSERU

Happy Birthday Iasmina on the 16th July, lots of love from James and Vickie xx

DICKIE

To a wonderful Gran on her 80th Birthday 24th July 2005. From Martin, Ian, Garry, Thomas, Nicola, Jack, Joe and George.

FISHER

Eric's wife Mary and family thank everyone for the beautiful cards, flowers and kind tributes; As newcomers, you welcomed us warmly and have been so kind and loving in our sad bereavement.

GUNSON

Sheila would like to thank all the kind people who expressed their support and sympathy on the recent sad death of Pat. Thanks also for all the generous donations to heart and cancer charities. Special thanks to Dennis Whicker, the Ambulance Crew and Brian Goad. I am very grateful for all of the concern shown to me.

GREEN DOOR

Carole & Paul from the Green Door Sweet Shop on Main Street would like to say a big thank you to everyone in Sedbergh and the surrounding area for all their support and custom over the last two years which has helped make our business such a success and our time here so enjoyable. It's been a great way of getting to know everyone and we look forward to seeing you all regularly as we are staying Sedbergh, having moved to Loftus Hill. A special thank you to Linda & Gordon for all their help and our very best wishes to Andy, who we are sure will keep The Green Door as the kind of place that everyone wants to visit.

KIRBY

Lorraine and Caspa would like to thank all family, friends and well wishers for their kind cards and presents greeting the arrival of their daughter and Jays sister, Bobbi-Mae born 25th May in R.L.I.

KIRBY

Congratulations to you both Lorraine and Kevin on the birth of your baby girl Bobbi-Mae. Love from Mam, Angela and John, Fiona, Keith and Grant xxxx

MIDDLETON

Happy 2nd Birthday CJ on the 4th July. Lots of love, Mummy, Daddy and Fienna May.

PERSONAL & SMALL ADS £1

MORRISON

Sarah, John and family wish to express their appreciation for all the many kindnesses shown to them following Barbara's death in April. Also a heartfelt thank you to all who helped Barbara while she was ill at home, and who looked after Cleo and took her for walks. Very special thanks to June, a wonderful Carer and friend to Barbara over many years. The Internment of Ashes will take place during the summer and we will notify everyone, also at some point a seat will be erected and dedicated in her memory. Thank you to Tim for the lovely services both at the Crematorium and Sedbergh and to Brian Goad for all the care and kindness.

SCOTT

Happy 13th Birthday Craig on the 6th of July. Lots of love, Mum and Dave

SCOTT

Happy 15th Birthday Amy on the 16th July. Lots of love, Mum and Dave

WOOF

Doreen and all the family would like to say a very big thank you to all the people who sent cards and letters, over 200 in all, on the very sad occasion of Leslie's death. Also to the many people who attended St Andrew's Church. A Special thank you to Sedbergh School CCF Band. Many thanks to all who gave so generously the sum of £663 for the Air Ambulance & RSPB in Leslie's memory.

WOOF

Jennie and the family of Jack sincerely thank everyone for their expressions of sympathy and all help received. Special thanks to the District Nurses, (day and night services), to the Marie Curie nurses, Social Worker, Macmillan Nurse, all the doctors and the team of Carers who all helped the family care for him at home. Thank you to all who made donations for Marie Curie. To Tim for the lovely service, to all who came and special thanks to Brian for all care and attention.

FOR SALE

House clearance items. Folding shopper uni-sex bike, 3 speed £15. 2 Corsa/ Nova wheels, fitted with very good snow tyres, hardly used £25 the pair. Circular ext. dining table, in teak VGC £35. Office type guest chair, cloth back and seat £18. Samsung microwave, clean, as new £25. Trouser press £15. Pine double bed base, in as new condition £60. Single bed and mattress in pine, 2' - 6' in as new condition £55. Two hob Baby Belling Cooker and oven with stand very clean and in good order £75. Stag drop leaf mahogany table, VGC £35. Two modern Sony TV sets, both in very good condition, 14" £35, 20" £45. Prices as shown but all offers considered. Telephone 015396 21397

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GALA DAY 2005

Last year's Ruby Gala, blessed by perfect weather conditions, was always going to be a hard act to follow, and at midday on the 21st May this year the omens were not looking good. About five minutes before the procession was due to start from Maryfell, the Town Band, the leaders of the procession, were quite understandably in a marquee sheltering from the heavy rain as a frantic message came through from Maryfell – "Where are the Band?" Luckily, as if by magic, the rain immediately stopped, the Band were able to take their place and the procession set off. It was a very good procession and the Gala Group were very gratified by the large number of entries to the floats and fancy dress competitions – and by the quality of the entries.

After the judging of these competitions and the crowning of the Gala Queen, Rosie Wood, the Senior Fell race started. There was a large entry for this – double last year's – and it was duly won by a local runner, Lee Siemaszko, in a very fast time. Lee did not stay to revel in his glory, however, he had more important things on his mind and ran off to watch the FA Cup Final.

Several people, both visitors and locals, have commented favourably on the atmosphere at the Gala. This is in no small way due to the efforts of the Master of Ceremonies, "our own" Martin Lewes of BBC Radio Cumbria. Martin grows into the job more and more every year and he kept the public informed as to what was going on and fed them snippets of useful information. The gala atmosphere was maintained by the band, who continued to play in their marquee,

and by the star attraction "The (fairly) Famous Family", who attracted a large and appreciative audience once people realised what they were all about. The Rodeo Bull also proved very popular, providing fun for youngsters as well as a challenge to macho young men. Other popular attractions were the Fire Brigade, who again entertained and educated spectators, the Army Rope Slide, Birds of Prey, Punch & Judy, Jukalo the Juggler, the Live Bee Display and the Children's Sports (including a mothers' race this year).

One slight problem with this year's Gala was that because of the unreliable weather more things than usual had to be set up under cover. This did rather restrict the space for stall-holders and affected their takings (including the Gala Group's own). Overall gross receipts for Gala Day compared favourably with last year's, thanks to good gate receipts, generous sponsorship from local traders and a successful raffle. Net receipts are, however, lower owing to increased costs in general and the cost of providing some of the entertainment deemed necessary for a family fun day.

The Gala Group wish to thank all those who helped with the Gala in so many ways and also thank the retiring Gala Queen, Cally Steadman, for carrying out her duties with such charm and efficiency. They now look forward to organising the Bonfire. As always, they would be pleased to hear from anyone else who would like to help with the events; please contact the Gala Secretary (tel. 20234) if you are interested.

RK



Next Row: P . Clark,
Fred Fothergill, Stan
Thompson
Next row: Eric Powell,
Annie Coulthwaite,
Herbert Forster, Charlotte
Metcalf () Lottie) Charlie
Johnson
Front Row: JP Lewis,
Ernie Martin, xxxx
The second photo is
another of Settlebeck
c1960

PHOTO CALL

Thanks to Dorothy Blair, Marlene
Mason and Mary Parker for providing the
names for last months photo. The missing
name was June Airey and also a missing
name at the end was Dorothy Middleton.

This month I have 2 photos. The first is
a picture of Sedbergh Observer Corps
c1943. The names I have are believed to
be open to debate so here goes:

Top Row l-R Ron Martin, John Rycroft,
xxxx, xxxxxx, xxxx

Top Row L-R: XXX, ? Saynor, xxx, Tom
Brown, Brian Haygarth, Arthur Bracken,
xxxx

2nd row: Brian Stanley, xxx, Margaret
Guy, xxxx, Richard Horn,

Front Row: xxx, Margery Bainbridge,
xxx, Carol Brooksbank, Mr Horn, xxxx,
xxxx, Jacqueline Wadeson, xxxx

Answers as always to ; Shirley Tebay,
Walnut Bungalow, Dent, Sedbergh
LA105QT, tel:01539625001 or e mail
shirley.tebay@btinternet.com



SEDBERGH BADMINTON CLUB

The Westmorland Badminton Competition was held at Kendal Leisure Centre on Sunday 1st April. Sedbergh was well represented- Emily Armitstead won the u15 girls singles, and was runner-up in the girls doubles with Olivia Law. Andrew Postlethwaite and Joe Robinson won the u15 boys doubles; Jessica Mason was the u18 girls runner-up, **AND** won the under 18 girls doubles with Olivia Law. Andrew Burrow was the u18 boys winner, and Jessica Mason and Adam Hague were runners-up in the mixed under 18's.

The Inter-league event at Whitehaven this year was attended by Andrew Burrow, Andrew Postlethwaite, Joe Robinson, Jessica Mason, Emily Armitstead and Rosie Mason. Congratulations to Emily who was selected to represent Cumbria at Largs in Scotland this year and to Joe Robinson who played for Cumbria at Ayr, Scotland, in an u15 friendly competition - Cumbria



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beat all three opposing teams comfortably, so well done to Joe and team-mates. Earlier in the year Joe also got to the final of the under 17's county competition (not bad when you're 14) at Hoops, Barrow. He got a very respectable 7 points and had some good matches along the way.

Our members play far and wide, as you can see, but the End of Season Awards also record our members achievements at club level:

Most Improved Girl	Lydia Gorst
Most improved boy	Joe Clare
Junior Girl of the Season	Rosie Mason
Junior Boy of the Season	Luke Ingham
Senior Boy of the Season	Adam Robinson
Senior Girl of the Season	Emily Armitstead

The new season will begin in September (details in next months diary) when all new and existing members will be welcome.

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FOREVER SEDBERGH

“that there’s some corner of an Italian field that is forever Sedbergh” (with apologies to Rupert Brooke, “The Soldier”)

It’s a poignant scene. Twenty people from the Sedbergh area, in warm Italian sunshine, walking over finely-trimmed lawns, between dark red roses and thousands of white headstones, to discover the grave of Bill Nangle. His feet once ran over the Sedbergh fells; his eyes saw many times the beauty of our West Riding countryside; but his final resting-place was a patch of Italian ground beneath the heights of Montecassino and its imposing Abbey. He was at Sedbergh School, in Evans House, from 1916 to 1920. In 1944, he

St Mark’s Church, Cautley

GONGERT

by

Cumbria Baroque Chamber Choir

Director: Margaret Pattinson

with

Catherine Gregory - Classical Guitar

Saturday 10th July 8pm

Retiring Collection

was in command of a regiment of young and inexperienced Gurkhas in southern Italy during heavy mortar and artillery fire. To keep his men calm, throughout the barrage he sat outside his slit trench, calmly smoking his pipe and cleaning his rifle. He was killed outright by a mortar bomb. Eight people, each with strong and recent links with Sedbergh School, visited the grave last month for a silent moment of reminiscence and gratitude.

The group was part of the tour arranged to combine sight-seeing and language experience for people who had been members of Sedbergh Italian classes over the last three years. We did such a lot, arriving back on the evening of June 7th, happily exhausted. As well as visiting the places every tourist in Italy visits, such as Rome and Pompeii, we got off the beaten track into the beautiful mountain country to the south-east of the capital. We went round the stone-built house where D.H. Lawrence wrote part of “The Lost Girl”, still furnished as it would have been in the 19th century. We ate a wonderful lunch prepared by the farmer and his family from his own home-grown produce - *animelle, trippa, fagiolini* - things many of us had never tasted

Baliol School
Cautley Road, Sedbergh

FUN DAY



Sunday, 10th July

12 noon - 4 pm

To be opened by
Tim Farron MP

FREE ENTRY

Barbeque

Face Painting

Town Band

Raffle

Car Boot

Bouncy Castle and Slide

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before! - accompanied by fine wine from the vineyards close by. We sang "For he's a jolly good fellow" - in Italian - and glowed in the warmth and hospitality of our rustic hosts.

Journeying further back in time, we visited Arpino, the beautifully tranquil hilltop village where the Ancient Roman orator, Cicero, was born. Still today students come from all over Europe to compete

in translating and commenting on a passage from Cicero's writings. In Rome we saw the dark tomb of his contemporary, the great Julius Caesar in the ancient Forum. We stood in the arena at Pompeii, covered deeply after the eruption of Vesuvius. We looked with awe at the plaster forms of people who



had died, arms raised in protection, as the thick clouds of ash descended on the city in 79 A.D.

We stayed in a very comfortable family-run hotel and were looked after superbly by the four members of the Barberio family and their staff.

Head of the family, Signora Elvira, was born there, and told me she loves welcoming people to her "home".

Hospitality is the keyword - nothing was too

much trouble. We continued our language experience in the mornings with discussions in Italian on things we had seen and enjoyed. Twenty-three people, with ages ranging over almost half a century, had a most memorable week filled with pleasure and with purpose.

George D. Handley

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SEDBERGH WARTIME DEFENCES

There follow the memories of some Sedbergh men, who were boys at the time of which they write. They would be most pleased if anyone can add anything to this account to complete as full an account as possible can be compiled before memories fade. The accounts overlap a little but it seemed sensible to include all of them.

The first contribution is from Uter Potter who remembers:

‘Concrete blocks about 8ft cube were cast into the road at the Toll Bar, probably very close to the house, to reduce the road to single lane. Sockets were cast in the road between the blocks into which 10ft long sections of railway line could be inserted to block the road.

The barricade was covered by a sandbagged machine gun emplacement in the field above the new(ish) Sedbergh School workshops and disturbance from this can still be seen in the field near an electricity transformer on a pole.

Sockets were also cast in Station Road to hold railway lines for an obstruction between the upper and lower gates to what is now the Music School (Guldrey Lodge)

There was a prefabricated steel machine gun nest with a rotating turret, in which we used to play, under the clump of trees between the all weather hockey pitch/ tennis courts and the Art School. There was also a dummy (decoy) machine gun post in the trees by Busk Lane near the junction with Station Road, of wood frame and canvas painted in camouflage colours.

There was a barbed wire barrier which probably encircled the town with temporary gaps for roads etc It consisted of three coils of barbed wire (one on top of two) about 7ft high and probably had screw pickets all the way so it couldn't be easily displaced. My limited recollection is that it crossed the field between the Art School and the Cloisters then across the road into the field now occupied by the Auction Mart and away in the general direction of the Playing Field (the one where People's Hall is).’

Uter writes also ‘I hope this snippet is enough to jog someone else's memory as I feel there should be a lasting record of this significant event in the history of the town.’

The second is from another ‘Sedbergh man’:

Coming into the village on the Kendal

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

Cammed Dry Stone Walling

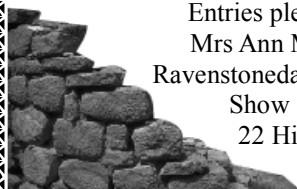
within a 12 mile radius
of Ravenstonedale Church.

Also Prizes: 1st £10; 2nd £8; 3rd £6
16-25 yr olds: 1st £10, 2nd £8, 3rd £6
and a Cup for under 16 year olds
given by Mr John Jackson.

Entries to be completed
and entered (£1) by 2nd July 2005.

Entries please to
Mrs Ann Mason

Ravenstonedale Agricultural
Show Secretary,
22 Highfield, Tebay
CA10 3TJ



road past Guldrey, in the field to the right, behind the school tennis courts and just before the entrance to Powell Hall is a little wood, just a handful of trees which could be called a copse. In this was a revolving metal gun emplacement which remained for many years after the war.

To the left, at the field leading to Havera, were two trenches behind the plantation; I would think their field of fire would have been the road up from the railway station, perhaps half-a-mile away, perhaps for four or two inch trench mortars.

Back to the main road, and just past the Memorial Lodge, in the field across from Guldrey Lodge, were also fighting trenches; their field of fire again would have been the main road.

Going through Sedbergh and past the old picture house (now Galliotts), in the field called Castlehaw, on the top, the Observer Corps had a watch-shelter manned every night. In the same field, in front of the first house on Castle Haw, over the edge in the field, there are the indentations of two badly filled-in (fighting trenches), close to the road. The ground has sunk over the last sixty years and one can just make out where they were. This double trench suggests it was, perhaps, where the defence was conducted from, for there were trenches in and around the school, all covering Busk Lane, past the Cemetery.

The round concrete rollers which still form the wall at the People's Hall on the road to Havera, on Howgill Lane, were for blocking the bridges. They also form part of the

New Bridge repaired centre pier.

There was also a huge concrete block of

South Lakeland
Alzheimer's Society

Coffee Morning & Street Collection



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square concrete, say about 12 feet square to stop tanks going down the side and over the river.

There was also a command post (I think) in the field across from Thornsbank Estate, again among a small copse of trees.

That's about all I can remember. The defence of the village would have been tied in with the two army camps at Balliol and Ingmire and with the local Home Guard and Sedbergh School's cadet Force. The School Armoury housed most of the weapons, certainly heavy arms, such a mortar and machine guns. I think there were also blocks of concrete at all the bridges.

A third 'Sedbergh man' remembers the concrete at New Bridge and the use of double-rolls of barbed wire with another roll on top at various points.

PLEASE NOTE WE CANNOT ACCEPT
ANY E-MAIL'S THIS MONTH. Eds

SEDBERGH GALA RESULTS

Fancy Dress

Under 4

1st Abbi Woof
 2nd Maisie Gough & James Abbat
 3rd Saiee Orr

Girls 4-7

1st Erin Procter & Leanne Postlethwaite
 2nd Bethany & Hannah Wilson
 3rd Rachel Hopkins

Boys 4-7

1st Ruben & Brodie Swallow
 2nd Josh Waters & Zoe Cragg

Girls 8+

1st Chloe Brown

Decorated vehicle

1st Animals went in 2 by 2 – Sedbergh
 Playgroup

2nd Twin City – Cobble Country

Pedestrian Float

1st Make Poverty History -Primary
 School

2nd Noah's Ark

3rd Phat Café

Fell Races

Senior Fell Race

1st Lee Siemasko 21.00
 2nd Alistair Dunn 21.06
 3rd Mark Horrocks 21.33
 4th Mark Crosdale 22.05
 5th Ian Magee 22.38
 6th Joe Blackett 22.42
 1st local Lee Siemaszko 21.00



Lee Siemasko winning the Fell Race



1st female Tamara Hird 29.21
 1st veteran Mark Horrocks 21.33

Under 17 Fell Race

1st male Matthew Hirst 13.47
 2nd Joe Forrest 13.46
 3rd Dave Shepherd 14.33
 1st female Katie Ireland 18.59

Under 14 Fell Race

1st male Lewis Robinson 13.16
 2nd Matt Fretwell 13.45
 3rd Matt Cardus 14.26
 1st female Lois Grinstead 16.34
 1st local Sam Fisher 14.41

Under 12 Fell Race

1st male Ryan Crosdale 9.17
 2nd Keiran Thompson 9.30
 3rd Harry Sessford 9.37
 1st female Emily Throup 9.45
 1st local Luke Ingham

Children's Sports

Run Age 7-8

1st Thomas Thexton
 2nd Erin Proctor
 3rd Thomas Hinson

Run Age 5-6

1st Jacob Crosdale
 2nd Adam Ross
 3rd = Harry Page & Rachel Hopkins

Run Under 5

1st Daniel ?
 2nd Isobel Abbat

3rd	Emelia ?
Balance & Agility	Age 7-8
1st	Erin Proctor
2nd	Thomas Hinson
3rd	Chloe Kendal
Balance & Agility	Age 5-6
1st	Adam Ross
2nd	Jacob Crowsdale
3rd	Rachel Hopkins
Balance & Agility	Under 5
1st	Ernie Page
2nd	Robin Kendal
3rd	Abby Game
Flag & Shuttle Run	Age 7-8
1st =	Erin Proctor
1st =	Thomas Hinson
3rd	Chloe Kendal
Flag & Shuttle Run	Age 5-6
1st	Jacob Crowsdale
2nd	Rachel Hopkins
3rd	Adam Ross
Flag & Shuttle Run	Under 5
1st	Robbie Kendal
2nd	Reuben Swallow
Bean Bags	Age 7-8
1st	Thomas Hinson



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2nd	Chloe Kendal
3rd	Erin Proctor
Bean Bags	Age 5-6
1st	Jacob Crowsdale
2nd	Liam Mason
3rd	Rachel Hopkins
Bean Bags	Under 5
1st	Reuben Swallow
2nd	Robbie Kendal
3rd	Louis Gunning
Mothers of Competitors	
1st	Jeanette Swallow
2nd	Kate Thexton
3rd	Nicola Abbatt

Apologies for the incomplete names but if details can be provided, they will appear in the next Lookaround

SUMMER SERENADE

Sedbergh Summer Singers under the dynamic direction of Heather Paynes gave us a varied programme, both sacred and profane, interspersed by some slightly unfamiliar works by pretty familiar organ names. In St Andrew's Church on Friday 10th June.

Handel's Coronation Anthems famously begin with *Zadok the Priest*, but tonight we heard the second in the set, a bright, dance-like start, a meditative inner movement, and one of Handel's most rousing Alleluias. Plenty of pitfalls for a choir not on its toes, but the Singers negotiated the tripping rhythms and uplifting finale with some aplomb and panache. An energetic and lively start. Johann Pachelbel is of course far too well



AUCTION OF GOODS & PROMISES

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Saturday July 16th

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AUCTION	7.30 pm

known for his Cannon, but Clare Mingins gave us a beautifully registered sequence of jewel like variations in a Ciacona in D, taken from his 'Hexachordium Apollonis'. A civilised and serene link to the Singers next piece, Gibbons 'This is the Record of John', for a high tenor and four part choir. Steve Bramall was the accomplished soloist with ringing, authoritative tone and musicianship. So good to know that more and more serious musicians are finding homes in Sedbergh and prepared to pool their talents in local enterprises. A beguiling simple sounding Brahms piece was next with some tricky chromatic moments and long lines to breathe. Loud and bouncy usually comes easy, but it takes a very good choir to sing softly and slowly and expressively. Hanging on for dear life, the Singers produced some thrillingly committed tone, particularly in the long, finely architected 'Amen'. Vaughan Williams is associated with all things English but is often under-estimated in terms of difficulty, and while for the audience, the overall effect of 'In Windsor Forest' might have been a series of jolly, pastoral romps, it presents enough corners for the Singers to rate the Monaco F1 Grand

SEDBERGH & DISTRICT

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Secretary: Diane Elphick 20605
Treasurer: Marlene Mason 20509
Member Sec: Richard Cann 20771

Prix. Unexpected chicanes in the cross rhythms, some fiendish entries, spooky effects, barnstorming drinking songs with tongue-twister Shakespeare, were all part of challenges. Sung with gusto and concentrated energy, and only once or twice getting off the driving line, this was an ambitious and largely successful outing for a neglected piece—certainly if the animation of the conductor was anything to go by! The Suite Gothique Op 25 by Boellmann might not at first sight sound familiar, but almost every choir boy in the country know the finale as 'The Pink Panther' - featured in the final toccata's bass figure often heard accompanying exits from Evensong. Good to hear it in a concert setting. The Singers concluded the evening with a selection from Flanders and Horovitz's witty, swinging, semi-cabaret re-telling of 'Captain Noah and His Floating Zoo'. Here again, the piece sounds deceptively singable, but the harmonies are show-biz pastiche, in places almost barber-shop.

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Jennifer Thornely's sleight of hand and sly and slinky piano accompaniment drove the numbers merrily along. Nevertheless, judging by the smiles in the audience, and the sparkling humour of the various soloists, including a composite Noah made up of John Sykes and George Handley, 'Noah' went down a storm, and made everyone feel they had deserved the excellent supper prepared in the parish room afterwards.

Rust E. Nayle

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SEDBERGH TOWN BAND

The Annual Summer Concert took place in the People's Hall on Tuesday 24th May. As ever it was well supported and the band remains deeply indebted to all who so generously come and give the players so much appreciated encouragement by their presence.

The band's continued steady progress was remarked upon by a number of the audience after the concert. Certainly the enthusiastic response to a number of the items excelled anything experienced in the past. This was particularly true of 'The Eye of the Tiger': well received on its first playing the audience demanded it should be played as an encore. The band's appreciation of the audiences reception was clear in their sensitive and exuberant playing of the encore which even exceeded the quality of the initial performance.

Two members in particular stood out in the programme for differing reasons. 'Howgill', a harvest hymn composed by Freda Trott and the winner of first prize for original words and music in a competition for a new harvest hymn on a rural theme, in the Diocese of Bradford, had its first public performance. Stuart Shields sang the first verse and the audience joined in the other two verses.

The other 'first' of the evening was the playing of 'Song For Brian' by Alan Lewis which was commissioned at the auction of promises on behalf of the Settlebeck year nine pupils' Zrece visit fund by Sandra Waters in memory of her late husband, band chairman and leading baritone horn player, Brian.

A significant innovation in this years concert was a slot in the course of the

first half of the programme devoted to the 'beginners class'. This is a slight misnomer as a few of the members of the full band attend the beginners class on Monday's to improve their techniques, develop good playing habits from the expert tuition available, support and encourage the genuine beginners as well as exploiting the opportunity to practice in company with other enthusiasts. However, the presence of more experienced players should in now way detract from the remarkable achievements of those, the majority, who took up their instruments for the first time barely nine months ago. Credit must go to Tony Crofts and Noel Bertram whose patience, encouragement and inspired instruction has seen astonishing progress

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in players of all ages who will no doubt before long take up places in the main band.

The Annual Summer Concert was a great success in which in excess of forty instrumentalists were able to perform on the stage of the People's Hall. The band's thanks go to the audience, the ticket sales outlets (the papershop, the Information Centre and Our Gallery) Steve Longlands and all who so willingly and efficiently helped with the refreshments, ticket sales at the door and the raffle.

The third week in May saw the band exceptionally busy with no fewer than three engagements in the course of six days.

On Saturday 21st the band performed what has become their traditional role in the Annual Sedbergh Town Gala. Having led the parade through the town a selection of music was played which many of the crowd treated as a concert, standing or sitting to listen, whilst others let the music act as a background to their participation in impressive range of activities available.

Once again the weather smiled kindly upon us though a deluge at midday seemed to suggest the parade (or at least the band's participation in it) would have to be cancelled. However, a mere ten minutes before the scheduled start the weather faired up and all arrangements were able to go ahead as planned.

A brisk pace through the town was set and in spite of disagreement as to the route to be taken and one stop for the parade to regroup the band arrived on the Lupton fields puffing vigorously, considerably in advance of the rest of the procession who preferred a more

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leisurely pace.

For the concert section of the band's involvement a splendid marquee was provided which helped the band to do full justice to its one and a half hour programme that was clearly enjoyed by all.

Our congratulations again go to all those involved in the organisation of the Gala which from the preliminary decoration of the town to the assembly of a fine range of attractions splendidly arranged on Sedbergh School's magnificently manicured Lupton fields was an unqualified triumph.

On Friday 27th May, three days after the Annual Summer Concert, the band was in action again. The occasion was the celebratory concert at St Andrew's church to mark the completion of the long running £300,000 church refurbishment.

The band's participation was limited to playing for half an hour outside the main entrance to greet the audience as they arrived at the church. The hardy souls who lingered to listen to the band in the biting wind were treated to a selection of some of the favourite numbers that exist with the band's ever expanding repertoire.

WIRELESS TECHNOLOGY THE HEALTH ISSUES

In the December Lookaround, I wrote about mobile phones in general and the Joss Lane mast in particular. In January there was a report in the Times suggesting that the use of mobile phones is particularly hazardous for children. Already in 2001, it was found that a call lasting only two minutes could alter the electrical activity in a child's brain for up to 2 hours. In 2003 the UK Department of Health Advice said that under 16's should not use mobile phones except in emergencies.

More recently there was a report suggesting that the incidence of brain tumours is higher in rural areas, possibly because mobile phone base stations are relatively far apart so that a stronger strength signal has to be used.

In order to get a picture of the effect the Joss Lane mast has on the area, in November last year I hired a device called an AcoustiCOM, which renders microwave signals audible. I could hear two types of signal coming from the mast: a low pitched pulsing and a high pitched whine. I was informed by Crown Castle, who own the mast, that it is used

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for several purposes: as a relay station for TV signals, for Lancaster University equipment providing a computer link for Sedbergh School as well as being a base station for two mobile phone networks.

The signals from the mast were unsurprisingly most evident on the footpaths surrounding it. It is a great pity that the beautiful Winder fell wall walk, which a lot of people use as their basic keep fit routine and to exercise their dogs, has been polluted in this way. (The dogs are probably OK as long as they are sheltered by the wall.) The signal seemed to diminish fairly uniformly with distance (the possible exception to this was in the field behind the telephone exchange, which seemed to be a "hotspot"). The signals were much quieter behind solid objects, including human beings. It is clear that we are absorbing a good proportion of the radiation which comes our way.

Signals from the mast were still clearly


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audible to the east almost as far as Ghyll farm and to the south at Powell House and the lane leading to Winder House. Winfield Drive and Howgill Lane (in the vicinity of the playground) both had relatively strong signals, Joss Lane was less affected. At street level, no signal was audible in Main Street or Bainbridge Road. North facing bedrooms on both sides of Bainbridge Road had an audible signal, even with the windows closed.

I was surprised to find that some houses and shops gave off a very loud pulsing sound. On investigation, this turned out to come from the base units of digital cordless phones. The base units emit pulsed radiation all the time, not just when the phone is in use.

Microwave communication techniques are used in many schools and businesses for wireless computer networks. This exposes pupils, teachers and other employees to a constant low level of radiation. At home, microwave radiation can come from modern laptops which use wireless technology to communicate with each other and from wireless music centres. Apparently soft toys are being developed, which "talk" to each other in this way. Whereas mobile phone use for

emergencies might be seen as necessary, it seems quite unwise to use microwave communication at home for non-essentials.

The argument for the safety of microwave communication is often that the strength of the signals used is low.

Anybody, who has used or worked with acupuncture or homeopathy, knows that this is a completely false argument. The energy of the human body is very subtle and responds to extremely weak stimuli.

Continual exposure to microwave radiation, however low power, will not go unnoticed by the body and the effects are not likely to be beneficial for most people.

The AcoustiCOM device can be rented from The Healthy House (01453 752216). Some of the information in this article came from the report, "Mobile Phones and Masts, the Health Risks" by Alasdair and Jean Philips (Powerwatch Publications 2004). If you want more information, I suggest that you read this (I could lend you my copy). My telephone number is (015396) 20972.

June Parker

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HEALTH CENTRE

News from Sedbergh Medical Practice

Nothing ever stands still in healthcare these days. Our regulatory framework continues to change and we have to adapt whilst trying to preserve the traditional nature of our service. Sometimes we will not get it right but we will listen to comment. We have achieved 1040 quality points in 2004/5 out of a possible 1050. This is a significant achievement due in the main to the hard work of the staff and patient goodwill. This year we aspire to the full 1050 points.

By the time you read this article the new phone system should be up and running, allowing easier access to healthcare staff. If using the phone line to order a prescription can we request that you

speaking clearly and slowly ideally using your name, address and practice ID number (on the repeat slip). There are bound to be teething problems but it is in the interests of the Practice to deal with all medication requests efficiently. Direct dialing to the Prescription Line, District Nurse & Health Visitor remains available as previously advertised. We have invested over £3000 in this project to improve communication inside and outside the Health Centre.

We would like to announce that with effect from 1st July 2005 Dr Orr will be taking 6 months Adoption Leave and will be absent from the practice. Dr Chrissie Hunt will be taking over much of Dr Orr's commitment although some of the surgery times have to change slightly so



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please check either via a current copy of Lookaround or via the surgery. The main change will be the loss of Saturday mornings (with effect from 30 July 2005) as providing a regular Doctor to replace Dr Orr is not practical. For those patients with urgent medical problems on Saturday mornings Baycall, the out of hours service based in Kendal will be covering. Consequently the surgery will close at 1830 on Fridays and reopen at 0815 on Monday mornings.

Clearly patients will have to decide who they wish to see although it may well be worth checking with reception when booking an appointment as to the suitability of a GP or one of the Practice Nurses. We are developing the range of services that our Practice Nurses offer with the eventual aim that much of the Long Term Disease management (diabetes, high blood pressure, heart disease etc) will be undertaken by them. If it becomes clear that access to a GP/ Practice Nurse does not remain at the high standard enjoyed currently, extra resources will be added.

Although the Health Centre opens at 0800 each weekday morning, the front door will remain locked until 0815,

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allowing the receptionists time to open doors, switch on lights and start the computers. This is not designed to inconvenience patients but offer a safe working environment for staff, along with ensuring that members of the public enter a fully functional building.

We are pleased that Dr Chrissie Hunt has been available to increase her commitment to Sedbergh Medical Practice, at least until Dr Orr returns at the end of her Adoption Leave. We also wish Dr Orr well with her new family commitments.

So nothing stays still. Much of the change you see is forced upon us, although some of it is internally driven to improve the standard of care offered.

St Andrews Church Sedbergh

Barbecue at The Vicarage
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SEDBERGH READING GROUP

'Notes from a Small Island' by Bill Bryson was the June choice, and it certainly divided the group. Bryson, an American, long time journalist in the UK, elects to take a last tramp largely by public transport about England and Scotland before returning to the US. The book is by turns hilarious, venomous, patronising, wickedly and uncomfortably observant, full of wry musings and outrageous cartoon writing, but in the end filled with heartfelt praise for the UK, and its bewilderingly eccentric people. We see the dreadful landlady, Mrs Smegma, the desolate forlorn grandeur of Morecambe, his awe for Edinburgh, contempt for Blackpool, and hang on, because the south coast takes a serious bashing as well! Durham, York and Salisbury are places of wonder and delight.

Some of the group felt he was singy and mean-spirited, others tedious and rambling. Some felt he started well but tailed off, others threw the book across the room after 50 pages but continued with gritted teeth. Humour is cruel, satire is crueller, and to be too nakedly

caricatured by an American hurts a lot, but whatever, we enjoyed another pretty lively session.

Next meeting is September 5th, 3PM, in the Library Reading Room - An open meeting to coincide with the Book Town Festival of Literature. The subject will be 'Swallows and Amazons' by Arthur Ransome. Terrific boom in children's literature at the moment, so we thought we'd go back to the 1930's and see where much of the current wave started.

Holiday Reading:

Here is what the Reading Group suggested: Reginald Hill (A speaker at the Book Town Festival in August), Priscilla Masters, Anne Perry, Raymond Chandler, Margaret Atwood, Terry Pratchett, Roddy Doyle, Sarah Hall, Amy Tan, Pat Barker, Kate Atkinson, Jonathan Raban, Dorothy Dunnett, Philippa Gregory, Melvyn Bragg, JM Coetzee, Cormac McCarthy, Robert Cormier (One of the best and grittiest 'young adult' writers around), Donna Tartt, Graham Swift, Ian Rankin, Susan Hill, Jenifer Donnelly, Colin Thubron, Morris West.

Stuart Manger

**THE WINDER 100
POPPY CHALLENGE 2005**

July Update: 55 done - 45 to go!

Between the 11th of November 2004 and the 11th of November 2005, Paul Brassington of Sedbergh Royal British Legion Branch will run from Sedbergh Town to the trig point on Winder Fell and back 100 times over the 12 month period. This represents a total height gain of 3,460m or 113,500 feet. This equates to over 4 Everests! The number of miles covered will vary as the same route to the top and back will not always be used.

Paul, formerly of The Green Door Sweet Shop, is 49 and has been running for a number of years and is a member of Howgill Harriers. Since March, Paul has been joined on his trips up Winder by his 9 month old Border Collie 'Gem', who up to date, has completed 30 ascents - not bad for such a small dog! Now that the worst of the winter weather is behind us the remaining runs should be a breeze as long as the cool and wet June weather is no indication of what's to come.

Sponsorship is welcome for any amount, regardless of how small or large and can be paid in at any time during the 12 months. 100% of all monies donated will go directly to the Royal British Legion Poppy Appeal 2005. Cheques should be made payable to the Royal British Legion and cheques or cash can be left at The Green Door Sweet Shop on Main Street in Sedbergh. Sponsorship forms and more information on the challenge can be obtained from: The Green Door Sweet Shop or contact Paul at home on 20855.

Many thanks to the Post Office in Sedbergh, which has kindly agreed to

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sign Paul in and out for all 100 runs. This also acts as a safety net in case anything happens whilst out on the fell. In addition, a brass rubbing of the Viewfinder at the summit of Winder will be taken using a numbered piece of paper obtained on the day from the Sedbergh Post Office for each of the 100 runs.

If you would like to join Paul on any of the 100 runs up Winder then please contact him using the details shown above, you'd be more than welcome! Please watch this space for a monthly update on where the Winder 100 Poppy Challenge is up to and if you see 'Gem' and Paul on their way up (or down) Winder give them a wave. Many thanks.

Paul Brassington

SETTLEBECK HIGH SCHOOL

Young Drivers

Information, guidance, questions and video simulations on safe driving have been used by Year 11 as the final part of their tutorial course.

Driving Examiner, Maxwell Mak, from the Driving Standards Agency worked with students on a variety of topics including Preparing for your Driving Test, Rules on Drink Driving, Safe-Drive Training and Hazard Perception. Students were given a variety of information leaflets, Highway Codes and videos to take away and use at home.

There is a scheme in Leyland where parents can learn how to teach/coach their children to drive. It is available to Cumbria residents free of charge. Tel

01772 532 548 (Road Safety Group. Lancashire).

Judith Walsh

SEDBERGH BOWLING CLUB

We held our annual pairs event on 28th May, starting at 10am. There were 64 entrants who enjoyed the competition, some were very close matches.

We were lucky once again with the weather.

The club provided refreshments for purchase throughout the day. We also held a raffle. Our president, Peter Craven, congratulated the winners Dave Nelson and Brian Longhorne who play for Netherfield Club, Kendal. Runners up were Brian and Doug Boardley who play for Victoria Club, Kendal. The final match came to a close at 8:45pm.

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SETTLEBECK HIGH SCHOOL
YEAR 9 ENTERPRISE DAY

Year 9 at Settlebeck have been doing 2 Enterprise days this term with the support of Gemma Firth from Kirkbie Kendal School, which is a Specialist Enterprise College. Settlebeck is an associate school of Kirkbie Kendal and we are very grateful for their support. From September 2005 all secondary schools have to identify 5 days per year per year group for Enterprise education and this work with Year 9 will be at the forefront of our approach.

I learned a lot of new skills for example designing a poster to advertise a product.

Joe Robinson

I found Enterprise Day very exciting. I found it fun and I learned a lot. It really

helped my team skills and it helped us if we decide to go into marketing or would like to set up our own business.

Rebecca Martindale

We all learned about identifying our unique selling points (USP). I believe we shall all use these skills later on in life.

Nick Holmes

We learned about marketing new products and even designed some! My group designed the egg o'clock and it won one of the competitions. We worked with Mrs Firth from Kirkby Kendal and at the end of the Enterprise Day we got awarded with a certificate.

Katie Metcalfe

The Enterprise Day showed me how hard it was to market an idea.

Melissa Barnes



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J.C.B.PULL

Caspa and Tank would like to thank the following Firms, groups, organizations and individuals who contributed towards the brilliant success of the J.C.B pull day either by donations, helping, pulling or their services. £4008 was raised for Breast Cancer, Sedbergh Playgroup and Zebras each receiving £1336.

Cliff and Barbara Baines Builders, John

Metcalf of Braithwaite's, Cumbria Kendal Scaffolding, J.M.P Frozen Foods of Sedbergh, Sedbergh Post Office, Lookaround, M.K. Builders, Steve and Allison at the Bull Hotel plus Staff, Catterick Army Garrison, Norman Jackson contractors, Paul Hoggarth Builder, John Jackson Stonemason, John Capstick and Killington Sports, Cumbria Constabulary, Tet Graveson, Freda Trott, Adam Brooks, Rascals, Auction mart, and all the anonymous donators, you know who you are! (Because of the amount of money donated, if we have missed anybody out, we do apologize.

Thanks to the barbecue team: Steve Swallow, George and Jackie Baines, Nicky Game, Olive Hunter, Jean Cope, Mags Hall, Tracy Thornton, Simon Close, Kate Tebbet, Nicola Sproul.

Face painting team: Janette Swallow, Nana Dot, Chloe Packham.

J.C.B. Fundraising team Devils bridge: Trish Woof, Sandra Longlands, Mags Hall, Jane Storey, Joanne Kitchen.



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Marshall's and Back-up team: Olive, Clive and Clare Hunter, Michelle Wilson, Vicki Potter, Ruth Parsley. Special thanks got to Trish Woof and Sandra Longlands who worked so brilliantly and Dennis Whicker for his assistance.

And finally to the crew, and what a crew we had, who all pulled brilliantly in a time of 3 hours 45 minutes 19 seconds and the £50 winner was Louise Stanley from Endmoor who was 1 second out. Thanks to everybody who guessed and supported us.

J.C.B Crew: Adam and Dan Brooks, Steve (Red Lion), Deano, Graham Kenyon, Simon Parkin, Hayden Davis, John O'Neil, Mark Billington, Danny Fearnhead, Keith and Christine Burrow, Caspa and Ginner Kirby, Shnuck, Mike Parsley, Luke Laddell, James Nash, Brent Shuttleworth, Barry Smithson, Murds McPhee, Rupert Reynolds, Chris Parley, Mat Wilson, Dan Mason, Mike Game, Mike Jukes, Gary Hall, Mike Harrison, John Goad, Gordon Sproul, Spinner, Fritz, Tank and Danny Wilson, Darren Potter, James Titterington, Mark Kirk, Mike Dodd, Joseph Robson and Neil Robinson.

The team came from Tebay, Milnthorpe, Carlisle, Gatebeck, Kendal, Barbon, Penrith, Appleby, Grayrigg, Lambrigg, Roundthwaite, Dent and Sedbergh.

Next year we will be pulling a J.C.B. from Hawes with a 48 man team and the women will be getting 1 mile headstart with a small tractor. All monies raised this time will be shared three ways between Breast Cancer, Sedbergh's and Howgill's children Zebras plus the Amy Potter Cystic Fibrosis Fund at Tebay and we hope to double the £4008 we made

this time because some new ideas have come up.

Caspa

At the **Chair Workshop**

- Chair seating & supplies
- Tuition
- Tool sharpening

- ❖ Bead jewellery
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ST MARK'S CAUTLEY, FLOWER FESTIVAL

The Churchwardens of St Mark's Cautley wish to express their heartfelt thanks to all of the following who contributed to the success of the Whitsun Flower Festival.

All the people in the dale, and beyond, who freely gave of their time and expertise in floral design, musical skill and wonderful baking; the church cleaners, the stewards and those who manned the vestry café. All who visited St Mark's during the festival and some who, although they were unable to attend, still gave donations. 161 people who bought flower quiz sheets, and the clever ones who completed them. There were seven correct answers to the flower quiz, the two winners were picked out of a hat and they were: Mrs A Wildman of Settle and Mrs L Goad of Dent.

We raised £1400, which will enable us to tackle the list of repairs which urgently need attention.

It was hard work, but a very happy experience so a big thank you to you all.

Linda Hopkins and Judith Bush

CRICKET IN SEDBERGH

Cricket was first introduced into the area at Sedbergh Grammar school. The game was played by both staff and boys and the first recorded match took place in 1841. The sport was also taken up by men living in the town and this led to the formation of the Sedbergh Cricket Club in 1863. The club prospered and reached its peak in the 1920's when it won the Westmorland Cricket League in 1926, 1927, 1929 and 1930. The team was made up of a mixture of local men and Sedbergh School staff. Sadly its decline was rapid and it went out of existence in 1933. It was revived in 1977 when it joined in the South Lakeland League but



it had to start at the bottom in the Fifth Division. Anyone who wants to learn more about the history of cricket in this region should read "Of Smittle Sports And Sticky Buns" By John Glaister.

The Sedbergh and District History Society has many photographs in its archives but surprisingly none of the local cricket team. Does anyone have photographs that they would prepared to let the society copy?

We are particularly in ones of the first club and especially those of the all conquering side of the 1920's. If anyone can help please can they contact either Richard Cann (20771) or Shirley Tebay (25001).



THE DALESMAN

Main Street, Sedbergh Tel: 015396 21183



SHIRE HORSE DAY

TUESDAY 9th AUGUST

Shirehorses @ 1 pm and in the evening for the first time

Free Buffet early afternoon

Sedbergh Town Band will be playing in the afternoon

£1 A PINT OF BITTER ALL DAY

Each pint bought gets a token.

Save your tokens and exchange for prizes.

CDC

Cumbria Adult Education Budget Cuts

Unfortunately it looks as if you will be seeing a decreased range of courses from Sedbergh CDC over the next year. This is because Cumbria Adult Education Service is having its budget cut, due mainly to changing government priorities.

The effect on Sedbergh CDC will be something like a 10% reduction in the number of course places that we will be able to offer overall. We are currently thinking about concentrating most of our efforts into the autumn and spring, and having a very limited programme next summer. We will also have to look hard



at each course to make sure it is viable, so some classes with low numbers may have to be cancelled at the last minute.

I have already been in touch with our new MP, Tim Farron, and he is taking the issue up with Ruth Kelly, Secretary of State for Education. We feel that it is wrong that adults in rural Cumbrian communities such as ours should lose opportunities to receive training and education locally.

If you feel the same then please lobby councillors and politicians and tell them what you think! Please contact us on Sedbergh 21031 if you would like further information.

Chris Wood, Sedbergh CDC



THE DALESMAN

Main Street, Sedbergh Tel: 015396 21183



SHIRE HORSE DAY

TUESDAY 9th AUGUST

BBQ commences at 5pm in the Car Park

Live Music at 8pm with "Missdeameanor"



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POST
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NEWSAGENTS**

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SHOP, JUST ASK. MANY TITLES
ARE AVAILABLE THE NEXT DAY**

SEDBERGH 20406

TIM FARRON MP

To put it mildly life for me has changed quite a bit recently. Not too long ago I would stretch my legs at lunchtime by wandering around the lovely surroundings at St Martin's College in Ambleside, now I go exploring the corridors of the Palace of Westminster. Not quite as beautiful but fascinating nonetheless. Working in Parliament is a bit like working in a Museum, round every corner you come across something amazing.

I was very lucky that Dean Gibson School in Kendal were booked in for a tour of Parliament just after I started this new job so not only did I get to meet up with some friendly faces but I could tag along and get my bearings under the professional tutelage of one of the Parliamentary guides.

However, I try to only be away from my family in Milnthorpe for three nights a week, the rest of the time I am back home trying to be a good husband and father and now constituency MP.

I believe strongly that I can only represent the needs of my constituents if I am here as much as possible, meeting people and discussing their issues at events and surgeries. That way I can focus the use of my time in London on getting things done for you.

As I promised during the election I have started by spending much of my time working to address the issue of lack of affordable housing in this area. This is reaching crisis point in Sedbergh as it is in much of the constituency. Some 27 per cent of the young people born in the area leave to make their homes elsewhere, largely because of the excessive cost of

housing, the lack of rented accommodation in the social sector and the absence of well paid work. We cannot afford to continue losing the area's children at this rate for long.

The decision by the Yorkshire Dales National Park Authority to restrict new houses and barns to local only occupancy is a step in the right direction but so much more needs to be done. We need to explore changing the planning laws, local taxation and the financial rules governing local authority housing in order to create more housing that people can afford and stop the loss of housing for local people to second home owners.

So far I have put three questions to the Deputy Prime Minister (the man responsible for these issues in this Government) on affordable housing. In response the Government have committed to set up a housing commission to look at mechanisms to increase the access to affordable housing for people who live and work in rural areas. They have promised to announce the full terms of the commission shortly and you can be sure that the views of the people of Sedbergh will be fully represented to the commission when it starts its work.

To do this I need to hear your views on the affordable housing issue, how the high property prices around here have affected you and your family and what you think should be done about it. You can reach me at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk

Thanks for your support

Tim Farron



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Sedbergh Lookaround

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A VISIT TO PRESTON

Arranged by churches together in Cumbria

When we arrived on a lovely sunny morning we were met the Reverend Dale Barton who looked after us while in Preston. Our first visit was actually to a Hindu Mandir (temple). Whereas in India temples are usually devoted to the worship of one god (e.g. Shiva or Vishnu), the Mandir in Preston had to serve a variety of Hindu gods. The building was not unlike a games hall in size and proportion, but the arched ceiling was completely covered with painting depicting stories about different gods and there were many smaller pictures around the walls with descriptions of the subjects in English.

We took off our shoes to enter, and after time to look around we were addressed by the President of the Hindu community, Ishwer Tailor, J.P., as we sat cross legged on the floor or on chairs thoughtfully provided for those bodies which would no longer bend into shape. He gave us a very clear account of the history of Hinduism and of the building of the Preston Mandir, while people were constantly coming and praying at one of the shrines arranged along one end wall, donging a bell as they came and went; and priests provided food and drink for the idols, which could subsequently be distributed to people. We got the impression of a very relaxed and unaggressive religion in which people were very free to do their own thing.

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NEW MEMBERS WELCOME

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*Please note that this is a Private Members Club
Members and Guests only. CIU affiliated.*

Next at the Preston Faith Forum Building, we were provided with a huge and excellent Indian style lunch, cooked by people who knew how, and dished out to us through a hatch by four church men. Then we moved onto the nearby Mosque. While we waited for the tail end of our party to arrive we marvelled at the spotless garments of the Muslim boys kicking a football about besides the entrance, our grandsons would have been filthy in seconds!

After waiting for a prayer session to finish, we took off our shoes once again and sat cross legged or on chairs—men and women together, which would not have been allowed in a Muslim prayer session. We were then addressed by an Imam, who told us about Islam in general and about Muslims in Preston in particular. Muslims share the Old Testament with Jews and Christians, but consider Jesus to be one of a line of prophets, as was Moses. Unlike the New Testament of the Bible, which was written by a number of people about Jesus and his teachings, the Q’ran was written or dictated in its entirety by Mohammed in Arabic, and while the rules for living which he prescribed seem wholly admirable, the beliefs which one must truly hold to be a Muslim seem to us to be very restrictive and rigid. The prayers which Mohammed decreed should be used at five specific times of the day are valueless unless spoken in the original Arabic, although personal prayers at other times can be in the vernacular, and in answer to a question it was made clear that because Mohammed believed that God literally created the first man in Adam and the first woman from Adam’s rib, a Muslim cannot accept

that humans have evolved from earlier Hominids.

We are grateful to all those who arranged for our visit to Preston and to the Hindus and Muslims of that city for their generous welcome to us.

In friendship, John Mounsey

Dear Mr Mason,

I was pleased to read in the June Lookaround that we are to have the church clock going again. It will be lovely to have it striking too! (Even though the hours do go all too quickly!). I’m sure it was never loud enough to disturb anyone’s slumbers; just a pleasant sound if one happened to be awake!

I thought the clock striking had gone with the “Passing Bell” that tolling of one mournful bell when a death took place; supposedly one ‘dong’ for each year of the deceased’s life. I think that custom did not return after the war.

Talking of bells, we are so fortunate to have a lovely peal of bells, enhanced by favorable acoustics all around. And surely even more fortunate to have such a skilled and devoted team of ringers! They deserve a very big public “Thank you!”. Their weekly service to the community is certainly not to be taken for granted. I well remember the war years when the bells were silent (to be rung only as a warning of invasion).

How delightful it is to hear the joyous peal again! Well done, our faithful ringers!

Freda Trott

There have been many contributions made to the Clock Restoration Appeal. If you wish to make one, please drop it into the special collection box in Sedbergh Office Services.

Ed

SLOVENIAN TREK 2005

Last year it was the 'Coast to Coast'. This year I thought Slovenia might be a possibility for our annual long distance walk. In March this got the 'thumbs up' from the others, friends from East Keswick near Leeds.

'We don't do steep' so the Slovenian sections of the European long distance paths E6 & E7 which scaled alpine peaks at every opportunity were out of the question. It had to be a DIY route, walking away from the Alps, plotted out from the available 50,000:1 maps (these proved to be very good) following red dotted lines, generously described as 'marked path'.

So with the maps, flights, accommodation, train times and local information from Zdenka in the Zrece tourist office, *all via the internet*, the intrepid but seasoned trekking pensioners, armed with GPS and Slovenian dictionary, set out on what proved to be a fantastic experience.

Diary extracts:

Tues. EasyJet to Ljubljana and, via 2 taxis, here we are in Hotel Zvon, Zrece. Our 'room' has 3 balconies, kitchen, living room and large bedroom. This plus breakfast and fine evening meal for £18! and all this way to share the dining room with Alan & Dorothy Pratt!

Thurs. The trek proper and our taxi driver doesn't know his way round Sentjur. Make an undignified start, scrambling across 6 railway tracks, through a hole in the fence only to mill around in this enormous wood yard. Find the exit and 'whoopie' the path does seem to be waymarked with red and white bullseyes strategically placed.

We're on a tough 12, going on 15, mile ridge walk to Lasko, famous for its brewing industry (Oh dear!) nestling by the River Sava.

A magnificent day, with stunning views on both sides, it's 80 deg. out there so we're glad to be in deciduous woodland as we peak on Mnts. Resevna, Ramanca and finally Tovsti at 2,600ft. Glad to get to Lasko and Hotel Hum. 'Sest (6) velik (large) toceno (draught) pivi (beers) Lasko, prosim (please)'.

Sat. Our 'Last of the Summer Wine' sextet spend a delightful but long hot day crossing over the rolling hills (1400ft) from the Sava Valley to the Krka valley with stunning views over the vineyards of the Dolenjska wine region, famous for Cvicek wine, to Smarjeske Toplice. Here we stay in a huge posh 4* thermal spa health resort where we felt out of place.

Mon. Through the vineyards again visiting the huge Carthusian Monastery at Pleterje. We are only allowed into the Gothic church, riddled with bullet holes, which is rated one of the best preserved of its kind in Central Europe. Our destination is the picturesque small town of Kostanjevica na Krka literally surrounded by the R Krka. Gostilna Zolnir is a famous Inn where a fine room with all we can eat and drink costs all of £18!

Wed. Time to visit Brezice's famous museum with an interesting section on Germany's attempt to ethnic cleanse the country in WW2, thwarted in part by the Partisans who did indeed have a stronghold in the mountains where we were 'entertained'.

Then it's the 11 10am train (£3 for a 2 hr journey) to Ljubljana. We thoroughly

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enjoyed 24 hrs exploring the capital and great food to finish at 'Sestica'.

We all agreed that the Trek was a unique experience, up there with the **best** for all sorts of reasons, not least the hospitality and friendship received.

Tony Hannam

INDEPENDENTAGE

Supporting older people at home

The Royal United Kingdom Beneficent Association has changed its name from Rukba to **IndependentAge**.

The new brand name makes it clear that independence for older people is at the heart of its work. The charity helps older people, and some disabled, to stay at home by providing a **regular** additional

income, as well as one-off grants, mobility equipment and a volunteer visitor offering friendship.

This is a change in brand name, not a change in aims and approach. In Cumbria, **IndependentAge** helps over 200 people. There are many others who would qualify for help.

Applicants must be over 65 (or over 40 and permanently unable to work due to illness). Their savings and income must be within the limits set by

IndependentAge.

IndependentAge would like to help more people locally.

For further advice, **in total confidence**, telephone 015396 25452.

SEDBERGH POETRY GROUP

Fellow citizens of the town can be happy and proud that we now have, dare it be said, yet another activity group.

The first meeting of the Poetry group took place in the White Hart on Wednesday 14th June starting at 7:45 and carrying on until 10:15pm, with no less than 10 people present, led by Jonathan Allen, himself doing a Masters Degree at Lancaster University.

Quite remarkably for a brand new group there was almost instant social cohesion, boding very well for the future. So keen were we that all signed up for meetings every 2 weeks on 2nd and 4th Wednesdays, same time same place, the night to be reviewed later to minimise clashes.

Our first plans involve giving out a topic or a just a word, around which each will try to write some lines, short, very short or longer as may be. Their own effort will be read to the rest and we will then consider what notable previous poems have been published around the theme.

The fare was very varied in this first meeting. Topics included how poetry differs from prose with a 3 page list of technical terms to assist those ignoramus's ignorant of an Amphibrad, an Enjambment or a Heroic Complot! Then our leader gave each a picture card and we did our best to write some almost instant lines about it and some of us even dared to read out our ditties. All rousing fun. Following this, 2 poems about Colour were read and talked about. A



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break to the bar followed after which we were in better condition to consider the merits of "A Martian Sends a Postcard Home" by Craig Raine, occasioning some disagreement as to it's merits; next was "Hard Times" involving previous unfortunate children whose summer treat was nit picking when they were allowed to keep the eggs. This was deemed good stuff (the poem not the nits) and lastly the world according to a life time addict to The Sun newspaper by Benjamin Zephaniah.

Where do we go from here? There is a good age range, from low 20's upwards; one visitor came from York and our activities could become a summer visitor attraction, rather like seaside funfairs, but more productive. We hope to build a bank of our output, some for the forthcoming Autumn Festival and to produce work for publication therein. If you have never written a line in your life, don't be scared as you will be made very welcome. You may surprise yourself to find what lies within. Do come along and meet us. The topic of our second meeting is "ROCKS". The ones above us in the Howgills are 2.6 million times older than we are.

John Mander

COMMUNITY OFFICE NEWS

On our Community notice-board, we would like to start advertising job opportunities in the area. So if you are an employer who is looking for employees, please inform us and we will display your vacancy. Or if you are seeking work please ring or call in to find out what is available.

Please register at the Community Office if you have an interest in allotments at the office so we have an idea of demand in Sedbergh and District.

We now have a laminator which is available for public use at £1 per A4 sheet - it is an excellent way to weatherproof notices or for presentations.

It has been suggested that the Community Office is an excellent place to use as a Lost Property point due to its central location and longer opening hours. I have cleared this with local police. Therefore, if you find or lose something, please call in. Anything of value or of appropriate nature will, of course, be passed on to police.

Our Art exhibition would benefit greatly from being open at weekends over summer! If anyone is free to be in the Office on Saturday or Sunday afternoons, please let me know. Also if anyone would like to exhibit paintings, there is space for more work to be displayed.

This month's WALK FOR HEALTH is on 22nd July and don't forget the opening of the local nature reserve on 31st July, and the walk with our National Park ranger, Paul Wilkinson starting at 10.30 am from the Community Office.

Any feedback from the community group letters would be most welcome

Deyna

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FAMILY MUSINGS

Our family meal the other night began with fresh smoked salmon especially brought from Amsterdam, now I never expected to so enjoy the delights of Amsterdam! The gathering around the table was part of our extended family, Elsie's family, she and my Dad were cousins, she and I have been close for most of my life and it really hurts when I realise she has gone. But the time had come, just as it had come not long before Grandad and a little before that for Barbar. The past few months have seen us come through a lot of sadness, but we are coming through, only just, but we are and it is so much due to the peoples' prayers and love that we must say thank you many times over just like my

Grandma's friend used to all those years ago!

Cleo is even more settled here in her new home, she barks at the paperboy to show she is in charge/on guard or whatever, she climbs up onto the small sofa to sleep and does the rounds of the garden even at 4am, this last habit is one she can break as soon as she likes, please! Our walks, especially the ones along the river, are therapeutic and I really don't know how I would live without her now. This morning she, Mitts, the other cat we seem to see a lot of and yours truly in dressing gown and slippers walked off down the road at about 4:45 am, I promise that they were very respectable, my dressing gown and slippers I mean, no idea about the animals, at least not the

THE HEAD AT MIDDLETON

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Saturday open all day 12 noon to 11 pm ~ Sunday open all day 12 noon to 10.30 pm

(Closed Monday & Tuesday lunch only except Bank Holidays)

Proprietors: David and Elizabeth Martin

visitor cat, she could have very loose morals!

Some afternoons it's hard to believe it's still the same day that it was when I got up, so much happens in so short a time, 18 months is no time at all in the whole life span I hope to have, yet so many partings in that time. However, one parting which has brought very much mixed feelings is about to come to a joyous end, yes, this is the month the girls return from their travelling around the world, they will forsake picking and packing oranges in Australia for a day or two or three in Fiji, time in the USA and return home, and it brings tears to my eyes just writing it, I will be a soggy heap at the airport me thinks! But they will mop me down and set me off all happy

and so pleased to have my family complete again.

By now I should, ("should") have bought my outfit to son and T's wedding next month...next month? Help! People keep telling me we will have a heat wave in August, a lovely weather day on the 13th will do just great, any more will be a bonus. Son and T have bought a house in Carnforth which we have yet to see, it's good to have things to look forward to, makes a change to all the sad things. Keep planning yours, see you next month by which time the Flag will have flown but no "Welcome Home" banners by request of younger daughter, I do do as I am told, sometimes just to surprise people!!

<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>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>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>THE HEAD AT MIDDLETON</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>		<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>	
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		<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>	
		<p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <p>Menu</p>	

TIMES GONE BY

On Friday 22nd July 2005, it will be the 50th Anniversary of the closing of Cautley School, which many of the old students who are alive today will remember with fond memories. Below is a brief history of the school, an article from the 1992 Lookaround and a biographical description of the early days of the school.

SEDBERGH CAUTLEY with
DOWBIGGIN SCHOOL
BUILT 1877 – CLOSED 1955

The school was built in 1877 at a cost of £238 7s 4d, raised by public subscription.

It consisted of one classroom, 27 x 17 feet (internal measurement) with entrance cloakrooms measuring 6 feet 6 inches x 6 feet at each end (one for boys and one for

girls).

The school was grant aided “in connexion with the Church of England and the School National Society”. It was built to take 45 children from “the labouring population” resident in the district, consisting of 23 Church of England, 20 Wesleyan Methodist, 1 Independent and 1 Quaker.

During its existence as a school it had no electricity and no running water. The sanitary arrangements were earth closets, later replaced by “buckets” and an open drain urinal.

Fresh drinking water was taken to the school each day and rainwater was collected in water butts for other purposes. Heating was by an open fire with a coke stove in the far corner giving

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Alan & Chris Clowes and their staff
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Residents and non-residents.

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background heat.

Oil lamps were used for lighting and often blew out on windy days.

In 1900 it cost £72 15s 10p to run the school and pay the wages of the staff.

On the 22nd July 1955 it closed and the pupils transferred to a school in Sedbergh.

An article printed in the Lookaround following an illustrated talk on Rural Education given by George Tomlinson to the Sedbergh and District History Society on 1st April 1992.

LOOS CHANGE

Changes in the sanitary arrangements at Cautley with Dowbiggin School formed just one aspect of Mr George Tomlinson's illustrated talk to the Sedbergh and

District History Society on April 1st.

And, in spite of the date, he wasn't joking when he said that in 1877, when the old school was built, it was only thought necessary to empty out the boys' and girls' earth closets once a year!

The school governors perhaps had more sensitive noses by 1915, because in that year they proposed emptying the closets every six months, soon changed again to once a quarter. Then in 1945 the school equipped itself for the modern age by buying two new buckets, one for the boys and one for the girls. And there they stuck (so to speak) till 1955, when the school finally closed.

George Tomlinson began his talk by

(Continued on page 44)

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reading an account of the school written by 14 year-old Margaret Atkinson of Cross Hall, Cautley, in 1884. She had started as a pupil in 1875, when the school was still held in the church vestry. But two years later a new schoolhouse was built. It had one fire, Margaret wrote, and that was monopolised every winter by the headmaster!

For the first few years most primary school teachers were themselves only children, between 13 and 17 years old.

Although built for about 40, the school rarely had more than 20 pupils and parents often had to supplement the education grant to keep the school alive. In 1937, 11 of the 17 pupils were members of the Woof family, which

prompted a Daily Express reporter to come all the way from Fleet Street to record this quaint country phenomenon. He managed to misspell their name throughout the story.

The school closed its doors in 1955 and some of the old boys and girls were at the History Society meeting to hear George Tomlinson revive old memories. They also helped identify friends and relatives in old school photographs from the Society's archives.

During the First World War the school lent some money to the war effort but apparently it was never repaid. George suggested that the missing cash should be recovered immediately and repaid to the current proprietor of the school building,

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And that is where the April Fool's day came in, because Mr Tomlinson himself is the proud owner of the old school, which he has converted into a fine home!

MY SCHOOL DAYS 1875 – 1883

A SHORT BIOGRAPHY

My name is Margaret Atkinson and I live with my parents at Cross Hall Farm, Cautley, which is about two and a half miles from Sedbergh in Yorkshire. My father Jonathan Atkinson is a hill farmer with grazing rights on Baugh Fell.

In 1875 I started school at the age of 5 in a school held in the Vestry of St Mark's Church, Cautley. It was attended by about 20 children. My father said we were lucky to have a good school to go to because he was taught to read and write by an old woman who ran a Dame School at the bottom of Marsh Gate Lane. His father paid a few pence each week to send him there.

In 1877 a new school was built further up the road towards Kirkby Stephen, so that children of all denominations could attend. Mainly Church of England and Wesleyan Methodists. It is called the Sedbergh Cautley with Dowbiggin Public Elementary School. Many people paid towards having it built. The rich

landowners £20 and some of the poorer farmers one shilling. It cost £240 to build and consists of one large room with a boys' and girls' entrance and cloakroom at each end.

It was very cold in winter having only one fire to heat the school. Mr Herd, the Headmaster, had his desk near to it, so he was alright. We had to sit on our hands to keep them warm.

Behind the school was a high wall dividing the girls' earth closet from the boys'. There were not emptied very often and smelt very bad, especially in the summer.

School started at 9.00 am with a hymn and prayers. The register was closed at 10.00 am. If you came after you were counted as absent. You got a red mark for on time and a black mark for late.

Mr Herd the Headmaster was very strict and used the cane a lot, especially on the boys for fighting and swearing. I do not think he liked us very much at first because he said we were "rough, unruly, and very vulgar". We could not have been too bad because Mr Haslam, the School Inspector, said in his report we were orderly and the little school had

(Continued on page 46)

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made a good start. He also liked our singing, especially the one called "England has many sunny Vales".

We had lessons in the morning, reading from primers and learning multiplication tables by heart. In the afternoon, drawing lessons using slates and slate pencils. When we became good we used paper and lead pencils from Keswick.

At the end of each day at 4.00 pm we had to sit very quietly at our desks with our backs straight and arms folded, then on command from Mr Herd, we stood up, bowed or curtsied saying "Good afternoon and good-bye Mr Herd".

Often many of us were kept at home especially at sheep shearing or washing time or corn harvest and hay-time. In winter, when the snow was deep, we could not go to school and many were absent for days because they lived far away. Some were over two miles from the school.

In spring and summer there were many things to do. Such as, going to the agricultural show, sports days at Cautley Thwaite, playing football and cricket against the British School and National School in Sedbergh, seeing the circus that came. If it was not a holiday some would

play truant and the School Attendance Officer would come to find us and take us back to be punished.

Because the school was built on the side of a steep hill, we could not play with tops and whips or balls. So we played running, jumping and skipping games like, "The farmer wants a wife"; "The big ship sails through the alley, alley -o"; and "The wind, the wind, the wind blows high".

On Sundays we put on our best dresses, suits, and coats and went to Sunday School. The Methodists to Cautley Chapel and the Church of England children to St Mark's.

In summer 1882, I left school at the age of twelve. Mr Herd left in August 1883.

A new Headteacher called Miss Jane Jones replaced Mr Herd. She is very nice and lodges with us at the farm. My father gave her accommodation because he is one of the School Managers.

Miss Jones has helped me to write about my school days.

*Margaret Atkins, Age 14 years.
1st April 1884.*

(This account of the school written by Margaret Atkinson is based on true historical facts but was, I am afraid to

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say, written by me – for which I apologise if I have misled anyone. It was however presented for the first time on the 1st April 1992.)

George C Tomlinson, June 2005

Extract from Cautley School Log Book. "22nd July 1955. School met for the last time today and closed at 3.30pm. The following pupils on roll were in attendance and will be transferred to other schools next term which begins 30th August 1955".



Sedbergh Cautley with Dowbiggin School C1907. Head Teacher Miss Mary Barker 1899 to 1916.



Photograph of students taken on last day. Back Row: John, Jean & Dorothy Harper of Cross Haw. Ernest Atkinson of Cross Keys.

Front Row: Bernard Howard of St Mark's and Mathew Metcalfe of Mire House.



Sedbergh Cautley with Dowbiggin School Built 1877, Closed 1955

PLEASE REMEMBER NO E-MAILS FOR THE AUGUST ISSUE.. Eds

SEDBERGH PARISH COUNCIL

From the minutes of the Meeting held on 27th April.

GUEST SPEAKERS

The Chairman welcomed Mr. P Stockton, Strategic Planning officer YDNP and Ms. A. Burden, Planning Officer YDNP.

Mr. Stockton is responsible for planning policy and as of 12th April the Authority has adopted the new local plan for all new applications although there is still 6 months left before the new plan is formally adopted. There could be more changes but no significant amendments are expected.

Most policies have not changed significantly and the main changes are on housing and local needs. Sedbergh is

designated as a key service centre and any site of 2 houses or more will have to be 50% affordable housing based on the SLDC housing needs survey. The policy is for a density of 35 dwellings per hectare to make best use of available land. Affordable housing would be local occupancy and probably in association with a housing association.

Some minor changes have been made to the development map:

- Loftus Hill now included in the development boundary
- Land behind Auction Market a protected open area
- Top Joss lane includes an area already granted approval

Retail policy will protect retail use of Main Street and there is a strong policy

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Cask Beers for July include:- Timothy Taylor Landlord; Timothy Taylor Golden Best Theakston's Best Bitter and Tirrel Brewery Brougham Ale as well as others.

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- protection to safeguard employment land.
- On more specific matters Ms. Burden raised the following points:-
 - Complaint raised about the finish to the new building at Baliol
 - Car parking - the main criterion is that any new parking is taken as part of an overall traffic management scheme and has to resolve an existing problem.
 - Beamsmoor - Applicant has been asked to consider affordable housing on this site and a housing association has expressed interest but the location and distance from the town is a concern.
 - Aqua Engineering - 2 Castles has expressed an interest.
 - 37-39 Main Street - This is a grade II listed building and historical and archaeological appraisal of site still awaited from applicant. It would be open to mixed use as long as two retail units retained.
 - Pinfold Caravan Site - A report is to go to the next Planning Committee to request enforcement and removal of 4 statics and various other infringements.
- The Chairman thanked the speakers .
- Matters Arising*
- 'Wheelie Bins' SLDC has invited representatives of the council to a briefing on the waste minimisation and recycling scheme on 3rd May at the

(Continued on page 50)

Dalesman. It was agreed that Cllr. Longlands and the clerk would attend. Also they volunteered to attend a Parish Council meeting but it was agreed that this was not necessary.

HIGHWAYS

A meeting with John Bell from Highways has been arranged for 11th May to discuss the installation of bollards on Main Street and to discuss the problem of disabled access to St. Andrew's Church.

Cllr Blair attended a meeting organised by the police to brief councils on the arrangements being made for travellers this year. Parking is to be limited and controlled on the road from Kirkby Lonsdale to Sedbergh. Only 5 caravans will be allowed in the New Bridge car

park and if more arrive they will be moved on. However no extra police are to be provided.

On the Dent road by Archers Hall there is a trench created by United Utilities that has dropped after filling. Also the road to Marthwaite still has not been repaired and there is still a pot hole on Howgill Lane by Hylands.

The Police have advised that they now have a new radar gun and will start using at both ends of town.

A motor rally event will pas through our Parish on 11th and 12th June

QUEEN'S GARDENS

Mr. Teal has reported that the composting bins are still being misused. It was agreed that if the situation did not improve with the introduction of green



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wheelie bins for garden waste we would have to consider removing the bins.

The fallen tree has not yet been removed and seats at the tennis courts are broken.

PLAYING FIELDS

Goal posts for the football club had been left out as had the mower. It was pointed out that this could represent a danger and this will be raised with the Football Club.

The fence needs repairs and apparently there are 2 replacement cross sections in Dawson's yard.

TOWN TWINNING

Settlebeck School had a good visit to Zrece and it is planned for a return visit of 15. 35 choir members from Zrece want to come but accommodation for so many is proving difficult.

Zrece want to sign the twinning document on 27th May and the Mayor has invited Messrs. Pratt, Hopkins and Steadman to attend.

FOOTPATHS

Dog fouling round Sedbergh School premises is becoming an increasing problem with some people throwing the full bags of dog faeces into school grounds. The clerk will speak to SLDC to see if anything can be done and an article will be put in Lookaround.

PLANNING

Planning applications were considered as follows:

FPP Change use to hayloft to additional living accommodation at Holebeck Farm, Frostrow *No objections*

FPP external alteration to former squash courts/pavillion on Back Lane *No objections*

FPP conversion building to create staff accommodation at the Bothy, rear Evans House *No objections*

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FPP erection single garage and garden room at 20 Thornsbank *No objections*
FPP conversion to outbuilding to ancillary residential accommodation at New House, Howgill

Large north facing window glazing out of keeping with rest of building.

FPP conversion existing barn and shed to joinery shop and store at Abbot Holme Farm, Millthrop *No objections*

FPP erection domestic store at 2 Sycamore Av Sedbergh *No objections*

The National park authority planning officer has advised that in respect of the enforcement cases for unauthorised works at Pinfold caravan site will be reported to the National Park planning committee on 10th May.

KILLINGTON SPORTS

Once again the weather relented for Killington Sports. After raining most of the day, it stopped and faired up in time for the traditional local children's party and races. By 6 pm it was promising a reasonable night as the Open Children's sports started and it continued for the main Sports, which were well supported by a good turn-out and entry to the races, wrestling and other events. Entries came from all over Cumbria and from our neighbouring counties with many familiar faces in attendance. While there were no championships this year, the wrestling was well attended and provided much good sport. The usual sideshows of Quoits, Pitchpenny, Coconut Shy and Guessing the weight of a sheep were also well patronised and the crowd were kept entertained throughout by the commentaries of Chairman John Capstick and our usual Handicapper & Main Commentator Roger Ingham. 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.

Much credit for another successful Killington Sports goes to Chairman, John Capstick and his Committee for the preparation and organisation on the night, and they would like to express their gratitude to all the sponsors of the events who once again supported the Sports and ensured its financial viability.

Results

Men's 100 yards:

1st Ryan Murfield, 2nd Nick Bradley,
3rd Tom Batty, 4th David Appleyard

Ladies 100 yards:

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1st Judith Marshall, 2nd Samantha Morphet, 3rd Ann Ingman, 4th Helen Caton

Senior Fell Race:

1st Lee Samskzo, 2nd Chris Doyle,
3rd Ted Mason, 4th Harry Coates,
(Ladies)

1st Judith Marshall, 2nd Lynn Whittaker,
3rd Sheryl Slater

Senior Mountain Bike:

1st Jonathan Petyt, 2nd Andy Holden

U16 Fell Race:

1st David Shepherd, 2nd Jos Livesey,
3rd Ben Morphet, 4th Matthew Fretwell
(Girls)

1st Gemma Crowther, 2nd Lauren Moorhead

U16 Mountain Bike:

1st Ben Chetwood

Children's Fell Race:

1st Tom Doyle, 2nd Jon Knox,
3rd Matthew Cardus, 4th Henry Knowles
(Girls)

1st Melanie Morphet, 2nd Amy Fretwell,
3rd Charlotte Knowles

(Local)

1st Ben Chetwood

U16 ½ Mile Handicap:

1st Gemma Crowther, 2nd B.Spratt,

3rd Jos Livesey, 4th Niall Till,
 5th. Matthew Fretwell
 2nd Girl, Melanie Morphet
 Men's 200 yards:
 1st Nick Bradley, 2nd Tom Batty,
 3rd Jim Mason, 4th Andrew Huddleston
 Ladies 200 yards:
 1st Gayle Batty, 2nd Dionne Giesem,
 3rd (equal) Angela Clarice, Joy Knowles
 Men's 400 Yards:
 1st Bill Longlands, 2nd Tom Batty,
 3rd Alistair Russell, 4th Paul Capstick
 Ladies 400 yards:
 1st Lauren Moorhead, 2nd Angela
 Clarke, 3rd Gayle Batty
 Mile Handicap:
 1st Dave Allen, 2nd Ted Mason,
 3rd Alistair Russell, 4th Danny Parkinson
 Men's Sack Race:
 1st Andrew Huddleston, 2nd Jonathan
 Caton, 3rd Peter Gorst, 4th Chris
 Bowness
 Ladies' Sack Race:
 1st Helen Caton, 2nd Glenys Stainton,
 3rd Dionne Giesem, 4th Lisa Huddleston
 Men's Potato Race:
 1st Ryan Murfield, 2nd Peter Gorst, 3rd
 Tom Batty, 4th Bill Longlands
 Ladies potato Race:
 1st Joy Knowles, 2nd Sharon Hudson,

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3rd Glenys Stainton, 4th Liz Mason
 Adult Mixed 3-Legged:
 1st David & Charlotte, 2nd Lynn &
 Andrew, 3rd Hodgson & Hodgson
Wrestling
 Men's All Weight:
 1st Joseph Robson, 2nd John Harrington,
 3rd Andrew Carlile
 Men's U13st.:
 1st David Atkinson, 2nd David Parsons,
 3rd Andrew Carlile
 Boys U15:
 1st Graham Brocklebank, 2nd Sam
 Wilkinson, 3rd Jack Ewart
 Girls U15:
 1st Tracy Hodgson, 2nd Emily
 Postlethwaite, 3rd Charlotte Musgreave
 Boys U12:
 1st Scott Brocklebank, 2nd Stuart Mason,
 3rd Ben Brocklebank
 Men's Pillow Fight:
 1st Matthew Waller, 2nd Edward Waller,
 3rd Eddie Lord
 U16 Pillow Fight:
 1st Stet, 2nd Patrick Booth, 3rd Callum
 Nicholson
 U11 Pillow Fight:
 1st Shannon Moorhead, 2nd Scot
 Brocklebank, 3rd Hannah Hodgson

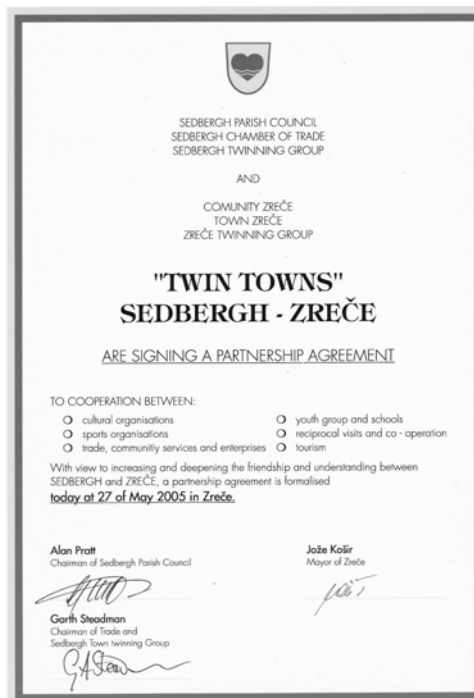
TWINNING WITH ZRECE

Sedbergh gets their twin

Following the successful BBC TV series 'The Town that wants a Twin', Sedbergh and the Slovenian town of Zrece have finally signed a formal twinning agreement. A delegation from Sedbergh comprising Alan Pratt (the Chairman of Sedbergh Parish Council) and his wife, Dorothy, Garth Steadman (Chairman of the Sedbergh Twinning Committee) and Parish Councillor Vic Hopkins travelled to Zrece for the ceremony. The small but moving ceremony to commemorate the formal twinning of Sedbergh and Zrece was held in a small local museum called 'Skomarska Hisa', an old house in the pretty village of Skomarje situated in the mountains overlooking Zrece on Friday 27th May.

The Ljudski pevci folk singers, which had recently visited Sedbergh, were also there as well as a local children's singing group. Prior to the signing these groups entertained those present with folk songs and poetry. The children's interpretation of a local poem was particularly entertaining and everyone was touched by their commitment and enthusiasm.

The community of Zrece was



represented by, The Mayor, Mr Joze Kosir, Zdenka Kejzar (tourism officer) and Barbara Potnik as interpreter. Local TV and newspapers covered the ceremony.

The Mayor welcomed the Sedbergh delegation and spoke of the great benefits that he saw emerging from the twinning. Mr Pratt responded in a similar vein, saying, 'The twinning of our two communities provides a great opportunity for the residents of both communities to get to know and understand each other and their cultures.' He went on to say a few carefully rehearsed words in Slovenian to the delight of all-present. Mr Steadman also spoke of the benefits of commercial contacts between the two towns and Mr Hopkins, on behalf of Sedbergh Parish Council, presented the



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Mayor with framed print of Sedbergh by local artist Hilary Moore.

The charter was then officially signed by the Mayor, Mr Pratt and Mr Steadman after which toasts were drunk in local wine with some local food delicacies. Finally the Ljudski pevci folk singers broke into song and the whole party moved to a nearby tourist farm, where after enjoying the breathtaking views they shared a celebratory meal. Mr Pratt summed up the feelings of all those present at the ceremony when he said, 'This has been a memorable day for the two communities and I have no doubt it will lead to closer links between us in the future.'

A full report of the activities of the visit

is available from Garth Steadman.

The Sedbergh Town Twinning Group are thinking of organising a Town Trip to Zrece in September 2005 and /or a Skiing Trip in Jan / Feb 2006. People who are interested please contact one of the Twinning Group to register your interest before the end of July. Numbers will be limited so first come first served.

Contact Garth Steadman on 20431

*Garth Steadman
(Chairman of Sedbergh
Town Twinning Group)*

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I am a mature lady with a grown up family, impeccable references, a car and a clean driving licence.

For more information, Telephone Barbara Uttley 01539 722568

NORTHERN KART FEDERATION *2005 season*

This season there are two kart championships for both Tom and Sam, this is going to be difficult and confusing to explain to you where there positions are in each championship. The reason is, Tom is doing 125 ICC UK and incorporated in that is the S4 championship which is most of the same racing and the same results except for two rounds, as the year goes on I will try to inform you how Tom is doing. Sam and lets not forget James Mudd this year are racing in the NKF Super ICC which is the lighter class, which is run on the same race day and track as Tom.

The other championship for Sam and James is the British racing drivers club "Stars of tomorrow" Super ICC, the results from that series will follow soon the title for this will be BRDC Super ICC. Now lets get going with the first round of the NKF 125 ICC UK it has

been pointed out that the reports last year were all about Sam this, and Sam that, well now this report is all about Tom, with a little bit of Sam thrown in.

Practice Day was Friday all day for Tom this was because he had not been in the seat of a kart for three months and he was also going to have to get used to using Sam's F1 kart from last year, as we were still trying to sell it. Before we can afford the next kart.

Practice day was supposed to be relaxing as you get the settings sorted out and you start to go faster. By the end of the day Tom was flying literally, but I will get to that later. Tom was hoping to go well but was struggling well off the pace, the problem was the kart wouldn't turn left and would lock the left front brake, this was a challenge for the mechanic, "me in other word" I had it all in hand really, it just took me along time to find the answer, in fact, I don't only work on kart settings, I also work on

drivers at the same time, people ask me how to set up there son's kart better for them and I tell them what I do to get my son's to go faster. I don't make the kart easy to drive at first I encourage the driver to try harder then when the drivers fired up and ready to blow I then change things on the kart and make driving easier which spurs them on again when the lap times start to come down. This then means that the race day starts on a high.

The tactic of the day can sometimes back fire if I can't find the answer quick enough, I mention this as Tom did try very hard, that hard that he crashed off and ended up on his head with the kart on top of him. Thankfully he didn't hurt himself, but that brought the day to a close.

Saturday Practice

In the morning, Tom was busy building the kart back up and making it safe, as Sam started his practice day. The same approach was used on Sam with very little appreciation of my efforts, as all he wanted was new tyres from the start of the day. This we all know makes you the quickest out on track, until someone else puts new tyres on and so on, as the day was going on Sam was struggling and loosing faith, it was called "sulking" when they were little this always happened when they didn't get there own way. Although he pulled his finger out and did what I asked after a quiet word, I don't mean I was whispering, it was more enhanced than that and to the point, if you were trying to guess the word then let me put you out of your misery it was "concentrate." This he did and the day got



better.

Tom had now re-built his kart from the earlier incident. Things were now going well, he was not as fast as he would have liked, but as I told him: "This gives hope to those other drivers that you would normally be faster than" Which was a great annoyance to Tom and at one point he was thinking of not even racing on Sunday as the kart was a "shed" to us this means useless. I knew what he meant, but I thought you might not.

Sunday Raceday

Tom's 125cc UK class first

Heat 1

Tom started on grid 11 in heat one. He made good progress up to about 6th place, then made a lunge to take 5th place but he spun dropping back down the field and finished 14th.

Heat 2

On heat two Tom started on the pole, the race was good, but he was not quick

enough dropping to 6th place.

Heat 3

He was 17th and last place on the grid but his day got better with a 7th place finish.

The Final

Grid position 7 for Tom out of 17 drivers was good, he was roughly the sixth fastest in the heats, this meant if things go to plan Tom would finish sixth. Well he did better than that he came home to the flag 5th and as pleased as punch.

News on the NKF Super ICC next month.

Report sent in by a dad that knows nowt in the eyes of some. Well-done Tom.

CHAMBER OF TRADE

From the minutes from 16th May
Community Development Work

Members were reminded that the sheets requesting more information with regards future training courses should have been returned by 16th May.

Bunting

The Fire Brigade ran out of bunting when they got to Rycrofts.

Correspondence

We have received a letter from the White Hart Sports and Social Club saying that after a review of their outgoings they have decided to drop out of the Chamber of Trade. The members present agreed that we would make them honorary members as they are kind enough to let us have free use of the meeting room. A letter is to be sent to Janet Benson, Secretary

Car Parking

This is to be carried over to the next meeting when N Brown will be present and C Nelson will have met with Laurie

Kay at the Sedbergh Auction Mart

Litter Awareness Week

- The date had now been amended to the 1st week of July
- E Hailwood will contact Lookaround and get an advert in the June Edition.
- It was noted that following an email sent to the Highways Department the Slip Roads look better.
- J Baines will write to the Schools asking for their support in the Litter Awareness week
- Any volunteers willing to help that week please contact Ernie Hailwood 015396 21539

Sub Committee Reports

Twinning

- Following a meeting held on 25th April, a Strategic Meeting has been held by the Twinning committee. The Twinning Charter will be signed in Zrece on Wednesday 25th May, Garth Steadman, Alan Pratt and Vic Hopkins will represent Sedbergh and the British Ambassador will also be

CLERK TO GOVERNORS

SETTLEBECK HIGH SCHOOL

The Governors of Settlebeck High School are seeking to appoint a Clerk to Governors with effect from 1st September 2005.

An honorarium of £1,300 per year will be paid to recognise the work required which includes a minimum of 20 meetings (full Governors' and 3 supporting committees - Curriculum Teaching & Learning, Finance & Buildings and Personnel) plus an advisory role regarding DFES initiatives and other regulations/requirements.

Please contact either Anna Atkins the current Clerk (015396 20031) or Reception at the School (015396 20383) for full details.

If you want to talk about the responsibilities of the post before applying, please contact Anna Atkins (Clerk) on 015396 20031

Hilary Dixon (Chair of Governors) on 015936 20280

Dave Smith (Headteacher) on 015396 20383

Closing date for applications is Monday 11th July 2005.



present. Once the Twinning is official we can apply for further funding. This will coincide with the 10th Anniversary of Slovenia becoming a Municipality.

- A Town Visit to Zrece is to be organised for either October or January. An advert will go in the Lookaround to see which would generate more interest. Anyone interested please contact G Steadman 015396 20431
- 15 children from Zrece are due to arrive in June; Dave Smith from Settlebeck is arranging this.
- 35 Musicians/Choir singers will be staying at Baliol School and performing in the area in August.

TIC & Dales & Lakes Book Centre

- Carol Nelson and all the staff at the TIC have done a fantastic job, this is now up and running, please pop in and support them.

Medival Market Fayre

Still a lack of volunteers for the new



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ALL MAKES ALL MODELS WORKED ON

committee; if not enough are found the Market Fayre **will not happen** in 2006. Please contact Joyce Cox 015396 21820
AOB

- A lack of Tea Rooms in the town was discussed and it is hoped that this will be resolved as soon as possible.
- *Wheelie Bins*: If you have any issues please go along to Joss Lane Car Park on either 1st or 8th June
- *Gypsies*: It has been noted that they arrived at Settlebeck Bridge on the 3rd May, they seem to be getting earlier and earlier each year. How this is to be dealt with in future years is to be looked at before next May. No Skip, J Baines to chase the Parish Council
- *Town Gym*: A meeting is to be held with Baliol on the 17th May. Funding is in place and Sandra Gold will report to the next meeting of the Chamber as to the next step.
- *Robin Hood*: G Steadman passed on a big thank you on behalf of the Chamber of Trade to all those that took part in the recent Pantomime. It has been very successful and an estimated £1300 was raised for charity.

MAY WEATHER

What a contrast with last year with May 2004 probably being the best month of the year but 2005 was certainly a mixed bag. It certainly brought forth flowers, dandelions in plenty! Temperatures varied from a low of 32.5F on the 9th to 81F maximum on the last day with all possibilities in between. We recorded 6 nights when the temperatures dropped into the 30s F with ground frost on most of these nights. For 6 days the temperatures reached the 70sF the rest were chiefly in the 60sF. It was a fairly breezy month with winds from the northwest quarter except on 2 days when it was from a southerly direction. A maximum wind speed of 22.4 mph was recorded. Rainfall totalled 3.23 inches most of this falling in the 1st and 3rd weeks. The 2nd and last weeks registered no precipitation.

Apart from the dandelions the hedgerows were full of blossom but whether the sloe gin makers will have any fruit we shall have to wait and see. The blossom did not seem to last long being dashed by the wind and rain. Having said that there area fair number of apples set though the pears obviously hit one of the poor spots as they are usually a bit earlier flowering. The rise in temperature and rainfall brought about a long awaited growth of grass keeping the sheep busy. Starlings, blackbirds and wrens were feeding young. It will be interesting to see if we see any fledglings or whether they will be food to rear the magpies young! Sparrows and bluetits have been noticeable by their absence no doubt nesting round about. We have had a Great Spotted Woodpecker feeding on the

nuts regularly recently. Apparently, I read, that this is a fairly newly acquired skill. Certainly I haven't seen it as often as the current one visits. The early butterflies seem to have gone without producing or at least my plentiful supply of nettles does not seem to have any caterpillars yet. I haven't seen the Sparrowhawk recently but the Kestrel is about. It is strange you rarely seem to see them on the same patch. All the Hirudines are back but I have only seen a handful of House martins.

SOUTH LAKELAND CARERS ASSOCIATION.

Visitors are always welcome at our office in Stricklandgate House in Kendal across from McDonalds and the main Post Office, there is disability access from the car park at the back. If you are making a special trip do phone to make sure someone will be there as we do go to meetings and make home visits.

Our Sedbergh Carers Support meetings continue on the 1st Tuesday in the month, in July we meet on 5th at the Health Centre for a chat and tea and cakes and catch up with the summer events, then on August 2nd we are off to Dent for Tea in the garden. As always all carers, past carers and interested people are welcome to join us, for details contact Sarah at the office 01539732927.

We also have Carers groups in other parts of the area so please do phone for details if you are interested in coming along we will help with transport if we are able to.

Sarah Woof



HOWGILL W.I.

Members met at Firbank Church Hall for the June meeting. President Mary Silva gave a warm welcome to members and three guests.

Several of us enjoyed the annual group meeting hosted by Dent W.I. The competition for a poem with the Words Sounds Musical incorporated was won by Casterton W.I. Thanks to Helen Beare for writing our entry which came third. A thank you to Dent for their hospitality.

Plans for Holker Hall were finalised. Ideas for a summer outing were put forward and will be decided at next months meeting.

Helen Beare ran through the singing part of the programme which our singers will be performing at our forthcoming concert. We hope you will join us for a summer evening in Howgill in July.

We are supporting the Cartmel Flower Festival with a donation, home baking and help with refreshments.

The 2006 sample calendar was passed around. Also freebies of Dove soap and country show schedules are available.

June is the month we break with tradition and make it a members evening making our own entertainment; a varied selection of poetry, singing, stories and a recorder duet resulted in a happy and relaxing evening.

The competition for a poster to advertise our August meeting was won by Sheelagh Denniss with Helen Beare second raffle winner was Dilys McCafferey. The social to 'Answer the Jokes' was won by 'A Team'.

Our next meeting will be held at

Howgill Village Hall on July 7th when Mrs Ann Farnell will give a cookery demonstration. The competition is a favourite hors d'oeuvre recipe. *A.H.*



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DENT MACMILLAN MILE CHALLENGE

Thank you very much to all who took part in the MACMILLAN MILE CHALLENGE on May 31st.

The weather was fine! And it was great to be supported so well by local people, both in generous sponsorship and in encouragement on the day.

We have raised £1099.63 this year. A big thank you to everyone who made this possible. *Nora Caygill Dent P.O.*

LES WOOF

Les Woof was a genuinely nice man, a calm, gentle man. I never saw or heard him angry, or even cross - although thirty odd years ago, with some lively youngsters in the family, he probably had reason to be at times!

With Doreen at his side, Les was so immensely proud of his family and justifiably so. Through childhood education, adolescent sport, marriage and the arrival of grandchildren, Les guided and supported his children, watching the progress of each with equal pleasure.

The boys football gave him particular enjoyment, watching his sons playing the Gala 6-a-sides at Settlebeck, the Yorkshire Terriers in the 70's, and going on to represent Sedbergh F.C.

Les also loved his golf, both playing and spectating and one of his happiest days was the trip to Woburn, one of England's finest courses, to watch son Nick play in the Dunhill Amateur Championship. That was almost 20 years ago, but Les had been a stalwart member of Sedbergh Golf Club for a considerable time by then.

This year (2005) Les would have been a member for half a century! He was proud to accept the position as President in 2001 and 2002 and that was a happy and special time for him.

Gone now, never forgotten, Les will be sadly missed. Work colleagues from his early days in the building trade, staff members and boys from Baliol School, and latterly those from Sedbergh School, will remember Les with fondness and warmth.

He was indeed, one of life's good guys.

ADL

JCB CHARITY PULL

Sedbergh Playgroup committee would like to express their grateful thanks to Caspa Kirkby and all his friends for organising the charity JCB PULL last Bank holiday Sunday.

The event was very successful and fun was had by all!

Our thanks also goes to all the lads who pulled the JCB from Devils Bridge to Sedbergh (this event could not of gone ahead without you guys!)

Many thanks also to the help and donates given from those behind the scenes. The full list is with the other report on Page 28.

We would also like to thank, all the Sedbergh Playgroup Committee members and parents who helped with the fun events and the Barbecue following the JCB PULL. Your help, time and support on the day and prior to the event was very much appreciated.

SEDBERGH TOWN BAND

The band are delighted to announce the receipt of two recently made gifts.

The family of Mrs Dorothy Hardy have donated an inscribed drum majors mace in her memory. Mrs Hardy, who died in March of this year, was a great fan and supporter of the band from its inception, being a patron and unfailing attender of every concert from all of which she derived so much pleasure.

Our thanks go also to the family of Eric Fisher who have donated his very fine trombone to the band thus ensuring that both the numbers and quality of instruments possessed by the band continue to increase.

NCH

The Children's Charity

Originally the National Children's Home or NCH as it is now called (its homes now no longer run as such) was founded to house and care for homeless children on the streets of London 130 years ago.

NCH has developed the range of its services to meet the changing needs of children over the years. The charity now runs over 500 projects in Britain, currently helping more than 100,000 children, young people and families. Projects include support networks for young homeless people, residential homes for profoundly disabled children and family mediation centres. There is a centre in Barrow with an outpost in Kendal and a specialist nursery facility in

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Carlisle. Many other play and counselling services help traumatised children and their families. NCH is a charity relying totally on the efforts and donations from ordinary people like us. There are such a lot of calls on our money these days and while not losing sight of the needs of others who need our help, this is a plea to support the disadvantaged children and families around us.

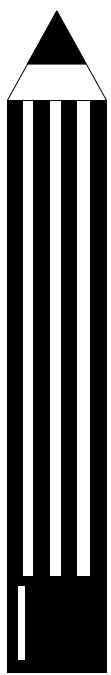
NCH works efficiently and quietly restoring children's lives and those of their families so that they become better able to cope with the demands of our society which, thankfully, most of us manage. Please therefore support the work of NCH and the people it helps in the forthcoming house to house collection in Sedbergh.

There is also to be an Auction of Goods and Promises in aid of NCH on Saturday July 16th at Sedbergh Methodist Schoolrooms. Please bring goods for sale (not upholstered furniture or electrical goods) between 10-30 and 12 noon on that day when coffee will be available, view in the afternoon between 2-30 and 5 pm and join in the Auction from 7-30 in the evening.

'Promises' will be gratefully received at any time up to that date by telephoning Sedbergh 21567.

Please support this very worthy cause in your usual very generous way. Many thanks.

Ann Wright



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ZRECE

Activity & Wellness Holidays in Slovenia – Special Offer for Sedbergh Residents

Shortly after the signing of the Town Twinning Charter Unior Tourism, which is based in Zrece, announced that it was offering a discount to any Sedbergh residents on their five-day activity holiday packages. There are two packages one is based at the Rogla, a 3* ski and all-year climatic health resort in the mountains above Zrece and the other at Terme a 4* thermal health resort in Zrece.

The activity holiday at Rogla includes sports activities, thermal pools, saunas and walking tours. At Terme the wellness break includes sauna, thermal baths and hydro gymnastics. Both holidays include 5 days half-board accommodation and transfers from Graz, Klagenfurt or Ljubljana airports (but not flights). Prices range from € 539 - € 698 per person depending on season or resort. (Current exchange rate €1 = £0.67)

More information is available at the Tourist Office and the facilities at Rogla can be viewed at www.rogla.si and Terme at www.term-zrece.si.

SEDBERGH SKATERS

Once again, the young 'uns of Sedbergh and areas had a disco on Friday 27th May at Peoples Hall.

The young uns are raising money to have their own skateboarding area in Sedbergh and the disco helped make over £180 - Well done!

We would like to thank our DJ's who are DJ Deadly and Sheamus. They did a great job again and everyone had a great time and also thanks to Young Cumbria and Phat Café. Thanks

Sandra W. Longlands

SETTLEBECK HIGH SCHOOL


Former Leavers' Achievements

Congratulations to our former students who have been awarded prestigious positions in local sixth forms. We were delighted last year when Jack Swannick became Head Boy at Kirkbie Kendal School. Keeping up the tradition, Andrew Bonsall becomes Head Boy at Queen Elizabeth School and Richard Wilson at Kirkby Stephen Grammar School Sports College. Well done to you all, we are very proud of your achievement.

Judith Walsh

DENT PRE-SCHOOL NURSERY


All the mums of Dent Pre-School Nursery Association would like to say a big "Thank you" to everyone who donated goods, or attended the silent auction we held in Dent Memorial Hall on the 4th June. We raised just over £1900 which will go towards keeping our nursery here in Dent open and also a "Thank you" to all who bought balloons for our balloon race held on the 26th June at the end of the folk festival weekend.



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BALIOL SCHOOL FUN DAY

12 noon Sunday 10th July

Last year we were unable to hold our annual fun day due to work going on in the school grounds. However, we are pleased to announce that this year it will go ahead on the above date and the opening ceremony will be performed by our MP Tim Farron.

Do you remember the 'Pulse Project' which was started in 2000 to raise money for a Gym and Fitness Centre in Sedbergh for the community to enjoy? It was started by Sandra Gold-Wood, whose idea it was to use the Udale's Butcher's empty building on Main Street.

Unfortunately, this proved to be financially out of the question. Several other sites were considered and discussed, one of which was a unit at the Toll Bar. However, none were available and SLDC informed Sandra that there may be more new units built in the future. The project was then put on hold and the money which had been raised is safely in a bank account accruing interest.

Following talks with Sandra Gold-Wood, Drew Anderson (Baliol Headteacher) and Hilary Hodge (Baliol Chair of Governors), Baliol and the Pulse Project are joining forces working towards establishing a community fitness centre on the school site as part of our Community Sports Centre Appeal. You may be interested to know that 'Pulse' stands for: People United in Leisure for Sedbergh and its' Environs.

Baliol is striving to become a sports college and a centre of excellence for the education of children with emotional and

behavioural difficulties/disorders. We will work directly with schools in Wensleydale, the South Lakes and the Sedbergh Community on developing sporting opportunities.

Baliol already has a 'play-barn' which is a large covered area—big enough to play football and is used by the community regularly. This will eventually be made into a sports hall with the fitness centre following on. Hopefully, by 2007 we will also have an all weather football pitch.

We hope you will support us and enjoy yourselves and have fun on the 10th of July.

THOUGHT FOR THE MONTH

It is summer, yet as this is prepared the wind is howling outside and the rain battering the windows! We put on an extra layer of clothes to venture out, if we have to, and the night storage heaters are all turned on again! It really seems the weather is topsy turvy, but why not? We have thrown all manner of stuff at nature for decades so now nature is getting its revenge. Do you ever feel like that about life in general and your bit of it in particular that you want revenge for all the hard times that come your way, all the loved ones you so long to be with but they have passed on, all the missed opportunities gone forever, all the pain from your health problems and so on. When you feel battered and feel like howling why not just do that? Howl, cry out to God all the pain, all the desperation and claim His peace. Don't try to understand it just rest in it.

LD

FROM MADMAN TO IRONMAN

A muddy trail goes from the back door to the shower, my husband has just returned from a ridiculously long bike ride in torrential rain.

Why? you may ask – a good question and one that will be answered on 17th July this year when Mike Hinson puts himself through one of the most gruelling events on the planet – an Ironman.

This involves physical activities which seem laughable to the rest of us mere mortals: a 2.2 mile lake swim followed by a 112 mile bike ride and then....run a marathon!! Personally I'd much rather have a nice cup of tea rather than endure 13 hours (ish) of constant physical and mental anguish but each to their own.

So, back to the question, why???

Mike is taking part on the Ironman event on behalf of Derian House Children's Hospice which many of you will know due to the tireless knee knocking of Sandra Longlands and her shorts.

Derian House provides a home from home haven for families with terminally ill children. It not only provides specialist



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physical care but also emotional support to all family members. It strives to ensure the children lead as full and normal a life with as much fun and laughter as they can pack into every single day. This service is provided at no cost to the families and the charity receives less than 2% of its funding from official sources so fundraising activities such as this are vital to allow it to remain open 365 days a year.

If anyone would like to sponsor Mike, there are sponsor forms in Powell's, Spar, Nisa, Astons, The Bull Hotel, Sedbergh Office Services or you can contact Lou or Mike on 20118 (this includes businesses!).

DIALECT DIGEST

Once over, in summer, the factories, mills and mines in the West Riding would all close at the same time, and the workers would head en masse to the seaside for their annual holidays.

On one such outing, a group of them happened to bump into their local vicar as, somewhat the worse for wear, they weaved their way along the sea front at Scarborough. "Beautiful day, gentlemen!" He said, in greeting. "Have you all been drinking in the ozone?" "Ah dean't know t'neame o' t' pub, vicar" replied the leader of the group, "bud it's jist across t' rooad theer if thoo fancies a daycent pint!"

The closing of the workplaces and the lure of 'cheep furrin travil' meant that

the numbers visiting the coast declined rapidly. However, there are still many who prefer home-grown holidays. Among these was a young, newly married farmer, known for being a bit careful with his brass, who was seen walking along the beach of a Yorkshire resort by a friend. "Hey up, Bill!" Said his mate. "Ah thowt thoo was supposed to be on thi honeymoon. Wheer's thi wife?" "Oh, she's at hooam tendin' ti t' pigs" Replied Bill. "Thoo sees, she's been ti Whitby afooar!"

Michael Park

DENTDALE METHODIST CHAPEL

An oasis of calm awaits you inside the building and a warm welcome from Gods people who meet there every Sunday evening. On July 10th we go and join our friends at Sedbergh Methodist for the morning and afternoon services, and on the 31st our Dent Ft friends for the Camp meeting. We are helping the Anglicans with the monthly Jacobs Ladder Sunday afternoon family event in the hall which is enjoyed by those who come, please do get in touch with your thoughts and opinions on J.L. as we all seek the way forward. Headway, who held their holidays here last year return to the circuit for 9th and 10th with special events. Our annual tea in the garden will not be a fundraising event this year but a get together for members and friends on Saturday 23rd July 2:30-4:30pm. If you would like to join us please contact us as details below so we can ensure we have enough food, contributions welcome. (At the chapel if wet). Prayer requests can be pinned on the board provided in the chapel and Pray and Share continues fortnightly.

John and Sarah (25212)

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POETRY

Poetry Please with Gordon Swindlehurst.

On Wednesday 31st August there will be a Poetry Please Evening in the Peoples Hall chaired by Gordon Swindlehurst from BBC Radio Cumbria. Adults £4 Children free.

Many of you will know the format of the programme on Radio 4 – we need people from the town to put forward their favourite poems by letter with reasons why they like them so much. Just a few words explaining when you first read or heard the poem and its associations for you.

On the night we will either ask the choosers to explain themselves before actors read the poems, or the letter of explanation will be read by Gordon.

This will be something different for Sedbergh and we hope everyone will want to join in! Anyone of any age can suggest a poem but PLEASE MAKE SURE YOU EITHER INCLUDE A PHOTO COPY of the poem WITH AUTHORS DETAILS, OR EXACT DETAILS OF WHERE THE POEM IS TO BE FOUND! We don't have the BBCs resources so please help on this.

We need at least 15 poems for the night so get suggesting!

Suggestions in an envelope marked POETRY PLEASE TO THE TOURIST INFORMATION CENTRE.

SEDBERGH AND DISTRICT HISTORY SOCIETY

Despite the spell of wet weather, 17 members of the society met at Shap Abbey on Wednesday 25th May, Our guide was Mr. Harry Hawkins. Who had

delivered a lecture on the Abbey to the society in it's Winter programme.

The Abbey was founded in about 1200 by Premonstratensian Canons who had moved there from land at Preston Patrick. The reason for the move was probably because the Shap site had more space available. The Abbey was neither large nor wealthy but supported itself mainly by sheep farming and from the tithes of some parishes. The buildings are now in ruins with little still standing and some of the stones had obviously been used in constructing the nearby farm. The most impressive remaining feature is the West tower of the church built about 1500. This was whilst Richard Redman was Abbot, a post he combined with that of Commissary - General of the order in England as well as being, in turn, Bishop of St Asaph, Exeter and Ely.

When the Abbey was discovered in 1540, the land was bought by the Wharton family and in 1729 it was acquired by the Lowther family who still own it meaning that in just over eight hundred years it has only had three owners.

From Shap Abbey the party moved on to Keld Chapel about a mile away. It is a delightful little building and was one of the first to be acquired by the National Trust. Its origins are in doubt but Mr. Hawkins thought it might have been used as a chapel from the days of the Commonwealth in the seventeenth century. Over its lifetime it has served many purposes, mostly secular.

The society was lucky in avoiding the rain during the afternoon and must thank Mr. Hawkins for a most enjoyable visit.

ZEBRA'S

What a great job the lads and some lasses did of pulling the digger. We couldn't believe how well they set off from Devils Bridge. The support they received all the way was brilliant.

Zebras Baby and Toddler group would like to say THANK YOU to the following people; John Metcalfe of Braithwaite Coaches for providing the mini buses FREE of charge; Ann Benville of JMP Frozen Foods who donated the food for the barbeque; Lyon Equipment from Dent for the ropes; Steve and Allison from The Bull Hotel for the use of the beer garden and the £150; M.K. Builders for the back up truck which had the beers in; the soldiers of Catterick Garrison who donated £250; the Disco Team for organising the pull and the disco at night; Sandra Longlands, Olive, Clive, Claire and Simon Hunter and Craig and Tracey and Dave Scott for the safety cars and also collecting money off passing vehicles; Dennis Whicker and the Police for the escort and to everyone that donated, sponsored and supported the lads on the day. Well done to everyone.

It was a brilliant day, which everyone enjoyed. We hope to see you all next year for a challenge that will see the lasses taking on the lads.

FROSTROW W.I.

The evening of June 7th was beautifully clear and ideal for our mystery outing which proved to be to Swaledale via Kirby Stephen.

The scenery was fantastic! Little wonder

that the words:

“Beautiful Swaledale, land of rest,
Beautiful Swaledale I love thee the
best...”

are sung with such pride by the famous Swaledale singers.

Twenty one members and friends enjoyed the tour which was made especially interesting with commentaries by our President, Ann Petyt and John, our driver. It was good to see the hay meadows full of buttercups and other wild flowers and, beneath a scar, a bank was colourfully carpeted with red campion and probably bluebells.

Gunnerside was the venue for our meal of delicious home-made food, then, as the sun set over the distant hills, we moved on to Reeth and Grinton and over into Wensleydale via Bolton Castle.

We thank the committee members who planned the tour in conjunction with John and especially June Mudd who dealt with the bookings. A memorable evening!

Ann dealt with the business as briefly as possible. Flowers at Cartmel was high on the agenda. Two members had spent a good day at Muncaster on the Federation trip and our bowlers at Staveley had come first and second. Several of us will join Howgill members at their Summer's Evening in July.

Jean Conclive will be leaving us shortly as she is moving to Richmond. Ann expressed our best wishes to her and said that she will be missed.

At our meeting on July 13th Jill White will demonstrate Shiatsu. Prospective members and visitors are welcome as always.

M.F.

CAUTLEY FLOWER FESTIVAL

A visitor to St Mark's Flower Festival recited from memory a poem about Cautley. She had been taught the poem in 1946 by her Aunt, Mrs Alice Jackson, who was Headmistress at Cautley School. The poem had originally been given to Mrs Jackson by an old lady who had returned to Cautley on a visit.

Cautley

There's a church upon the hillside,
There's a little village school
Where the children gather daily
To be taught the Golden Rule.
And our loved ones lie buried
Neath the yew trees in the shade.
Do you wonder that I love it,
Why its memories never fade?

To mark the closing of Cautley School 50 years ago, St Mark's Church will be hosting a display of photographs and information about the school throughout the month of July. Do call in to see.

TALKING LOOKAROUND

As pupils of Sedbergh School, both Olivia and I are expected to do a form of community service. This is unless we are involved in the Combined Cadet Force or play chess on a Thursday afternoon. Mrs Griffin allocates pupils to a certain aspect of work, whatever it be, from supervising in a Primary School to helping in a Charity Shop. The range of projects for all those up to L6th form offers them all the chance to learn skills and to be of use to others.

Olivia and I decided to spend our year working on Talking Newspapers in Kendal and *The Lookaround* in Sedbergh. In the former case it involves going into Kendal to read prepared articles from the

Westmorland Gazette. These are recorded for distribution to those who are visually impaired.

We do similar for *The Lookaround* in Sedbergh but our duties are more wide-ranging as we have to clean the returned tapes and check all the newly recorded ones before we pack them up for distribution. All this would not be possible without the other readers and helpers on *The Lookaround*. They are all dedicated and manage to help, amuse and entertain us, even while recording the articles. So, thank you to all those by whom we have been guided and from whom we have learnt much.

*Marie-Anne Rogers and
Olivia Ashton of Sedbergh School*

The Editors of the *Talking Lookaround* are very grateful to the pupils of Settlebeck and Sedbergh Schools for all their help towards producing the tapes each month. Thanks, also, are also to Mrs Mel Mawdsley of Settlebeck for all she does to help.

DENTDALE MEMORIAL HALL

Many thanks to all that helped at our coffee morning, anyone able to help in any way, and there are many, at the Gala on Bank Holiday Monday please contact Graham Dalton, Monica Cleasby or myself.

Sarah Woof

GHYLLAS AFTER THE GALES

Thank you to everyone who came and supported us on Saturday 29th May. A magnificent £1020 was raised, to be divided between Marie Curie Cancer Care and Macmillan Cancer Relief.

Caroline Sandys-Clarke

NO SMOKING ZONES

ACCOMMODATION	Phone (015396)
River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B)	25592
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
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
Holmecroft, Station Road, Sedbergh (B&B)	20754
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
Catholes Bunkhouse Barn (Self C)	20334
Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms).....	25043
Slack Cottage, Dent, Sedbergh (B&B)	25439
Ullathorn's Farm, Middleton, Kirkby Lonsdale (B&B)	015242 - 76214
Primrose Cottage, 17 Back Lane, Sedbergh (Self C.)	21339
Far End Farm, Garsdale Head, Sedbergh (B&B)	21906
Summerhill, 7 Highfield Road, Sedbergh (B&B)	20360
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.)	21000
Barrett Barn, Sedbergh (Self C.)	21175
Netherclough Cottage, Garsdale (Self C. Summer Only).....	22019
Moss Barn Holiday Caravan , Garsdale Road, Sedbergh (Self C.)	21567
Crok-O-Lune, Howgill (B&B).....	01539 824270
EATING PLACES	
Le Rouge Restaurant, Finkle Street, Sedbergh	20433
Aston'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	21183
Stone Close Tea Rooms, Main Street, Dent	25231
The Head Restaurant, Middleton	20258
Bull Hotel Restaurant, Main Street, Sedbergh	20264
White Rose Fish & Chip Cafe, Main Street, Sedbergh	20468

Entries in 'No Smoking Zones' are free for any residential and eating establishments in the Sedbergh, Dent & Garsdale areas.

SEDBERGH TOWN BAND

The band have been saddened by the loss of Eric Fisher who, on moving recently to Sedbergh, has regularly attended the beginners class. He was a trombone player of some ability but being committed to the Methodist Choir whose rehearsals conflict with the band's he had to restrict his playing to the sessions with the beginners class. Always self-effacing and modest regarding his own accomplishments his contributions to the classes were much valued and he was instrumental in bringing accuracy and solidity to the performance of the beginners in the recent summer concert.

He will be much missed and the band join in extending their sympathies to his family in their great loss.

SETTLEBECK HIGH SCHOOL

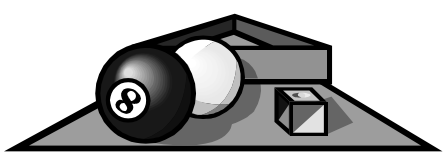
Settlebeck Macmillan Fundraising

Approximately 70 students took part in the Macmillan Walk a Mile fundraising activity at school in May. It was a wet, grey lunchtime but this didn't dampen the spirits and enthusiasm of those who took part. There were lots of laughs as students did the 4 laps of the school field three-legged, backwards, jogging, walking with friends, etc. Many thanks to all who took part and to Maureen Airey and the canteen staff for supporting the event with a BBQ lunch.

Over £160 has been collected to present to regional secretary, Mrs Mary Harkness.

We hope to support the Macmillan Coffee Morning on 30th September – more information on this later!

Judith Walsh and Alison Gardner

An illustration of pool equipment including a pool ball, a cue, and a pool table, set against a dark background with a light-colored pool table top.

POOL

The Swan Inn
is hoping to raise a Second Team
in the Lune Valley League
starting in September
on Tuesday evenings
Home and Away

If you would like to play,
please contact
Richard on 015242 76223

ZEBRAS AGM

Zebras Baby and Toddler group AGM will be held on Wednesday 6th July in the Bull Hotel at 8pm.

The agenda will include; what should happen to Zebras in September regarding the primary school infants finishing earlier on a Friday; ideas on how to spend the money that has been raised; an exciting opportunity to become involved in a national project relating to the involvement of dads in preschool education.

We are also looking for people to join the committee to help keep Zebras going strong. Parents, grandparents and carers are welcome. We hope to see you all at the AGM.

JULY GARDENING

There are definite advantages to living in a spot which has lots of rain and a free draining stony soil. Having lived and gardened in four other parts of the country, I can safely say that there is nowhere where border Phlox thrive better than they do in Sedbergh. Having said that, some of them are being given a hard time this year by one of our local rabbits. I don't know whether this is usually the way with these furry little pests, but our rabbits always seem to be connoisseurs of specific types of plant.

This year's bunny is a phloxaholic whereas last year's was a dianthusaholic and one in a previous year a violaholic. Hopefully all my Phlox will survive the onslaught, although some of them will definitely miss flowering this year.

Border phlox - Phlox maculata and P. paniculata have long been cultivated in gardens. Both originate in North America where they grow in meadows, marshes and beside woodland streams. Phlox paniculata, introduced into this country in 1730 has produced a variety of colour forms, ranging from white ('White Admiral') through pale pink ('Sandringham') to bright pink ('Rijnstroom') and deep pink ('Brigadier') with mauve shades ('Prospero') and orange shades ('Starfire') in between. I grow all of these varieties along with one or two other unknowns (gifts from friend's gardens) in open borders or in dappled shade amongst shrubs.

Here, they are trouble free (this year's rabbit aside) because, they receive all the moisture they need to keep the dreaded

mildew away and the soil does not seem to support the other main scourge of these plants - Phlox Eelworm.

Phlox hate being confined to containers where they tend to be blighted by powdery mildew, and this can make them difficult to find as good pot grown plants. Plant them early in the growing season if at all possible, and avoid plants which show signs of a white dusting of mildew near the base of the stems and on foliage. It severely weakens plants and in my experience they moulder away and die rather than growing out of it.

Elaine Horne

RECYCLING

Monday 13th June saw the first collection of wheelie bins and boxes for recycling. A Road Show has been in Sedbergh and Dent and many people took advantage to ask questions and express their concerns.

Dr Francis Obale-Ebanga of SLDC has been very positive regarding the people of the area and thanks everyone for their partaking and enthusiasm with regard to this long term project.

Pupils of Settlebeck School have been involved and have been asked to participate in giving their own as well as their parents views and provide this in written work. The best presented will be selected and will appear in *Lookaround* in a later issue.

If any reader would like some more information regarding recycling, contact Dr Francis at SLDC 01539 733333 or log on to <http://www.recyclenowpartners.org.uk/news.htm>.

SETTLEBECK HIGH SCHOOL**ELIZABETH I PORTRAITS – YEAR 7**

As part of their History course, Year 7 have been studying the problems and issues which Elizabeth I had to deal with during her long and largely successful reign. Students researched Elizabeth's problems and

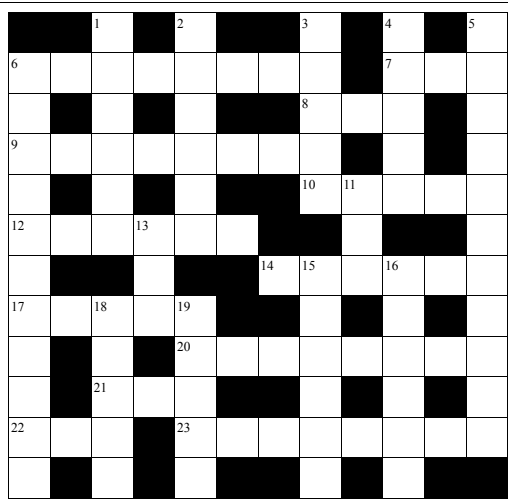
solutions and studied the way symbols were used in paintings to show such ideas. With classical music in the background the students then painted their own portraits using their artistic skills and the results of their research. The portraits were exhibited in the history room for Ms Angela Bradley to

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
Book Group	Mr Wheten	Sed:	21488
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bridge Club	Mr Estensen	Sed:	21060
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
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
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 (Dent)	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	Miss Stephenson	Sed:	20731
	Mrs Mackereth	Sed:	20346
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
Howgill's Harmony	Mr Burbidge	Sed:	21166

judge. The effort made by all the students was excellent and made choosing “winners” very difficult. Finally these awards were made: 1st Hannah Smith-Saville; 2nd Jake Hodgson; 3rd Lizzie Hunt. Commendation for Art: Becky Lowther & Chloe Iveson.

Commendation for general effort: Harry Ellison & Cai Roberts. Commendation for History: Josh Kenny.
Well done to all Year 7 on a very rewarding history project. *Judith Walsh/Steve Tully*
History Teachers

ORGANISATION	CONTACT	Tel:	015396
Howgill Harriers	Mrs Moffat	Sed:	20907
Howgill Schoolroom	Mrs Stainton	Sed:	20665
History Society	Mr Cann	Sed:	20771
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
Playgroup (Sedbergh)	Mrs Brewer	Sed:	21504
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parish Council (Dent)	Mr Duxbury	Dent:	25535
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		Sed:	
Cubs			
Scouts	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association *	Mrs Woof	Dent:	25212
South Lakeland Voluntary Society for the Blind	Dr Noble	Sed:	20100
Squash Club	Mrs Cooling	Sed:	20622
St Andrew's Church (Sed) Sunday School	Mrs Denton	Sed:	20521
St. John Ambulance	Miss James	07855	722454
Cadets	Mr Winn	01524	781983
Adults *	Mrs Uttley	01539	722568
Slimming Club	Ms Pakeman	Sed:	21279
Swimming Club	Mr Robinson	Sed:	21014
Tennis Club *	Mrs Waters	Sed:	20457
Town Band	The Committee	Sed:	20773
White Hart Sports and Social Club	Mrs Mason	Sed:	20048
United Reformed Church Rooms	Mrs Gold-Wood	Sed:	21808
Westmorland Gazette Correspondent	Mrs Fothergill	Dent:	25257
Women's Institute (Dentdale)	Mrs Hopkins	Sed:	21455
Women's Institute (Frostrow)	Mrs Hoggarth	01539	824683
Women's Institute (Howgill)	Mrs Sharrocks	Sed:	20754
Women's Institute (Killington)	Miss Capstick		
Young Farmers Club	Mrs Storey	Sed:	21593
Zebra's Baby & Toddler Group			



Across

- 6 Divides crack, initially supplied under pressure (6,2)
- 7 Eat out for dinner (3)
- 8 Night of our first lady (3)
- 9 Maritime cult in trouble about two articles (7)
- 10 Girl has gift returned (5)
- 12 Consumer has to pay Scarlet back (7)
- 14 Rise as the leader of Conservatives gains edge (6)
- 17 Hear cold Welsh trench-maker propose (6)

- 20 Drink and say nothing after losing an unknown quantity (8)
- 21 Gratitude, say, for debt? (1,1,1)
- 22 Be sorry for truer heart (3)
- 23 Put an end to evening meals after drug is put forward by scientific leader (8)

Down

- 1 Refer to A and E - not so bright inside (thrown up) (6)
 - 2 Short way to travel? Walk! (6)
 - 3 Wrote out in gospel truth (5)
 - 4 Stops to shoot son (5)
 - 5 Pets in heavy rain? (4,3,4)
 - 6 Sense world is changing with the end of WWF - show you care (4,7)
 - 11 Alien with the head of cow, and so on (3)
 - 13 Fallow type found with party drug (3)
 - 15 Odd characters in 'sock raid' put words together (6)
 - 16 Our Queen embraces a funny set during holy time (6)
 - 18 Robin, for example, comes through letterbox now and then (5)
 - 19 Exploit again with trick about Epsom tip (5)
- Answers Next month.

Lookaround Advertising Rates

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

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

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: Mr M Cope 20678

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

Denise Williamson	Homeopathy, Bowen Technique	015396 20846
Jenny Heath	Alexander Technique	015396 25002
June Parker	Acupuncture	015396 20972
Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648

Complementary therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 14th March 2006

JULY			
1	SS Term Ends		
1	1315 Zebras	SMCR	
2	Coach Trip to Beamish		
3	1530 Jacob's Ladder	DMH	
3	Alzheimer's Awareness Week		
6	1000 URC Coffee Morning	URCR	
6	2000 Zebra's AGM	BH	
7	1930 WIH Cookery Demonstration	HVH	
8	1315 Zebras	SMCR	
9	1030 A Mosaic of Memories (25)	FM	
9	1930 BBQ & Duck Race	KVH	
10	1200 Fun Day (10)	BS	
10	1400 CWT Walk to Cautley Spout	LHCP	
10	2000 Cautley Concert	SMCC	
13	1000 Alzheimer's Coffee Morning (13)	URCR	
13	1930 WIF Shiatsu	PH	
14	WID Outing	TBA	
15	1315 Zebras	SMCR	
15	1830 GVH Evening Walk	GVH	
16	1030 Auction of Goods & Promises (16)	SMCR	
16	1300 HS Brougham Hall (16)	LHCP	
16	1430 Beekeepers' Watch this space	The Bothy	
16	1930 Auction (16)	SMCR	
16	2200 DJ Wixx Disco (17)	PH	
20	1030 WIH Coffee Morning	URCR	
22	1000 Monthly Walk	CO	
22	1800 Birthday Barbecue (22)	BH	
23	1430 GVH Fun Afternoon & BBQ	GVH	
24	1200 Barbecue (24)	The Vicarage	
27	1000 Network Coffee Morning	URCR	
AUGUST			
1	1030 A Mosaic of Memories (25)	FM	
3	1000 Howgill Church Coffee Morning	URCR	
3	1345 HS Hawes	LHCP	
4	1930 WIH Antiques Roadshow	HVH	
6	1000 WI Coffee Morning	URCR	
6	1015 CWT Walk to Foulshaw Moss	LHCP	
7	1100 St John Fun Day & BBQ	Swan Inn	
9	1300 Shire Horse Day (30-31)	Dalesman	
10	1000 NW Cancer Research Coffee Morning	URCR	
10	1030 A Mosaic of Memories Ends (25)	FM	
10	1915 WID Lakeland Life & Industry	DMH	
10	1930 WIF visit to WID		
13	1430 Beekeepers' Honey Cropping	Langber End	
15	1000 Xpedition Force Holiday Club	PH	
16	1000 Xpedition Force Holiday Club	PH	
16	1930 Domino Drive	FCH	
17	1000 StAS Mission Coffee Morning	URCR	
SEPTEMBER			
1	1930 WIH The Meaning of Surnames	HVH	
3	1000 Beekeepers' Cockermouth Convention		
7	1000 GVH Coffee Morning	URCR	
7	1000 Recycling Roadshow	JLCP	
7	SS Term Begins	SS	
10	Booktown Festival Ends	Sedbergh	
10	1000 CWT Visit to Muncaster Castle	LHCP	
10	1430 Beekeepers' Re-Queening	Old Vicarage	
12	1900 Neighbourhood Forum	DMH	
13	1400 WIK Salt Dough	SMCR	
13	1930 Domino Drive	FCH	
14	1000 Dent Foot Chapel Coffee Morning	URCR	
14	1915 WID Welcome to Sarajevo	DMH	
15	1930 WIF Implements	PH	
17	1930 GVH Theme Night	GVH	
17	Ladies Night	PH	
19	1930 FC Harvest Sale	FCH	
21	1000 Firbank Church Coffee Morning	URCR	
28	1000 Playgroup Coffee Morning	URCR	
30	MacMillan Coffee Morning	TBA	
OCTOBER			
5	1000 Barnardo's Coffee Morning	URCR	
6	1930 WIH AGM	FCH	
11	1400 WIK Kirkby Lonsdale Tales	SMCR	
11	1915 WID Corsican Landscape	DMH	
11	1930 Bingo & Potato Pie Supper	FCH	
12	1930 WIF Hats	PH	
17	1930 Beekeepers' Honey Show	PH	
19	1000 Christian Aid Coffee Morning	URCR	
21	SS Half Term Begins	SS	
24	1930 GVH Beetle Drive	GVH	
NOVEMBER			
1	SS Half Term Ends	SS	
4	1830 FC Bonfire Night & Skittles	FCH	
5	1930 WIH Clog Dancing	HVH	
5	2100 Danny's Disco	DMH	

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.

8	1400 WIK AGM	SMCR	
9	1915 WID AGM	DMH	
9	1930 WIF AGM & Jacob's Join	PH	
9	1930 GVH Domino Drive	GVH	
13	Remembrance Day Service	StAS	
15	1930 FC Domino Drive	FCH	
23	1930 DMH AGM	DMH	
25	1930 WIH Domino Drive	HVH	
29	1900 Neighbourhood Forum	PH	
DECEMBER			
3	1000 G&CC Christmas Fair	URCR	
6	1930 Town Band Christmas Concert	PH	
13	1430 WIK Christmas Lunch	tba	
13	1930 Domino Drive & Mince Pies	FCH	
14	WID Christmas Meal	tba	
14	SS Term Ends	SS	
	WIH Christmas Party	tba	
JANUARY 2006			
17	1930 Domino Drive	FCH	
FEBRUARY			
21	1930 Domino Drive	FCH	
MARCH			
7	1930 FCH AGM	FCH	
14	1930 Domino Drive	FCH	

PLACES OF INTEREST TO VISIT WHILE IN THE AREA	
Cautley Spout, A683 towards K. Stephen.	
Community Office. Main Street.	
Cumbria Wildlife Trust, Community Off.	
Farfield Mill, A684 Garsdale Road.	
Fox's Pulpit, Firbank	
Friends Quaker Meeting House, Brigflatts.	
History Society, Community Office.	
Langstone Fell, A684 Garsdale Foot.	
Methodist Church, New Street.	
Queen's Gardens, Station Road.	
St Andrew's Church, Dent.	
St Andrew's Church, Main Street.	
St. Gregory's Church, Vale of Lune	
St John's Church, Cowgill.	
St John's Church, Garsdale.	
St Mark's Church, Cautley.	
Sedbergh Embroidery, Library	
United Reformed Church, Main Street.	
Y. D. N. P. Centre, Main Street.	

DIARY KEY	
BF	= Brigflatts
BS	= Baliol School
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CS	= Casterton School
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMH	= Dent Memorial Hall
DMC	= Dent Methodist Church
EG	= Embroiderers' Guild
FCH	= Firbank Church Hall
FM	= Farfield Mill
GL	= Garsdale Ladies
GVH	= Garsdale Village Hall
G&CC	= Garsdale & Cautley Churches
HC	= Health Centre
HS	= History Society
HVH	= Howgill Village Hall
JLCP	= Joss Lane Car Park
KC	= Killington Church
KL	= Kirkby Lonsdale
KVH	= Killington Village Hall
L	= Library
LHCP	= Loftus Hill Car Park
MCH	= Methodist Church Hall
MCCCKL	= Methodist Church Centre KL
MH	= Masonic Hall
PH	= People's Hall
SBH	= Sedbergh Bright Hour
SC	= Swimming Club
SCC	= Sedbergh Cricket Club
SHS	= Settlebeck High School
SIC	= Sportsman's Inn, Cowgill
SMCR	= Sedbergh Methodist Church Room
StAS/D	= St Andrew's Church, Sedbergh/Dent
StJAR	= St John Ambulance Rooms
SR	= Spooner Room
SSPH/L	= Sedbergh School Powell Hall/Library
STO	= Sedbergh Tourist Office
URCR	= United Reformed Church Rooms
WHC	= White Hart Club
WID	= Women's Institute, Dentdale
WIF	= Women's Institute, Frostrow
WIH	= Women's Institute, Howgill
WIK	= Women's Institute, Killington
WVH	= Westhouse Village Hall

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218
 Repeat Prescription ☎ 015396 20239
 Out of Hours ☎ 01539 781999
 Bay Call ☎ 0845 0524 999

Dr W Lumb

Monday	0830 - 1045 *	1500 - 1745 *
	1230 - 1300 Dent	
Tuesday	0830 - 1030	1500 - 1745 *
Wednesday	0830 - 1030 *	1430 - 1645 *
Thursday	0830 - 1045 *	
Friday	0830 - 1045 *	1500 - 1745 *

Dr C Hunt

Monday	0830 - 1030	
Tuesday	0830 - 1045 *	
Thursday	0830 - 1030	1500 - 1745*
Friday	0830 - 1030	1500 - 1745 *

Practice Nurses

Monday	0845 - 1200 b	1300 - 1700 b
Tuesday	0845 - 1300 a	1400 - 1730 a
Wednesday	0845 - 1200 b	1300 - 1630 b
Thursday	0830 - 1200 a	1300 - 1730 a
		1300 - 1800 b
Friday	0830 - 1300 b	1400 - 1730 b

a = Adele Reynolds

b = Anne Crome

District Nurse	Health Visitor
☎ 015396 21690	☎ 015396 20979

A Collinge Optometrist

Every Friday 0900 - 1300 1400 - 1730 *

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	

SEDBERGH TOURIST OFFICE

Main Street ☎ 20125
 Open every day

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

Kendal Office
 ☎ 0870 1264061
 e-mail via site www.cabkendal.ndo.co.uk

PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600
 ☎ 01539 795000 or 0845 6060265

SLCVS @ Community Office

1st Wednesday every month
 10 am to 12 noon
 ☎ 01539 742627

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031
 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