

Sedbergh & District LOOKAROUND

September 2005

Issue 226

Donation 50p

One of the most frequent questions we get asked is "How many words for an article?" It is very difficult to restrict writings and we would like to put everything into print and to date, (almost) everything has gone into our expanding pages. So as a guideline, I have worked out that a full page of text amounts to about 550 words (easy on a computer). If your article goes beyond that, we will consider printing it over two months, to keep everyone interested. We hope that this is of some assistance.

Dennis, Jacky & John Whicker

Farfield Mill

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Wednesday 19th October

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Don't miss our third big textile exhibition of the year by a group of people working in 2 and 3 dimensional textiles and mixed media inspired by both natural and man made fibres.

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Citizens Advice South Lakeland has been awarded funding to set up a dedicated and accessible advice and support service to help members of our community facing such difficulties.

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Email: hccp@postmaster.co.uk

Citizens Advice South Lakeland, Theatre eet,
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CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th

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CHILDREN'S BIRTHDAYS SEPTEMBER 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.

The recipients this month is:-
Caroline ROSENZWEIG who is
8 years old on 9th September

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



Day	Name	Age
3	Lee CLARK	9
4	Sophie WOOF	9
9	Charlotte GADD	11
9	Caroline ROSENZWEIG	8
10	Joe DANDY	4
10	Emma POSTLETHWAITE	11
11	Stephanie GARDNER	9
11	Luke ROBINSON	8
13	Alex FEARN	8
16	Emma PACKHAM	7
19	Kim CRAGG	8
21	Isaac BREWER	1
21	Shannan STANLEY	10
22	Saul JONES	5
22	Richard THEXTON	10
23	Fraser SPROUL	2
23	Amy HUNTER	3
23	Emma HOPKINS	10
25	Toby PRESTON	11
28	Charlotte ARMITSTEAD	9



BED & BREAKFAST

Proprietor	Address	Phone (015396)
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
Miss S Thurlby	15 Back Lane, Sedbergh (05/12) e-mail:- antique.thurlby@amserve.net <i>1D; 1T; CH; L; NP*; P; DR; VB</i>	20251
Mrs B Bailey	Crook-O-Lune, Howgill (05/09) 01539 824270 or 078666 79258 <i>1D; 1S; PB; TVL; NS; CH; NP; P; DR; Evening Meal available</i>	
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02) e-mail: sangold.kwood@virgin.net <i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB</i>	21808
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (05/10) 015242 76214 e-mail: pauline@tossbeck.f9.co.uk <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i>	

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<i>Sat - Sat holiday lets available. Winter let available. Tel: 2339 before 18th Sept, 20251 after</i>	
Various Cottages sleeping 2 - 12 (05/09)	21002
e-mail: holidays@dalesdusters.co.uk	

KEY

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

PERSONAL & SMALL ADS £1

GLADSTONE

Dick and Mary have been so glad of the many ways in which we have been helped through Dick's 5½ months in hospital. The best thing about the discharge from hospital is normally the return home, and at one stage we had started planning alterations in the house to make this possible; but in the end, we felt bound to take the united advice of all of the medical experts concerned that the level of 24 hour care still demanded by Dick's problems would be way beyond the bounds of home nursing. So he has now moved into a nursing home in Kendal. Meanwhile we remain immensely grateful to God for all the comfort and encouragement He has given us through the constant flow of affectionate interest and prayers of the warm-hearted people of Sedbergh.

JOHNSON

To all who sent cards to Andy during his recent illness, thank you very much. Also to Lauren and Katie for visiting and keeping his spirits up. Finally, to the staff of Loftus Hill Medical Centre for all of their support. Chris, Christie, and especially Andy.

KLISZAT

Congratulations Roxanne on passing your Royal Acedemy of Dance (Classical Ballet) Grade 8 **with Merit**. Roxanne has attended the Suzan Sedgwick School of Dance for the last 12 years since she ws 7. Thank you Suzan. Love from Dad & Mum, all the family and all your friends.

JOHNSON AND MIDDLETON

Congratulations to Rik and Pip on passing their final joinery exams. Love from both families.

NICHOLSON

Rita, Helen & Family wish to thank relatives, neighbours & friends for their kindness, sympathy, cards, flowers& overwhelming support given on the sad loss of John. Special thanks to Rev. T Widdess for a lovely Service, also to Rev. E Card for his support, to all who gave donations amounting to over £800. Thank you to staff at WGH & RLI for their help & kindness shown to John. Also to P.C. D J Whicker for his kind help, a very special thank you to Brian Goad, the Funeral Director, for his wonderful attention & to all the Huntsmen for their attendance.

POST OFFICE

A big thank you to Amy, Libby, Kath and Peggy who kept the shop and Post Office going whilst Andy was ill. We couldn't have managed without you. Love, Chris and Christie.

THANK YOU

My sincere thanks to Dennis Whicker for his help and kindness when I fell on the steps to my home. It was greatly appreciated. Nora Hunter.

FOR SALE

New Hen cabin, 5' x 7' including dropping boards, laying boxes etc. Telephone 015396 21771.

PERSONAL & SMALL ADS £1

THANK YOU

On behalf of my Father who was visiting Sedbergh on holiday, I would like thank P.C. Dennis Whicker for finding and returning a treasured photo in a wallet which he had lost. My Mum had given the photo to Dad as he went away to serve in World War 2 and since then he has always carried it with him. The fact that the photo was found was amazing and the kindness of P.C. Whicker will long be remembered. Janet Gunnill.

FOR SALE

Philips 28" Widescreen TV, Excellent condition, £100 ono. Mitsubishi HS750V VCR, Nicam, twin speed, VideoPlus, black finish, Excellent condition. £10. Ikea birch table (1200 x 750) with brushed aluminium legs, as new, bargain at £10. Office World desk, 1200 x 750 (x 725 high), beech finish. As new, only £20 (Cost £80). 4 - drawer beech office drawer unit, locking top drawer, 680mm high, on castors, £10. White angle poise lamp with desk clamp fitting. As new condition, £5. 3 pairs of Keep Fit weights (different weights), in lilac plastic. Keep fit for only £2 (Lilac skipping rope included!). Audioline radio/alarm phone in cream finish. Time set automatically via time signal, never needs resetting even after a power cut, only £4. Britax Club Class car seat with removable play table. Fabric worn in centre, otherwise perfect, only £5. Large mirror in mahogany frame, 45" x 34", excellent hall mirror, as new, £15. Tel: 21509.

FOR SALE

17" Colour C.R.T. Computer monitor. V.G.C, complete with power and connection cable. £20 ono. Telephone 015396 20613.

FOR SALE

1 X Hansol 17" Flat Screen Colour monitor, Perfect condition - £55. 1 x Epsom 680 Colour Printer, Perfect condition - £25 (Including 1 x Black Cartridge and 2 x Colour cartridges). Free to anyone purchasing the above: 1 x Agfa Snapscan E20 Scanner, Memorex Keyboard and Mouse. Contact Brian or Stella Bannister. Dent Telephone: 015396 25481

FOR SALE

Weights Bench hardly used, ready assembled, near perfect condition. (Cost around £70) will sell for £35 ono (Weights not included) Telephone: 07855809915

FOR SALE

Wrought Iron gate 6'4" x 3' with some corrosion, Free to any collector; Tefal deep fat fryer - hardly used £10; Fisher Price Young Children's 35mm camera £5; Dolls pram suitable for 5-8 year old £8; Pound Puppies with car and house £10; Small remote control car £5; Woman's Tog 24 blue short Puffa jacket 38" £8; Green Jodpurs aged 8-10 £5; New short black riding boots size 5 £10; Solavox stand-up stereo speakers 80w £20. Tel: Heather on 21279 after 6pm.

PERSONAL & SMALL ADS £1

FOR SALE

Beautiful solid Pine rocking chair in excellent condition. 4 years old. £250 new. £100 ono. Can deliver. Tel: 21984.

FOR SALE

Steel frame 3' bed in vgc with mattress £20. 2 DVD's containing 25 programmes of The Telegoons in vgc. A bargain at £5. Tel: 20980.

WINTER LET AVAILABLE

Primrose Cottage, 17 Back Lane, Sedbergh (next to Sleepy Elephant) Available to end of March 2006. Sunny south facing, 2 Bathrooms. Tel: 21339 before 18th Sept, 20251 after.

S & D LOOKAROUND

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

If you shop or eat or stay there, Please tell them that you saw, Their advert in The Lookaround, So they'll advertise once more.

St Andrews Church

Sedbergh

Giant Bric-a-brac Sale

Peoples Hall

Saturday 3rd September

11am - 3pm

Lunches

Admission 50p



BADMINTON CLUB AGM

Friday 2nd September

7pm

**Sedbergh School
Sports Hall**



Club Nights Mondays & Fridays

7:30 - 9:30

Juniors Fridays 7:30 - 8:30 from 9th September

Zebras

**Baby and Toddler
Group**



Wednesdays

1:15 - 3:15pm

**Sedbergh Methodist Church
Schoolroom
New Street**



**50p per Adult
50p per Child**

Please note the change of day

**Sedbergh
Swimming Club
AGM**

Tuesday 6th September

7:30 pm

Bull Hotel

All Welcome



A TOUCH OF ELEGANCE

(of Rothbury, Northumberland)

LADIES CLOTHING EVENT

Classic Styles & Quality Makes
for the Discerning Individual
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The People's Hall
Sedbergh

Wednesday 7th September

10 am until 3 pm

LADIES SKIRTS, SUITS, COATS,
JACKETS, DRESSES, ETC

**ALL ITEMS ARE OF THE HIGHEST QUALITY
AND INCLUDE ITALIAN KNITTED SUITS
AND MANY OTHER CONTINENTAL/GERMAN MAKES**

SEDBERGH PARISH COUNCIL	:	Friends of St. Andrew's	A Allan
From the minutes of 25th May	:	Chamber of Trade	N Brown
<i>Appointment of Chairman</i>	:	Football Club	S Longlands
Cllr. Pratt was proposed and unanimously	:	Book Town	V Hopkins
re-elected as Chairman	:	Playground Group	S Hirst
Cllr Blair was proposed and unanimously	:	Town Twinning	
re-elected as Vice-Chairman	:		N Brown, V Hopkins,
<i>Committees & Representatives</i>	:		D Blair and R Sedgwick
The representatives of the Parish Council	:	Baliol Community Sports	S Longlands
on outside bodies were confirmed as	:	<i>Matters Arising</i>	
follows:-	:	<u>Dog Fouling</u>	The Clerk advised that the
Gala Group	A Allan and N Brown		possibility of more bins had been
Sedbergh Bowling Club	S Longlands		discussed with SLDC but at present they
People's Hall Committee	S Longlands		would not provide more bins but they
Sedbergh Tennis Club	V Hopkins		were looking at the use of all the bins and
Swimming Club	S Longlands		would consider relocation if some bins
Community Office			were under used.
	G A Pratt and E Scarr	<u>Queen's Gardens</u>	The fallen tree has yet
Cumbria In Bloom	D Blair and E Scarr		

(Continued on page 8)

to be removed as promised by Sedbergh School.

Police Report

Travellers - There are travellers on the far side of New Bridge, this is not a designated site and they have been asked to move on. Five caravans are allowed on the Settlebeck side of the bridge and they can put vehicles and horses on the other side but no caravans, but there will be problems policing this.

Speeding - There are at present a lot of 'boy racers' and Station Road is especially bad. The police have been out with the speed camera and will continue to use this.

A new Sergeant has been appointed.

Highways

A meeting was held on Main Street with Mr. J Bell from the Highways Department to discuss the provision of more bollards. It was agreed that extra bollards would be erected at the top on Finkle Street and along Main Street towards Spar also provision would be made to improve disabled access to St. Andrew's Church as at present disabled buggies can not get access to the Church.

A works order has been issued for repairs to the road at Marthwaite and the

South Lakeland Carpet and Upholstery Cleaning Service

Prompt Attention - Personal Service
Hotel / Licenced Trade Contracts Undertaken

Stephen Allen

Tel: **01539 567687** Mob: **07952 601705**
3 Gatebeck Cottages | Gatebeck | Kendal | LA8 0HR

issue on Dowbiggin Lane has been taken up with Cllr. Nicholson as Highways said this was down to the landowner.

Other issues to be reported

Road by Thornsbank
Settlebeck Corner
Cross Hall, Cautley
Hylands, Howgill Lane
Ashlea, Kirkby Lonsdale Rd
The drain on Joss Lane Car park by the Pay and Display machine is again blocked.

Playing Fields

It was agreed that the application from the People's Hall for a new sign should be submitted through the Parish Council. The Playground needs a new bin and due to Health and Safety a special bin is required that is wasp repellent and the cheapest one available is £600. It was agreed that we would contribute £200 towards this bin. The cost of this bin seems very high but no cheaper model was available that complied with regulations.

Town Twinning

At present Cllrs. Pratt and Hopkins are in Zrece for the formal signing of the twinning agreement. It was agreed that the Council would pay £30 for a picture



AGE Concern

WINTER WATCH

Coffee Morning

Methodist Church Centre,
Kirkby Lonsdale
Thursday 8 September 2005
10am - 12 noon

The poster features a central illustration of a woman in a white dress and a man in a dark suit, both looking towards the right. The text is arranged around this central image, with 'AGE Concern' at the top right, 'WINTER WATCH' and 'Coffee Morning' in large, bold letters in the center, and the event details at the bottom. The entire poster is enclosed in a decorative border of small, repeating symbols.

which will be given to Zrece at the signing ceremony.

Joss Lane Car Park

A meeting was held with South Lakeland District Council, Mr. Kevin Lancaster, and Cllrs. Blair, Pratt and Winn. But this meeting did not make any progress other than to confirm that the Parish Council would be interested in running the Car park. It will be at least another month before SLDC can provide figures as to the running costs and revenue from the car park. They will also need to talk to Sedbergh School about Loftus Hill car park lease which is soon due for renewal. Mr. Metcalf has expressed an interest in sponsoring the reopening of the Loftus Hill toilets.

Planning Applications

FPP creation surfaced turnout enclosure for ponies at field adjacent to 4 Lane

Ends Farm, Marthwaite *We support*

FPP erection extension and change use agricultural land to residential curtilage at The Glen, Dowbiggin *We support*

FPP change use shop to restaurant/bistro at 32 Main St. Sedbergh

No objections

LBC external works to Lune/Waterside Viaduct

In favour

FPP Change use land, erection storage building and change use Millthrop Chapel to single dwelling at land to rear Spedding House, Millthrop and Millthrop Chapel *In favour*

Planning Decisions

FPP Erection agricultural building at Kiln Beck, Dowbiggin *Granted*

FPP Erection bulk cake hopper at Riddings, Howgill *Granted*

FPP provision handrail at the Cloisters, Sedbergh School. *Granted*

LBC repairs and maintenance at The Cloisters, Sedbergh School *Granted*

FPP erection dwelling at rear of 14 Thornsbank, Sedbergh *Refused*

FPP workshop, store and Offices at Four Lane Ends, Marthwaite *Granted*

FPP erection of porch at 1 Bridge End Field, Millthrop, Sedbergh *Granted*

FPP erection single storey extension at Scarthwaite, Sedbergh *Granted*

FPP Installation satellite dish at 63 Maryfell *Granted*

FPP replacement existing grass sports pitch with all weather sports pitch at Baliol School, Sedbergh *Granted*

FPP demolition garage and erection 2 storey extension at Heather Lea, Howgill Lane *Granted*

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**CALOR
GAS**



THE CLOISTERS

The Sedbergh Memorial Cloisters, which was built to provide a lasting monument to the boys and masters of Sedbergh School who gave their lives in the First World War, have since taken on a far wider importance. A prominent architectural feature in this part of Cumbria, the Cloisters are visited by tourists from all over the world. Over the last few years the fabric of the Cloisters, a Grade 2 listed building, has deteriorated. Salt and algae have damaged the masonry and, more importantly, eroded the engraving on some of the memorial plaques. Buttress Fuller, a firm of specialist architects from Manchester, was asked to identify the causes of the



problems and to recommend a programme of restoration, which is currently being carried out by the contractors, Quadriga.

The History

The Memorial Cloisters, completed in 1924, were designed by an Old Sedberghian. Sir Hubert Worthington, who himself served in the First World War. Later, as principal architect of the Commonwealth War Graves Commission for cemeteries in North Africa, he designed the British memorial at El Alamein in Egypt, which closely resembles the Sedbergh memorial.

The funds for the construction of the Cloisters were raised by subscription,



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Janine Zanetti M.I.F.H.B.

Tel: 015396 25027

Mobile: 07815 447391

mainly from Old Sedberghians and the families of those who fell in the war. The names of 251 Old Boys and five masters who gave their lives in the First World War are inscribed on the panels of the Cloisters.

Four newly inscribed panels, bearing the names of 197 former members of the school who gave their lives during the Second World War, were dedicated in March 1951. On the same day, General Sir John Shea, GCB, KCMG, DSO (OS) unveiled a memorial to the three Old Sedberghians who were awarded the Victoria Cross in that war. This, too, was designed by Sir Hubert Worthington.

The Restoration Programme

Over the last eighty years the Cumbrian

weather has taken its toll. Water, not surprisingly, has been the main culprit. Metal stays have rusted and swollen, moving some of the blocks on the parapet. The drainage system has deteriorated so that water is not diverted away properly and is now seeping through the stonework, causing algae and salt crystals to grow and damage the stone facing. The pointing between the stonework has suffered in recent years and water has damaged the masonry, including that behind the memorial panels, which have become discoloured and so eroded that some names are barely legible.

There are three main areas of work that

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need to be carried out to ensure the Cloisters will survive. The total cost of the work is likely to be in excess of £225,000 and includes:

- Repairing and rebuilding the drainage systems and damp-proofing
- Repointing and repairing some of the damaged stonework
- Restoration of the inscribed panels

The Appeal

The appeal was launched by Major General Michael Walsh CB, CBE, DSO, DL in November 2004 and has raised over £100,000 from Old Sedberghians, parents and many friends and families of those who fought in the wars. All the donors and their families will be invited back to the rededication ceremony on Remembrance Sunday, November 13th.

The Rededication Ceremony

A ceremony, attended by 1000 friends, families, local people, school children, parents, old boys, and led by the Bishop of Durham, the Right Reverend Dr Tom Wright (Old Sedberghian), will take place on November 13th.

The day will start with a service in the School Chapel. This will include the blessing of a Book of Remembrance, listing all the 453 names of the fallen, which will be kept on display in the Chapel.

Also kept there will be a display case which will contain replicas of the four Victoria Crosses won by Old Sedberghians together with the citations. This has been generously donated by Major General Ronnie McAlister CB, OBE.

After the chapel service a piper will lead the families and congregation to the Cloisters where the School CCF Band

will play. This will be followed by the Remembrance Service and two minute silence. A gun will be fired by an officer from the Third Regiment Royal Horse Artillery, the former regiment of Brigadier Jock Campbell and Lieutenant Ward Gunn, who both won the Victoria Cross.

After the ceremony, pupils of the school will file past the Cloisters, planting a cross for each one of the 453 names on the memorial panels. Relatives will then place wreaths and poppies at the foot of the Cloisters.

While this is happening a Sea King Helicopter of 22 Squadron Royal Air Force will fly past; this was the former squadron of Flying Officer Kenneth Campbell, another Old Sedberghian who was awarded the Victoria Cross.

The School.

Sedbergh School, founded in 1525, is now a co-educational independent school of over 420 pupils. Sedbergh Junior School, based at Low Bentham, opened in 2002 and now has 120 pupils.



Photo shows the carefully removed stonework prior to refitting..

SEDBERGH POETRY WORKSHOP

The meeting of 23rd July contrasted Similes and Metaphors, both of which are part and parcel of everyday speech. Similes of colour abound such as Pink as a Lobster, White as a sheet, Red as a Beetroot and so on. Metaphors are a stronger figure of speech, seeking to enlarge and dramatise. "Figure of speech" is itself an example. "His words contained the seeds of discord" is another and "Crushing the opposition" another. We then were enjoined to avoid as many clichés as possible, consigning tired phrases to the Toxic language dump. A good poet will innovate and deepen words. An example was read called "Feared Drowned" by Shawn Olds. However the essence of the workshop is that we all attempt to harness our own words in new and personal ways. Members produced some vivid phrases, eg. "I like it like a Lichen likes stone", "Childs face fresh as a spring morning", "Swallows are the red darted stars of the sky" and many others.

At our 5th meeting on 10th August,



The Dentdale Choir

**The new season will start on
Tuesday 13th September 7:30pm
in Dent Memorial Hall
New members always welcome**

several original poems were read, "War Dance" and "Red" among them. The ethos of the group is towards mutual improvement and much positive criticism was made and received. A notable short poem called "Blind mountaineer" related how a blind man could describe the sounds of nature in words. The part where we must think and write ourselves was stimulated by examples of the Japanese art of writing in lines using alternate syllables of 5,7,5, creating growth and contraction of lines whilst compelling the writer to minimize words and concentrate attention.

A simple example might be:
"Tree floats by, head down. Roots reared lifeless, the sky askew. River sweeps towards the sea".

We are all please by what has been accomplished so far. In the future, to avoid clashes with other activities, meetings will be on the second Tuesday of each month, starting on 13th September and we hope to meet every two weeks. Do come and join us if you like what you read!

John Mander

**CHIROPODY AT HOME
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LEARN TO SING SLOVENE SONGS

Many people say that learning to speak Slovene is too difficult to bother trying - though the truth of it is that it can't be that difficult as everyone in Slovenia speaks it including tiny children. What is more likely to put people off is that there are only 2 million people on the planet who speak the language so most people would prefer to spend their precious leisure time learning the more widely spoken foreign languages.

But even a little learning can go a long way. On my recent visits to Slovenia and our twin town people often said how much they appreciated it if I made the effort to at least speak some Slovene - as many people, especially in the capitol, wouldn't even say thank you in Slovene.

Returning from a recent expedition to climb Triglav, Slovenia's highest mountain, I hitched a lift back to Ljubljana with a mechanic who spoke no English at all. Having exhausted the "Making friends" section of my Berlitz phrase book and the eight questions they assume lead to instant brotherhood, I found myself faced with an hour of stony silence. So instead I sang my Slovene repertoire with the driver joining in - and singing all the verses I didn't know. And so we completed our journey with something like communication and parted as friends.

At other times I found parts of songs useful as phrases.

So "Kol'ko kapljic, tol'ko let, Bog nam daj na svet' zivet" (may God grant you as



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many years in your life as there are drops of wine in the glass) from the drinking song Zivijo, oj Zivijo was useful when experiencing the generosity of many of our Slovene friends.

And then when walking at sunset I was able to say to my companions "Glejte, ze solnce zahaja, Skoraj za goro bo slo," from a song about the evening. Of course there are those who would say that faced with a dazzling array of gold and reds saying: "See, the sun is setting over the distant hills" is stating the obvious. "Pojd' mo veselo domo" (let us go cheerfully home) from the same song was perhaps more useful even if it did make me sound a bit Walt Disney.

Singing Slovene songs is not just a good way to improve your vocabulary to use

when visiting - or being visited by - our twin town. These are beautiful songs and carols, arranged with simple and easy to learn harmonies. And we'll be learning them in Sedbergh, upstairs in the community room at the library, on Tuesday evenings through the autumn. Don't worry if you don't read music or have little experience of singing - the songs will be taught by ear, and there will be phonetics to help you to pronounce the words.

And if you really enjoy it, you might want to join us when our singers go out to Slovenia this Christmas for a week singing Slovene and English carols in the snowy mountains. I look forward to singing with you - Lep pozdrav iz Farfield!
David Burbidge

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CUMBRIA IN BLOOM

The garden competition has now taken place and the results are as follows:-

Best Yard/Patio -

Mr. R. Tyler, 3 Weavers Court, Sedbergh

Best Small Garden -

Mr. & Mrs. Horsley.

1. Lane Ends, Frostrow

Best Medium Garden -

Mr. & Mrs. Pritchard, 6. Havera.

Best Large Garden - Mrs. B. Stainton,

Grassrigg Farm, Killington

Best Street/Estate - Millthrop

Best Commercial Premises -

The Dalesman

BEST GARDEN OVERALL -

Grassrigg Farm

Well done and our thanks to all who entered. It would have been nice to have

had a few more entries in the Commercial Section as one or two people had made real effort with their premises.

The judges results also included the following comments:- "It was pleasing to note the enthusiasm of the entrants and the high standard ." Also included in the comments were "We would add that the 3 estate/streets were all very good and that Mrs. M. Mason should be commended for most improvement in a short space of time, a credit to the environment, also Mrs. Hunter for an unexpected oasis." (The 3 estates/streets were Millthrop, Guldrey Fold and Kings Court).

Cumbria in Bloom (Sedbergh) has now been running for a number of years but sadly as people have come to expect the

BEER FESTIVAL WEEKEND



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Friday 16th

Live Music

Saturday 17th

Late Disco

Sunday 18th

Brass Band Contest



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town to look colourful and welcoming, they seem reluctant to see the obvious i.e. that with a little help from them with weeding, watering, litter picking in the beds etc., it would make the life of the few who make up the committee a little easier. We have had to rely on the same few people each year to water the hanging baskets etc., and for which we say a very big THANK YOU.

On occasions we have been informed that some of the plants etc., are in need of attention, but it would be helpful that if instead of contacting a committee member the caller would do the job. Water is always available from the public conveniences, and there are plenty of litter bins in the street etc. I am sorry that this sounds like a moan, but unfortunately

it is. Would anyone like to join our group or even take over the running of it with new and exciting ideas?. If so, just let me know on 20807.

There is always plenty of scope to keep improving little by little the environment in which we live.

We may have the chance of daffodil bulbs later this year. Are there any groups or committees who would undertake the planting of these if we are fortunate to receive them. If so just give me a ring on the above number.

Perhaps a group of people would consider the maintenance of a specific area such as the corner of Settlebeck/Garsdale Road, or the entrance to Queen's Gardens. Think about it - a little help goes a long way. DB

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SATURDAY 17TH SEPTEMBER

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From Tracey Thornton, Nicola Gardner,
Mags and Nicola Bentham
Lads Allowed in at 11:00pm
£3 No U16s



FLAPJACKS & FRIENDSHIP

Hello Friends, I am Tess Satchell - the new Warden of Brigflatts. We arrived at Rosebank on the 15th July. I did know when the role was offered to me what a privilege it was to be offered this particular wardenship. Yet it is only since I have started that I fully realise the great responsibility as well as the tremendous delight of carrying out the varied "duties" of this challenging and exciting role. Something in particular which I had not fully grasped is the importance of Friends originating from this area to the origins of the Society. The more I learn about those early Friends, the more in awe I am of how they responded to Fox's challenge and did let their lives speak. To be here,

not just to visit but to work and welcome others, is a real honour.

Talking of welcomes, I have to say that - although Quakers are renowned for their friendliness - I have been completely overwhelmed by the open arms as well as offers of support from all Brigflatts Friends. Not only was a bed made up for us in the bedsit for us to roll into ahead of the removal lorry but when we did enter Rosebank, we found fridge and cupboards were so full of scrumptious provisions that we did not need to shop for over a week (even all our children's complex dietary complications were thoughtfully catered for). As soon as we arrived we were inundated with offers of practical help, gooseberries and flapjacks.

KIRKSTONE PASS CHARITY CAR PULL



Sunday 18th September
At Ambleside
10:00am start

Sedbergh and District Lookaround Team

v

Ambleside Rugby Club

v

Manchester Police

v

Ulverston Young Farmers

v

Penrith Boxing Club



12 lads from Sedbergh & District will attempt to beat the World Record of 52 minutes by pulling a 1 Ton car up the (Struggle)3 Miles from Ambleside to Kirkstone Inn. Please give us your support on the day.

www.kirkstonepasspull.co.uk

Our first Meeting was made memorable by the reception of so many local Friends - what a welcome!

Most moving of all has been the responsiveness of Brigflatts Friends to our children. We are not a typical family - as two of our four children have disabilities. This most obviously restricts their mobility so when we go out they need to use lots of equipment to get around. They have other, less obvious, challenges too, about which Friends have proved equally understanding. When applying for the job, I wondered whether I should forewarn people of the boys' complex needs in case anyone should have a problem with these but Phil reminded me that as Quakers recognise that of God in everyone there would be no issues of acceptance of the boys. How right he was! The children's arrival has even acted as a catalyst to rekindle Brigflatts' Children's Meeting.

I was asked to introduce ourselves here so I had better get on with doing that. I grew up in rural Sussex, did my training as a teacher in South Wales, taught in a mainstream Primary in the Forest of Dean and then in a (Signing) School for Deaf children in Bristol. Phil, my husband, dearest friend and supporter is an electronic engineer by training but can turn his very practical hand to almost anything. For the past 10 years, Phil has been working for the Open University. Until last month, he managed a team supporting OU students with disabilities. He readily accepted this change of direction and I hope he will be compensated for the loss of financial

security by the opportunity to develop many unrealised interests and spend more time with the children - who certainly all appreciate more time with their Dad! Our eldest Davy is twelve but is very young for his age. He is away at a genuinely-special school in Newcastle during the week but returns home every weekend and through the holidays so we can witness the tremendous progress they are helping him to make. Tamara, who will be ten in a few weeks time, is a self-confessed bookworm and quite an authority on all six Harry Potter books which she has re-read so many times she can quote sections from these as well as from the Lord of the Rings. Her neediness arises from having three needy brothers who between them demand almost all of both of her parents' attention. Toby, aged eight, is a real enthusiast for life and he throws himself into everything (literally if necessary) yet he is also touchingly considerate of others. Hugo, our youngest who turned two in April, is equally fascinated by the way things work (oh no not another engineer!) as by the sound of rhyming words. He makes a great Warden's Assistant although he loves nothing better than sweeping straight through the pile of fluff that I have just swept up. However, Hugo still needs to brush up on his Seventeenth Century history (like his Mum) - evidenced by his recent clanger: "Where did George Fox park his car?"

Well that's a brief introduction to us. We look forward to getting to know you too.

In Friendship,

Tess Satchell

Harmony Singing Evenings

Tuesday 7:30 - 9:30pm

From September 20th

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All welcome, including beginners.

For more details, contact

David Burbridge, Smithy Cottage,

Farfield, Tel: 015396 21166

THANDI

For the past two years we have been involved with a project in South Africa called Thandi.

In 1996 SAFCOL (South African Forestry Commission) completed logging of non-indigenous plantations in the Elgin Valley (Western Cape) and moved their operation further afield. This left the village of Lebanon, a community of some 600 families, without work and without income.

A local farmer, Dr Paul Cluver, saw the problems and in a wonderful gesture gave 100 hectares of his land and persuaded SAFCOL to donate another 100 hectares to form the Thandi initiative. A co-operative was formed of 147 families and the South African Government gave approximately £1000 to each of these families.

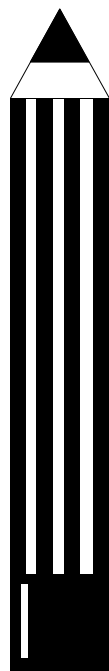
The Cluver family then assisted the Thandi community to plant apples; pears and plums followed 4 years later by wine grapes. In addition to planting, the project had to include roads around the farm, the building of two reservoirs and irrigation to all the orchards and vines.

The success of Thandi can be measured by their being awarded Fair Trade Status.

And, for the past two years, they have been awarded Gold medals for their Chardonnay and Pinot Noir wines at the prestigious London Wine Fair. Their fruit, which used to be exported to the UK, is now being sold through one of South Africa's largest supermarket chains.

Two years ago they opened a farm restaurant, vegetable production unit and craft shop. So far everything sounds like a great success story - and so it is. BUT the project loses approximately £3000 per year, mainly due to a lack of management.

The shareholders are simple people with a gift for growing but not for management. The Cluver family have helped by funding the losses so far but are reluctant to go further. They have



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their own 2000-hectare fruit farm and cannot afford the time required to sort out the problems of Thandi, and Thandi cannot afford to employ managers to help sort the problems.

In February 2005 the Cluver family and Thandi shareholders approached us for help. We have been asked to initially take over the management of Thandi and also to teach management skills to staff, on a voluntary basis. This we have agreed to do and in September of this year we move to South Africa for three years to help this community to succeed.

Running alongside Thandi we have the Thandi Friends Project, a charity with the aim of creating jobs within the Thandi community. Our aim is to raise £250,000.00 to build training facilities to

include a mechanical workshop, a computer centre, craft workshops, a laundry and vegetable gardens.

We have a skills register of people in the UK and in South Africa willing to spend anything from a few weeks to a full year teaching the community to become totally self sufficient and to teach the younger ones the skills to get jobs in the fast growing economy of South Africa.

We also intend bringing in people from other projects in Southern Africa to show how black, white & coloured, Christian, Muslim or Buddhist etc can work in harmony for the benefit of a disadvantaged community – the future must lie in working together in peace.

You may see around Sedbergh the Thandi Friends Project shipping container. In this we are accumulating bicycles, computers, garden tools, musical instruments and craft materials. We have just been given a full rugby strip by Kendal Rugby club so the British Lions had better watch out in three years time!

We are still looking for petrol lawn mowers, rotavators and industrial sewing machines.

For anyone wanting to know more about the project there is always a copy of it available at The Cross Keys which outlines our aims and objectives, and it is hoped that with success this project can be used as a roll model for other projects in Southern Africa.

Thank you to Briggflats Meeting for their support and my own meeting at Kirkby Stephen also to the many friends who are supporting our work and heartfelt thanks from the Thandi community.

Alan Clowes

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**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Visit to Holehird House.

On what must have been one of the most idyllic evenings in a very long time, eight members of the Society spent a wonderful evening in the grounds of Holehird House. The house is currently one of the Leonard Cheshire homes for the disabled, although regrettably they will soon give up the tenancy. The grounds are, of course, home to the Lakeland Horticultural Society and are open to members of the public. Our guide for the evening was Ian Jones, currently the treasurer of the Horticultural Society, and Holehird, who has devoted much time in researching the history of the house.

Whilst it was not possible to go inside the house because it is a home to a number of residents, Ian led us on a tour around the formal garden area stopping frequently to explain the history of the building and its owners who developed it. Originally the site was an unexceptional Lakeland farm, until it was sold in 1854 to a John Rowson Lingard from Lancashire for £3250, comprising of the farmhouse, outbuildings and 39 acres of

land. Lingard already owned a large Gothic-style mansion in Alderley Edge and set about building a smaller one as his country retreat. Holehird probably had no more than three bedrooms with a formal drawing room and hallway with three beautiful Gothic alcoves. Ground floor ceilings had elaborately decorated plaster work, the roof ridges have heavy decorated barge boards and the gable end finials pierce the skyline.

A second stage of construction quickly followed although this was aligned at right angles to the original building. This part provided a dining room and a small square sunroom at each level, no doubt intended for the ladies to read or sew, or admire the view. Lingard then set about increasing the size of the estate by purchasing nearby parcels of land, and by creating a lodge and formal gateway from the Patterdale Road. Whether he intended further enlargements to the house is not known as in 1865 the whole estate was sold to John Macmillan Dunlop, a self-made man and innovative Manchester industrialist. The Dunlop family did not immediately move to Holehird as they required further development to accommodate them and their servants. A

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new extension, which became the dominant feature of the mansion, was built containing splayed bays on both floors. The stone-mullioned windows featured the most intricate and ostentatious Gothic tracery, with the roof being topped by elegant metal finials. Further extensions were also made to the first phase of Lingard's construction.

The family moved in during the spring of 1867 but two months later Mrs Dunlop died of consumption. Dunlop was left with four young sons who were to be educated at home. He urgently needed more staff and a bigger house. Another wing to hold domestic staff, a governess and a schoolroom was hastily built onto his earlier extension. The manner in which this part was grafted onto the main house indicates that it was not part of the original plan and it is less decorative (and therefore less expensive) than the main building.

The work saw the complexion of Holehird House and this is the form in which it stands today. Much work was done on completing the formal gardens. The house was occupied by a succession of tenants and owners until in 1945 the owner Henry Leigh Groves gifted the mansion, estate and associated farms, together with £25,000 to the Westmorland County Council for the benefit of the people of the county. The Council established a registered charity and in 1961 the Cheshire Foundation signed a sixty year lease. In the summer of 1969 the Lakeland Horticultural Society signed a tenancy agreement in relation to the gardens. Our visit concluded with the opportunity to wander around these lovely gardens at our own

pace.

For those interested in finding out more about the history of Holehird House, our guide, Ian Jones, has published a book on his research, a copy of which is now held in the History Society room.

Roger Underwood

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WINTER WATCH

The Methodist Church in Kirkby Lonsdale is kindly hosting a Coffee Morning on Thursday 8th September, from 10am - 12 noon, where you will be able to get information about looking after yourselves during the winter and raise any queries or worries you might wish to discuss.

The following organisations will be present:

Cumbria Fire Brigade:-

For advice on fire safety in your home.

Cumbria Trading Standards:-

For advice, particularly on
FREE Electric Blanket Testing.

Age Concern, South Lakeland:-

For general advice and support

South Lakes Carers' Association:-

For general advice and support

Alzheimer's Society, South Lakeland:-

For general advice and support

KIRKSTONE PASS CAR PULL

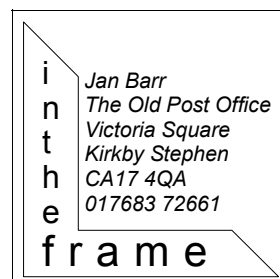
On Sunday 18th September, 12 lads from Sedbergh and district will attempt to pull a one ton car from Ambleside to the Kirkstone Pass Inn climbing 1500 feet over a three mile course in the 24th Annual Event. The world record stands at 52 minutes and last years winners came in at 1 hour 7 minutes. If the record remains intact, there is still a special trophy for the fastest team on the day. Please give our lads who have been kindly sponsored by the Lookaround Team your support on the day. First team away at 10am, up to now we have a very strong and fit team that will be fully assembled by 1st September. Lads you can relate to are John O'neil, Craig Moffat, Ian Moorhouse, John Goad, Mike Hinson and Mike Packham.
www.kirkstonepasscarpull.co.uk

Caspa

A SEDBERGH VIEWPOINT

As you know, I try to reflect the "word on the street" round about town. At the beginning of last month the word on the street was about the man on the street. Yes, Lester has returned after an absence of some months. We have missed our local "character", and now he has returned to a mixed reception, some are unhappy whilst some welcome him home. Seemingly, he is living on the street and there are concerns for his welfare. Have the Social Services given up on him? (No, SS had an uphill struggle to keep him, first in Kendal, then Morecambe. He is now elsewhere and being looked after. Ed.)

Health matters seem to be a subject of conversation lately. Our local hospital authority has lost a star in the latest ratings, dropping from three stars and future foundation status to one star in just two years. How can this be? Seemingly it is simply because the authority has overspent its budget by £1½ million and has nothing to do with the quality of healthcare provided, which is what you would expect the star rating to reflect. Indeed the overspending is due to the fact that the hospitals have provided good healthcare. I haven't heard any complaints about the healthcare; indeed most folk are very complimentary. The Royal Lancaster Infirmary gets a lot of praise locally and Westmorland General



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is generally well thought of despite some concerns about the standard of cleanliness. It does seem that the star rating system doesn't reflect patient satisfaction and is of little worth.

Our local Health Centre is also well thought of and provides a first class service. However there is some concern on the street about the new phone answering service, press 1 for this and press 2 for that and press 3 for the other, and then get cut off seems to confuse many, particularly our senior citizens who possibly need to contact the surgery by phone the most.

A healthy economy needs a good banking service and so I am disappointed to learn that a month or two back our

local HSBC bank reduced its opening hours to just three days a week, whilst Barclays have not opened on Thursdays for some time now. Is this a sign of the times that we can now rely on ATMs and internet banking without actually having to go into the branch? Our friendly Post Office, however continues to offer banking facilities as well as its many other services. Perhaps it all hinges on the old motto "use it or lose it".

At the time of writing, the Book Festival hasn't started, though by the time this Viewpoint is published it will be in full swing. It deserves our support and I wish it every success. Hopefully it will lay down the foundation of Sedbergh as a Book Town. All the details of the festival are in the window of the old Knights shop next to the new pharmacy which itself has received much acclaim. There is something for everyone. Personally, I'm looking forward to Stuart Manger's play *The Bench* subtitled *Snapshots from Main Street Life*. Certainly the changing patronage of the shelter opposite the fish and chip shop as the day progresses has always been a source of fascination and surely has just been waiting to be dramatised. And of course it is where "the word on the street" often originates. Thank you Stuart.

September, for many, particularly the younger generation, is a time for new beginnings so I end this month by wishing well all those who are starting school, moving up to secondary school or leaving us to go to university. I hope you all enjoy your "first time" experiences (and make the most of them). *N Hastle.*

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CHANGE AT SEDBERGH HEALTH CENTRE

I spent about an hour at Sedbergh Health Centre with Dr Lumb talking, amongst other things, about the changes being made there. He explained that in the old model of general practice there was a limited element of preventative medicine. Now there is much more emphasis on long-term conditions and people are encouraged to deal with minor short-term conditions themselves.

Streamlining of information is a major part of meeting the new challenges. With patient data on the computer it is possible to search for any particular patient group and to use the computer to generate letters to the people concerned.

Overweight is a long-term health concern in the whole country. It is hoped to collect height and weight data from as many patients of the Health Centre as possible in order to find out how big the problem is in Sedbergh. A rough measure

of this is the body mass index, which is defined as follows:

$BMI = (\text{weight in kilograms}) \div (\text{height in metres})^2$. (*I wonder what this is in Imperial? Ed*)

If this is greater than 30 the person may be classed as overweight.

One lifestyle issue, I think is particularly important, is how to maintain health in the face of working long hours, possibly in a stressful job. Often people combine this with travelling some distance to work and looking after small children. I asked Dr Lumb how he approaches this (he works an eleven to twelve hour day). His strategy is threefold: to maintain boundaries (no out of hours working, no taking work home at weekends), to have a healthy diet (based on current guidelines and low in carbohydrate) and exercise (three half-hour periods a week, sufficiently vigorous to induce sweating and increase breathing rate).

Dr Lumb bases his drug prescribing on clear evidence from clinical trials published in reputable journals. He tends to prefer tried and tested drugs to more innovative products. He described a hypothetical situation of a person newly diagnosed as diabetic who could go from taking no medication at all to taking five or six different drugs (medication to control blood sugar, aspirin, anti-cholesterol medication and blood pressure lowering medication). He knows this is an uncomfortable situation for the patient and tries to put himself in his or her shoes. He said, if he were diagnosed as diabetic, he did not know whether he would want to take so many drugs, even though the scientific evidence points to this particular combination.

During Dr Lumb's professional career, he has seen the evidence for certain drugs change over time. When he first became a doctor, HRT was "the best thing since sliced bread". This was followed by a period of uncertainty and now it seems clear that there is no general population benefit from taking HRT. It would now only be prescribed individually, taking risk factors into account, for example for symptom control, to prevent osteoporosis or for women undergoing an early menopause.

On the other hand, current evidence suggests a population benefit from statins (anti-cholesterol drugs) for men over sixty. I said I was revolted by the idea of wholesale prescription of a drug to such a section of the population. Dr Lumb said he does not prescribe statins routinely, but based on individual circumstances. When asked whether he would take such a drug himself if he were over sixty, he said, "That's a good question".

Towards the end of our talk, I asked Dr Lumb if he saw himself staying in Sedbergh long term or whether it was a stepping stone to somewhere else. He replied, rather touchingly, "All my stepping stones have lead here". He feels his previous medical experience has all been necessary for him to fulfil his role in Sedbergh.

He made it clear that, although the doctors are legally responsible for what happens at the Health Centre, the people who work there are a team and decisions are taken on a collegiate basis. He would like to think that people are happy with the service the Health Centre provides and welcomes constructive criticism.

I would like to thank Dr Lumb for

spending time with me to make this article possible. If you have any ideas for topics for future health related articles, I would like to hear from you. My telephone number is (015396) 20972.

June Parker

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SEDBERGH SCHOOL CHORAL SOCIETY

All singers welcome - do come and join us.

The new season begins on Monday 12th September, under our new Director of Music, John Seymour. This year we are singing *The Creation* by Haydn. We meet at 6:25pm in Powell Hall, Sedbergh School. We are giving two performances, the first in Carlisle Cathedral on 25th February and second in Sedbergh School Powell Hall on 26th. Everyone is very welcome to join. If you enjoy singing do come along.

Please note *the first rehearsal begins at 6:10pm.*

If you need any further information please contact Mrs Lesley Alban at The Old Vicarage, behind Sedbergh Primary School, or telephone her on Sedbergh 20233.

**You are invited to an
Alpha Supper
On Weds 28th September 2005
7:45pm for 8pm
at Thorns Hall, Sedbergh**

Join us to find out more about
The Alpha Course
which will start on
Wednesday October 5th at 7pm
at Sedbergh Methodist Church Hall

**There is no charge but we need to know
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will be available from early September at
Sedbergh office Services.**

**For Further details
Phone Sandy Roy 015396 20785
Or Tim Widdess 015396 20329**



SEDBERGH FESTIVAL OF BOOKS AND DRAMA

Well, by the time you are reading this I hope everyone will have tried at least one of the great events that are on offer at Sedbergh's Festival this year but, *there's loads more to come!*

DRAMA – Both of our new plays are coming up in the next week –

Showing Well is only one act long but it is 'screamingly funny', this story of what twitchers get up to in hides when they are supposed to be watching birds, includes a cameo performance for Bill Oddie. Of course not played by himself in our version but if it were to be performed on Radio 4 I'm sure he would be in it. The evening includes a relaxed dinner and

music why not book quickly and come along. (Must be booked in advance).

The Bench, has three performances at Settlebeck. Many of your friends and neighbours are appearing in this play which is the story of life around a bench in the town centre. There are three opportunities to see The Bench on the evenings of 8th, 9th, and 10th book or just turn up on the night at 7.30.

With so many exciting events already perhaps you are expecting a real tail-end of a week, well no, if anything the second segment of the Festival has a more exciting and varied programme, highlights are:

Two smashing Poetry Readings by Jacob Polley, Adrian Mullen of the

Gazette says Jacob will be Poet Laureate one day; and Neil Astley who has spent his whole working life championing the cause of new poetry.

Two author appearances including our STAR, REGINALD HILL. Perhaps the name doesn't ring a bell but I am sure you must have seen the Dalziel and Pascoe detective series on the television, well that's Reg – creator of Dalziel and Pascoe. It's something really special for our first Festival as Reg has not appeared at Hay on Wye or Edinburgh, just here in Sedbergh, please come along and give him a real town welcome! Neil Astley will be introducing his new book 'The Sheep who changed the World', this is another first as it's the first event at which the book has been launched.

There are three afternoon events – Sedbergh Book Group have been reading Swallows and Amazons why don't you find an old copy or borrow it from the library and come along and join the discussion, or just come and listen. The Group would love to recruit more members and what could be nicer on a winters afternoon than getting together to discuss a good book?

From Boots to Books, pairs an author and his publisher, Dawn and Gareth will explain how to write a book and how to get it published. So if there are any budding authors out there come along and get some tips.

Our last after noon event is something ultra special! Michael Burke used to run The San Francisco Centre for the Book, which was a wonderful centre for the care, repair and creation of books. Michael is offering us all the chance to make our own book (with materials

supplied by him), this will be an introduction to the craft of book making and book binding with a MASTER. Places are limited and must be booked in advance please come along.

On this same theme Dominic Riley will be giving a talk about the care, repair and restoration of old books. Dominic works for many universities and museums on ancient and valuable tomes, he is offering advice on any of your old books that need some TLC. This is your chance to meet an *Industry Expert*, don't miss it.

For the last events we are featuring David Burbidge, who we all know. I don't think there are that many people who actually live here in Sedbergh who have been off with David on one of his Singing Walks. First let me reassure you, singing is not compulsory. Why not come along on this trip into the past as David relates the story of the building of the Settle to Carlisle line where it was built and teaches some of the songs sung by the navvies. In the evening for those who didn't fancy the walk Sedbergh's own Cautley Carollers will round off the Festival with a performance about the Settle to Carlisle Line.

And that's all folks for this time.

Daphne Jackson D. O.

Registered Osteopath

BUPA Provider

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BOOKSHOP AT LEISURE HOUSE

In May this year we purchased Leisure House, popularly known as Galliot's, in Long Lane. The idea is to convert it to the largest second-hand bookshop in the North-west, a cross between Shakespeare & Co in Paris, Powell's Bookstore in Chicago and our existing bookshop in the Welsh booktown of Hay-on-Wye.

Planning permission for retail use was granted at the beginning of August and work is now well under way. We plan to open Westwood Books next Easter.

We already operate a medium sized bookshop in Hay-on-Wye, which has a large general stock, as well as a basement floor devoted to a wide range of academic books. In Sedbergh we will have a substantial antiquarian section, and a wide variety of second hand and new books at reduced prices. The "Ology Zone" on the mezzanine floor will stock academic books in a variety of specialist subjects.

The building may look a bit

unprepossessing at the moment but our plans to convert it to our dream bookshop are well on schedule. The roller shutter door will soon be replaced by a glazed front similar to those you see on barn conversions. Planters with flowers and shrubs will be added at the front. Inside the bookshelves are already going up, the disabled toilet is built, the carpeting will be down soon and the chairs in the chill-out area will complete what we believe will be a new concept in buying second hand books - a large range of books in spacious and comfortable surroundings.

For Leisure House it represents another twist in its history. During the second world war it saw service as a dance hall. After the war it was then turned into a cinema and then in about 1975 became a ground sheet factory. It is a good omen that the most successful bookshop in Hay is the former cinema.

We are very lucky to have found a large building on the edge of the retail area in a town with such good prospects of becoming a successful booktown. Lots of other towns have tried to revive their economies by trying to be booktowns. But until now Hay-on-Wye is still far and away the most successful. However we think Sedbergh has many qualities in common with Hay: it is a pretty town in a tourist area which is within two hours driving distance of a huge population. At the start of this year we were talking about retiring, now we are looking forward to a whole new life in Sedbergh.

Mark & Evelyn Westwood



Bring & Buy **Raffle**

GOFFEE MORNING

6 Havera, Sedbergh
10.30 am to 1 pm
Friday September 30th
Tour of Garden
(Weather permitting)
Every Cup of Coffee Counts

CUMBRIA WILDLIFE TRUST

Peat Mosses

One of Cumbria Wildlife trust's most

challenging undertakings is the re-habilitation of its Nature reserve, Foulshaw Moss, near Witherslack on the north side of the Leven estuary. But what exactly is a peat moss?

Peat is an accumulation of only partially decayed vegetation. We are quite familiar with the total decay of dead leaves and the like, so why do not the plants that go to form peat not decay in a similar manner? Because the bacteria and fungi which consumes dead vegetation need oxygen and warmth to do their work.

Picture the scene on the Leven estuary many thousands of years ago. The waves of Morecambe Bay are lapping against the foot of Whitbarrow Scar. Gradually, silt washed down the rivers builds out into the water until an incipient freshwater marsh is created.. Reeds begin to grow, trapping more silt and raising the level of the land. Then sedges take over. All this vegetation dies back each winter and collapses into the mud. It is wet and cold and the weight of the vegetation compresses the whole waterlogged mass. The organisms, causing it to rot by feeding on it, cannot keep up and the depth of partially rotted plants increases, raising the surface waters above the ground levels. With only rain to provide water, the soggy mass becomes more acid. These new conditions are ideal for sphagnum mosses. These in turn leave their own partially decayed remains, i.e. peat, beneath each year's growth. Hence we now have a Peat Moss.

As the process goes on, year by year, the periphery of the Moss builds up more slowly than the central part because water can drain out at the edges and this allows more oxygen and warmth to aid fungi decay. This leads to mosses of this type to

form a shallow dome known as a Raised Bog. Those Trust members who were at the declaration of Foulshaw Moss will remember David Bellamy, who performed the ceremony, saying that the London Millennium Dome (at that time causing much controversy) was quite insignificant compared with our Foulshaw dome which really was a true Millennium Dome – a well-seized opportunity to make a telling joke!

Like many other peat mosses, Foulshaw Moss was planted with conifers by the Forestry Commission and this did lead to partial drying of much of the surface. However, when the Forestry Commission became disenchanted with the afforestation, the Moss came up for sale and the Cumbria Wildlife Trust was able to buy it (greatly helped by a legacy from Dr Joan O'Connor). Optimistically, they set about blocking drains and felling much of the timber. Surprisingly, much of the peat moss vegetation had survived the tree planting, if in an attenuated form, and it is now responding to the new management in a most gratifying manner.

There are other types of peat bog, the most notable being Blanket Bog. Aptly named, the peat in this case clothes the gentle slopes of the higher fells. The reason for peat formation here is the same as for Raised Bogs – waterlogging, compression and cold suppressing plant decay. In the case of Blanket Bogs, the slope would allow enough drainage if there were less rain! Again, peat-forming conditions occur, but on different topography.

Peat habitats are nationally in decline and much in need of conservation, so we in Cumbria have a duty to look after ours.

Helga Frankland

MEMORIES

Several months ago you were kind enough to print my article which took a nostalgic trip through Sedbergh - as I remembered it in the 1950's and how it is now. Sadly I made no reference to Sedbergh Peoples Hall.

Thinking back again fifty or so years ago, I was a pupil at Queen Elizabeth School, Kirkby Lonsdale from 1947 until 1952. I remember joining the scout troop at school and was in the Beaver Patrol. How I wished, in those days, that there could have been a scouting in Sedbergh yet...perhaps some twenty five to thirty years earlier my two uncles - William Bainbridge and George Bainbridge had both been Rover Scouts in Sedbergh. Somewhere along the line scouting in Sedbergh had been allowed to cease. How sad, yet now there comes a point to this story! Sedbergh Peoples Hall is in difficulty - as described by Margaret Mason in the copy of the Lookaround for August 2005. It too could be consigned to be just a memory.

Returning to the mid 1950's, as teenagers we used to go to the Saturday night dances at the Masonic Hall. I remember the Youth Club (at Settlebeck) organised a dance at the Masonic Hall to help with the Lynton & Lynmouth Flood Relief. Many events were held there because there was no other venue and suddenly someone had a dream that the people of Sedbergh could build a hall - a purpose built building for everyone and every organisation. What a brilliant idea, one that had been in the minds of many

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people but had never been attempted. Well, that dream became a reality. This hall has served the people, I am sure so well, for around fifty years. Surely there must be willing volunteers to prevent the demise of this important building? Remember too that once Sedbergh had a cinema that was allowed to disappear. Perhaps people can see the parallel with the sadly defunct scout troop.

There must be people out there...and they will be busy people, because they are usually the ones to respond to crisis ... who will be moved to this call by Margaret Mason to rally around.

I wish I lived somewhat nearer (Lincoln is a long way away) because I have the financial expertise to have assisted.

Please seriously consider whether you could make some contribution towards "holding on" to a very valuable asset. Things will never be the same again and part of "The Town That Wants a Twin" will have died, leaving a void that will be difficult to replace and that took so much hard work to achieve by a devoted band of people, in bygone years.

Philip Hutchings

RECYCLING IN SEDBERGH

Recycling-essential for the future?

'Recycling is becoming a major issue in our area. It is important for our environment to recycle because of the problem of pollution. Taking rubbish to a landfill site means more pollution because of the dangerous gases such as methane that are released.

Landfill sites, let's face it, are pretty minging and the rubbish takes a long time to decompose. Waste on landfill sites attracts scavengers, rodents etc which could cause diseases, or even lead to another outbreak of a plague. Recycling makes more sense. It is cheaper, easier, cleaner, and environmentally friendly.

Those little blue recycling boxes are really cool. You can simply place waste paper, cans, bottles in the blue boxes, garden waste in the green-wheeled bin, and residual rubbish in the grey bin.



Please let's recycle and save our planet'.

By Emily Smith Hanratty

Year 10. Settlebeck High School

Award winning article from year ten

During the first week of collection of paper, cans, glass and garden waste in Sedbergh, a staggering 85% of households put out their blue boxes. 16 tonnes of paper, glass and cans; and 11.98 tonnes of garden waste were collected.

The staff of SLDC waste management team express thanks to householders, pupils and students in Sedbergh and Dent Area for their interest in kerbside recycling.



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phone 01539 720448
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SEDBERGH PEOPLE'S HALL
(Registered Charity Number 523829)
NOTICE OF INTENDED CHANGE

From November the laws governing places like the People's Hall are changing. We are taking this opportunity to implement some changes along side those we are compelled to make.

The details are yet to be finalised, but on the main changes are as follows:

Times: The Hall will be available from 9am (though you may go in early to set up) until 1am Monday to Saturday (and Sunday immediately preceding a Bank Holiday Monday) and 9am to 11.45pm on Sunday.

Friday, Saturday and Sunday will have three slots: 9am - 1 pm, 1 pm - 5pm and 5pm - late (1 am Fri/Sat, 11.45pm Sun). All other days the evening will be divided as follows (as above until 5pm): 5pm - 7pm, 7pm - 9pm, 9pm - 1am.

Alcohol: If you intend to supply alcohol (whether you are selling it or providing it, for example with a meal) a surcharge will be made and you will be permitted to serve from midday until 30 minutes before closing time. This is a much simpler process than is currently in place as no further license is required, though we will need advanced notice.

Prices: Due to increased administration costs and inflation there will be a small rise in prices. The People's Hall is still run as a service and is not for profit. We are also making important changes to the Terms and Conditions of Hire, as well as other documents and aesthetic changes to the Hall itself.

If you have already booked the Hall for any date after 24 November then your

booking still stands, though we may contact you to confirm some details or if you are having alcohol on the premises. Provisional bookings are valid for ten days, and as such any provisional bookings made for after November need to be confirmed to guarantee the use of the Hall. We will release all details, such as prices, once they have been confirmed.

Sedbergh People's Hall Management Committee

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SEDBERGH LADIES NFU

After our summer break we start again on Tuesday September 20th in the Peoples Hall rooms at 7:30pm. The September meeting is our Annual General Meeting plus Jacobs join followed by a talk on Dogs for the hard of hearing.

**SLOVENIA HOLIDAY BREAKS ARE
CHEAPER THAN YOU THINK!**

Unfortunately the information provided in July's *Lookaround* was inaccurate concerning the breaks in Rogla and Zrece.

The price given was for Taso i.e. 539-690 euros, (£361-£468).

For more information visit Sedbergh TIC on Main Street.

GARDENING

It may seem a funny time of year to be thinking about camellias, rhododendrons and other spring flowering things, but if you don't look after those plants at this time of year then you will not be likely to have a good show of flowers when flowering time comes. Plants which produce those big blooms in spring actually create their flowers in the late summer of the previous year, and bud drop - when those spring buds which are so full of promise suddenly fall off their twigs, just at the moment when you are expecting them to start bursting open and showing colour - robs you of all your pleasure.

Flower formation is encouraged if plants are fed with a fertiliser high in potassium. I like to use a liquid feed, especially if plants are in pots - new buds need lots of water too. Tomato food is the easiest type of fertiliser to use and I usually give plants a good soaking with this every two weeks for 6-8 weeks. Use the same dilution rate as you would for tomatoes in growbags or pots.

Having said that Rhododendrons are spring flowering shrubs you may, if you visit some of the woodland gardens with good plant collections, be surprised to see an odd rhodo. in flower at this time of the year. This is a species called *R. auriculatum*. It comes into flower in August and early September and bears large heads of white, very fragrant blooms. I first came across this plant in my early days in horticulture in the woodland garden at Harlow Carr, and thought that it had got its timing seriously wrong. (I was under the impression that I knew all there was to know about

Rhododendrons then.) Now I realise I'm nothing of a specialist. It's one of those things: The more you know, the more you know you don't know. *Elaine Horne*

FROSTROW W.I.

A drive up Dentdale on a beautiful evening to join Dent W.I. for their August meeting was very pleasant. Next year Dent members will join us, as August is a month when some members are on holiday or have visitors.

Margaret Fothergill extended a warm welcome to us, then presided over a short business meeting as did our own President, Ann Petyt.

The president introduced David Jones, who has written several books about Lakeland history. He showed some fascinating slides of old Lakeland craftsmen, architecture, customs etc. Some of the skills have been lost as commodities such as bobbins, made in the many water-powered bobbin mills for the Lancashire cotton industry are no longer required.

Josie Templeman and Jean Jones went home with bunches of sweet peas from the raffle and Marjorie Fishwick won the Frostrow members competition for a photo of "Working in the countryside".

Our thanks to Dent W.I. for a most enjoyable evening which ended with a Jacobs Join supper.

At our next meeting on September 14th, Alan Head will speak about 'Implements'. If you are interested, please come along as a visitor. You will be most welcome. *MF*



FAMILY MUSINGS

Amazing, wonderful, exciting, unforgettable.. are you getting the jist? Son and Ts wedding day was wonderful! Every moment of it, the hectic household I found on return from dog walk with heated curlers, straightners and other cosmetics dotted about the house, uncle B trying to restore some sort of order, people calling with cards and gifts and then the special car arrived and after a quick couple of photos with son and me 'cos no-one else was ready he was off followed soon by the rest of us. Hubbys mind wandered and we missed the turning for Wray so three cars did a quick lap of a hotel car park just for fun.

Amazing how many friends were waiting at the chapel and once the

photographer got busy arranging the "grooms family" I realised this was all for real and when the "grooms parents" were mentioned that was us! The service was unforgettable for all the right reasons, and during their exchange of very personal vows when son and T's voices wobbled and eyes glistened I doubt there were few dry eyes in the chapel. A great time of praise and worship led by people who really believe what they sang and out into the garden of a kind lady across the road for many photos and lots of laughter. As a friend said in a text the next day "You and hubby just glowed with pride" and yes, we did, for son and T and our two girls, and for the fact that we have such a wonderful family, brothers and sisters and spouses and they were all there, and

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knowing that those dearly loved ones no longer with us would have loved it all as well and were in some way still very much part of it, especially the grandparents who after all, helped to make hubby and I the people we are to head and guide our family.

Then off to Berwick, which proved a challenge along unfamiliar roads, for the reception, wonderful food, great company, amusing speeches and plenty of time to mingle, then to T's mum and dads to enjoy their lovely home on top of me world, more mingling, more food, more photos and then off went the newly-weds with tin cans rattling along the lane and lots of cheers and waving. A truly amazing day we will remember for the rest of our lives.

Hubby and I then took a short break before resuming the break-neck speed we seem to live in at the moment with lots of things to look forward to. Enjoy your family times, never mind the passing years, remember the happy memories and keep making new ones.

Dark days will come again but we are part of a wonderful caring circle of friends, and family. Younger daughter has recently met the inhabitants of her old home, introduced herself and asked, or was it mentioned, she'd like to visit to have a look at the changes! Elder daughter has moved to Huddersfield and working in Leeds, so we've an empty next have we? Almost, not quite. Cleo and Mitts keep us company even at 4am!

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £3.90 Garlic Mushrooms on Toast £3.40 Pate with Garnish, Toast & Butter £3.30 Soup of the Day £3.25 Egg Mayonnaise £3.40 Grapefruit Cocktail £3.40 Garlic Bread £2.50</p> <p style="text-align: center;"><u>Extra Special Main Courses all £11.45</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.80 Mixed Grill £12.40 Fillet Steak £12.40 Sirloin Steak approx. 8oz uncooked £10.30 Half Roast Chicken £7.90 Chicken Kiev £6.80 Lasagne £6.80 Steak & Kidney Pie £6.80 Cumberland Sausage £6.80 Gammon & Pineapple £6.80 Barnsley Lamb Chops £9.90 Marinated Lamb Steak (6oz) £9.90 Pork Chop in BBQ Sauce £7.20 Cheese & Ham Pasta £6.80 Tuna Pasta Bake £6.80</p>	<h1>THE HEAD AT MIDDLETON</h1>  <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £9.40 Grilled Rainbow Trout £9.40 Breaded Scampi £6.80 Breaded Haddock £6.80</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.80 Stilton & Vegetable Crumble £6.80 Vegetable Lasagne £6.80 Mushroom & Nut Fettuccini £6.80 Broccoli & Cream Cheese Bake £6.80 Vegetable & Pasta Bake £6.80 Vegetable Tikka Masala £6.80 Macaroni Cheese £6.80</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £6.80 Chicken Tikka Masala £7.70</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman's Lunch £5.40 Cold Meat Salad & Roll & Butter £6.40 Prawn & Rice Salad £6.80</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.20 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.70 Toasted Sandwiches from £2.90 Portion of Chips £1.70 Mixed Side Salad £1.70 Portion of Mushrooms £1.70 Roll & Butter £0.65</p>
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YOUNG CUMBRIA

Young Cumbria are planning a Celebration Day at Sedbergh School on Sunday 25th September. I understand he outlined our plans recently to you.

Young Cumbria is a private Charity that provides a service to all affiliated youth clubs throughout Cumbria with approximately 100 clubs involved.

Every other year, we host a big Celebration Day, to celebrate the achievements of our affiliated groups, our members, its youth workers organisation, its youth workers, its affiliated groups and their members. This year it is to be held at Sedbergh School largely around within the Lupton Field area (by kind permission of the school's Headmaster & Governors) on Sunday 25th September. The day will start at approximately 9.45 am and finish around 16.00pm.

The last Celebration Day, in 2003 at Greystoke Castle, was a huge success; celebrating not only all the fantastic youth work which had been going on in the county, but also the launch of Young Cumbria itself (previously known as the Cumbria Association of Clubs for Young People).

This year's Celebration Day should be even more exciting, with loads of activities on offer. Some of the ideas we've had already and are currently in the process of organising are: urban dance workshops, a skate park, a variety of music workshops, an assault course, zip wire, big music stage, Fortress Europe - The Asylum Experience, DJ Workshops & dance tent, rifle shooting, amateur radio station, festival arts,

kayaking and mountain biking.

In appreciation of this event we would like to ask for your patience co-operation on the day as there is a possibility that there will be extra traffic within the vicinity of the school area during arrival and departure times of our groups.

We thank you in anticipation and look forward to using Sedbergh School as a venue for our young people to enjoy.

If anyone wishes any more information, please contact Mr John Underwood, Young Cumbria Office Manager Tel: 017687 75085.

<http://www.youngcumbria.org.uk>

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SEDBERGH TOWN BAND NEWS ZRECE ON FILM

Tony Croft is to be congratulated on compiling an excellent DVD that captures the recent trip to Zrece. The 54 minute disc contains a mass of still photographs which are accompanied by recordings of many of the numbers played in concerts given in Zrece and the surrounding towns.

A record of the trip is also enhanced by a video of events and locations shot by Peter Packham.

DENTDALE WI

High summer and a beautiful evening set the scene for our President Margaret Fothergill to welcome President Anne Petyt and members of Frostrow WI to a joint August meeting held in Dentdale Memorial Hall.

Business was kept to an absolute minimum. Dentdale members were reminded about the commitment to help in the kitchen and bake for teas at the Gala on Bank Holiday Monday.

Looking further ahead, the Federation walks from Dent on October 1st will soon be upon us. We will again need help in kitchen and baking to provide coffee etc. for all those taking part

Both President's mentioned the Federation's Cartmel Flower show and Musical Concert and how successful it had been and what a marvellous way it was of celebrating 85 years in the life of the Federation. Thanks were given to all those who had helped in anyway.

We were then introduced to David Jones for his talk with slides on *Lakeland Life and Industry*. David has been photographing this subject since the 1960's and had slides showing industries that have now almost passed into folk law such as the Bobbin Mills, Charcoal making using oak bark for dying. All facets of Lakeland life such as vernacular architecture, stonewalling, stick making, dog shows, butter making had been recorded on camera. It made an extremely interesting talk.

Well, it wouldn't be WI if food didn't come in somewhere, and the talk was followed by time to socialise and enjoy a really tasty Jacob's Join supper.

Nancy Murdoch won the competition

for a photograph showing work in the Countryside. Dorothy Gerrard and Freda Meakin won raffle prizes and Eileen Stavely and Josie Templeman won bunches of sweet peas.

We finished the evening singing the ACWW song for peace.

Next month, September 12th the illustrated talk is entitled 'Welcome to Sarajevo'. New members and visitors always welcome.

SPARE TIME?

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COMMUNITY TRANSPORT SOUTH LAKELAND

ZEBRAS BABY AND TODDLER GROUP

Zebras would like to remind everyone that from 7th September we will be meeting on a Wednesday instead of a Friday. We look forward to seeing old and new faces. Everyone welcome, Fathers, Mothers, Grandparents and Carers. Zebras next meeting Wednesday 14th September, 8pm in the Bull Hotel.

LOOKAROUND UPDATE

Owing to increases in Postal Charges (and we don't blame Chris & Co.) and the size of Lookaround, we have to increase the Postal Rate to £1 per issue from the October issue.

Eds

**SOUTH LAKELAND
ALZHEIMER'S SOCIETY**

Thank you to everyone who contributed to the success of the Coffee Morning and Street Collection on 13th July 2005. The Coffee Morning raised £229.75 and the Street Collection raised £166.95.

Your donations, contributions and support enable us to provide advice and information to local people and are very much appreciated.

George C Tomlinson

**THE WINDER
100 POPPY CHALLENGE 2005**

The Winder 100 Poppy Challenge 2005 September update: 80 bone - 20 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 34,600m or 113 500ft This equates to over 4 Everest's! There are so many good causes around that it can be hard to make

a contribution to all of them and The British Legion is one that does a lot of good work and sponsorship is very 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 where more information and sponsorship forms can be obtained or contact Paul at

home on 20855.

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 11 month old Border Collie 'Gem', who up to date has completed 45 , pretty good going when you only have small legs!

After some fairly hot and dry weather during July and August, things should start to cool down now as we head into the autumn and the final 20 runs - but this being Sedbergh. you never know! August has ranged from blazing sunshine to morning lows of 5 degrees centigrade and one or two ascents where you couldn't see the bottom of Winder, let alone the top and quite a few very windy days. The route up and down Winder is now being varied to make it a bit different by coming down via Higher Winder and Crook. Many thanks to Jim Fisher for the route information and inspiration to keep going! Look out for the next update when we should be nearly into single figures.

Paul Brassington

**THE TRUSTEES OF
THE BRITISH SCHOOL TRUST**

The Trustees will meet on Wednesday 14th September 2005 to consider grant applications from suitably qualified persons who have attended Primary School in Sedbergh, Garsdale or Dent, and who seek financial assistance to further their careers.

Applications should be in writing and addressed to:

The Honorary Secretary of the Trust, 6, Guldrey Fold, Sedbergh, Cumbria LA10 5DY and should be made without delay.

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TOWN BAND TRIP TO ZRECE

When the town twinning process started the band could not possibly have anticipated that some six short months later they would be travelling to Zrece to give six concerts in the course of an eight day stay in a distant country most would have been stretched to point to confidently on a map.

The seeds of the trip were undoubtedly sown when the representatives from Zrece spent their week in Sedbergh demonstrating why they should be the town to twin with Sedbergh. The band were involved then in accompanying the singers who were trained by Samo and entertained the mass of people who packed the People's Hall for their

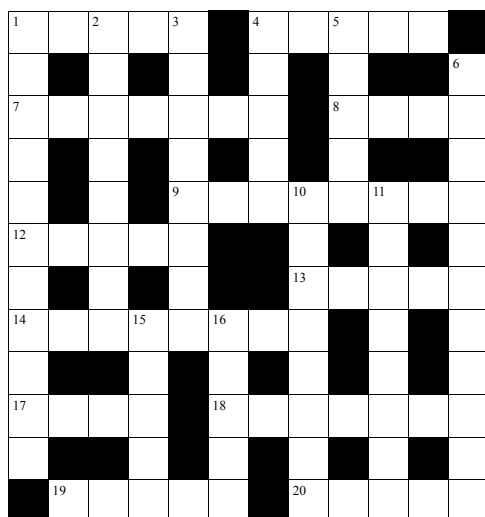
Slovenian evening.

Samo, a larger than life personality and talented musician, stayed with the band's Director of Music, Alan Lewis, and a bond of friendship and common interest was firmly established. When it was suggested that the band might go to Slovenia an enthusiastic response was immediate and under the energetic and efficient direction of band secretary Hilary Hodge what might initially have seemed a fanciful idea quickly developed into a concrete reality.

Sadly the comparatively late notice for the venture meant that a few members of the band who would have loved to travel were already firmly committed to other

(Continued on page 43)

CROSSWORD 3



Across

- 1 Stalk about a water feature (5)
- 4 Relative in US city won (2-3)
- 7 Remembers to ring son after reds' first half (7)
- 8 Return kitchen equipment and plug (4)
- 9 Clear southern ocean without a European in it (8)
- 12 Older lady has time to give (5)
- 13 Kingly type found in Lewis (5)
- 14 Soft shock heard from Monday to Friday (8)
- 17 Yes, have a go up in exercise class (4)
- 18 Crowded, like skyscrapers are? (5-2)
- 19 Jerk in health clubs gets woman's heart (5)
- 20 Cry of pain as organ is reconstructed (5)

Down

- 1 Mix-up saw Gray sent to prison (11)
- 2 Go out, taking notice of adventure (8)

- 3 Mistreated animals lie next to cuddly toy (8)
 - 4 Release girl after silicon is returned (5)
 - 5 Drink for heroic dog, say? (5)
 - 6 Clean 100 confused pandas in washing cycle (4-3-4)
 - 10 Holding snake in grip (8)
 - 11 High voice is wrong and exaggerated up (8)
 - 15 Tree-climber is knocked out by a large axe head (5)
 - 16 'Never-ending' protein book (5)
- Answers to #2 - ACROSS:* 1 Spout; 4 Pen-pal; 7 Bar; 8 Grog; 9 Curio; 10 Greatest; 13 Dying; 15 Sabre; 17 Ammonite; 20 Naked; 22 Owls; 23 Pat; 24 Brassy; 25 Ended. *DOWN:* 1 Sliced; 2 Over; 3 Toboggan; 4 Purse; 5 Night; 6 Light; 11 Absentee; 12 Ebb; 14 Ism; 16 Eddied; 17 A-bomb; 18 Oasis; 19 Imply; 21 Kind.

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arrangements and were unable to be included in the party. However, ultimately gaps were filled and twenty seven instrumentalists and four accompanying wives comprised the party.

The majority of the party assembled at the Sedbergh School Band Room on Thursday 21st July for a 4.30 am departure by John Metcalfe's 'bus for Manchester Airport. The instruments had already left: Keith Wood, accompanied by his wife Sandra and band treasurer Carl Storer had set off the day before to travel overland, crossing from Hull to Rotterdam and driving to Slovenia via Holland, Germany and Austria - a daunting distance of eleven hundred miles. The instruments were transported in a secure trailer most kindly loaned to the band by Baliol, and for this loan we extend our sincere thanks.

We arrived at the airport at 6 am and our flight to Budapest took off promptly at 7.30 landing us in Hungary some two and

a half hours later. We were met at Budapest Airport by Zdenka Kejzar and after emotional renewals of acquaintance she ushered us aboard an awaiting coach which was to be our world for the next eight hours. Two stops for refreshments were welcome but the most memorable moment was crossing the border into Slovenia which Zdenka marked by the playing of Slovenian national music.

The two hundred and fifty mile journey from Budapest to Zrece finally ended at 9 pm when we alighted at our hotel, The Smogav. We were greeted by the instrument transporters together with Ernie and Viv Hailwood who had been spending the previous few days climbing and walking in the neighbouring, magnificent mountains prior to joining the concert tour.

An excellent and most welcome supper was eaten in the hotel dining room following which the party, after a long

(Continued on page 45)

HOWGILL W. I.

Our two fund raising events held in July were both successful. Thanks to everyone who supported our Summer Evening Concert held in Howgill and our Coffee Morning on July 20th, held at the URC Rooms in Sedbergh. Also the joint Coffee Morning to raise funds for the 'Pride of Cumbria' Air Ambulance which made an amazing £700.

Names have been taken for a walk around Kendal with local historian Trevor Hughes followed by a meal in the town. This is arranged for Thursday 11th August.

Two members are to attend the Annual Council Meeting at Appleby on September 24th. The August meeting was held at Howgill and was an open meeting. The evening commenced with brief business before our President Mary Silva gave a warm welcome to guests and our roadshow presenter Mr. Brian Higgs, who gave us a fascinating insight into the world of antiques. Members and guests

brought along their valuables and heirlooms to be commented on and valued. With his expert eye we were given advice on what to look for in a genuine antique. Usually it is the sentimental value that's important to collectors more than anything else. It was described as a unique occasion with a varied selection of items on display. Valuations were from ten pounds to over a thousand.

Mary expressed thanks to Brian for a most interesting evening sharing with us his knowledge and experience. The monthly competition for an old document was won by Tanya Hoare with Mary Silva second. We had a good raffle with several lucky winners. Tea and biscuits were served in the interval.

Our next meeting will be held at Howgill and September 1st when Mrs. Julie Beedon will give us "The Meaning of Surnames". The competition is a poem "What's in a Name". Visitors welcome.

A. H.

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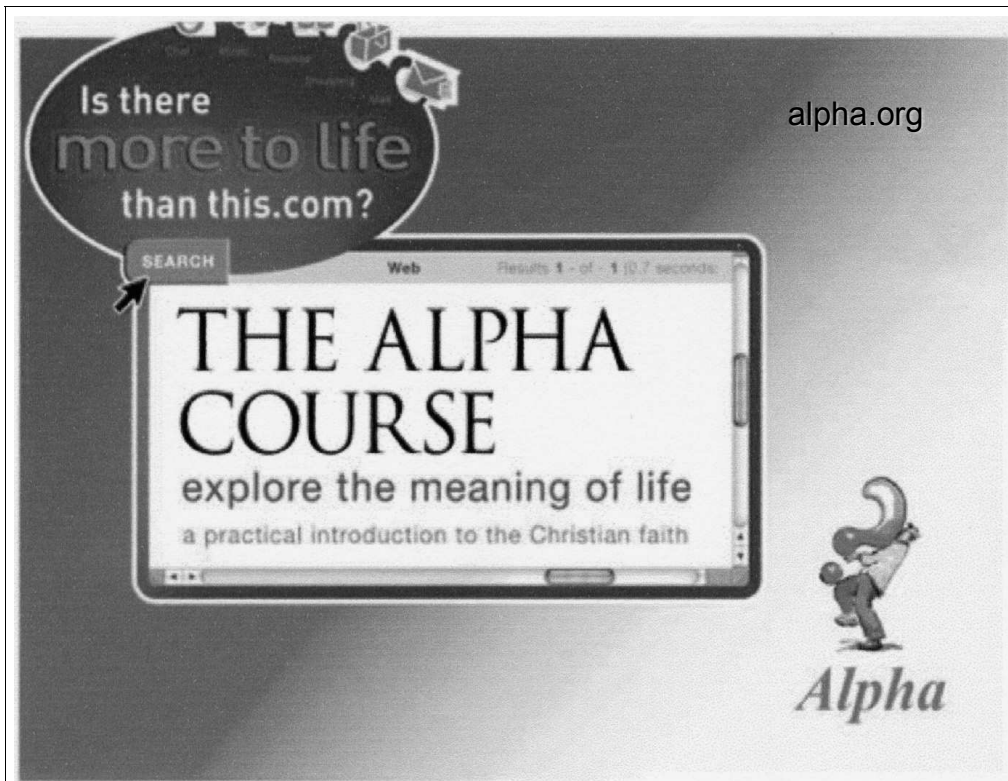
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day's travel, was only too ready to retire to bed.

Friday, our first full day in Zrece, was to set a pattern that was largely followed for the remainder of our stay. Breakfast was taken in good time so that all were ready by 9 am, seated in the hotel's conference room which for the week was to serve as a splendid band rehearsal room. Ready to meet the Mayor and hear his speech of welcome before beginning the first of the days rehearsals. The Mayor expressed his delight in seeing the visitors from Sedbergh, drew attention to the many delights of Slovenia awaiting us and wished us the greatest of happiness during our stay in which he assured us we would find a universally warm welcome.

Following the departure of the Mayor the band buckled down to an intense three hour rehearsal in which the programme for the evening's concert was arranged and practised.

After lunch in the hotel the party was taken to a Carthusian Abbey - a fine building that in common with many Slovenian antiquities is in the process of careful and sympathetic restoration. On the way back to the hotel we stopped, by arrangement, at a beekeeper's establishment: he owns three hundred hives and produces a wide range of honeys and other products associated with bees. After being welcomed and given refreshments of mead and honey

(Continued on page 47)

MEALS ON WHEELS

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---	--

cake we were shown the processes involved in the care of bees and production of goods. An opportunity to purchase some of the honey we had previously sampled was eagerly accepted. The evening saw the first of six consecutive concerts. First the coach had to be loaded with instruments, stands, pads, banners etc., an onerous task in which with practice over the course of the week we achieved a standard of impressive efficiency and slickness. We were then driven to Slovenske Konjice, where one of the streets of this fine old town was to be the venue for our inaugural concert. The arrangements were excellent: a fine location, good seating and first rate mobile lighting. However the weather was threatening and true to the innate perversity of such matters we completed just one number before the anticipated deluge occurred. Undaunted the band moved nimbly to the shelter of the verandha of a nearby bar, re-arranged the furniture, set up our chairs and stands and completed the programme before a limited but enthusiastic and receptive audience. The evening was rounded off by the provision of an excellent goulash supper in a local

restaurant. Fortunately that was the only rain we were to experience and the remainder of the stay was under cloudless skies and in temperatures well into the nineties. Saturday began with an unexpected flourish when the Zrece Town Wind Band struck up outside the hotel's dining room in the middle of breakfast. This very fine and accomplished band, formed a mere two years ago, then assembled in our rehearsal room and gave a demonstration of their talents. After a convivial exchange of gifts and their departure a three hour rehearsal commenced with Caroline Smith in attendance. It had been arranged before we left the UK that she would join us to sing a couple of numbers ('Love Changes Everything' and 'Summertime') as would by chance be picking strawberries and adding to her command of the language just outside Zrece during the period of our visit. In fact the fading appeal of the strawberry fields and the attraction of having her songs accompanied by the Town Band led to Caroline becoming a full time member of the group. After lunch in the hotel we departed for

(Continued on page 49)

TIM FARRON MP

With Parliament in recess until October, I don't have to go to London every week and so I have more time to get out and meet people and find out their issues and concerns. I always worry that what I hear about through surgeries and my mail bag is only the tip of the iceberg of issues that are really concerning people. One of the reasons that I think that it is vital for me to live in the constituency (apart, of course, from it being the best place in the country to live) is that it is important for me to keep in touch with what are the real issues.

Hence, the first two weeks of the recess found me driving around the constituency in a borrowed camper van visiting 59 different places. Sedbergh and the surrounding area was right at the top of my agenda and we spent an excellent, if rather wet, day meeting people, not just in Sedbergh but in the surrounding villages in the Dales. Sometimes when I am travelling around this part of the constituency I have to pinch myself, it is so hard to believe that I am paid to be in this part of the world and to do what I can to keep it as beautiful as it is. My companion for that leg of the tour was continually worried that we would be arriving late for our next venue as I kept taking detours just to see another lovely valley or view.

The major issues that came up were those that have been coming up for some time now, the shortage of NHS dentists, the lack of affordable housing in the area and the planned switch over to digital television. Even with these issues actually meeting people who are forced

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to live in rented accommodation because they simply cannot afford housing around here drives home the issue in a way that hearing about it second hand never can do. However, the benefit of the tour was not simply to discuss these major issues but also to hear about the really local issues that concern people. We even met with some tourists from a fellow Liberal Democrat MP's constituency as we stood outside the Information Centre and got a chance to discuss what they enjoyed about the area, how important it was to protect it and to have an Information Centre to enable them to find out about the area.

Everyone we met on the tour was very supportive and so we plan to do this every year for as long as you continue to elect me to be your MP. However, please don't wait until the van pulls up by the Tourist Information Centre next year, if there are any issues you would like my help with then please contact me. You can reach me at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk

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Ptui, a picturesque and ancient town on the Drava river. Those who wished were given an illuminating insight into its Minorite monastic history in the course of a guided tour, whilst others availed themselves of the pleasures of the fantastic spa complex which comprised a huge, eight lane, four metre deep olympic standard swimming pool, various smaller pools heated by subterranean springs and several water shoots. This thermal park was the location for the second concert which duly took place before a good sized audience in its specially constructed massive covered stage and amphitheatre.

After the concert we were lavishly entertained in the complex's restaurant where the local tourist chief presented

gifts to all comprising fine t-shirts, caps and local literature. The excellent hospitality received was typical of that which followed us throughout the trip.

Sunday morning, July 24th, saw us high up in the adjacent mountains at the little hamlet of Resnik. We were honoured to be invited to participate in the annual St. Jacob's celebration and commemoration of victims of wartime atrocities. We set up and played some suitable music for a quarter of an hour prior to the commencement of the ceremony in honour of St. Jacob. This involved various open air rituals and a procession which comprised at least two hundred people from the surrounding district.

(Continued on page 51)

PHOTO CALL

After a poor response last month, this month has proved much better and I now have the names for the July and August photos.

The July one was kindly identified by Brian Haygarth and someone else whom I have forgotten, so I apologise for that. From Top left to right:

Back row: Richard Haygarth, Donald Sayner, William Allen, Tom Brown, Brian Haygarth, Arthur Bracken, John Mackareth.

Middle Row: Brian Stanley, Alan Garnett, Margaret Guy, Judith Middleton, Richard Horn.

Front Row: Dorothy Wearing ? Margery Bainbridge, Pat Teal, Carol Brooksbank, Mr Horn, Audrey Cragg, Heather Handley, Jacqueline Wadson, xxxx

I also had a letter from Betty Teal confirming that it was sister Pat.

So just 2 now to be identified.

The August photo was identified by Dot Goad

Top l-r : David Woof, John Cragg, David Nelson, Clive Hunter

Middle: David Airey, David Crowe, Vivian Leake, Eizabeth Mason, Hazel Ward, Phyllis Parkinson, Dorothy Sedgwick, Florence Garnett, Pat Ellis, Bill Scarr.

Front: Hazel Swanson, Gillian Swannack, Margaret Dawson, Maureen Childs, Joan Baines, Ruth Hoggarth, Jack Alderson, Robert Heigh, Douglas Anderson

This month something different. This photo belongs to Teresa Capstick who thinks it is of Dent Home Guard. She has identified her grandfather as Edward Nelson Capstick who is on the left on a motorbike. The others are a mystery. The photo has been taken outside the door of the Gym (now the School Shop) at Sedbergh School. Hopefully someone will be able to shed some light on this fascinating photo.

ST

There was no response to the second photo on Page 22 of the August issue.

Ed



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After parading around the delightful little church the procession entered the building and the priest officially welcomed the Sedbergh band.

Unbeknown to us the service was to be followed by a music festival held in a large marquee: a stage had been erected at one end and the length of the structure was filled with tables and benches. The band started the proceedings with a half hour selection which was well received by the very large audience that had gathered. As we vacated the stage so our place was taken by various groups performing national and folk music, both vocal and instrumental. Whilst enjoying the entertainment Slovenian hospitality was again heaped upon us in the form of

an excellent goulash washed down with the drink of one's choice.

We left the festival in full swing in mid-afternoon to return to Zrece and a welcome relaxation in the town's swimming pool and spa complex.

Sightseeing dominated a large portion of Monday. 9.30 am saw us at an ancient blacksmith's, now a carefully preserved museum. Besides its intrinsic interest its wider significance lay in its being the origins of the main industry and source of employment in Zrece and its immediate surroundings - tool manufacturing. The enthusiastic curator explained the processes clearly and with great pride exhibited the power source, a water-

(Continued on page 53)

**FRIENDS NEWS
FROM BRIGFLATTS**

Recently, 7 of us attended Britain Yearly Meeting, a gathering of about 1600 Quakers, including the under 19 age group. A week of plenary sessions, plus a choice of many "interest" groups each day, meant no time to relax, but the venue (York University) was very attractive, and the organisation amazing.

The Young People of Brigflatts have in the past months involved themselves (and the adults of the Meeting) in the Aquabox scheme which was created and is administered by the Rotary Clubs of Great Britain and Ireland.

The boxes of strong plastic construction, when filled, provide provisions for the purification of water together with the basic requirements of life which are so essential following a disaster, whether it be one of nature or civil unrest.

To date Brigflatts Young People, with the help of others including our Friends at Lancaster, have filled and dispatched 7 boxes which we have been informed have been sent to responsible relief agencies operating in Liberia and Cosovo and more recently in Indonesia.

We have received the following letter:

Four years ago we moved from Dent to Anjou in France. Before we left we had been Attenders at Briggflatts Meeting, so it was with pleasure that we re-visited Meeting when we returned to Sedbergh this July.

There had been changes in the four years; some new faces, new cushions on the benches, a Children's Area. But the

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welcome was as warm as ever and Meeting for Worship gave us that special sense of peacefulness and feeling of being once more centred and re-invigorated.

It was good to catch up with friends over coffee afterwards and hear all the news. We were lucky to see Melvyn as he was moving out of Rosebank to his new life in Dent.

Later, up on Firbank Fell on a beautiful afternoon, looking down on the town and the valleys branching off, we thought of George Fox and the words he spoke on Firbank: "Let your lives speak", and once more took on board this challenge.

Now we are back home in France, with the family, also 'the dear creatures' as one Dent visitor called our collection of animals and birds. It's been a good move for us and we have settled well. but we still feel strongly attached to Briggflatts and would like to thank Meeting for keeping us in touch by letters, cards and 'Quaker News'.

A la prochaine: until the next time.

Alex and John Docherty, Attenders.

In Friendship, Valerie Finch

wheel. This all took place after we had been warmly welcomed with a glass of blueberry brandy.

From there we drove higher into the mountains to view a traditional two hundred year old Pohorje House in the hamlet of Skomarje which graphically demonstrated the rugged nature of mountain living.

Lunch saw us at a tourist farm in Arbajter. Some seventeen hectares of this mountain farm had been reserved for the rearing of deer and it was venison that featured in the excellent goulash served in the farm's dining room for lunch. In common with many farms in the area this one had diversified into providing tourist accommodation principally, though not exclusively, for the skiing season. Again the warmth and sincerity of the welcome and generosity of the hospitality was overwhelming. We were again honoured by a visit from the Mayor and again gifts were exchanged with our hosts.

In the afternoon we progressed to Rogla, at 4,500 feet it is the area's magnificent ski and fitness resort. We were greeted by the manager who had stayed at the Bull earlier in the year as a member of the Zrece twinning team. He showed us



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round some of the features of the resort: the sauna, the heated pool, the massive indoor gymnasium/football pitch as well as the extensive dining facilities. We then proceeded to the toboggan run where we were treated to a ride on sleds that in summer travelled the three kilometres downhill on rails at a terrifying pace.

A return to the hotel allowed for a rehearsal before going a couple of kilometres down the road to the Hotel Pod Roglo where a meal was to be preceded by a short concert. A hitch in advertising meant that the concert outside the Hotel was given to our four enthusiastic followers, a couple whose hotel room over-looked the band's playing area and a disgruntled local whose quiet drink was interrupted by a brass band at full volume.

However, for once music was not the main concern, but rather a superb spread on the Hotel's verandha. The whole party plus Samo was accommodated on one long table: the meal was followed by an enthusiastic singing session the highlight of which was Samo's rendition of a moving Slovenian folksong. It was a

(Continued on page 55)

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COMMUNITY OFFICE NEWS

Lots of exciting things happening in the Community Office for the start of the new school term!

We now have one internet terminal up and running - this is available for public use between 10 a.m. and 4 p.m. The charges are the same as the library - 50p for any 15 minute period (or part of).

Our drop-ins begin again the second week of September.

Come along to a creative drop-in on Friday afternoons (beginning on the 9th) from 2.15 p.m. until 4 p.m. Get together to share ideas, inspire and encourage, progress with your knitting, patch work, crochet, cross-stitch, embroidery or other work. Relax with a cuppa and have a chat. Please bring any spare wool, beads thread etc to share.

Thursday from 1.30 - 3.30 p.m. (starting on 15th) is games afternoon so come along, bring your favourite game and have a brew and a chat. We will arrange Beetle Drives and games ladders if people are interested - it's a chance to have fun and be sociable. If you would like to get out more but lack confidence to come (or know somebody) please ring

and we have volunteers who can help support you.

Our youth drop-in will be initially on Thursday afternoons (beginning on the 15th) from 3.45 until 4 p.m. Bring your ideas, C.D.'s, games, homework and have a chat. Pauline Hartley from Young Cumbria will also be available to support any project ideas you may have.

We are proposing a parents drop-in once a month. This will be in association with the health visitor and we are planning various activities beginning in October when we decide the most suitable day and time.

Ten people have expressed interest in allotment provision in Sedbergh. The next step is to find a suitable piece of land - if anyone can help with this please call in or ring the Office.

Book sales are doing well and we are going to trial a book exchange - buy any book over £1, read it and bring it back to receive half the purchase price back. Pictures by local artists are still here so please come and look.

The Yorkshire Dales Ranger is now based at the Office so any queries for him can be passed on via the office. The YDNPA planning surgery also continues on Wednesday afternoons from 1.15 until 3.15 p.m.

Updates to the web-site are going to be co-ordinated from the office so please drop-in any events, news, additions and we will be happy to put these on the site for you.

Our Notice Board is also open to community groups and individuals advertising events, services or employment opportunities.

most happy and contented party that returned at midnight to the hotel.

Tuesday 26th was another full day. After the usual two hour rehearsal all our equipment, including uniforms, was loaded into the coach as the programme for the day precluded any return to Zrece before the completion of the scheduled concert and its attendant hospitality.

Our first visit of the day was to the memorial museum at Sadice, a most moving experience. The simple, tasteful museum contains photographs and memorabilia of one hundred male residents of the area who were executed by the occupying Germans in 1944 in reprisal for the assassination of one of their generals. We then visited the nearby memorials on the sites of the two mass graves where the victims of this atrocity were buried. It was here that it was poignantly brought home to all how disproportionately in terms of populations this small country suffered at the brutal hands of the occupiers.

The solemnity of this visit honouring the memory of the victims of Sadice gave way to the light-hearted visit to a magnificent fish farm that was appropriately rounded off with an

Jodie Mitchell

Agricultural Engineer

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ALL MAKES ALL MODELS WORKED ON

excellent lunch featuring freshly caught trout.

Leaving the farm we drove to Dobyna, an attractive spa town that was the venue for the evening's concert. Some of the party availed themselves of the opportunity to go on a guided tour of the town, though the extreme heat of the afternoon led the majority to find the attraction of the town's principal hotel's rooftop swimming pool too hard to resist.

The concert was the only one of the tour to be held indoors: - the location being a large concert hall of most elegant proportions situated in a grand hotel standing in a most attractive and extensive park. An enthusiastic, receptive audience was treated to probably the best quality playing of the week: the setting, the audience, the previous hours of rehearsal and excellent acoustics all combined to bring out the best in the band. It was decided to omit the drum solo item ('Drummer's Delight') from the planned programme as the enclosed room would have caused a painful assault on the ears. The other soloists, Fraser and David Precious (cornet and flugle horn respectively) and

(Continued on page 57)



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The subject matter? Jesus and the children. The Good Shepherd. The



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Caroline Smith (vocal) gave particularly fine performances.

Again the concert was followed by first rate hospitality: we were entertained to an excellent cold buffet of meats, cheeses and salads, followed by delicious puddings. The location was a most attractive and atmospheric 'Keller'. It is impossible to express adequately the nature of the generosity of our hosts.

The Wednesday rehearsal at 9 am was marked by the presence of Samo who came to give us some advice on the playing of the Slovenian National Anthem. A slight adjustment in tempo in the second half was all that was required to mirror the Slovenian interpretation. We were delighted to hear how much our previous playing of the anthem had been appreciated, irrespective of the tempo employed.

The remainder of the day was designated 'free' until the evening concert engagement. Some elected to shop, others to walk, one to cycle whilst the majority retired to the swimming pool.

The final concert of the tour was the first and only to be given in the town of Zrece. The concert area was immediately

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outside the spa complex, the 'Terme Zrece' which with its statues and extensive park provided an excellent setting.

In the course of the concert all our soloists performed: besides the three who had played previously, Mathew Wilson (drums) and Bob Young (trombone) demonstrated their individual skills. Caroline Smith experienced a personal first when she had the assistance of microphone and amplification: a great success. The sound system had been organised primarily for use by Samo and his singers who performed three numbers in the interval. It was a captivating performance by a collection of most talented singers.

Following the concert the party were entertained to another fine meal in an adjacent hotel before retiring to the 'Smogavc' and some communal entertainment before retiring for the night.

Thursday was sadly our last day in this splendid town: as the only official function was a farewell dinner the party had the whole day to follow their own inclinations. A number took the

(Continued on page 59)

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DIALECT DIGEST

Some gremlins crept into last month's column, so I hope readers worked out what I was 'chuntering on' about! We lived for a while down south, and my wife often used the term 'chuntering', only to be met with incomprehension. In the end, she was asked if she meant 'rabbiting.'

Talking of gremlins, such mischievous creatures form a large part of Yorkshire folklore. Known as boggarts in the West or hobs in the North, they were hard-working, but only if treated right.

One such hob lived on a farm on the North York Moors. One day, the farmer accidentally

insulted the creature (apparently an easy thing to do), and the hob got its revenge by turning all the milk sour, burning the bread, and letting the animals loose.

In the end, the family despaired of ever getting a peaceful life and decided the only thing to do was to move and leave the evil hob behind.

They loaded their worldly goods onto a horse and cart and set off for pastures new. On the way, they met a friend.

"What's thoo doin'?" he asked. Before anyone could answer, the lid popped off a milk churn, the hob stuck his head out and said, "Can't thoo see? We're flittin'."



Michael Park

opportunity to revisit the ski resort of Rogla, enjoying the facilities or using it as a starting point for some attractive walking. Others of a less adventurous and energetic inclination opted for a few hours of sun and swimming in the pool.

The farewell dinner in the Hotel Smogavc was a memorable occasion. A first rate meal was followed by speeches and presentations. The Mayor stressed the benefits to all gained from the development of links between communities of different countries. He expressed his delight in having the Sedbergh Town Band in their midst to which in reply Alan Lewis emphasised the privilege and pleasure the band felt in being there. Gifts as small tokens of appreciation were given to the Mayor and also to Zdenka in recognition of her superb role as guide, co-ordinator and interpreter. A presentation was also made to Thomas, our driver for the week, whose good humour, flexibility and supreme driving skills added greatly to the joys of the trip. The band also made presentations to Alan Lewis, the architect and initiator of the trip, and to our secretary, Hilary Hodge, on who devolved all the administration involved in the trip: a daunting and demanding role that she accomplished magnificently with tolerant good humour and efficiency. A final gift of local literature and a bottle of blueberry brandy was made to each member of the party by our hosts.

After farewell, were made it was but a short time before our coach arrived for a one a.m. departure for Budapest. A journey of eight hours, punctuated by two short stops saw us at the airport and ultimately booked onto our flight. A



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delay in our departure time nearly saw us marooned at Budapest for a least another four hours. As we were starting boarding at 11.50 the pilot urged us to make all haste possible as the airport was shutting down at midday for four hours because of a strike by ground crews. Rarely can a 'plane have been loaded as quickly, and a few seconds before noon saw us irretrievably taxiing up the runway. At 4.30 pm BST some sixteen and a half hours after leaving Zrece and the best part of thirty four hours since any sustained sleep, the party arrived back at our starting point, the Sedbergh School Band Room.

The hospitality and warmth of the welcome received in this most beautiful of countries render the trip an experience of a lifetime and confirm the wisdom of Zrece becoming, in the face of honourable and appealing competition of the highest magnitude from other contenders, our twin town.

G. B.



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Friday October 24th at 7.30 pm
Saturday October 15th at 7.30 pm
Sunday October 16th at 7.30 pm
after said Evening Prayer at 6.30 pm

After the performance, Light Refreshments will be served.

HISTORY SOCIETY

Brougham Hall

On a gloriously sunny day in mid July we visited Brougham Hall near Eamont Bridge. It had been lying derelict for many years until, in 1985, Christopher Terry decided to buy and restore it to its former glory so saving it from imminent destruction.

We first visited St. Wilfrid's chapel built in the mid 14th century and later rebuilt by Lady Ann Clifford in 1659. The dark oak woodwork carved by local craftsmen is very impressive especially the screen and organ casing. There are only four Cromwellian chapels in England and this is one of the two on the Brougham estate.

Brougham Hall is close to the Roman fort which was occupied from 76 to 410 AD by the cavalry. The Roman road led from Ravenglass in the west to York in the east and crosses the north-south Roman road from Lancaster to Carlisle nearby. The large Norman castle is also very close.

At Brougham on July 12th 927 the Treaty of Eamont Bridge was signed by five kings from Wessex to Strathclyde and Athelstane was elected King of Britain and Christianity was recognised as the state religion. Another major event nearby was the last battle on English soil. The Scots retreating from Derby in December 1745 were attacked by the

Duke of Cumberland with a 10 000 strong army at Clifton. With some clever manoeuvring by the Scots the Duke found himself on the wrong side of the river! An event not recorded in English history books!

In the mid 17th century Lady Ann Clifford was responsible for much of the rebuilding and restoration. The nearby village was moved to Eamont Bridge so that a Deer Park could be made and was later moved again to Ninekirks. Lady Ann died at Brougham in 1676

Major alterations were carried out by Cottingham in the early 19th century. The old Hall was demolished and rebuilt in white carboniferous sandstone (a sign of high status) brought from Stainton near Penrith.

The Brougham family lived here for two hundred years, the most famous member being Lord Brougham who became Lord Chancellor. He made his name in a famous court case involving Queen Charlotte (represented by Brougham) and the King. Much to everyone's surprise he was successful. He was partly responsible for the 1832 Reform Bill of Lord Grey. When his rival Melbourne came to power Brougham was offered a bribe of £4000 a year to stand down as Lord Chancellor but though he pocketed the money he stayed on (the Indenture is on display in the small museum). He also refused to give up the office of Privy Councillor although he accepted a further £1000 per year to retire. He eventually did retire to Brougham and spent the rest of his life busy with his inventions including

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the Brougham carriage which was extremely successful due to its elliptical springs. The carriage on display in the Carriage House built on the foundations of the original mediaeval Hall, is truly magnificent and is occasionally used.

During the Second World War, Brougham was commandeered by Churchill to house the Canal 'laser' tanks.

Nowadays, everything is altered. Mr Terry has set up a charitable trust to run and restore many of the buildings and at the same time train young people as stone masons and in other vernacular crafts.

We then visited the 14th century church of Ninekirks which served the old village. The Celtic saint, St Ninian is believed to have had a hermitage in a nearby cave and later a Celtic monastery was built on the site. A hoard of Saxon coins was discovered in the graveyard. This is the second Cromwellian church on the Brougham estate.

We thank Mr Terry very much for giving up his cricket to show us around and give us an insight into the history of an old Hall and its families.

HISTORY SOCIETY

A Walk around Hawes and its environs.

Sunny skies, occasional showers and strong winds were forecast for our walk around Hawes. Two National Park volunteers, Alastair Mackintosh with his friend Peter led a very interesting and enjoyable walk around the area to the south of Hawes.

We walked across the fields to Burtersett on 'chapel paths'. When the quarries were opened at Burtersett those ladies wishing to worship at the Anglican church in Hawes found the fields, at times, rather muddy which spoilt their 'Sunday Best'. The quarry owners laid down large stone slabs along the footpaths which are still in use today – in parts one can see the closely packed slabs and in others the large flat stones. One imposing building – now with a collapsed roof – was an old silk factory.

Burtersett is an old village which originally was probably a Norse settlement – Sett, Saetr, Scale being the Norse words for a small settlement occupied in the summer months when the cows were taken up on to the fells for grazing on the new grass. The village expanded when large underground quarries were opened in the early 19th century. In the centre of the village is a block of houses which was built for the workers at the quarry.

We reached a minor road from which we had a good view (in spite of the oncoming rain shower) of the quarries – the dressing floors, railway tracks and waste heaps etc. The quarrying of stone was a very important industry in the nineteenth century and the stone was sent all over the country once the railway arrived. The quarry was closed in 1931.

In the area there were also coal mines and two lead mines (not very successful).

We walked back to Burtersett passing Hillary House with its connections with Edmund Hillary. Then along Straws Lane leading to Gayle – now famous for the success of the Mill in the TV programme 'Restoration'. It is much older than Hawes and has some very old buildings including the old Sandemanians and later Inghamite chapel with its graveyard.

Leaving Gayle through another shower, across more fields and then down to an old barn and a restored limekiln (probably early 19th century). Further on was another building restored after the Foot and Mouth outbreak. It is a typical longhouse with the living quarters on the left and the animal quarters on the right. We joined the main road at Ashes and walked back to Hawes where we saw the old school, where the old cattle mart had been, and the Town Hall. There are several very old 17th century houses set back from the main street.

Thus ended our walk – seven miles long but very easy and very enjoyable. We thank Alastair and Peter very much for introducing us to some new paths and lots of interesting information.

SEDBERGH TOWN BAND NEWS BAND WEDDING

The band all join in wishing Iwan and Elaine (nee Sedgwick) Lewis the very best following their wedding at St Andrew's Church, Dent, on Saturday 13th August. Iwan, the son of the band's director of music Alan Lewis, has been a major supporter of the band as player and coach since its inception.

SEDBERGH SCHOOL GIRLS FUND

The Committee of Management will meet shortly to consider applications for grants for educational tuition and/or educational facilities from girls resident in the parishes of Sedbergh, Garsdale and Dent., The Scheme of Management for the Girls' Fund quotes the following principles of application:

1. The income of the Fund shall be applied by the Committee for the benefit of beneficiaries in one or more of the following ways:

a) The award of Scholarships, Bursaries or Maintenance Allowance tenable at any School, University or other place of learning approved by the Committee;

b) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or any other educational establishment, to prepare for, or to assist their entry into, a profession, trade or calling;

c) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education;

d) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the provision of coaching in athletics, sports and games, for beneficiaries who are receiving primary, secondary or further education;

e) The provision of financial assistance to enable beneficiaries to study music other arts; and



f) In otherwise promoting the education of beneficiaries.

In this Scheme, the expression of "beneficiaries" means girls who were born, or who have for not less than three years been resident in the Parishes of Sedbergh, Garsdale and Dent, and who in the opinion of the Committee, are in need of financial assistance.

Anyone wishing to make an application for a grant from the Fund should contact the Honorary Secretary Mr. NAH McKerrow, at The Bursary, Sedbergh School, LA10 5RY Tel: 20303 before Tuesday 27th September 2005,

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MACMILLAN CANCER RELIEF

Every year for the past many years, Janet Pritchard has opened her house and garden to host a Coffee Morning in aid of Macmillan Cancer Relief.

This year, part of the World's Biggest Coffee Morning will be held from 1030 am to 1pm at 6 Havera where

everyone is welcome to attend. There will also be a Bring 'n' Buy table as well as a good Raffle.



ON THE BEAT

When I worked away from Sedbergh for many moons, one of the most frequent crimes committed that I dealt with was Theft from Unattended Motor Vehicles which was usually in remote areas. Over the past few months, we have had a few vehicles broken into in the area which brings me to the point that prevention is better than cure. Car Crime is usually committed by opportunists. If criminals see nothing in the vehicle, they keep going. The lesson to be learnt is keep your vehicle secure and do not leave valuables on view.

On a safety issue, I have recently had to deal with quite a few elderly people in the Kirkby Lonsdale area where people in their own homes have collapsed. The Paramedics have been called but cannot gain entry so the Police are called. The occupants, quite sensibly have given a key to a relative or friend but because bolts and chains have been put on doors, access is almost impossible. It is quite right that you should be secure in your own home but it would be of value to leave one door secured only by a mortise lock or similar so that someone with a key could gain access. If you want advice on this, please don't hesitate to contact either me or one of my colleagues.

Changing the subject completely, if you have access to the Internet, there are two excellent Sites to have a look at. One is www.askthe.police.uk which has an excellent 'Frequently Asked Questions' section. Also, have a good look at www.highwaycode.gov.uk which can only improve your awareness on the road. "You Know It Makes Sense!"

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SEDBERGH TOWN BAND NEWS SHIRE HORSE DAY

The band entertained a large audience in the car park behind the Dalesman to eighty minutes of the repertoire in the early evening of Tuesday 9th August. They preceded the group 'Misdemeanors' as part of the entertainment arranged for the annual visit of the Dray horses.

PLACES OF INTEREST TO VISIT WHILE IN THE AREA

Cautley Spout, A683 towards K. Stephen.
Community Office, Main Street.
Cumbria Wildlife Trust, Community Off.
Dent Heritage Centre
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.
Tourist Information Centre, Main Street.

LOOKAROUND UPDATE

Owing to increases in Postal Charges (and we don't blame Chris & Co.) and the size of Lookaround, we have to increase the Postal Rate to £1 per issue from the October issue.

Eds

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.*

ORGANISATION	CONTACT	Tel:	015396
After School Club	Mrs Packham	Sed:	21484
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 Club (Kendal) *	Mr Teal	Sed:	20721
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			
	Rainbows	Miss Stephenson	Sed:
	Brownies	Mrs Mackereth	Sed:
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Gladstone House	Mrs Mackereth	Sed:	20346
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
Howgill's Harmony	Mr Burbidge	Sed:	21166

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			
Cadets	Miss James	07855	722454
Adults	Mr Winn	01524	781983
Slimming Club	Mrs Uttley	01539	722568
Swimming Club	Ms Pakeman	Sed:	21279
Tennis Club *	Mr Robinson	Sed:	21014
Town Band	Mrs Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent	Mrs Gold-Wood	Sed:	21808
Women's Institute (Dentdale)	Mrs Fothergill	Dent:	25257
Women's Institute (Frostrow)	Mrs Hopkins	Sed:	21455
Women's Institute (Howgill)	Mrs Hoggarth	01539	824683
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Farmers Club	Miss Capstick		
Zebra's Baby & Toddler Group *	Mrs Woof	Sed:	21644

Buses from Sedbergh**To Kendal****Via Oxenholme Rail Station**Monday – Friday

7.45am	564	Stagecoach	(*)
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10.05am	564	Stagecoach	(*)
10.15am	Wed 564B	Woofs of Sedbergh	(*)
12.40pm	564	Woofs of Sedbergh	
1.00pm	564	Stagecoach	(*)
2.00pm	Tue 804	D & H Travel	(*)
2.40pm	564	Woofs of Sedbergh	(*)
3.50pm	564	Stagecoach	(*)
5.11pm	564	Woofs of Sedbergh	

Saturday Only

10.05am	564	Stagecoach	(*)
10.50am	564A	D & H Travel	(*)
1.00pm	564	Stagecoach	(*)
3.50pm	564	Stagecoach	(*)

To Kirkby Stephen**Via Cauley and Kirkby Stephen Rail Station**Monday – Saturday

9.00am	M-F 564	Stagecoach	(*)
11.20am	564	Stagecoach	(*)
2.40pm	564	Stagecoach	(*)
4.55pm	564	Stagecoach	(*)

To Kirkby Lonsdale

9.45am	Thu 567A	D & H Travel	(*)
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To Hawes

8.45am	Fri 112	Braithwaites Coaches	
9.10am	Tue 112	Braithwaites Coaches	
10.00am	Tue 804	D & H Travel	(*)
11.20am	Fri 112	Braithwaites Coaches	
2.00pm	T&F 112	Braithwaites Coaches	
3.35pm	Sch 112	Braithwaites Coaches	
3.35pm	Fri 112	Braithwaites Coaches	

To Dent & CowgillWednesday only

1.30pm	564B	Woofs of Sedbergh	(*)
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Saturday only

9.40am	564A	D & H Travel	(*)
3.00pm	564A	D & H Travel	(*)

Returning to Sedbergh**From Kendal, Blackhall Road****(opposite Bus Station)****Via Oxenholme Rail Station**Monday - Friday

8.30am	564	Stagecoach	(*)
8.35am	Sch 564	Woofs of Sedbergh	
9.30am	Tue 804	D & H Travel	(*)
10.30am	564	Woofs of Sedbergh	
10.50am	564	Stagecoach	(*)
1.30pm	564	Woofs of Sedbergh	
1.00pm	Wed 564B	Woofs of Sedbergh	(*)
2.10pm	564	Stagecoach	(*)
4.25pm	564	Stagecoach	(*)
4.30pm	564	Woofs of Sedbergh	
5.45pm	564	Woofs of Sedbergh	(*)

Saturday Only

10.50am	564	Stagecoach	(*)
2.10pm	564	Stagecoach	(*)
2.25pm	564A	D & H Travel	(*)
4.25pm	564	Stagecoach	(*)

From Kirkby Stephen, Market SquareMonday – Saturday

7.10am	M-F 564	Stagecoach	(*)
9.40am	564	Stagecoach	(*)
12.25pm	564	Stagecoach	(*)
3.15pm	564	Stagecoach	(*)

From Kirkby Lonsdale, Square

12.15pm	Thu 567A	D & H Travel	(*)
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From Hawes

8.00am	Sch 112	Braithwaites Coaches	
9.20am	Fri 112	Braithwaites Coaches	
12.00pm	T&F 112	Braithwaites Coaches	
1.25pm	Tue 804	D & H Travel	(*)
2.45pm	Fri 112	Braithwaites Coaches	
4.35pm	Sch 112	Braithwaites Coaches	
4.35pm	T&F 112	Braithwaites Coaches	

From Dent, SchoolWednesday only

10.00am	564B	Woofs of Sedbergh	(*)
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Saturday only

10.35am	564A	D & H Travel	(*)
4.00pm	564A	D & H Travel	(*)

KEY : M-F Monday to Friday Only
 Tue Tuesday Only
 Wed Wednesday Only
 Thu Thursday Only
 Fri Friday only
 Sch Schooldays Only (M-F)
 T&F Tuesday & Friday Only

♦ Provided with Support from Cumbria County Council

Please note whilst Every effort has been made to ensure that the times shown are up to date, they can change at short notice.

For Comprehensive up-to-date information ring :-
 Traveline 0870 608 2 608 (Open : 7am— 8pm Daily)

Religious Services in 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

Mrs T Satchell 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

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

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 19th August 2006 - have we got yours?

SEPTEMBER							
1	1000	Art & Guild Craft of Lancashire (1)	FM	10	1430	Beekkeepers' Re-Queening	Old Vicarage
1	1930	WIH The Meaning of Surnames	HVH	10	1930	SF The Bench	PH
1	1930	Domino Drive	KVH	11	1000	SF Settle to Carlisle Rly	Dent Stn
2	1900	Badminton Club AGM (6)	SSSH	11	1945	SF Settle to Carlisle Rly	StAS
2	1945	Jacob Polly	PH	12	1900	Neighbourhood Forum	DMH
3	1000	Beekkeepers' Cockermouth Convention		13	1400	WIK Salt Dough	SMCR
3	1100	StAS Bric-a-Brac Sale (6)	PH	13	1930	Dentdale Choir starts (13)	DMH
3	1500	SF Staying Alive	FM	13	1930	Domino Drive	FCH
3	1930	SF Neil Astley	SHS	14	1000	Dent Foot Chapel Coffee Morning	URCR
4	1400	Dent CC v Sheeptown CC + BBQ	Dent	14	1000	Art & Guild Craft of Lancs Ends (1)	FM
4	1445	SF Pepperpot Concert	VOLM	14	1315	Zebra's	SMCR
4	1930	SF Reginald Hill	SHS	14	1915	WID Welcome to Sarajevo	DMH
5	1430	SF Book Group	PH	14	2000	Zebra's Meeting	Bull
5	1945	SF Dinner Theatre	PH	15	1930	WIF Implements	PH
6	0930	SF Helen McGlasson	SPS	16		Live Music (16)	Bull
6	1400	SF make your own book	PH	17	1030	Fusion Exhibition begins (1)	FM
6	1930	Swimming Club AGM (6)	Bull Hotel	17	1930	GVH Theme Night	GVH
6	1945	SF Restoration Drama	PH	17	1945	Ladies Night (17)	PH
7	1000	GVH Coffee Morning	URCR	17		Late Disco (16)	Bull
7	1000	Recycling Roadshow	JLCP	18	1000	Charity Car Pull (18)	Ambleside
7	1000	A Touch of elegance (7)	PH	18	1200	Annual Brass Band Festival (16)	Bull Hotel
7	1315	Zebra's	SMCR	19	1930	FC Harvest Sale	FCH
7	1500	SF Processor to Page	PH	20	1930	Harmony Singing begins (20)	CO
7	0900	SF Sandra Glover	SHS	20	1930	Sedbergh LNFU AGM	PH
7	1930	SF DCO Concert	StAS	21	1000	Firbank Church Coffee Morning	URCR
7		SS Term Begins	SS	21	1315	Zebra's	SMCR
8	1000	Winter Watch Coffee Morning (8)	MCCCL	28	1000	Playgroup Coffee Morning	URCR
8	1930	SF The Bench	PH	28	1315	Zebra's	SMCR
9	1930	SF The Bench	PH	28	1930	CWT Wild Bees	SHS
10	1000	CWT Visit to Muncaster Castle	LHCP	28	1945	Alpha Supper (28)	TH
				30	1030	MacMillan Coffee Morning (30)	6H

Lookaround Advertising Rates

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

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.

OCTOBER			DIARY KEY		
1	1030	Fusion Exhibition (1)	FM	6H	6 Havera
1	1400	Grand Jumble Sale + Plant Stall (47)	SHS	BF	= Brigflatts
5	1000	Barnardo's Coffee Morning	URCR	BS	= Baliol School
5	1315	Zebra's	SMCR	BVH	= Barbon Village Hall
5	1900	The Alpha Curse (28)	SMCH	CDC	= Community Development Centre
6	1930	WIH AGM	FCH	CO	= Community Office, Main Street
6	1930	Domino Drive	KVH	CS	= Casterton School
10	1930	Gala Group AGM	PH	CWT	= Cumbria Wildlife Trust
11	1400	WIK Kirkby Lonsdale Tales	SMCR	DCMH	= Dales Countryside Museum, Hawes
11	1915	WID Corsican Landscape	DMH	DCP	= Dent Car Park
11	1930	Bingo & Potato Pie Supper	FCH	DMH	= Dent Memorial Hall
12	1315	Zebra's	SMCR	DMC	= Dent Methodist Church
12	1930	WIF Hats	PH	EG	= Embroiderers' Guild
12	1930	Charity Town Band Concert	SHS	FCH	= Firbank Church Hall
12	1930	CWT Wildlife in Slovenia	SHS	FM	= Fairfield Mill
14	1930	Through a Glass Brightly (60)	StMCKL	GL	= Garsdale Ladies
15	1000	Pepperpot Coffee Morning	URCR	GVH	= Garsdale Village Hall
15	1930	Through a Glass Brightly (60)	StMCKL	G&CC	= Garsdale & Cautley Churches
16	1930	Through a Glass Brightly (60)	StMCKL	HC	= Health Centre
17	1930	Beekeepers' Honey Show	PH	HS	= History Society
19	1000	Christian Aid Coffee Morning	URCR	HVH	= Howgill Village Hall
19	1030	Fusion Exhibition ends (1)	FM	JLCP	= Joss Lane Car Park
21		SS Half Term Begins	SS	KC	= Killington Church
22	1000	CWT Table Top Sale	PH	KL	= Kirkby Lonsdale
24	1930	GVH Beetle Drive	GVH	KVH	= Killington Village Hall
25	1900	HS Anniversary Dinner	SSQH	L	= Library
NOVEMBER					
1		SS Half Term Ends	SS	LHCP	= Loftus Hill Car Park
3	1930	Domino Drive	KVH	MCH	= Methodist Church Hall
4	1830	FC Bonfire Night & Skittles	FCH	MCCCKL	= Methodist Church Centre KL
5	1930	WIH Clog Dancing	HVH	MH	= Masonic Hall
5	2100	Danny's Disco	DMH	PH	= People's Hall
8	1400	WIK AGM	SMCR	SBH	= Sedbergh Bright Hour
9	1915	WID AGM	DMH	SC	= Swimming Club
9	1930	WIF AGM & Jacob's Join	PH	SCC	= Sedbergh Cricket Club
9	1930	GVH Domino Drive	GVH	SF	= Sedbergh Festival
12	2000	Howgill Church Dance	PH	SHS	= Settlebeck High School
13		Remembrance Day Service	StAS	SIC	= Sportsman's Inn, Cowgill
13		Rededication Ceremony	Cloisters	SMCR/H	= Sed. Methodist Church Room/Hall
15	1930	FC Domino Drive	FCH	StAS/D	= St Andrew's Church, Sedbergh/Dent
23	1930	DMH AGM	DMH	StJAR	= St John Ambulance Rooms
23	1930	CWT Birds of Leighton Moss	SHS	StMCKL	= St Mary's Church, Kirkby Lonsdale
25	1930	WIH Domino Drive	HVH	SR	= Spooner Room
29	1900	Neighbourhood Forum	PH	SSSH	= Sedbergh School Sports Hall
DECEMBER					
1	1930	Christmas Domino Drive	KVH	TH	= Thorn's Hall
2	1930	LFH Domino Drive	SHS	STO	= Sedbergh Tourist Office
3	1000	G&CC Christmas Fair	URCR	URCR	= United Reformed Church Rooms
6	1930	Town Band Christmas Concert	PH	VOLM	= Vale of Lune, Marhwaite
13	1430	WIK Christmas Lunch	tba	WHC	= White Hart Club
13	1930	Domino Drive & Mince Pies	FCH	WID	= Women's Institute, Dentdale
14		WID Christmas Meal	tba	WIF	= Women's Institute, Frostrow
14		SS Term Ends	SS	WIH	= Women's Institute, Howgill
		WIH Christmas Party	tba	WIK	= Women's Institute, Killington
JANUARY 2006					
17	1930	Domino Drive	FCH	WVH	= Westhouse Village Hall
25	1930	CWT Pillars of Salt	SHS		

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