

SEDBERGH & DISTRICT

LOOKAROUND

July 2002

Issue 191

Donation 50p

A warm welcome to everybody this month.

The Large Print and Audio Tape Lookaround are now available every month, BUT NOW ONLY BY SUBSCRIPTION so that we do not

have any wastage. Please complete an Application Form available from our Office.

So far, both types have been received very warmly.

Dennis & Jacky Whicker



Sedbergh Market Fayre
Saturday 24th August
10am to 4pm

Come and join in the Fun of the Fayre
Along with Sylvester the Jester
And the Terrible Knitters of Dent

There will be stalls selling wares including:-
Bric-a-Brac ~ Sweets ~ Cakes ~ Books
Olive Oils ~ Plants ~ Iron Work ~ Woodwork
Pot Pourri ~ Barbecue ~ Cheese ~ Pickles

A Children's Area with:-
Bouncy Castle ~ Face Painting ~ Apple Bobbing
Coconut Shy ~ Balloon Race ~ Competitions
And Much Much More

For information, contact Joyce Cox on 21820

CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th
S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: lookaround@whicker73.freeserve.co.uk — Web Site: <http://www.whicker73.freeserve.co.uk>

CHILDREN'S BIRTHDAYS

JULY 2002

Every month, there is a Children's Voucher for £10 which is kindly sponsored by two anonymous readers.

The recipient this month is:-
Kate BAINBRIDGE who is

5 years old on 28th July.

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



<i>Day</i>	<i>Name</i>	<i>Age</i>
1	Rebecca MARTINDALE	11
6	Hosannah McCALLUM	5
6	Claire HUNTER	10
8	Poppy CLARK	9
15	William THEXTON	8
16	Iasmina CALUSERU	4
16	Rowan HALL	6
18	Heather HARPER	8
18	Philip METCALFE	11
20	Emma TEAL	11
23	Hannah HODGSON	8
24	Tristan SCOTT-HALLAM	4
24	Pete BROWN	7
28	Kate BAINBRIDGE	5
28	Luke CRAGG	8
29	Jack DICKIE	10
29	Lucy BENVILLE	11



Holmecroft Station Road Sedbergh

BED & BREAKFAST

Proprietor

Proprietor	Address	Phone (015396)
Mrs S Sharrocks.....	Holmecroft; Station Road, Sedbergh (12/02).....	20754
	e-mail:- SSharrocks@breathemail.net	
	2D; IT; CH; TVL; NS; NP*; P; DR	
Mrs L Hopkins.....	Brantrigg, Winfield Road, Sedbergh (09/02).....	21455
	IT; ES; NS; NP; P; DR	
Miss S Thurlby.....	Stable Antiques, 15 Back Lane, Sedbergh (12/02).....	20251
	e-mail:- antique.thurlby@amsserve.net	
	ID; IT; CH; L; NP*; P; DR; VB	
Mrs S Gold-Wood.....	10 Main Street, Sedbergh (10/02).....	21808
	ID; IT; IS; CH; TVL; NSB; P; VB	

CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (09/02)... SAE for Brochure
4-5 Berth; H+C; Shower; Sep WC; Fridge; Gas Cooker; Gas + Elec Heating; NS

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite;

CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;

NS(B) = No Smoking (Bedrooms); NP(*) = No Pets (* by arrangement); P = Parking;

DR = Drying Room; Di = Dinners; TL = Table Licence; VB = Vegetarian Breakfast;

CW = Children Welcome; FC = Fire Certificate

Lookaround Advertising Rates

Single Column x 1"	=	£7.50
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£0.85
Postal Overseas	=	£1.60

Can all adverts please be accompanied with the correct money
at the time of submission.

No adverts

by e-mail or FAX please

All adverts and enquiries to

13 Kings Yard, Sedbergh LA10 5BJ

by 15th of every month.

Articles etc. by 19th of every month

KIRKBY

To family and friends. A big thank-you to all for the lovely cards, flowers and gifts.
Dorothy.

*(This should have appeared last month.
Editor error)*

BAINES

Happy 50 Birthday on 3rd July 2002.
Lots of love on your own Golden
Jubilee. Valerie & John in Shrewsbury.

DAWSON

Jenny wishes to thank all who sent cards,
flowers and gifts of food during and after
her stay in hospital. These kind thoughts
were greatly appreciated.

HELP NEEDED

Domestic help needed. About 3 to 4
hours per week. Phone 20724.

HOUSE KEEPER REQUIRED

For private house 4 miles from Sedbergh.
Duties to include a little cooking. Hours
flexible but an average of 20 hours p.w.
guaranteed throughout year. Phone
daytime Mon/Wed/Fri 015396-21201.
All other times 015242-41958.

FOR SALE

ABI Elegance Supreme Caravan. 4/5
berth. Cooker, fridge. Large Awning.
£750. Phone Mattinson 25423.

FOR SALE

Pride Ranger All Terrain 4 Wheel
Mobility Scooter. Nearly new condition.
Tel: 015396 20545.



**stramongate press
printers**

*printers
of
Sedbergh Lookaround*

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

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

VOLUNTEER CENTRE SOUTH LAKELAND

The Volunteer Centre has just come to the end of a busy 'Volunteers Week', which is a national promotion, to thank volunteers who are giving their time and to recruit some more! We held a 'recruitment session' at the Kendal Bird Cage, talking to the public and encouraging them to get involved. We held an Open Evening, where we tried to attract local professionals. The Yorkshire Dales National Park arranged a walk to demonstrate some of the work their volunteers have been involved with. We also had our AGM and presented certificates to nearly 40 people who have been volunteering in the district. We finished our week in Ulverston on the

market with a mobile unit donated to us by Barnardo's, this gave us and other organisations a chance to talk to the public and raise the profile of volunteering.

We hope to continue some of this work over the summer and visit some of the shows taking place across the district. This is a joint effort, the Volunteer Centre will be working with a variety of voluntary organisations and groups, all of whom need more volunteers.

In the mean time, please don't forget, if you would like to access our service you can do so by calling Helen or Liz on 01539-725005, we promote volunteering, find volunteers opportunities to suit them and recommend good working practises.



Open Wednesday to Sunday
Closed Mondays & Tuesdays

MEADOWSIDE CAFE

The Laning, Dent
Tel: 015396 25329
Fax: 015396 25549
e-mail: meadowside@aol.com

Pat & Martin are leaving in Mid July.
We wish to thank all our customers who have supported us over the last 19 months.

*** Our Last Fish & Chip Supper ***
will be held from 5pm on Friday 12th July

*We wish Jackie and Dave all the best for the future
and hope that you give them the same support that you have given us.
Pat & Martin*

SEDBERGH GALA A REAL CELEBRATION

On Saturday 18th of May both local people and visitors witnessed a colourful and dramatic procession of Gala celebrations. Led by Sedbergh Town Band in their first march and followed by Gala Queen Beth Aveyard and her attendants. The procession was also filled by groups of fancy dressed entrants, Jukalo the juggler on his unicycle, Stone the Crows Morris dancers and the ever-popular Kendalians.

On the field the events were very well supported despite a little bit of Sedbergh rain. There were performances of Maypole Dancing by the Gala attendants, a display of Morris Dancing by Stone the Crows and the Border Morris Group.

ALPACAS & GARDENS

Saturday 6th July

2pm to 5pm

Ghyllas, Cautley Road

2 miles from Sedbergh towards Kirkby Stephen

Admission £2 - Children £1

MacMillan Cancer Relief
& Marie Curie Cancer Care
will benefit

Traditional Fell Races and Cumberland and Westmorland wrestling took place and children's sports. For the adventurous the army provided an assault course and high wire and the children enjoyed the numerous stalls and rides on offer. The entertainment ended with the Piano Smashing contest followed by a Display of Belly Dancing.

The programme for the afternoon was co-ordinated by an excellent Master of Ceremonies Peter Kliszat and Gala Group are very grateful for his skilled assistance. Gala would not happen without the help of the volunteers who provide support in many different ways. Gala group are particularly grateful to Sedbergh School pupils who helped to put up the stalls and to serve teas as well as running the Cake stall. Many thanks also to Jude from Astons who managed the massive order for sandwiches and cakes. Helpers serving refreshments (or those who volunteered and were not needed) worked very hard and kept the crowds fed and watered. The serving of teas was also considerably helped by the loan of a cash till from Knights. Margaret Mason who served pop and crisps all afternoon and the Gatemen also gave

Bring a Cake Buy a Cake

Coffee &
Biscuits

Exhibition
of Paintings

ALZHEIMER'S
AWARENESS WEEK

COFFEE MORNING

Saturday 6th July

10am to 12 noon

URC Rooms

Cake Stall

Raffle

Also Street Collection for
South Lakeland Alzheimer's Society

invaluable support. Last but not least many, many thanks to everyone who came to support Gala 2002 the event made a healthy surplus and this will support future Gala committee events; Bonfire Night and Children's party.

Gala is generously supported by the following Sponsors:-

Barclays Bank

Beamsmoor Nursing Home

Braithwaite Coaches

British Open Fell Runners Association

The Bull Hotel

Chapman's Chimney Vac

Cico Chimney Linings

Nigel Close Ltd

Dalton And Hague

Ian Dawson

The Cross Keys

Farfield Clothing

The Gallery

Galliot's

Mark A Grant

The Green Door

Happy Valley

R.F.G. Hollett

H.S.B.C. Bank

Jackson and Graham

David Lord Golf Supplies

J.J. Martin

VACANCY

Part-Time Dental Nurse required

Previous experience preferable but not essential.

School Leaver considered.

Full training given.

Handwritten application to:

Ian Dawson, Dental Practice,

9 Finkle Street, Sedbergh LA10 5BZ

SEDBERGH PRIMARY SCHOOL

FunDay & Car Boot Sale

1pm

Sunday 7th July

Free Admission - Everyone Welcome

Face Paints

Games

Ice Cream

Refreshments

Raffle

Cakes

Tombola

Car Boot/Table Top £5

Enquiries Tel: 20510

Andrew Mattinson

D & J McConnell

Merewood Homes

The Middleton Head

M.K. Conversions

R.S. Morphets

Michael Mudd

Oakdene Country House

Picture Palace

Pinfold Caravan Park

The Posthorn

J. M. Pratt

Red Lion Public House

Rycroft's

Sedbergh Chemist

Sedbergh and District Chamber of Trade

Sedbergh and District Lookaround

Sedbergh Golf Club

Sedbergh Outdoor and Leisure

Courtyard Crafts

Spar Supermarket

Garth Steadman

Three Peaks

White Hart Sports and Social Club

White Rose Fisheries and Café

M. Winn & Son

Woofs of Sedbergh

Finally thank you to Margaret Millburn for arranging the Gala Queen's and

(Continued on page 8)

attendants flowers, to Judy Nicholson for making the dresses and Leighton's Barber shop and Hair salon for the Gala Queen's Hair Styling. Also to the Fire Brigade for putting up the Bunting to make the Town look so pretty for the event.

Sedbergh Gala Results

Fancy Dress

<i>Under 4</i>	Rebecca Wilde
<i>Girls 4 - 7</i>	1st Rowan Hall
	2nd Grace Cowperthwaite
<i>Boys 4 - 7</i>	1st Sam Fearnhead
	2nd Xavier Baines
<i>Girls 8 +</i>	1st, Rebecca Wilkinson
	2nd Becky Lowther
	3rd Robyn Lewes
<i>Boys 8+</i>	1st Sam Fisher
	2nd Andrew Wilde

Decorated pony/pushchair

1st Chloe Brown

2nd Daisy and Ellie Hamilton

Decorated vehicle/pedestrian group

1st Sedbergh Primary School

2nd Settlebeck High School

3rd Sedbergh Playgroup

312 SID SONG

1st Lieutenant's Barber Shop

John's Barber Shop
and Hair Salons

and Hair Salon

Bergh Chemist
S.A.B. - 81

Fell Racing

Senior

<i>First Female</i>	1st Jennifer Dunn
<i>First Veteran</i>	2nd Billy Proctor
<i>Under 17</i>	3rd James Wadsworth first local Jim Fisher
<i>Male</i>	Jennifer Dunn Billy Proctor
<i>First Female</i>	1st Chris Doyle
<i>Under 14</i>	2nd Stuart Hunn
<i>Male</i>	3rd Andrew Wilkin Emma Stuart
<i>First Female</i>	1st Matthew Hurst
<i>Under 12</i>	2nd John Marsh
<i>Male</i>	3rd David Shepherd Katie Robinson
<i>Female</i>	1st James Mountain
<i>First Local</i>	2nd Jamie Stuart
	3rd Cameron Roberts 1st Rosie Stuart
	2nd Emma Thompson
	3rd Rebecca Thompson Sam Fisher
<i>A letter has been received requesting as to why Gala changed their day. The letter cannot be printed as I do not know the author. Please let me know. Meanwhile, a copy has been forwarded to the Gala Group and there will be answer in next month's Lookaround.</i>	
	<i>Editor</i>

Dentdale Electrics

for all your domestic, industrial & commercial electrical needs.

we also do

Portable Appliance Testing

for holiday cottages, businesses, etc.

Dent Station House, Cowgill, Sedbergh LA10 5RF

Phone 015396 25280

R & JC Holmes & R H Game



HEADLINES AT POWELL HALL

On Friday 24th May Suzan Sedgwick School of dance gave a magnificent performance of creative dance around the theme of the contents of a newspaper. The show began with grade 3 Ballet dancers in a classical piece depicting the sunrise. The pre - ballet student's aged 3 and 4 years dancing as little colourful birds followed this, to the great appreciation of the audience. Next older girls showed their skills in modern dance to the Beatles classic "Penny Lane". A combination of three classes worked together with two Sedbergh School Girls in a spectacular interpretation of Abba's "Money Money Money". Together these young people gave a performance worthy of any West End stage.

School children of different ages danced with their teacher, Stephanie Moore to a beautiful classical interpretation of a musical piece by Debussy. Dressed in bright clothes the ballet youngsters impressed everyone with a lively rendition of "The Sun Has Got His Hat On". After the interval the weather news continued with adult and young people tap dancing to the "Sunny Side Of the Street". Travel came next with the senior dancers Felicity Close, Roxanne Kliszat, Claire Mawdsley, and Beth Timson showing their exceptional talents with classical ballet on points and character dancing. In a debut performance students from Sedbergh School, Alex Boothman, Kate Buchanan, Bryony Leach, Samantha McDermott, Samantha McHale, and Carolyn Koussa gave a dramatic performance of "Eleanor Rigby". A variety of sports including cricket, swimming, hockey, football and skiing

were danced for us by the modem dancers. The Senior Dance class in a very moving display beautifully interpreted a news item about homelessness. Finally modem and contemporary dancers presented a very clever translation of a crossword.

The success of the annual dance show is due to the huge skill and creativity of Miss Suzan, the wealth of ideas and the interpretation of many types of music into beautiful choreography is amazing. The opportunity for the young dancers to develop their skills and experience the discipline of a live performance is invaluable. Each year the progress of the students is astounding and this is due to their hard work and commitment and Miss Suzan's belief in her students. Support for the costumes, props and refreshments for the show come from parents. However the lighting and sound expertise of Andrew Allan and the atmosphere of the venue in Powell Hall enhance the professionalism of the performance.

If you are interested in your child studying dance then please contact Suzan Sedgwick on Sedbergh 20252

Helen Joel



MK CONVERSIONS

Four Lane Ends, Marthwaite
Sedbergh LA10 5ES
Tel: 015396 22038
Fax: 015396 22039

Builders, Joiners & Roofing
Contractors

SETTLEBECK HIGH SCHOOL

SETTLEBECK NAME CHANGE

For many years now Settlebeck has been called a High School and yet this term has lost its original meaning and says little about who we now are. Under changes to school status legislation in the last parliament schools could elect to become either voluntary-aided, foundation or community schools, and our governors, like those in most state secondary schools, chose community status. This status recognises the important part played by the community in partnership with the LEA, in the governance of local schools and we are proud to celebrate the integral part we play in our local community.

The governors of Settlebeck are therefore considering officially changing the name of the school to Settlebeck Community School (and are considering the title Settlebeck Community College in the light of our inclusion in the Rural Academy). This name change would not take place until September 2003 and we will officially consult with all parents and the community in the next few months. If you have any thoughts on this issue please let us know.

Dave Smith, Headteacher

BAD LANGUAGE

Very occasionally my attention is drawn to an individual's use of bad language in a public situation. Members of the public have been known to report instances of students on buses, moving to and from school, on the site at break times and on the street in Sedbergh in the evenings. You will know that our school code specifically bans the use of all bad language in school and this is rigorously applied. Whenever complaints are

received from the public out of school we treat them seriously and the students concerned are reprimanded and parents alerted.

I'm aware that a very bad impression has been created recently by a few students associating locally outside certain shops on the Main Street.

I have subsequently spoken to the whole school about the inappropriateness of using bad language in public, emphasising the intimidating, aggressive impression this creates. If you are aware of this occurring please don't hesitate to let us know of named individuals and their parents will be informed.

Dave Smith, Headteacher

CDT DEPARTMENT VISIT TO THIRSK

We went on a visit for our GCSE Technology course to Thirsk. We saw how furniture was manufactured and how it went through a production line, being put together. We then went on to Boddy's to see how wood starts off and how it is cut up into certain lengths using special machinery. We saw the shop and the bits of wood for sale, at the end of the line. Craig bought three pieces for a project he is doing.

Adam Hague, 10N

In the morning we arrived at school as normal, then we registered and got on to the school minibus. On the way it was quite bumpy and just as we were handing the sweets out, Philip was sick, luckily into a box.

When we got to Treske furniture factory at Thirsk we were shown around the production side of the factory first. Then we looked at the wood store, which had lots of chairs in it. The guide told us that it was cheaper to buy chairs in than it was to make them. We then looked at the

finished products. They were all top quality with prices to match.

We had our lunch in Thirsk, fish and chips as well as our packed lunch!

Next we went to John Boddy Timber at Boroughbridge. The guide showed us a piece of wood which had grown around a garden rake.

We were shown around the sawmill and told the cost of the wood we were looking at. We looked round the shop and I bought a pen but Craig went and bought three or four planks of wood.

On the way back we stopped off for an ice cream as it was a nice afternoon. We got back to school at around 5.00 p.m.

Stuart Metcalfe, 10W

GCSE DRAMA FINAL PERFORMANCES

On May 2nd tension mounted as Year 11 GCSE Drama students made the final preparations for their performance. Always a formidable task, they would be watched by an external examiner, in whose hands lay the final 40% of their GCSE work.

Three performances were seen, each lasting around thirty-five minutes. Here they are reviewed by four year 10 drama students who comprised part of the audience.

"All the performances were highly original and were produced in different ways."

"We watched three plays based on serious issues. Two of these showed the effects of rape, whilst the third showed the consequences of drugs."

"It was quite disturbing in parts and it was very well acted with all the less confident students acting very well."

"The performance used a lot of sadness and anger, and quite a lot of happiness as

well."

"The first play featured a girl who was raped by her uncle. The girl was played by Jessica Thompson. We saw a definite change in her persona after the rape was committed. She brought about this change by keeping her body language closed at all times and by her use of facial expression, particularly using her eyes."

"The uncle was played by Tom Farrell. He managed to play a mentally challenged person. With Tom's clever use of wandering eye movements, inability to focus and awkward positions we were able to see how confused his character was."

"I thought that the one with Caz, Jenny, Jo and Gemma was the best. Caz was traumatised by her ordeal. Jo and Jenny did not understand what had happened. Gemma played the part of a worried mother. We watched with horror as Caz became suicidal, struggling to cope with life after the experience."

"Overall, all the students acted to the best of their abilities and I think all of them will get a good result."

*Review by Vicky Carruthers,
Lauren Gilder, Philip Walker
and Alex Whitehead*

At the

Chair Workshop

- Chair seating & supplies
- Tuition
- Tool sharpening

- ◆ Bead jewellery
- ◆ Restrung
- ◆ Repairs - clasps, earrings, chains

99 Main Street, Sedbergh.
Tel: 015396 21489

TRANSPORT JOTTER

Settle-Carlisle Line

Don't forget that summer steam returns this month for a season. The Dalesman plies between Preston and Carlisle on Wednesdays and Thursdays from July 17th to 22nd August. It doesn't stop at Dent or Garsdale. For times, prices, etc. contact Ribblesdale Railtours 0870 747 2983 or <http://www.railwayvideo.com/ribblesdale>.

The new summer timetable for the line is also now in operation. There are a number of small improvements to services. Check with National Rail Enquiries (08457 48 49 50) or the Settle-Carlisle Development Co. website (<http://www.settle-carlisle.co.uk/timetables/index.cfm>) before you travel.

HOWGILL HARRIERS

present

Danny's Disco

Friday 12th July

10pm till late

Admission £2.50

In Aid of the

SEDBERGH

PLAYING FIELD

PLAYGROUND APPEAL

MEMORY LANE ANTIQUES

63 Main Street, Sedbergh

Tel: 22022

Open 6 days a week

Closed Thursdays

10am to 5.30pm



Grateful thanks
to all the people of Sedbergh
for the warm welcome
and kind support.

Local buses

Typical of my ineffectiveness recently, I have failed to unearth any bus news this month. I therefore hereby give myself the sack as your self-appointed public transport reporter with immediate effect.

During a late-night conversation in Main Street, Sedbergh recently, Braithwaites and I were unanimous that the local bus timetable urgently needs taking in hand. But by whom? And of course we couldn't agree what should be done!

Is the next step dial-a-ride? Computer-controlled, maybe? And perhaps linked to the two Community Car Schemes in Sedbergh (phone 20504) and Dent (25201).

Getting the information out

From Worcester, where I set up home later this month, I shall keep a weather eye on Lookaround to reassure myself that public transport is not forgotten amongst its varied menu. That may well, you realise dear reader, depend on . . .

you!

Meanwhile, my thanks to all who have contributed to, suffered under, or simply perused my chuckle-headed ramblings. That's Andrew Allan ('Trainspotting', May Lookaround, p.40) and who else?

Especial thanks too to the nameless group - but they know who they are - whose concern for the tone and style of the media in general and your correspondent in particular landed a whole caseload of material on me recently about which I could have written at length in a future Lookaround. You've heard of the Blue Water scandal: I devoured that item eagerly, and will look forward to exploring the rest of the intricate and outrageous package later. But fear not, respected editors: your columns will be spared. That too is good

J J Martin

Main Street, Sedbergh
015396 20400

Full selection of electrical appliances
Including the following
Special Offers

Cleaners	from £49.00
Fridges	from £125.00
Freezers	from £119.95
Washers	from £239.95
Tumble Driers	from £129.00
Microwaves	from £49.95
Sanyo 0.8 cu ft Microwave all stainless steel	£139.00

Free Delivery on most items

Queen Elizabeth School

Kirkby Lonsdale

Re-Union Weekend

Saturday 13th & Sunday 14th July

All inclusive Tickets £15

available from the School

015242 71275

for the environment!

Blackhall Road, Kendal & the Bus Station

You can now cross Blackhall Road safely to get the buses that stop opposite the Bus Station. But would it not be easier for such buses to route themselves down Stricklandgate past the Library instead of having to do a U-turn on Blackhall Road? And more useful for some of the passengers.

After all, the passenger is paramount. That means getting the news out all the time, getting the timetables right, and never leaving early! Reminders on these points may be boring but not, the facts suggest, superfluous.

Keep up the good work,

Gordon Neal

PEOPLE'S HALL

Booking & Information
Sedbergh Office Services, 13 Kings Yard

Tel: 20788

Main Hall, Kitchen & Stage

8 am to 12.30 pm - £8

12.30 pm to 5 pm - £8

5 pm to finish - £20

Committee Room all sessions as above - £5

Changing Rooms please enquire about charges

Regular Bookings - Special Rates

please enquire

THE QUEEN'S JUBILEE CELEBRATIONS

In spite of the wet weather we managed to celebrate the Jubilee. The Beacon was lit on Winder at 9.45 on Monday June 3rd to coincide with the lighting of beacons around the country, and for this at least the weather was dry. Our main events were held on June 4th with an afternoon fete on Back Lane, which between the showers was well attended. The afternoon started with a children's fancy dress parade led by the Town Band and the ringing of the Church bells. On the field itself there was a concert by the town band followed by dancing from Howgill WI. Throughout the afternoon there was a display of dog handling and working dogs. Local groups such as the Football Club, Cricket Club, the Scouts,

Tennis Club, Bowling Club, National Park, Cumbria Wildlife Trust, and Art Society provided entertainments and displays. There was a juggler thanks to the Chamber of Trade, bouncy Castles and various other stalls.

The results of the Fancy Dress competition were as follows:-

Under 4

- | | |
|----------------------|-------------------|
| 1st - Ashley Hall | (David Beckham) |
| 2nd - Isabel Abbott | (Canadian Indian) |
| 3rd - Saul Underhill | (Punk Rocker) |

Girls aged 4 - 7

- | | |
|---------------------|-------------|
| 1st - Zoe Underhill | (The Queen) |
| 2nd - Rowan Hall | (Hippy) |

Girls 8+

- | | |
|-------------------------|------------------|
| 1st - Elizabeth Thexton | (Virginia Wade) |
| 2nd - Claire Hunter | (Seventies Girl) |
| 3rd - Chloe Brown | (Mexican) |
| 3rd - Rachel Bainbridge | (Cowboy) |

Sedbergh Outdoor Leisure

83 Main Street, Sedbergh

Tel: 015396 21898

www.sedberghoutdoor.freeserve.co.uk

Open Monday to Saturday 9.30am - 5pm

Sunday 10am - 5pm

We can supply all your Walking,
Mountaineering and Camping needs.

DID YOU KNOW WE ALSO STOCK :

- LEIGHTWEIGHT BREATHABLE WATERPROOF THAT PACKS INTO A SACK - ideal for holidays or golf
- HI TEC SANDALS for children & adults) all ideal
- LADIES & MENS SHORTS & TROUSERS) for holidays
- MAC IN A SACK) in the sun
- CHILDRENS and ADULTS WELLINGTONS
- SHOE LACES, POLISH & INNERSOLES
- UMBRELLAS AND WALKING STICKS
- CHILDRENS WATERPROOFS AND FLEECES
- BABY WATERPROOF SUITS
- TRAINERS AND CASUAL SHOES

Boys aged 4 - 7

- 1st - Richard Thexton (Edmund Hilary)
2nd - William Thexton (Sherpa Tensing)
3rd - Jack White (Learner Referee)

In the evening there was a concert in the Auction Market by the Fabulous Picasso Brothers with a bar and barbecue. The band was excellent but sadly not as well attended as we had hoped, but the Auction market made a good venue and has given some ideas for the future.

On behalf of the Parish Council I would like to thank all those involved in making these events happen, with a special thanks to Steve Longlands who gave much time, equipment and electrical expertise.

JUBILEE MUGS

By now every child under sixteen and

resident in Sedbergh should have received a special Jubilee Mug from the Parish Council, if you have not yet received yours please contact either John Stanton at the Community Office or Ann Allan at the paper shop.

Some of our committee members manned a Treasure Hunt stall at the recent Jubilee celebrations where we had a map of Queens Gardens with the treasure hidden therein. The winners of this competition are as follows:-

- 1st Linda Gardner
2nd Hilda Bracken
3rd Andrew McFadyen

Well done to the winners and our thanks to all those who took part in the competition.

*John Stanton
Clerk to Sedbergh Parish Council*



The Swan Inn

On the A683 between
Sedbergh & Kirkby Lonsdale
015242 76223
A delightful Country Inn Since 1590

CAMRA Pub of the Season - Spring 2002

with spectacular views overlooking Middleton Fells.

Now under new ownership, The Swan offers an extensive range of great food served either in our Restaurant, Bar or even our beautiful Beer Garden which now has a great new Children's Play Area.

And don't forget our great Cask Ale's including Black Sheep, Thwaites plus Guest Ale along with Tetley's and others.

Opening Hours

Monday to Friday	12 noon - 3pm	6 - 11pm
Saturday	12 noon to 11pm	
Sunday	12 noon - 10.30pm	

Sunday Lunch our speciality £4.95

ALFRED BRAITHWAITE'S SONS

George, John and Sidney.

Alfred Braithwaite was a very strict father and there are many tales of how he disciplined his three sons, George (born 1893), John (1894) and Sidney (1897), to keep them in order. After leaving school, George and John started work, delivering pies etc., George for the local grocer, Shaws, which later became Metcalfes and is now "The Epicure" (*Possibly now the Posthorn or The Bay Tree*), and John for one of the other Sedbergh grocers. There was great rivalry between the two boys as to who could sell the most. George soon tired of this and moved to Manchester to work for one of the larger grocery stores, Seymour-Meads, leaving his brothers behind in Sedbergh.

In the 1940's and 50's, I remember that

Metcalfes was always a hive of activity. In those days most housewives shopped daily, not having cars to load up with large quantities of groceries, and Metcalfes was a regular meeting place where, whilst waiting to be served, all the local gossip was exchanged. They had their own bakehouse at the rear of the premises and also several delivery vans. These vans used to reverse into the alley beside the shop for loading, and as a young boy I travelled many miles in the back of their large van, which had a canvas cover and except for the tail gate, was open at the rear, helping! with the deliveries. (I wonder if anyone has photographs of these vans).

The outbreak of the 1st World War in 1914 saw all three boys enlisting in the Army. George joined the Kings Liverpool

THE FAMOUS **SPORTSMAN'S INN**

Cowgill, Dent, LA10 5RG

Tel: 015396 25282

'a family owned chain of one'

Hidden away in a tiny corner of Dentdale where the Dales meets the Lakes, you will find

The Sportsman's Inn.

Overlooking the River Dee, this 300 year old 'Grade 2 Listed Building' has been secretly supplying the finest ale, food and accommodation to discerning customers from far and wide. Isn't it time you knew about it?



Open all year

Food, including one of the finest vegetarian menu's for miles around. Accommodation for up to twelve people, winter/group rates on request.

Real Ale from Black Sheep and Thwaites Breweries.

Monthly Curry Nights ~ Theme Nights ~

Pub Outings ~ Brewery Trips

Any excuse for a party & we're up for it.

New computer for Christmas?

then why not visit

www.thesportsmansinn.com

for all that's going on at your local

Sedbergh Office Services

13 Kings Yard, Sedbergh Tel./Fax 015396 20788

All types of photocopying available up to A3 size

Laminating up to A2 size

Wide range of office materials

Printer ink cartridges

Labels a speciality

Fax service available 24 hours a day

Plus much, much more!!



Regiment (Royal Engineers) and spent most of the war in Belgium and France and saw action at Ypres and Neuve Chapelle. He became a dispatch rider and his Diaries, which he kept throughout the whole of the war, record horrific stories of shells exploding all around and friends being blown to pieces. He was shot very soon after reaching France, but luckily the bullet only lodged in his thumb and he quickly recovered from his wound and returned to the Front Line. The bullet is still a family heirloom. Later, like many of the British soldiers in France, he was badly gassed which affected his lungs and he spent the final months of the war recuperating in a military hospital.

In comparison, John and Sidney, who both joined the 4th Battalion Border

Regiment, spent most of the war in India and had a fairly uneventful time. Sidney did, however, contract malaria and as a result, suffered bouts of it for the rest of his life.

After being demobbed, Sid returned to Sedbergh and worked with his father, Alfred, training as a motor mechanic. Later he specialised more in body repairs and became a wizard at welding up torn and battered mudguards to make them as new. Woe betide anyone who stood and watched whilst he was welding - in no time at all they would be holding a wet cloth and trying to prevent the nearby paintwork blistering from the heat and at the same time trying to avoid being burnt

(Continued on page 18)

by the oxy-acetylene flame. In the early Charabanc days, Sid was also Braithwaite's main coach driver. In 1926, he married Doris and they moved into 23 Bainbridge Road, next door to father, Alfred.

After the war, John wanted nothing of the family business and decided instead to leave Sedbergh and join the railway. He spent several years as a linesman at Mallerstang before moving to Northallerton where he had a job in the London North Eastern Railway engine sheds.

George was in no hurry to return to Sedbergh after the war, being employed first by the Engineering firm, Armstrong Whitworth of Newcastle as a wages clerk, and then by a prosperous northern

family as a chauffeur. This job was short lived, however, after he crashed their car. He then became a civil servant, working for the Labour Exchange, first at Consett, County Durham and then at Cleator Moor, Whitehaven and finally Kendal. It was at Cleator Moor that he met his future wife Jean. He eventually returned to Sedbergh in the mid 1920's, when Alfred took him and Sidney into partnership, and the firm of Braithwaite & Sons, Motor Engineers was formed.

George and Jean moved into 2 Main Street above Braithwaite's Motor and Cycle Accessory shop cum Petrol Filling Station. George did most of Braithwaite's taxi driving as well as managing the shop and looking after the accounts and paperwork for the whole business. The



The Red Lion



Finkle Street, Sedbergh

015396 20433

www.theredlionsedbergh.co.uk

Home-made food served

Tuesday to Saturday

12 - 2pm

6pm - 8pm

Sunday Lunch

12 - 2pm

New Seating Area Now Open

Small Parties Catered for

Enjoy a Bar Meal in a warm and friendly atmosphere.

All fresh produce used where possible

See our Special Boards

Jennings Beers

Licensee Carole Hailey

David Wilson Computer Solutions

Established 1983

Computer Systems Supplied & Installed

Upgrades - Repairs - Service - Advice

Internet Set-up - Website Design

Unbeatable Service & Support



Farfield House - Sedbergh - LA10 5JN - Tel: 015396 20537

Email: david@farfieldcomputers.co.uk

two wives, Jean and Doris, were also very involved in the business, making sure all ran smoothly. As George spent more time driving, so Jean took over running the shop and serving petrol, many a time being disturbed at night to supply a half penny worth of carbide for someone's cycle lamp, or a gallon of petrol for a stranded motorist. Doris, meanwhile, kept an eye on things at the garage, checking that part-time drivers were available for the various school bus runs and perhaps more importantly, keeping the staff supplied with their morning and afternoon cups of tea.

George and Sidney were of quite different temperament. Sidney was happy go lucky with a carefree attitude to life,

whereas George was much more serious.

One story that illustrates Sid's attitude to life concerns the enforced fitting of Triplex windscreens to cars to meet new safety measures. Six cars were lined up in Central Garage awaiting these new toughened glass windscreens, which arrived whilst Sid was having his afternoon nap. Les Burton, in his usual efficient way, "got cracking", and had all the old windscreens replaced before Sid reappeared. On his return, Sid, seeing the packaging that the new windscreens had arrived in, picked up a hammer and proceeded along the line of cars, smashing each windscreen in turn with the cry "come on then let's get these new

(Continued on page 20)

windscreens fitted".

George was always a keen sportsman, playing football and hockey in his younger days and then golf and bowls. He joined the Home Guard at its inception in the Second World War and was quickly promoted to 1st Lieutenant. In 1952, the Home Guard was disbanded but was reformed again in 1953, when he was promoted to Major. He was also involved in a multitude of other organisations, becoming president of the British Legion and Divisional Superintendent of the St John Ambulance Brigade. He also served on Sedbergh Rural District Council and was at one time Chairman of the Over 60's Club.

This month's photograph concerns the Sedbergh St John Ambulance Brigade. It shows the Sedbergh cadets posing in front of a Braithwaite coach in June 1956 during their outing to Keswick to parade before the Countess Mountbatten. If you recognise anyone, then please pop into the Lookaround Office, where there is a larger photograph, and help with the identification.



George retired in 1959 and the garage in Bainbridge Road and the shop and filling station in Main Street were sold to Bob Morphet and Dick Harrison, respectively. Sidney, however, carried on with the coach business in partnership with his

OPEN GARDEN

At Grassrigg Farm, Killington

Saturday 20th July

10am to 5pm

£1.50 includes

Coffee & Home-Made Biscuits

Bring 'n' Buy Stall and Plants

Proceeds to

Sedbergh & Dent Foot Methodist Chapels

son Les, moving to School Garage (the old British School) in Joss Lane. Whereas George moved to Morecambe to enjoy his retirement, Sidney, like his father, Alfred, never did fully retire, continuing to be involved with the coach business until his death.

This is the last of my series of articles on Braithwaites of Sedbergh. I hope you have had some enjoyment from them. For myself, writing them has brought back many happy memories. I have asked a lot of questions but received few answers. I can only suppose that most older Sedbergh folk, like me, are still true Yorkshire men at heart and as such, believe in saying "Nowt".

Gordon Braithwaite

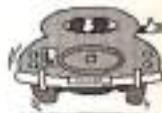
MARK A. GRANT



Patient & Friendly Tuition
Refresher & Motorway
Pass Plus Driving Courses
Theory Test Preparation
© Sedbergh 20573

D.O.T.

APPROVED
DRIVING
INSTRUCTOR



DENT CAR PARK

On Tuesday 28th May Yorkshire Dales National Park Authority agreed to continue to provide FREE PARKING FOR NATIONAL PARK RESIDENTS on National Park owned Car Parks. Members rejected the recommendation of Officers that Residents be charged £25 per year for a pass. The proposal had caused outrage since it became public.

The only YDNPA owned Car Park in South Lakeland is in Dent. Kevin Lancaster and Paul Winn, Conservative District Councillors for Dent welcome the decision by the Authority to make no change in its present policy.

At the meeting Kevin Lancaster argued strongly that the concession was greatly valued by Residents and contributed to

goodwill towards the Authority. The Paper submitted by Officers greatly overstated the likely income from a change in policy as very few would be prepared to buy the proposed Residents Permit. Instead people would park where ever they could on the road sides thereby causing great congestion and inconvenience. Meanwhile the Car Park would be half empty.

Kevin Lancaster's proposal that no change be made was supported by John Blackie of Hawes and John Sayer of Arncliffe. Members rejected the view of Professor Roy Swanston that the change should be made and the money raised used towards paying for the proposed new Head Office at Bainbridge.



Sedbergh Community Development Centre

Forthcoming Courses

Over the next few months we are planning to run the following IT courses (and probably others as well!) Please contact us for further information, or look out for our adverts in the Lookaround.

- European Computer Driving Licence
- NVQ II in using Information Technology
- Introductory courses on Web Design, Spreadsheets, Databases, Internet/Email
- Basic IT Taster sessions

A wide range of Adult Education courses will also be available this autumn. Watch this space!

■ Sedbergh 21128

email:admin@sedberghcdc.org.uk
www.sedberghcdc.org.uk

SEDBERGH & DISTRICT BEEKEEPERS' ASSOCIATION

Sedbergh beekeepers held their second apiary visit of the season on Saturday 8 June at Crowtrees, Melling. Fourteen members attended to see the first stage of rearing new queen bees from the eggs of a queen whose worker bees have proved themselves hardworking and good tempered. They watched as John Tallon and Malcolm FU first selected a frame from the brood chamber of one of John's hives that had an area of larvae that had hatched from their eggs about 12 hours earlier, and saw how with great care the tiny larvae, about the size of a comma on this page, were one by one transferred to specially prepared individual cups which

mimic the cells the workers build when raising new queens themselves. The line of cups was then placed in a hive about a half of the size of a normal hive that Malcolm had brought from Sedbergh with frames of honey, pollen, and water, and nurse bees that for two days had been deprived of their own queen. The idea was that they then work hard to rear as many of the tiny larvae as they can to become queens - in nature there is safety in numbers! The bees were brought from Sedbergh 15 miles away so that they would not just fly home to their own queen nearby when the entrance to their nucleus hive was opened. The next stage meant waiting ten days by which time the larvae would have pupated and would be

CUMBRIA IN BLOOM 2002

working towards a brighter environment

GARDEN COMPETITION

I wish to enter into the following category



a)	Yard/Patio	50p
b)	Small Garden	50p
c)	Large Garden	50p
d)	Commercial Premises	£1
e)	Street/Estate	FREE

(delete which is not applicable)

Please complete details in BLOCK CAPITAL LETTERS

Name
Address

Signature Date

Please submit this form (or photocopy) plus entry fee with each entry to
the 'Cumbria in Bloom' box at Dalton & Hague, 70 Main Street, Sedbergh by 15th July.

almost ready to emerge as virgin queens. Each would then be transferred into her own private mini-hive to emerge from her cell amongst more nurse bees who would tend to her needs until she took her mating flight and began to lay eggs herself. At that point she would be introduced to a full sized colony to replace a poor quality or failing queen, and the process of improvement completed. By the time of this report we know that the bees started to rear seven new queens but the very poor weather for bees, and too few nurse bees meant that in the end they gave up. Next year, with more experience, we hope for more success!

After the demonstration we were treated to superb refreshments and a tour of John and June's truly magnificent gardens.

On a less happy note three of our apiaries on the east side of Sedbergh have been found to have severe varroa infestation. We understand that all were properly treated for the disease last autumn, so the likeliest explanation is re-infection from bees absconding from some untreated colony within two or three miles that is dying from the effects of the mite. We need help to locate this

STABLE ANTIQUES

15 Back Lane, Sedbergh ☎ 20251

e-mail: antique.thurlby@amserve.net

Anything old & interesting bought

BROWSERS WELCOME

OPEN 6 DAYS A WEEK

SUNDAY BY APPOINTMENT

Bed & Breakfast available

colony if possible. Please would you telephone 21902 if you are a beekeeper in the Sedbergh area but not a member of our club, or you know of bees that are being kept in the area. We can offer help if necessary and the proper treatment for the disease at discounted (club) prices. We have plenty of stocks of Apistan and will ourselves be treating all of our colonies in mid August in the normal way.

The next apiary visit is at Lingarth, next to Borrett Farm on the Kirkby Lonsdale road, on Saturday 13 July at 2.30pm. If you would like to attend you will be most welcome. Please call 21902 and we can arrange appropriate bee protective clothes if you need them.

M.F.U.

FREE ENTRY
FOR TWO PEOPLE.
PLEASE CUT OUT
AND PRESENT AT
THE MILL



YORKSHIRE DALES NATIONAL PARK

The YDNP Authority has today published the Yorkshire Dales Local Plan First Deposit for full public consultation.

The publication of the First Deposit is a key milestone on the route to replacing the current Local Plan for the Yorkshire Dales National Park, which was adopted in 1996. The Local Plan sets out the National Park Authority's planning policies for new buildings and land use in the National Park and is used as a basis for all planning decisions.

Peter Watson, head of planning at the Yorkshire Dales National Park Authority, said: "The Local Plan is an incredibly important document as it has the potential to impact on everyone's lives. It guides what can be built and where it can be built; as well as containing a number of very important measures to ensure that the environment of the National Park is protected."

The First Deposit includes a number of important changes to current planning policy, which, if adopted, will be a boon for local affordable housing, rural employment, farm diversification and environmental protection. It proposes

reserving new housing development, outside of the area's main centres, to occupancy by local people. It also proposes a strengthening of policies to support farm diversification, rural employment opportunities and concessions for agri-environment workers to live in the open countryside, where it can be proved there is a justifiable need.

Mr Watson added: "The First Deposit Local Plan recognises the many social and economic changes that have taken place, both within and outside the National Park, over recent years. The policies it puts forward seek to address these developments in a pragmatic manner, whilst adding to the natural and built environment of the National Park.

"It proposes bold policies to address the issue of affordable housing for local residents, many of whom have been priced out of the market. It also recognises the Authority's wish to encourage appropriate new businesses that cash in on the area's unique identity and high quality environment; to further the aim of a diverse rural economy. Amongst other employment initiatives, we want to promote the conversion of

DAVID RYCROFT

**CENTRAL HEATING ENGINEER
PLUMBER & ELECTRICAL CONTRACTOR**

over 35 years of experience

DOMESTIC HEATING SPECIALIST

Gas, Oil, Solid Fuel &

Calor Gas Approved Registered Installer

ALL DOMESTIC ELECTRICAL WORK

House Rewiring



CRAIGLANDS, JOSS LANE, SEDBERGH * Telephone Sedbergh 20107

traditional buildings for employment use and home-based working to extend the growth of small businesses in the area.

"Taken together the policies in the First Deposit sketch out an exciting new direction for the National Park; it will work to conserve and enhance the environment of this area, whilst providing the planning framework to enable the National Park to develop fit for the new millennium."

The First Deposit, which is now available for public comment, consists of written statements and proposed policies along with a detailed set of maps of each town and village in the National Park that show, amongst other things, the proposed development boundaries.

The Authority is now inviting anyone to comment on any of the policies and proposals it contains. All comments need to be received by the Authority before noon, 31 July 2002.

Copies of the First Deposit are now available for reference in local libraries,

TREADWELL
FLOORING

Suppliers, planners & Fitters of
Carpet, Vinyl & Laminate.
1,000's of samples to choose from.
- Written quotations -

Call Nicola or Gordon Sproul
on

Tel: 015396 21175
Fax: 015396 21142

St Andrew's Church, Sedbergh

BARBECUE



6:30 pm Thursday 25th July

Sedbergh Vicarage

Adults £2.50

Children U16 £1.50

National Park Authority offices and National Park Centres. Copies have also been sent to parish councils and a wide range of other local groups and organisations, which have an interest in the area. A copy of the text can be viewed on the Authority's website at www.yorkshiredales.org.uk. Further copies can be obtained by calling the Authority on (01969) 650456 or by emailing planning@yorkshiredales.org.uk.

Following the six-week consultation period, the Authority will consider the comments before publishing the Second Deposit Local Plan for further consultation. This will be followed by a Local Plan Inquiry, which will lead to the publication of the Inspector's Report. The Local Plan will then be modified again and placed on deposit for further consultation before the final Plan is adopted in 2004.

All planning authorities are required by law to produce a Local Plan that covers the whole of their area. The Yorkshire Dales National Park Authority is therefore required to produce a Local Plan that covers the whole of the National Park.

SETTLEBECK HIGH SCHOOL **YEAR 11 LEAVERS' FINAL DAY IN** **SCHOOL**

The Year 11 leavers' celebrations took place on the 14th and 15th May. The final day in school saw the annual shirt-signing and wet sponge/water bombs rituals played out in the rain during lunchtime. Ben, Mark, Tyrone, Carly, Caz, Joanne and Laura won the wettest awards! As has become the custom, Maureen Airey and her canteen and cleaning team presented Year 11 with a Good Luck Cake. It was quickly consumed and greatly appreciated. Claire and Nichola quickly reciprocated with a card and flowers!

Jean Sowerby congratulated the students on "the cleanest leaving day" for years. All water strictly confined to outside the school.

The students gave the staff and Year 10 a final treat in the form of a song; a variation of the Spice Girls hit "Goodbye" and a video of their last day at school with some amazing revelations from Jenny, Elaine and Jayne.

The leavers day followed its usual format - coffee and goodbyes with staff, a brief summary of each student's post-16 plans and a message of good wishes from Annie Carol-Gallagher on behalf of the Governors. Then it was off to Blackpool for lunch and some white knuckle rides at the Pleasure Beach!

Judith Walsh

SPORTS REPORT

We are very pleased to congratulate Matthew Parkin, Elliott Beagan and Tim Baines for their selection for the county football squads in their respective age groups following trials in March. They have already represented Cumbria in

matches against Dumfries and Galloway, with the senior boys winning and the junior boys losing.

SOCCE & NETBALL

At the end of last term we completed two of the main inter-house events, the soccer and netball competitions. Senior house soccer was won by Beck (S. Bell, A. Iveson, D. Mason, E. Lord, R. Sedgwick, M. Wilson, B. Ingram, J. Knipe, R. Close, R. Moffat, B. Coates). Junior house soccer was won by Dale (L. Iveson, P. Farrell, I. Roberts, N. Smith-Saville, W. Metcalfe, G. Capstick, A. Britton, L. Mason, K. Metcalfe). Senior house netball was won by Ghill (E. Capstick, J. Calvert, N. Gardner, L. Hunter, S. Mawdsley, J. Wood, H. McCullagh, R. Wearing), and junior house netball by Dale (B. Dinsdale, J. Mason, M. Mattinson, C. Metcalfe, K. Hurst, R. Law, A. Mason).

Congratulations to all players, who each received certificates and medals.

CROSS COUNTRY

As last half term was so short we decided to hold the school cross country competition at the beginning of this term. Most students took part and we were very pleased with the efforts of all of the runners. The overall winner was Tarn house. The other results were:

Junior Girls	1 st Rachel Law 2 nd Alice Sutcliffe 3 rd Siobhan Knapton.
Junior Boys	1 st Joel Davies 2 nd Lloyd Iveson 3 rd Dan Sedgwick.
Senior Girls	1 st Amy Symonds 2 nd Amy Benville 3 rd Laura Cizdyn.
Senior Boys	1 st Ashley Iveson 2 nd Robert Close

3rd Steven Bell.

They received certificates and plaques or medals.

HOCKEY

We also organised our first house hockey tournament one evening after school on the Sedbergh all-weather pitch. Winners on this occasion were Beck (L. Gardner, C. Haigh, J. Parkinson, J. Sedgwick, J. Hosker, L. Severn, C. Rowlinson, K. White).

TENNIS

At present 23 students are taking part in a ten week tennis coaching programme at Settlebeck with South Lakes club coach Jon Griffin. Matches have also been played in the HSBC tennis leagues at junior and senior levels against Sedbergh, Casterton, Windermere St. Anne's and QES. Results have been quite good considering the opposition and there have been some close and pleasing individual games.

ATHLETICS

This year we took part in the ESAA

E. T. METCALFE GARSDALE

For a large selection of reclaimed timber

Various sizes

Also Box Tin ~ Corrugated Tin

Electric Poles ~ R. S. J.'s

Concrete Pipes 6" to 24" diameter

Large Concrete Rings - ideal water tanks

Concrete Paving Slabs & Hardcore

Haulage Available

Tel:- 015396 21048

Mob:- 07977 596097

track and field competition taking senior girls and boys teams to the athletics stadium at Carlisle for the day to compete against seven other Cumbrian schools. There were many personal bests with the highest scoring athletes on the day Chris Wheatley Discus, Elliott Beagan Long Jump and Katie White 100m, not forgetting the senior girls relay team (Sally Brooks, Rachael Wearing, Laura Severn, Katie White) who, spurred on by very loud Settlebeck team support, won the final event of the day!

We look forward to Sports Day on Thursday 27th June weather permitting, our reserve date being Thursday 4th July

OUTDOOR PURSUITS CLUB

Now that the weather is improving the summer outdoor pursuits activities can start. Killington Reservoir takes a long time to 'warm up' after the winter. After receiving a very generous Lottery Grant the Sailing Club at Killington has a brand new Clubhouse, which is warm, has separate changing rooms and even a kitchen.

The outdoor pursuits programme for the summer term also includes

Climbing at Kendal Climbing Wall, Rock Climbing, Windsurfing, Ghyll Scrambling, Mountain Biking and a Year 10 Adventure Week to Scotland.

Finally we would like to say how much we have enjoyed the sporting involvement of many of our present, soon to leave, Year 11 students. They have been a very sporty group and have achieved many successes over the years. We look forward to hearing about their continued involvement in sports in their new sixth forms and colleges.

A. Trull & A. Nicholas

FAMILY MUSINGS

Anyone remember summer?! Playing outside for days, it never raining, no storms and certainly no floods like we had on June 14th here. Lanes and drives turned into raging rivers. Fun for the kiddies perhaps but not for those with dirty water flowing into their houses. Talking of playing, who remembers "Parsons Spout" and playing there by the water trough and climbing up and down Flintergill, having picnics on the "Dancing Flags" and for those old enough, remember dances there? We used to have great fun in the gill and playing around the old wood-yard but our children can't access at "Parsons Spout" and the wood-yard is well gone, its Ruth's field which has become the free-for-all play area now and however much

SEDBERGH & DISTRICT HISTORY SOCIETY

Sunday 28th July

Farming & Nature

guided walk by

Dr Helga Frankland

2.00 pm

Rawthey Bridge Car Park

EVERYONE IS MOST WELCOME TO ATTEND

Chairman: Joyce Scobie 21106

Secretary: Diane Elphick 20605

Treasurer & Member Sec: Richard Cann 20771

GARDEN BUILDING SPECIALISTS

Top quality Garden Sheds
and Workshops
at very competitive prices.

Summerhouses
Greenhouses
Gazebo's

Full construction service available

Telephone
015396 21175
017688 67226

we wish they didn't the youngsters have to 'let off steam' somewhere. One of my favourite play-dens was in our old Nissen Hut but that's sadly gone now. At boarding school we were allowed 'dens' in some shrubbery and when we'd been out on 'exit' days real food found its way into the dens on our return and then those whose dormys faced the shrubbery would sit and watch to see if the Headmistress found the food as she walked around the dens in the dark with a torch.

Alex and Charlie will be 1 year old this month. They visited their great-great-auntie and $\frac{1}{2}$ $\frac{1}{4}$ cousins twice in June, and I'm certain they remembered us at the second visit. Our elder daughter enjoyed her weekend at home including a trip to Durham to see her tutor to see if he can arrange for more relevant work at Hertz in Dublin. Son enjoyed his holiday in Spain, of the six who went only he had been abroad before but all went well until the 'other' car in the party broke down on M25! As one of the group said "Made

sure we never forget that holiday!".

Isn't it silly that you can't buy a complete swing/roll top waste-bin any more, (probably can at Rycrofts!). The top is sold separate to the base. When I asked the shop assistant (probably called human-relations now!) what good a 'top' is on its own she gave me a very strange look, but what good would it be? This time last year Granny and I were in Italy, gosh, what a lot has happened since that trip must get the photo's out! We've a trip planned as soon as Gran is up to it, all the way to 'Rise Hill Café' to enjoy the 'breakfast for two' she bought at an auction! Eddie and Rita here we come just unsure when!

I've realized that come my birthday not only am I half Mums age but I'm in the "45-54" age group! Wow! Isn't that

great?! In this dis-functional split-level family I completely forgot youngest daughter was doing AS exams and when she told me she was on study leave I asked if it is a new name for sciving - oops!

Sedbergh Methodist Sunday School has just celebrated its Anniversary and the little (and older) children did so well with Recitations and Sketches and singing, reminded us all of years ago. Sunday School, Anniversary's, Outings to Morecambe, someone always got lost, tea-parties, those were the days.... Playing in the wood-yard, pushing the old Bogey around the village collecting rubbish for Bonfire Night or jumble to sell. Ah! Memories... do enjoy making yours... See you next month.



The Cross Keys Temperance Inn

Cautley, Nr Sedbergh

Tel: 015396 20284

Alan & Chris Clowes and their staff
offer you a warm welcome



We are open daily for home cooked food,
(a particular favourite is Ham 'n' Eggs)
and offer an extensive menu for
Residents and non-residents.

Our two guest rooms are both en-suite
and we can boast one of the finest views of
Cautley Spout and the Howgills.

Please note our opening hours.

Tuesday to Sunday 9.30am - 5.00pm (Closed Mondays unless BH)
Wednesday to Saturday nights open from 7.00 pm. **Booking essential**

CUMBRIA WILDLIFE TRUST

Tailbrigg's Birds

At the end of May members of the Sedbergh and Kirkby Stephen groups of the Trust spent a showery afternoon at Tailbrigg, the summit of the moorland road from Nateby to Keld, in Swaledale.

With the help of Ron Baines of Kirkby Stephen they hoped to study the distribution of golden plover and lapwing on this limestone plateau. Back in 1978 it could boast the greatest density of breeding golden plovers in Western Europe. In that year there were 24 pairs but Ron found 33 nests. Nine were obviously second attempts, which showed the extent of predation which had occurred, chiefly by carrion crows, gulls, badgers, foxes and other animals. At the

same time there were nearly 50 pairs of lapwings.

You may wonder what was the reason for this huge concentration of breeding waders which also included one or more pairs of dunlin? Ron's answer to this question was firstly, the rich soil of the limestone pavement where the birds could find an abundance of insect life, worms, beetles, leather jackets and the like. This was in marked contrast with the acid soil of the surrounding peat hags, except for a brief explosion of hatching crane flies. Secondly, the coarse bent grass of the hummocks which cover much of the limestone provided ideal nesting sites where the sitting bird was well camouflaged and yet near enough to gaps in the limestone for the chicks to



Lunch

—•—

Afternoon Tea

—•—

Bed & Breakfast

—•—

Sunday Lunch

& Evening Meals

BY APPOINTMENT

Tarn House, Ravenstonedale, Kirkby Stephen CA17 4LJ

Tel: 015396 23667 e-mail: helen@tarnhouse.com

find cover once they had hatched. Sadly the situation today is very different. Last year, Ron reckoned there were not more than 3 pairs of golden plover and possibly 30 pairs of Lapwing. This year seems rather worse. Why is this? The answer is that nobody really knows, but it is likely to be a combination of circumstances. One cause is possibly more disturbance. Tailbrigg is now a popular place for families to take a walk with their dogs, especially at weekends. With its prominent scarp Tailbrigg also provides excellent conditions for hang gliding. It is possible that the constant wheeling movement of the gliders keeps the plovers off their nests and makes them liable to predation. Certainly increased predation from one cause or another is an important factor.

Nevertheless the breeding population may be affected by quite different factors during the winter when many birds move to the estuaries in the south of the country, where pollution may take its toll. Others were accustomed to feed on the lowland stubbles where they found abundant food in the loose soil. Lastly we know very little about the conditions experienced by those birds which move overseas to northern France and further south.

However a visit to Tailbrigg in May and June can still provide the sight of lapwing dancing excitedly in their courtship flight, uttering their wild cries of pee-wit, while a sentinel golden plover calls to its mate with its haunting, plaintive warning - "tlee".

Ingram Cleasby

COBBLE COUNTRY

Property

Sales Rentals & Management. Holiday Lettings

59 Main Street, Sedbergh, Cumbria LA10 5AB

015396 21000

e-mail admin@cobblecountry.co.uk

COUNTRY PROPERTY SPECIALISTS

CADAS

The Cumbria Alcohol and Drug Advisory Service is a charity that has been around for about 20 years. It started out in Kendal providing advise and counselling for adults.

Due to funds now available 3 new posts have been created for Community Youth Development Workers to develop a service for 16 to 30 year olds.

In the Carlisle and Eden area Wendy Hirst, for Kendal and South Lakes Sue Hinton and covering the Barrow area Tim Field.

Our projects are to deliver Stage I Alcohol and Drug Awareness Courses to the local communities in Cumbria (open to all ages). This is a 12hr course, which delivers the facts about Alcohol and

Drugs. You will be awarded a VACTS\QuADS accredited certificate on completion of the course.

The second part of the project will be to recruit from the Stage I Course a core of young people between the ages of 16 and 30 to go onto the Stage II Counselling Course. We will then train them as peer counsellors to form a network throughout Cumbria. The aim is to provide a counselling service for Alcohol and Drugs issues for young people by young people. The training is free all we ask in return is 80 hrs over 2 years of your time.

The free counselling service is open to all young people whether they have any issues around Alcohol and Drugs or they want advice regarding a friend or family member who has issues.

THE HEAD AT MIDDLETON

Nr Kirkby Lonsdale, Cumbria

Tel: 015396 20258



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

Accommodation Lodges now available

Family Room	From £65.00
Double/Twin	From £45.00
Single	From £27.50

Prices includes Full English Breakfast

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

- BAR MEALS or RESTAURANT
- ENQUIRIES WELCOME FOR GROUP PARTY MENUS & BUFFET PRICES
- LOVELY BEER GARDEN WITH WELL EQUIPPED PLAY AREA

BASKET MEALS SERVED after 9:00 pm

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

Proprietors: David and Elizabeth Martin

The Stage I & II Courses are nationally accredited and CADAS has won awards for their work with young people. The experience and confidence gained from these courses has helped some of our volunteer counsellors to find employment.

We are a charity who provides a free non-judgemental service; we are not a temperance organisation. Our aim is to provide the facts and allow individuals to make an informed choice to reduce risks and provide damage limitation.

CADAS's primary objective is to enhance the lives of people in Cumbria through the reduction of harm caused to them by the use of alcohol and drugs, by providing them with an opportunity to

work towards living in a more satisfying and resourceful way.

CADAS seeks to help prevent alcohol and other drug use problems through a programme of community awareness initiatives.

We are running a Stage I Alcohol and Drug Awareness Course in the Hallgarth Community Centre at Kendal on the 23rd and 24th of July 2002. If you are interested in attending the courses or have any questions arising from this article please contact CADAS Head office on Carlisle 01228 544140.

Alternatively for Kendal and South Lakes area please contact Sue on 01539 724772 or 07764 898095.

Station	
Prawns Cocktail & Marie Rose Sauce	£3.10
Garlic Mushrooms on Toast	£2.80
Patz with Garnish, Toast & Butter	£2.80
Soup of the Day	£1.90
Egg Mayonnaise	£1.90
Grapefruit Cocktail	£1.90

Extra Special Main Courses all £9.65
Loin of Pork in Cider & Apple Sauce
Lamb & Apricot Casserole
Chicken with Basil, Port & Dill Sause
Venison Steak with Red Wine Sauce
Venison Casserole
Supreme of Pheasant Chasseur
Pork in Pepper Sauce
Cod & Prawn Crumble

Main Courses	
Roast Dinner of the Day	£5.70
Mixed Grill	£11.10
Filet Steak (Aberdeen Angus)	£11.10
Sirloin Steak approx. 8oz seared	£9.80
Half Roast Chicken	£6.80
Chicken Kiev	£5.90
Lasagne	£5.70
Steak & Kidney Pie	£5.70
Cumberland Sausage	£5.70
Garnham & Pineapple	£5.70
Burnley Lamb Chops	£8.90
Marinated Lamb Steak (6oz)	£8.90
Pork Chops in BBQ Sauce	£5.70
Cheese & Herb Pasta	£5.70
Tuna Pasta Bake	£5.70

THE HEAD AT MIDDLETON



Tel: 015396 20258

Menu

Fish Dishes	
Salmon Steak with Parsley Sause	£7.20
Grilled Rainbow Trout	£7.70
Baked Scampi	£5.60
Breaded Haddock	£5.60

Vegetarian Dishes	
Tropical Vegetable Curry	£5.90
Stilton & Vegetable Crumble	£5.90
Vegetable Lasagne	£5.90
Mushroom & Nut Fettuccini	£5.90
Broccoli & Cream Cheese Bake	£5.90
Vegetable & Pasta Bake	£5.90
Vegetable Tikka Masala	£5.90
Macaroni Cheese	£5.90

Rice Dishes	
Chilli	£5.60
Chicken Tikka Masala	£6.70
Cajun Style Chicken	£6.90

Salads	
Ploughman's Lunch	£4.50
Cold Meat Salad & Roll & Butter	£4.90
Prawn & Rice Salad	£5.30

Sandwiches	
Prawn with Marie Rose Sause	£3.10
Ham; Beef; Cheese & Tomato;	
Cheese & Pickle or Salad	£1.90
Toasted Sandwiches	£2.20
Portion of Chips	£1.00
Mixed Side Salad	£1.20
Portion of Mushrooms	£1.00
Roll & Butter	£0.35

JOHN BARNES

for all your mowing

8ft mo. con Baling Round

with net wrap

Bale Wrapping

Ansaphone 015242 76 281
Phone 015242 76 491
Mobile 0777 329 8692

QUEEN'S GOLDEN JUBILEE CELEBRATIONS SEDBERGH DOG TRAINING CLASS

On Tuesday 4th June, Sedbergh Town celebrated the Queen's Golden Jubilee on Back Lane Rugby Field. Many local organisations took part, including Sedbergh Dog Training Class. Despite frequent heavy showers of rain which eventually died out, all those taking part enjoyed themselves enormously.

Throughout the afternoon, in the Dog Training Class ring, parades of pedigree, crossbreed, rescue and P.A.T. dogs took place, with Ria giving a running commentary on the PA system generously loaned by Arthur. Demonstrations of exercised that take place in the class were held. Some dogs showed off tricks they



had been taught. Heel work to music was performed. There were contests for dogs to sit, catch or down the fastest. Many handlers and dogs enjoyed having a go at tackling the agility course. To round off the afternoon, teams of handlers and dogs competed in egg and spoon races and a dress the dog relay which resulted in much hilarity and had competitors and spectators enthusiastically cheering encouragement.

All of the dogs behaved impeccably – even though for many it was their debut at performing in public. Grateful thanks are due to all those who took part and to the many volunteers who helped stage the display.

Cicely Robertshaw

MADDEN & CO

Specialist decorators

Authentic detailing from any historic period and/or new designs undertaken for the interiors and exteriors of period, commercial, public and private residences

RESTORATION
SHOPFRONTS AND SIGNS
DECORATIVE WOOD CARVING
PAINTED AND CARVED LETTERING
MARBLING, GRAINING AND GILDING
BROKEN COLOUR TECHNIQUES
MURALS AND TROMPE L'OEIL
SCULPTURE

28 years in the trade
phone 015396 21728 or visit
www.michaelmadden.co.uk

KART RACING 2002

Sorry I meant to let you know how Sam got on at his first meeting of the year.

This was actually the second round of the British Championship and with very little time in the seat of his 125cc Kart it was to be a hard task for him to be up to speed so soon, but I was hoping he would be some were near.

Saturday practice Was slow as we tried to find a setting that he could handle. But by the afternoon Sam's engine had broken, this meant no more practice for Sam that day. And a change of engine for Sunday.

Race Day. Sam's replacement engine was completely different to the one he had been practicing on. It was much easier to drive as it had a lot more bottom end power, this made it easier to pick up speed out of the corners, which meant a change in driving style was possible and that meant more changes to the Kart settings. This all had to be done while he raced.

Time Qualifying. This went well. If you were to look at Sam's times compared to Saturday practice. Sam had found a second per lap. Qualifying 10th out of 20. For both his heats. But he was still a second off the quickest driver.

Heat 1. Grid 10. A poor start saw him drop four places by the first corner. Sam took a big shunt in the chicane on lap 4 loosing two more places. But he managed to claw back two places finishing 14th ahead of Mark Brookman (the one who rammed Sam) earlier.

Heat 2. Starting on grid 10. Once again a bad start let him down. Sam made a good start at first, but thinking he had jumped the start. He then pulled the clutch in a

GARY ALLAN

Welding & Fabrication

Farm Equipment	Light Oaks
Ornamental Gates	Killington
& Railings, Beds,	Kirkby Lonsdale
Security Grills,	Carnforth
Mobile Welding	Lanes
& Repair Work	LA6 2EY

Tel: 015242 76426 Mobile: 07968 411787

little. The hesitation was enough to loose six places. Sam got up to 11th by the time the flag came out. He was then called into the Clark of the Course with Tim Loughran the fellow, Sam, passed on the very last corner on the last lap. He was deemed to have made a dangerous manoeuvre, according to Tim As the complaints procedure costs money the appeal costs double that amount. I decided that Sam should accept the ruling, this I think was very unfair as the penalty turned out to be excessive 3 points on Sam's race licence and 5 places docked. This was a small incidence for 11th place but just too expensive to prove any different. So this meant Sam finished 16th The heats were run over 8 laps each, on a difficult circuit to overtake. And the final over 16 laps, which was very tiring.

Final. Grid 16. Sam made a much better start working his way through to 10th by the flag. If only Sam hadn't of had his 5 places docked his weekend would have been excellent for his first race of the year.

This places him 17th overall out of 20 drivers in the championship.

Graham Moore

KILLINGTON WI

"Ooh! Aah! You should have warned us! I wouldn't have had any lunch."

Such were the comments which echoed around the People's Hall at our June meeting. "Taste and Try" was the title in our WI programme but few of us had given much thought to what this entailed. In fact our committee had assembled a feast of their favourite easy, cook-ahead dishes for us to taste and try. We started (surprise! surprise!) with a selection of starters-fishy, meaty, saucy, sweet, -with the cooks explaining why they had chosen that particular dish and providing us with the recipe. Moving on to main course items we sampled a delicious fish salad and chutney before being assailed by a wonderful assortment of desserts-,

pastry, fruity trifley, nutty, - my oh my, what well rounded personalities are the ladies of Killington WI. We were by now quite gasping for our cuppa which came accompanied by lovely cake baked by our hostess for the month Joan Moores. Next time we have a meeting like this we shall have to take all day over it and sample drinks as well so that we can all go rolling home.

All this gourmandising had been preceded by our business meeting making plans for future happenings and reviewing recent events. It has been very busy lately with the teas for the Jubilee celebrations and our coffee morning at the U.R.C.rooms. These occasions were a great success both financially and socially and our President Shirley

Courtyard Crafts

----- ~ O ~ -----

83 Main Street, Sedbergh, LA10 5AB
Tel: 015396 21898 Fax: 015396 21286
www.courtyardcrafts.biz
e-mail: the.mcclennans@talk21.com



for all your sewing and knitting needs

We stock sewing threads, needles, scissors, pins, zips, wundaweb, buttons, sewing machine needles and bulbs, daylight bulbs, curtain tape and hooks and all your requirements for those sewing and mending jobs, large or small. Knitting yarns, patterns, needles and crochet hooks in stock.

We will be pleased to order in for your special requirements if we possibly can.

A wide selection of cross-stitch, tapestry and embroidery kits available from stock alongside gift items such as sewing boxes, Jewellery, children's craft kits, greetings cards and postcards.

Always happy to help.

Richardson thanked members for all their contributions of time, effort and baking.

Our Secretary Sue Sharrocks read out a report from the President of Frostrow WI, Linda Hopkins, who has recently attended the I.G.M. of the WI in windswept Brighton. This year Tony Blair was not invited. The resolutions urging support for local abattoirs and closer control of food imports were passed almost unanimously. Thank you Linda for representing us and providing such a prompt and interesting account.

We made plans for future events including the medieval market in August - goodness how the year is racing away. Our annual outing is to be to Bolton Abbey on July 9th and we look forward to a lovely day.

Our meeting concluded with judging our competition for a napkin ring, which was won jointly by Pam Symmonds and Mary Tallon. Pam showed a silver ring surmounted by a little boy with a dog taking a bite out of his trousers which had been given to her late husband Richard on his seventh birthday. Mary (now 91) brought a ring, which she had embroidered when she was in her twenties and doing Bed & Breakfast. Lacking sufficient napkin rings she had decided to make some. The raffle prize of a box of chocolates was won by Mary Bateman. More food! *W.F.U.*

DENTDALE WI

Dentdale WI were out and about this month on their annual summer outing, visiting Holehird, the gardens of the Lakeland Horticultural Society near to Windermere. The gardens looked

particularly beautiful with the flower beds full of early summer herbaceous flowers. We were lucky with the weather as the sun shone on us lighting up the beautiful backcloth of the Langdale pikes, which could be seen clearly from the west facing slopes of the gardens. Some of us toured round the paths with Mr Brian Adams who had given a talk to us last year on Garden design and he was keen to point out some of the unusual specimens which grew in the more sheltered regions of the estate. The visit passed all too quickly but then it was on to the serious business of eating supper at Sutherlands restaurant in Bowness after some members had been allowed to have a quick spend-up at Lakeland Plastics.

Earlier in the month quite a large party had been along to the Open Evening for WI members at Hayes Garden Centre, meeting up with members from all over the Federation. There were displays of silk flower arranging, advice on conservatory plants and hanging baskets to keep us interested and informed during the evening. Most of us were tempted into buying plants from the large stocks available.

For various reasons only a few members attended the Group meeting at Barbon, but those who did, came away more informed about the colours that would suit them after the talk on colour co-ordination. Catherine Sugden won a raffle prize to have her own personal colour analysis.

Next month we welcome June Parker to our meeting to talk about Acupuncture, with the competition being 'A tip for healthy living'.

HOWGILL W. I.

We would like to thank everyone who supported our Coffee Morning held on June 5th. £105 was raised for W. I. Funds.

Eight members took part in the Jubilee Celebrations on June 4th in Sedbergh. They performed two dance routines, English and Scottish and dressed in Elizabethan costume made by members to each individuals taste.

We will be out and about on July 5th, Jubilee Link-Up Day, when we will be linking up with Grayrigg.

Our guest speaker for the evening at our June meeting was Barbara Donnelly 'Clarins' skin-care consultant working at Beales in Kendal.

'Clarins' was founded in 1952 and is a French company. They do a whole range of skin creams for all skin types. Our model for the evening, Bridget Postlethwaite, was treated to a facial. Firstly the skin was cleansed to draw out the impurities, and moisturised to re-hydrate and firm the skin, a face mask exfoliated and revitalized, to improve the circulation. Bridget found the treatment relaxing and her skin was radiant and felt much softer. Helen Beare thanked Barbara for her interesting talk and useful advice on all aspects of skin care.

The monthly competition 'A Beauty Hint from Nature' was won by Lorna Scambler with Bridget Postlethwaite and Audrey Hoggarth joint second. Raffle winner was Peggy Postlethwaite. On July 4th Sandra Woof will be giving us ideas for different drinks for the driver. You are most welcome to join us at Howgill School Room at 7.30pm.

A.H.

FROSTROW W. I.

June is traditionally the month when we have out outing and this year was no exception.

Nine members went to Holehird Gardens on one of the few sunny afternoons. The gardens were at their best and the views of the lake simply stunning. The afternoon was completed with a splendid cream tea at The Belsfield Hotel at Bowness.

Jubilee weekend saw us participating in the town celebrations on Lupton Field. Our home-made sweet stall with toffee apples, coconut ice, fudge and delicious chocolates was very successful in spite of the weather.

Our next meeting is on July 10th and it promises to be an interesting evening. The speaker Eunice Hutchinson will be talking about life in the Philippines and England. Visitors will be very welcome at the Committee Room of the People's Hall. The meeting commences at 7.30pm.



CHARLESWORTH

TREE SURGERY & FENCING SPECIALISTS
SUPPLIERS OF TANNED TREATED TIMBER
FIREWOOD SUPPLIERS

we sell a wide selection of
Fencing Materials
Posts • Wire • Rails

C
H
A
R
L
E
S
W
O
R
K



This Team Leaves It Clean

Middleton Woodyard Nr Sedbergh
Tel: 015242 71840 Office
Tel: 015396 20006 Yard

WOODYARD OPEN

Monday - Friday
8:00am - 4:00pm

CUMBRIA IN BLOOM

As you are all aware when I write these articles our committee are always looking for people to join our group. Sadly on the 2nd June 2002 Bill Graveson our treasurer passed away leaving a large gap in our organisation. Bill had not only acted as treasurer but had always taken responsibility for organising the hanging baskets, not only collecting them and taking them to the garden centre, but sorting them out on their return and collecting payment. (this we have found is some undertaking as we struggled to get it right this year). Bill also took and produced all the photographs (at his own expense) for our records and for the brochure we have to produce to the judges for the Cumbria in Bloom competition. For all his hard work we shall be eternally grateful.

Looking ahead we shall be hearing soon when judging day is for Cumbria in Bloom but in the meantime may we ask ALL residents of Sedbergh to make an effort to make sure their 'space' is neat, clean and free from litter and if possible to make sure that area adjoining their property i.e. the pavement/street/footpath etc., is also clean and free from weeds and litter.

We of course shall be holding our own garden competition and once again you can find the entry form in this issue of the Lookaround. Remember the more entries the better the competition. (the judges always remark on the high standard of the entries so don't let all your hard work be for nothing - enter)

We are endeavouring the take on a number of small projects and hopefully

you will see these in due course.

We have drawn up a plan to enhance the area at the Lay By at New Bridge (probably looking a mess at the present time) but have to seek funds etc., before we can hope to proceed. We have approached the County Council who own the land and we shall continue to correspond with them in the hope of progress.

As I said at the beginning we are very short of members - I think we are about 8 in number. If you would like to join us please ring me - Dorothy Blair on 20807. Please think about it.

STOP PRESS :-

We have just received confirmation of the date for the judging to take place in Sedbergh for the Cumbria in Bloom competition.

It is to be **MONDAY 22nd JULY 2002**

So may we please ask everyone to do their very best for that date and submit the Form on page 22. Thank you



GROUNDBREAKERS

Children's Holiday Club

Monday 12th to Friday 16th August
10 am to 12 noon in The People's Hall
also

Various Events for All Ages

Throughout the week
11th to 18th August

Afternoon Sport activities
for teenagers with

Donavan Lurrie

*Former Professional
Zimbabwe Footballer*

Further details in August Lookaround

AN INTERESTING QUESTION

One of my patients recently asked me a very interesting question, namely, "Do acupuncture points on the left side of the body affect that side of the body?"

For people who have never had acupuncture, let me explain that the acupuncture points lie on 14 main channels which reach all parts of the body. Of these, six channels run between the fingers and the upper trunk and six run between the trunk and the toes. In addition there are two channels on the centre line, one at the back and one at the front. Some of the channels continue up into the head. The arm and leg channels are mirror images of each other so the whole system is symmetrical about the midline.

The most straightforward way of using acupuncture is to stimulate points at or near a diseased or damaged area (an ear or a knee, for example). To these points would be added points on the same side, further along the relevant channels. So,

for the knee, points on the ankle would be used and for the ear, points on the arm or leg. This is using points on the left to affect the left and points on the right to affect the right side of the body.

There are two specific techniques for using points on the opposite side of the body from the area being treated. The first of these uses so-called "cross-over points" and it is used for acute sprains. For example, for a sprained ankle, a point on the opposite wrist would be stimulated while the person gently rotated the ankle. Improvement can be dramatic.

The second technique uses "contralateral points" that is, points the in the same position as the area needing treatment but on the opposite side of the body. For example, using points on the right shoulder to treat the left shoulder. This is commonly used in two situations: firstly if the affected area is too painful to allow direct treatment and secondly in the treatment of loss of movement on one side following a stroke. I recently came

SANDWATH PET HOTEL

Kirkby Stephen, Cumbria CA17 4HE

Luxury Dog Boarding Kennels and Catteries.

Bring your pets to our newly built establishment which has been created with your pets interest in mind.

Each kennel/cattery is fully insulated and heated.

Inspections are welcomed.

Please phone to arrange a mutually agreeable time.

Up-to-date vaccinations are essential

All types of pets considered

For any information contact the Dargue family on 017683-71442

ACUPUNCTURE



Treatment of

a wide variety of conditions

Sterile needles used once only

Free half-hour initial assessment

June M. Parker

Dip Ac, MBAcC

49 Bainbridge Road, Sedbergh

Tel: 015396 20972

across a study of the treatment of facial spasm (involuntary muscle tics) in which roughly half the patient group were treated by acupuncture on the affected side and the remainder of the group using contralateral points. Surprisingly the contralateral group had a higher success rate with 61% marked improvement, compared with 35% for the "same side" group (*Journal of Chinese Medicine*, 45, 1994). Very interesting.

In acupuncture treatment, as well as treating specific symptoms, the patient's general health is also addressed. This can be important for recovery because, for example, if the digestion and metabolism are not working efficiently then an injured area will not be getting the nourishment it needs to recover. Points for general health are usually used on both sides. However, if it is desired to reduce the number of points used, they may be treated on one side only. A combination, which I often use for people suffering from hot sweats at night, consists of different points on each of the two wrists and the two ankles. This maintains a balance between left and right, but different points are used on each side. These points affect the system as a whole rather than one side of the body or another.

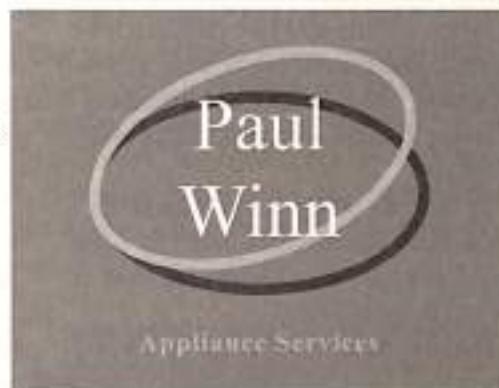
The use of points on the opposite side of the body increases the mystery of how acupuncture works. That it does work is well documented. Scientific experiments have demonstrated that acupuncture affects the circulatory system, the respiratory system, the immune system, the nervous system, the digestive system and the endocrine system and that it can change the pattern of brain waves. It lowers blood pressure when it is too high

and raises it when it is too low. (See, for example, "Acupuncture, a Scientific Appraisal", edited by Ernst and White, Butterworth-Heinemann, 1999.)

There have been various attempts to explain the effect of acupuncture in particular circumstances, for example, using gate control theory to explain pain relief. However, as far as I know there is no unified scientific explanation for the complete range of effects on the systems of the body.

My approach to it is completely pragmatic: if it works do it, and if it doesn't then don't. I welcome questions about acupuncture and I would be happy to answer personal queries on the telephone. My number is (015396) 20972.

June Parker



SALES • SERVICE • REPAIRS

To all leading makes
of domestic & commercial appliances

PORTABLE APPLIANCE TESTING

Tel/Fax: 015396 21699

Mobile: 07889 286 722

SETTLEBECK HIGH SCHOOL

INTERVIEW WITH BADARA NJIE BAJO

Our class 8B had the pleasure of interviewing a very interesting person last Monday. His name is Badara Njie Bajo and he came to Britain from a place called Gambia in West Africa. Badara was born on 14th May 1968, which makes him 34 years old. He is an environmentalist and travels all over the world to speak at different conferences about his work.

Gambia is a very interesting country, it is very beautiful with flat land and huge sand dunes and the culture is very different to western culture.

In the Gambia men are allowed to have up to four wives: Badara's Dad has three, all of whom have children, which are his. Badara's Mum had five children: two males, Badara and his brother and two females, one of whom unfortunately died leaving Badara with two sisters and a brother.

In Gambia pets live in compounds, which are like kennels, but they roam wild and only come home for food or when there is a hunt.

Badara and his family eat rice every day: they have smooth peanut butter and rice stews, curry and rice or just plain rice on its own. All houses have big yards with oranges, mangos and paw paw growing but people from the Gambia do eat other foods such as maize, corn, cuscus, porridge and benachin which means one food. Mainly food is eaten with fingers but sometimes people use a cababas which is a kind of spoon. Green tea from China is very popular and most

people drink it.

Houses are named after surnames of the family who own them. All the family live in separate houses in a big kind of courtyard. There are different types of houses. Up in very remote areas of the country where poor people live, houses are plin. They have thatched roofs and toilets which are just holes in the ground outside. In other areas, where rich people live, houses are made of cement with corrugated iron as roofs. Badara lives in one of these houses 35km away from the capital of Gambia.

Transport in Gambia is similar to transport in England. They have cars but people aren't allowed to drive till they are 20; however this doesn't stop people. In Gambia you don't have to pass a driving test in order to drive. If you look 20 and know how to make a car go then you have your ticket to the highway and can drive whether you are 20 or not.

There are also things called bush taxis which are like small lorries. They are licensed to carry 18 passengers and are like buses with a fixed fare.

Schools in Gambia are different to schools here. Everyone goes to primary;

Daphne Jackson D. O.

Registered Osteopath

BUPA Provider

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

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

eight is the age that pupils are meant to start but sometimes children as old as 12 begin their education. After that pupils go to secondary school; if they did very well at secondary school they will continue on to high school to the 6th form but otherwise will go to college where they do their GCSEs or A levels. Each pupil gets a secondary leaving certificate for staying four years at school.

There are eight tribes in the Gambia whose native language is their first, however, English is the official language and is used by many.

Football is the main sport and the World Cup 2002 will be watched by many, the Gambians support Senegal but they know famous names such as David Beckham and Michael Owen. Hunting is another popular sport, in fact antelope hunting had to be stopped because they were nearing extinction. Basketball is only played in the capital.

Reggae is very popular with people in the Gambia. People like artists such as Bob Marley and Eddie Grant. Rap is beginning to hit the streets and becoming popular with the younger generation.

There is a very low crime rate where Badara lives. The streets are safe to walk

down at night and if you are lost, a stranger will invite you into their home and give you food and shelter for the night.

Drugs like cocaine, heroin and ecstasy are all illegal but laws on cannabis aren't as strict.

It used to be that parents would choose who their sons/daughters would marry but that law doesn't exist any more. An adult can choose who they want to marry and when; but parents would start to get worried if their children weren't married by 20. Special wedding clothes are worn for marriages and a big ceremony is held.

Badara said that he didn't like the towns and cities in England but he loved the countryside. He said that in Gambia there is blue sky, warm sunlight and friendly trust and here he found the same. One main difference between England and Gambia is that they are a developing country, so are poor, and we are a developed country and are relatively rich.

It was an interesting experience talking to Badara and I enjoyed a change from usual double English!

Jenny Forrest, 8B

Lloyd noted how classes at school can have 50 children in them and was interested and amused that there is only one traffic light in Gambia. As Suzanne Escolme noted there are advantages and disadvantages to living in Gambia: they can usually speak at least 2 languages, crime in Gambia is very low and there's lots of blue sunlight but it is also a poor country and one which has to guard against the land turning into a desert by planting lots of trees.

C J Elphick & Son

Washing Machine &
Domestic Appliance Repairs

Hoover & Hotpoint
Specialists

30 years experience

015396 - 20605



FARFIELD MILL

Foul Play in the Clough at Farfield

When things are written down, and published, there is always an inclination to believe that what is written is fact, unless of course it is written by a politician! (Not all politicians of course). What follows we believe to be factually correct and we have certainly checked it very carefully. We are sorry if rumour has suggested that the facts are otherwise.

We live in a time when river pollution has become a major problem. It is thanks to may "green" campaigners that waters that during the sixties and seventies were highly polluted are now no longer a serious danger to fish and other life that uses the rivers.

In this area of the Pennines the problem has never been a serious threat. Farm animals, farm waste and fertilisers leached out of the soils do pose some threat, but the effect it may have is contentious. It is most unlikely to be the major cause of the decline in the numbers of salmon and trout who migrate upstream each year. It is however a problem to be considered by swimmers in the river, although no-one has, as far as we are aware, brought public attention to it. It is unlikely to be serious but nitrate poisoning has occasionally caused sickness to people drinking river water.

Swimmers in the Clough and the Rawthey certainly do not need to be concerned about human pollution from Farfield Mill or from the houses that also use the small septic tank that serves Farfield. There is no danger from this whatsoever.

The small septic tank at Farfield was built

many, many years ago long before washing machines and dishwashers. It is now a public system operated by United Utilities (the successor to North West Water). When it was built, the builders in their wisdom put it only a few feet from the river with a short pipe taking the outflow straight into the river. This has been a potential source of pollution to the river ever since it was built. Whether local people, swimmers or walkers, were aware of what the brick built structure, standing alongside the river actually was, is not known; possibly not, because some-one has even placed a picnic table on top of it, the high flat area giving an excellent view of the river! The tank has never been an asset to the garden in which it was placed, or anything but a

JOHN SOUTER

21 Fairholme, Sedbergh

01539 20904



Mini & 4 Ton Skips
now available

ALL RUBBISH
REMOVED

hazard to anyone using the river downstream, for all the years it has been there. Perhaps it did not matter at the time when the mill was operating when dyes, chemicals and the effluent from the processing of cheese was added to the human effluent that was emptied straight into the river.

Times have changed. The authorities know this must no longer be allowed to happen. For some years North West Water, and latterly United Utilities have promised to improve the situation. Nothing happened until the Trust started to develop Farfield Mill. Now at last that promise is about to become a reality. At present the old septic tank is being emptied several times a week by United Utilities and the Environmental Agency

are satisfied that the river is no longer being polluted. It is being monitored by the Environmental Agency regularly.

Work on a new pumped system which will take all sewage by a new pipe to the Sedbergh system will soon be started. It will serve both Hallbank and Farfield. It is due to be completed early in 2003. This is in no small measure due to the pressure applied by the S&DBPT since 1995.

We can assure you that if you want to swim in the Clough or the Rawthey, enjoy it. You will certainly not be at all affected by anyone using the toilets at Farfield Mill or the cottages known as 'The Row.'

We are pleased to include once again a token for free entry to the Farfield Mill Arts and Heritage Centre! This covers two people. The tokens issued in March are also still valid. You will find there is always something new to see and excellent coffee with free refills.

Neil Wilmore

HND Landscape Design & Management

www.neilwilmore.co.uk

info@neilwilmore.co.uk

01969 624555

Landscape & Garden Designer

Detailed plans, specifications &
maintenance guides



All aspects of garden construction
Water features & ponds
Wildflower areas
Supply of a wide range of trees,
shrubs, perennials, ferns & grasses
Stonework & much more

Design – Landscaping – Advice

Q. E. S. RE-UNION

Staff and former pupils of Queen Elizabeth School, Kirkby Lonsdale are planning another re-union week-end on Saturday 13th and Sunday 14th July. Events include Afternoon Tea and a Carving Buffet Supper on Saturday and Drinks and Nibbles on Sunday. Tickets for individual events or all inclusive, £15 are available from the School on 015242-71275.

It is also hoped to re-form the Old Elizabethans' Association to reunite former pupils of the School. For the year 2002 - 2003 membership will be £5. Please contact Di Sharratt or John Moyes on 015242-71275 or Kevin Lancaster on 015396-20800.

Kevin Lancaster

YORKSHIRE DALES NATIONAL PARK

The YDNP Authority, has set out its policy for supporting the long-term future of sustainable farming in the Yorkshire Dales.

The policy follows the recent report of the Policy Commission on the Future of Farming and Food, which recognised the need to transfer public subsidies away from production and towards environmental enhancement and broader rural development schemes.

The National Park Authority will now work to influence national and European farming policy so that it is developed in ways that not only conserves and enhances the environment of the National Park but also ensures the long-term economic well-being of the area's local communities.

Steve Macaré, chairman of the Yorkshire Dales National Park Authority, said: "The special landscape of this National Park depends on the way the land is managed by farming. As an Authority we have a duty to try to make sure that any changes in agricultural policy add value to this landscape whilst bringing benefit to our communities."

The Policy Commission concluded that if public money is to continue to be invested in farming, then it should go to farming that protects and improves the landscape, rather than supporting the continued over-production of food. The Commission also specifically identified that upland areas, like the Dales, need different treatment from the broader countryside in view of their environmental value and the economic

fragility of the upland livestock farming sector that sustains this environmental value.

To achieve this aim, the Policy Commission has recommended an end to price supports and production subsidies as soon as possible, yet where land management and farming works to safeguard the value of the countryside then there is a case for redirecting public subsidies.

"Farming in this National Park could be well placed to benefit economically from this shift in policy. If we, along with the area's farmers, grasp this opportunity then Dales farmers are more likely to be able to enjoy increased funding for sustainable land management.

"Upland farming will never be able to compete with the lowlands in terms of food production. But by recognising the value of the National Park's landscape to the wider public, many of whom visit every year, through redirected subsidies upland farmers would at last receive proper reward for their role in maintaining and enhancing this area's landscape," said Mr Macaré.

To date, public subsidies to farmers have largely focused on production. This, alongside economic pressures to increase livestock production, has pushed farmers into a more intensive use of grassland and the greater use of fertilisers. Over recent years this has done little to protect or improve the environment of the National Park.

The Authority will make the case for better rewards for farmers who take a more holistic approach to their holdings; including farmers who invest in

woodlands, create or improve wildlife habitats or play a greater role in providing the public with access to the countryside.

David Butterworth, chief executive of the Yorkshire Dales National Park Authority, said: "Those who farm in harmony with the landscape, invest in the landscape and help to safeguard the beauty of this National Park should be encouraged and rewarded. It is the public that pays the subsidies that go to farmers and today, more than ever, they want that money used to improve the rural environment rather than destroy it."

"By setting out our policy today we are signalling the way we want agriculture to go in this National Park. We believe this will bring benefits to the landscape and the farmers who grasp the opportunity to farm in a more environmentally friendly way, who at last stand to reap a fairer share of the subsidy cake."

In addition, to pressing for changes in European and national farming policy the Authority has also identified actions that it can take to support local farmers directly. This includes developing the agri-environment schemes currently on offer in the National Park. The Authority will also work to increase the funding made available under these schemes, develop its 'whole-farm' approach and provide a more co-ordinated advice service to farmers.

The Authority will also look to contribute to local initiatives to develop, brand or market local products that embody environmental benefits, and work with others to develop demonstration farms as examples of best practice in sustainable farming.

SEDBERGH-YES.NET
People all round the world find information about Sedbergh and district from the web sites. The question is: How do they come across us in preference to anywhere else? One way of course is that they type something into the search engines (e.g. Google, Yahoo, Lycos etc.) and Sedbergh appears in the list.

Monitoring what people have searched for and found us is a study in itself and we constantly try to direct this for www.sedbergh-yes.net as best we can. One of the things we learned early on is that you take care to hide a word like 'toilet' (it's not difficult to hide a word from the search engines) because lots of people will search for that as part of a phrase, and presumably these are not visitors the area wants to attract especially.

We always get some oddities, for example in May this year someone found us after typing into their search engine the phrase, 'flower horn fish gallery in Taiwan'.

But generally it's all quite positive. Can you guess, though, what phrase is typed in to a search engine more than any other, and someone finds our website as a result?

It's the same every month, this phrase always comes way out on top of the list of what are called 'search strings'.

Give up? It is 'oak tree'. The reason they find us is because of a picture caption that says, 'Under the large oak tree sit some Swaledale sheep, Winder and Crook in view.' But why are so many people in the world searching for an oak tree? Any solutions will be gratefully received by dave@sedbergh-yes.net.

WESTERN DALES FUTURE

The third full meeting of the Western Dales Future group was held on 10th June at the Bull Hotel. It was attended by 11 members of the group, plus two guests: Kathryn Beardmore from Yorkshire Dales National Park outlined the Area Actions Report for Sedbergh which is based on the YDNPA consultation day, held in Sedbergh last autumn; Pat Allison from the Cumbria Rural Development Programme described various ways in which her organisation may be able to help with funding for projects in Sedbergh.

At the previous meeting the Western Dales Future group, which now comprises representatives from a wide range of local organisations, identified a number of areas which they felt were of particular importance to the prosperity and well-being of the local area:

- Leaflets & Publicity
- Transport
- Book Town
- Trails & Itineraries
- Town Twinning
- Town Amenities
- Footpaths & signs
- Arts
- Lifelong Learning
- Youth
- Children & Families
- Sport
- Overall Strategy

Although it will be some time before working groups become active in all these areas a great deal of progress has already been made in a number of directions, in particular by the Book Town and Town Twinning subcommittees.

We are still looking for more people to work with us for a brighter future for the western Dales. In particular if you have a special interest in any of the subjects listed above please contact Garth Steadman on Sedbergh 20431 or Chris Wood on Sedbergh 21385.

SETTLEBECK HIGH SCHOOL

POEM

We were recently given this poem which expresses some fundamental aspects of our partnership with parents and which I thought you might appreciate.

I dreamed I stood in a studio
And watched two sculptors there
The clay they used was a young child's
mind
And they fashioned it with care.
One was a teacher; the tools she used
Were books, music and art.
One, a parent who worked with a guiding
hand
And a gentle, loving heart.

Day after day the teacher toiled
With touch that was deft and sure,
While the parent laboured by her side
And polished and smoothed it o'er
And when at last their task was done,
They were proud of what they had
wrought;
For the things they had moulded into the
child
Could neither be sold or bought.

And each agreed he would have failed
If he had worked alone;
The parent and the school,
The teacher and the home.

Author unknown

DIALECT DIGEST

Yorkshire dialect contains a number of pithy insults. For instance, in the East Riding, a 'lummox' is a stupid or clumsy person, and someone labelled with the term 'sackless' over to the West would show a marked unwillingness to work hard. Left-handed people get the worst of it, because if you happen to be 'gawky-handed', then the meaning includes being awkward, ungainly, clownish and foolish.

In the North Riding, the aristocracy in their top hats were referred to as wearing 'roobob forcers', presumably because of the similarity of that headgear to the open buckets used to bring on rhubarb.

A 'barmpot' is someone who does daft things, although it derives from a sealed pot for storing yeast.

On the other hand, we don't seem to have a lot of words of praise, probably because Yorkshire folk tend not to blow their own trumpets.

We might say of a neat and tidy woman that she was 'menseful', or that some piece of entertainment we'd enjoyed was 'nobbut middlin'. And if we really want to praise something, then we can use the term 'it were orlreet'.

After all, we don't want to be thought of as 'a bunch o' reet clivver-clogs', do we?

Michael Park

WHEN ONLY THE *BEST* WILL DO **JOHN NEWSHAM**

For Quality Interior Fittings

Full Design and Installation Service for

BATHROOMS ~ KITCHENS

(including plumbing & tiling)

BEDROOMS

Tub Hole, Dent Tel: 25486

The Eclipse

a vertical cool air quick tanning system

Convenient, hygienic and fast

3 minutes £2.25 maximum 12 minutes

Tanning & Skin Care products available

Late Night Opening Tuesdays

'Streetwise', Main Street, Hawes

Tel: 01969 667 192

MAY WEATHER

Well, as predicted the falling barometer at the end of April brought about the break in the pleasant weather we had been enjoying. As I lamb late, it is an odds on certainty that the weather had to break. In fact I had one poor little fellow I don't think he got dry for 30+ hours! His mother, a Herdwick, would not stay in a calf hut but kept taking him out. He survived! Fortunately in spite of the rain it was not a particularly cold month without any night actually falling below freezing though there were a couple of slight ground frosts.

In the early part of the month temperatures got up quite nicely with a maximum of 72F being recorded. In the latter part of the month the barometer dropped below 29" of mercury on several days linking these depressions with the prolonged spells of rain. In fact of the 4.61" for the month, 4" of it fell in the middle fortnight! It was possible to see Little Settlebeck right up to the skyline on several occasions with torrents gushing from the shoulder of Winder. Certainly the district looks green if somewhat damp.

GARSDALE

The Queens Golden Jubilee
Celebrations in Garsdale. 5th June 2002.

At last, after all the preparations, the day arrived for the big event. The marquee was in place, liberally decorated inside with red white and blue balloons, and everything was ready.

The proceedings "kicked off" with the annual dales' sports at 1pm. These were enjoyed with great enthusiasm, especially so because last year they had to be cancelled, due to the Foot and Mouth restrictions. After the fell race, the children of the dale were each presented with a commemorative mug, by Mrs Barbara Lake. Then it was into the Village hall to enjoy a wonderful tea.

The evening events started a 7pm in the marquee. The music was provided by "Razamataz," and festive lighting by Steve Longlands, all adding to the atmosphere.

Lots of people, young and old, had taken the trouble to dress up for the fancy dress competition, which was judged by Barbara Lake.

Winners:

Children's section

1st Viking warrior Felix Roper
2nd Geisha girls Leanne and Kim Nabb
3rd John McEnroe Elizabeth Thexton

Adults section.

1st Cowboy and cowgirl Geoffrey Alderson
and Doris Cowperthwaite
2nd Pearly King and Queen Peter and Angela Davenport
3rd "Old woman and her man" David Allen and Lynn

The food was delicious, a succulent Hog

Roast, prepared and served by the Howarth family, which was followed by a wonderful array of homemade deserts.

The raffle was drawn later in the evening. Winners:

1st £75	Beatrice Stock
2nd Food hamper	Mr Lant
3rd £25	Ann Nabb

A big thank you goes to the many businesses and individuals who kindly donated prizes to make this such a splendid draw.

The Village Hall Committee would like to thank everyone for the help and support given, which undoubtedly made the event a great success.

RAG RUGS

I am starting a rag rug making group which will meet for the first time on Tuesday 9th July at 7.30pm - 9.30pm. at Howgill Village Hall.

While collecting clothing at jumble sales for use in rag rug making, I've spoken to several people locally who have expressed an interest in trying rag rug making, others have told me of people they know locally who make rag rugs. I love meeting other rag ruggers and seeing their work and hope there are others reading this article who share my enthusiasm.

I am hoping that experienced rag ruggers will come along with their latest rug and share their skills with beginners who I hope will come along too.

So please come and meet other rag ruggers over a coffee or tea on Tuesday 9th July at 7.30. at Howgill Village Hall. For more information and/or enquiries, tel. Lesley on 015396 20899.

SETTLEBECK HIGH SCHOOL *THE PEPPERPOT MUSIC MAKERS*

We would like to thank the Sedbergh Pepperpot Club for its support with instrumental lessons at Settlebeck. Some students have been enabled to take instrumental lessons by the generous donations which the Pepperpot Club make on behalf of individual families who would otherwise not be able to meet the costs.

Dave Smith, Headteacher

COMMUNITY BUS

Are you aware of the Settlebeck Community Bus, based at the school, but also available to community groups? Although well used by some, we have the impression that others are unaware of the facility and its advantages, for instance it has a disabled lift.

'UN-CUT'. AN EXHIBITION OF YEAR 11 GCSE ART & DESIGN STUDIES BY STUDENTS FROM SETTLEBECK HIGH SCHOOL

Farfield Mill provided an ideal venue for the Year 11 GCSE Art & Design students to present a selection of their two years coursework and exam work. The weeklong exhibition was punctuated on Monday 17th June by a private viewing evening. The occasion was a great success and enjoyed by students, parents, governors, staff and guests of the school.

The exhibition is hoped to be the first of many celebrating the talents of young students who have examined a variety of issues and presented them in creative and imaginative ways.

The school is developing a partnership with Farfield Mill supporting this excellent local facility as an Arts and Heritage Centre. This partnership will

enrich our curriculum and enable our students work to be seen by a wider audience.

Farfield Mill is working hard to attract local artists and visitors as well as a wider audience to the Centre. We congratulate them on their work so far and look forward to future developments.

"Art & Design Student of the Year" was presented to Amy Symonds for her work on predicting her future life to meet the requirements of the assignment "In My World".

Participating students: Stacey Allinson, Nicholas Bentham, Jayne Calvert, Elaine Capstick, Laura Cizdyn, Amy Henderson, Adelle Kilgallon, Roxanne Kliszat, Claire Livesey, Tyrone MacConnell, Laura Scart, Amy Symonds, Lindsey Telfer.

Kate Wright ☺

THOUGHT FOR THE MONTH

Alzheimers is a sad illness, much more than just 'losing my memory', much more than 'forgetting where I put things'. We all do that old and young. Some people (thank God) don't know they cannot remember!

For carers there aren't many absolute rights and wrongs in caring - it depends on the people and the situation involved. Sometimes we have to try and test different ideas and ways to find the best. So often people who live with Alzheimers or other forms of memory loss are very sharp with people they love because they are frightened, confused and feeling their independence slipping away.

Carers, family, friends need to do their best, no-one asks more and this applies in every area and age of life - do your best!

L.D.

JULY GARDENING

It may seem a strange notion to some people, to plant thistles in a garden, but that is what I have been doing this week. I managed to get hold of a plant which I had been hankering after for years, and having removed a couple of large Junipers which had outgrown their space, and become rather boring, there was at last room to put it. The plant is called *Cirsium rivulare* 'Atropurpureum' and it is a tall herbaceous perennial with stiff wiry stems three to four feet high which bear clusters of deep crimson flowers. Mine has been put into the border just opposite to a *Cotinus coggygria* 'Royal purple' (Smoke Bush) whose wine red leaves echo the colour of the *Cirsium* flowers almost perfectly. A little further along the border, the pincushion flowers of *Knautia macedonica* continue the colour theme with the big bold flowers of two new "Oriental Poppies", *Papaver orientalis* 'Patty's Plum' and *P. orientalis* 'Raspberry Ripple', whose flowers are shades of dusky pink, toning in beautifully with the whole group. These plants are interspersed with masses of pale blue and white forms of *Viola cornuta* which flower freely all through the summer. Another striking, thistle type flower is *Centaurea macrocephala*, a medium sized perennial which bears very large, bright yellow flowers enclosed in papery bracts. Largest of all, with fat pink flower heads, upto three inches across is the "Cardoon", *Cynara cardunculus*. This has the added attraction of grey, rather felty leaves which make an interesting feature in a border all through the summer months. *Cynara* hails from Southern Europe and I have not yet had

the opportunity to test it out in any Sedbergh gardens, but it does grow very happily in the garden of a friend who lives near Kirkby Lonsdale so I think that it stands quite a good chance in a sunny spot on freely draining soil here.

Elaine Horne

SEDBERGH PRIMARY SCHOOL

7 a Side Appleby Football Tournament
Sedbergh Primary A and B teams took part in a tournament which took place in Appleby.

The A team did very well and went on to a joint win with Kirkby Stephen.

The B team did not do as well but they still played excellently.

Edward Bannister

BILL GRAVESON

On behalf of Bill and myself, I want to express thanks to the people of Sedbergh. Their concern, care and help has been overwhelming.

The trauma of the daily sixty mile round trip to the hospital and hospice was eased by the people who gave me lifts. We were both very grateful for their generosity and for their company.

Other acts of kindness:- the flowers, the cards and letters, the dog sitting (done by Mum) - even food!!

Brian Goad, Alan Fell and Rev. Long, now known in my house as the 'A' team, all did a wonderful job.

The Church was full.

A lovely service by Alan Fell.

The organist and town band played beautifully. Bill would have been so touched. He is now at rest in the town he loved. Thank you all.

Tet

SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

The audiotape group met again at Sedbergh School and made the June tape of the 'Lookaround' newsletter, overcoming slight technical problems, the occasional tongue twister, and the added interest of a low flying plane!

Gordon Axford and Cyril Noble attended a one-day conference in Kendal, which included the Annual General Meeting of the Society.

Cyril reported back to the Sedbergh group about the outrage that was felt amongst patients, doctors and voluntary groups about the guidelines recently issued by the National Institute of Clinical Excellence concerning the treatment of age related macular degeneration (A.R.M.D.). This is an eye condition that is the leading cause of blindness among people over the age of 50 in the western world. The Institute has recommended that only patients who suffer from age related macular degeneration in both eyes should receive treatment. It has also suggested that patients should only receive treatment in the eye that has suffered the least damage, meaning that patients will suffer large visual loss in the other eye.

The treatment referred to is known as photodynamic therapy and involves the use of a cold laser with an intravenous drug to seal the blood vessels at the back of the eye. This type of therapy can be used only in the 'wet' type of macular degeneration, which accounts for 10% of the total number of macular degeneration sufferers. The message seems to be - if you have the condition - protest!

The group are arranging to have a summer lunch on July 16th at The Cross Keys Inn. There will be no meeting in August.



Standing

Gordon Axford Audio Tape recipient & Carol Dawbarn Audio Tape Editor

AUDIO TAPE READERS

Seated

Andrew Bonsall & Cally Steadman
(Settlebeck High School)

Kate Buchannan & James Herman
(Sedbergh School) ☺

JUBILEE CELEBRATIONS

Sedbergh Primary School celebrated the Queen's 50th Jubilee with a theatre visit called "Where Are You Johnny James?" and a school picnic and games afternoon.

Staff and children all tucked into a celebratory picnic lunch in the school grounds and played a mixture of traditional and modern games.

The sun shone and a great day was enjoyed by everyone!!

All children are to be presented with a commemorative mug by members of the Parish Council.

SEDBERGH CRICKET CLUB

The big winner has been the weather with few games played. The 1st XI were heading the league at one spell but have been pushed off due largely to rained off matches. Five games have been rained off and the cup match from the first day of the season has been called off 3 times! In the one completed game in spite of being bowled out for 89, Les Hoggarth 55 and Calderick 20, Moor Hospital were bowled out for 65. Mark Platts and Dave Wilkinson doing the damage with 4 for 29 and 5 for 29 respectively. On a lighter note an evening game against Sedbergh School staff was an enjoyable if a muddy and cool affair. The Staff won a close game having batted first. The late start meant the club was batting in the gloom.

We don't just make beautiful Furniture ... we also have a COOKSHOP

- Butchers Blocks
- Le Creuset
- Pans
- Woodware
- Utensils
- Gadgets
- Textiles
- Knives
- Bakeware
- Gifts for Home & Family

- Ex Display Kitchens for Sale

**KITCHENS * BEDROOMS
HOME STUDIES * COOKSHOP**

Large Showroom - Ample Parking
Open 6 Days

H & M Craftsmen Ltd

Industrial Estate, Ingleton

015242 41535

I wonder if it will be played under floodlights next time?

The U13 XI had mixed fortunes beating Sedgewick but losing to Ingleton. Sedgewick were 63 for 5 in their 20 overs and Sedbergh got the runs for the loss of 2 wickets. Stephen Wilson and Andrew Smith both being 20 not out. Against Ingleton Andrew Smith again was 20 not out as was Kyle McConnell with Catherine Hurst having taken two wickets both clean bowled! Other results are not to hand and will be included next month assuming the rain stops long enough to play any matches. Have you come across the English rain making ceremony? It goes something like this: on a Saturday afternoon 22 people get dressed up in white clothes; at 3 o'clock they go out into a field and stick 6 pieces of wood in the ground a chain apart, 2 men in white coats walk out to these sticks followed by 2 men carrying pieces of wood and down comes the rain! It certainly worked last month.



SEDBERGH PRIMARY SCHOOL LIVERPOOL

In May, Sedbergh Primary School's Year 6 went on a school trip to Liverpool. We really enjoyed it and would love to go again. We went to Anfield (a football club), Historic Warships, Speke Hall (a Tudor house), a Cathedral, Albert Docks, The Empire Theatre, the glass factory, the planetarium, a museum.

We stayed in a hostel called the YHA where we had 3 course meals and clean tidy rooms. Our feet ached and we came home with sore feet but it didn't spoil the fun!

Sara Kellaway

HOWGILL DUCK RACE

On Monday 3rd June, Howgill was the venue for our duck race and coffee evening. 500 yellow ducks were duly set sail and, with a following wind, the first duck was soon home. Congratulations to Mr W Harper of Kendal who won first prize of £50.

The weather was very kind to us and the whole evening was a great success raising £850 towards village hall funds. This money will go towards purchasing the village hall, which at present belongs to The Robinson Educational Foundation.

Once the hall is owned by the community, its future as a village hall will be secure and will provide a venue for social events for many years to come.

We would like to thank all those individuals who have given directly to our appeal for funds to buy the hall, your donations are very gratefully received.

Our next function is a Barn Dance and Hogg Roast on 27th July.

ELECTROLYSIS TREATMENT

in your home or in mine
by a qualified Electrologist
please ring

ANN WODEMAN

015242 72474

Electrolysis is the only permanent way to remove unwanted hair.

LADIES HAT HIRE

Beautiful Hats of all shapes and colours and for all occasions

Tel: 015242 72474

DEMENTIA

Alzheimer's Awareness Week 6th-12th July 2002.

For the past few years the Alzheimer's Society have held an Awareness Week. The theme this year is awareness of dementia, working with General Practitioners and Primary Care Trusts.

On Saturday 6th July the South Lakeland Alzheimer's Society are holding a Coffee Morning in the United Reform Church Room and a street collection in Sedbergh Town from 10am until 12 noon.

On display at the Coffee Morning will be a small exhibition of paintings and artwork created by elderly people with some form of dementia, who were attending the Day Centre at the Westmorland General Hospital. Later, the exhibition will be on display at Farfield Mill.

As far as I am aware this is the first coffee morning and collection for the Society to be held in Sedbergh, unless someone knows differently.

The South Lakeland Alzheimer's Society is a branch of a national registered charity, and is a charity in its own right. The object of the Charity is to give support and practical help to people with any form of dementia, their carers and families, and any funds raised by the local branch can be used for projects in South Lakeland.

The branch has a Day Centre in Kendal, which is open four days a week, and is supported with funds from the Social Services Department, to whom referral to attend has to be made.

Next month, there will be a full article regarding the different types of Dementia and help available.

ALPACAS AND GARDENS

As there has been a lot of interest locally in our Alpacas we thought it would be nice to have an afternoon when people could come up to Ghyllas and see them at close quarters, see some babies and learn more about these fascinating creatures. Also to have a wander around the gardens, guess the weight of Wilbur, have a cream tea and help us raise money for MacMillan Cancer Relief and Marie Curie CancerCare. There will be a cake stall (contributions gratefully received) and a raffle.

Parking will be on the roadside, although it will be possible for the not so able bodied to be dropped off nearer the house, and the cost of entry will be £2 (£1 for children), which will include tea.

We look forward to seeing you on the 6th July between 2.00 pm and 5.00 pm.

*Jane Spencer
and Robin & Caroline Sandys-Clarke*

J J MARTIN

Funeral Service

(B Goad)

Established 1869

Main Street, Sedbergh

Complete Funeral Service

Day or Night

Chapel of Rest

Day or Night

Dent 25334

Day Only

Sedbergh 20005

Day Only

Sedbergh 20778



To Whom It May Concern,

It has been brought to my attention that a complaint has been made to the Parish Council regarding deliveries to my premises. I would like to point out that I, like others along Main Street, run a retail

business. This by definition requires stock, stock that has to be delivered. As yet Yorkshire Dales has not given permission for a heliport on my roof so deliveries have to come by road. Wherever possible I use local businesses i.e. Powell's, Steadman's and JMP, however I do need large sacks of flour and sugar, margarine etc to create our delicious fresh produce as the cake fairy refuses to visit. We, in common with other business on the street, employ local residents and to provide a local service. Without stock I, and others, will cease to exist. Do you really want to live in a ghost town with the nearest shop being in Kendal?

As far as I understand Main Street is for Access and Deliveries only. The alterations to the Sedbergh road system I assumed intended Back Lane to be the through route. Is it too much to ask for local traffic to use the now two way Back lane or Fairholme when the Main Street is temporarily blocked? Alternatively patience could be exercised.

Judith Aston

ASTON'S BAKERY & COFFEE BAR

SEDBERGH N. F. U.

The Sedbergh Branch of the National Farmers Union would like to thank everyone for their contributions, support and generous donations at their Charity Hog Roast held at Mutton Hall.

You will be thrilled to learn that we raised £3080, which is to be split equally between McMillan Nurses and Lancaster Special Care Baby Unit.

Thank you very much indeed to everyone who supported the event.

SEDBERGH NFU LADIES GROUP

Tuesday May 21st a good number of ladies met in the Committee room at the Peoples Hall, when President Mrs. Susan Woof introduced Mrs. Ann Wright who showed us various types of Patchwork and Quilting, and numerous ways of using patchwork. Garments to wear, quilts for a bed, wall-hangings, curtains and novelties.

She told us something of the history of the craft as well as how she came to start doing it, following the lead set by her mother.

Mrs. Wright was thanked by Hazel Jackson. Eleanor Greenbank won the raffle and tea was served by Cath Mason and Susan Bateman.

The business meeting concluded the evening. The next event is the outing, a tour of Sedbergh School. The next meeting is the AGM and Jacobs Join Supper.

H.J.

EXPERIENCED DRESSMAKER

Made to measure

Skirts, Dresses, Suits,

Bridal, Ball Gowns, etc.

All made to the Highest Quality by

SHEILA SHUTTLEWORTH

Tel: 015242 - 74322

HAVERA STREET PARTY

Many thanks to everyone who made contribution to help with the Party on Saturday 1st June 2002.

The day was a huge success and £2222.73 has been donated to the Howgill Lane Playing Field Fund. *J. Oughton*

NORTH WEST CANCER RESEARCH FUND

Sedbergh & District Branch

The Committee would like to thank most sincerely all the kind people of Gildrey who opened their gardens; especially Kieron Milburn, aged 6; and their houses on the 15th June for the above fund.

A very satisfactory total of £472.50 was raised. Thank you all who helped or supported us in any way.

E.G

PENDRAGON CASTLE

On a perfect summers evening, the sun shone down the Vale of Mallerstang on Wednesday June 18th as 40 members and friends of Sedbergh and District History Society enjoyed a guided tour around the ruins of Pendragon Castle. Although many members have doubtlessly driven past or visited Pendragon before and dismissed it as a romantic ruin and one of the homes of lady Anne Clifford, it was brought to life by the owner Juliet Frankland accompanied by her late husband's cousin, architect John Bucknall. While Juliet narrated the history to a completely rapt and captivated audience, John explained the stones we were looking at and the manner in which the castle was built and is being restored which appeared to fascinate the menfolk who bombarded him with questions. Will this lead to a spate of castle building in the area?

The evening was brought to a close with the additional thrill of looking at photographs of Pendragon in various stages of decay and restoration, and viewing various artefacts which over the years had been recovered from the site. Some of us would have been there still but for the arrival of a great swarm of midges which seemed to think we had disturbed Pendragon for long enough and so we reluctantly left this massive lonely castle to sleep once more under the slopes of Wild Boar Fell with the sheep and curlews as its guardians.

Shirley Tebay

C	R	I	C	K	E	T	O
F	L	M	U	F	R	N	T
E	O	R	L	U	K	E	E
N	P	O	G	T	N	T	T
C	G	B	T	N	P	B	A
I	Y	W	I	B	S	A	R
N	V	S	L	N	A	L	A
G	N	I	I	K	S	L	K
H	O	C	K	E	Y	R	L

The answers to Elaine Hemingway's Quiz which featured last month.

QUEENS GOLDEN JUBILEE
 May I express my sincere thanks to all members of the above committee for their work and support in our endeavours to celebrate the Golden Jubilee. My grateful thanks also to all those who took part, whether it was lighting the beacon, manning a stall or display, playing in the band or helping at the evening entertainment at the Auction Mart. It was a pity it rained but that is something no-one is able to control although it did stay fine for the evening. I must say a special thanks to Steve Longlands without whose help we would have been stranded.
 Thank you all.

Dorothy Blair

Chair Jubilee Committee

ST JOHN AMBULANCE DEFIBRILLATOR FUND

As some people may be aware St John Ambulance have set up a fund to try and raise monies for a Defibrillator. At present we have managed to raise £825 but still need to raise a further £2000. We desperately need assistance in raising these funds. Defibrillators are most needed in such rural communities as Sedbergh, Garsdale and Dent. Don't forget somebody who has a heart attack has a better chance of survival if they can be reached within eight minutes by a trained person with a defibrillator. Please help us raise these funds so we can continue to help save peoples lives. For any more information on this fund or donations please contact Mr R. Winn on 015396 21096. Thank-you.

PLEASE HELP SAVE LIVES

GALA FOOTBALL TOURNAMENT

Sedbergh Primary School organised a Football Tournament which was held on the playing field.

In the finals the Bannister Rails played the team who had beaten them in the knock outs - The Dawsons Creeks.

The match was very good but the Rails held up a good fight and finished the match with a 2 goal lead, the scorers being Sam Bolsher and Philip Metcalfe.

Edward Bannister

JUBILEE PARTY

Weren't we lucky with the weather!! A big thank you to everyone who contributed to the successful Jubilee Party held for the residents at the top of Loftus Hill and Mountain View on the evening of Saturday 1st June.

There was a wonderful spread created by the ladies and several diets went by the board that night. After expenses were deducted there was a surplus of some £55 which has been donated to the Sedbergh Health Centre Fund.

Valerie Cann

FUNDRAISING FOR KIEV'S STREET CHILDREN

Secondhand Childrens Toys & Clothes

Due to popular demand, we are holding another good quality second-hand children's toy and clothes sale. The last one we held was in September 2001 and was a huge success and we raised £368 in about 2 hours!

The next one will be sometime in August so look out for the posters.

I therefore need donations of good quality children's toys and clothes. You can leave your donations at Dalton and Hague Properties in the Main Street, Sedbergh, or alternatively, call me, Anne Carney on Sedbergh 21738 and I will gladly collect. There will also be a cake stall, so any baking will be most appreciated.

The charity we are raising funds for is based in Kendal and is called "New Beginnings" Homes for Street Children. These children live on the streets of Kiev in the Ukraine. Our aim is to buy a safe home to be run by good Christian foster parents.

We have a target of £40,000 and in the last 12 months we have raised almost £10,000, so we have a way to go yet but we are confident that our target will be hit.

I do hope you will be able to spare a few toys or clothes because we are so, so lucky to be living here in the U.K., as opposed to living in the Ukraine with its wide-spread poverty.

If you feel as though you could help us with our fundraising do call me, Anne Carney on Sedbergh 21738. Thank you for reading my article.

SEDBERGH WANDERERS F. C.

On Saturday 18th May the Football Club held its annual Presentation Night at the Golf Club where the following awards were given. The trophies were presented by Malcolm Raw, the White Hart Club President and a keen football supporter.

The **Craven Morrison Cup** was presented to the 1st Team and Club Captain Trevor Winn received it.

Craven Cup Final

Craven F.A. Award - Man of the Match

Craig Moffat

Sedbergh Wanderers Supporters

Man of the Match - Nicky Ross

1st Team Awards

Players Player	Ivan Moffat
Managers Player	Elliot Oxley
Young Player	Tom Gardner
Top Goalscorer	Andy Todd
Goal of the Season	Craig Moffat (v Greystoke)

2nd Team

Players Player	Mat Parkin
Managers Player	Aaron Siemaszko
Young Player	Craig Gardner
Top Goalscorer	Brian Todd
Most Man of Matches	James Atkins

On Saturday 25th May in the White Hart Club, Sedbergh Wanderers hold their A.G.M. where the following officers were elected for the coming season.

President	Jim Hoggarth
Chairman	Tom Moffat
Secretary	Kevin Kirby
Treasurers	Melvyn & Alison Cragg
1st Team Manager	Tom Moffat
2nd Team Manager	Ian Taylor
Club Captain	Trevor Winn

3

BUS SERVICES

Sedbergh to Kendal via Oxenholme				Kendal to Sedbergh via Oxenholme					
Monday - Friday				Monday - Friday					
07.45		564	GP	♦	08.35	S&H	564	GP	♦
09.40		564	W		08.35	Sch	564	W	*
09.55		564	GP	♦	09.30	Tue	804	W	*
10.05	Wed	564B	W	♦	10.30		564	W	*
10.10	W&F	112	B		10.45		564	GP	♦
12.40		564	W		11.30	Wed	564B	W	*
12.45		564	GP	♦	13.30		564	W	*
13.00	Wed	564B	W	♦	13.30	W&F	112	B	
14.00	Tue	804	W	♦	13.40	Wed	564B	W	*
14.40		564	W	♦	13.45		564	GP	♦
15.25		564	GP	♦	16.20		564	GP	♦
17.11		564	W		16.30		564	W	*
<u>Saturday Only</u>				17.45			564	W	*
09.55		564	GP	♦		<u>Saturday Only</u>			
10.45		564A	S	♦	09.40		564A	S	♦
12.45		564	GP	♦	10.45		564	GP	♦
15.25		564A	S	♦	13.45		564	GP	♦
15.25		564	GP	♦	14.20		564A	S	♦
					16.20		564	GP	♦
<u>To Kirkby Stephen Via Cawdale and Kirkby Stephen Rail Station</u>				<u>From Kirkby Stephen, Market Square</u>					
<u>Monday - Saturday</u>				<u>Monday - Saturday</u>					
09.05	M-F	564	GP	♦	07.11	M-F	564	GP	♦
11.15		564	GP	♦	09.21	Sat	564	GP	♦
14.15		564	GP	♦	09.30	M-F	564	GP	♦
16.50		564	GP	♦	12.11		564	GP	♦
					14.51		564	GP	♦
<u>To Kirkby Lonsdale</u>				<u>From Kirkby Lonsdale Square</u>					
09.45	Thu	567A	W	♦	12.15	Thu	567A	W	♦
<u>To Hawes</u>				<u>From Hawes</u>					
08.45	TWF	112	B		08.00	Sch	112	B	
10.00	Tue	804	W	♦	09.35	WF	112	B	
14.15	W&F	112	B		13.25	Tue	804	W	*
15.45	Sch	112	B		15.00	TWF	112	B	
<u>To Dent</u>				<u>From Dent School</u>					
<u>Wednesday</u>				<u>Wednesday</u>					
12.05		564B	W	♦	09.50		564B	W	♦
14.15		564B	W	♦	12.45		564B	W	♦
<u>Saturday</u>				<u>Saturday</u>					
10.15		564A	S	♦	10.30		564A	S	♦
14.55		564A	S	♦	15.10		564A	S	♦

M-F Monday to Friday Only

Tue Tuesday Only

Wed Wednesday Only

Thu Thursday Only

Sat Saturday Only

Sch Schooldays Only (M-F)

W&F Wednesday & Friday Only

TWF Tuesday, Wednesday & Friday Only

S&H All Sat's & Mon to Fri in School Hol's

All times are from and to The Dalesman Inn

GP Grand Prix of Brough

W Wool's of Sedbergh

B Braithwaite's Coaches

S Stagecoach in Cumbria

• Blackhall Road opposite the Bus Station

♦ Provided with Support from CCC

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

For Comprehensive up-to-date information ring :-
Traveline 0870 608 2608 (Open : 7am - 8pm Daily)

Religious Services in Sedbergh

CHURCH OF ENGLAND

St. Andrew's Parish Church
Sunday 08.00; 10.30 & 18.30
Rev. 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. G Hall Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30
Rev. G Armitstead

SOCIETY OF FRIENDS

QUAKERS
Brigflatts
Sunday 10.30
Mr. M Roberts Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30
Rev G Jones Tel: 01539 - 722079
or Mr G Watson Tel: 20561

For enquiries for the following services,
Please ring the relevant telephone number

CHURCH OF ENGLAND

Firbank; Howgill & Killington
Rev. A Pitt Tel: 20670
Cautley & Garsdale
Rev. 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. G Hall Tel: 20329

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



OPTIONS

for health and well-being

Caroline Cattermole	Psychosynthesis Therapeutic Counselling	015396 21570
Ian McPherson	T'ai Chi, Flower Essences, Reiki Hypnotherapy, Meditation	015396 20648
June Parker	Acupuncture	015396 20972

Complementary Therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 14th December 2002

JULY			14	1915	WID Miniature Portraits	DMH
2	1400 SS Cricket v St Peters York	SS	14	1915	WIF Joint Meeting with WID	DMH
3	1000 URC Ch Coffee Morning	URCR	17	0930	HS Saltaire, Bradford	LHCP
3	1300 SS Cricket v Leeds Grammar School	SS	17	1430	SLDC Walk in Sedbergh	YDNP
3	1330 Butterflies	StAS	21	1000	StAS Coffee Morning	URCR
4	1400 SS Cricket v Cumbria Schools	SS	23		Dent Festival	Dent
4	1930 WIH Drinks for the Driver	HSR	24		Medieval Fayre (1)	Sedbergh
5	SS Term Ends	SS	24		Dent Festival	Dent
6	1000 Alzheimer's Soc Coffee Morning (6)	URCR	25	1415	CWT Children's Discovery Walk	DCP
6	1400 Alpacas & Gardens (6)	G	25		Dent Festival	Dent
7	1300 Funday & Car Boot Sale (7)	SPS	26		Dent Festival	Dent
7	1400 YDNP Watermills Walk	YDNP	28	1000	CAB Coffee Morning	URCR
9	1400 WIK Outing	TBA	30	1430	SLDC Walk in Dent	DCP
10	1000 RBL Coffee Morning	URCR			SEPTEMBER	
10	1330 Butterflies	StAS	3		SHS Term Begins	
10	1400 YDNP Brigflatts Walk	YDNP	4	1000	URCR Coffee Morning	URCR
10	1915 WID Acupuncture	DMH	5	1930	WIH 60 Years of Parsonage	HSR
10	1930 WIP Life in the Philippines	PH	7	1430	Beekeepers	Deepdale
10	1930 Needle & Pins	SUAR	7	2000	PH Dance	PH
12	2200 Danny's Disco (12)	PH	9	1930	Beekeepers	BF
13	1430 Beekeepers	Lingarsh	10	1400	WIK Craft Afternoon	PH
13	2000 PH Old Time Dance	PH	11	1000	Dent Foot Chapel Coffee Morning	URCR
13	QES Re-Union (13)	QES	11	1915	WID The Samaritans	DMH
14	QES Re-Union (13)	QES	11	1930	WIP Fresh look at Flowers	PH
17	1000 Age Concern Coffee Morning	URCR	11	1930	Needle & Pins	SUAR
17	1330 Butterflies	StAS	18	1000	Garsdale Ch Coffee Morning	URCR
17	1430 SLDC Walk in Dent	DCP	21	1300	CWT Fungus Foray	LHCP
20	1000 Open Garden (20)	GFK	25	1000	Firbank Ch Coffee Morning	URCR
20	Summer Afternoon	Blackhorse	28	1400	MH Jumble Sale	MH
21	1400 CWT Butterflies at Smardale	LHCP	29		Cautley 10	SHS
22	Judging for Cumbria in Bloom (22)	Sedbergh			OCTOBER	
24	1000 WRBL Coffee Morning	URCR	2	1000	Barnardo's Coffee Morning	URCR
24	1330 Butterflies	StAS	3	1900	WIH AGM VCO	FCH
25	1830 Barbecue (25)	Vicarage	5	1400	Scouts Jumble Sale	PH
28	1300 YDNP Historical Cowgill Walk	IP	6	1030	Methodist Harvest Festival	SMC
28	1400 HS Farming & Nature (28)	RB	6	1830	Methodist Harvest Festival	SMC
28	1430 SLDC Walk in Sedbergh	YDNP	8	1400	WIK Humour in Church Life	PH
31	1000 Network Coffee Morning	URCR	8	1930	NWCRF Town Band Concert	PH
AUGUST			9	1000	CA Coffee Morning	URCR
1	1930 WIH Open Meeting & Radio Cumbria	FCH	9	1915	WID A Butler to H.M. The Queen	DMH
7	1000 Howgill Ch Coffee Morning	URCR	9	1930	WIF Clarin Skin Care	PH
8	1430 SLDC Walk in Dent	DCP	9	1930	Needle & Pins	SUAR
10	1400 CWT Heather & News on Holme Fell	LHCP	12	2000	Sed & Dent Cricket Club Dinner Dance	GC
10	1430 Beekeepers	Havera	14	1930	Beekeepers	BF
12	1200 Children's Holiday Club	PH	16	1000	Dentdale Meth Coffee Morning	URCR
13	1200 Children's Holiday Club	PH	19	1900	MH Fun Night	MH
14	1000 NWCRF Coffee Morning	URCR	21	1930	Beekeepers	BF
14	1200 Children's Holiday Club	PH	30	1000	Killington Ch Coffee Morning	URCR
14	1930 Needle & Pins	SUAR				

The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker.

is printed by Stramongate Press, Kendal and distributed by Suzy Thurlby

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

NOVEMBER

- 2 1800 Bonfire Night
 6 1000 MH Coffee Morning
 7 1930 WIH Lesotho
 9 2000 Howgill Chance Dance
 11 1930 Beekeepers
 12 1400 WIK AGM & Entertainment
 13 1930 WIF AGM & Social
 13 1915 WID AGM & Rags to Rugs
 13 1930 Needle & Pins

DECEMBER

- 7 0900 Killington Ch Table Top Sale
 7 1900 MH Christmas Dance
 9 1930 Beekeepers
 10 WIK Christmas Party

PH
 URCR
 HSR
 PH
 BF
 PH
 PH
 DMH
 SJAR

PHI
 MH
 BF
 TBA

KEY

- BF = Brigflatts
 BS = Balsall School
 CC = Carlisle Cathedral
 CO = Community Office, Main Street
 CSG = Casterlton School Gymnasium
 CWT = Cumbria Wildlife Trust
 DCP = Dent Car Park
 DMH = Dent Memorial Hall
 DMC = Dent Methodist Church
 FCH = Firbank Church Hall
 FM = Farfield Mill
 G = Ghyllas, Cautley Road
 GFK = Grassrigg Farm, Killington
 GVH = Garsdale Village Hall
 HS = History Society
 HSR = Howgill Schoolroom
 IP = Ibbeth Peril, Dentdale
 JLCP = Joss Lane Car Park
 KVH = Killington Village Hall
 LHCP = Loftus Hill Car Park
 LHHC = Loftus Hill Health Centre
 MH = Masonic Hall
 MHOH = Mutton Hall, Old Hutton
 PH = People's Hall
 RB = Rawthey Bridge
 SGC = Sedbergh Golf Club
 SHS = Settlebeck High School
 SMC = Sedbergh Methodist Church
 StAS = St Andrew's Church, Sedbergh
 SJAR = St John Ambulance Rooms
 SMC = Sedbergh Methodist Church
 SSPH = Sedbergh School Powell Hall
 SSQH = Sedbergh School Queen's Hall
 URCR = United Reformed Church Rooms
 WHC = White Hart Club
 WID = Women's Institute, Dentdale
 WIF = Women's Institute, Frostrow
 WIH = Women's Institute, Howgill
 WIK = Women's Institute, Killington
 YDNP = YDNP Centre, Main Street

PLACES OF INTEREST TO VISIT

WHILE IN THE AREA

- Cautley Spout, A683 towards K. Stephen.
 Community Office, Main Street.
 Cumbria Wildlife Trust, Community Off.
 Farfield Mill, A684 Garsdale Road.
 Fox's Pulpit, Firbank
 Friends Quaker Meeting House, Brigflatts.
 History Society, Community Office.
 Langstone Fell, A684 Garsdale Foot.
 Methodist Church, New Street.
 Queen's Gardens, Station Road.
 St Andrew's Church, Dent.

- St Andrew's Church, Main Street.
 St. Gregory's Church, Vale of Lune
 St John's Church, Cowgill.
 St John's Church, Garsdale.
 St Mark's Church, Cautley.
 United Reformed Church, Main Street.
 Y. D. N. P. Centre, Main Street.

*Further details of these locations
 available from the YDNP.*

*Only Places of Interest in the area
 with Free Admission*

are included in this section, free of charge.

AUDIO LOOKAROUND



Jennifer Levitt
 checking the
 'Reading Order' for
 the recording of the
 tape.



Sally Griffin
 operating the
 recording
 equipment

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079

Dr P.A. & W.G. Orr ☎ 20218

Dr Ann Orr

Monday	0830 - 1100	1600 - 1900 *
Tuesday	0830 - 1100	1600 - 1900 *
Wednesday	0830 - 1100	1300 - 1800 *
Thursday	0830 - 1100	1600 - 1900 *
Saturday	0830 - 1130	

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
--------	-------------	---------------

DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300 Dr Ann Orr
--------	------------------------

Dr J. Syred ☎ 20239

Monday to Thursday	0900 - 1000
Friday	0900 - 1000 *
Monday & Wednesday	1400 - 1500
Monday	1800 - 1900
Saturday (Urgent Cases)	0900
Friday Female Clinic	1015 *

DENT SURGERY

Tuesday	1530
---------	------

WELL WOMAN & FAMILY PLANNING CLINIC

1st Wednesday every month	1630 - 1830
© 01539 - 727564	

District Nurse

© 21690

Health Visitor

© 20979

DENTAL SURGERY

Finkle Street ☎ 20626

Mr I. R. Dawson, Mr C. Ross & Mr M. Brickles	
Monday to Friday	0900 - 1715
Wednesday Evening *	
Saturday Morning *	

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 *	

* By Appointment Only

SEDBERGH CHEMIST

41 Main Street

© 20270

LATE NIGHT CLOSING

Monday	1730
Tuesday	1730
Wednesday	1730
Thursday	1730
Friday	1730
Saturday	1300

LIBRARY

Main Street ☎ 20186

Monday	1700 - 1900
Wednesday	0930 - 1230 1400 - 1700
Friday	1400 - 1700
Saturday	0930 - 1230

Y. D.N.P. CENTRE

Main Street ☎ 20125

Open 7 days a week

10.00 am - 5.00 pm

closed 1.00 - 1.30 pm

COMMUNITY OFFICE

(Above Y.D.N.P. Centre)

Monday to Friday 10 am to 4 pm
© 20504

e-mail office@sedbergh.org.uk
web pages www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 10 am to 1 pm

Every Friday 9.30 am to 12.30 pm *

© 21185 or

08451 202 999 (local rate) 24 hours

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

RSPCA

Kendal Office

Monday to Friday 10am to 2pm

© 01539 736036 (local)

© 0870 55 55 999 (national)

POLICE

Long Lane, Sedbergh

© Kendal 01539 722611

PUBLIC TOILETS

Main Street & Loftus Hill, Sedbergh

Dent Village

MARKET DAY

HALF-DAY CLOSING

WEDNESDAY

THURSDAY