

Sedbergh & District **LOOKAROUND**

October 2006

Issue 238

Donation 50p

Another bumper issue with 76 pages. Where does all this information come from?

Plans are in hand in *The Lookaround* Office for putting the December issue together in Full Colour. If you wish to be

included, get your thinking caps on as there will be no January issue and the time will soon be here. More information next month.

*Dennis & Jacky,
John & Charlotte*

SEDBERGH & DISTRICT
HISTORY SOCIETY

Wednesday 4th October
Rethinking Ingleborough
Yvonne Luke

Wednesday 18th October
Mills in Dentdale
Kevin Lancaster
in Dent Memorial Hall

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

EVERYONE IS MOST WELCOME TO ATTEND ANY
OR ALL OF OUR LECTURES

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Secretary: Diane Elphick 20605
Treasurer: Marlene Mason 20509
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by
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CHILDREN'S BIRTHDAYS OCTOBER 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:-
Adam CRAGG who is

10 years old on 8th October.

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	Christopher STAINTON	6
4	Amy HARPER	6
5	Thomas HALL	7
6	Ben GIBSON	3
7	Abbi WOOF	4
7	Alice HOLTON	5
8	Adam CRAGG	10
9	Robin PRESTON	7
10	Rosie NEWBOLD	2
11	Ben FIDDLER	6
13	Dillon OVERSBY	6
17	Aaron TROUGHTON	5
20	Hugo HEAGREN	7
20	Harry PACKHAM	8
21	Liam MIDDLETON	7
25	Robbie ALDERSON	6
28	Rhianne WOODFINE	10
28	Jennifer STAINTON	11

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*Can all adverts please be
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at the time of submission.*

Articles etc. by 19th of every month

BED & BREAKFAST

Proprietor	Address	Phone (015396)
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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 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
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

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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

BOWNASS

The family of the late Richard Bownass (Dick) would like to thank all relatives, friends and neighbours for all their help and kind messages of sympathy received after their great loss. Also Dr. Orr and staff at Sedbergh Health Centre and Brian Goad for help and support with funeral arrangements. Donations of over £1000 were received for Middleton Church and Kendal branch of Macmillan Nurses.

ELVEY

Dereen & Joe would like to thank their family, relatives & many wonderful friends for all the marvellous presents & flowers and the beautiful cards & messages of goodwill which they received on the occasion of their **60th WEDDING ANNIVERSARY**. It was joy & merriment throughout the weekend and we are proud to know you all. Thank-you once again and God Bless you for giving us such a wonderful time.

HARPER

Congratulations Dad & Mum on your **Ruby Wedding Anniversary** on 1st October. Love and Best Wishes from Denise & Jonathan, Karen & Bob, John & Jill.

HARPER

Congratulations Grandad & Grannie on your **Ruby Wedding Anniversary**. (How many years!!). Lots of love from the grandchildren Anne-Marie, Adam, Wesley, Annabelle, Alisha, Isaac, Amy & Sam. xxxxxxxx

HARPER

Congratulations Thomas and Jennifer on your **Ruby Wedding Anniversary** on October 1st. Best wishes Marjorie.

MIDDLETON (nee Hall)

Congratulations Mum and Dad on your **Ruby Wedding Anniversary** on 1st October 2006. Lots of Love John, Martin, Steven, Michelle and Emma.

MIDDLETON

Happy Anniversary. Congratulations Gan-Gan and Nanna Moo on your **Ruby Wedding Anniversary**. Lots of hugs and kisses CJ and Sienna May. XX

STANTON

Alan and Betty of Grassrigg Farm would like to thank all those who came to their Open Garden which raised £363 for Sedbergh & Dent Foot Methodist Chapel. Thanks also to all the helpers.

THORNTON

Joshua and Finn would like to thank everyone for the lovely cards and presents they received for their birthday's.

NISA

Good Luck to Angela & Terry in your new venture at the Nisa Store. From all of your friends.

LIFT WANTED

To Oxenholme Station to catch 8 am train to Preston - weekdays only. Lucia Marquart 015396-21166.

PERSONAL & SMALL ADS £1

THANK YOU

The Charity Truck Pull Committee and Team would like to thank Tina Benson for all her work and support in promoting our past and future Truck Pulls.

FOR SALE

Desk. Painted white. 140 cm x 70 cm. Three drawers. £25. Living Flame GasTech fire. Excellent condition. £150. Tel: 015396-20960.

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Renault Clio 1.2 Grande. W. reg. Excellent condition. 70,000 miles. Cheap Insurance. £2,750 ono. Telephone 015396-20993.

FOR SALE

Stainless Steel Tray with Teapot, Hot Water Jug, Sugar Bowl and Milk Jug £10. Coffee Percolator £10. Swan Teasmade, as new £25. Kitchen Stool £5. Dales made Hearthrug, cost £80 will sell for £20. Bed/Breakfast Tray (Craftsman made) £20. Wall Papering Table £5. Picnic Table £10. Nest of Tables £10. Mirror with gilt frame 14 ins x 22 ins £20. Mirror 18 ins x 30 ins, £15. Tall Mirror 45 ins x 64 ins, £15. Curtains (lined). Each 62 ns x 58 ins long £10. Telephone 015396-20319.

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TO RENT WEEKLY

Secure/dry storage. 20' metal containers, with good access, close to Sedbergh. Telephone 015396-20857.

JOB VACANCY

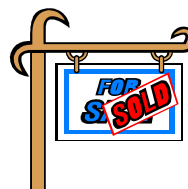
For someone with building experience. Good rate of pay. Tel: 015396-25227 for more details.

FREE

Victorian 3 seater sofa. In need of re-springing and re-upholstering. Free to anyone who likes a challenge. Telephone 20131 evenings.

WANTED TO LET

We are moving to Sedbergh in November to work, and would like to rent a two-three bedroom property, preferably unfurnished and with garage/shed. Long term let preferred. Please email: tecoooper07@yahoo.com, or phone Liz and Pete on 020 7720 2531 evenings.



DENT PARISH COUNCIL

Stonehouse Bridge

The recent Westmorland Gazette article about Stonehouse Bridge in Dentdale gave a good account of what has happened, but didn't explain all the work that has been going on behind the scenes.

The bridge was first damaged by a lorry in February. In May, two more lorries hit it and knocked a large part of the parapet into the river. In June, a coach reversed into the bridge and demolished almost half the damaged parapet down to ground level. Some of these incidents had been witnessed by local people, who reported them to the police. All of them were reported to the Highways Department, who fastened some orange plastic mesh across the gap.

In late June the Parish Council was asked for ideas for topics for the next Neighbourhood Forum meeting. We suggested Stonehouse bridge, and as a result, Cumbria's Area Engineer for South Lakeland came to the meeting. He explained that he was waiting for consent from the Environment Agency (EA) to put scaffolding on the river bed so that the parapet could be repaired, but that work would start on the bridge at the end of July.

When it didn't, the Parish Council contacted the Area Engineer who said he was still waiting for EA approval. We then rang the EA, who said they hadn't had an application. When told this, the Highways Department explained that it wasn't actually they who had applied for

Sedbergh CDC & Sedbergh Booktown present the Highlights Rural Touring Scheme



Frankly Sinatra!

Jo King recreates the atmosphere of a bar in downtown Las Vegas and sings some of Sinatra's greatest songs.

People's Hall, Friday 6th October, 8pm.
Cocktails & Dancing!

Motus O - *Variations in Love*

A modern dance group that doesn't take itself too seriously! Motus O explore the human emotion of love. Expect quick action, grace, raw energy and humour.

People's Hall, Friday 24th November, 7:30pm.



Tickets for each event: Adults £5, Concessions £3, Family £15
Bookings (Sedbergh Tourist Information)
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consent – they had passed the request on to Capita Symonds, and Capita Symonds had passed it on Amey, their contractor. But the EA still said they had had no request from anyone, and no-one seemed to know what – if anything – was happening.

The Parish Council felt that this wasn't good enough, so we decided to write to Peter Stybelski, the Chief Executive of Cumbria CC, to make a formal complaint. We also decided to involve as many other people and agencies as we could, and as a result:

- the Yorkshire Dales National Park Authority wrote to Mr Stybelski insisting that the bridge be repaired because it is a Grade II listed structure;

st mary's

900 Not out

An audio-visual spectacular
in Kirkby Lonsdale

October 5th, 6th & 7th 2006
7.30pm

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Accompanied children free.
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- the police also raised the matter as they were concerned not only about the dangerous state of the bridge but also about the heavy vehicles – including a low loader carrying army tanks and a car transporter – that were trying to use the bridge;
 - the local MP, Tim Farron, met with the head of Capita, wrote to Mr Stybelski demanding action and also asked the Department of Transport to intervene;
 - the two local District Councillors tried to get North Yorkshire CC to alter the signs at Newby Head, and tackled the Environment Agency to try and find out what was going on;
 - the local County Councillor put pressure on from within the County Council to try and get some action.
- We've now had a reply from Mr Stybelski, which says:
- the consent application was

(Continued on page 8)

submitted for approval to the EA in early August, but was not received by the Environment Agency

- no-one noticed this until early in September
- the consent application has now been re-submitted
- the delays have been unacceptable
- there has been a failure to deliver an adequate service
- he has asked for a weekly update to ensure the work can now be drawn to a rapid conclusion.

As I write this article the bridge is still in a dangerous state, and the Parish Council is still extremely concerned about it, particularly as it can take the Environment Agency up to eight weeks to process an application. It may be that by the time you read this the bridge will be fully repaired and all will be well – but if it isn't, we will continue to put pressure on in any way that we can until the matter is resolved.

Jock Cairns,

Chair, Dent Parish Council

WANTED

**Part Time
Shop/Office Assistant**

Please apply to

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Main Street, Sedbergh

Tel: 20400

**SOUTH LAKELAND
DISTRICT COUNCIL**

Recycling News

There have been articles in the national news recently about the amount of waste

caused by packaging. There are a wide range of materials used in packaging, from paper bags to cardboard boxes, polythene, foil trays, polystyrene and plastic bags. This can make it difficult for the consumer to work out how best to dispose of the packaging that has been used whilst minimising any damage to the environment.

Many people are now familiar with the phrase 'Reduce Re-use Recycle' and that is an effective way of thinking about dealing with packaging.

Firstly we would suggest choosing products that are not over-packaged, so reducing the amount of waste that has to be dealt with. Secondly we would encourage consumers to re-use carrier bags wherever possible. This could be by taking your bags back to the store to use again, using them as bin liners for example, or taking them to one of the plastic banks for recycling.

Due to the wide range of materials used it is best to check the packaging for disposal and recycling guidance. This kind of information is becoming more commonplace, but it can be difficult to tell the difference between a food tray made out of plastic, which could be recycled, one made out of polystyrene, which cannot, and a tray made out of potato starch, which could go in your home compost bin.

More information about packaging is available at www.recycle-more.co.uk

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.

SETTLEBECK HIGH SCHOOL
GCSE and KS3 EXAMINATION
STATISTICS/INFORMATION

Congratulations to Settlebeck students. 2005-6 was another highly successful year for Settlebeck and although the ability profile of our year 9 and 11 students was not as high as in the previous year, the great majority of our students achieved highly for their ability levels.

This is revealed by the average point score at GCSE across the whole year group of 400 (compared with 355 nationally) and by the high proportion of A/A* passes (22%), which was even higher than last year.

Generally the year 11 cohort achieved highly and nearly all students gained the grades they sought in order to take the next step on to their post-16 choices. There were particularly outstanding results from 3 boys and 5 girls, our gifted and talented students, who between them gained 53 A/A* grades. Rosie Wood got 7As and 3A*s.

As always there were also students with special needs, some of whom have autistic spectrum disorders, who made great progress and achieved highly. Matthew Simpson deserves special mention for his 6 GCSE grades, 2 at grade C and Katie Walker achieved 4 GCSEs and an entry level certificate.

At KS3 81% of our student gained level 5 or above in English, 87% in maths and 84% Science (compared with the national picture of around 70%). In maths 79% gained level 6 or above with 57% in Science. There are very creditable results for our year 9 cohort, a number of whom

have special needs or specific literacy difficulties.

Once again Settlebeck has been shown to be a school that provides outstanding academic performance as well as the benefits of a rounded education in which the students gain from our focus on the whole person.

Individual GCSE results:

Anthony Amos 8(2) + 1, Kelly Benson 8 + 1, Neil Bentham 8(2) + 1, Andrew Britton 10(10), Harry Britton 10(9), Graham Capstick 8(4) + 1, Rebecca Clark 10 (8), Sam Clegg 10(9), Nathan Close 8(3) + 1, Nathan Critchlow 11(9), Bradley Dalzell 8(3) + 1, Mark Dodd 8 (1) + 1, Thomas Ellison 6(1) + 1, Laurence Hanson-Diamond 11(11), Josie Hopps 8(4), Ian Hutt 9 (4), Samuel Jackson 8(4) , Aaron Kirkby 8(3), Caroline Lamb 11(11), Rebecca Lappin 10(4), Freya Leach 10(10), Callum Livesey 7(3) + 1, Abigail Mason 10(9), Emma Mason 10 (10), Liam Mason 10 (6), Kevin Metcalfe 8(4) + 1, William Metcalfe 10 (8), Ian Mitchell 10 (9), James Moodie 8(1), Lyam Pearson 9 (3), Andrew Postlethwaite 10 (9), Aimee Scott 10(5), Daniel Sedgwick 8(1) + 1, Matthew Simpson 6(2), Emily Smith-Hanratty 8(6), Alice Sutcliffe 10(10), Rebekah Sutcliffe 10(9), Katie Walker 4, Rosalind Wood 11(11).

Key:

Number after students name = Number of GCSE passes

Number in brackets = Number of GCSE grade C or above

+ Number = Plus vocational qualification at Kendal College

CUMBRIA WILDLIFE TRUST

Life in the Undergrowth

When we think of the animal kingdom, we tend to picture great big beautiful things (or even just great big things) that catch our attention: a Buzzard ranging above us, a Deer skirting a hedge and leaping gracefully over a gate, a Fox running along a covert or a Badger following its usual nocturnal path-way. Sometimes we might notice a Frog or a Mouse, but that takes effort ... they are really getting rather small.

Compared, however, to the some of the really small animals, these are all just rather large but uninspired folk. When our fellow-creatures get really small, they frighten us ... They might slip inside our clothes when we aren't looking and bite

us. They simply don't know how to behave with proper respect for us humans, so we teach them a lesson by squashing them, flicking them, swatting them, squirting them ... at any rate, we get rid of them; after all, they are puny, unintelligent, uninteresting and well below our interest ... or so we think (if think is the right word here). How wrong can we be? The skills and relationships of these tiny creatures are often infinitely more advanced and complex than those of the large assertive mammals ... even such superior creatures as us.

Take for instance the spiders; it is some measure of these extraordinary animals that many humans are so terrified of such these tiny things ... and they are so common. Who hasn't marvelled on a

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dewy morning at the lacework covering bushes and grasses? Who hasn't stumbled into a single strand of web?

Processing blinds us to the wonderful things that nature produces. We think that we're the clever ones and we tend to forget that plants and creatures produce with a minimum of fuss many of the most wonderful materials that we use. In this case silk. It is not just the commercialised silkworm moth that produces that exotic fibre that has been being turned into luxurious cloth for centuries, our common spider also makes her web out of it. Admittedly one tenth the thickness, but then she produces it in several different varieties ... and it is stronger than steel. Not only stronger but she gives it different qualities depending on her purpose. First she spins an infinitely fine guide-line that the breeze carries to some other anchor point as she lowers it from her perch. When she has hauled this taught, she makes her way along it, eating it as she goes and leaving

behind her a much stronger, thicker rigid thread: the anchor-line of her web. She climbs back up and lowers herself down on a strong filament until she reaches a point on the anchor line. This becomes the centre of her web ... on she works until the spokes lead in all

directions ... then spiralling out from a point a little way from this centre she lays another fine guide-line connected to all the spokes. She then turns back and replaces this guide line with the capture web. This must be sticky and slightly elastic: neither so bouncy that her prey

SEDBERGH METHODIST CHURCH
PRESENT

SEDBERGH TOWN BAND

in CONCERT at
**THE PEOPLES' HALL,
SEDBERGH**

Wednesday October 11th
at 7-30pm



Proceeds in aid of NCH, the children's charity
(Formerly the National Children's Home)
and the Town Band

Admission £5 - Concession £3

rebounds nor so slack that the thread droops and becomes entangled in the rest of the web ... it must keep its shape or her prey will escape her.

All this she does before sunrise ... often every morning; then she sits and waits for an insect to land. Like an angler she feels the line go tight and she strikes. What an interesting place our world would be if she were very much larger or we were very much smaller.

David Attenborough's book "Life in the Undergrowth" is an eye-opener in the most fascinating way. As he

asserted in the television programme of that name, nature could manage quite nicely without any of us Higher Animals, but without the tiny creatures that we either do not notice or that are too small for us to see, the whole natural world would crumble. All very humbling.



**BOOK LAUNCH FOR
LOCAL AUTHOR**

In August, local author Freda Trott launched her latest 'Sedbergh Heritage Book' entitled 'Do You Remember?' at a Tea Party in The People's Hall. The event was attended by many of the subjects whose stories and memories are featured in the book. Here follows the speech that Freda gave that afternoon.

First, thank you very much, Carol, and all your helpers, and the Book Town people, for making me this lovely party. Thank you all for being here - quite a few of you have come a fair distance. And thank you very much to all the people who have talked to me and told me things, and helped me in so many ways to make this book possible.

I saw that Carol, in a recent interview, said the Book Town intends to concentrate on the area of Education with a capital E. Don't you think that has always been Sedbergh's destiny? Since the founding of Sedbergh School in 1525, Sedbergh has always been a seat of learning. Think of school - think of books!

In 1782, Robert Foster, the squire of Hebblethwaite Hall, wrote in his diary "Feb. 21st, 1782. Attended the Book Club, paid subscription and expenses - 8s/3d." Again later, "Attended Annual Dinner of the Book Club at Edward Robinson's at which were present most of the members besides several ladies. Paid Sub. 7s/6d."

Then Julia Green's prep school at the Terrace - wasn't that 1840-60? Then P. A. Thomas took it to Settlebeck, to be followed by Mr. Gladstone's headship

there.

Next, Dr. Skeat's Baliol School for girls - her pupils in their red cloaks and green tunics, which were made at Oakville, 72, Main Street, long before it was the TIC, by my Grandfather and Uncle. Miss Tetley's small private school was opposite Westwood Books.

The Reading Room, now the County Library, where my grandfather and his dear friend Joe Parrington used to go every evening, up those well worn stone steps, to join the other old gentlemen and discuss the days' news.

Jackson's printing works in Queen's Square, where the books for Sedbergh School were printed.

Then the school mouse! Even the mouse at the British School was book minded! Up in the top room, Daddy Downhill arranged us in a neat half circle round the bookcase, where the poor little mouse was hiding away and maybe having a good read! Our instructions not to let it go! Daddy Downhill down on all fours grovelling under the bookcase with his famous cane! Out dashes the mouse - making a bee line for Jim Pickles - how many of you remember him? Jim, with great presence of mind - (and great courage!) took a flying leap - at the precise moment and his heavily booted feet landed neatly on that poor mouse! I can still hear the crash as Jim's feet met the floor - and mousy in between - so you see, even the mouse, was book minded!

So, Carol, I think you are on the right track - and the very best wishes to the venture.

Thank you all once again.

Freda Trott

DENTDALE SHEEP SHOW			Third	M. Cragg
Many thanks to those who entered the first Dentdale Sheep Show.			<i>Leicester Gimmer Lamb</i>	
The show attracted many spectators both local and tourists who took great interest in the judging and showing of the sheep.			First	G. Dodd
A big thank you to the Judges John Capstick and Peter Handley for their expertise and also to the sponsors for their generosity, Eden Farm Supplies, James Bainbridge, J. Hathon (Nigel Hoggarth), WCF, CT Haytons, W. Dawson, Austin Robinson, Preston & Bramley (Vets), Hawes Auction for the pens, W. Redfern, Carrs Billington (Hawes).			Second	M. Cragg
Thank you again to all who made the event a great success and looking forward to more entries and support for next year.			Third	R. Gornall
The results are as follows:-			<i>Leicester Ewe</i>	
<i>1 Mule</i>			First	M. Cragg
First	K. Burrow		Second	J. Dixon
Second	M. Cragg		Third	G. Dodd
Third	M. Cragg		<i>Leicester Tup</i>	
Fourth	K. Burrow		First	R. Gornall
<i>2 Mules</i>			Second	K. Burrow
First	M. Cragg		Third	G. Dodd
Second	J. Dixon		<i>Chamapionship Leicester</i>	
Third	K. Burrow		R. Gornall	
Fourth	R. Gornall		<i>Swaledale Lamb</i>	
<i>4 Mules</i>			First	N. Baines
First	M. Cragg		Second	M. Cragg
Second	R. Gornall		Third	M. Middleton
Third	K. Burrow		Fourth	N. Baines
Fourth	M. Cragg		<i>Swaledale Shearling</i>	
<i>Championship Mules</i>			First	N. Baines
<i>Leicester Tup</i>			Second	W. Richardson
First	K. Burrow		Third	W. Richardson
Second	R. Gornall		Fourth	R. Gornall
			<i>Swaledale Ewe</i>	
			First	K. Burrow
			Second	J. Dixon
			Third	N. Baines
			Fourth	M. Cragg
			<i>Swaledale Tup</i>	
			First	K. Burrow
			Second	N. Baines
			Third	W. Richardson
			Fourth	M. Cragg
			<i>Championship Swaledale</i>	
			K. Burrow	
			<i>Best Three Swaledales</i>	
			N. Baines	
			<i>Young Handler</i>	
			Kieran Milburn	

CHARITY FOOTBALL/TRUCK PULL TEAM

On Sunday 26th August at Tebay, three football teams, Sedbergh, Tebay and Kendal XI, made up of lads who have been involved somehow in the past 9 car/truck pulls, competed in a round robin football tournament with Bar and Barbecue on hand.

We had the £50 prize for 'Guess the Time' the 3rd goal of the games would be scored which was 26 minutes 27 seconds and this was won by Sedbergh's Spinner Winn who kindly donated the £50 back into the Charity Fund towards next years Kendal to Sedbergh tractor pull.

The football winners were Tebay, who remained unbeaten but thanks to everyone who guessed the time. We raised approximately £300 and thanks to our star players, mascots and supporters. Next years Charity Pull will be on Sunday 27th May where we will attempt to pull a 9 ton tractor from Morrison's supermarket past the Leisure Centre to the Station Inn and across to Sedbergh. This will be followed by an afternoons activities for all the family and a planned

evenings events with the popular tribute to Robbie Williams night and Disco. Because of the popularity of the Charity Pull we are going to make next years the biggest yet.

Caspa

EDWARD JONES

Edward Jones

Investment services and advice

David Fawcett 015396 22021

Swarthgill House, Garsdale,
Sedbergh

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CHARITY FOOTBALL TEAM

Back Row l to r

John O'Neil; Caspa; Fritz; Tom Moff;
Frame; Gordon Sproul

Front Row l to r

Dan Mase; Parky, Shnuck; Johnny Boner;
Spinner

Mascots

Scarlet O'Neil & Connor Winn

Photo by Chez Bailey



SEDBERGH SCHOOL

New Girls in the New House

On Tuesday 5th September, the new Year 9 girls were the first to see the newly refurbished Robertson House at Sedbergh School, arriving a day before the rest of the school. Girls came to Sedbergh in 2001 when Lupton House took in 40 of them. Robertson House was established in 2002 and has now been expanded to house 60 of them from ages 13 to 18.

The new intake of year 9 girls in Robertson have come from a number of prep and junior schools including Sedbergh Junior School at Benthams, Terrington Hall near York, Easingwold, Casterton, QES and St.Amsells in Derbyshire.

There are another 11 girls who have joined Year 9 of Lupton House.

The Sedbergh girls this year achieved some outstanding exam results with 75% A and B grades at A level and 69% A* and A grades at GCSE. It is up to the new girls to keep up the reputation of the School as a centre of sporting and academic excellence!



The Girls pictured (not in the correct order) are Katie May, Charlotte Skelton, Francesca Harnby, Poppy Hilton, Gemma Munday, Chessie Brook, Harriet Head, Ruth Duffield and Hannah Webb.

HOMOEOPATHY

A wide variety of conditions treated

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on Wednesday mornings
& Clinic at Dent by arrangement**

Ian McPherson M.L.C.Hom. MARH

To make an appointment or to discuss
how I may be able to help you,
please telephone:

015396 20648



DENT GALA

What an amazing day, forget the weather it could not dampen anyone's spirits, many thanks to EVERYONE who helped in any way, the "Piggery Team" who worked hard at each end of the day and in-between, all those who helped run the stalls and sideshows, set them up and clear away. Those who organised and over-saw the races and other sports like Pillow Fighting, those ladies who made and served lovely Teas in the hall ie the WI, and their hubbys who got roped in to fetch and carry! All those who ran/helped/etc with the Dog Agility and Dog show, those who loaned this-and-that. To Shirley and helpers for providing a glimpse of Dentdale in the past also Elizabeth the "Dent Knitter" and to First Responders for providing the opportunity for folks, mainly gents, to try their resuscitation skills! A great family day out set right in the centre of the village, many thanks from the Gala Committee.

PHOTO CALL PLUS

The September issue of 'Lookaround' caused me pleasure and sadness in equal amounts.

I was delighted to read of the Diamond Wedding celebrations by Dereen and Joe Elvey and I hope they will allow me to add my congratulations.

I was fortunate enough to visit Dereen and Joe a couple of years ago. Until I left Sedbergh at the age of eleven in 1958, my family lived next door to the Elveys on Thornsbank. Despite not having seen them for some forty six years, they welcomed myself and my partner, as if the intervening years did not exist! It was good to talk of times past.

Shortly after our visit, Dereen sent me a photograph of myself with their son Michael and Ralph Horne, dressed in our best uniforms before starting our first day at Q.E.S. Kirkby Lonsdale. This is now a prized possession.

A memory I shared with Joe was of attending the British School.

Sadly for me, having left the village at the age of twelve, contact with any of my friends at the school belongs almost to history.

I was highly delighted, therefore, to see

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GCSE or A Level

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with an experienced Teacher to
suit individual needs

Contact: Marjory Glover
015396 25438

the photograph that was published in the August 'Lookaround' of a class of children at the British School. There I sat in all my early fifties glory, almost smiling! I had waited a long time to see further evidence that I had actually lived in Sedbergh! I scanned the faces many times but, whilst I could remember names and faces, more than fifty years time lapse prevented me from matching as many as I would have wished.

I anxiously awaited the arrival of the September magazine only to find that, sadly, I was the only person who had contacted Shirley Tebay with any information on the little group of bygone children.

Perhaps none of my peers remain in Sedbergh. After all I am sixty, so many changes will have occurred during the passing years.

However, if anyone can identify any of the children in the photograph or has any information about them, I would be delighted to hear from them.

Brian Hutchings

British School

1951 - 1957

Q.E.S, Kirkby

1957 - 1958

Tel. 01462 896831

Don't Settle back, Back Settlebeck - again!

At Settlebeck we have a small and very hardworking PTFA committee. Over recent years we have been raising funds in various ways, both modern and more traditional, for example supporters who shop on line are able to earn us commission from retailers (details below). We have been able to buy items that would otherwise have been beyond the budgets normally available within school (See separate article). However we have found the more traditional types of fundraising events such as the 60s Dance and Quiz Night are giving less 'value for effort'.

At 7pm on Thursday 12th October we will be holding a special meeting in school where we will be looking for a more positive, effective way ahead. (We

have to include the requirements of an AGM, but don't let that put you off, it will be informal and brief!)

We are really hoping that some ideas, and offers, will come from our community and the many supporters of Settlebeck - we know you're out there..... If you can help we would be delighted to see you at the meeting, there will be no expectation that you take on any commitment unless you want to. You could also contact us in other ways - chat to a committee member or drop a line to school. New committee members are also welcome, young or old, you don't need a direct, or even indirect connection with school - though almost everyone seems to have one. Meetings are informal, and often in a local hostelry!

Some of the suggestions already on the table are

- Encouraging people to help with PTFA functions without necessarily joining the committee, for example being a regular helper at the quiz night once a year.
- Aiming functions at particular groups within our community who may have fewer choices when it comes to nights out, such as families with young children.
- Trying fresh fundraising ideas, or a return to the very traditional such as domino and beetle drives.

Please come along with your ideas, have a cuppa with us, and help us to keep Settlebeck PTFA going strong.

Settlebeck PTFA committee

Jane Storey, Elaine Teal, Janet Chetwood, Sandra Longlands, Sue Richardson, Liz Hurr, Chrissie Hunt.

Philip Horner
Fencing & Walling

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



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Wednesday 18th October
10 am to 12 noon
U R C Rooms
Teas & Coffee
Homemade Biscuits, Cakes & Jams
Raffle

CANOE CLUB

I must apologise for the rain. Our canoe club keeps getting bigger and with it more people are wishing for rain. Throughout the summer we migrated to river estuaries, lakes, canals and the Cumbrian coast. An excellent trip paddling out to Walney Island to be surrounded by seals and birdlife, we returned via Piel Island and its castle and sadly closed pub, with an exciting return paddle back through the tidal races, I was pleased to see the novices show their skill and judgement getting through. As the days shorten we will change our Friday night from Killington Lake to Sedbergh school swimming pool, where we can practice in relatively warm water, ready for the prospect of paddling down some of our excellent local rivers. Most people are surprised to learn that in England and Wales you can't just jump on a river whenever you like, there is only agreed access for 4% of rivers, however on upland rivers canoeing is generally accepted during the winter, out of fishing season. As a club we always try to keep our impact to an absolute minimum and respect our local environment.

M.H.

OCTOBER GARDENING

There is a particular kind of rose called *Rosa moyesii* which is cultivated for its large showy hips. Unfortunately it doesn't seem to like growing in the garden here in Firbank - or at least it doesn't think it worthwhile to produce fruit. It flowers enthusiastically and grows apace - great stiffly arching stems bearing dark green foliage - but all the beginnings of rosehips which form, wither and dry up before they reach maturity. However, as far as big hips go, we do not despair.

There are other much more obliging species of rose. Two of the best are native to this country: *R. sherardii*, the "Northern Downy Rose" has rich red, round hips and *R. rubiginosa*, the "Sweet Briar" or "Eglantine" has oval, orange red hips. Both have single deep pink flowers and *R. rubiginosa* has fragrant foliage.

Rosa rugosa, the "Japanese Rose" has a number of different varieties and cultivars, most of which reliably fruit.

'Trau Dagmar Hartopp' is good compact form, with pale pink, single flowers and large bright red hips, and *R. 'Scabrosa'* has mid pink blooms and good autumn colour, and the largest fruits of the lot. I grow the cultivar 'Roseaie de l'Hay' which has double, deep pink highly scented blooms. These, like many other double flowers, are mostly sterile, so my plant bears only one or two groups of small dark red hips. However, its sterility means that the plant is forever trying to produce fertile flowers so it produces bloom after bloom right through the summer and well into the autumn. It can therefore be forgiven for its scarcity of fruit.

Elaine Horne

SEDBERGH BONFIRE NIGHT

Firstly the Gala Group will be holding its AGM on Monday Oct 9. The meeting will be held in the Committee Rooms at the People's Hall and is open to the all. If you would like to help your community then please come along. Even if you can only spare time occasionally you will still be most welcome.

The Gala Group is not just responsible for the Gala, which is held in May each year it also arranges the Fireworks for Bonfire Night and the Children's Christmas party. These events are part of the life of the Town and its community. It would be a shame to see such things come to an end. Richard Kooper who has done a sterling job as secretary for a number of years would like to stand down and so the group are looking for a replacement. The post has an annual honorarium plus payment for postage.

As usual the Gala Group are hard at work preparing for another spectacular Firework display. This year the Saturday falls on November 4. The event will be on the Peoples Hall playing field the gates will open at 6.45pm.

The Gala Group would like to thank all it's ardent supporters who turn out to help in all weathers. It is hoped that the weather will be dry for the comfort of spectators but

Help will be needed on Saturday November 4th from 1 PM to cut the turf and make ready the area where the fire will be.

Don't forget to get going on your Guys, Pumpkins and Turnips. Prizes will be given for best in category. Guys will be burnt but Mother-in-laws will not; just a joke folks.

Naturally wood will be burnt on the fire

Howgill Harriers present

The Steadman's Ravenstonedale Red 10k Road Race

Saturday 25th November at 1pm

Registration at

The Black Swan Hotel
Ravenstonedale

Entry forms from

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Howgills Gift + Home or
Tel 015396 21212

Enter online at

www.runnersworld.co.uk

or download an entry form from
www.ukresults.net

**Entries on the day if limit
of 250 not reached**

and it may seem like an ideal time to get rid of some old bits of furniture *But this is not the case Please, No Wood On the Field Before the Afternoon of November 4th. Also and most importantly, wood must not have any brass, metal or plastic laminate on it as these do not burn. Wood must be clean and clear of handles, screws and the like as this becomes dangerous rubbish if left on the field and can be difficult to clear up.*

But if you have made sure the wood you bring along is free of plastic and metal of any kind then it will be a pleasure to burn it for you. See you on November 4th; admission is still only £2.50 adults and free for under sixteen. Enquiries call 015396 20234.

SING OUT PROJECT

Manchester Gospel Choir visit Sedbergh

On Saturday 7th October at 7pm in the People's Hall, all the Churches and young people in Sedbergh eagerly await the arrival of a very exciting group of young people from Manchester.

'The Sing Out Project' is a Gospel Choir with people from a variety a cultural backgrounds from all over Manchester. The Churches in Sedbergh hope that many young people will come and meet the Choir and having seen how exciting it is to belong to a gospel choir, be receptive to the idea of joining a new gospel choir for Sedbergh - 'The Dales Youth Gospel Choir.'

'The Sing Out Project' is led by talented musician Wayne Ellington. Wayne

studied music at Brunel University, where he won the prestigious Sheridan Instrumental Prize. Wayne works as a vocal coach and conducts a number of youth and senior church choirs. He is also vocal tutor to the Brunel University Choir.

Wayne has appeared live on television with numerous celebrities from the gospel and secular field, performing with Sir Elton John, Candy Staton, Ron Kenoly, Graham Kendrick, BBC Songs of Praise, Gloria Gaynor, Tom Jones and many more.

During his collaboration with the 'London Community Gospel Choir' and the 'Kingdom Choir,' Wayne continued to develop his vocal skills in Jazz and Opera which has opened doors enabling him to travel around the world.

The Churches in Sedbergh see the gospel choir idea as a way of reaching out to our young people and hope this event will launch a gospel choir for Sedbergh.

The Dales Youth Gospel Choir will be open to any young person in the Sedbergh District aged 8 to 18. Stewards at the event will collect names of those interested in joining the choir or adults who might be willing to help.

'The Sing Out Project' Concert is admission free, refreshments will be served.

For further Details: Phone Rev'd Peter Boyles 015396 25226.

As this is an event in which people will be attending, it should require an advert to accompany the text. As there is no admission and it is for the good of the community, I have waived an advert on this occasion.

Ed

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DENT MEMORIAL HALL

The weather treated the Dent Gala on Bank Holiday Monday much more kindly than some local events this summer.

A sharp but brief downpour 15 minutes before the advertised start failed to deter locals and visitors pouring through the gate onto the school yard and field, to enjoy a bright warm afternoon of festivities.

A large number of hard working helpers and some generous donations raised £1,964 for Memorial Hall funds. Many thanks to all involved. Next year might see £2,000 reached for the first time. This income is essential to maintain the charges for the Sedgwick and Haygarth rooms, the main hall and kitchen, at a low level.

The summer holidays have seen work on the Hall undertaken by Dent Primary School, including a new ceiling and improved roof insulation, damp proof injection to exterior walls, and double glazed replacements to all the windows, to improve the fabric of the building. The Hall Committee has installed a new low energy lighting system, towards which grants have kindly been made by the

Cumbria Wildlife Trust

TABLE TOP SALE

Saturday 21st October

10 am to 2 pm

People's Hall

Tables booked in advance £4

On the day £6

Ring for details 20308 or 21138

Zebras

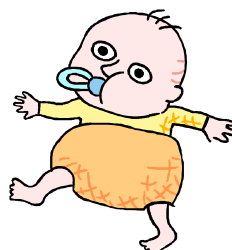
New to You Sale

Saturday 21st October

10am - 1pm

Methodist Church Rooms

Coffee & Cake £1



**For commission sales
& donations**

Tel: Christine 21026

or Trish 21644

Cumbria Community Foundation (£1,000) and Cumbria County Council Neighbourhood Forum (£500), and a South Lakeland District Council Community Leisure grant (£150). The late Leslie and Elsie Haygarth kindly gave the hall a legacy of £100 which has gone towards the cost. The dual lighting system of ceiling and wall lights will give a more versatile space, where the ambience can be altered to suit different users.

The Hall cannot be redecorated until the half term holiday, but is for hire as usual. From November a far brighter and more attractive venue, with a modern flexible lighting system, will be available for social and community use.

FROM ACROSS THE WATER

Life at Le Rigal, Dordogne, France

It is now just over 2 months since Jacky, Chris, Alice and Eliza Holton moved to France, complete with 2 cats, a border collie and 2 artic lorries full of stuff including Chris' tractor (we arrived in Sedbergh 11 years ago with only one car load!)

The journey from Sedbergh was an adventure in itself, we chose the hottest days of the year to travel 750 miles in an old Volvo pulling a huge trailer packed full of "useful" bits including a large chicken coop (that Andrew, Dorthie and Ella Pratt had kindly decorated) and enough netting for a tennis court. The car wasn't too keen to pull such a load and sprung an oil leak, the cats meowed every 5 seconds nearly expiring in the 38 degree heat with our only air-conditioning being the windows and the children couldn't move for all the essential goods packed around them. Only the dog found solace in the footwell, sleeping most of the way. At 45 mph it was a long, long way. You can fly here in only one and a half hours!

We are all settling in well, Alice has started school and loves it and Eliza spends a few hours at a nursery so it won't be long before they are talking to



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each other in French. Although we are only 30 minutes from Bergerac airport our farm is situated in gently rolling wooded countryside with pretty villages in all directions. Just like Sedbergh the folk are very friendly and we've already been given many gifts of vegetables and fruit to make us feel welcome as well as offers of practical help. Our nearest neighbour has even offered to help us plough our vegetable plot.

Many people asked us why we were going and how could we leave such a beautiful place like Sedbergh (not to mention family and friends and such a wonderful job at the chemist) and although it was a wrench we hope that we have made the right decision. Two of the reasons for moving was because we (Chris !!) wanted a new building project and for the four of us to spend more time together, we also wanted a little more land (we now have 110 acres).

Le Rigal, the name of our farm, dates to the eighteenth century and has a courtyard of beautiful but ramshackle barns and houses, so Chris is in his element and by next spring our first holiday Gite will be ready, complete with salt water swimming pool. We will keep

you all informed of progress via a series of Lookaround articles entitled "La Vie en France", and hope to see some of you next year.

We've already tried out some of the activities that the area has to offer, the girls have enjoyed pony riding, we've been canoeing, on pedallos, we've cycled and walked plus visited the wonderful medieval towns dotted all around, not to mention the markets and of course the area is famous for its wine and the Dordogne river. We've had a wonderful summer with visitors, both family and friends, Caroline, Adam, Emma and Rachel Hopkins were the first, then Drs Orr and Girls, Maureen and Ian Dancer, the Glanville family, the Seymore family (and bump), Sandy and Beth Roy, Steve Copestake and Mum and Dad from Dent. We can be contacted on lerigal@orange.fr and we will have a website up and running before too long. Thank you all for all your cards and best wishes, we do miss you and Sedbergh and we were very excited when 'Charlie' our postman delivered our copy of the *Lookaround*!

We look forward to seeing everybody at Christmas, with much love to all ,

Jacky, Chris, Alice and Eliza Holton



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DIALECT DIGEST

Yorkshire folk are generally considered to be blunt, but really we're just being realistic. A visitor to the Dales commented to a passing farmer, "What a gorgeous view!" To which came the reply, "Aye, bud it wean't pay t'rent!"

The words we use are often short and to the point, none more so than the word 'nowt' meaning 'nothing' - as in the phrase 'It's jist summat an' nowt', to indicate an event that's not really worth bothering about.

It stands to reason that 'nowt said needs noa mendin', and for someone too fond of the sound of their own voice, 'He talks a lot bud sez nowt'.

For a person of no importance, it's said that he or she is 'nowt-a-pahnd!'

'Daft', as in 'daft as muck', is another descriptive word, and certainly applies to this rural couple. The wife came home with a length of wood for a new clothes prop and asked her hubby to cut a cleft in the top of it. "Wheer is t'prop?" he asked. "Leanin' up agin t'hoose wall," his wife replied. "Noo, wheer's thoo goin'?" "Ti get a stee (ladder) ti reach t'top," he said. "Dean't be daft!" she retorted. "Thoo can saw it fra t'bedroom winder!" *M Park*



PHOTO CALL

Nothing to report this month as there has been no feedback at all on last month's photo of a Dent coach trip. This month's picture is of the National School - looks like 1920s and comes courtesy of Betty Braithwaite nee Garnett. . Can anyone help with this one. Betty has provided a lot of the names but there are some gaps. Names to Shirley Tebay, Walnut Bungalow, Dent LA10 5QT. Tel 015396 -25001 email shirley.tebay@btinternet.com

HOUSEGROUP

Questions Relevant to Today's World

In a changing world, religious beliefs, and attitudes towards them, are seen to be important factors in society.

This notice is to invite you to the fortnightly discussion meetings which will take place during the autumn and winter months at the home of Alf and Joan Hooper, 4 Highfield Villas, Sedbergh.

These are meetings in which people ask any questions they like about faith, doubt, disbelief, the Christian church, world faiths and society.

There is complete freedom of expression - and consequently a great variety of views and beliefs. A Christian understanding of the questions is always presented, but no attempt is made to persuade people to adopt any particular view. We listen to one another with mutual respect and learn to disagree among friends. It is all very informal. Those who have come to previous meetings have found them stimulating and enjoyable.

The meetings take place fortnightly on Wednesdays. They last from 7.45pm to 9.00pm. The first meeting in October is on the 11th of that month. You could come to just one or two meetings or to the whole series. New members are very welcome.

For further enquiries, don't hesitate to phone Rev. Bill Long. Sedbergh 20577.

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yellow strand (8,4)
 5 Seaweed in lagoon or inlet? (4)
 8 Large animal seen in police car (5)
 9 Giant fishing line (5)
 12 Open drapes awkwardly (6)
 15 Cane with no points on top cause irritation (6)
 17 A very early year for Mark? (3)

Answers to September - ACROSS: 1 Reaped; 4 Hands; 7 Bathing towel; 8 Itchiest; 10 Orate; 11 Macau; 12 Puffball; 15 London Bridge; 16 Wiser; 17 Entrée.
DOWN: 1 Rabbi; 2 Anticyclones; 3 Dance; 4 Hit it off; 5 New Zealander; 6 Saline; 9 In uproar; 11 Mellow; 13 Fable; 14 Liege.

Across

1 Fail young lady (4)
 3 Famous bear without weight or protection (7)
 6 Rush into work (3)
 7 Tunes by fashionable Zeppelin (7)
 9 Fastened pages inside, and got rid of (6)
 10 Wide sign for girls (5)
 11 Master of town loses head meeting queen (5)
 13 Jump up with the French national dish (7)
 14 Smoking aid doesn't weigh as much (7)
 16 Excited about story put up by editor (6)
 18 Applauded revolutionary European communist (7)
 19 Not right to be abandoned (4)

Down

1 Coat made up in Cambodia (3)
 2 Late speeches about athletic event (12)
 3 Aerial soldier joins Delaware march (6)
 4 Local product made from rewoven

SEDBERGH SWIMMING CLUB
 The Club is looking for a children's swimming teacher. No experience is necessary as training can be given. If you are willing to give it a go, please contact Jacqueline Smith on Sedbergh 20760.
 A reminder about session times:
Tuesdays
 8 - 8.30 pm Aquafit £2. 50
 8.30 - 9.00 pm Adult recreation £1.50
Thursdays
 7.30 - 8.30 pm Adult recreation £1.50
Saturday
 10 - 11.00 am Recreational swimming for all. Adults £1.50
 Children £1.00
 Please be reminded that at this session, non-swimmers and children under the age of 8, must be accompanied by an adult.
 Thank you.
 Children's swimming lessons run on Tuesdays from 6.30 - 8.00 pm and Thursdays from 6.30 - 7.30 pm.
 Membership fees are:-
 Adults £12 per year and Children £8 per year.

SEDBERGH CHARTER MARKET

Address by Andrew Whitley who opened the Charter Market on 26th August.

History

The first charter was granted in 1251 by Henry III to Alice of Stavely, for a market once a week on a Tuesday at her manor of Sedbergh in the county of York.

The second charter was granted in 1538 by Henry VIII to Thomas Stanley and William Parr, for a market every Wednesday in the lordship of Sedbergh in the county of York.

468 years later, Sedbergh is no longer in Yorkshire, but its status has taken another leap forward, since it is now England's official book town.

Competition

It is significant that both charters contain words like *'Providing that the Markett and these fairs are no prejudice to any neighbouring markets and fairs'*.

There is sometimes an awkwardness between local shops and a new market, a feeling that the latter might steal trade

from the former. But the presence of a vibrant market will surely spill over into benefits for the whole town and all its traders, as people feel good about shopping and meeting here.

The real issue in the current reign of king Tony is whether the provision of food and the exchange of goods can survive at all as a local affair. Because the supermarkets are certainly 'prejudicing' the neighbouring markets and fairs by using their power to set terms of trade that are often unfair to suppliers and damaging to the social and physical environment.

Supermarkets have a built in desire for uniformity. There is a need to reinvent the market for the 21st century - as a meeting point for local people and visitors, where there is a genuine distinctiveness in each place. Sedbergh's market should not be the same as Brought or Orion's or Settle's.

The Future

There are plans for a market on the second Wednesday of the month from



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Kirkby Lonsdale, Cumbria, LA6 2SG**

www.castertonschool.co.uk

April 2007 and eventually Sedbergh may join the National Association of Farmers' Markets. The hope is that it will attract many local producers, especially those practising sustainable methods.

The lack of contact between producer and consumer breaks down trust. One of the most striking things about the food system in the past 20-30 years is how many people no longer really trust the food they buy. This is not surprising, in view of salmonella, BSE, Foot and Mouth Disease, E coli, and the revelations about the poor quality of school dinners, and so on. Many of these scandals resulted from the intensification of production and impersonal, centralised supply chains, where the consumer couldn't see the conditions his or her food was produced in nor actually meet the

people involved.

So 755 years on from the first Sedbergh market, local people are taking matters into their own hands and beginning the fight back against what has been called the Tescopoly. Fresh food and high quality goods, made with care and fairly traded over relatively short distances, in the interests of happy healthy people living in harmony over the next three quarters of a Millennium. That's what Sedbergh Charter Market symbolises - and I wish it every success in realising such aims and I have pleasure in declaring it (in the full sense of those words) well and truly open.

SEDBERGH PEOPLE'S HALL

Registered Charity 523829

Fiftieth birthday celebrations

Just a brief reminder to keep you informed:

The celebrations will take place on Saturday 25th November in the People's Hall. Time: 7 for 7.30pm until late.

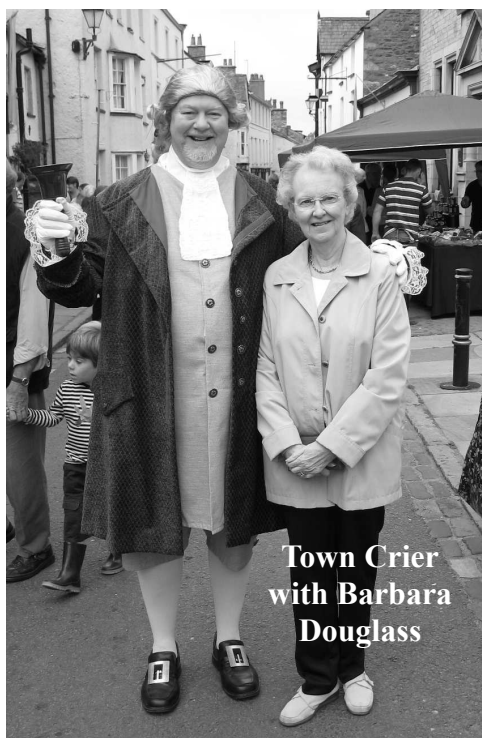
Tickets will be available from early November and will cost £10 each.

This price includes a hot supper and a full evening's entertainment from local musicians, including the Town Band, the Pepperpot Musicians and Garth and Alan Steadman's Band. Stuart Manger will be the Compere.

Please see the November edition of *Lookaround* for a full advertisement and information as to where to obtain tickets.

There is a competition, being circulated through the local schools, to design a logo for the People's Hall as a part of the birthday celebrations.

Please help us to celebrate the People's Hall's anniversary in style.



**Town Crier
with Barbara
Douglass**

CASTERTON GIRLS'

Massively outstrip National figures

Casterton's A Level girls are celebrating another outstanding set of results this year. One hundred per cent of pupils passed in all of their subjects, up slightly on last year's record results. Fifty-one per cent of them were at the top grade of A (well over twice this year's national average for that grade, even for girls), 78% at A/B (against a five-year average of 76%) and 96% at the A/B/C grades needed to go on to courses at the more demanding universities.

Nearly a third of the girls attained straight As. One of the outstanding performances amongst the many individual successes across all subject areas was from Percy Cheung (who is a boarder at the school and lives in Hong Kong). As well as gaining five As, which included two of the top five marks in the country in Mathematics (out of 9,519 candidates) and in Information and Communication Technology (out of 10,479 candidates), Percy attained an Advanced Extension Award in Mathematics. Jennifer Woodburn (from Ingleton, N. Yorkshire) also achieved 5 As and has been offered places to read Veterinary Science at Cambridge and the University of London. Eleanor Foster (Skipton, N. Yorkshire) gained straight As and has been offered a place to read Modern Languages at Cambridge. Caitlin Dent (Kendal, Cumbria), Sarah Morphet (whose family are with the forces in Germany), Yi Fan Chen (Manchester) and Kathy Kong (Hong Kong), all achieved four As. Talented artists Ruth Davis (Kendal, Cumbria) and Sammie-Jo Coxon (Tyne and Wear) both scored perfect marks in Art and Design, which

gave them two of the top five marks in the country out of 4,200 candidates.

Other students who attained straight As were Damilola Jagun (Lagos), Connie Lo and Jolly Chan (both from Hong Kong). The AS results were similarly outstanding, with 97% of pupils passing, 62% with the top two grades.

The Headmaster, Dr Peter McLaughlin, was extremely happy to be receiving results which firmly maintain Casterton's position in the top echelons of the academic league tables: "What Head would not be delighted with wonderful news like this? Year on year, Casterton girls perform at levels massively above the national norms. Although these results suggest otherwise, we do in fact have a considerable range of ability amongst the girls in our school.

Consequently, the absolute statistics not only place us very high up the league tables but also show why we top the national 'added value' tables published annually. Whatever criticisms have been levelled at the A Level system, these excellent results represent a huge amount of effort and ability on the part of both pupils and teachers. Our girls are so far ahead of national norms that any talk of 'dumbing down' becomes irrelevant. By

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any standards, this is a fantastic achievement, especially given that so many of our girls are also active, high-achievers in music, sport, drama, the Duke of Edinburgh Award Scheme and myriad other time-consuming school activities."

KIRKBY LONSDALE EMBROIDERERS

This year's Victorian Fair will be memorable for everyone taking part, visitor or stallholder alike – could the weather have been any worse? The Embroiderers group were at least in the dry once we got into the Institute, and a number of brave souls battled through the elements to visit, share a cup of tea and view the varied exhibits we had on display. Everyone in the group had contributed pieces of work ranging from quilts, wall hangings and pictures to bags, boxes, bowls, jewellery and cushions. A wide range of techniques were on display and several were also being demonstrated during the day – felt making, constructing cords and braids, machine and hand embroidery and lacemaking. We were just disappointed that we were not able to publicise our group to more people, as that had been one of the main aims of

staging an exhibition. Better luck another time perhaps?

September is the AGM month and this year we combined it with a workshop run by Pat Mann on the making of a 'Calico Garden'. This is the name given to a piece of hand embroidery usually worked in cream thread on a calico ground using a variety of stitches to depict a garden scene. Obviously, as with most projects, there can be any number of variations on a theme and you can be really

imaginative once the technique has been mastered. The workshop was well attended and we enjoyed it very much.

At our next meeting on 12th October we welcome Marge Quinn, who will show us how she makes cords and braids and suggest ways in which they can be used. That meeting will be held at Cowan Bridge Village Hall from 2.00 to 4.00 pm. This is our usual venue for meetings which generally happen on the second Thursday of the month.

We are always keen to welcome visitors and would really like to enlarge our membership. No knowledge or expertise is necessary, just an interest in stitching and textiles generally. If you would like further details please ring Ann Wright on 21567 or Ann Hunter on 015242 41120.

MARK DODD

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COMMUNITY OFFICE NEWS

Electric Blanket Safety Tests

Cumbria Trading Standards will be carrying out FREE examinations and safety checks on electric blankets on the week beginning 9th October. If you have a blanket that you would like testing, please bring it in to the Community Office before then and they will be collected, checked and returned here during that week to pick up from the 16th October.

Environmentally friendly products

We are now selling environmentally cleaning products and recycled goods including – washing powder, washing liquid, toilet rolls / cleaners, dishwasher tablets, bin bags, food bags, kitchen rolls and more. There is also opportunity to order in bulk, consider other products and be part of a community ordering scheme. So please call in to explore and ask about this exciting new venture.

Community Cinema

We have had a very positive response to this idea and are now looking into grant possibilities. If you would like to get involved, please call in on a Thursday afternoon and speak to Deyna – particularly if you have technical expertise to offer!

Camcorder hire

We have a modern camcorder for hire if you want to record the activities of your club for funding or promotional purposes. The cost will be £5 per day and it is available for community groups only. We will require a deposit of £50, returnable unless there is damage to the camcorder.

Books

Due to good book sales over summer we

At the **Chair Workshop**

- Chair seating & supplies
- Tuition
- Tool sharpening

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

99 Main Street, Sedbergh.

Tel: 015396 21489

would now be grateful for more book donations. So if you have any novels / children's books lying around (in good condition please), please bring them in.

Jigsaws

We have had several requests for jigsaws so if you have any spare lying around, please bring them in.

Homeopathy

You can still obtain individual homeopathic advice and dispensation that is a unique chance to look at not just physical symptoms but the whole of your being. Wednesday mornings 10 until 12 noon on a drop-in basis.

Recycling

You can now recycle old batteries at the Community Office! If you are not yet using rechargeable batteries, please drop used disposable ones here and we will keep them out of landfill. Thank you.

Does anybody have any contacts or knowledge of CD recycling? Does anybody have any creative ideas we can use to recycle more of our household waste? Maybe a business opportunity? There are plenty of grants to support recycling ideas so please call in to discuss possibilities.

SLOVENE STUDENTS' WORK EXPERIENCE IN SEDBERGH



Darja Mihelj and Katja Senica - two Slovene students who came with the Zrece singers to the Folk Carols festival last December - came back in August to have an experience of working in Sedbergh. Singers from Howgills Harmony, recently returned from their Slovenia tour, acted as hosts - helping with lifts to and from the airport, taking them on outings, helping them find jobs in the area - with accommodation kindly provided by Dr Clare Mingins in her home.

They were very touched by the hospitality they received while working at Farfield Mill - so much so that when they started working and people at the Mill were thanking them for coming in, and saying how pleased they were to see them, they asked the singers if they were also being paid (they were.) They also had part-time jobs at the Bull Hotel, did cleaning jobs in homes and holiday

houses in Garsdale and Dentdale and took part in the Sedbergh festival.

Darja Mihelj wrote this piece for the Lookaround about their experience of working in Sedbergh:

"Travelling is said to be the search for one's self, establishing a certain distance, perhaps changing or simply getting to know another culture, learning a foreign language. For some reason or other, returning to a certain place is a sign of fond memories.

"After having spent a few days in Sedbergh back in December, Katja and me decided to come back in the summer. And so we planned our trip, booked the tickets, wrote a few emails to find jobs and accommodation, and most of all - looked forward to the day of our departure - 8 August.

"After a few days of getting used to a different environment, we started to feel homelike due to our wonderful hostess, our employers, David Burbidge - our guardian angel - and of course all other people who proved to be very kind.

"Having spent 20 days in Sedbergh and having seen a few places in the Lake District, we decided to leave for Scotland to get the impression of the two bustling cities Edinburgh and Glasgow. We returned home convinced that a closer insight into a certain culture affects one's inner richness. Our fond memories of the wonderful countryside and all the people that we got a chance to meet and become attached to will be the reason for our next visit of the Book Town. See you soon ..."

Darja Mihelj"

(Slovene students and singers will be returning to this year's Folk Carols Festival on December 8-10)

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

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**

* 1.45pm on normal Sundays

QUEEN'S GARDENS

Unfortunately we had to cancel the centenary celebrations at Queens Gardens, due to torrential rain the previous day.

The gardens are our very own 'Lost Gardens', as I have been returning some shape to the overgrown shrubs, a picture emerges of how the gardens used to be. If anyone has any photographs of how the gardens were, which they don't mind being copied, I'd be very pleased to see them and perhaps use them in a booklet.

For any fans of 'The trees that made Britain' or Autumn watch tree seed collecting or even those with Celtic interests there really is an excellent collection of mature trees in the gardens, just waiting to be hugged.

*Percy the Park Keeper
Tel: 20118*



DENTDALE FELL RACE

(A Hell of a Rise Hill)

The resurrected race attracted 35 runners and was an excellent spectacle as part of the first Dentdale Show which was a great success.

The race was won in an amazing time of 28 minutes 37 seconds by John Heneghan from Sheffield, second Jon Deegan, 30 minutes, Staveley and third Francis Blunt in 30 minutes, 31 seconds, from Firbank. First Lady was Jenn Mattinson in 43 minutes, 7 seconds, from Sedbergh. The First Veteran Lady was Miriam Rosen in 56 minutes, 9 seconds, from Lancaster. The First Veteran Man was William Procter in 31 minutes, 39 seconds from Kendal.

All the above received prizes donated by the sponsor Lyon Equipment who also presented the Annual Shield to the winner.

The Hartley Prize for the oldest competitor to finish was won by David Spedding in 31 minutes, 55 seconds who was from Keswick and aged 61.

The race will be run again next year on August Bank Holiday Saturday.

Thank you to Bill Allen for the photo, when he won the race in 1939. Does anyone else have any photos or records, please. Contact John Hyde on 015396 - 25503.

READING GROUP

We meet on the 2nd Monday of the month in the Town Library at 3 pm. This month we are reading Northern Lights by Philip Pullman to discuss on October 9th.

Next month's book is The English by Jeremy Paxman, then Georgiana Duchess of Devonshire by A. Foreman in November.

Janet Dodds

WATER, WATER, EVERYWHERE

We are used to heavy rainfall around the Howgills, and our lush grass and full-crowned trees are evidence of this. We are more often irritated by rain than by a lack of it.

Our experience is not shared by all the world's population. Many areas are habitually short of rain, and in some civilisations there is as yet no means of saving or drawing upon the water they have. In those same places, hygiene and sanitation are usually poor and misunderstood. Consequently, thousands are ill or die each year unnecessarily.

It is with these thoughts in mind that the Parish Church of St. Andrew has made a decision this year in respect of Harvest Festival. Following a strong commendation by John Sentamu, the Archbishop of York, we are going to concentrate on the raising of money to assist WaterAid in providing clean water, hygiene-education and sanitation in some of the poorest parts of the world. There will be envelopes for WaterAid available at the main Harvest Festival service, and an extra supply at the back of the Church. These can also be gift-aided by taxpayers through the addition of personal details.

You will see explanatory posters in the lych gate and at the back of St. Andrew's about WaterAid, and we hope you will give generously to this charity.

All this means that we will not be receiving fruit and vegetables, cans or jars this year; and these will not be displayed in church, therefore, or distributed, though flowers will decorate

the building as usual. We hope that everyone will see that sometimes we should break with tradition and do something which is desperately needed for people less fortunate than ourselves, even if we appear to lose something ourselves.

Please be generous, and help give health and life to others.

Alan Fell, Vicar

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SEDBERGH UNITED CHARITIES

Grants for post-secondary school education

Sedbergh United Charities makes grants to young people to help them financially after they have left school and are training for a career. This includes those studying at universities, etc. and those serving apprenticeships. To qualify applicants must be under 25 years old and reside in the parish of Sedbergh. The closing date for applications is 16th October. Please apply giving your details, including address and date of birth, to:

The Clerk to the Trustees, Sedbergh United Charities, 31 Loftus Hill, Sedbergh, Cumbria, LAID 5RX

PEPPERPOT CONCERTS

Champions of St. Gregory's Chapel at Marthwaite might claim that it has the finest of any interior in the area. The concert organised by the Pepperpot and held there on 3rd September augmented the claim.

Arne Richards played all thirty of J.S. Bach's, Goldberg Variations of 1731 on his harpsichord. Sometimes a difficult instrument for sustained listening, it sounded well in this small and intimate location. The beauty of the surroundings, especially the stained glass, increased the pleasure provided for the senses.

The music was commissioned by a restless insomniac, Keyserlingk, for his musician Goldberg to play, to soothe the nocturnal disturbances of the employer and to lead onto sleep. Gregory Wilson has written interlude pieces about what thoughts might have gone through his mind whilst awake but seeking slumber, from the hope of being remembered that it was he who paid for the world to have these aural delights, to the snow which had silently accompanied the last ones adding a new beauty to the landscape, as the Variations do to sound.

Only three days later, another exceptional concert was given by the Stonebridge String Quartet at St. Andrew's Church. The musicians are from Lancashire, but led by Julian Cann, who lives in Sedbergh.

The programme started with a Haydn Quartet followed by five short songs composed by Ivor Gurney in 1912, sung by the tenor Nicholas Hurndall Smith. As with the Goldberg Variations, they allude to the solace that sleep they bring but the final one is a lively welcome of the

season of spring. The clarity of diction and the restrained accompaniment emphasised the complement of words and melody in the songs.

In the second half, the quartet became a quintet, with a second cello for a performance of Schubert's String Quintet of 1828, a masterpiece of chamber music in which the sonority of twin cellos provide exceptionally deep sounds.

These two concerts would be welcome in any city, and Sedbergh and District was privileged to have them. Many thanks go to Pepperpot for having provided events of musical contrast for us, but both of remarkable calibre.

THANKS TO

THE SEDBERGH COMMUNITY

Suddenly it seems very quiet around here! Hmm The Jamaicans must have gone With their bags and pans!!!

So it's time for us to say a big 'THANK YOU' to everyone for the warm welcome and great hospitality they received. Also thanks for your generous contributions of just under £1,500 towards the Cancer Hospice in Kingston.

Below is a summary of our feelings about this town and the visit of the Stella Maris Steel Band.

Sooooo
Exhilarating!
Definitely
Brought
Enjoyment,
Revival....
Great
Hosts !!!

Ernest & Monica Cousins

RAYMOND & NINETTE COOPER

A Memorial Service for Raymond and Ninette Cooper was held in Sedbergh Parish Church on Wednesday, 30th August 2006.

Raymond's association with Sedbergh began when he joined the staff of Sedbergh School in 1938. He is remembered from those days, when he lived in Sedgwick House, as a formidable player of both rugby and cricket and as one deeply attached to the fells of the Lake District and round Sedbergh. At the onset of the war he was commissioned in the School OTC and in 1940 was posted to the Ninth Battalion of the Border Regiment, with whom from 1942 he served overseas for two years. His war service took him to Burma from where he returned to England after being seriously wounded and where he received the MC.

In hospital he met and was nursed by Ninette, who was to become his wife. Raymond returned to the staff at Sedbergh and in 1947 became Housemaster of Powell House. Although they left Sedbergh in 1954 and Raymond spent the rest of his teaching career as headmaster of The Hall School in Hampstead, their attachment to Sedbergh remained constant. It was their wish that their ashes should be interred at Sedbergh, where two sons who had died, one in infancy and the other at a young age, are buried.

The service planned by son John and daughters Gillian and Norn, and involving other members of the family, was taken by the Reverend Canon Alan Fell. Andrew Gilliatt, formerly in Powell House, played the organ.

In the congregation were past members of staff, many ex-members of Powell House and other Old Sedberghians, and representatives of the King's Own Royal Border Regiment, the British Legion and Sedbergh School. That so many attended, some coming from a considerable distance and after so many years, is a mark of the esteem in which Raymond and Ninette were held.

John Cooper and the family wish to express their appreciation for the support they received on this occasion.



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CUMBRIA IN BLOOM

Millthrop has won jointly with 'Blindcrake' Nr., Cockermouth, the Hamlet category at the Cumbria in Bloom ceremony in Barrow on the 4th September.

Many thanks to John and Gill for the wheel at the entrance to Millthrop, Katie and Judith for the weeding of the verges and all who made the effort for us to win.

The sad loss of Carol Dawbarn, who did our booklet on Millthrop dampened the win of the Hamlet. She died a week before the results were announced.

M.M

HOUSE GROUP

On a regular basis, a number of people, including, some from the Sedbergh area, attend Sue & Peter's House Group in Kendal.

They have lots of activities which include Bible Study, Song Books, Hymns (where they can choose a Hymn), Prayers and caring support for each other. Supper of cold drinks, tea & coffee and biscuits & cakes are provided and Birthdays are always celebrated.

The Group is described as a very nice caring group and everyone is welcome to attend. Presently attending are Georgina, Glenys, Ray, Sarah, Maria, Sally, Christine, Alan, John, Lisa, Brenda, Shirley, Lee and Hazel.

Georgina

AUGUST WEATHER

A warmish month on the whole with temperatures reaching the 70s F with a maximum just reaching 81F. During the wet periods the maxima dropped into the 60s F. The lowest maximum temperature recorded being 61.5F on one rainy day. The minimum temperature recorded was 44.2F with 5 other nights dropping into the 40s F. We had a period of 11 days without measurable rainfall followed by 4 wet days ending with 1.34 inches falling in one 24 hour period. Most of this rain fell in a 2 hour period one morning. It is the first time I've actually seen sheep run for cover. It was bouncing up 6 inches from our drive. During the 11 day dry period the winds on 9 days were not from the north west. In fact we had 15 days again when the winds were not from that quarter. The maximum wind speed recorded was 24.8 mph from the south west. (Did you spot my typing error last

month when I put a wind speed at 42 mph instead of 24 mph!)

How has the weather affected the wildlife? Well at last we had some butterflies. In fact we had clouds of Peacocks on the buddleia. There also some Red Admirals, Small Tortoiseshells plus a few small whites and a single Comma and a lonely Painted lady. Where they all went when the rain came was a mystery as most did not reappear. The second clutch of swallows left the nest on 25th but continued to come back to roost for a few days. The hen was the first to disappear followed by 2 of the youngsters. The cock and 2 youngsters hung around for several more days before he went. The robins have obviously had another nest somewhere but I've only seen one speckly youngster again. Again I wonder if the dry weather has made it difficult to find enough food to rear a full clutch. Bats have again been obvious by their absence as have hedgehogs. I've only seen 2 road casualties all year so far and no live ones. The heavy rain brought a few salmon and sea trout up the Lune I understand. The badgers continue to visit most night except when its very wet and rabbits abound. I haven't seen any signs of myxomatosis so far this summer.

BULL HOTEL MUSIC QUIZ

We would like to take this opportunity to thank everybody who showed their support for the Charity Music Quiz, which was held for "Hearing Dogs for the Deaf".

Special thanks to the locals who donated raffle gifts. The event was a success and we managed to raise £307.50.

Another event will follow in November.

EATING OUT

A ride out to view the autumn colours and the chance to stock up with winter plants can be combined with a light lunch or afternoon tea at Lune Spring Garden Centre and cafe, Newbiggin-on-Lune. For basket and antique lovers there are two retail areas adjacent to the cafe.

In Milnthorpe for the Friday market? Take a wander down past Fourboys and into the Sandham Tea Rooms at the back of the RDK Mobility shop, might be small but good food, toilets and very friendly staff billed as "the girls from Veronicas" who ever she is?

Unlike the "Northern England Teapot Trail" which has a page all about the wonderful cafe in Sedbergh with links to the New Village Tearooms in Orton which is not actually operational yet, all the places suggested here are up and running and personally visited!!

E.N.JOY.

PULSE COMMUNITY PROJECT

'The Pulse Community Gym' is almost ready. What's needed now is a small management committee to help with the preparations for the opening. The gym, which is at Baliol School is housed in what was the schools art room. At the time of writing the gym is being painted so ... I think I can safely say that it should be open for business by the end of October if not before. Keep listening to Fresh Radio or watch for posters at the TIC and Library for the date of the official opening when you can come along and have a look round.

There are male and female showers plus disabled facilities. A grant has been

obtained by the school which has enabled it to purchase of a cross trainer for the gym. This along with all the other equipment for improving fitness makes the Pulse Gym a great asset to the community. A big note of thanks is owed to Baliol school staff and Head for all the work they have put in to make the gym a reality.

Gary Holmes has been taken on by the school as gym and sports instructor. He will be available for inductions and to answer your questions relating to exercise and use of the gym. Gary has helped immensely getting things organised, he has even designed the logo for the gym. Membership costs will be kept to a minimum and is likely to be in the region of £20 per month, cheaper for yearly membership. The aim of the project was always to offer an affordable community resource open to everyone.

Entry to the gym will be by switch card and membership can be purchased from Baliol school offices 9 am to 5 PM week days. Enquiries please call 015396 21808/20232.

ZEBRAS NEW TO YOU SALE

Zebras are having their autumn sale on Saturday 21st October from 10 am to 1 pm in the Methodist Church Rooms.

For commission sales and donations telephone Christine on 21026 or Trish on 21644. There will be good quality toys, clothes etc.

A great opportunity to pick up a bargain. Call in for a coffee and a slice of homemade cake for £1.

There will be a games stall so bring the kids as well. Admission will be 20p.

TIM FARRON MP

I mentioned in my column last month that the state of the Stonehouse Bridge at Cowgill was a disgrace and that many people had drawn my attention to it when I did my mobile surgery in August. Poor communication between Cumbria County Council, the Environment Agency and Capita seemed to be at the bottom of the issues. Well it now appears that absence of any communication at all is at the heart of the issue.

While drivers face what is a very dangerous bridge crossing – a bit of orange plastic is not going to prevent any car from driving into the river in the dark as the nights draw in – the Council appears to have been doing very little at all about putting repairs in place.

To this issue we can now add the increasingly parlous state of the Lea Yeat Bridge also at Cowgill, without some rapid action this will very soon descend into a similar state to that of Stonehouse Bridge. Dent Parish Council have been very active in getting the County Council to do something and I have been doing all that I can to support them, we have been in contact the parties involved. In fact I have also contacted the Minister responsible for these issues to ask whether there were any powers to statutorily force the Council to act when a road was in a dangerous state. At the time of writing I have yet to receive a reply.

In fact whilst I was driving around Sedbergh, Dent and Garsdale during my summer tour of the constituency I was

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

(Closed Weekday Lunchtimes)

Proprietors: David and Elizabeth Martin

struck by the generally poor state of many of the roads; potholes are much more noticeable when you are driving a fairly unresponsive and large van as it is so much harder and more dangerous to swerve around them. It is frankly unacceptable for the Council to reduce investment in repairs to a road simply because it is used infrequently. Minor roads up some of the dales are even more important to the people who use them than many major roads as there are frequently no alternatives. In addition many of the people using these roads are tourists who have no experience of using them and so can be easily be taken by surprise. The County Council needs to take this into account and be much more proactive in keeping the roads in a safe

and usable condition. Rest assured I will make this point the next time I meet the County Council.

Finally, I need to apologise to Councillor Craig Stephenson for misspelling his name in my last column, thanks to those people who drew the mistake to my attention. I am continually impressed by how thoroughly people read Lookaround.

Anyway if I can help you with any issues be they traffic related or otherwise then you can contact me by writing to Tim Farron MP, Yard 2, Stricklandgate, Kendal LA9 4ND or emailing me at tim@timfarron.co.uk

Thanks for your support

Tim Farron MP

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

DENTDALE METHODIST CHAPEL

What a wonderful Harvest Festival weekend we had, folk got busy for weeks beforehand re-decorating the kitchen, hall-way and toilet rooms, when the work is all finished inc the floor covering and the car-park area we might just have an "Open Day"!

On the Saturday a group got together and decorated the chapel most beautifully with flowers, fruit, veg etc, we had an amazing service with the Brewer family and friends on Sunday afternoon, it was a joy to see those little children getting up and saying recitations and Bible verses, well done! The theme of Karens sermon was "Obedience", a friend sang a solo and another shared his testimony. Then it was into the schoolroom for Tea, and we shared a happy friendly time in there.

On Monday the speaker was Andrew Woof and he encouraged us to keep close to Jesus and not water-down the Gospel, his wife, Tina sang a solo. Then Geoffrey Woof very amusingly and ably auctioned all the harvest gifts. A great weekend, sorry if you missed it!

This month sees the AGM on Thursday 5th October at 7.30, the Bible Study on Thursday 21st 7.45 (all are welcome) and our Sunday services move to 2pm except on the 8th when we join Dent Foot Harvest festival. As ever, the Prayer Room is open daily and Prayer requests can be left there, the suggestion has been made to have a prayer-line number where requests can be left, if you would be willing to be a prayer-partner for this do get in touch.

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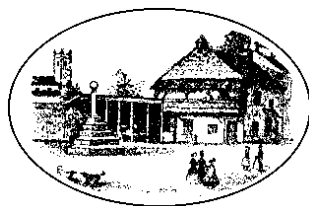
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SEDBERGH & DISTRICT HISTORY SOCIETY

History Lectures

The longer nights herald the start of the History Society's evening lectures and this Winter's series promises to be as interesting as ever. As usual most of the lectures will be held in the main hall of Settlebeck High School starting at 7.30pm.

The first lecture is on Wednesday 4th October and concerns Ingleborough, the fell that dominates the countryside as you travel by road to the east across the Pennines. It has always been described as having a hill fort on its summit but recent archaeological work carried out by Yvonne Luke has cast



doubt on this assumption. She will describe her discoveries which are of major significance.

The second lecture on Wednesday 18th October is to be given by Kevin Lancaster. In past centuries corn had to be grown locally and this meant that corn

mills were needed to process it. These mills were very important for the local economy and were profitable businesses and as a result featured prominently in legal documents. Kevin

will review the written evidence for the many corn mills in Dentdale and attempt to locate their sites. Appropriately this lecture will be held in *Dentdale Memorial Hall*.

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**COUNCILLOR
KEVIN LANCASTER**

I am writing this from Besançon in Franche Comté in France – my first real holiday in three years. Most of my recent trips away have either been on National Park or South Lakeland business. While Exmoor and Warwick University were both very pleasant there wasn't a lot of free time outside the formal agendas.

Westmorland General Hospital – In spite of one of the wettest days in living memory there was an excellent turnout for the march through Kendal. I went around with Richard Bell and Tony Rothwell. I'm not normally a fan of "direct action" preferring reasoned argument and analysis. However, the current position of the Hospitals Trust

makes that impossible. They find themselves in a horrible position with the need to make substantial financial cuts. I understand there is a similar situation in Hexham, and judging from current press reports at 61 other hospitals in England. For rural hospitals like Westmorland and Hexham the problems stem from the government's drift of funding from supposedly prosperous rural areas into the inner cities. However, because of sparsity it will always cost far more to deliver primary care in very remote rural areas such as ours. Closing WGH will make very little difference to the long term costs of the local NHS Trust – they would have to build to compensate at Lancaster and Furness. It is often said that if we hadn't had a government

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Creating Web Pages - a 5 week beginners course in creating and editing web pages. A unit of the New CLAIT qualification. Thursday 9th November, 7 - 10pm.

Machine Embroidery - making panels & pictures using unusual fabric, paper & thread. 6 weeks starting Monday 6th November, 7 - 9pm.

Maths GCSE - Missed out on maths at school or need to help the kids? Join a group of adults and a great teacher! Monday evenings.

Writing Poetry A poetry workshop for people of all ages and experience. Alternate Wednesday evenings.

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minister, Michael Jopling as our MP in the 1980s WGH would never have been built in the first place. This might well be true, but it was right to build it then and it is right to keep it now and for the future.

Sedbergh Auction Mart – While I have been away it has been confirmed that the site has been bought by Spar. In planning terms, if they do indeed propose to use the site PURELY as a distribution centre with no retail then it might well be difficult for the National Park Authority to turn their application down. This is all very different from the situation we would have had if any of the other purchasers, apart from the farmers' group, had been successful. Most of their possible intended uses would have been

fundamentally inconsistent with the Local Plan.

However, any application will be considered on its merits – there are three obvious problems which Spar will have to address. The first will be the increased traffic movements, particularly with large lorries over Lincoln's Inn Bridge. The second will be the disturbance to local residents by out of hours working and the third will be the loss of the auction mart per se. When any application does come forward it is important that everyone as their say. Do remember however that to make a difference an objection, or comment in favour, has to be based on sound planning reasons. There is no point in saying "it will devalue my

(Continued on page 44)

property” – even if it will.

Sedbergh Farmers’ Mart – And that brings me on to much of the work I have been doing for most of the summer. As local farmers we have been looking at a number of alternative sites for an auction / collection centre. We too will face some major planning issues as all our possible sites are in “open countryside”. However the loss of the existing site must be a material consideration in our favour. Several of us have been on our favoured site with planning consultants looking at the possibilities. I never cease to be amazed by the good will towards us as a group. As a result of last month’s article we had two more sites offered. Although we intend to proceed with one particular site

it will greatly strengthen our application that we can show we have considered four other possible sites, and a couple of impossible ones.

The Conservative motion at Full Council at South Lakeland in support of Sedbergh Auction was passed at 10.35pm on Tuesday 5 September, even if attendance was pretty thin at that ridiculous hour. It is good that we now have the support of South Lakeland in our quest for a new auction. I am sorry that the controlling group took out our sentence opposed to housing on the existing site and I fear that might have repercussions in Kendal. I guess they didn’t understand the subtlety of the motion.

Evening Meetings – One of the first

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things the Liberal Democrats did when they took control of South Lakeland was to move Full Council meetings into the evenings. On the face of it this shouldn't have caused much of a problem as many other councils do the same. They claimed it would increase public attendance – it hasn't; and that it would make it easier for working councillors to attend – it certainly doesn't. All I can say is that if someone is still able to concentrate on a detailed council agenda at 10.45 pm then they can't have been doing much earlier in the day. Of course the real work of council is done in the committees and thankfully they still meet in the daytime.

Now we are in opposition and I am no longer in the cabinet I have had the opportunity to join the Licensing Committee. Like planning there is a lot of member training involved but again like planning it is very interesting. Before I became a member of the committee I thought the majority of licensing concerned public houses – in fact there are many other sides to the work. This year most of the business has been related to Hackney Carriages and the like.

Other Matters – It might be hard to believe, but there are still a significant number of Single Farm Payments owing in the area. I remember all the work Tim Collins, his staff and we councillors had with "Foot and Mouth". This is a different sort of a crisis, at least no animals are dying. However, like foot and mouth it has gone out of the national headlines and so people think it has gone away – it hasn't – and they've barely begun processing the 2006/7 claims.

Finally, a silly little story I saw on French local television – the equivalent of Border. A Franche Comtois farmer with 35 very fit Montbéliard cows had been taken to court by his new neighbour who had moved into the area from Paris. She was complaining about the noise of all the cow bells day and night. Worryingly, she won and his cows are to keep at least 400m from her new country retreat. I really would have thought the French would have had more sense !

NATIONAL NEWS

Steadman's In The Running To Be Named "Britain's Best Butcher"

Steadman's of Finkle Street could be set to add to its impressive list of achievements in November when the Meat Trades Journal Butcher's Shop of the Year 2006 is announced.

Owner Garth Steadman, together with his wife, will be attending the exclusive Claridge's Hotel in Central London on Tuesday, November 06, for the awards ceremony.

Steadman's, who is a member of the prestigious Guild of Q Butchers, has been nominated as a finalist in the Northern England Butcher's Shop of the Year category.

If the shop were to win, it would then be in the running for the overall award for British Butcher's Shop of the Year 2006.

Garth Steadman said: "This is fantastic news. To get through to the final enforces everything we work towards as a Guild of Q and independent butcher. We pride ourselves on quality. The quality of our produce and service provided so that our customers come back time and time again."

SETTLEBECK HIGH SCHOOL

*Alternative Curriculum Week at
Settlebeck 17th – 20th July 2006*

Monday

At the start of the day we did a couple of little experiments to do with rocks and weathering. While we were working, Mr Burrowes said that he and staff would be performing a not very well-rehearsed play. They did the exciting play. We had to find out who killed who by using all the evidence that was found on the window sill, on feet and finger prints. And the murderer was Pat (Mrs Oughton).

Jamie Game 9H

My shelter design worked well, it stayed up for our group and for some staff. Me, Sam and Bryan started jumping on it and it still stayed standing, even with me jumping on it.

We had to carry the things down to the river but it was easy because we lobed them down the hill. At the end we demolished them, we had to carry the things up the hill but I used the

wheelbarrow!! At the end we went swimming down to the weir and we were almost late for the bus. I don't always enjoy school but I loved that day!!

Tom Coates 9B

I learned how to work together and if you cooperated it gets done better.

Freddie Evans-Jeanrenaud 9B

The teachers made our day fun. It is a memory I will treasure.

Rachel Bainbridge 9B

Today we had a year 9 team building activity out on the field. It was good fun as we had to compete with other teams and build shelters and coracles. Because it was such a nice day we raced in the coracles and then we all had a dip in the river. It was great.

Sophi Schools 10J

Overall our group worked well, and managed to complete each task quite easily. I contributed very well, I helped build the shelter and made the team flag and thought of a name for the group.

Our final outcome was successful, our

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coracle managed to go down the river without sinking, and after a class vote our shelter was the best.

There was a funny moment when everyone had to tidy-up around the outside of the shelter, and Kurt was hiding underneath the coracle. Also a memorable moment was when Toby set off on the coracle down the river, his face was hilarious, it had a sign of fright as well as happiness, but in the end he managed to make it without falling out.

Simone Raw 10J

As they pushed the coracles into the water I thought "god, that's going to sink". However, at first it beat predictions by floating and supporting the weight of the largest person in our group but then it tipped up a tiny bit and got filled with water and sank. The funniest thing was the way our coracles I had been stripped for parts before it even got to the finish line.

William Richardson 10J

The moment I will remember was when we got into the raft and set off. At first it was going quite well and then water started to leak into the raft and it sank completely then when I was swimming ahead to the weir and I sank a bit.

Kierhan Hoyes 10J

Our boat was useless it couldn't float because we filled it with tyres. It got a few meters before it sunk to the bottom of the river.

David Goad 10J

I found all the activities memorable. I can't fault any part of the day. It was fantastic.

Danielle Keyland 10L

I enjoyed the boomerang day, especially flying them. I thought our presentation went well and we came joint first.

Rebecca Wheatley 11W

From doing the boomerang day I learnt a lot, especially how to make boomerangs.

Nick Game 11W

I thought it was good because we got to go and test the boomerangs outside in the sun.

Grace Hunter 11W

Tuesday

I really enjoyed the Wildlife Oasis. I enjoyed holding the animals but the snake hissed at me. I also held a lizard that stuck its tongue out at me. The weather was too hot, especially in the Butterfly House.

Ellen Bell 8O

Tuesday was the best day. We had to build a bridge and a shelter; we used things to help build the bridge, e.g. woods, string, barrels, crates, tyres,

(Continued on page 48)

scissors, tarpaulin. When we had finished the whole of the group had to cross it. The other group won. Then we went swimming at the weir.

Jake Hodgson 9H

We were in our form groups and were given some materials like wood, string, tyres, etc. and we had to make a bridge across the river. The other form won but ours was still good. When we finished we went to the weir and went swimming – it was good fun.

Alex Lavery-Hoffe 9H

Wednesday

Very warm and fun like making our own song and auditioning for parts. It was nice when we went to the river. It was relaxing.

Tom Johnson 8B

It was good and we got to put on a performance to the other groups and we went swimming at the end.

Hugh Gallagher 8B

We went on a trip to Manchester. First, we went to the Imax Cinema to see a 3D film about endangered sharks. Then we

went to the Museum of Science and Industry. We saw old-fashioned trains, aeroplanes and helicopters. Then we went to the scientific part and played around with scientific gadgets all day until the coach came and we went home.

Elizabeth Hunt 9H

I really liked the 3D film and it was well air-conditioned! The fish looked like they were really swimming out! The tram was good fun. It was a bit too hot to be in museums but it was nice and cool (and fun) in the hands-on experiment. It was fun on the bus too.

Freddie Jeanrenaud 9B

The Manchester trip was great! The 3D cinema was really good – it felt like the sharks were coming towards us and we were trying to grab them. The science museum and experiments were good fun and we could see Coronation Street from the window. I saw four characters. The Mars Quest was the best because it was cold.

Katie Hoggarth 9B

All of Year 10 went on a trip to Carlisle as part of the Alternative Curriculum Week at the end of term. First of all we went shopping in the square, where we passed the beautiful Carlisle Cathedral. There were a variety of shops for both the male and female students. After a two hour shopping spree, all the students were spent up. Amy Baines says, "We all had a super fab time. I bought a top from Miss Selfridge." After this we all got back onto the bus and drove about two miles to the bowling alley. We were in groups of 6 and had 4 lanes between us all. Natasha Hardy bowled first and, yes, she got a strike. Everyone enjoyed the bowling and competing with each other, especially the males. Jenni Lamb says, "It was a really



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good day, a worthwhile trip.”

Natasha Hardy and Kellie Schools 11T
Learn to Earn

Learn to Earn was a very interesting experience. A young girl called Sarah, who worked for Young Enterprise, talked to us about our careers and qualifications. We were split into 2 groups and then subdivided into a further 4 groups. We did lots of activities from a Young Enterprise book. We discussed what, where and how you can get certain qualifications. I benefited a lot from the day and it definitely increased the chances of me going to university.

Anon

The first 2 lessons we were doing about our dream lifestyle, what we wanted to do in the future and other things. For my dream lifestyle I put that I wanted a massive stone house in West Newbury, Massachusetts and I wanted an Aston Martin DB9 and a house full of American huskies. For the second double lesson, we did a board game about what we are going to do after school. That was fun also. For the last 2 lessons we were filling in the rest of the booklet, which was quite boring but I learnt about careers and different annual salaries. Overall, it was a good day!

Danielle Keyland 10L

I would give the Learn to Earn experience a 7/10. In the morning we decided what we would like to do in the future, if we would go on to further education or get a job. Before lunch we played a game about more education or getting a job. After lunch we did a quiz about what we learnt. I enjoyed the game before lunch but I didn't do very well. I would have enjoyed a few more games.

Matthew Mudd 10J

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Get the Whole Picture

Get the Whole Picture came in on Wednesday to show us what university and further education was about. We were split into groups to play games which would give us an idea of university life. I enjoyed the whole experience. At the end, the groups with the most points were given a prize.

Adam Parkinson 10L

I think the morning was excellent and a lot of effort had been put into organising the event. We had to collect jigsaw pieces and passwords to type into the computer, which tallied our points. Our group won the competition and won a box of Roses!

Natalie Iveson 10J

This was really fun. It was great that we were constantly active and doing stuff. The time limit made it extra challenging and it was fun to be competing, even though we weren't winning. The great thing was that all of the activities were different and because of the all the computers, everything went smoothly and it was hard to get lost. The only thing was, right at the end we had just finished a really hard task and we had to stop, so we could have had another 3,000 points but it was too late.

Anon

THE HELLIONS

The Hellions were a group of enthusiastic teenagers based in Sedbergh who got together to enjoy making music. We were all beginners and we all lived for our music. We were one of many such groups gripped in the early 1960's by the modern sounds and changes that were happening on the music scene as Rock and Roll was born.

We were inspired by artists like; Buddy Holly, The Shadows, Chuck Berry and many others in the early days. We practiced every Monday and strived to perfect new material every week. The Hellions members were Garth Steadman Lead Guitar, Alan Steadman Drums, Carole Haygarth Bass Guitar, Dawson Douglass Rhythm Guitar, and Peter Day Lead vocals and Harmonica. We all progressed together and were gradually influenced by the Blues, and groups like the Yardbirds, Rolling Stones and The Kinks were some of our favourites. Our first gigs were at Sedbergh and other local village halls. We practiced very hard and improved steadily. We then started to get bookings further a field and progressed to a regular Wednesday booking at the Pavilion at Keswick where we supported many of our heroes like the Paramount's later to be known as Procol Harum, the Kinks, Shane Fenton (later to be Alvin Stardust) & the Fentones, the Settlers and many other famous bands at that time.



For transport we used to borrow dad's meat delivery van to carry all five of us and our equipment and I remember many Wednesday evenings loading up at Keswick after 1.00 am and travelling back to Sedbergh, before the days of motorways, arriving home about 3.30 and having to unload all the equipment, as the van and I were needed at 06.30 to set off up the Dales delivering meat. We used to play all around south Cumbria and North Lancashire including Kendal, Ulverston, Millom, Barrow and for a quite a while alternate Saturdays at Appleby and Sedbergh and were one of the many Cumbrian bands playing at the many-packed Friday or Saturday village and town hall dances. One very enjoyable gig was when we doubled up with our friends Wee Willie Henry and the Wanderers for a private function on the lake steamer Swan, on Windermere. We had never heard of Discos in those days and all musical entertainment was live. We also managed to get a regular booking on Friday nights at the Floral Hall at Morecambe and were fortunate to play alongside many different famous groups who appeared each week. One night, In December 1965, when we were playing with the Hollies we had a problem with some of our dated equipment and were

surprised when the Hollies allowed us to use some of their "state of the art gear". Our equipment at first was basic with home made column

speakers, using old radio speakers and even one home made electric bass guitar (made from a butchers block). Alan's first set of drums, were old fashioned, with a huge bass drum and in the early days, when he was only fourteen and not very tall, we could hardly see him behind the Bass drum.

As we started earning money from gigs we saved up for new equipment and on several occasions Dawson and I went to London to browse the many music shops. On these trips we never did any thing else but browse and try equipment from dawn to dusk.

We were getting better as we practised and we boasted that on a Friday gig, when we were the only group appearing, that we could play from 9.00 pm to 1.00 am without repeating one number. Pete was an ardent Rolling Stones fan and he had a pen pal in America from whom he managed to get a copy of the Stones latest release in America that was not yet on sale here. It was called Get off of my Cloud. We learned it and were playing it in our area as it was released in the UK. It later became number one in the charts. Our practice room was behind my shop and every Monday evening we practiced together. There was always an audience of young locals who never missed our practice evening. During one practice there was a knock on the door and in walked Derek Quinn and Roy Crewsdon of Freddie and the Dreamers fame. They were staying at the White Hart Hotel and had heard us playing. They came regularly to Sedbergh, as they were friends of Pete, the son of the owner of the White Hart Hotel. Whenever they were in Sedbergh they always came to



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our practice nights and taught us some of their latest releases.

If we had a free night we tried to go and hear other groups, Wee Willie Henry and the Wanderers, The Rythmics, Ray and The Teenbeats and Marshal Scott and the Deputies were all very good Cumbrian groups at that time. The Yardbirds were one of our favourite groups. Eric Clapton was their lead guitarist at that time and we were bowled over by their talent. Chart topping groups like The Who and The Rolling Stones also used to come to Morecambe and we used to love to listen to them and learn of course.

The conclusion of this report will appear next month to coincide with the People's Hall celebrations.

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DENTDALE SHOW

Dent held its very first Dentedale Show over the August Bank Holiday weekend.

The weekend was aimed at providing a little bit of something for everyone in and around the community. Events held included a Fell Race, It's A Knockout, Sheep Show, Live Band, Craft Fair/Competitions, and various side stall games. A Bar, and a wide and varied selection of Hot/Cold food were also available throughout the weekend.

The weather was very kind to us, which helped. Although we didn't experience the hot temperatures of July, the rain did manage to hold off until late Sunday afternoon, by which time the weekend was drawing to a close.

Craft Competition winners are listed as follows:

Photograph Competition

1st - Pat Alien (Dentdale Classics)
2nd - Rosie Gornall (Not the Local Poacher)

3rd - Helen Jones

A Hand Knitted Garment

1st - Rita Dobson

2nd - Rita Dobson

3rd - Wendy Pontefract

A Quiche

1st - Rita Dobson

2nd - Cath Sugden

3rd - Anne Oxley

A Fruit Cake

1st - Cath Sugden

2nd - Margaret Middleton

3rd - Rosie Gornall

Pot Of Jam

1st - Rosie Gornall

2nd - Pat Alien

3rd - Linda Cragg

10 Flapjack Pieces

1st - Angie Mason

2nd - Angle Mason

3rd - Cath Sugden

BEST IN SHOW

Rita Dobson - Quiche

**An Animal made out
of vegetables, fruit or foliage**

1st - Zak Baines

2nd - Shannon Stanley

3rd - Liam Middleton

A Birthday Card

1st - Liam Middleton

2nd - Scott Middleton

3rd - Thomas Clayton

A Picture of a Flower

1st - Emma Hopkins

2nd - Mia Walsh

3rd - Rosie Mason

A Decorated Stone

1st - Ellie Jackson
2nd - Rosie Mason
3rd - William Lauder

BEST IN SHOW

Emma Hopkins - Flower

ORGANISERS PRIZE

Liam Middleton

MOST AMUSING ENTRY

1st - Scott Middleton

2nd - Zak Baines

Our special thanks to Ann Hawley, Cath Sugden and Belle Burrow for judging the relevant classes.

MINI DIGGER CHALLENGE

Tension and competitiveness arose over the 2 days as entrants raced against the clock to complete this Mini Digger Challenge. Prize money was awarded to:
18+ Winner - Tony Middleton (£70)
Under 18 Winner - Joseph Soutar (£30)

A Big THANK YOU from the committee to Dave Ellison (Ellison Groundworks Ltd) for his sponsorship, and the time input into co-ordinating the challenge.

£25 also awarded to Cheryth for Fastest Female, and £5 to Luke for Fastest Youth.

May the committee also pass on their heartfelt thanks to EVERYONE who either donated their time and/or donated food. In doing so, you all helped make the weekend the success it was. So many of you helped and for that we are eternally grateful.

Unfortunately, too mention to mention by name, but you all know who you are.

A special mention also to the following for their contribution; Steve & Bill Longlands, John Hyde, Dent Parish Council, Judith Bealy (Dent Brewery),

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Tony Middleton, Dent Youth Club, Dent Football Club for the use of their showers, Lyon Equipment, John & Liz Soutar, David Baines, and of course the committee, without whom the weekend would not have been.

Dentdale Show was established with the intention of providing something for the community. We hope you enjoyed the weekend as much as we the committee did. Feedback has been fantastic, and it appears that you all wish this to be an ongoing annual event. Obviously, this was our first year, but if anyone has any of their own suggestions as to what we can provide in subsequent years, please feel free to offer any advice. All suggestions welcome.

Julie Middleton

COUNCILLOR'S CORNER

Plastic Recycling is Coming to Town!

Earlier in the Summer I had approached the SLDC Cabinet Portfolio Holder for the Environment and Sustainability, Brenda Woof, to consider our ward for plastic recycling as part of the District wide plastic recycling scheme. I am pleased to say there was full agreement and support for this. In August, a meeting was held with the Sedbergh Parish Council and SLDC and an agreement was made for hosting a plastic recycling bank at the Joss Lane Car Park. It is hoped that the plastic recycling bank will be in position by early November. Its use will be closely monitored, but you will not be surprised to hear that our area has a strong recycling record, particularly

with regard to textiles and books. From September 2005 through to August 2006 from Sedbergh recycling bins the following amounts were collected: 60,000 cans, 68,000 glass bottles, 75,000 papers, 3,200 books, 4.3 tons of clothing for Scope, 1.56 tons of clothing for the Salvation Army (since May) and 3.6 tons of card (since April).

Now that we will be securing plastic recycling in the ward I will want to focus on another manifesto pledge, that of traffic calming measures and would welcome your views on this. Dennis Whicker and I would like to see the installation of a permanent speed indicator, for the portable one Dennis has been using isn't ideal, and a number of people I have talked to about this have found it a useful prompt, once they have left the country lanes and are entering the town. There will be obviously a number of hoops to jump through, funding be a major one, but we hope you feel that this project will be one worth fully exploring.

I am afraid that yet again, the perennial subject of roads and bridges has to be noted, as no doubt it will by Tim Farron and others in this month's *Lookaround*. I think all three Parish Councils, their Chairs and respective members, need particular thanks for their persistence and determination in raising these issues with the County Council (and in the case of Stonehouse Bridge) the Environment Agency, to apply pressure to get these matters addressed. Tim Farron, myself and Kevin Lancaster, are all playing our role to help facilitate and support the Parish Councils with their reasonable and straight forward requests to address these

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matters. Indeed, in the case of Stonehouse Bridge, Cowgill and Newbridge, Garsdale, it is a matter of urgency in all our opinions that the repairs are carried out with immediate effect. It is hoped that there will be major repairs to the Garsdale Road this year, as to the timing of those repairs and the strip of road to be included is something that the Garsdale Parish Chair, Neil Howarth and myself are negotiating with the County Council, as well as calling for immediate repairs to Newbridge.

Reading September's issue of the Lookaround, I note concerns were raised about my ability to attend day time meetings given that I am in full time employment. Please let me assure you, that I currently have a 100 per cent attendance record at full Council meetings and I am able to adjust my timetable and attend all those day time meetings that need my input and

presence. However, having said that, I am pleased that this issue has been aired, because it does raise a very important point about the democratic process and inclusivity. If all meetings are held in the day, then it is a challenge for anyone of us in full time employment to engage fully with our democratic processes and it does inevitably require a great deal of juggling and adjustment. It can be done, but obviously it isn't easy. Hence the move by the current District Council to launch a pilot scheme to hold more council meetings in the evening, because it is not just about encouraging full time employees to be actively involved, but equally importantly, it allows anyone to attend and observe council meetings if they so wish.

I hope all of you had enjoyable summers, what little summer we had over August, and please, as always, don't hesitate to contact me, if you have any issues you wish me to follow up.

Craig Stephenson

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FAMILY MUSINGS

Do you ever wonder if you have got some sort of Syndrome? I do. Wonder if I have I mean, in fact I am sure that I have let me try to explain. It all started with a chat among a few friends as to how we like to eat our raw Tomato and I said "with sugar" and they said "ugh", then I said I like hard boiled egg with salt and Tomato with sugar, and suddenly I was transported back (in my mind I hasten to add!) to a picnic with Grandma Ward many years ago when Tomato and sugar along with Philadelphia cheese sandwiches with Pineapple were introduced to my taste buds. So far so good but then later driving home I couldn't stop crying and Grandma Ward and Mum and Elsie and xyz were all mixed up in my head and the pain was physical and there was that ache I thought had gone yet by I got home I was fine again, bright & breezy-.mm must be some sort of syndrome. Perhaps not,

perhaps grief.

Kathleen probably triggered it, Grandma Wards daughter who died last month and hubby and I went to Gateshead to her cremation, we met family members not seen for many years, her niece Rosalind who is so tike Eillean her late mum, Vi's son Peter, Bill now very elderly but could chat about the caravan they had in our village in "their young days" K and Dorothy were great fun, we had wonderful times, they brought some dressing-up-clothes and K dressed up as a "Golly" and met a local dog which ran away for days at the shock. Happy memories. For the Wedding we tried to plan for everything even providing a mirror, hand cream, sun lotion and wet-wipes, the latter two were the most popular, I can remember chatting to one couple who were struggling in the hot sun and suggesting the wet ones to which the chap replied" If you have any more you had better get them, we have gone

through two packets already!" Inside the Marquee it looked beautiful, many hands made light work and all the table bits n bobs had to be the right red, the heart shaped name-cards on the bags of Favours, the tea lights, serviettes, and esp' the Red Roses. We bought them at Greenbanks in a range of colours and then painted them the right red, two friends came on the Thursday and painted some so that we had plenty. Elder daughter had various ideas as to what to put the roses into, I saw a rustic idea in a magazine, put them in a tall tin with Baler-twine around it, so we ate a lot of tinned Rice pudding of a certain brand 'cos it came in right sized tin..then she decided not quite "the look" and settled on small tall glass vases. I decorated the drive with white ribbons and balloons while the girls had their hair done at Grandmas and then got asked "Why is the toilet roll draped over the bushes!" Huh!!

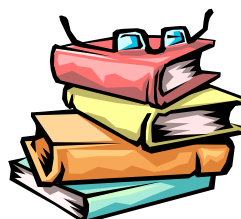
As you may realize I am not very good at buttoning-my-lip, seem to have lost the instruction book, at least folk know where they are with me, having said that sometimes I think afterwards it would have been better to say nothing. Just sometimes. Did you see that programme on ITV about that family where Dad has Cancer and everyone skirts around it with "all will be well syndrome" until the daughter shouts at him "Its not just your cancer, its mums and Eric's, and mine and Grandpas" I leapt out of my chair shouting "YES, yes. yes!" She is right, and while I do not belittle anyones experience of cancer or the side-effects of drugs or any other aspect of it at all, I am convinced that it does become a family

thing. It has here, my brothers cancer in a way I can't describe has become "ours" too, it's not just the actual illness but all the side-effects and adaptations, hopes and fears, there comes a point when the skirting around has to stop and the only way is straight down the middle.

Cleo is showing a little more senility in her old age and our animals were joined recently by a tiny kitten abandoned at Grandmas which I attempted to hand rear, sadly it only lived a few days but oh the cuddles were wonderful, Mitts was not impressed but having seen it live in a box she now wants to do the same! What a life, what a tapestry, enjoy yours. Or do I mean "survive"?

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KILLINGTON W.I.

Here we are - back in business again! By the time you are reading this we will be well into autumn. Our outing to Holker Hall in July was very much enjoyed by those who went. A really interesting tour of the Hall and garden was followed by a splendid tea (doggy bags definitely needed). Alas! At the time I was snuffling and sneezing and decided not to share my germs, so I still have to discover the delights of the Hall. I have been to the Garden Festival several times but never yet ventured to the house.

On the other hand I have ventured to the home of our revered president, Shirley Richardson many times but never with more enjoyment than this August's Tea Party. Shirley, as always, provided a magnificent spread for us all, and we caught up with all the chit-chat of the summer. Weddings, grandchildren, holidays, gardens, ailments, local happenings, all featured large in our conversation. It was lovely to be together again. Thank you yet again Shirley!

Our regular meetings started again in the afternoon of the second Tuesday in September in the committee room of the People's Hall. As usual an excellent

turnout listened with bated breath as the business of the day was completed. You will be spared the details because as I was late, I missed it and accordingly so must you! However I was just in time to read out the report of the WI AGM which had been held in Cardiff in June. Anne Petyt, President of Frostrow WI, had attended as our delegate and as she was unable to be at our meeting provided us with an excellent written report. Thank you Anne.

Throughout the summer, problems about the increase subscription and imposition of a "magazine for every member" have continued to rumble on. At times the issue has featured in local and national news. We were interested to hear that Cliburn W I have decided to do what we considered doing, namely they have left the organisation 'en masse'. We wish them well but are sad to lose them. Anne made the point very clearly that she had really felt the bond that exists between members of the W I throughout the country.

However onto cheerier matters! Our meeting this month was one of our brilliant DIY occasions – Killington's famous "Taste and Try", when the

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committee *try* to produce something fit to *taste!!* The room was arranged with everybody sitting round one long table while the minions (committee!) brought their offerings to the board. Roast swan? Roast peacock? Suckling pig? *Fat chance!* In actual fact the delicacies on offer included:

Smoked Oysters; Spiced Salmon Mousse; Hot American Chicken Salad; Honey & Nut Chocolate Fondue; Milk Chocolate Fondue served with Luscious Fruits; Marshmallows and Featherlight Sponge Fingers.

Now if that doesn't have you all rushing to join us then I give up! We were happy to welcome a guest and hopefully a prospective member but here I offer a sincere apology to her as I don't know her name. Regular readers will know that my muse does not strike until the very last minute. This means that as I write all good Christians (and heathens as well) are fast asleep in bed. If I were to call on higher authority to jog my memory I might receive a rude answer! Things have become much worse since I learnt to e-mail as my deadline is now midnight on the 19th and I can't fool the Editor as the time is automatically printed on the wretched thing.

You might presume that after such a feast we would forgo our usual tea and so forth but you must realise that we of Killington WI are made of sterner stuff! Tea was accompanied by **cake, -- birthday cake, --a 90TH BIRTHDAY CAKE for Nora Capstick.** We send her our very best wishes. Unfortunately at the very last minute she was unable to be

with us, having been taken to Lancaster Infirmary after suffering "a nasty turn", but we did manage to rush a piece of cake to her. Happily Nora is now home again and feeling much better.

Now as to the competition and raffle, sorry, I can't remember those either. However I can remember that our next meeting will be at 2 o'clock, on Tuesday 10th October, in the committee room of the People's Hall.

W.F.U.

FROSTROW W. I.

There were quite a few apologies at the September meeting which was presided over by Marjorie Fishwick, vice-President.

There was less business than usual to discuss this month, but members were interested in some of the Federation events. We will be represented at the Cheese and Chutney Day at Endmoor on October 24th and four members offered to form a team for the Federation Quiz at the Bull Hotel on November 6th. Denise Thomson will submit a photo for the 2008 W.I. Calendar.

Nominations for Committee will be needed in October and members were encouraged to stand.

Gary Wilson of the Cumbria Fire and Rescue Service came to explain its function which has changed very much since he joined 23 years ago. The aim now is to educate people how to keep safe in their homes. Gary gave us many safety hints and useful advice on how to

(Continued on page 60)



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It was staggering to learn that each fire with a fatality or very badly injured person costs £1 million. The CF and RS will provide a free house check and fit a free smoke detector. Gary was thanked for his very practical and informative talk.

Denise Thomson won the raffle prize and Marjorie Fishwick was the competition winner for 'An Unusual Matchbox'.

Please note that the next meeting on October 11th will be held in the **Methodist Church Hall** due to the double booking of the People's Hall. Tony Hannam will give an illustrated talk about his Coast to Coast walk. Visitors always welcome. *M. F.*

HOWGILL W. I.

We met at Howgill Village Hall on September 7th. Mary Silva presided welcoming fifteen members and two visitors.

Some of us are interested in attending forthcoming events in the Federation calendar, Antiques with Mathew Festing,

Radio Cumbria's antiques expert and valuer for Sotherby's, and a Candlelight Evening, both to be held at Orton Market Hall in October.

A response form was passed around for comments and suggestions to Save Our Services at Westmorland General Hospital. A petition to support our Post Offices and NFWI Farmgate milk prices were also available for signatures.

Our singing group led by Helen Beare will be performing at the Carol Service on 16th December at Firbank Church. Practice dates are being arranged.

Speaker for the evening was Dr Brian Hancock who spoke on "Childbirth injuries in Uganda, Africa". As in other poor countries, many women deliver their baby at home far away from medical help. If complications occur during labour and an emergency caesarean cannot be done, she may die or deliver a stillbirth after days of agony in labour. She may find she is incontinent causing misery and rejection.

Brian encountered this condition when working in Kamuli Mission Hospital and planned that on retirement from surgery in the UK, he would specialise in this problem. He has visited three Hospitals in Uganda on a regular basis since his retirement in 2000.

Another UK surgeon joined him in 2001. Together they have operated successfully on many women, with their skill, about 75% can make a new start and have children again. Helen Beare thanked Brian for a fascinating talk of which we were all interested. A UK Charity has been set up which we all happily agreed we should contribute.

The competition for a Bonny Baby photograph was won by Sheelagh Denniss with Helen Beare second. Liz Coupe was the raffle winner. The Social Half Hour to name the famous faces was won by Hilary Charleton and Helen Beare. A Jacob's Join Supper brought the evening to a close.

We meet again on October 5th at Howgill Village Hall for the AGM at 7pm.

AH

DENTDALE WI

Dentdale WI were back in the Memorial Hall for the start of the autumn session and had a chance to look at the refurbishments which have taken place during the summer holidays. In the business meeting, members were thanked for their contributions to the Dent Gala teas which had made approximately £380 for the hall funds. Members were asked to vote on the suggested venues for the Christmas meal, (yes we are thinking that far ahead) and it will be held at Stone Close during the evening of December 13th.

On Monday 6th November there will be another chance to participate in the ever popular WI regional pub quiz taking place in the Bull, Sedbergh and it was hoped that we might be able to enter a couple of teams as before.

Sarah Ioannou gave a talk about her life in Ghana where she spent six months doing voluntary work. She had helped to set up a little business tie dying silk and arrived at the meeting looking quite stunning wearing a long dress and head scarf in greens and gold made out of the material. Sarah lived in a concrete hut,

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washed in cold water and felt the isolation from civilisation when she contracted glandular fever and had to travel long distances over pot holed roads for treatment. Money for education did not get through to the village and sometimes the teachers did not turn up, or indeed the pupils, if the claims of farm work were pressing.

Many of the land owners had accepted money for their land by a firm prospecting for gold but lack of a means of banking meant that as with the tie dying project, the financial side of life was fraught with difficulties.

Sarah had prepared a typical soup of peanut butter and tomatoes for members to taste. Just as well it wasn't the rat stew she was given when invited for a meal by friendly villagers! She was thanked by Kate Cairns for her interesting and lively portrayal of Ghanaian rural life.

Freda Meakin won the competition of handmade craft with some flowers made from decoupage and Jenny Pilgrim won the raffle prize.

Next meeting will be on 11th October when Sally Arnell will inform us about "Issues surrounding Strokes"

THE PLACEBO EFFECT

A placebo, according to Chamber's dictionary, is medicine given "to humour or gratify a patient rather than to exercise any physically curative effect." No mention is made in this definition, of the idea, that the act of giving an inert medicine may have a curative affect on the patient. An alternative definition of placebo, popular in the complementary medicine press, is "the innate ability of the body to heal itself."

Subtle therapies, such as homeopathy and certain types of acupuncture treatment, can work in no other way than by stimulating the body to heal itself. Part of this may be that the therapist takes time to understand the details of a patient's problem and that the conversation takes place in comfortable surroundings. And part of it is due to the treatment itself.

In clinical trials of a medical procedure, the word placebo is used to mean a treatment which is both inert (ideally incapable of exerting a therapeutic effect) and indistinguishable from the procedure to be tested. This may be straightforward when testing drugs, but it leads to difficulties in physical treatments.

I read of one trial where surgery to relieve angina was compared to "sham" surgery, in which the patient is simply cut open and then sewn up again. In this trial, the sham surgery was reportedly as effective as the real operation. The point of this particular research escapes me. Even though the sham surgery appears to be as effective as the real one, is undoubtedly cheaper and probably has fewer adverse effects, there is no way your doctor would feel comfortable about

proposing you book in for a sham operation. Why not do research which has useful clinical applications?

Placebo poses problems in acupuncture trials as well. There have been several types of "sham" needles developed, which do not pierce the skin. The trouble with this is, they are not inert, in that they do provide some stimulation at the points at which they are used. (Indeed tapping acupuncture points has been shown to be effective for preventing sleepiness after lunch.) Another possibility is to use "sham" points, that is, points which are not included in the 400 or so recognised acupuncture points. These points may or may not be inert and this probably varies a lot between individuals, as life events can render certain areas of the body more or less reactive.

There are two problems with the interpretation of such trials. For example one trial showed no difference between true and sham acupuncture, when treating patients who had suffered a stroke. This

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tells us nothing about the effectiveness of acupuncture, merely that real and sham acupuncture were equally effective in the circumstances of that trial. The other problem is, as with the surgery, no acupuncturist going to feel comfortable giving a "sham" treatment.

More clinically useful research, in my view, compares acupuncture with another widely used treatment. This gives patients real information on which to base their choices.

The Journal of Chinese Medicine regularly reports on such trials. Recently there was a trial where acupuncture proved more effective than standard preventative medication for migraine. Another showed acupuncture together with headache medication to be effective, whereas the medication alone was not effective.

In one experiment, acupuncture produced less response in the brain if the subject was under general anaesthesia. (Who on earth volunteers for these trials?) Perhaps the placebo effect works better if you are conscious.

If you would like to discuss these matters further, please contact me. My number is (015396) 20972. *June Parker*

SOUTH LAKES SOCIETY FOR THE BLIND

The September meeting was the first get-together after the summer break and it was good to meet up again with old friends. Catherine Hannaford gave us an up-date on the latest news from head office, distributed large print diaries and Christmas cards and gratefully received yellow collection boxes from members.

The high point of the meeting was a talk by member Jack Dawson. This included a poem that he had written, which was read aloud by his cousin George Handley. His talk was a fascinating coverage of the major fires in the Sedbergh area over the years, and the poem a wonderful and moving account of the devastating fire at Caplethwaite Hall, an event which was recent enough for most people to remember.

Jane Dunn explained to the group the format of the next meeting, which would be a discussion of peoples' memories of the war years under the heading 'Make Do and Mend'. Members were encouraged to bring along any artefacts from the war years to add to their own recollections.

As the group does not meet in December it was decided to have both a pre-Christmas and a post-Christmas celebration. In November there will be a lunch at Thorn's Hall and in January a party in the People's Hall.

The group meets in the People's Hall on the third Tuesday of each month. New members with visual problems, and also volunteers are always welcome. Transport may be available. For further information telephone Sedbergh 21019 or Kendal 01539 742633

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LETTERS TO THE EDITOR

Dear Sir,

On Monday 28th August my partner and I decided to have a short walk to Cautley Spout, parking our car at Cross Keys.

Upon returning we anticipated enjoying some refreshment at the Cross Keys Inn, only to find together with others, a "CLOSED" notice on the door. We overheard a family asking for "just a pot of tea" but this was refused, the girl explaining that they closed at four o'clock. (The time was actually five minutes to four).

I would have thought that in an area anxious to encourage tourists, the opening hours would be a little more flexible and the attitude to visitors a little more accommodating.

It was, after all, the afternoon of August Bank Holiday Monday.

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Dear Editor

May I reply to Brian Wright's comments in last month's LOOKAROUND, and also make a couple of observations relating to Edwin Bateman's letter in the same issue?

The point I was making in response to Mr Wright's first letter was that Craig

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Stephenson was elected to attend to local issues, not national political ones. Whilst national politics clearly have an impact on local concerns, it is on how Mr Stephenson performs with regard to local matters that he should and, no doubt, will be judged by the electorate. If we, as voters, were to decide which way to vote for our local representatives almost exclusively on the basis of the national policies of their respective parties we may as well give up on local democracy. When I vote in local elections, I place my mark against the candidate I think will do the best job for the local community, irrespective of his or her political affiliation, and I hope and believe that is how the vast majority of voters approach the matter.

The question of whether Mr Stephenson will be able to balance successfully his duties as a Councillor with the demands of his employment is indeed an important one, and only time will tell if he achieves this. If people were to be disbarred from standing for the Council because they had day jobs, or ran their own businesses (which would be the logical outcome of Mr Wright's argument), the choice of candidates would inevitably be limited to

retired people and the privileged few with no other calls on their time. This would be bad for local democracy, which needs as broad a range of representation of the community as possible if it is to function properly. So, instead of condemning Mr Stephenson out of hand before he has barely had a chance to show what he can do, why does not Mr Wright wait just a little longer before rushing to judgment? Perhaps he could also fight his battles against the EU in a more appropriate context.

Incidentally, Mr Wright has his facts wrong about the requirements for standing for election to the House of Commons. A person is not required to join a party to be a candidate, as at least three high-profile Independent MPs elected in recent years (starting with Martin Bell) amply demonstrate.

Turning to Mr Bateman's letter, his reference to France and Germany being "erstwhile enemies of the UK" is deeply troubling. Both have been friends of the

UK for many years - Germany for more than 60 years now, and France for nearly 200 years. How far back into history does one have to go to find a country that Mr Bateman will not condemn as an "erstwhile enemy"? After all, we fought a war against the USA in 1812 (only three years before we last fought against France) and in the 17th and 18th Centuries we were at war (at various times) with virtually every European nation other than Portugal! I would take Mr Bateman's views on the EU more seriously if they did not appear to be informed by so much isolationist prejudice. There is a very serious, rational debate to be had about the direction of the EU, its failings and its benefits, and the UK's place in (or outside of) it, but to approach the matter from such an extremely parochial standpoint will get us nowhere.

Yours faithfully

Nick Lamb

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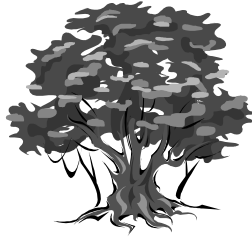
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CASTERTON SCHOOL

Giant leap for Girls at GCSE

Casterton girls were celebrating a giant leap of 13% on the school's previous record in its GCSE results. Eighty-one per cent of their grades were at A* and A (against a national figure of 19%), results which place them in the highest reaches of the national league tables. As the results poured off the computer, normally calm Examinations Officer Pat Hayward was heard exclaiming: 'They're everywhere! The A*s are rampant...I've never seen anything like it!' Nearly one in two grades was an A* (48%).

Outstanding amongst the many individual successes were Esther-Rose Bartholomew (Isle of Mull, Argyll), who gained straight A*s, including the statistically improbable feat of scoring two of the "top five" marks in the country for English (out of 362,438 candidates) and French (114,455 candidates); Caroline Morphet (whose family are with

the British forces in Germany), who gained straight A*s and two 'top five' marks in German (44,475 candidates) and Physical Education (28,762 candidates); and Holly Story (Low Bentham, Lancaster), who has straight A*s and another 'national top five' mark in French. Amy Cheung (Hong Kong) also attained straight A*s and other 'top five' marks were gained by Rachel Lee (Newcastle) in ICT (22,985 candidates) and by Madeline Williams (Kendal) in Geography (7,119). Overall, fifty-four per cent of the girls attained straight A*s and A's.

Casterton's Headmaster, Dr Peter McLaughlin, saw these record results and the exceptional number of national 'top five' marks as evidence of the continued value of single-sex schools. He said: 'Casterton is a relatively small school but in academic terms we punch massively above our weight. Recently there has been a great deal of debate in the national

press about the place of single-sex schools in our education system. Casterton's public examination results and those at local, regional and national level show that schools such as ours consistently produce the academic goods. Attempts have been made to discredit our sector by claiming that girls' schools are highly selective and pupils come from advantaged backgrounds. In fact, our girls are of a much wider range of ability than many people imagine and come from many different backgrounds. Their results are impressive by any standards but they also represent considerable sacrifices made by the parents who send their daughters here, as well as a huge amount of hard work by pupils and teachers.'

CONCERT

"THE TOILERS' GIFT"

With Coope, Boyes and Simpson and The 80-voice Roses and Thorns Choir, celebrating the songs, stories and music of rural singers.

Dent Memorial Hall

Saturday November 11th - 7:30pm

Tickets from TIC: 20125 and 21166

and join the
Lakeland Voices Community Choir—Tuesday's

SEDBERGH BOWLING CLUB

President's Day 13th August

Our president this year is Tom Rycroft. We have four knockout competitions ongoing through the two months preceding President's Day with the finals played on the day. Whilst the weather was mixed we did not get wet through and enjoyable bowling was seen. The results were close so kept spectators

attention on the games. At the finish Tom presented the trophies to the winners and runners up. General bowling then took place until the BBQ was ready. A thoroughly enjoyable afternoon.

The results were :-

Leighton Ladies Rose Bowl

Winner C. Townson

Runner up S. Bainbridge

President's Prize

Winner R. Brown

Runner up G. Thompson

Poyntz Wright Cup

Winner A. Bramham

Runner up R. Brown

Ron Sheppey Men's Bowl

Winner A. Bramham

Runner up B. Lewis

The Club now has a website entry www.communicate.co.uk/lakes click on

Sedbergh and Western Dales then scroll down to the Bowling Club entry.

The season is now drawing to a close and the green will close around the 20th October but no firm date has been made. Our AGM will be held in February 2007 details of which will be advertised in the Lookaround.

New members would be welcomed.



PROMISE AUCTION

Friends of Dent Primary School will once again hold this event on Friday 24th November.

Viewing of promises in the Sun Inn at Dent will be from 6.30pm. Auction to commence at 7.00pm.

This is a very important fund raising event for our school, and has been supported extremely well in previous years with very generous and varies donations. Money raised on the evening enables us to contribute to the school items that would not normally be available within their ever -tightening budgets.

Therefore, if you feel you would like to donate anything to our Promise Auction, please contact either Julie Middleton on 25004, or collection can be arranged via Helen Winn at 5 Flintergill Close, Dent. All donations will be greatly appreciated. Closing date for promises is the 25th October to enable us to print the brochure, which will be distributed in and around Dent and Sedbergh early November.

Our committee would also like to take this opportunity of welcoming our new Head, Mrs Phillipa Summers to our school and community. We hope you will enjoy this, your first Promise Auction in Dent.

JM

HOMOEOPATHY - NATURALLY HEALTHY MEDICINE

Just to remind you that if you are looking for a safe and effective alternative (or complement) to conventional medicine I hold a

drop-in Clinic in the Community Office every Wednesday morning from 10am to 12 noon. There is no need to make an appointment but if you do, you will not have to wait. I can also see you at other times including in your own home. My telephone number is 015396 20648. I can also, on request, send you my literature.

Alongside Western Medicine and Traditional Chinese Medicine, Homoeopathy is one of the three great medical systems in the world. It treats a wide variety of physical, emotional and mental conditions by the administration of small quantities of highly potentised natural substances. There are no toxic side effects (unlike in the case of a number of conventional medicines) although there can be a temporary and short-lived aggravation of the symptoms as part of the healing process. Homoeopathy treats the whole of the human being and not simply the "part" that appears to be ill. It can treat everything from coughs and colds to long-standing chronic disease.

Please don't hesitate to contact me if you would like to know more.

Ian McPherson

CHRISTIAN AID

The Christian Aid Committee of Sedbergh and District would like to thank everyone for their generous support at the Sedbergh Market Fayre on August 26th. £384 was raised for the work of the society worldwide. We look forward to your help again at our Coffee Morning on Wednesday 18 October.

LOCAL BOYS FUND

There will be a Sedbergh School Local Boys' Fund Committee Meeting on Friday, November 10th. 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.

DENT PLAYERS

We hope to get together monthly throughout the winter to read a series of plays. We meet at a variety of venues in Dent and Sedbergh, usually on a Thursday at 7.30pm.

If you would like to join us please ring Susan Garnett on 21138 or email msg@fish.co.uk or contact any of the Players. We look forward to seeing you!

LAVENDER TRUST BREAST CANCER CARE

On behalf of the Lavender Trust at Breast Cancer Care I would sincerely like to thank the organisers, pullers, back up teams, funday and night teams and everyone who supported this years Kirkby Stephen to Sedbergh truck pull event where we received a cheque for £950 out of the monies raised.

The Lavender Trust is a Breast Cancer Support and information fund, the only one in the UK dedicated to addressing the particular needs of younger women with this terrible disease including publications, weekend workshops and telephone support, all of which are free.

Breast Cancer Care is now working to help hospitals further improve their care

by running training seminars across the UK for hospitals and clinics on issues facing younger women.

If you would like any more information please visit our website at www.Lavendertrust.org.uk We are told that you are planning next years pull now. Well good luck to all involved and it's going to be some feat by all accounts. I'm sure the team doesn't think of the pain but all the good causes that benefit from your excellent efforts. Well done everybody.

James Fletcher, Lavender Trust

GARSDALE VILLAGE HALL

As we no longer live in Garsdale, Jill and Billy Adams have offered to become the booking officials for hiring the Village Hall.

You can get them on 21085 and they will be only too happy to arrange opening the hall for you. Many Thanks.

Rosemary Lord

THOUGHT FOR THE MONTH

Do you read the cartoon type picture story in one of the daily papers about Calvin and Hobbes? Calvin is a small boy with a vivid imagination and Hobbes is a stuffed toy Tiger, except to Calvin Hobbes is his best friend. One day he lost him and was in a terrible state, meanwhile a little girl found Hobbes all flat after being run over and sorted him out taking him home with her. She invited Calvin to a tea party 'to meet her new friend but he was much too busy looking for Hobbes and as I read it I found myself willing him to go to the party! So often solutions to our problems are right under our noses but we are too upset or busy to see. Slow down, take time ... stop.

LD

POLICE REPORT		During an afternoon in September in	
I have received no information regarding the two thefts and the attempt burglary report on last month but there was a crime that is worthy of mention.		Dentdale, an alert neighbour saw what was thought to be Burglars in action. The Police were informed and subsequently three persons from out of the area were	
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
Cricknet Club (Dent)	Mr Hyde	Dent:	25503
Cricknet 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
Garsdale Village Hall	Mr Adams	Sed:	21085
Guides	Latest Amendment		
	Rainbows		
	Brownies		
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
Howgill Schoolroom	Mrs Stainton	Sed:	20665

Speed still dominates my thoughts and there are still a few senseless selfish drivers that put others at risk. There are plans to try and obtain permanent 'Speed Sensors' for the town. **SLOW DOWN!**

This report will be my penultimate as at the end of November, I will be hanging up my Helmet for the last time. After 28 years with Cumbria Constabulary, I will be retiring due to age (yes, I know looks can be deceiving!). More on this next month.

D J Whicker

ORGANISATION		CONTACT	Tel:	015396
		Mrs Alderson	Sed:	22050
		Mrs Mitchell	Sed:	21144
		Mrs Escholme	Sed:	20376
		Miss Wheaten	Sed:	20959
		Mrs Cleasby	Dent:	25476
		Mrs Brewer	Sed:	21504
		Mrs Murdoch	Dent:	25335
Parent Support Group	Latest Amendment	Mrs Goad	Sed:	20402
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		Mr Axford	Sed:	21019
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 Cumbria	Latest Amendment	Mrs Hartley	01524	781177
Young Farmers Club		Miss Capstick	Sed:	21032
Young Kidz	Latest Amendment	Mrs Baines	Sed:	21287
Zebra's Baby & Toddler Group		Mrs Woof	Sed:	21644

A SEDBERGH VIEWPOINT

I'm led to believe that weather forecasters consider autumn to start at the beginning of September; if so we are now well into autumn. The heady days of summer are over and Sedbergh is settling down into autumn mode after the excitement of the Books and Drama Festival and the influx of visitors. Schoolchildren are back at school and indeed will have their half-term holiday later this month. It was good to hear a visitor say that there is always something going on in Sedbergh and that there is no need to go to Windermere and shell out on outrageous car parking charges.

I hope that the Book Festival was a success as I'm sure there was much hard work involved in putting it on. I say that because I haven't heard much comment about it, so I wonder how much local support it received. I have to confess that I supported only one event. Obviously by its very nature such an event will only appeal to the few rather than the many.

Three events which received much acclaim in my hearing (and so I think must have had more general support) were the visit of the Jamaican Steel Band; the Charter Fair and Market, and the Art Society Exhibition. So many people have enthused about the Jamaican band I really feel I missed out not seeing and hearing it. The Charter Fair certainly attracted visitors. Like me they were probably fascinated by the Town Crier. I wonder where they imported him from. I was unaware we had a Town Crier. What a posh chap he is. Just something odd though, - I thought I recognised the voice - but surely not. I just think it would be good if he were to patrol our

streets more often. As for the Art Exhibition the view was expressed that its new location made it more accessible.

Now to Joss Lane car park. It is the place where many, if not all our visitors first set foot in Sedbergh. It is adjacent to the Book Town Tourist Information Centre and there is probably a well trod path from the one to the other.

Unfortunately doing so they have to pass by all our recycling bins, which are hardly a visitor attraction. There is a fine line between an amenity and an eyesore and now that there are about a dozen bins there now I'm thinking it has become an eyesore. Often the bins are overflowing which doesn't help. I think it is time that my friends at SLDC should expand their fortnightly green and blue bin collections to include cardboard and plastic bottles. All our milk, lemonade and cola bottles are recyclable and we all have plenty of them to dispose of and you can't have any home deliveries nowadays without several layers of cardboard packaging.

So far I've only seen one car sporting a Parish Council Car Park sticker so I wonder how sales are going. I fear that during the summer months when there were no season tickets folk managed to find other spots for free parking and are sitting tight.

Now, back to autumn. I've noticed that rowan trees in particular have had a bumper crop of berries this year. No doubt many bottles of rowanberry wine will have been brewed. A cheery thought! However, are not many berries meant to herald a hard winter; or has global warming ruled that out? We shall see. Best wishes,

N. Hastle.

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

Rev. C Gotham Tel: 22030

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

Sedbergh Code: 015396

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

Complementary therapists practising locally

DIARY OF EVENTS

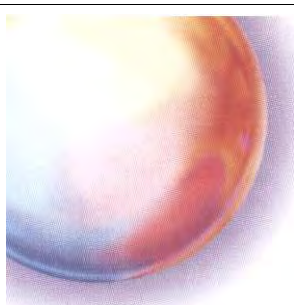
Dates are held up to 24th June 2007

OCTOBER				NOVEMBER			
1	1000	The Drovers Path Exhibition Starts	DCMH	1	1000	Light, Land & See Exhibition	DCMH
1	1000	A Window on the Dales Starts	DCMH	1	1030	Echoes Exhibition Ends (1)	FM
1	1030	Echoes Exhibition starts (1)	FM	1	1315	Zebra's	SMCR
3	1400	Spinning a Yarn	DCMH	1	1930	HS Furness & Yorkshire Railway	SHS
4	1000	Barnardo's Coffee Morning	URCR	2	1930	WIH Mad Hatter Designer Hats	FCH
4	1315	Zebra's	SMCR	2	1930	Domino Drive	KVH
4	1930	HS Rethinking Ingleborough (1)	SHS	4	1845	Gala Bonfire Night	PH
5	1930	WIH Gillian Price	HVH	5	1830	Bonfire Night & Skittles Party	FCH
5	1930	Domino Drive	KVH	6	1000	Badminton Club Coffee Morning	URCR
5	1930	Dentdale Methodist AGM	DMC	8	1315	Muncheon Music (38)	SSQH
5	1930	St Mary's 500 Not Out (7)	SMKL	8	1315	Zebra's	SMCR
6	1930	Frankly Sinatra (6)	PH	8	1915	WID AGM	DMH
6	1930	St Mary's 500 Not Out (7)	SMKL	8	1930	WIF AGM	PH
7	1310	CWT Fungus Foray	LHCP	11	1930	Toilers Gift (67)	DMH
7	1900	Sing Out Project	PH	13	1000	Bowling Club Coffee Morning	URCR
7	1930	St Mary's 500 Not Out (7)	SMKL	14	1400	WIK AGM + Social	PH
9	1900	Gala Group AGM	PH	14	1930	Domino Drive	FCH
10	1400	WIK Taste 'n' Try	PH	15	1315	Zebra's	SMCR
10	1930	Bingo & Potato Pie Supper	FCH	15	1930	HS Botchergate, Carlisle	SHS
11	1000	NISCU Coffee Morning	URCR	16	1000	Light, Land & See Exhibition Ends	DCMH
11	1315	Zebra's	SMCR	20	1415	SLSB	PH
11	1915	WID Issues surrounding Strokes	DMH	20	1930	Beekeepers' 2006 Review	PH
11	1930	Sedbergh Band Charity Concert (11)	PH	21	1900	Neighbourhood Forum	PH
11	1930	WIF Walking the Coast to Coast	SMCR	21	1930	LNFU	PH
15	1000	A Window on the Dales Ends	DCMH	22	1315	Zebra's	SMCR
17	1415	SLSB	PH	24	1830	FODS Promise Auction	Dent
17	1930	LNFU	PH	24	1900	HS Annual Dinner	Golf Club
18	1000	CA Coffee Morning (18)	URCR	24	1930	WIH Domino Drive	HVH
18	1000	The Drovers Path Exhibition Ends	DCMH	24	1930	Motus O (6)	PH
18	1315	Zebra's	SMCR	25	1900	People's Hall Celebrations	PH
18	1930	HS Mills in Dentdale (1)	DMH	29	1315	Zebra's	SMCR
20		SS Half Term Begins		29	1930	HS The Other Windermere	SHS
20	1930	DCMH AGM	DCMH	30		St Andrew's Day	
21	1000	Zebra's New to You Sale (21)	SMCH			DECEMBER	
21	1000	CWT Table Top Sale (21)	PH	2	1000	Churches Christmas Fayre	URCR
21	1000	Light, Land & See Exhibition starts	DCMH	6	1315	Zebra's	SMCR
22	1000	Painting Demonstration & Workshop	DCMH	7		WIH Christmas Party	TBA
22	1100	Apple Day	DCMH	8	1930	Christmas Domino Drive	KVH
23	1400	Children's Craft Workshop	DCMH	9	2000	Syd Banks Band	PH
23	1930	Beekeepers' 6th Honey Show	PH	12		WIK Christmas Lunch	TBA
25	1300	The Art of Watercolours	DCMH	12	1930	LNFU	PH
25	1315	Zebra's	SMCR	12	1930	Domino Drive & Mince Pies	FCH
27	1400	Children's Craft Workshop	DCMH	13		WID Christmas Meal	TBA
27	1930	LNFU Antiques Road Show	PH	13		WIF Christmas Dinner	TBA
27	1930	Domino Drive	HVH	13		SS Term Ends	
29		Clocks go Back		22	1930	Christmas Domino Drive	HVH
31		SS Half Term Ends		25		Christmas Day	

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

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website www.strampress.co.uk

DIARY KEY

BF	= Brigflatts
BS	= Baliol School
BVH	= Barbon Village Hall
CDC	= Community Development Centre
CO	= Community Office, Main Street
CS	= Casterton School
CWT	= Cumbria Wildlife Trust
DCMH	= Dales Countryside Museum, Hawes
DCP	= Dent Car Park
DMC	= Dentsdale Methodist Chapel
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
MCCKL	= Methodist Church Centre KL
PH	= People's Hall
SBH	= Sedbergh Bright Hour
SC	= Swimming Club
SCC	= Sedbergh Cricket Club
SHS	= Settlebeck High School
SIC	= Sportsman's Inn, Cowgill
SMCR/H	= Sed. Methodist Church Room
SMKL	= St Mary's Church, Kirkby Lonsdale
StAS/D	= St Andrew's Church, Sedbergh/Dent
SR	= Spooner Room
SSC	= Sedbergh School Chaplancy
STO	= Sedbergh Tourist Office
URCR	= United Reformed Church Rooms
WHC	= White Hart Club
WID	= Women's Institute, Dentsdale
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, Mrs D Ross,
Mr D Fisher & Mr B Taylor

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 0845 33 00 247

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