

Sedbergh & District

LOOKAROUND

June 2006

Issue 234

Donation 50p

A warm welcome to all our readers and we extend a welcome to all the visitors to Sedbergh which has recently been designated the first Book Town in England.

You will find that for the month of June,

there are many events both in and around the area. Please attend and support them as well as supporting all the businesses that appear within these pages. Don't forget to say you saw it in Lookaround.

Dennis, Jacky & John Whicker

SETTLEBECK HIGH SCHOOL PTFA



SWINGING 60's NIGHT

Dancing to the sounds of the 60's, Quiz, Fancy Dress (optional) and a licensed bar

Settlebeck School Hall Saturday 17th June 8pm

Tickets **£3** available from Settlebeck and The Green Door

If you have bought a ticket and arrive before 9 o'clock you will get a free drink!

Year 10 and 11 students welcome if accompanying a family group.

DAVID RYCROFT

**CENTRAL HEATING ENGINEER
PLUMBER & ELECTRICAL CONTRACTOR**

over 35 years of experience

DOMESTIC HEATING SPECIALIST

Gas, Oil, Solid Fuel &

Calor Gas Approved Registered Installer

ALL DOMESTIC ELECTRICAL WORK

House Rewiring

CRAIGLANDS, JOSS LANE, SEDBERGH * Telephone Sedbergh 20107

**CALOR
GAS**



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

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

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

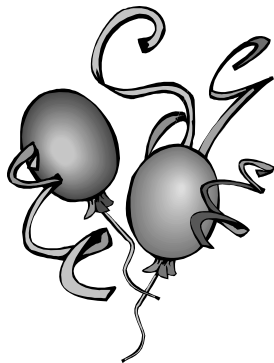
CHILDREN'S BIRTHDAYS JUNE 2006



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

The recipient this month is:-
Demeer BALDERSTON who is
9 years old on 2nd June.

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
2	George HINSON	7
2	Demeer BALDERSTON	9
5	Tyler JAMES	9
7	Alexander WINSTANLEY	10
9	Christopher McCONNELL	7
9	Edward LAWSON	9
7	Ross SEDGWICK	10
9	Jack LEDDY	10
15	Lavinia CAPSTICK	2
16	Omar NOUR	5
18	Lauren CHARNLEY	4
19	Cameron PARK	5
23	Jay KIRBY	3
23	Joe GAME	7
23	Jake WOOF	10
24	Laura HARTLEY	10
28	Annabelle BREWER	7

BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs C Cooper	Far End Farm, Garsdale Head, Sedbergh (06/10) <i>1F (ES); 1D (ES); 1T (ES); CH; L; TVL (Satellite) P; DR; VB; CB; CW; PetsW; NS; EM</i> e-mail: farendfarm@onetel.com	21906
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (06/11) <i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB</i> e-mail: ali@interact.co.uk	20360
Miss S Thurlby	15 Back Lane, Sedbergh (06/12) <i>1D; 1T; CH; L; DW; P; DR; VB</i> e-mail:- antique.thurlby@amserve.net	20251
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02) <i>1D (ES); 1T/F(ES); TV; NS; CH; P; CB; VB; DFB:</i> e-mail: sangold.kwood@virgin.net	21808
Mr & Mrs Wilkinson	Netherclough Holiday Cottage, Garsdale (06.09)..... <i>S/C, B&B or full S/C 1D(4 poster); 1T; 1S; PB for 4/5 people;</i> <i>Garden; P; TVL; NS; CW; S/C EM; use of Kitchen</i> Web Site: www.nethercloughcottage.garsdalesedbergh.co.uk	21397/22019
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (06/09) <i>1T; PB; TV; NS; NP; P; DR; VB</i> brantrigg@btinternet.com	21455
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (06/09) <i>1F; 1D; 2ES; CH; L; TV; NS; P; VB; PetsW; CW</i> e-mail: pauline@tossbeck.f9.co.uk	015242 76214
Mrs L Smith	Father Haw, Howgill Lane, Sedbergh (06/07) <i>1D; PB; TVL; CH; NS; NP; P; DR; VB</i> e-mail: lsfatherhaw@hotmail.com	20937
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (06/10) <i>1D; 1T; 1S; TVL; CH; NS; NP*; P; DR</i> Web Site: holmecroftbandb.co.uk	20754

CAMPING, CARAVANNING & SELF-CATERING

Mrs A O'Neill.....	Shacklabank, Sedbergh (06/06) <i>2 Static Caravans 2-6 Berth; TV; NS; Pets</i> e-mail: alison@shacklabank.f9.co.uk	20134
Various Cottages sleeping 2 - 12 (06/09)	e-mail: holidays@dalesdusters.co.uk	21002
Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (06/09)	<i>4-5 Berth; H+C; Shower; Sep WC; Full Kitchen; TV; Dogs Welcome (Max 2); NS</i>	21567
Primrose Cottage, 17 Back Lane, Sedbergh (06/09)	<i>Sleeps 4, sunny south facing. 2 Bathrooms. Sat - Sat Holiday Lets & Winter Let available</i> www.primroseholiday.co.uk	21339

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; P = Parking;
 NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); DW = Dogs Welcome
 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; EM = Evening Meal
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence; DFB = Dairy Free Breakfast

PERSONAL & SMALL ADS £1

BRUNSKILL

Ivy would like to thank friends and neighbours for the lovely cards and gifts received while in Kendal and Lancaster hospitals. Also Kath, Tom, Simon, Matt and Margaret for their TLC.

COWIN-COUSINS

Paul, Claire and Chloe would like to thank everybody for the kind gifts and cards they received on the birth of Zoe Ella.

GARDNER

Congratulations Shaun on your **18th Birthday** on Friday 9th June. Have a lovely day and a great party. Love and Best Wishes from Dad, Mum, Graham and Laura.

HARPER

Wyn and family wish to thank everyone for their love and support, all the letters, cards and flowers received on Dick's sudden death. He will be sadly missed by us all. Sincere thanks to Tim for the family service at the crematorium and the wonderful uplifting Thanksgiving Service for Dick's life. To the undertakers for their help, kindness and efficiency. Thank you too for the generous donations to the NCH and the Ambulance Service.

PACKHAM

Happy **18th Birthday** Luke Packham on June 16th 2006. With love, Mum & Chloe.

PACKHAM

Happy **18th Birthday** Luke. With love from Grandad.

POSTLETHWAITE

Congratulations Grandad and Nanna on your **40th Wedding Anniversary** on 16th June. Lots of love Emma, Angela and Leanne.

POSTLETHWAITE

Congratulations Mam and Dad on your **Ruby Wedding Anniversary**. Love from Ruth and James and Janet.

SEED

Bill Seed thanks everyone who sent cards, gifts, presents and who visited him on his **90th Birthday**. They were all much appreciated.

TOWLER

Michael and Philippa would like to thank everyone for their kind expressions of sympathy and generous donations amounting to over £550 following the recent loss of their Mum "Ruth".

WINN

The family of the late Richard would like to thank all relatives and friends for the cards and letters of condolence received following their sad loss. Special thanks to all the Cumbria Care, carers, nurses and doctors from Sedbergh Health Centre for their excellent care. Thanks also to Brian Goad for his personal and efficient arrangements and to all who gave donations to the Sedbergh Health Centre fund.

PERSONAL & SMALL ADS £1

THANK YOU

A big thank you to all those who supported me in the Parish Council elections. Hilary Hodge.

FOR SALE

Fridge Freezer. Two years old. Perfect condition. £75. Ring Sedbergh 20825.

FOR SALE

Small Trailer. Approx 5 feet long x 3 feet wide x 18 inches deep. 3 foot towbar with 50mm ball hitch. £50 ono. Tel: 015396-20828.

FOR SALE

Hen Cabin 7 ft x 5 ft, including laying boxes, perches etc. Flat pack if required. Sedbergh 21771.

FOR SALE

Tower Electric Slo-cooker. Unused £10 ono. Tel: 20182 after 7.30 pm.

WORK WANTED

By Slovene Student. July and August (she speaks perfect English!). Anything considered. Please ring 015396-21166 if you can help.

WORK WANTED

Lady requires gardening work. Mowing lawn, Hedge Cutting, Landscaping. Call 07876706170.

WANTED

Storage space urgently required for theatrical costumes, props and equipment. We need somewhere dry and secure and at least 20 feet square. All contents will be insured by ourselves. Telephone Andrew on 07788-688490 or e.mail spellbound.theatre@virgin.net

WANTED

Quiet, responsible middle-aged couple seek small secluded site on farm or other for a static caravan. Sedbergh and district preferred. Please telephone 01625-526526.

WINTER LET

Primrose Cottage, 17 Back Lane, Sedbergh from October 2006. Sunny south facing. 2 Bathrooms. www.primroseholiday.co.uk Tel: 21339.

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

SEDBERGH PARISH COUNCIL

From the minutes of the meeting held on 29th March.

YDNP Parish Representative for Sedbergh, Garsdale and Dent. At the Annual General meeting next month, the representative for our area on the YDNP has to be reappointed. It was agreed that the Council was happy for Mr. Dalton to continue as our representative but this will be confirmed next meeting.

A certificate of Lawful Use has been issued to Pinfold Caravan site regarding the camping field for 20 units of 12 tents and 8 touring caravans.

JOSS LANE CAR PARK

A meeting was held with representatives of SLDC regarding the transfer of the Car Parks. But it was still felt that the costs

that SLDC were expecting the Parish Council to pay were too high and based on last years taking would leave little or no room for a profit especially after the extra costs the Parish would incur hiring someone to issue tickets and empty the machine were taken into consideration. It was agreed that Cllr. Blair would consult with an accountant for his professional view on the proposed figures. We would then have further discussions with SLDC.

HIGHWAYS

We have been advised that resurfacing work is planned for Frostrow Lane and Buckbank Lane between May and August.

Highways defects reported were:-

- Busk Lane by junction with Loftus Hill and also by the Tennis courts.

AUCTIONEERS, ESTATE AGENTS & PROPERTY MANAGERS INCORPORATING

DALTON & HAGUE ESTATE AGENTS
70 Main Street, Sedbergh LA10 5AD
Tel: 015396 20293 Fax: 015396 21650
e-mail property@chriswhelan.co.uk
www.chriswhelan.co.uk



Property Sales

Residential Letting & Management

Caretaking Services

Home Finding

Negotiations

Holiday Lettings

We have:

Clients looking for property to rent, all sizes and styles, letting only or full management

Clients looking for property to buy in all price ranges

We need:

Holiday cottages/apartments, no limit on owner use

- Settlebeck Corner
- Winfield Road / Joss Lane junction
- Cautley Road trench by St. Marks
- Kirkby Lonsdale Road sunken mains water tap by Ashlea
- There are still no 'Slow' signs by Howgill Lane Playing Field
- Salt box by Lock Bank needs a new lid
- Main Street pavement has some loose flags, especially outside the Gallery/HSBC.
- It has been suggested by a resident that a width restriction sign is needed on Frostrow Lane and it was agreed that this was sensible.

STREET LIGHTING

The lamp post on Back Lane is still down behind the wall of the School library. Also a lamp post on Station Road outside the school music room has disappeared. Cllr. Hirst said she would investigate.

QUEEN'S GARDENS

The vacancy for a gardener has been advertised and the closing date is past and interviews will be held by Cllrs Blair and Scarr.

PLAYING FIELDS

A site visit has been arranged with R G Parkins to undertake the survey required by the YDNP planners.

TOWN TWINNING

An application for EU Funds for a school trip has been turned down

PLANNING

Planning applications were considered as follows:

FPP Vary conditions PP to allow longer opening hours at Ellies Bakery, Main St. Sedbergh *In Favour*
 LBC/FPP Restoration dwelling and

Sedbergh People's Hall Now available until 1am*!

The People's Hall is now licensed premises, so if you want a bar at an event you no longer need to apply for a temporary license, you just need to let us know.

You can now use the hall for longer and book it for more specific times to suit your needs.

There has been a slight price rise but because the People's Hall is a charity we consistently deliver the cheapest price possible.

Call in to Sedbergh Office Services for more information or to book.

**To book or for more information:
 13 Kings Yard, Sedbergh (behind the Bull Hotel)
 015396 20708**

* 11.45pm on normal Sundays

creation 2 internal doorways, and en suite bathroom at Hebblethwaite Hall Cottage *No objections*

FPP Alterations to bungalow and extension into adjacent barn at 2 Low Oaks, Marthwaite *No objections*

FPP Erection 5 loose box stables, tack room and hay store at 2 Low Oaks, Marthwaite *No Objections*

FPP Erection 2 Storey extension at Crosedale Beck Farmhouse, Howgill Lane *Balcony and full length windows not in keeping with style dales farmhouses.*

Also unhappy about the extensive size of the building

Planning decisions were received as follows:

FPP Erection stable at Spout View, Cautley *Granted*

FPP Erection replacement porch to include utility room at Bramaskew, Howgill *Granted*

FPP Erection extension kitchen, creation of disabled toilets works to access and formation addition car parking at Howgill Village Hall, Howgill *Granted*

LBC replacement windows and front door and formation new side door at

Rawthey Cottage, Birks Lane *Refused*



NO CRIME, JUST FUN

Under Susan Garnett, Sedbergh and Dent are having a renaissance of ambitious, entertaining, well-directed theatre. Her run of Dent-based productions has done much to illuminate the local scene. Staging a traditional prose-arch show like Oscar Wilde's 'Lord Arthur Saville's Crime' in the round takes real concentration and firm discipline by the entire team. Wilde is not much into serious onstage hi-jinx – so this *isn't* standard farce – so if everybody sits, the audience get backs, and if they all stand, it looks like the January sales in an auction warehouse. This production was pretty sure-footed, though there were odd occasions when Graham Dalton looked uncannily like a predatory heron on a river bank seeking whom he may devour!

Susan Garnett is blessed by having a strong central quintet who play against and off each other with uncanny empathy – Ian Dawson, Graham Dalton, Robin Hildrew, Sally Blackburn and the

wonderful Elizabeth Dalton. Graham Dalton's Baines was surely among the best things seen locally for years. Manner, subtle shifts of voice, ideal deportment, life-saving yet majestic presence were utterly authentic, done with style and a fine-tuned but understated comic timing, yet had the intelligence to show the burgeoning, romantic below-stairs affair of the heart in a nicely observed sub-plot with Caroline Lamb's demure, but secretly ardent maid. I have never seen Ian Dawson so disciplined, and his skilful use of the space, acting with the back and command of the telling pause and eye contact with audience are all critical, and done with aplomb. The temptation is to play Arthur as Bertie Wooster, but Ian Dawson played it straight – result? No mugging and milking, but high-tempo movement, exquisite timing, keeping the often complex and surreal plot lines in play, and never taking the foot off the gas. He and Baines must keep pressing on without appearing to do so, and that is precisely what they did. They are a well-honed and luminary duo.

Wilde specialises in chaperones and aunts who'd give the SAS a fright and in the presence of Sally Blackburn's steely, acerbic, no-nonsense Lady Julia, you knew that Arthur was in for a devilishly tricky time avoiding beady eyes and whiplash tongue. Quieter but equally deadly was Libby Hartley's Lady Windermere, whose baleful eyes followed Arthur everywhere, with a crushing, well-judged line in throwaway delivery. Elizabeth Dalton's 'mature' good time girl parasiting off great-nephew with bare-faced cheek and

So much to see at
Farfield Mill

Arts & Heritage Centre

Open SEVEN days a week

10:30 - 5:00 pm

Last admission 4:30 pm

PAINTINGS
by
JOHN COOKE

From Saturday 10th June

Wednesday 12th July

Don't miss our next exhibition of work which includes Dentdale and the Lake District landscapes by the renowned local Dentdale Artist John Cooke

One mile from Sedbergh Town Centre on A684

Email: themanager@farfieldmill.org
www.farfieldmill.org Tel: 015396 21958

breath-taking regularity was surprisingly a very sympathetic character, thus making Baines' and Arthur's attempts to bump her off to fulfil the prophesy and shift the burden of her crippling gambling debts both hilarious yet having a certain rough justice.. Three expertly gloved and suited Witches that would grace the Scottish play! Jenny Robinson's Sybil came on with spoilt brat tears, but every so often, the eyes would narrow, and she would suddenly show that one day she too would be a mighty force in this monstrous regiment. Does Arthur really know what he is getting into? Another innocent for bumping off was Robin Hildrew's beautifully observed and irascible Dean of Paddington –weddings

and funerals tend to merge in the Paddington brain in a blur, and Wilde uses him cleverly to accelerate some of the best comic business – a delight to see him not played as a dodderly loony for a change. Mike Duxbury's bluff, and wide-eyed charlatan Podgers was a nice little piece of work, but I think I would have been tempted to make Podgers a touch more sinister and sleazier, an obvious second hand car salesman gulling these upper class twits – Wilde was having a swipe at the Madame Blavatsky-type shysters the aristocracy seemed to have taken a shine to, rather like Nancy Regan and her astrologer. Winkelkopf must be a sublime botcher and caricature rent-a-bomber. Jim Kirton certainly had the voice and clothes for it, but maybe his scenes need to be a bit pacier to maintain the comic pressure. Playing comedy like this is rather like crossing a stream with very thin ice – move fast and it's fun, slow down and the ice cracks under you.

Wilde's wicked in-joke references to his other plays were delivered with relish – Lady Windermere and Hastings getting cunningly located for the theatre buffs. The lighting team had done a very good job in lighting the central space so evenly – no mean feat with actors both standing and seated in such a confined area in a hall not built for the format– and special effects *generally* worked with split second timing! Many thanks and congratulations to Susan Garnett and her wardrobe and make-up teams for a great night out. An exceptionally jolly, and very well patronised evening to launch the Sedbergh and Dent Festival season.

Stuart Manger

CARLISLE-SETTLE FESTIVAL

The Festival on 14th July is the 20th anniversary of the re-opening of 8 stations on the Settle-Carlisle line (including Garsdale) in 1986 and celebrations are planned in the form of local events during July and August. If you are organising anything during July or August that could be included in the Anniversary programme, please write immediately to SCENe (Settle-Carlisle Enterprise Network) at The Community Office, Hawes, North Yorkshire DL8 3HG.

Plans have been hampered by news of another blockade (closure) as part of Network Rail's long-term investment in the line. The line will be closed from 20.40 hrs on July 15 until July 31 when

blockade will be lifted (time t.b.c.) The following day, August 1st, is Yorkshire Day when there will be further activities to mark the end of the blockade.

Some of the Anniversary events will be rail-dependent, others not, but details will be given on Settle-Carlisle websites nearer the time and a programme available from Sedbergh's Information Centre (or phone Ruth Annison 01969 650349).

A Day Out With Thomas

Sat/Sun June 10 and 11 at Leeming Bar station on the Wensleydale Railway with Thomas the Tank Engine. Pre-book (print booking form from www.wensleydalerrailway.com) or phone 01677 425805

SEDBERGH FESTIVAL 2006

June 10th to 25th

10	7.30	Opening Concert: Town Band	£5
11	10.30	Morning Service: Casterton Choir	
	8.00	Summer Singers: Fauré Requiem	£3
12	8.00	Wine & Music: Lunesdale Quartet	£2
13	8.00	Hilton Piano Trio	£5
14	1.00	Lunchtime Recital: Violin /Piano	£3
	9.00	Jeremy Lamburn 'Cello: Bach	£3
15	3.00	Tea Concert: Helm Wind Ensemble	£2
16	1.00	Organ Recital: Ian Pattinson	£3
	8.00	Tubalaté Brass in Dent P.C.	£5
17	10.30	Pepperpot Coffee Concert	£1
	8.00	Pro Nobis Singers: Sing Joyfully!	£5
18	10.30	Morning Service: Sedbergh School Choir	
	12.00	BBQ at the Vicarage	
	6.30	Evening Service: Cumbria Baroque Choir	
	7.45	Mozart: Vespers	
19	1.00	Trio Serenata	£3
20	8.00	Helm Trio and Cumbria Baroque Choir	£3
21	8.00	Stonebridge String Quartet	£5
22	1.00	Chetham's School of Music	£3
	8.00	Music, Wine and Poetry	£2
23	11.00	CoffeeTalk: Ruth and Robin Davey	£1
	8.00	Alla Kravchuk: Hanover Opera	£5
24	1.00	Organ Recital: Dorothy Davis	£3
	7.30	Edinburgh Camerata Singera	£5
25	8.00	Summer Singers: Britten's St.Nicholas	£5

SEDBERGH FESTIVAL 2006

St. Andrews Parish Church

Long before the time of the Emperor Constantine, the Christian Church was expressing its faith through the arts. The earliest Christian building we have detailed knowledge of stood on the Euphrates in what is now Syria. The walls of its baptistry were adorned with vivid and colourful representations of incidents taken from Holy Scripture.

Constantine, encouraged by his mother and the Bishop Eusebius, saw to it that several great basilicas were built in the Holy Land.

From then onwards, there has been a great tradition of church-building, with many churches using the finest

materials - marble, precious metals, glass and beautiful woods - to grace their interiors. English parish churches are a vital part both of our national and international heritage as well as places of worship. But the tradition continues unbroken.

Churches from the earliest times have been the home of the visual arts, but they have also been places of music. Taking the model of Jewish singing - especially the psalms - the church soon developed vocal music for the seasons and great occasions of the year, music which was in part congregational, but depended upon skilled and well rehearsed cantors and choirs. This heritage has never been lost, and today, we are able to celebrate in church buildings, not only within the liturgy, but also through music performed in its own right.

Those of us who have been involved in organising this Festival see these musical performances as a kind of complementary extension of regular worship, times when beautiful sounds often leave words behind for a while.

Our hope is that you will be able to come to several of the performances, enjoying things you already know and exploring some which may be quite unfamiliar.

We welcome you to the Festival, in the hope that in this ancient and sacred place you will find something of those good things which are promised and given to us in Christ, and may take them with you in your daily life.

Canon Alan W. Fell

SEDBERGH FESTIVAL 2006

June 10th to 25th

All performances are in St Andrew's Parish Church, Sedbergh except the Concert on 16th which is in St Andrew's Church Dent.

Lunchtime Recitals start at 1pm with Lunch available from 12 noon.

Dinner is available before the Concerts on 13th, 17th, 21st & 24th.

Places limited to 30 and should be booked in advance at the Tourist Information Office on 20125.

Tickets for the BBQ at the Vicarage on 18th are also available at the Information Office.

Adults £3, Children under 16 £1.50, Children under 5 Free.

Children of School Age Free to all Concerts.

Full details of all events will be found in the brochures

THE SEDBERGH SPRING SHOW'S 10TH ANNIVERSARY

We all thought the Spring Show of 1996 was going to be a one off! At the follow-up Committee Meeting there was much discussion about whether or not another one should be held. Everyone now knows the answer.

That year the Show was opened by Lord Whitelaw and 130 adults entered 400 items, and goodness knows how many children entered another 400 items. The judges really complained. Judging so many entries in such a short time they found almost impossible. But they did it!

The Show was the brainchild of the Sedbergh and District Buildings Preservation Trust Support Group who had been given the task by the Trust of

publicising their Farfield Mill Project of and raising funds for it. The idea of the Show seemed to fit perfectly. The Farfield Mill project was to be about professional arts and crafts, so the Trust was the ideal organisation to promote amateur skills in the arts and crafts as well as the often unrecognised domestic skills of flower arranging, home baking, knitting and sewing.

It would bring the Trust into contact with many other Sedbergh organisations and to the first Show Group meeting came representatives of the Parish Council, the WIs, the Flower Arranging Group, the Art Society, the Chamber of Trade, the Cumbria Wild Life Trust, the Schools as well as Dennis Whicker from Lookaround and a professional potter,

The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Barbara Pickles and all the staff
offer you a very warm welcome



We are open daily for home cooked food,
(a particular favourite is Ham 'n' Eggs)

and we offer an extensive menu for
both residents and non-residents.

The two guest rooms are *en-suite*.

There are fine views of
Cautley Spout and the Howgills.

Opening Hours.

Tuesday to Sunday 9.30 am - 4.30 pm (Closed Mondays unless BH)

Wednesday to Saturday nights from 7.00 pm. **Booking essential**



Sedbergh Community Development Centre

European Computer Driving Licence (Part 1) - A nine week course covering 3 modules of the popular ECDL qualification. Thursday 1st June, 7-10pm. Part 2 in the Autumn.

Calling all clubs & societies

We are developing a new web site and printed directory listing all the clubs, societies and organisations in the Sedbergh area. This will help local residents to find new interests, and help you to recruit new members. Listing will be free and you will be able to update your information whenever you like. Please give us a call for further information.

email: admin@sedberghcdc.org.uk

Tel: 015396 21031

Graham Glynn who made us our first large 'Spring Show' signs (still in use!). Although not present at that first meeting we also asked help and advice from the musical groups in the Sedbergh area including the Peppercot Club and at that first Show, Helen and David Beare played for us, and the Ladies Section of the NFU did the refreshments. Not all of these people were prepared to come to regular meetings to do the spadework of the actual organisation, but over the years all these people and organisations have been involved in one way or other and we offer them our thanks.

There were doubts that first year about the financial cost of the Show as no one could guarantee a profit. However as a

registered charity, the Trust was able to secure some small grants and individuals, local businesses and the Parish Council came up with money or gifts. It was largely thanks to the local banks that money was found to buy the first silver cups and Croppers provided the paper for the tables, which has lasted us till now. We are pleased to say that although never raising large sums, the Show has never actually run at a loss, although if it had the loss would have been shouldered by the Trust. It is true that the entry fee for the competition has gone up from 25p to 31p which is the cost of a First Class stamp, and perhaps we should apologise that the prize money has remained at £1

(Continued on page 14)

MUNCHEON MUSIC

Sedbergh School Lunchtime Concert

Wednesday 14th June

1.15pm

Informal Music making in

Queen's Hall

Admission Free

Soup & Roll provided

and 50p!

At the very first meeting when it was decided to hold a Sedbergh and District Spring Show no-one had any idea about how Shows were run. The last time Sedbergh had had a Show was some 20 years before and it had been run by the British Legion. As we could not find anyone who remembered much about it, except that it was held at the Auction Mart, someone had the bright idea of putting a suggestion box in the Halifax Building Society.

There was not a huge response, but there was one beautifully written letter. In the Minutes of the next Support Group meeting, it was recorded, "There is a very comprehensive letter from a Mrs

Margaret Milburn. She was very knowledgeable"! Sometime later we unearthed a press cutting from 1974 which showed that even then she was winning prizes and had been awarded the silver cup for the most points in the Handicraft Section. Margaret was immediately drafted onto the Committee together with another veteran of village shows, Betty Hartley. Perhaps it was no surprise that the press release for the first Show reads, "There was a hushed silence as it was announced there was just one point between two competitors for the 'Best in Show' trophy given by the Sedbergh Chamber of Trade. The winner turned out to be Margaret Milburn and the runner-up, Betty Hartley". Both served on the Committee for a number of years and Margaret is still its Chairman.

The earlier Chairman was Ronnie McInerney who, with her partner, worked so hard for many years to make the Show a success, until they moved to Australia. A pillar of support is Roger Underwood, for some years Chairman of the Sedbergh & District Buildings Preservation Trust, who from day one has been an impressive and remarkable Master-of-Ceremonies, and who was able to keep in order not

GARY ALLAN

Welding & Fabrication

*Structural Steelwork, Farm Equipment,
Farm Buildings Erected or in Kit Form,
Specialist Ornamental Gates & Railings,
Fabricated Steel supplied to the Building Trade,
On-Site Welding & Repairs.*

*Light Oaks,
Killington
Kirkby Lonsdale
Carnforth
LA6 3EY*

Tel: 015242 76426 Mobile: 07968 411787

only the Sedbergh crowd but all the 'openers' from Lord Whitelaw in 1996 to Tim Farron MP in 2006. He had most difficulty with Ken Dodd in 2000, who as usual was unpredictable, but he used his charm very effectively on Thelma Barlow in 1998. In 2004 we were most pleased to have Jacky and Dennis Whicker to open the Show. They have done so much for the town and have supported the Show from its very first meeting, even presenting the Show with two silver cups for adults' and children's 'Best in Show'.

There are so many memories of successful Shows over the years and one sad memory, in 2001 when we had to cancel because of the Foot and Mouth crisis. I think the Trust is justified in saying that reviving the Show was a good idea, and we hope it also demonstrates that the Trust has had the welfare of Sedbergh at heart. We have been supported over the years by so many people, from many walks of life. Neither they, nor the back-room boys of the Spring Show Committee (as well as all those in Sedbergh who organise things such as the Gala or the running of the Peoples' Hall nor any of the many, many voluntary organisations) do it for money or for the glory, but I can vouch for the fact that it gives considerable personal satisfaction.

Maureen Lamb

Footnote

Everyone at Farfield Mill and the Trust has enjoyed and appreciated being part of the first ten Spring Shows, and is grateful to Maureen for her idea and all she and the Trust Support Group have done. We are glad the Show has taken root once again and is flourishing. It is, therefore,

now the moment for The Spring Show Committee to become independent of Farfield Mill and the Trust. We wish the Committee every success in the future.

Richard Thomas

Chairman, Sedbergh & District Arts & Heritage Trust, Farfield Mill

Some photo's of the Sedbergh & District Horticultural Show in 1956 and 1974 have been received from Mrs Hutchings of Cambridgeshire (formerly of Thornsbank) but the quality is not too good. I am therefore trying to obtain better qualities and they will appear in a future issue.

Does any other reader have any stories or photo's from previous shows that they would like to see in Lookaround?

Ed.



Appliance Services

SALES • SERVICE • REPAIRS

To all leading makes
of domestic & commercial appliances

PORTABLE APPLIANCE TESTING

Tel/Fax: 015396 21699

Mobile: 07889 286 722

JOHN SOUTER

21 Fairholme, Sedbergh

☎ 20904



ALL RUBBISH
REMOVED

HOWGILLS HARMONY

Today Sedbergh, tomorrow the world

Howgills Harmony have continued learning new songs and consolidating the old ones through the spring, and now with a good collection of songs we can all sing in three and four part harmony, are taking off on our annual summer walks. The first one was at the end of May through the bluebells, wood sorrell and wild garlic of Barbon Woods with special permission from Lord Shuttleworth. And then throughout June we'll be singing in caves, by waterfalls and on fellsides throughout the area. Anyone is welcome to join us - to either sing with us, or to just come and listen. Shared lifts can be arranged.

Our songs are from all over the world, but especially from countries where most people sing as naturally as they talk, and where harmony singing is easily available for those who have no musical training. As well as songs like the South African national anthem, Appalachian gospel, Slovene love songs, and German rounds, we sing Georgian healing songs. On a walk through the Lake District last summer we stopped to sing at the Black Sail Pass and watched the mountain rescue bringing a man with a broken leg down off the fells. It was suggested we should approach them with: "Stand to one side - we're harmony singers" and burst forth in full voice in faultless Georgian, the climber then leaping off his stretcher and jogging back onto the mountain.

Some of the singers only started a few months ago, introducing themselves as not being able to sing - so it's a real pleasure now to see them really enjoying being part of the harmonies we produce.

SLOVENIA

Once we've finished wandering South Lakeland, we're going further afield - to sing in Zrece at the beginning of August. We'll be staying at Skomarje and singing in some of the mountain-top churches there. And also visiting the "Ethno-music festival" at Bled. There are still one or two places if anyone wants to join us. We have learning CDs with all the songs with their parts on and written music can also be provided for those who need it. Flights are still quite cheap but prices will rise nearer the day.

We are also very pleased to report that Darja and Katja, two of the students who came with the singers from Zrece in December to join our Slovene and

English folk carol festival (they also sang for Tim Farron at Farfield Mill), and who made us so welcome in Slovenia at Christmas, are coming to Sedbergh in August for three weeks.

They are students of English at Ljubljana university and when I was working there in January, they said how much they loved Sedbergh and found the people here so pleasant and kind: "We've been learning about the English way of life for some time but the reality is even better than we could have imagined. Now we want to come and work in Sedbergh and experience life in your town for ourselves."

They say they are happy to take any work. They speak English fluently - as well as German, Italian and Spanish - and have wide ranging IT skills, as well as experience of working in cafes and shops. (If you can help, please get in touch.)

*COOPE BOYES AND SIMPSONand
THE TOILER'S GIFT*

We've just heard that the fabulous male voice harmony trio Coope, Boyes and Simpson - who are performing in Sedbergh on September 3 - are returning in November to sing another of their shows involving singers from community choirs.

Many of you will remember the wonderful Christmas Truce 1914 concert a few years ago where over 80 singers joined the men in bringing to life these songs which celebrated the truce brought about by the ordinary soldiers.

Their new show - The Toiler's Gift - celebrates the enormous amount of musical talent amongst working agricultural and industrial labourers over the past three hundred years. Although

SEDBERGH & DISTRICT

HISTORY SOCIETY

Saturday 17th June 2 30 pm

Judges' Lodgings and Maritime Museum, Lancaster

Conducted tour of the Judges' Lodgings, followed by a walk round the museum. Meet outside the Judges' Lodgings at 2 30pm or at Loftus Hill car park at 1 30pm.

Parking in Lancaster at the Multi-Storey Car Park halfway between the Judges' Lodgings and the Maritime Museum, on the left-hand side of the road by Mitre House.

EVERYONE IS MOST WELCOME TO ATTEND

Chairman: Richard Cann 20771
Secretary: Diane Elphick 20605
Treasurer : Marlene Mason 20509
Member Sec: John Sibley 25024

folk song collectors like Ralph Vaughan Williams managed to save many hundreds of songs for posterity, they often wrote their own harmonies for these songs believing that the working class singers weren't capable of such musical prowess. Many other songs just faded into obscurity.

This show celebrates this enormous hidden talent with songs by CBS and the choir as well as readings. Singers are invited to join the show with two rehearsals in October, led by Jim Boyes and Janet Russell, and a performance in Dent on November 11. If you are interested in joining us, please get in touch.

David Burbidge

COMMUNITY OFFICE NEWS

Opening Hours

From the end of May we will be opening again on Friday afternoons until 4p.m.

Over summer we need temporary volunteers to cover holidays – if you can spare 3 hours an odd morning or afternoon, please call in. Volunteers get free use of the internet.

Books

Thank you to all those people who have donated books to the office. We now have a surplus and can't accept any more donations just now. Please call in to buy novels at 50p each, plus children's books and hobby books.

Knitted Goods

We are now selling knitted baby clothes, dolls, soap holders, hats and more that make great presents. They are made by local women and are sold to support St. John's Hospice so do call in and have a look.

Meeting Room

We have a lovely room overlooking Main Street for small community meetings (up to about 8 people). We ask only for a small donation to pay for heating and lighting. Please book through the Office by calling in or ringing 20504.

Sedbergh DVD

Sedbergh School volunteers, Tim and Catherine, are going to be out and about making a DVD of Sedbergh past and present. They will be talking to people about their memories of change and those who are new to the area. If you would like to get involved, please call in.

Political Issues & Philosophical Ideas (PI) Club

We are taking a break to enjoy the

BOMBER'S BIN WASH
your Wheelie Bin
washed the same day
as emptied



Wheelie Bins ~ £2.50
Recycle Bins ~ 50p
Also Patios & Driveways

Call Bomber or Julie
015396 21007
07977 518034

for a friendly & efficient service

summer evenings and will be starting up again in September.

Age Concern / Homeopathy / SLCVS

Don't forget about these clinics on Wednesday mornings – if they don't get used we will lose them so please call in with any concerns!

Age Concern Lunch Club

Do sign up quick for the lunch club on the 5th – the first meal is only £5 and a great chance to meet up and chat to other lively minds and active over 55's.

Car Parks

Still no news on when the Parish Council are likely to take over the running of the car park. Please stay loyal to local shops while it is in transition.



SEDBERGH TOWN BAND

The Original Town Band. Featured is the oldest photograph of the original Sedbergh Town Band to come to light. In fact there are only two others that we know of, both taken just before the First World War.

Sadly, records of the Band and its activities prior to the First World War are very scanty. We know that a band existed up to and during most of the war. At some stage it would appear to have ceased to function as in 1919 a public meeting was called to investigate the support in favour of resurrecting the band and to gather funds to get it going again.

Clearly the hoped for support was not forthcoming as the calling of the meeting was the last piece of information regarding the band of this period that we have been able to discover.

Unlike Shirley Tebay's admirable 'Photo Call', it is unlikely that readers of

'Lookaround' will be able to put a name to any of the featured instrumentalists, though perhaps a likeness to an old family portrait might lead to identification.

The Town Band would be delighted if anyone could provide any information concerning the band of this period - family photographs, anecdotes of ancestors' musical/band activities. It is even possible that full records of the band (accounts of performances, minutes of committee meetings etc.) exist somewhere.

Should anything come to light please contact Gerry Blackwell on 015396 20056.

This Voucher entitles you to:
 Free Admission
 Valid till 31st July 2006
 FARFIELD MILL
 Free Admission Voucher

THE TALKING LOOKAROUND

Each month an edited edition of *The Lookaround* is recorded and circulated to those members of the community who, because of visual impairment, cannot read it. We have a bi-monthly team of technologists and readers, including students from both Sedbergh and Settlebeck Schools, who record the material on to audio tapes, and a committee which meets twice a year under the auspices of the South Lakeland Society for the Blind. We meet at the Community Development Centre at Settlebeck School and are very grateful to the Manager, Chris Wood, for giving us a new home.



If you know of anyone who might like

to receive a recorded tape, please see below. We would very much welcome new members, especially readers, as it is interesting to our listeners to hear a variety of voices.

Anyone interested please contact Dennis Whicker at The Lookaround, Rosemary Handley (Co-ordinator - Tel. 21411) or Elspeth Griffiths (Tel. 20677). *GH*

The Lookaround also produces a Large Print every month for the visually impaired which is double the print size of the regular Lookaround. This is delivered Free to homes and costs 50 pence per issue. If you know of anyone that would appreciate receiving a copy, please contact the Office.

DJW

Have you:

Discovered

Visited

Explored

Sampled

All ticked?

Why not?

Farfield Mill

Please use the voucher below to see for yourself. Bring the family and friends as there's a lot to see.

We have four floors of artists' studios, galleries and heritage plus a riverside tearoom and shop.
Current exhibition: 'Surface Tension' by Meniscus Textiles (till 7th June)

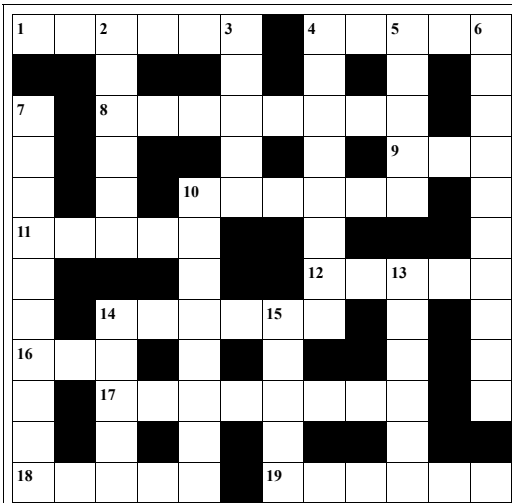
Open Daily 10.30 am to 5.00 pm

More information is available at www.farfieldmill.org or 015396 21958

Free Admission Voucher
FARFIELD MILL
This Voucher entitles you to:
Free Admission
Valid till 31st July 2006

Lookaround

look forward to seeing you



- 4 Clothing made from different registered designs (8)
 5 Bill turns on Rod (5)
 6 Sad film about idiot caught in twister (10)
 7 Keep a firm grip? (10)
 10 Expert wants a learner to be nit-picking (8)
 13 Oil, say, from European country (6)
 14 Ride around with Eastern bird (5)
 15 Direction, in short, not found in sewers? (5)

Answers to May - ACROSS: 1 Pins; 6 Parachute; 7 Mite; 9 Nurture; 10 Coping; 11 Spite; 13 Cycle; 16 Torque; 17 Connect; 18 Inky; 20 Centurion; 21 Grab. DOWN: 1 Pam; 2 Special; 3 Brings; 4 Scores; 5 Star-struck; 8 Ivory tower; 12 Parting; 14 Eke out; 15 Attain; 19 Yob.

Across

- 1 Tree I swapped for a roll (6)
 4 First appearance held up by tube defect (5)
 8 Misshapen alter mat causes harm (8)
 9 Paddle made from the middle of board (3)
 10 Selected church given no Asian money (4)
 11 Gold and red out back in sequence (5)
 12 Northern Ireland, Germany, and this country? (5)
 14 Dining at fashionable place in Eigg boundaries (6)
 16 Doctor absent from humid meeting in Christchurch, say? (3)
 17 Dash after Donald in water competition (4,4)
 18 Man or woman found deformed in Rydal (5)
 19 I'm stuck in the middle of sacred plain (6)

Down

- 2 Lied about politician having struggled (6)
 3 World leader has chat about guard (5)

DENT PARISH COUNCIL

require a

PARISH CLERK

Dent is an enterprising Parish Council. It leases the village Car Park from the Yorkshire Dales National Park and employs two part-time staff to run it. It also owns Dentdale playing field.

The new Clerk will play a key role in helping the Council further develop the support it gives to its local community

20-25 hours per month
 NJC pay rate
 Full training provided

Contact Jock Cairns on
 015396 25655 for more details

KEVIN BATEMAN

TIME SERVED MONUMENTAL MASON

Tel/FAX 01539 723903

Mobile 07817 060619

Manufacture, Lettering and Installation
of new Memorials

Additional inscriptions

Renovations

Cleaning and Re-paint/Re-gild service.

Free estimates

Please telephone for a Brochure

SOUTH LAKELAND DISTRICT COUNCIL

RECYCLING NEWS

Now that spring is well and truly here many people are getting back into the garden. The green garden waste collection service is very popular, over 350 tonnes of waste was collected in April, and takes a lot of the hassle out of dealing with grass cuttings, fallen leaves etc.

After the green bin has been emptied into the collection vehicle the green waste is taken to contractors in Kendal or Barrow depending on the part of the district that it has been collected from. The waste collected in Kendal is then taken to Lancaster for composting, whilst

the waste taken to Barrow is also composted in Barrow.

The contractors have specified the types of green waste that can be collected, in order to produce compost to the specification required by their customers. This means that food waste cannot be disposed of in the green bin, neither can soil or waste that will not decompose such as rubble or plastic bags. The finished product is supplied to local farmers or used for land reclamation. It is also possible to buy compost that has been processed by the Lancaster contractors from the Household Waste Recycling Centres at Salt Ayre in Lancaster and at Carnforth.

If you have a large garden and need an extra green bin these can be requested from our Customer Contact Centre, telephone 0845 050 4434. There is also green waste collection skip at the Household Waste Recycling Centres in Kendal.

If you have any questions about recycling, please contact us either through the Customer Contact Centre on 0845 050 4434 or by emailing us at recycling@southlakeland.gov.uk
Thank you for recycling.

Stephenson & Wilson

15 Fell Close, Sedbergh LA10 5AP

General Builders

Plastering ~ Roofing ~ Extensions
Fire Places Fitted

Paul Stephenson
015396 21557
07810 595543



Tom Wilson
015396 20954
07790 946578

J J MARTIN

Funeral Service

(B Goad)

Established 1869

Main Street, Sedbergh

Complete Funeral Service
Day or Night

Chapel of Rest

Day or Night
Dent 25334 or 25429

PEPPERPOT & COBWEBS

The Cobwebs orchestra was in Sedbergh for the first weekend in May. Cobwebs was formed for amateur musicians, who may not have played for years, to dust the cobwebs off their instrument and make music together.

They are coached and assisted by members of the Northern Sinfonia and as well as regular weekly rehearsals they have an occasional intensive weekend.

Andy Jackson, Cobwebs organiser, kindly invited the children who play in the Pepperpot Music Makers to join them for part of the weekend.. The children had an hour's rehearsal with the orchestra, practicing three pieces from Handel's Water Music which they played with the orchestra in the evening concert.

It was a novel situation for the Pepperpot gang to play in such a large group, surrounded by interesting instruments such as bassoons and tubas.

The children managed very well. Especially considering that they had never seen the music before. Andy Jackson was very impressed by their attentiveness and listening skills.

The Cobwebs Orchestra devoted the Sunday to playing music by Brahms; the 3rd Symphony in the morning and the Violin Concerto in the afternoon. The solo violin part was played by the very talented Iona Brown, who also helped the conductor in coaching the orchestra. The day provided a wonderful opportunity for amateur musicians to 'have a go' at some challenging, large-scale works. *J. Bush*



DENT FOLK FESTIVAL

23rd - 25th June 2006



Lunasa ~ Nancy Kerr & James Fagan
Martin Simpson ~ The Peatbog Faeries
And much more... www.dentfolkfestival.co.uk
Box office 01524 582803 weekend ticket £33.00
Single event tickets available many free events



Special thanks to the Lookaround for sponsoring this advert

CUMBRIA WILDLIFE TRUST

Duck Race 2006

This May Bank Holiday was probably the coldest on record since we have been holding our annual Duck Race. The preceding weekend was fortunately sunny and warm and lots of successful duck-selling went on in Sedbergh and Dent. The day itself was initially wet and dreary but for the period of the race itself, mercifully, the skies cleared and despite a cutting wind which threatened to blow the ducks back upstream, those hardy characters who supported the race enjoyed the usual fun cheering their racing ducks on.

Eddies and shallows ensured a constant change of order until the winning few struggled past the finishing line.

Our thanks to everyone who supported us especially those who helped with selling and counting ducks and a particular thanks to our stewards, the dedicated young mermaids and men from Sedbergh School, who despite the chilly conditions were totally immersed in their task! We are also very grateful to Sara



Duck Preparer



Duck Catchers

Hirst who continued enthusiastically and cheerfully awarding the prizes despite hail and thunder! What a day!

The winning ducks were purchased by:
Shirley Smith (Sedbergh)
Harriet MacMillan (Sedbergh School)
Christopher Hindle (Cheshire)
Christine Proctor (Sedbergh)

A fine collection of posters was produced by Sedbergh Primary School and it was very difficult to choose winners. They were:

First Prize: Rowan Hall

Highly Commended:

Grace Cowperthwaite
and Mary Ormerod

Our now totally recovered collection of ducks was donated by Lakeland Limited and is available for hire. SG

Kevin Puncher

A time served

Carpenter

Over 30 years experience

All types of work considered
Free estimate

015396 25737

07854 968720

Email:

kevin.puncher@btinternet.com

Millbeck East, Dent LA10 5TB

DIALECT DIGEST

Not long to summer, so here are a few holiday tales.

Some local lads were visiting London and, in Oxford Street, asked a policeman for directions. "It 's seems busier than usual today," commented the bobby. "Aye, it will be," came the reply. "Theer's a coach trip in fra Hawes."

A Settle man and his wife flew to Spain. On the plane, they met another couple with their son, and it turned out they were all staying in the same hotel. The son wasn't feeling too well so he went to bed for a while. Later, as the adults were having a drink together in the lounge, the lad appeared. The Settle man called him across. "Ow ister bi nah then?" he enquired. The puzzled boy replied, "I'm sorry. I don't speak Spanish."

By the end of the week, a holidaying couple had spent up. "Nivver minnd," said the wife. "Ah hid fahve pun unner t'clock on mantelpiece afooar we cum away." "Ah know," said the husband. "Ah

**South Lakeland
Alzheimer's Society**

COFFEE MORNING
& Street Collection

U R C Rooms 
Sedbergh

Wednesday 21st June
10 am to 12 noon

Coffee/Tea & Biscuits
Raffle ~ Bring 'n' Buy Stall

Offers of Baking most Welcome
Please Tel: 20718

fun it." And what about the Yorkshire lad who went on a trip to Wales, and, as the coach driver described the beauties of Snowdon, was heard to mutter, "Aye, bud when all's said an' dun, it's nobbut a girt lump o' muck!"

Charity Music Quiz  

The Bull Hotel

Wednesday 21st June at 9pm

Great Prizes!

Teams of 4 - £5 entry

Free food!

All proceeds will go to Hearing Dogs for the Deaf

A SEDBERGH VIEWPOINT

When I wrote last month we were in the pre-election period and I remarked about the content of the electioneering literature coming through my letter box. What surprised me over the following fortnight was the quantity of the stuff. I thought the Lib-Dems were meant to be an ecologically friendly organisation. However I think they must have felled a forest to produce all the leaflets I received from them. I can only think they were trying to boost SLDC's recycling figures. On the other hand the Conservatives seemed to be rather shy. I had a letter from the Conservative candidate which didn't mention the Conservative Party once, even in the very small print at the bottom of the letter! Prospective Parish councillors, except Hilary Hodge, relied on us knowing them when we were presented with that large voting slip. Full marks to Hilary then for her "vote for me" letter which I'm sure many of us found helpful.

Well the elections are history now and we have a new councillor on SLDC. We have a new SLDC with the Lib Dems in control. We have a new Parish Council with some new blood amongst its

members. Now let's see what they can do; whether they can keep all those promises they made.

The Lib Dems promise us affordable housing, maintained hospital services, improved recycling, affordable residents parking, better bus travel for concessionary card holders, traffic calming, cleaner streets, better street lighting, less dog fouling, Council Tax reductions and rebates (even scrapping altogether), saving the Auction Mart, saving our police being merged with Lancashire, and faster processing of Single Farm Payments. I'm sure we all look forward to all these improvements to our life style in Sedbergh. It seems to me though that at the moment everything is going in the opposite direction and our new councillors will have their work cut out to stem the tide. The asking prices for houses, for instance, appear to have rocketed in just the last few weeks. The cattle market closed with undue haste whilst farmers have had to wait patiently for their long overdue payments. Joss Lane car park seems to have priced itself out of use resulting in cars being parked indiscriminately on footways and narrow roads reducing some traffic flows to

NATURAL STONE PRODUCTS

Internal & External Flooring
Driveways & Paths
Patios
Steps

Original Old Stone
Troughs and Millstones

Roofing Flags
Ridge Tiles
Lintels
Sills

Unbeatable Quality & Customer Service

MALLERSTANG FLAG LTD

Tel 017683 71610

Mobile 07977 097410

www.mallerstangflag.co.uk

single line. Road safety seems to be compromised and even pedestrians are forced into the road to get around parked vehicles.

I know I quite possibly have obtained a reputation for criticising our local councils' inactivity and bad decisions but I do realise that they operate under great restraint from national government and that Parish Councils have few powers of their own. In many instances they have little control over what goes on in our community and can only petition the powers that be. So thanks to all who serve the community in this way and are prepared to put themselves forward to be shot down by the masses!

The Book Town launch was a great affair and it was good to see the TV news coverage in the evening. Clearly many people have worked hard to get Sedbergh to this stage. Tourism has to be a big industry for Sedbergh to keep the town's economy going. Congratulations not only to the Book Town committee and the Chamber of Trade for all their hard work but also to all the entrepreneurs who have opened bookshops and cafes in recent weeks and others who are planning to do so. I wish them every success.

Sadly as their work goes ahead their efforts suffer as a result of the Joss Lane car park debacle, the cattle market closure and now the impending closure of Main Street to dig up the existing Victorian gas pipes and replace with new. One can imagine Main Street full of compressors, pneumatic drills, dumper trucks, spoil heaps, and lorries bringing pipe-work and stone to fill the trench. Deliveries to shops will be impeded and

**Nicky Lavery Dip. Counselling (MBACP)
Co-Active Coach (ACT)
Counsellor and Life Coach**
client centred and confidential



Tel: 015396 20944/21313
Mill House Farfield
Sedbergh LA10 5LP
e-mail: nicky@howgillcoaching.co.uk

pedestrian access made difficult. OK the work has to be done but whenever it is done the town and its economy will suffer once more. It will be good if it is found possible to postpone the work until our summer visitors have gone and our local festivals finished. Hopefully both this months Book Festival (2nd-4th) and Music Festival (10th-25th) and the Market Fayre (26th August) will be allowed to take place without Main Street being in a mess.

Sedbergh has a natural beauty and charm but I find it being spoilt more and more by indiscriminate fly posting. There is hardly a street light post or traffic sign post which hasn't got an advert for an event hanging from it. At the time of writing there are even some quite huge ones advertising a Persian carpet sale which appear to have been deliberately made to look like traffic signs. Surely there must be a law against such things – but if there is, who is responsible for enforcing it?

I hope you enjoy Sedbergh in June and we have some summer weather for the longest days of the year.

Best wishes

N Hastle

THANDI TALES II

It is now nine months since we arrived in South Africa and started work with the Thandi Project.

In the orchards we saw the spring pruning and now we are just finishing gathering the last of the autumn apples. The weather is turning cool and the rains have started. Everyone hopes for a wet winter to fill the reservoirs. All the vineyards and orchards have to be irrigated during the spring and summer so water impacts on all aspects of life in this region. This area is called The Elgin Valley and is so like the Scottish highlands with huge lochs in the valleys and pine forests high into the mountains whose peaks reach 7000 feet and at this time of year are, sometimes, topped with snow.

Perhaps I could get money from the South African Tourist board for waxing so lyrical!

The Thandi farm has had a good year with more fruit being produced by the

maturing trees and I am told the grape harvest will produce a good vintage of wine.

The Farm Kitchen is going from strength to strength with a doubling of turnover in the past few months and more people being employed as a result. Training is going well on site with maths, bookkeeping, budgeting, ordering and health and hygiene instruction and off site we have courses in tourism, management and HIV/AIDS awareness. Maintaining these standards, level of business and training takes a lot of our time but as repetition makes it second nature we will have more time to spend with our Community Projects which is our main reason for being here.

One of the items that arrived in the shipping container from Sedbergh was a full rugby strip donated by Kendal RUFC. Our Community lives in a little village called Lebanon and there they have a rugby field. It hasn't been used much in recent years and is in a poor state

NBC~SKYNET

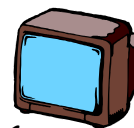
DIGITAL AERIAL AND SATELLITE

- *TV and FM AERIALS*
- *SKY REPAIRS*
- *SATELLITE FREEVIEW*
- *NO VAT*
- *AERIAL FREEVIEW*
- *LOCAL COMPANY*



21 Years Experience

07710 400 499 or 01539 562561



of repair. However, after having been presented with the rugby strip and a ball some of the young men decided to have a practice night and after a couple of weeks a game with a neighbouring farm team was organized. That game was won and more practices were arranged – only this time a lot more lads turned up and soon there were two teams playing. After a couple of months neither the first or second team had lost a game. Practices are now two nights a week and the teams now have a good crowd of supporters following each match.



Community spirit is returned along with pride in themselves.

Our next project will be the bicycle workshop where we will train young people from the community basic mechanics. We applied to Comic Relief for funding the building of a mechanical workshop but this was turned down as they don't provide funding for building

projects – so we are back again looking for funding - if anyone has any ideas on that front please get in touch. We do have some redundant farm buildings which we can use so the cost of refurbishment will be much less than a new build.

We are opening two mountain bike trails on the farm. An 8Km trail and a 27Km trail so we can use our refurbished bikes for hiring out.

We should be home around the 16th June for about three weeks and will have lots of photographs about the Thandi Friends Project so if any one is interested they will be at The Cross Keys.

Once again may we thank all those who keep us up to date with Sedbergh news and who have supported the project so far.

See us at www.thandifriends.org.uk

Alan & Chris Clowes

Les Maddock Insurance Services

Have you had enough of impersonal call centres?.

We offer a personal one to one service for all your insurance needs.

**We have competitive premiums for Household,
Motor, and Commercial Insurances.**

All we ask is the opportunity to quote. No obligation.

Tel 015396 20124

Fax 015396 20791

75 Main Street Sedbergh LA10 5AB

We are Authorised and Regulated by the Financial Services Authority

**SOUTH LAKES SOCIETY
FOR THE BLIND**

A very informal lively quiz relating to all things of Yorkshire origin was the main activity of the April meeting. Nearly everyone cheated a bit and there were no prizes for the winners! But it was all very enjoyable.

In May the group was fascinated by a talk given by the 'Weather Man' of the 'Lookaround' magazine, Brian Wright. His stimulating account brought back memories for many people especially when he mentioned the 1947 winter freeze!

Keith Levitt gave a resume of a meeting of group leaders that he had attended in Kendal in which the possibility of losing the free taxi service to and from local

meetings had been suggested.

Catherine Hannaford kept the group up to date with the latest news of interest to visually impaired people, particularly the highly successful new low vision service initiated by the South Lakes Society for the Blind. She reminded everyone of the free directory enquiry service for people unable to read small print and of the 'talking' books and newspapers available, including the audio version of the Westmoreland Gazette and the 'Talking Lookaround'.

The group is looking forward to the June meeting which will be a lunch at Thorn's Hall on June 20th. New members and volunteers are welcome. For information contact 21019 or Kendal 01539 742633



Young Kidz

PRESENTS

Come and test your skills at:

"Penalty Shoot Out Game"

£1 for 2 shots

Prizes

Starts at 8.00pm

All welcome

Followed by

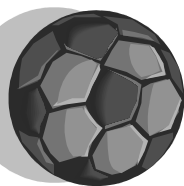
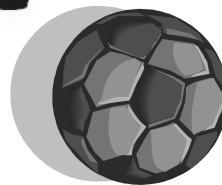
Disco (over 18's only)

Peoples Hall

Friday 30th June Bar 8pm till late

£3 admission

More info: Caspa: 21214 or Jacky: 21287



SEDBERGH BADMINTON CLUB

End of Season Report

SENIORS

Congratulations to the first team for winning the Westmorland Badminton League Division 3. The second team finished mid table in Division 4 and the third team did very well in their first season by finishing second in Division 5.

Well done to Lynne Iredale and Keith Burrow for winning the Mixed Doubles Handicap Tournament at the Lakes School in March.

At the end of season cup tournament, Andrew Burrow (Buzz) and Helen Wheatley beat Joe Robinson and Janet Gorst in a very close match.

JUNIORS

Congratulations to Sedbergh Junior

HOLIDAY IN SLOVENIA

There are places available on a 12 day coach holiday leaving from the Lancaster/Bentham area on Saturday August 12th.

We use an executive air-conditioned coach with toilet & Drinks facilities.

Using the Dover/Calais ferry crossing, we spend one night in Lille and one in Sindelfingen en-route to our main 4* hotel at Lake Bled, Slovenia.

We have 4 excursions included in the holiday price of £595. Which is based on two sharing.

The holiday is half board throughout, and there are no feeder coaches or overnight travelling.

Why not join us. More details from

Susan Adams 015242 61182

(Also see article on Page 58)

McMINN CONSULTANCY SERVICES(N.W.)LTD

STUART MCMINN BSc HND ABEng

PLANS DRAWN

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

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

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

Badminton Squad for winning Division 3 of the Eden Valley Junior Badminton League. Thanks to all the drivers having to travel as far as Carlisle and Penrith.

At the end of season Junior Tournament the U13 Girls winner was Lydia Gorst, U13 Boys winner was Simon Hunter and the U15 Club Champion was Emily Armitstead.

The Club have over 20 junior members at present with a wide range of playing ability, from the beginner to representing the county. A big THANKS to Grizz and David, the coaches, for their hard work.

At the end of season presentation meal at The Bull Hotel a good night was had by all. Thanks to the Bull for a great meal and for providing sandwiches for the home team matches during the season. Same again next season please!

The new season kicks off at the beginning of September. Look out for posters. For more information give Grizz (Richard Mason) a ring on 20565.

KILLINGTON W. I.

Killington W. I. met on the 9th May to discuss the N.F.W.I.'s Public Affairs Resolutions 2006. The committee and W.I. members always take the debate seriously. As one of the largest organisations in the country the N.F.W.I.'s can have a huge impact on government.

The resolutions final shortlist was as follows:-

1) RENEWABLE ENERGY

“This meeting urges all levels of government to put in place legislation and policy requiring the use of renewable energy technologies in all new buildings, re-building and renovation.

2) SPORT FOR A HEALTHY POPULATION

“This meeting urges H.M. Government to:-

- A) recognise that participation in sport is an essential factor in the creation of a healthy population.
- B) Ensure the re-establishment of competitive (mainstreaming) sport in the curricula of all schools: and
- C) Take such steps as are necessary to reverse the decline in the availability of sporting facilities for all citizens particularly in the light of the 2012 Olympics being awarded to the city of London.

Firstly we discussed the background to resolution 1. The use of fossil fuels as a source of energy has led to a build up of greenhouse gases in the atmosphere. Gases such as carbon dioxide, nitrous



Indian Restaurant & Takeaway

30a Main Street, Sedbergh
Tel: 015396 20000

Opening Hours
Sunday to Thursday 5:30pm to 10:30pm
Friday & Saturday 5:30pm to 11:30pm
Fully Licensed

We hope to introduce you to an exciting new world of subtle flavours from the mystic East.
To the people of the East, hospitality is synonymous with good food
and we at The Taj Mahal are particular to preserve this tradition.
We trust you will enjoy them as much as we did in collecting, tasting and choosing the best for you.



<p>oxide and methane are causing heat to be trapped as it is reflected off the earth's surface creating a 'greenhouse' effect. The inter-governmental panel on climate change (IPCC) states the burning of coal, oil and gas has increased the amount of carbon-dioxide in the atmosphere by 30% above natural levels. As a result of these man made emissions, it is currently predicted that by 2100, the earth's temperature will be between 6-10 degrees Celsius warmer.</p> <p>There are several sources of micro-generation of renewable energy and the following were discussed.</p> <p>Solar - using the Sun's energy to form electricity and heat.</p> <p>Wind - generating electricity from wind energy.</p> <p>Hydro-electrics - using energy by flowing water and tides.</p> <p>Geothermal - using the heat of the earth to form electricity.</p> <p>We further discussed a recent poll by the Energy Saving Trust of over 300 local authorities across the UK. 89% cited that a lack of funding was an obstacle to taking a strategic approach to tackling climate change.</p> <p>Planning constraints currently require that major renovations or re-building need planning permission from the council, but minor work does not. Planning for micro-generation of renewable energy falls under planning policy statement 22 Renewable Energy (PP22) which was published in 2005. This was established to provide guidance from the government to enable local authorities to set targets for on-site renewable energy in residential, commercial or industrial projects and</p>	<p>states that local authorities and developers should consider the opportunity for incorporating renewable energy in all new developments. We continued to discuss the sensitive locations and conservation issues in which we live.</p> <p>There were mixed feelings on this resolution but in principle any improvement of global warming had to be beneficial.</p> <p><i>Resolution 2:</i></p> <p>Sport for a healthy population.</p> <p>Sport is an integral part of a balanced life style and helps people overcome a variety of issues including social integration and inclusion, health, community, regeneration and crime.</p> <p>An active lifestyle is the key to maintaining and improving health.</p> <p>This resolution spoke for itself and was voted by the majority of members.</p> <p>After the resolutions Olive Clarke OBE, DL., Deputy Lieutenant of Cumbria spoke to us on the role of her position and that of James Cropper, Lord Lieutenant of Cumbria.</p> <p>Henry VIII was the founding father of the Lieutenancy and today the Lieutenant still reports to the monarch.</p> <p>She spoke of some of the history and present day responsibilities relating to the position.</p> <p>The Chief Magistrate but does not sit on the bench. His over-riding interest is in the community. He has the responsibilities for all Royal visits to the county and the protocol of who should be presented.</p> <p>We finished up our meeting with an excellent tea made by our Committee.</p> <p style="text-align: right;"><i>Dawn Stevens</i></p>
--	--

FROSTROW W. I.

There were several members missing at the May meeting - some on holiday and some not well. To the latter we sent our get-well wishes. Our President, Anne Petyt, welcomed Jane Binney of the Federation Executive Committee who came to discuss the AGM resolutions with us. Anne also thanked everyone who had helped to make the recent coffee morning a success.

We heard that our team had enjoyed the Federation Quiz at the Bull Hotel, also the two members who visited Chatsworth House had had a wonderful day which all goes to show that Federation events are well worth attending.

Yorkshire Tea is still planting Trees for Life, so we were reminded to collect

tokens to help provide trees for Africa.

Six members represented Frostrow W. I. At the Lune Valley Group meeting in May, and several have booked in for Croquet Time in July, also for a Fashion Show at Milnthorpe. Two members were given the free tickets for the Holker Festival - lucky people!

Jane Binney was excellent in explaining the AGM resolutions in more detail before voting took place. The first resolution urges all levels of government to put in place renewable energy techniques in all new buildings. Everyone voted in favour of this. The second resolution concerns Sport for a Healthy Population, and makes recommendations for governmental steps to be taken. We had a few reservations

Sedbergh Office Services

13 Kings Yard, Sedbergh

Tel./Fax 015396 20788

Web Sites:

Get your business on the Internet

*We offer a full solution which includes design,
domain name registration and hosting.*

From small simple sites to large database driven sites

from £250

Monday - Friday: 10am - 4.30pm, Saturday: 10am - Noon

M WINN & SONS LTD
(Established 1894)
Sedbergh
General Builders & Joiners



Contact R. M. Winn
015396 20649

about the wording but were mainly in favour.

After serious thinking, it was a relief to hear readings - mainly humorous - by Margaret Copestake, Anne Petyt and Linda Hopkins, and finally, a Jacob's Join supper was enjoyed.

Florence Pickthall won the raffle and a photo was chosen to be entered in the Group Meeting competition.

On 14th June our meeting takes the form of an evening mystery outing, leaving Back Lane at 5.30 pm.

M. F.

HOWGILL W. I.

The May meeting was held at Firbank Church Hall on May 4th, presided over by Mary Silva who gave a warm welcome to everyone.

The five members who were involved with putting the tactile book together were thanked for such an outstanding effort.

The Annual General Meeting will be held at The Cardiff International Arena on Wednesday 7th June. The two resolutions are "Sport for a Healthy Population" and "Renewable energy technologies". We voted in favour of

these, Anne Petyt, our Link delegate is to be informed.

Three members attended the Group Meeting on 15th May hosted by Casterton W. I. Several of us are going to the Holker Hall Festival on the first weekend in June.

Names were taken for our summer outing to Newton Rigg Gardens near Penrith followed by high tea provided by Pooley Bridge W. I. This will be arranged for June 30th, arriving at 2.30 pm.

Speaker for the evening was Liz Cottam, a member of Arkholme W. I., who gave us a fascinating talk and demonstration on fleece embroidery. The fleece from the Masham sheep is the best wool to use with its curly texture. She explained the techniques used to achieve the straightening of the wool and the dyeing process to obtain the colour. We were all eager to have a go and were guided through a practical session making our own designs on a hessian backdrop. Liz brought items of her work along which were inspiring and effective.

Mary Silva thanked her for sharing her enthusiasm and flair for design in this interesting craft, which seemed an appropriate subject at this time of the year with sheep and lambs all around us.

The competition on the same theme was for something home made from wool. This was won by Lesley Hennedy with Mary Silva second. Raffle winners were Mary Silva and Audrey Hoggarth. A Jacobs Join and get together brought the meeting to a close.

We meet again on June 1st at Howgill Village Hall for a members evening.

A. H.

TIM FARRON MP

Since my last column in Lookaround you have elected yourselves a Liberal Democrat District Councillor, very well done. Thanks to everyone who went out on and voted for Craig I hope that over the next four years you feel that your actions were justified. As I am sure you are aware you were not alone in supporting a Liberal Democrat councillor and for the first time in its existence South Lakeland District Council now has a Liberal Democrat majority.

I read an article in last month's Lookaround expressing a degree of cynicism over the behaviour of politicians at election time; the author asked why is it only at election time that

politicians promise to sort out things that should have been sorted out years ago and also why candidates for the local election stood on the basis of national policies? Although I understood these sentiments, I was disappointed to read them. I have a profound belief that political decisions should be kept as close as possible to the people affected and that politicians have a duty to do their best to help the people they represent as long as they represent them. In fact I believe that even if you don't currently represent a ward or constituency then it is no bad thing to still work to help that area as much as you can. That way people have a reasonable idea what they will be getting if they decide to support you. Maybe the

COBBLE COUNTRY
property

We have 43 years of local knowledge of the area combined with over 23 years of active involvement in the property and business market of the Sedbergh & District area - that experience is available to you to assess how best to capitalise on your property investments whether existing home or business or redundant property.

If you are considering any future involvement in the market in Sedbergh, then please do not hesitate to call

59 Main Street, Sedbergh LA10 5AB

- building sales is our business -

let us help you find the answer to your problem - no obligation discussion at our office or by mutual arrangement.

Residential Sales & Lettings
Commercial Evaluation & Sales
Full Property Management
Holiday Lettings & Booking Services
Property Development & Planning

www.cobblecountry.co.uk

admin@cobblecountry.co.uk

Tel: 015396 21000 FAX 015396 21710

author has just been unfortunate in the politicians he has come across.

I hope that with Craig you find you have elected someone who will work hard for the next four years to achieve the best for the Sedbergh and Dent area and that his next election address tells you not just what he wants to achieve should he be re-elected but also what he has achieved locally over the previous four years. It will certainly help me a great deal to have a councillor who shares a lot of my views on what needs to be done in this area.

For my part much I have been lending all the support that I can to the efforts to keep the Sedbergh Auction alive. It will not be easy and, as with many of these local services that face a threat in rural areas (Post Offices are another example)

success will depend upon the support and hard work of local people and farmers in particular. At least some things are going better for the farming community, after much pressure, most of the single farm payments should have arrived by the time you read this. I have asked the Government whether they will compensate farmers for the interest they have had to pay on their overdrafts while their payments were delayed.

As ever, if I can help you with these or any other issues I would love to hear from you, you can reach me here at Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or by email at tim@timfarron.co.uk

Thanks for your support

Tim Farron MP



Nicola Bentham
Women's Mobile Beauty Therapist

- Manicure
- Pedicure
- Waxing
- Facials
- Massage
- Reflexology
- Lash & Brow Tinting
- Acrylic Nail Extensions
- St Tropez Fake Tan

* During June receive a 25% discount on all waxing treatments

* During June & July receive any tinting treatment and receive a free Eye Brow shape

015396 21744

For More Information Please Contact Nicola on 07835372214

NEW BUSINESS

Local Mum brings affordable Greeting Card Service to the Dales

Trish Woolf solved several problems at once when she responded to an advert in February's "Lookaround" and became an Independent Phoenix Trader. Not only has she found a fun way to work from home and still look after daughter Abbi, she's now never short of a greeting card, no matter what the occasion or how last-minute she is!

Trish, from Sedbergh, wants to tell "Lookaround" readers about the launch of her new convenient card-buying service and the various ways she can adapt it to the needs of the local community.

Phoenix Trading is the No. 1 direct card selling company in the UK. Started by

three mums in 1995, its success is driven by their focus on quality, style and exceptional value for money. Phoenix publishes a superb range of exclusive greetings cards, invitation packs, charity Christmas cards and gift wrap that sell at up to 50 less than shop prices.

When Trish first saw a Phoenix brochure and sample card she couldn't believe the price (all cards are £1 each or 90p for 10 or more) when the quality was so high. "How many times have I had to travel miles to a card shop only to be faced with very high prices when I got there? And that was when I remembered birthdays with time enough to plan a shopping trip!" says Trish. She immediately saw there was a need for someone to supply quality inexpensive

THE HEAD AT MIDDLETON

Nr Kirkby Lonsdale, Cumbria

Tel: 015396 20258

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



Accommodation available

Family Room From £75.00 ~ Double/Twin From £55.00 ~ Single From £35.00

Prices includes Full English Breakfast

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

BAR MEALS or RESTAURANT and a LOVELY BEER GARDEN
ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES

BASKET MEALS SERVED after 9:00 pm

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

USUAL OPENING TIMES

Monday to Friday open every evening from 6 pm

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

(Open for Lunch Fridays and Bank Holidays)

Proprietors: David and Elizabeth Martin

stationery products direct into her local community. The first event she did was a charity coffee morning in the local Methodist church and she intends to use sales to raise funds for the local playgroup next.

That's not all, Trish is keen that people see her product samples and is happy to drop some off and leave them for a few days with no obligation; she also can bring them when you have friends around for a coffee morning or cards and wine evening. If you collect orders from others, Trish offers 20 discount off your own purchase. If you want to become a trader yourself, Trish can help get you



started. She has received very positive feedback from her customers about both the products and the service ~ Trish will take orders by phone, post or email and deliver to your door or place of work.

To see the full product range, ask Trish for the latest brochure or visit www.phoenix-trading.co.uk then get in touch - maybe you would like to host a card party or have a fundraising need?

Trish Woof (Independent Phoenix Trader 12321): Suncroft View, Dowbiggin, Sedbergh etc. Tel: 015396 21644 or e-mail: Trishwoof@hotmail.co.uk

Starters		Fish Dishes	
Prawn Cocktail & Marie Rose Sauce	£3.90	Salmon Steak with Parsley Sauce	£9.40
Garlic Mushrooms on Toast	£3.40	Grilled Rainbow Trout	£9.40
Pate with Garnish, Toast & Butter	£3.30	Breaded Scampi	£6.80
Soup of the Day	£3.25	Breaded Haddock	£6.80
Egg Mayonnaise	£3.40		
Grapefruit Cocktail	£3.40	Vegetarian Dishes	
Garlic Bread	£2.50	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
		Rice Dishes	
		Chilli	£6.80
		Chicken Tikka Masala	£7.70
		Salads	
		Ploughman's Lunch	£5.40
		Cold Meat Salad & Roll & Butter	£6.40
		Prawn & Rice Salad	£6.80
		Sandwiches	
		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

THE HEAD AT MIDDLETON



Tel: 015396 20258
www.middleton-head.co.uk
enquiries@middleton-head.co.uk

Menu

SEDBERGH TOWN BAND

Dent Concert

On Wednesday 26th April the Town Band visited Dent for the fourth successive year to give a concert. In April 2003 the Band played in the Memorial Hall as part of the fund raising activities to improve the Hall's facilities. This was a ground breaking venture as far as the Band was concerned being the first occasion on which it had given a concert outside Sedbergh.

The intervening years have seen a wide diversity of venues, none more exotic than those of the six concerts given in Slovenia last summer. However it was still a great pleasure and privilege to return for the third year running to the delightful setting of St. Andrew's Parish

Church.

A fair sized audience heard the Band graciously welcomed by David O'Brian who complimented Bandmaster and Conductor Alan Lewis on the spectacular advances made by the Band in the few brief years since its inception.

The first half of the programme began with the rousing march, "Tarker 1,2,3," composed by Alan Lewis, and concluded with the every popular "Great Escape" in which the Band exhibited their whistling as well as instrumental skills.

The second half likewise began with a bang as the Band regained the audiences attention after a break for refreshments with their vigorous rendition of 'Bandology'. A feature of the second half was Sam Bottomley's solo spot in

VACANCY

Additional member of staff required

Full/part - time dental nurse to include some reception duties.

Previous experience preferred but not essential.

Full training given

For brief job description

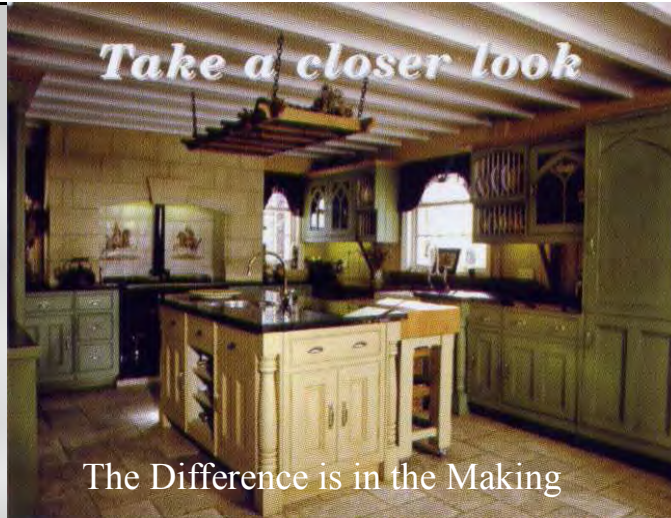
Telephone 015396 20626

CV plus hand written application to:

Ian Dawson

9 Finkle Street, Sedbergh, Cumbria LA10 5BZ

Take a closer look



The Difference is in the Making

COUNTY KITCHENS OF LEYBURN

PLEASE ASK FOR OUR COMPLIMENTARY BROCHURE, TELEPHONE 01969 624274

Showroom: Belle Vue Offices, Market Place, Leyburn, North Yorkshire, DL8 5AW

Visit our Web Site: www.yorkshire-kitchens.co.uk

Open: Monday to Friday 9am - 5.30pm and Saturday 10am - 1pm

'Drummer's Delight': her confident, enthusiastic playing of this item fully justified the recent award made to her of the President's Cup for the most significant progress made by a band member in the course of the past year.

Numbers new to the Band's repertoire featured strongly in this second half: 'Hello Mary Lou', two pieces of film music, 'Beyond the Sea' and 'The Day After Tomorrow', and the rejuvenated 'Is This the Way to Amarillo?' were warmly appreciated by the audience. The demand for an encore was satisfied by the playing of the band favourite 'Instant Concert'.

Band News

Cadet's Success. The Town Band

percussionist Samantha Bottomley attended a CCF/ACF Combined military and music course during the Easter holidays held at Altcar, Liverpool. The musicians were divided into four bands starting with the least accomplished, one star, up to the more advanced, four stars. Samantha was placed in the top category and in spite of fierce competition was awarded a gold medal as the student who had made the most progress.

Blackpool Trip. On Tuesday 30th May most members of the Band will be going to the Norbreck Castle Hotel in Blackpool for three nights. The mornings and evenings will be given over to lessons, rehearsals and sectional practices

(Continued on page 42)

in the hotel's conference room where they will be joined by members of the Blackpool Brass Band. This brief stay will culminate in a concert to be given in the hotel.

Band Family Increases. Our congratulations go to Mark Hodgson (Cornet) and his wife Liz (Flugle) on the birth of a daughter, Esther Rose. Esther is a sister for Hannah (Cornet) and Christopher who has just joined the beginner's class, also playing the cornet.

Cobwebs Orchestra. On Saturday and Sunday 6th and 7th May the Cobwebs Orchestra (based on the Sage, Gateshead) held a course in Sedbergh School's Powell Hall. Regular members of the orchestra were joined on the Saturday by Sedbergh School pupils, Pepperpot

players and four band members, Hilary Hodge, Sue Cox and Jaimie Wallace-Woodroffe all cornet, and Sandra Cotterell (tuba). The day was spent rehearsing pieces for a concert given in the evening.

Textile Exhibition. The wide ranging talents of euphonium player Laura Rosenzweig will be demonstrated in the textile exhibition in the Kendal Brewery Arts Centre which she shares with two other exhibitors. The exhibition has been described by a critic as "three distinct voices explaining their individual journey amongst the stones to arrive at an harmony of expression with tactile qualities in abundance.

Parish Councillor. Our congratulations go to indefatigable band secretary and

SEDBERGH'S FAMOUS DINNER THEATRE

presents



OLEANNA

by David Mamet

starring Lucy Gradwell, Hugo Chandor



People's Hall, Saturday July 1st 6.30

Tickets £9 – to include fork buffet & a glass of wine

Parties of 8 or more will receive one free ticket

BOOK EARLY – tickets from Sedbergh Tourist Office

cornet player Hilary Hodge on her election to the Parish Council in the recent elections. She also takes up another post as a member of the People's Hall Committee.

Dent Heritage Centre. The Town Band willingly responded to an invitation to contribute to the celebrations attendant on the opening of the centre on Saturday 13th May.

Members of the Band erected their marquee on the exhibition site on the preceding afternoon in glorious, hot sunshine. It was disappointing to wake up on Saturday to rain and a dramatic plunge in temperature. However, although the temperature remained low and cloud cover persisted all day the rain petered out in time for the

commencement of the entertainment.

The thirty five strong Band played a varied and lively selection of numbers from eleven until twelve after which half an hour's break was taken for refreshments and the official opening of the centre by local M.P. Tim Farron.

After the break the Band demonstrated the full range of their repertoire during a further hour's play.

June Programme of Events. The Band have three engagements in June. On Sunday 4th they will be accompanying the hymns in a joint Church Service. Saturday 10th sees the Band opening the Sedbergh Music Festival in St. Andrew's with a concert. The third engagement is the Annual Summer Concert on Monday 26th in the People's Hall.



The Swan Inn & Restaurant

on the A683 between Sedbergh & Kirkby Lonsdale
015242 76223

A delightful Country Inn Since 1590

Cumbrian Real Ale Guide + Former CAMRA Pub of the Season

set between Sedbergh and Kirkby Lonsdale,

The Swan, with spectacular views looking up towards Middleton Fells, offers an extensive range of Home Cooked Fayre as well as A-La-Carte Menu.

Enjoy your meal in either our well stocked Bar or in our lovely Old Restaurant complete with cosy large Log Fire's throughout or in our Huge Beer Garden.

We offer a large range of Malt Whiskey's (40 in all) and our Cask Beer range has been awarded by CAMRA.

Cask Beers for **June** include:-

Timothy Taylor Landlord; Theakston's Best Bitter as well as others.

Children welcome with separate menu, high chairs and outdoor play area.

Opening Hours

Open Every Day from Noon • Food Served all day till 9pm

Sunday Lunch £6.95 Bookings Advisable

BUFFETS & FUNCTIONS CATERED FOR

MUSIC AND NOISE

BBC Radio Cumbria have a current station strap-line declaring themselves to be 'the soundtrack to your life'. I'm not sure I want any radio station to programme the musical coaxial cable running either in my head or in my life. In any one day, I will hear Arctic Monkeys, Radiohead, Jonie Mitchell, Bob Dylan, Bryn Terfel, the Berlin Philharmonic Orchestra, the Watersons, the sublime Westminster Cathedral Choir singing Victoria, Sonny Rollins, and late night anything weird and wonderful on Radio 3's 'Late Junction', or last of all lasts, Brian Eno's Ambient 2 or One Day on Earth or Jocelyn Pook. But is there a single radio station that could or would handle that variety of output? No chance. Would I want there to be? No chance. The soundtrack to my life is mine, evolved and evolving over years of listening experience. Because I listen to some jazz does not mean I don't like folk or Chris Martin or string quartets. They

each have a place. And each makes me think differently and respond differently at any one point in space and time.

Take the Sedbergh Music Festival. Most is 'classical' – whatever that means – it takes just a little bit extra getting into, but it stays with you and haunts you with new languages and ideas. No, whether you know it or not, actually, it has stayed with everyone. Most of the best bands around these days have their roots very firmly in musical education at schools and colleges in Mozart, Mahler, Beethoven and Wagner. So when you hear the amazing solo flute piece 'Syrinx' by Debussy, or the Bach Cello Suites (both of which are programmed for this festival), you are tapping into a deep, and serious river that informs all musicians of whatever genre. One of the great jazz pianists of our day is Bradley Meldau, and on radio he gave a summary of his influences – Bach, Beethoven, Stravinsky, as well as the jazz giants Bill Evans and Thelonius Monk. Outside rock

KAY WHITTLE

BSc PhD MSSCh DipPod Med MBChA

CHIROPODIST

HPC Registered

Surgery on Bainbridge Road

Please call ☎ 20195 (evenings)

To make an appointment

and blues music, who did Eric Clapton revere? Bach. These guys are into saying this NOT because it brings them some kind of spurious cred, but because it's true. At some point in their lives, they were either made to, OR were brave enough to say 'hey, what is it that these 'old guys' have? Why is it that for literally hundreds of years this music has changed lives, led nations, made marriages?' And you can add goes on doing it? What is it in that music to be



ORGANIC FARM SHOP
 Fresh produce,
 packaged dried and chilled goods
 and household cleaning products
DELIVERIES TO YOUR DOOR
 Organic fruit and vegetables
 and shop items
SETTLE MARKET (Tuesday)
 Fresh fruit and vegetables
 Tel/fax: 015242-51723
www.growingwithgrace.co.uk

heard at St Andrew's in mid-late June that stirs and feeds and makes people wonder. In exactly the same year that I first heard and raved to the Beatles, I was totally gobsmacked by Beethoven's Fifth symphony. I knew nothing about its structure, or its revolutionary orchestration or whatever. All I knew was that it shouted something in my head that has stayed with me since.

For school students, this Festival is FREE, so you don't have to stay for

**looking for
 affordable top quality
 greetings cards and stationery?**

Phoenix Trading publish a fantastic range of products which sell as up to 50% less than high street prices.

Cards are £1 each / 90 p for 10 or more

For a free info pack or to host a card party, contact
 Trish Woof • 015396 21644
 Trishwoof@hotmail.co.uk



INDEPENDENT PHOENIX TRADER 12321



everything to get your money's worth, just try something. Dip in and out. Bring a book, bring your homework and sit there and do it, but dip into it. Don't bring your MP3 player – *this* time let something brand new engage you. And if you want to know why it's on the programme, then ask someone there who may know. If you want a quick recommendation, then look out for the Bach Cello suites, Faure's Requiem's and its famous big tunes, and finally the 'total theatre' of Britten's 'St Nicholas'. Maybe you'll be baffled – well, that's OK, and a pretty good place to start from. After all, some times it's what you know that stops you exploring!

Stuart Manger

Paul Hoggarth

Building Contractor



015396 21413
07968 977429

Hawgills Gift + Home



The only place to shop on Back Lane!

FESTIVAL 2006

The final concert of the Festival will be given by Sedbergh Summer Singers, soloists and orchestra. The performance lasts about an hour and will be a fitting end to two weeks of music making. The work tells the story of St. Nicolas.

Saint Nicolas was given its first performance on the opening day of the Aldeburgh Festival in June 1948, though its official premiere was to take place six weeks later at Lancing College. Britten had been commissioned to write a work for Lancing centenary, and the Sixth Form Master, Basil Handford, knew the Hymn to St Cecilia, and suggested "Hymn to St Nicolas", patron saint of children. Handford writes:

"Tell me about St Nicolas," said Ben. So I told him about the legends. Almost immediately he saw it as a series of episodes: "It will have to be a cantata, I think." Esther (Neville-Smith) suggested that I should write the libretto. That

would have been a great honour, but rather, I fancy, to the relief of Ben I demurred. "Never mind, Eric Crozier will do it."

By December 1947, Crozier had finished the libretto for which he had read volumes of history and legends of the early church. On December 18th Britten wrote: "I am beginning St Nicolas and enjoying it hugely. It'll be difficult to write, because that mixture of subtlety and simplicity is most extending, but very interesting." It was his first big work for performance chiefly by amateurs; "there is something very fresh and unrestrained in the quality of the music provided by amateurs" he commented.

The cantata opens with Nicolas addressing the audience "Across the tremendous bridge", but the real time-travelling in the work has been done by Britten, who has journeyed back to childhood. The saint's life story begins with a waltz song depicting his birth and

CHARLESWORTH

THIS TEAM "LEAVES" IT CLEAN!

Fencing Specialists & Tree Care

Covering the whole of Cumbria & North Lancs.

Domestic/Commercial/Agricultural



- Agricultural & Garden Fencing
- Rustic & Panel Fencing
- Post & Railings
- Sawmill Facilities
- Horse & Rabbit Fencing
- Stock Proof & Deer Fencing
- Temporary Site Fencing
- Wood Chips/Bark Peelings
- New for 2005 - Stump Grinding Hire

Fencing Materials - Treated Timber Sold

Call Gavin today 015242 71840
or Woodyard 015396 20006

Firewood Sold

The Wood Yard, Old Railway Goods Yard
Middleton, Nr Sedbergh LA6 2NE

infancy and this ends with a vivid depiction of Nicolas reaching puberty. The words "God be glorified!" until now sung by a treble, are suddenly heard from the tenor soloist. However, the cantata reverts to its childlike manner with an account of Nicolas miraculously quietening a storm, with solo reflections of regret for the corruption of man. All the dramatic weight lies in the children's contributions, supported by two hymns. As performers and audience join together the cantata allows its participants to re-experience childhood church-going. The climax of St Nicolas comes in the seventh number "Nicolas and the Pickled Boys" in which a group of exhausted travellers mourns three boys who have gone missing in a time of famine. They sit down to eat at an inn, but Nicolas warns them not to touch the food; it is the flesh of the boys. He sings an invocation, whereupon the boys, restored to life, walk in, singing Alleluias.

E. M. Forster had nothing but praise for St Nicolas. "It was one of those triumphs outside the rules of art which only the great artist can achieve" he wrote after the first performance.

Extracts from the Biography of Benjamin Britten by Humphrey Carpenter.

THOUGHT FOR THE MONTH

Exam time again! I remember it well, the arguments and tantrums and that was just from the parents! The long hour of revising out in the sunshine and spent on the phone comparing notes, of delivering anxious child for an exam or collection afterwards.

Life is like an exam, but we only have one shot at it, cannot go back and try again, no re-sit in the autumn! However our mistakes can be erased, not by a bendy rubber but by Jesus, by our coming to Him in repentance asking to be forgiven.

L. D.

**DENT VILLAGE
HERITAGE CENTRE**

After 25 years of collecting Dales memorabilia and 4 years of planning and designing, the Heritage Centre finally opened on Saturday 13th May.

Thank you to Tim Farron, our local M.P. for cutting our ribbon and declaring us open.

Although it was a wild day, we were very happy to see so many people. How pleasantly surprised they were with the layout of the centre and how far we had progressed for opening day.

A big thank you to everyone who helped us. Without the team it would not have been possible;- in the early days, with



endless paperwork;- to the professional craftsmen, researchers, filming person and the willing volunteers who kept morale high. And to all who helped so willingly over the last 2 years, releasing treasures, photographs, memories and their time to make the Centre so special for Dent.

We have been very touched by all the good wishes, cards, flowers and present.

Jim and Margaret

DRY STONE WALLING

Judge: Mr Steven Allen, Tebay

A Silver Cup to be competed for annually, given by

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

Cammed Dry Stone Walling

within a 12 mile radius
of Ravenstonedale Church.

Senior & 16-25 year old Prizes:

1st £10; 2nd £8; 3rd £6

and a Cup given by Mr John Jackson
for under 16 year olds.

To be completed and entered (£1)

by 2nd July 2006.

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





PHOTO CALL

I have had no feedback on the last 2 photos but I have been in Scotland for a while so that may be the reason.

This month I have something a bit different. Dentdale Players, date unknown. I know a few names but would like to know all of them. The photo was kindly provided by Susanne Lifford nee Woof.

Answers to Shirley Tebay, Walnut Bungalow, Dent LA10 5QT or phone 015396 25001 or email shirley.tebay@btinternet.com

Shirley Tebay

Dear Editors

We have been privileged in recent months to have high quality entertainment performed here, in Sedbergh, through the Highlights Rural

Touring Scheme. Highlights is a network of 50 village halls, schools and community centres who are committed to offering professional events in their community.

Sedbergh CDC are part of the Highlights network and through their efforts we have been provided with first-class drama, folk music, cello music and Appalachian step-dancing. What a treat not to have to drive to Kendal, Lancaster or further afield, but to have the entertainment right here in the People's Hall. What is more the ticket prices are subsidised and therefore amazingly good value.

Many thanks to Rosie and Chris at Sedbergh CDC for organising Highlights in Sedbergh. I look forward to the next season.

Judith Bush

**SEDBERGH & DISTRICT
BEEKEEPERS' ASSOCIATION**

Last month I said, "hopefully the bees (and the weather) will yet surprise us!". They have!! This odd spring became glorious summer overnight, with temperatures soaring to 24C, before sinking back to the wet, windy, and cool formula again. Our bees made the very most of the explosion of blossom and enjoyed what we call a short 'honey flow'. But the queens also went into overdrive and our first detailed inspections of each of our hives showed that most members' colonies were bursting with adult bees, brood (eggs, larvae, and pupae), and stored honey and pollen, and some were short of space for the queen to lay - a certain recipe for some to decide to swarm!! Early!!

A record number of members and guests listened to Tommy Brooks as he described the practical aspects of planning the beekeeping season at our last evening meeting of the spring and

Philip Horner
Fencing & Walling

Man & Tractor
Any agricultural work undertaken
Tel: 015396 21984
Mob: 07855 349157
e-mail: phorner@hotmail.com



**TREADWELL
FLOORING**

Suppliers, planners & Fitters of Carpet,
Vinyl, Laminate & Wooden floors

1,000's of samples to choose from.

~ **Written quotations** ~

*Carpet Cleaning Service
also available*

Call Nicola or Gordon Sproul

Tel: 015396 21175

Fax: 015396 21142

visited our chairman, Vic Hopkins', apiary at Brantrigg on a perfect Saturday afternoon. The new and novice beekeepers had the ideal opportunity to see for themselves exactly how the bees in all his hives had taken full advantage of both the excellent weather last autumn and (at times!) this spring, to emerge from winter much stronger than expected. Although there were no signs that they were considering swarming (producing several specially large brood cells to nurture new queens, one of which takes over the rest of the colony after the reigning queen has departed with her swarm of workers), other members have already had swarms emerge from their hives - much earlier than usual!! A strange season indeed!

Although the weather was back to its old tricks again, we were delighted that so many visitors came to our promotional stand at the formal opening of the Dent Heritage Centre. Vic Hopkins, John

EXPERIENCED DRESSMAKER

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

Rogers, and Tommy Brooks, were happy to be bombarded with questions about both ancient and modern ways of keeping bees.

Our first meeting in June is at 2.30pm on Saturday 10th June at novice beekeepers Charles and Christine Brown in Barbon Village. Their apiary is beautifully located above Barbon Beck. The topic for this meet is "Find that queen!". Although seeing eggs in the brood chamber of a hive is proof of a healthy queen, there are many manipulations, particularly during the swarming season, when it is important to find the queen. It is always a delight, too. Queens are very shy, and quickly move into a dark corner, so a sharp pair of eyes are essential!

Our major public event of the year is our 4th Annual Summer Beekeepers' Convention on Saturday 1st July. As usual it will be held from 9.30am in the People's Hall. Each year we have judged the convention the 'best ever', and this year's will be the same! We have an all-lady line-up of speakers covering a wide range of interests, from "Bees need plants, plants need bees" to "The beekeeper's wife" (after which my

MARK DODD

Interior & Exterior Work Undertaken
Free Estimates



015396 25375
015396 21617
078156 67328



PAINTER & DECORATOR

reputation will be shot for ever!). Do call if you would like a brochure.

Malcolm Fraser-Urquhart

CLEAN PAVEMENTS ON MAIN STREET

Ladies and Gentlemen, Teenagers and Children of Sedbergh.

At the moment The Chamber of Trade, the Parish Council and Sedbergh in Bloom are trying very hard to make sure that the town centre is looking really smart and clean this summer.

"Bomber" has been power washing the pavements and scrubbing and scraping the pavements to remove the stuck and flattened CHEWING GUM, particularly in front of the bus shelter and sweet shop.

Soon "Sedbergh in Bloom" will be planting tubs and hanging baskets.

Please try to be extra careful this year about throwing litter and chewing gum onto the street, and don't be tempted to pull plants out of the pots, there are plenty of bins please use them!

If we, the people of Sedbergh, are careful then we can expect visitors to be careful too. Help us to make Sedbergh clean and pretty this summer, Please.

GROWING WITH GRACE

OPEN DAY 15 JULY

Growing with Grace is an ORGANIC vegetable nursery in Clapham. We run a delivery scheme, bringing fresh ORGANIC fruit and vegetables to people's doors. We have an on-site ORGANIC shop selling fresh, chilled and dry products.

You contribute directly to this enterprise through the Craven District Council BROWN BIN SCHEME. GWG turns your garden waste into compost in which a wide range of vegetables are grown. Through this scheme, Craven District Council directly support the growing of healthy, organic food for local people.

We have our **OPEN DAY** on Saturday 15 July from 11.00 – 4.00pm and invite you to visit us. Come and find out about ORGANIC vegetable growing, where your green waste goes and how our bag scheme works. Sample organic food, visit the organic shop and learn about the nutritional value of juicing ... and more.

The debate over the value of healthy eating rages in the press and on television. Obesity, one of the outcomes of unhealthy eating, is deemed to be a

National problem (we even have a minister in the government whose purpose is to tackle it!). Our purpose is to provide highly nutritious food, free from additives.

The National press and television (Jamie Oliver in particular) now constantly tell us that the additives in much of the food we buy is not good for us. We learn, for example, that some foods are full of salt, fat and/or sugar to make it more palatable (the now well-known story behind a fast-food outlet explains this well). Zoe Williams remarked in the *Guardian*: 'it is not a coincidence that cheap food is loaded with fat and salt because otherwise it doesn't taste of anything.' (*Guardian* Newspaper May 10 2006).

The argument against organic food usually centres on cost and value for money. Supermarkets know, too, that customers are swayed by the aesthetics of food - what it looks like, perhaps influenced by the power of advertising. In relation to food, particularly fresh food, visual quality can be perceived by some people to be more important than taste and nutritional quality.

However, there is generally a tendency, with all things we buy, that you get what you pay for. In other words, quality does cost more. So it is down to choice – spend money on food that does you good or spend money on food that is cheaper.

What is indisputable is that ORGANIC food, whether fresh or manufactured, represents better quality and taste – see the Soil Association's website for information (www.soilassociation.org).

Carpet & Upholstery Cleaning



- Powerful "Truckmounted" machine
- NCCA registered
- Fully Insured
- Free advice/quotes

Call Neil on 01539 723151

Quality means essentially that the food does its job better – it builds healthy bodies and minds and keeps them that way. But equally important, organic food does not import things into the body that the body does not need (toxins).

Processing and removing toxins places a strain on the body's systems and can contribute to ill-health.

So, if you would like to find out more about health, organic food delivered to your doorstep, come and see us at our open day on Saturday 15 July. We will look forward to seeing you.



EDWIN MIDDLETON
JOINERS
All aspects of site joinery work
30 years experience
We design, manufacture purpose made joinery in our own workshop.
All your requirements fully fitted.
UPVC windows & doors
Free Advice and Estimate
Phone: 015396 25431 or 015396 20074
Mobile: 07779 049103 or 07814 149105

APRIL WEATHER

Well, April's showers were fairly gentle to us really. Although we registered 2.60 inches of rain we had some dry spells also such that I was able to cast of my wellies, if briefly. It was a fairly breezy month with only one day when the wind speed didn't reach double figures. The maximum recorded was 21 mph. from the north west. Again only on 8 days in the month did the wind blow from any other direction than the north west. Daytime temperatures were reasonable improving generally as the month progressed. 8 days

reach the 60's F and twice 70's F with a maximum of 70.9F. There were some cool nights with 4 sub zero and 11 more in the 30's F. The minimum temperature was 24.6F on the 5th. It was also interesting that on 11 occasions the minimum was actually at the time I was taking the readings at about midnight. On one of the sub zero nights the wind chill temperature was 12F! Not a good night to be born if you were a lamb!

The variable weather produced some interesting activities around and about. Nesting was progressing for starlings and blackbirds with us. By the end of the month the blackbird had 4 eggs in the clematis by the back door. The first swallow was back on the 14th. It looked like the male that nested in our kennels last year. Lots more were back by the end of the month including his mate. On the warmer days peacock and small tortoiseshell butterflies were on the wing as were bees and bumble bees. The butterflies were ones which had hibernated. Orange tip butterflies were fluttering around the milk maids in the field. Let's hope they have laid some eggs on the plants. Owls continue to call, one most afternoons, though I haven't traced it yet. The last few stragglers of the fieldfares and redwings passed through on their way north early on. The keen winds have "scorched" several shrubs which had put on new growth. The midges have hatched off their first broods in the water butts and snails and slugs are active in the milder spells. The hellibores have set a lot of seed as a result of the attentions of the bees.

WESTWOOD HO!

Excellent eats and copious drink, fabulous weather, much laughter and canny schmoozing, graceful and unflinching service from the very user-friendly Westwood team – all this was the cocktail that fizzed and sparkled for the official opening of the huge new, ever-welcoming Westwood Books ‘empire’ on Long Lane, and the international launch of Sedbergh as England’s only Book Town.

And did they come from all over or what! Booksellers and antiquarians and bibliophiles from Chester and Cardiff, Hay and Edinburgh, the Farfield team in strength, Chamber of Trade, Cumbrian funding streams – RRC, SLDC, Arts Council, the whole Sedbergh Book Town board of directors, Border and BBC, almost every magazine and newspaper that serves the area, local writers and reading groups, a bevy of Head Teachers and representatives from Sedbergh Primary, Settlebeck High, Sedbergh School, and Baliol, local traders and much-travelled tourists, Parish Councillors new and old, County Councillors, the ex-High Sheriff! Mark Westwood had been up for 7 a.m. interviews on Radio Cumbria with Martin Lewes, and then moved like a cabinet minister from TV crew to TV crew, journalists and photographers.

Cllr Joe Nicholson welcomed the whole initiative, Terry Fletcher – Editor of ‘Cumbria’ and ‘The Dalesman’ - spoke of his pleasure at being main sponsor for the Festival, Mark Westwood outlined the huge economic advantages Sedbergh had in being within reach of a potentially massive raft of ‘day out’ visitors, and

Richard Staley

for

Dry Stone Walling

also

Garden Landscaping
Paving • Gravel • Turfing
Stone Facing • Garden Walls
&
All Your Stonework Needs

Tel: 015396 23263

The Bolt Hole, Ravenstonedale, Kirkby Stephen

www.drystonewall.biz



Richard Pealing – Policy and Planning Officer for Cumbria RRC – congratulated both Carole Nelson and Mark Westwood on their vision for the town, and was delighted that RRC had been instrumental in providing vital seed-corn capital

The announcement by Hilary Hodge – Book Town director and Parish Councillor - that Sedbergh had been elected to the International Organisation of Book Towns was greeted with much enthusiasm. This is a real feather in the cap of Carole Nelson and the whole Book Town team who have worked so hard to start, fund, and launch this enormous project as part of the regeneration of Sedbergh after the quiet devastation of Foot and Mouth. Traders on the street have spoken to ‘Lookaround’ of increased business, and with new and inviting eating places opening on Main Street, there is a buzz about the place that bodes well for the future.

Dear Editor

Hi my name is Max. I am a 9 year old Springer spaniel that has recently been rescued from a life in kennels having being deserted by my previous owners and I have also suffered some mistreatment in the past.

My new owners Anne and Larry have had me for about 6 weeks and have just taken me on my first holiday to Dent. We had a lovely time and I am writing to thank everyone for making me so welcome. I would particularly like to thank Margaret for letting me stay in her brilliant cottage. I had gourmet biscuits provided by Dave, Jacqui and Steph at Meadowside and I took Larry to the pub on our 2nd night before I went to bed. All the regulars made me very welcome and I met some new canine friends. I also took Anne and Larry on further trips to the Sun Inn and Anne insisted that I behave myself (spoil sport).

My life has been transformed since I moved into my new home and I have already trained my new Mum and Dad to meet my every need, I think humans are a soft touch but I do appreciate a bit of love and affection and I look forward to many more trips to Dent where I am sure I will continue to be spoilt rotten.

Many thanks to all the people of Dent for a fabulous week .

Max



COUNSELLING

Bereavement ▪ Loss inc. identity ▪
Relationships ▪ Separation ▪ Change ▪
Work issues ▪ Post-natal depression ▪

Parenting issues ▪ Low self-esteem ▪
Unresolved life trauma ▪ Ill health ▪
Stress ▪ Anxiety

It is not always obvious what is causing our distress or low mood but the above are just some of the issues which may bring you to counselling.

Counselling is not about advice giving or 'sorting out' a problem but is there to provide you with a respectful and non judging relationship in which you can explore and express your thoughts and emotions. Through this process of exploration a deeper understanding and insight will emerge and with it the prospect of moving forward.

The relationship between counsellor and client underpins the usefulness of counselling the building blocks to that relationship include trust, empathy and integrity

Not everyone finds it easy to put words to their feelings so there is also the possibility of using artwork and the written word within our sessions.

About myself.

Since completing my Diploma in counselling in 2002 I have worked as a counsellor within the NHS primary care trust, GP's surgeries and for South Cumbria Rape and Abuse Service.

I am a member of the British Association for Counselling and Psychotherapy and abide by their code of ethics and conduct. This includes confidentiality.

If you would like to explore the possibility of counselling further please give me a call. A free half hour introduction session is also available.

Contact Nicky Lavery Sedbergh 015396 20944.

FAMILY MUSINGS

What a delightful day we have just been part of. the opening of the Heritage Centre in our village, what an amazing number of folk had "come back" to their family home for the event! M and I put together a display of photographs of what the village used to look like including old newspaper cuttings and wow wasn't it popular! Time and time again we would ask the people crowding around us "Have you a Dent connection?" to discover that yes they had, sometimes going back long before our lifetime but then someone else would pipe up with "I remember you" or be some relation!

Quite a number of people remarked about a previous vicar of the dale, the late Stanley Bennett, and when I told them that all his three daughters, one of whom is part of our family, were all in the village for the event the reply was usually "Are they wearing name badges" or "We will just look for Mrs Bennett, they all look like their mum!" Later in the evening over a lovely family meal out we learned that all three sisters have soft-topped cars and one of them suggested they all went out in them at 9 am next day, this could not happen as one sister



MK CONVERSIONS
Four Lane Ends, Marthwaite
Sedbergh LA10 5ES
Tel: 015396 22038
Fax: 015396 22039
Builders, Joiners & Roofing
Contractors

hadn't come in hers so the soft-top procession could not happen.. some bright spark then said "What a shame, the Bennett sisters topless would have really raised moral!" (*Careful. Ed!*)

Cleo is doing really well, younger daughter took her on a very long and arduous walk recently including up Flintergill to Barbondale and the only visible side-effect was the mud she brought us back. She made two new friends recently, and slept on as they both climbed up onto my brothers lap to say hello as only dogs can. (I thought I must make it clear it wasn't the Bennett sisters climbing on his lap!)

As I write this our Silver Wedding is just a week away, we hope for a lovely warm evening as we celebrate here in the garden, there will be a great deal of activity here during the next week as we get rid of the weeds, next door has great activity as work has begun on the building of a smaller house in the garden of their large house, we wait with interest to see what is dug up as the area used to be the site of the old Woodyard and all sorts of things would be thrown out and about, it was a magnet for us local kids who would play for hours and give rides

Daphne Jackson
MSc (Ost) DO
Registered Osteopath
BUPA Provider

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

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

in the old wooden bogey cart.

Most arrangements have been made for elder daughters wedding and I think Daniel is getting more adjusted to our family, our little quirks and fanny ways, ie his future mum-in-law buying herself a children's play house as a "quiet place" for one!

The main event in April was the Blessing of the Legal Partnership between my elder brother and his male partner of over 40 years, some of us were able to go, got lost and arrived at the church after the celebrating couple, I am told I was a great success, although they were unsure if it was my hat or my speech, at the close of the latter I asked if this Blessing meant I had now acquired a "sister-in-law or a brother-in-law?" For a second there was utter silence then everyone, about 130 folk, began clapping and cheering and stamping their feet!

What a girl!

SINGING IN SLOVENIA

July 31st to 7th August

Join Howgills' Harmony on a Singing Holiday in Zrece.

Including Music & Learning CD in advance.

Lifts to airport, transport in Slovenia, accommodation, food etc.

Tel: 015396 21166

Also Summer Singing Walks Tuesday Evenings throughout June. All Welcome

SEDBERGH FIREFIGHTERS IN SUPPORT OF A SPRING CLEAN

As spring is in the air it is a natural instinct for us to tidy, clean and freshen up our homes.

Fire Officer Tom Donnelly of Cumbria Fire and Rescue Service said: "Many

fires, which occur in homes, industry or businesses, are because of poor house keeping. Litter and cleaning up the environment are both issues relating to fires. Litter which is not disposed of properly can cause fires and fires can have a detrimental effect on the environment. Some simple steps can prevent risk. Spring is a time for a fresh look".

By following this advice your safety can be improved and the risk of fire reduced.

- Never empty smoking materials into bins in the house. Empty them into a separate metal container with a lid and preferably place outside.
- In the house make sure your escape route through external doors are not blocked.
- Close all doors before going to bed at night.
- Never burn rubbish on an open fire in the home and always have a fireguard in place.

Try and keep combustible rubbish away from buildings, this is especially true for businesses with large amounts. If it catches fire or is set alight it can spread to the building.

In closing Mr Donnelly said: "We all have a part to play in helping to create a cleaner and safer environment. Our experience as firefighters tells us that all too often fires could have been prevented and we want to stop them starting in the first place. We ask you to take a fresh look at the way you treat and dispose of litter and help us to make our community a safer place."

If you would like a FREE home safety check and a FREE smoke alarm please call FREEPHONE 0800 358 4777

HOLIDAYS

Thinking about your next holiday, Why not try Slovenia?

The amazing variety of settings packed into an area no bigger than Wales makes Slovenia feel like Europe in miniature. The smallest country in Eastern Europe, measuring just 20,256 sq. km. Slovenia shares borders with Austria, Italy, Croatia and Hungary. Much of the country is mountainous, culminating in the north-west with the Julian Alps and the country's highest mountain Mt. Triglav. Two of its rivers, The Sava & The Drava empty into the Danube Basin, whilst the Soca flows through western Slovenia into the Adriatic. The climate is said to be temperate, with four distinct seasons, however there seems to be three distinct areas, the North west of the country has an alpine climate, the coast & Western Slovenia has a Mediterranean climate whilst eastern Slovenia has a continental climate with hot summers & cold winters.

For the past few years a coach holiday has been organised leaving from the Lancaster/Bentham area. The trip in 2005 to Lake Archensee in Austria proved to be another winner. We had good food, good hotels, and best of all good

WHEN ONLY THE **BEST** WILL DO
JOHN NEWSHAM
for Quality Interior Fittings

Full Design and Installation Service for
KITCHENS ~ BEDROOMS
Bespoke Home Office Furniture

Tub Hole, Dent Tel: 25486

company. We are a group of mixed pedigree, most of us over 40, but we also enjoy the company of younger people. We are built for comfort, not speed, and so our holidays are planned at a leisurely pace, with no overnight travel, plenty of comfort stops, and once we reach our destination, we try to keep travelling down to a minimum enabling us to enjoy the areas we visit. There is a nucleus of people who come with us every year, but there are always some spare places.

This year our trip is to Slovenia one of Europe's most delightful surprises. The fairy tale Bled Castle, breathtaking takes, scenic caves and lush Valleys, along with the coastal towns on the Adriatic are just some of the great attractions awaiting us, all accessible at much less than the cost of similar place in Western Europe. The amazing variety of settings packed into an area no bigger than Wales makes Slovenia feel like Europe in miniature. An added bonus is that Slovenia is a nation of polyglots, making communication with its helpful friendly people less difficult than we may think.

The trip leaves on Saturday August 12th returning on the 23rd. Why not join us. More details from Susan Adams. 015242 61182

At the **Chair Workshop**

- Chair seating & supplies
- Tuition
- Tool sharpening

- ❖ Bead jewellery
- ❖ Restringing
- ❖ Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.
Tel: 015396 21489

ART & CRAFT

The Burton-in-Kendal Art & Craft Society are holding their 2nd Annual Exhibition of work on Saturday 17 and Sunday 18 June 2006, in the Burton Memorial Hall, Main Street, Burton-in-Kendal. The exhibition is open to the public between 10.00 am and 4.00 pm on both days, entry is free and refreshments are available.

Around forty artists will be showing their work in this year's exhibition - covering the whole range of watercolour, oils, acrylics, pastels and mixed media; this year's guest artists will be Colin and Audrey Whittle, both fine watercolourists.

Up to twenty different crafts will be displayed - these will include spinning, traditional stick making, quilting, wood turning, silver jewellery, needlecrafts, canalware, and pottery - with some crafters giving demonstrations during the weekend.

A display of artwork produced by the children of the Burton Morewood

ACUPUNCTURE



I treat
a wide variety of conditions.

Free Half Hour
initial assessment
and telephone advice.

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh
Tel: 015396 20972

School will be displayed on the Hall's stage during the exhibition.

Artists and crafts persons are invited to display, demonstrate and/or sell their work at the exhibition; a small commission will be charged on any items sold. Anyone wishing to exhibit is encouraged to contact Gill Chaldecott at The Old Schoolhouse, Burton, as soon as possible, telephone (01524) 782402.

Membership of the Art & Craft Society is open to all artists and crafts persons, and includes free entry to all events on the programme and to the annual exhibition, and use of the Society's Art Library materials. This year's programme - which runs from September to August - has so far included demonstrations on using acrylics, using pastels, and a bead workshop.

Killington MARQUEES
FRAME & MINI MARQUEES
Weddings, Garden Parties & Corporate Events

Call us for all your requirements
Tel: 015396 20602

killingtonmarquees.co.uk

JUNE GARDENING

“You can boil this like spinach” said the German visitor, thrusting a handful of ground elder in my direction. I had thought that the said weed was safely out of sight behind the dustbin/ coal bunker corral wall and could be dealt with at a later date, but her expert eye had spotted it during one other perambulations around the garden.

“Oh?” I said, “I’m not sure that I like the smell of it. I can’t imagine eating it”

“No? Perhaps nettles are vat you prefer. Young ones. In a salat.”

Fortunately the visitor was called away by her host at this point so I didn't have to enquire any further into this one. I am fairly adventurous when it comes to food, but I think nettle salad would prove to be just a bit too stimulating for me. However a walk around a different garden this week did provide me with a few other “safe” weeds that I wouldn't mind eating.

First on the list would have to be “Pignut” (*Conopodium majus*) a member of the parsley family which pops up in the borders and at the garden edge where it adjoins old pasture land. Pignut grows from knobbly tubers which can be dug out and eaten raw. They do have a wonderful flavour - like a slightly peppery nut. “Lady's smock” or “Cuckoo flower” (*Cardamine pratensis*) and “Hairy bittercress” (*Cardamine hirsuta*) both have rather spicy watercress flavoured leaves and the chopped, raw leaves of “Jack by the hedge” or “Garlic mustard” (*Alliaria petiolata*) give a mild hint of garlic flavour to a salad or a mint sauce.

For a tangy finish to my weed salad, the leaves of “Common sorrel (*Rumex acetosa*) always go down well. They are sour and tasty and very refreshing on a hot day.

Learning about plants and cooking in different cultures is interesting and could, I think, prove useful. In future, if I am ever questioned about weedy patches in gardens I shall be ready with my excuse.... “That's not a weed patch. That's my latest culinary exploit”!

Elaine Horne



Commercial | Industrial | Domestic

Jonathan Peruzza

Mobile: 07834 076 268

www.jmpelectricalservices.co.uk

SOUTH LAKELAND DISTRICT COUNCIL ELECTION

I want to thank all who came out to vote on May 4th, which was a much higher number of you than in previous years for a local election. Indeed, the voting rate was well above the national average and David Wilson fought a strong campaign. I am particularly grateful for all those who voted for myself and the Liberal Democrats. Rest assured I intend to work hard, diligently and collaboratively, for all who live in the area.

With gratitude and sincere best wishes.

Councillor Craig Stephenson

LADIES N. F. U.

At the May meeting Mrs. Maggs gave us a talk on the life of Beatrix Potter. Born on 28th July 1866, she spent her early life in South Kensington and holidayed in Scotland. Her first visit to the lakes was when she was 16 years old and they stayed at Wray Castle.

She used to write picture letters to her former nannies children. Her first book was Peter Rabbit and with the royalties from this, she bought Hill Top Farm of 34 acres

The characters in her books were based on her pets from her childhood. A lot of Beatrix Potter's books were about Hill Top Farm, and she told us that they were based on different people and animals living close by.

After marrying at 46 she only wrote four more books, then concentrated on farming and was an expert on Herdwick sheep. Beatrix Potter died in 1943, leaving 14 farms and many cottages and land to the National Trust.

For our outing we are visiting Abbott Lodge Farm near Penrith.

DERIAN HOUSE

The following is an extract from the Derian House Magazine Spring 2006 edition.

“From the bizarre (remember Sandra;s freezing knees?) to the conventional (Garden Open days and coffee mornings), all have contributed to the superb total enthusiastically raised by the generous people of the town of Sedbergh. The most recent event was a pre-Christmas fair with books, toys, bric-a-brac, jam and cakes on sale.

The proceeds were divided equally between ACT (Against Childhood Tumours) and Derian House with £480 being sent to each organisation. A further donation was sent to Derian House thanks to the generous gesture of Alistair Rae, the star of the popular TV series ‘Bad Lads Army’. Alistair was the personality invited to open the annual Sedbergh Late Night Opening Festive Shopping event.

On hearing that a sale had recently taken place in aid of Derian House he promptly donated his well earned fee, having entertained the crowds in the Main Street superbly, to Derian House. His generous gesture was matched by the organisers of the evening, the Sedbergh Chamber of Commerce, who matched his donation pound for pound. Many thanks to Alistair, and of course to all the people of Sedbergh who continue to support Derian House so generously. One such is Mike Hinson who put himself through some gruelling exertions with and Ironman Challenge in July to raise his donation for the hospice. The challenge, which took place in Zurich, Switzerland, involved Mike in a Triathlon of 2.2 mile swim, a 26 mile run and a 112 mile cycle ride. The result was a fantastic £728.50.

Our good wishes go to Sandra Longlands whose freezing knees (Sandra wore shorts throughout the winter when working in the local greengrocers) raised a considerable amount of money for the hospice. Sandra, who has recently been ill, has continued to do her bit in support of Derian House, for which we are extremely appreciative.”

SEDBERGH YFC

Not a lot to report this month as at the time of writing this article preparations are well under way for our annual field day and by the time you read this all the excitement will be over and the stress levels back to normal - at least I hope so!

More details on how it went and the results will be published next month.

I can however give you the results of the tug of war competition and Sedbergh girls team otherwise known as 'Top Tuggers' went through to the final round which will be held on Field Day.

Unfortunately the boys didn't manage to get through, I think they could do with learning a few tips from the girls!

Thank you to all who has supported us with our 'Spot the Dog' competition. By the time you read this our winner will have been notified.

And finally, congratulations to Thomas and Claire on the birth of their son Jack, hopefully a future member.

If you require any information with regards to young farmers please call Valerie on 21032.

RICHARD HOGGARTH

General Building and
Property Maintenance

30 Years Experience

Tel: 015396 20805
Mob: 07799 420433



DENTDALE METHODIST CHAPEL

In 1992 Dent chapel faced a very uncertain future, its small and mainly

elderly membership were despondent as rising costs and further repairs were meaning a lot of time was spent fund-raising, discussions took place in the dale regarding the coming-together of the three chapels in the dale as one, it seemed this was not possible. In 1991 the Society, ie the members, had become part of the Sedbergh Methodist church as their membership had dropped below 6. Into this sad situation came Mr Richard (Dick) Harper who became a steward at Dent, giving the present stewards a breather, as we have recently been remembering Dick following his sudden death, we felt it important that his place in the life of our place of worship be remembered.

In the years between 1992 and now things have developed on a more positive footing, although not without its traumas, in 1993 the membership of Deepdale and of Dent chapels united as one Society, with the afternoon service being at Deepdale and the eve one at Dent. In 1996 the decision to part with the Deepdale Chapel was made.

What about now? There are two Methodist places of worship in the dale. Dent Foot with weekly afternoon services and Dent with one service a week, at present, in the evening. Everyone is most welcome to worship.

The local Doctors use the Dent schoolroom as a surgery and other local groups use the buildings for meetings and training, of the future we have no idea but things are much more positive than 14 years ago largely due to Dick. We will be having a "Tea Party" sometime in August and hope you will join us.

J & SE Woof

ANCESTRY

The following information has been entered onto the Lookaround Web Site requesting information. Information can be passed to the Lookaround Office or direct contact could be made via the e-mail address.

Ed

My ancestors are from a farm called Hole House, Howgill which is in Sedbergh, Cumbria. I would like to have contact with any Wilkinson or someone from Sedbergh who could help me.

Greg Wilkinson
Mt. Carmel USA
e-Mail: gww1961@hotmail.com

JOSS LANE CAR PARK

In spite of what was said in last months Lookaround, Sedbergh Parish Council has not declined the opportunity to take over the running of Joss Lane car park. Negotiations with SLDC are ongoing but at present the offer made by SLDC is not acceptable as the charges we would have to pay to them would exceed last years income from the car park and on top of rental and other charges payable to SLDC the Parish would have to pay for emptying of the machines daily, carry the cost of issuing residents passes and pay for maintenance of the ticket machines. We are hopeful that sense will prevail and SLDC will put forward a better offer but at present, the Parish Council does not feel that it can waste your money by entering into an agreement that is not profitable.

Comparisons with Dent Car Pare not useful as Dent Parish Council took over their Park from the Yorkshire Dales and

they have far greater control over the Car Park and running costs than SLDC are prepared to give us.

It should also be noted that Sedbergh is very lucky in that it still has a Free Car Park on Loftus Hill as there are now very few places in this country where you can park free. Up to now the complaint has always been that there is not enough parking for visitors, but now Joss Lane has been emptied of many of the car parked there on a semi-permanent basis, there is more room for visitors. As for residents who now prefer to shop in Kendal rather than park on Joss Lane they should consider not only the cost of parking in Kendal but also the cost of the fuel to get to Kendal and back.

*John Stanton
Clerk to Sedbergh Parish Council*

DENTDALE MEMORIAL HALL

After a slightly haphazard period, brought about by the officers having a lot of other things to do and some folk saying things better left unsaid we are now back on track and the main track is DENT GALA on August Bank Holiday Monday!

We need the help of EVERYONE in the community to ensure we again have a WONDERFUL DAY! Please DO GET IN TOUCH with how YOU CAN HELP, don't leave it to the few, the few get a bit tired. Ring Sarah on 25212 or Monica on 25476 or Graham on 25436. You do not have to join any committees to HELP AT THE GALA, but it helps the committee if you will get involved.

S. E. Woof

SETTLEBECK HIGH SCHOOL

Year 10 Reunion

Did you leave Settlebeck High School in the summer of 1996? If so, you are warmly invited to join your class mates 10 years on at 'The Head' at Middleton on Saturday 24th June 2006 from 7.30 pm. An opportunity to catch up with each other and share fond memories of what people say are 'the best days of your life'. Remember - it's not a reunion without you!

Jodie Mitchell

Agricultural Engineer

Tel: 015396 20742

Mob: 07974 157002



ALL MAKES ALL MODELS WORKED ON

DENTDALE FELL RACE

'A Hell of a Rise Hill'

Saturday 26th August 2006 at 2 pm.
As part of Dent Show, the Rise Hill Race is being re-instated after many years.

Start at Church Bridge, Dent GR707871 to Ayegill Pike Trig. Point 721886 (Rise Hill) 1.44 miles to top, height gained 1385 feet. Total distance 2.88 miles.

As this is a new event it would help organisers to estimate numbers if those intending to enter could contact John Hyde on 015396-25503.

For further information, visit Web Site www.dentdale.com

PEOPLE'S HALL

Registered Charity 523829

Fiftieth birthday celebrations - an appeal.

As mentioned in the last issue of *Lookaround*, the People's Hall will be celebrating its fiftieth birthday in the autumn and plans are in hand for this. Readers will be kept informed of these.

What are needed now, please, are memories and photographs of the Hall over the years and of events that have taken place there.

Please, also, let us know if you were on the committee or know or remember anyone who was.

In addition, help is needed to trace the minutes for the years 1970-1986, which are missing from the series in the archives. If anyone knows the whereabouts of these, please let us know.

If you can help in any way please contact Sedbergh Office Services, any member of the Committee, or leave a message on 015396 20677. We should be very grateful.

SEDBERGH TENNIS CLUB

A reminder to all that the Tennis season is now underway. Club nights are Tuesdays from 7 pm.

Come along and have a game. For information or enquiries ring Graham Robinson on 015396-21014.

A Family Fun Day is planned for Sunday 18th June with a 2 pm start. Teams will comprise and adult partnering a child.

There is a Barbeque to conclude the afternoon.

SCAMS

It is understood that a Chain Letter is in the area purporting to have started in 1996 and if it continues till Winter 2006, it will appear in the Guinness World Records™ which is not the case.

The following announcement has been received from Guinness World Records™.

“Guinness World Records™ does not recognise or verify chain letter world record claims under any circumstances.

Any correspondence alleging Guinness World Records™ is currently supporting an attempt to break a chain letter world record is false.

In 1989 a chain letter record-breaking attempt was supported by Guinness World Records™ to help generate the most amount of get-well cards for a sick youngster. Thankfully the boy recovered from his illness, which resulted in the record attempt officially finishing several years ago.

Chain letters are no longer recognised by Guinness World Records™ no further claims will be accepted (whether they are requesting cards, compliments slips or any other items). People will not have their names published in any Guinness World Records book by participating in a chain letter.”

Dear Editors,

I am sure I am not the only person to be amazed that Sedbergh Parish Council paid £900 for the Mayor of Zrece and ten other people to stay at Thorns Hall.

Have Sedbergh Parish Council money to spare and nothing to spend it on in the parish?

Judith Kliszat

SEDBERGH

PARISH COUNCIL ELECTIONS

As a result of the recent elections the membership of the Parish Council is :-

Allan Pratt - Chairman
Dorothy Blair - Vice Chairman
Ann Allan
Margaret Gorst
Sarah Hirst
Hillary Hodge
Vic Hopkins
Kevin Lancaster
Steve Longlands
Eileen Scarr
Roger Sedgwick

DENTDALE CRICKET CLUB

The Home fixtures for the Club now appear in the Diary of The Lookaround. All Matches start at 2pm.

New Players and all spectators are very welcome. Please contact John Hyde on 25503 for more information.

ANOTHER RHYME

We've one pair of wellies in DEFRA
It's probably more than enough,
But we might have to visit some farmland
And we fear it might be a bit rough.

We've one pair of wellies in DEFRA
They still are remarkably new,
But now this fuss about payments
My word there is a to do.

We've lost our two wellies from DEFRA
They've vanished to numero Ten
For the feet of our very dear leader
Who wants to do rural again.

Martial

MACMILLAN CANCER RELIEF

The Sedbergh, Dent and Kirkby Lonsdale Committee for Macmillan Cancer Relief would like to thank all those who have contributed to the charity during the past year, including St. Mary's Primary School, Kirkby Lonsdale, for their Sponsored Silence (raising a staggering sum of £1300), Settlebeck School, Sedbergh School and other organisations.

Future dates for your diary are Monday 17th July when we are having a Cheese and Wine Evening at Mill House, Barbon by the kind permission of Mr. Burtwhistle, and Friday 29th September at the Kirkby Lonsdale Institute for the annual World's Biggest Coffee Morning.

Should you ever wish to contact the local representatives, then phone numbers are:-

Mrs Mary Harkness (Sedbergh) 015396-20410

Mrs Rothay O'Brien (Dent) 015396-25452

Dr. Heather Benson (K. Lonsdale) 015242-71688.

Thank you for your support.

SEDBERGH SCHOOL BOYS FUND

There will be a Sedbergh School Local Boy's Fund Committee Meeting on Friday June 16th. Any application is welcome for grants for educational tuition and/or educational facilities from boys resident in the parishes of Sedbergh, Garsdale and Dent.

Please contact Joyce Priestley, Havera Bank, Sedbergh, (Tel: 015396-20104), for any further details.

Dear People of Sedbergh,

While the members of the Parish Council were so concerned about me being at New Bridge, not one of them approached me to find out my circumstances.

But, I am pleased to say, I have now got a flat in Sedbergh. I had been looking for a while but it was very difficult with a dog.

As for the toilets at the cemetery I, like the council, was disgusted at the state they were in, so on two occasions I cleaned them out.

So please council members, next time you have a concern about anything please try to find out more about it.

Never judge a book by its cover.

Dave Gent

Dear Editors,

I was amazed to learn from the May *Lookaround* that the Parish Council had decided to spend £900 of Sedbergh Resident's Council Tax revenue to fund the Mayor of Zrece and his group's stay at Thorns Hall.

I am certain that we were all assured in the early stages of the Twinning 'Jolly' that all expenses would be met by the individuals in favour of the scheme.

Whilst personally not in favour of any twinning schemes, particularly for a place that I cannot pronounce and am never likely to visit - I have no objection to those people who do approve - provided they pay the costs themselves and please do not use my Tax contributions.

Yours Sincerely

Peter Snow

CHRISTIAN AID WEEK

Thank you to all those who supported the Christian Aid Shop during Christian Aid Week. £2078.41p was raised - a wonderful total and over £400 more than last year. At the point of writing the total for the door to door collection is not yet known.

PARKINSON'S DISEASE

Many people suffer from this disease and a few people in Sedbergh are looking at creating a Support Group to give support and help in the area when needed. Any assistance in helping the Group, including Fund Raising, should be directed initially to The Lookaround Office.

Further details and any developments next month.

Ed

POLICE REPORT

The Speed Sensor has not been in position lately as the Battery Charger has packed up and is away for repair. Meantime, if anyone would like to loan me one for a short time, please contact me.

Seat belts are there for your protection and it is an offence under traffic law not to wear them. It is also an offence to not carry a child in accordance with the regulations. It is mostly 'Mature' drivers and not youngsters that flout this law.

When should you display lights on a vehicle? During periods of poor visibility. It is amazing as to how many 'mature' drivers who fail to do this, especially when it is raining. Just think, if you have to put your windscreen wipers on, there is reduced visibility. **PUT YOUR LIGHTS ON!**

DJW

EXAMINATION ANSWERS

Seen in recent History Tests:

Socrates was a famous old Greek teacher who went round giving people advice. They killed him. He later died from an overdose of wedlock which is apparently poisonous. After his death, his career suffered a dramatic decline!

The Greeks were high sculptured people, and without them, we wouldn't have history. The Greeks also had Myths. A Myth is a young female moth.

PLACES OF INTEREST TO VISIT WHILE IN THE AREA

Cautley Spout, A683 towards Kirkby Stephen.

Community Office. Main Street.

Cumbria Wildlife Trust, Community Office

Dent Craft Centre

Dent Heritage Centre

Farfield Mill, A684 Garsdale Road.

Fox's Pulpit, Firbank

Friends Quaker Meeting House, Brigflatts.

History Society, Community Office.

Jubilee Wood, Castlehaw Lane.

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.

Winder Fell, above Sedbergh

Buses from Sedbergh

To Kendal

Via Oxenholme Rail Station

Monday – Friday

7.45am	564	Stagecoach	(*)
9.40am	564	Woofs of Sedbergh	
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 Cautley 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	(*)
--------	-----------------	--------------	-----

To Hawes

10.00am	Tue 804	D & H Travel	(*)
---------	----------------	--------------	-----

To Dent & Cowgill

Wednesday only

1.30pm	564B	Woofs of Sedbergh	(*)
--------	------	-------------------	-----

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 Square

Monday – 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	(*)
---------	-----------------	--------------	-----

From Hawes

1.25pm	Tue 804	D & H Travel	(*)
--------	----------------	--------------	-----

From Dent, School

Wednesday only

10.00am	564B	Woofs of Sedbergh	(*)
---------	------	-------------------	-----

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
 Sch Schooldays Only (M-F)

* 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)

Whilst every effort has been made to ensure the information in this poster is correct, Cumbria County Council cannot be held responsible for any loss, damage, injury or inconvenience caused by errors, omissions, timetable changes or cancellations, delays or diversions of services.

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
Crook-O-Lune, Howgill (B&B)	01539 824270
Brantrigg, Winfield Road, Sedbergh (B&B)	21455
Garda View Guest House, Main Street, Dent (B&B)	25209
Nethrclough Cottage, Garsdale (Self C B&B + Full Self C)	21397/22019
The Mount, Lockbank, Sedbergh (Self C)	20252
Father Haw, Howgill Lane, Sedbergh (B&B)	20937

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 (S & D)	Miss Nelson	Sed:	20034
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
Canoe Club (S&D)	Mr Hinson	Sed:	20118
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 Hyde	Dent:	25503
Cricket Club (Sedbergh)	Mr Hoggarth	01539	731140
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
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
History Society	Mr Cann	Sed:	20771
Howgill's Harmony	Mr Burbidge	Sed:	21166
Howgill Harriers	Mrs Moffat	Sed:	20907

ORGANISATION	CONTACT	Tel:	015396
Howgill Schoolroom	Mrs Stainton	Sed:	20665
Howgill Toddlers	Mrs Alderson	Sed:	22050
Kent Lune Trefoil Guild	Mrs Mitchell	Sed:	21144
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	Cubs	Sed:	
	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
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 Sugden	Dent:	25303
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	Sed:	21032
Zebra's Baby & Toddler Group	Mrs Woof	Sed:	21644

DENTDALE YOUTH HOSTEL

Yet another facility to close in our area. The YHA claim Dentdale is not making enough money to sustain its future. Hence they propose to sell the building in Oct 06 and have announced this. They have revised the land registry price valuation to £575, 000. No consultation took place with National Park or Dentdale Parish Council. Obvious concern is that new owners may not continue with hostel operation and look for a change of use to domestic dwelling or other non-hostel use.

The YHA is a charity and purchased the building from the late Sir Albert Newby Braithwaite MC DSO, MP in 1958 I think. I am sure he did not intend the YHA to sell it to swell their coffers otherwise he would have sold it to someone else and left them a legacy. Since this time, Dentdale has given thousands of people the chance to experience low-cost accommodation in the Yorkshire Dales. Many of these are young people from deprived backgrounds who will not get this opportunity once Dentdale closes.

I believe YHA are making Dentdale a scapegoat for their own poor management. They owe £34 **MILLION** to the banks and are blaming it on Foot & Mouth in 2001 and the effects of “international terrorism” on tourism. This is balderdash. They are also being underhand and unscrupulous in the way they are approaching the sale. Only my opinion of course but many others agree

This is a matter of local and national interest.

BP



stramongate press

printers

printers

of

Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

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

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
 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

SEDBERGH CHRISTIAN CENTRE

6.30 pm People's Hall every Sunday
Tel: 21436

*Would you like to know that someone is
 praying for you? Or do you have a
 relative, friend or neighbour in special
 need of prayer? In the Churches, we pray
 every Sunday for this
 community and we
 should like to hear of
 any special needs.
 Please ring any of the
 above telephone
 numbers so that we may
 pray for you and/or
 others.*



OPTIONS for health and well-being

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

Complementary therapists practising locally

DIARY OF EVENTS

Dates are held up to 13th December 2006

JUNE			
1	1800	Killington Sports	BFK
1	1930	WIH Members Evening	HVH
2	to 4	Flora of the Fells	Sedbergh
3	to 11	CWT Week	Sedbergh
3	1400	CWT Open Day	Jubilee Wood
4	1000	Digital Photography	DCMH
4	1400	Dent Cricket v Rathmell	Dent
4		SS Half Term Ends	
5	1900	Neighbourhood Forum	GVH
6	1400	Spinning & Rug Making	DCMH
7	1000	Dent Foot Chapel Coffee Morning	URCR
7	1030	Surface Tension Exhibition Ends (7)	FM
9	1100	Farmhouse Dairy	DCMH
10	1930	SF Opening Concert (10)	StAS
10	1030	Paintings Exhibition Starts (9)	FM
10	1430	Beekeepers'	Beck House
11	1030	SF Morning Service (10)	StAS
11	1400	CWT Conservation areas	SS Busk Lane
11	1400	Dent Cricket v Bellringers	Dent
11	1530	Jacob's Ladder	DMH
11	2000	SF Summer Singers (10)	StAS
12	2000	SF Wine & Music (10)	StAS
13	1400	WIK The Families of Holker	PH
13	2000	SF Hilton Piano Tria (10)	StAS
14	1000	WIK Coffee Morning	URCR
14	1300	SF Lunchtime Recital (10)	StAS
14	1315	Muncheon Music (14)	SSQH
14	1915	WID Sugar, Spice, Salt & Vinegar	DMH
14		WIF Outing	TBA
14	2100	SF Jeremy Lamburn Cello (10)	StAS
15	1500	SF Tea Concert (10)	StAS
16	1300	SF Organ Recital (10)	StAS
16	2000	SF Tubalate Brass (10)	StAD
17	1030	SF Pepperpot Coffee Concert (10)	StAS
17	1130	SS Cricket	SS
17	1330	HS Lancaster (17)	LHCP
17	2000	Swinging 60's (1)	SHS
17	2000	SF Pro Nobis Singers (10)	StAS
18		Father's Day	
18	1030	SF Morning Service (10)	StAS
18	1130	SS Cricket	SS
18	1200	SF BBQ (10)	V
18	1400	Dent Cricket v Lancaster Uni Staff	Dent
18	1830	SF Evening Service (10)	StAS
18	1945	SF Mozart (10)	StAS
19	1300	SF Trio Serenata (10)	StAS
19		SLSB Outing	TBA
20	2000	SF Helm Trio & Cumbria Baroque (10)	StAS
21	1000	Alzheimer's Coffee Morning (21)	URCR
21	2000	SF Stonebridge String Quartet (10)	StAS
21	2100	Charity Music Quiz (21)	Bull Hotel
22	1300	SF Cheethams School of Music (10)	StAS
22	2000	SF Music, Wine & Poetry (10)	StAS
23	1100	SF Coffee Talk (10)	StAS
23	2000	SF Alla Kravchuck (10)	StAS
23	Eve	Dent Folk Festival (23)	Dent
24	1130	SS Cricket	SS
24	1300	SF Organ Recital (10)	StAS
24	Eve	Dent Folk Festival (23)	Dent
24	1930	SHS Reunion	Head
24	1930	SF Edinburgh Camerata Singers (10)	StAS
25	1315	CWT Little Asby Common	LHCP
25	2000	SF Summer Singers (10)	StAS
25	Eve	Dent Folk Festival (23)	Dent
28	1000	NCH Coffee Morning	URCR
28	1130	SS Cricket	SS
30	2000	Penalty Shoot Out and Disco (30)	PH
JULY			
1	0930	Beekeepers' Sedbergh Convention	PH
1	1030	Paintings Exhibition (9)	FM
1	1830	Oleanna (A)	PH
2	1400	Dent Cricket v Bentham Exiles	Dent
4	1900	Neighbourhood Forum	DMH
5	1000	URCR Coffee Morning	URCR
5		SS End of Term	
6	1930	WIH Belly Dancing	FCH
8	1340	CWT Howgill Woodlands Walk	LHCP
9	1400	Dent Cricket v Kirkby Lonsdale RUFC	Dent
9	1530	Jacob's Ladder	DMH
11		WIK Outing to Holker Hall	
12	1000	WIH Coffee Morning	URCR
12	1030	Paintings Exhibition Ends (9)	FM
12		WID Outing	TBA
12	1930	WIF Stained Glass	PH
15	1430	Beekeepers' Inspection	Field Maple
16	1400	Dent Cricket v Barrow Nomads	Dent
17	1900	Cheese McMillan & Wine	MHB
19	1330	HS Kendal Walk	LHCP
23	1400	Dent Cricket v Gregsons	Dent
26	1000	Network Coffee Morning	URCR
26	1840	CWT Burnsbeck Moss	LHCP
30	1400	Dent Cricket v Hutton PTA	Dent
31	1000	Holiday Club	PH
31		Singing in Slovenia (57)	
AUGUST			
1	1000	Holiday Club	PH
2	1000	Howgill Church Coffee Morning	URCR

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

It is printed by Stramongate Press.

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.

2	1000	Holiday Club	PH		
3	1000	Holiday Club	PH		
3	1930	WIH Open Meeting	HVH		
4	1000	Holiday Club	PH		
5		Robbie Williams Tribute Band	PH		
6	1400	Dent Cricket v Kendal Welders	Dent		
9	1000	North West Cancer Coffee Morning	URCR		
9		WID & WIF	TBA		
9	1930	WIF All Things Bright & Beautiful	PH		
12	1430	Beekeepers' Varroa	Acre		
13	1400	Dent Cricket v Ingleton	Dent		
16	1000	StAS Mission Coffee Morning	URCR		
19	1000	North West Book Fair	PH		
19		English National Sheepdog Trials	Barbon		
20	1030	CWT Open Day	Smardale		
23	1000	Garsdale Church Coffee Morning	URCR		
24		Art Exhibition	SSC		
25		Summer Theatre	TBA		
25		Dentdale Weekend	Dent		
25		Art Exhibition	SSC		
26		Summer Theatre	TBA		
26		Dentdale Weekend	Dent		
26	1400	Dentdale Fell Race	Dent		
26		Art Exhibition	SSC		
27	1345	CWT Taythes Gill	LHCP		
27		Summer Theatre	TBA		
27		Dentdale Weekend	Dent		
27		Art Exhibition	SSC		
28		August Bank Holiday			
28		Summer Theatre	TBA		
28		Art Exhibition	SSC		
29		Art Exhibition	SSC		
30	1000	Beekeepers' Coffee Morning	URCR		
30		Art Exhibition	SSC		
SEPTEMBER					
1		Art Exhibition	SSC		
2	0930	Beekeepers' Autumn Convention	Braithwaite		
2		Art Exhibition	SSC		
3		Art Exhibition	SSC		
3	1400	Dent Cricket v Sheeptown Cavaliers	Dent		
6		SS Term Begins			
7	1930	WIH Childbirth Injuries in Africa	FCH		
9	1430	Beekeepers' Honey Cropping	Three Wood		
10	1200	CWT Open Day	Biggerside, Dent		
10	1400	Dent Cricket v (TBA)	Dent		
12	1400	WIK Wildlife in our Gardens	PH		
13	1000	Dent Foot Chapel Coffee Morning	URCR		
13	1915	WID My Life in Ghana	DMH		
13	1930	WIF Cumbria Fire & Rescue Service	PH		
19	1930	LNFU	PH		
20	1000	Firbank Chapel Coffee Morning	URCR		
29	1000	McMillan Coffee Morning	KL		
30	1430	Beekeepers' Winter Preparations	Langber End		
OCTOBER					
4	1000	Barnardo's Coffee Morning	URCR		
5	1930	WIH Gillian Price WIA	HVH		
7	1310	CWT Fungus Foray	LHCP		
10	1400	WIK Taste 'n' Try	PH		
DIARY KEY					
BF	= Brigflatts				
BFK	= Becks Farm, Killington				
BS	= Baliol School				
BVH	= Barbon Village Hall				
CDC	= Community Development Centre				
CO	= Community Office, Main Street				
CS	= Casterton School				
CWT	= Cumbria Wildlife Trust				
DCMH	= Dales Countryside Museum, Hawes				
DCP	= Dent Car Park				
DMH	= Dent Memorial Hall				
DMC/S	= Dent Methodist Church/Schoolroom				
EG	= Embroiderers' Guild				
FCH	= Firbank Church Hall				
FM	= Farfield Mill				
GL	= Garsdale Ladies				
GVH	= Garsdale Village Hall				
HC	= Health Centre				
HS	= History Society				
HVH	= Howgill Village Hall				
JLCP	= Joss Lane Car Park				
KC	= Killington Church				
KL	= Kirkby Lonsdale				
KVH	= Killington Village Hall				
L	= Library				
LHCP	= Loftus Hill Car Park				
MCH	= Methodist Church Hall				
MCCCL	= Methodist Church Centre KL				
MHB	= Mill House, Barbon				
PH	= People's Hall				
SBH	= Sedbergh Bright Hour				
SC	= Swimming Club				
SCC	= Sedbergh Cricket Club				
SF	= Sedbergh Festival				
SHS	= Settlebeck High School				
SIC	= Sportsman's Inn, Cowgill				
SMCR/H	= Sed. Methodist Church Room				
StAS/D	= St Andrew's Church, Sedbergh/Dent				
SR	= Spooner Room				
SS	= Sedbergh School (Premises)				
STO	= Sedbergh Tourist Office				
URCR	= United Reformed Church Rooms				
WHC	= White Hart Club				
WID	= Women's Institute, Dentdale				
WIF	= Women's Institute, Frostrow				
WIH	= Women's Institute, Howgill				
WIK	= Women's Institute, Killington				
WVH	= Westhouse Village Hall				

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

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

Dr W Lumb

Monday	0830 - 1100 *	1500 - 1800 *
	1230 - 1300 Dent	
Tuesday	0830 - 1030	1500 - 1800 *
Wednesday	0830 - 1030	1430 - 1700 *
Thursday	0830 - 1100 *	
Friday	0830 - 1100 *	1500 - 1800 *

Dr A Orr

Monday	0830 - 1030	1430 - 1730 *
Wednesday	0830 - 1100 *	1500 - 1800 *

Dr C Hunt

Tuesday	0830 - 1100 *	
Thursday	0830 - 1030	1500 - 1800 *
Friday	0830 - 1030	1500 - 1800 *

Practice Nurses

Monday	0845 - 1300 b	1400 - 1700 b
Tuesday	0830 - 1300 a	1400 - 1730 a
Wednesday	0845 - 1300 b	1400 - 1630 b
Thursday	0830 - 1300 a	1400 - 1730 a
		1300 - 1800 b
Friday	0845 - 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 Thursday 1000 to 1600
 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