

# SEDBERGH & DISTRICT LOOKAROUND

May 2002

Issue 189

Donation 50p

A very warm welcome to all our visitors to Sedbergh, Dent, Garsdale and the surrounding areas. Please only take pictures (not flowers) - and please only leave footprints (not litter). We have a beautiful part of the country so we

request you respect the Country Code.

The Lookaround in Large Print and Audio is taking shape. More information is on Page 5. A big thanks to all who are helping to date.

Dennis & Jacky Whicker

Cumberland & Westmorland Wrestling      Dangerous Games And Traps      Cake Stall      Juggling      Stone the Crows Morris Dancing

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## SEDBERGH GALA

\* A REAL CELEBRATION \*

**Saturday 18th May 2002**

Procession starts at 12:30 from Maryfell

\* Starring \*

- Gala Queen and Attendants
- All Fancy Dress Entrants
- Sedbergh Town Band
- Kendalians

**Gala Events on People's Hall Playing Field**

All Afternoon

**CLOSING DATES: ALL ADS - 15th; ALL ARTICLES - 19th**

S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788  
e-mail: [lookaround@whicker73.freeserve.co.uk](mailto:lookaround@whicker73.freeserve.co.uk) - Web Site: <http://www.whicker73.freeserve.co.uk>

# **Children's Birthdays**

## **May 2002**

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

The recipient this month is:-  
Stephen HAGON-WOOD who is

7 years old on 10th May.

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	Emily ARMITSTEAD	9
3	Tom BAINBRIDGE	7
3	Martin WOOF	7
4	Mark WOOF	4
7	Georgina CRAGG	4
8	Kane WOODHOUSE	3
10	Bethany ORR	7
10	Sarah HAGON-HOOD	7
10	Stephen HAGON-HOOD	7
13	Kelvin HODGSON	7
14	Harry PAGE	3
22	Bethany HANDLEY	2
22	Megan HANDLEY	2
22	Patrick BANNISTER	5
23	Darryl HODGSON	6
23	Xavier BAINES	8
23	Nathan MATTINSON	11
24	Rebecca HARPER	5
24	Kelly SCARR	5
28	Kieran MILBURN	6
31	Harry COOLING	6
31	Joseph CLARE	8



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### BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby	Stable Antiques, 15 Back Lane, Sedbergh (12/02) .... 20251 <i>ID; IT; CH; L; NP*; P; DR; VB</i>	
Mrs Wood	10 Main Street, Sedbergh (04/02)..... 21808 <i>ID; IT; IS; CH; TVL; NSB; P; VB</i>	
Mrs S Sharrocks	Holmecroft, Station Road, Sedbergh (12/02) ..... 20754 E-mail <a href="mailto:SSharrocks@breathemail.net">SSharrocks@breathemail.net</a> <i>2D; IT; CH; TVL; NS; NP*; P; DR</i>	
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/02)....., 21455 <i>IT; ES; NS; NP; P; DR</i>	

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### 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

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All adverts and enquiries to 13 Kings Yard, Sedbergh LA10 5BJ  
**by 15th of every month.**  
Articles etc. by 19th of every month

## **PERSONAL & SMALL ADS £1**

### **BENVILLE**

Congratulations to Amy Benville on winning a Gold Medal in the Over 12's section of the South Tyneside Gymnastic Competition on 24th March. Well Done Amy. We are very proud of you. Love from all your family.

### **FRAN'S BAKERY**

Thank-you to all our customers over the last years. And a big thank-you to Joe, Carol, Judy and my two Mums! Wishing Judith all the best and hoping this will be a better year for business and farmers. Fran.

### **KIRBY**

Caspa would like to thank all family and friends who celebrated his latest birthday especially Ali Cragg for her excellent press work.

### **MIDDLETON**

Marjorie would like to thank the many well wishers for their enquiries, cards, flowers and visits. Also for all the help received towards her recovery after her hip operation. She is now at home so please do visit when you can.

### **ORR**

To Jessica. Happy 1st Birthday on 29th April. Lots of Love from Mummy, Daddy, Charlotte and Bethany.

### **PRATT**

Jack & Nellie Pratt have left their home in Oxenholme & gone to live at the Residential Home "Elmsfield", Holme, Carnforth, Lancs.

### **FOR SALE**

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## SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

The April meeting of the Sedbergh Group was very well supported and very lively. The group was absolutely delighted to welcome five children from Settlebeck School with their teacher John Fisher, and also a teacher and pupil representative from Sedbergh School, Sally Griffin.

The children and teachers attended in order to assist with discussions on possible production of large print and audiotape versions of the 'Lookaround' magazine. To this end Dennis Whicker was present and offered enthusiastic contributions and support. New volunteers also attended and this resulted in a positive and lively discussion of ideas and suggestions on which a plan of action was built.

The group leader, Cyril Noble, welcomed new members and also the new Executive Director of the Society, Sonia Mangham. Sonia gave a resume of her previous working experience, which had been mainly with elderly people, and gave an overview of the aims of the Society. She brought very obvious enthusiasm to her new post.

The next meeting will be in the Community Office at 2.15 pm on Thursday 2nd May.

The group would like to hear from anyone who wishes to receive a large print or audiotape version of the 'Lookaround' Newsletter and also from any volunteers who would like to assist with reading or with administrative work. Please contact Jennifer Levitt 25162 in either case.

Ed

## Rural Advice Service



### NEW OPENING HOURS

Wednesday 10 to 1 pm - drop in

*Please note the office will be closed  
the first Wednesday in each month for staff training*

Friday 9.30 to 12.30 pm - appointments

For appointments telephone 015396 21 185

\*\*\*\*\*

Monday 10 to 4.00 pm - Telephone Service

Thursday 10 to 4.00 pm - Telephone Service

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### SEDBERGH PARISH COUNCIL

*Minutes of 27th February*

**GUEST SPEAKER** – Mr. Nick Smith,  
Director Operations and Training  
Cumbria Ambulance Service.

The Chairman welcomed Mr. Smith who had come to discuss the concerns raised by the Parish Council over the new system for overnight emergency ambulance services.

Under the previous system full cover was maintained from 8.00am to late evenings but during the night the crews were on standby and thus had to live within a 12 mile radius and response times were deemed to be slower. During last year new targets were set for response times and more funds were made available to have full 24 hour coverage in the area. However, within the budget available, 24 hour coverage could only be achieved by amalgamating night cover for Sedbergh and Brough, which previously also only had standby cover at night, so now there is one ambulance for the combined area, which is on full 24 hour call. The ambulance is normally kept in Tebay whilst awaiting callout. As well as more staff new

technology is being introduced and all the ambulances now have satellite navigation so that they find their destination and also so that the control room always knows where all the ambulances are. Not only should this enable them to find their destination more quickly but also it will enable the control room to move waiting ambulances around so that when one is called out another can be brought nearer the area. Telemetry has also been introduced so that so that information from monitoring machines can be relayed direct to the hospital so that they can prepare for the incoming patient.

There was then a discussion and the main concern raised by Councilors was that whilst the target response time was 19 minutes it was not possible to get from Tebay to the centre of Sedbergh, let alone to Garsdale or the end of Dentdale, within the target time due to the distance involved. It was felt that it would be far better if the ambulance were stationed in Kirkby Stephen rather than Tebay. Concern was also expressed that the satellite navigation would not be able to find small remote farms. It was generally felt that this was a backward step rather

than an enhancement and what we wanted was a full time station in Sedbergh and Brough.

Mr. Smith said that the ambulance was based on Tebay as they had been able to find a suitable room there but he would look into the possibility of moving the base to Kirkby Stephen if suitable location could be found. Also the number of full time ambulance crew had been increased by 4 but if full time cover were to be maintained at both stations they would need considerably more staff to give holiday cover and comply with working times directives.

The Chairman thanked Mr. Smith for coming to talk to us.

#### HIGHWAYS

Work is soon to be started on the pedestrian crossing at Settlebeck School.

As a result of previous consultation proposals have been received on speed restrictions around town and we agreed to these but also supported a request that the 30-mile limit be extended to beyond Borrett as the corner was dangerous here.

Cllr Winn briefed the meeting on the decriminalization of parking which is soon to be introduced. This will result in wardens coming to Sedbergh and when they are here they will stay the whole day. It is hoped that this will improve the situation in the Town.

A letter has been received from Mr. Wright requesting that vehicular use of Row Lane be restricted. It was agreed that we could not support this as we continued to press for work on Row Lane to be completed and the road to be made useable again.

#### MODEL CODE OF CONDUCT

It was agreed to defer adopting the code.

#### PLAYING FIELDS

It was agreed that the Gala Group could use the field for the Gala on the 18th May and for Bonfire night with the proviso that any works being carried out on the field would have to take preference.

The Football Club has asked permission to build some steps from the car park to the changing rooms. It was agreed that this was a good idea, which we fully supported in principle, but any work would have to be properly planned and conform to building regulations etc.

Cllr. Longlands agreed to attend a meeting to be called by Mr. McCullagh to agree usage by the town of the all weather sports pitch.

#### CUMBRIA IN BLOOM

A meeting is to be held with Mr. Hinson to discuss the work maintenance work needed and as agreed he is to be used for 3 days.

#### QUEEN'S JUBILEE

Progress is being made with organizing events for the Jubilee although as yet there has been little response from organizers of street parties. The cost of Jubilee mugs is still awaited but the design has been agreed.

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## KILLINGTON W. I.

Varying reasons kept seven of our members from the April meeting, but twelve of us met together in the People's Hall committee room and enjoyed a busy afternoon in each other's company.

In Shirley Richardson's absence Susan Sharrocks led the meeting.

A short silence was held to remember Queen Elizabeth the Queen Mother, herself a member of Sandringham Women's Institute for many years until her recent death. We broke with our tradition by singing 'Jerusalem', the official WI song instead of the original song, which was brought over from Canada where the Women's Institute movement first began. You may be interested to read the song, it is sung to the tune of Auld Lang Syne and epitomises the very essence of WI.

'A pleasant thing it is to meet  
In friendship's circle bright,  
Where nothing mars the pleasure sweet  
Nor dims the radiant light  
No unkind word our lips shall pass  
Nor envy sour the mind:  
But all shall seek the common good  
The weal of all mankind'  
It was good to have the Sedbergh Show



St Andrew's Church, Sedbergh

## MISSIONS COFFEE MORNING

Wednesday 8th May

10:00 am to 12 noon

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on the agenda this year. Killington WI held the WI cup for an extra year due to the cancellation of the show last year. However, this year Howgill WI were the worthy winners and our congratulations to them.

We are looking forward to participating in meetings and outings at other venues which last year had to be cancelled because of the problems of Foot and Mouth Disease, among them the annual Garden Festival to be held at Holker Hall at the end of May beginning of June.

Pamela Moran brought us up to date with the news from the Half-Yearly Council Meeting, held in Kendal at the end of March. The speakers at these meetings are always well known and interesting, amusing raconteurs.

How lucky we are to be able to have Optometrists readily available, prescribing spectacles and keeping a careful check on the health of our eyes. This was brought home to us by Mrs Mary Toll, herself a practicing Optometrist who now helps Vision Aid in India, and to a lesser extent other countries where her expert knowledge in eye care and also how to get aid where it is badly needed. She and her husband

visit and work in a clinic that she helped to initiate by raising money for its completion. Stories and photographs illustrated her experiences. One little boy of about 6 years old had his life changed dramatically by Mrs Toll. Whilst visiting a school and showing the children how to make boomerangs she was aware of a boy standing alone under a tree. Beckoning him over got no response so she went to him, immediately noticing that he had a cataract. An operation followed and the photograph of him said it all. A happy smiling little chap proudly wearing his new glasses. A similar story followed of a teenager who was very disheveled young man with matted hair without a job and no prospects ahead of him before his condition was brought to

## CATS EYE THEATRE COMPANY

### Groping for Words

8:00 pm  
Thursday 9th May

People's Hall

£6.50 (£5.50 Concessions)  
*on the door*

her notice. With short hair, a smart shirt and tie, and a pair of glasses he now held an office job, being able to earn money and help his family, a life transformed.

Mrs Pamela Moran gave an expression of thanks. Several pairs of spectacles no longer required by their owners were donated to Mrs Toll with the fervent wish they would help someone in need.

Mrs Pamela Symonds won the prettiest brooch competition, and Mrs Mary Baleman was the lucky winner of the raffle prize.



During our next meeting on May 9th we shall be voting on the Resolutions to be discussed at the Intermediate General Meeting. This part of the meeting is usually over in a short space of time before the members entertain each other with reading, poems, or music that they would like to share with the rest of the members. Usually great fun.

There is always an open invitation to anyone who may be curious to know more about the Women's Institute and their activities.

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## BRAITHWAITES AND RIBBLE

In addition to housing Braithwaite's own fleet of coaches, Central Garage in Bainbridge Road was also 'home', for many years, to two Ribble buses. These were out-stationed from the Kendal Depot but were manned by Sedbergh crews.

According to information from the Ribble Enthusiasts' Group, the garaging charges for covered accommodation in Braithwaite's top garage in the early 1950s was £26 per annum. By 1957 when Braithwaite's sold their garage to R.S. Morphet, the rent had risen to £16.5s. Od per quarter.

The type of vehicle allocated to Sedbergh obviously changed over the years and in the late 1940s consisted of

cab Leyland Tigers. These were followed in the 50s by 30' long, underfloor engined Leyland Olympics and Royal Tigers and then later still by Leyland Leopards.

The Sedbergh based vehicles worked route 477, Kendal, Sedbergh and Dent, route 53, Sedbergh, Kirkby Lonsdale and route 481, an infrequent service between Sedbergh and Hawes. Sadly, Ribble is now history, but if anyone has a photograph taken in the Sedbergh/Dent area that includes a Ribble bus, then PLEASE could I have a copy.

Braithwaite's frequently hired out their coaches to Ribble, particularly on busy summer Saturdays, when they worked the Newcastle-Blackpool or the Blackpool-Glasgow services. This Braithwaite



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ICA Diploma	35 weeks	Tue 7th May 6:45 – 10:15pm	F £85 / B £30
Intro to Desk Top Publishing	4 weeks	Mon 6th May 7:00 – 9:00pm	£25
IT Taster	3 hours	Thu 16th May 7:00 – 10pm	FREE
Intro to IT	5 weeks	Fri 14th June 9:30am – 12:30	£25

Adult Education Classes	supported by Cumbria County Council	F	R	B
Belly Dancing	Tue 11th June, 4 weeks 7pm – 9pm	£14.40	£8.65	£3.60

F = Full Adult Rate, R = 16-18 + Over 60, B = Means Tested Benefit

• Sedbergh 21128 email:admin@sedberghcdc.org.uk  
www.sedberghcdc.org.uk

with Ribble is recorded in the book "Ribble Volume Two - An Anthology" by T.B.Maund and Alan Townsin in the chapter entitled "A day at the Coliseum bus station, Blackpool".

Probably unknown to Ribble, many of their Sedbergh based drivers used to work part-time for Braithwaite's, particularly on the school runs, and without their help, life would have been very difficult.

My own association with Ribble goes back to my school days, when I, like many Sedbergh children, attended Queen Elizabeth Grammar School at Kirkby Lonsdale. In my day, (1944-51) the school was much smaller than it is today with only about 250 pupils. Travel from Sedbergh was always by Ribble bus, leaving the market place at 8 am each morning and returning home at about 4.45 pm. Two buses were used on the Kirkby Service, one, the normal stopping service bus, manned by a Sedbergh crew, went via Barbon and the other, a school special went direct to Kirkby and in my early school days was always an Ingleton based bus. Apparently, during the war, this bus came through from Ingleton to Sedbergh, early each week day morning,

SEDBERGH WANDERERS FC

# DISCO

in the People's Hall

**Saturday 11th May**

9pm till late

Admission £2

**NO UNDER 16's**

with workers for the Armstrong Siddley machine parts factory at Tarfield Mill.

Winters were more extreme in the 1940s and SOs and in most years we suffered (enjoyed) heavy snowfalls which meant that we either couldn't get to school or that even if we did get there after a struggle, we often managed, with the connivance of the driver and conductor, to persuade the Headmaster, Mr Defoe, to send us home in case conditions worsened.

Memorable at this time were the bus races. Pupils attended QES from both Sedbergh and Ingleton and quite frequently the respective school buses arrived at Kirkby New Bridge at about

(Continued on page 12)

## J J MARTIN

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the same time. What usually followed was a race up the Kirkby Lonsdale bypass with screams and shouts emanating from both vehicles. Sometimes the Sedberghians would win, and sometimes the Ingletonians. They of course always had the advantage of descending the hill onto the New Bridge at speed whereas we had to stop and give way at the junction. The buses used to charge up the hill two abreast and I now hate to think what might have happened had anything been coming the other way. Thankfully in those days there wasn't much other traffic.

Later in my schooldays, the school special was taken over by Sedbergh crews and it was at this time that conductors were being encouraged to

become drivers. I remember one of these newly fledged drivers had great difficulty negotiating the narrow bridges around Sedbergh, particularly Middleton bridge, which, in his first week of driving, he managed to hit four times out of the five, much to the delight of the school children whose cheering did nothing for his confidence.

This same driver somehow managed to acquire his own tin of Ribble cherry-red paint and his task each evening, when the buses were put to rest in Braithwaites' Garage, was to go round camouflaging all the day's battle scars.

Even during my time at Liverpool University I still maintained contact with Ribble, having a summer conducting job from the Kendal depot. I remember this involved a week's training at Frenchwood Avenue, Preston, followed by the issue of a uniform, and then a further week's conducting on the buses under supervision.

I will always remember the first outing on my own. It was a busy summer Saturday and I took over a 555 double-decker service from Lancaster to Keswick at Kendal Town Hall. The bus was packed solid - even the lower gangway was full of standing passengers - some travelling long distance and others wanting only a short trip up the hill on the Windermere road.

It was panic stations.

I was trying to issue long distance tickets and also collect short distance fares. My high priced long distance tickets, which I remember as being red, were old and tatty and had seen little use. The first one I tried to pull out from the elastic band holding them together tore in



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half, which added to my panic. This experience taught me to collect short distance fares first and then leisurely set about the longer distance passengers. I hate to think how many people had faulty tickets that day!

Another memorable disaster was on the day that my first trip was a midday works special. There was I happily waiting by the Town Hall to board my bus when I should have been down at the Shap Road Garage. Needless to say, most of the Isaac Braithwaite's workers had a free ride that day.

Another trip I will always remember was from Kendal to Barrow. My driver that day was another ex-conductor who had a reputation for being careful. On most short trips this didn't matter because there was plenty of scope to make up time. The Barrow run however was a full 8 hour shift with only a short stopover in Barrow. My driver was so careful that we got progressively further and further behind the timetable. Eventually we reached Ulverston at about the time we should have been there on the return trip from Barrow and were met by a very irate Inspector who turned us round and sent us back to Kendal. So I never did

reach Barrow.

There were of course some very leisurely and enjoyable routes from Kendal - over Kendal Fells to Sedbergh; on the Kendal to Appleby run via the little known villages of Crosby Ravensworth and Mauds Meaburn; over Shap Fell to Penrith and of course the run to Arnside, where there was always a long enough layover for a cup of tea at the cafe overlooking the bay.



Not to deprive you of a photograph this month, how about identifying the passengers on this 1950 Sedbergh outing with Braithwaite's Leyland Cub coach, which by this time had been repainted into a nearly all over red livery. Can you recall what the occasion may have been?

Remember, a larger copy of this photograph, together with others published in this series of articles can still be seen in the photographic display at 2 Main Street or at The Lookaround office.

Gordon Braithwaite

## MARK A. GRANT

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## SEDBERGH & DISTRICT ART SOCIETY

On 12th April at the last session of the winter programme, self taught artist Bill Williamson gave a demonstration of 'Painting with a Palette Knife'.

His main advice was 'Keep it SIMPLE' and 'Have FUN'.

His technique, developed over many years, was uncomplicated and speedy. With a limited palette of student quality oil colours and just one palette knife, he worked all over the board, scraping and pushing the paint to achieve the desired effect. Without preliminary drawing or reference to his sketch book, he painted two small landscapes almost to completion. He would leave them for



a short while and decide whether any more work was required. His paintings were usually completed in one go and he suggested that three or four could be painted in one session.

He reminded us that there was always 'the bin' if things did not go well and not to be fearful of making 'mistakes'. His approach was to let the picture evolve without preconceived and limiting plans and to always leave something for the viewer's imagination to complete.

The resulting two small landscapes had atmosphere and liveliness and perhaps his straightforward 'no nonsense' approach has encouraged some of the members who have yet to try oil paintings to 'have a go'.

JMW

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### **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?

## GROPING FOR WORDS

Cat's Eye - the North-west's most vibrant new theatre company - are currently touring *Groping for Words*, a richly observed comedy by Sue Townsend (of *Adrian Mole* fame). This follows their 2001 tour of *April in Paris*, which proved immensely popular with audiences in the region.

It is twenty years since victory in the Falklands strengthened Margaret Thatcher's iron grip on British politics. Under her leadership, the Eighties became a divisive decade. Financial triumph for some, disaster for others. This, then, was the political climate in which Sue Townsend wrote



*Groping for Words* — a play about four odd yet engaging characters struggling to find their place in society. A society no longer symbolised by flat caps and warm beer but by red braces and Chardon nay. Comedy continually bubbles to the surface of this bitter brew. Nevertheless, the play's theme is a serious one. "*Groping for Words* makes us starkly aware that many people are totally incapacitated by their inability to read," explains director Tony Hunt. "And although we might be amused by the characters' coping strategies, we are reminded of the vital importance of this basic skill."

Cat's Eye last visited Sedbergh with their play *April in Paris*.



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## SEDBERGH SCHOOL

The end of last term saw the return to the School calendar of the Wilson Run. Cancelled only three times in its long history it was wonderful to see race run over its traditional course. Our thanks go to the farmers who again agreed to their land being crossed, not just for race day but also for the preceding weeks of training. This year saw another milestone in the history of the race as girls competed for the first time, with Katharine Vigar the highest placed at 34<sup>th</sup>. The overall winner was Ben Collins (Powell) who led in Stuart James (School) and John Mason (Sedgwick). All the runners really appreciated the huge numbers of Sedbergh residents who turned out to watch. With the re-opening

of Lupton in September 2001 it also meant that the Lupton flag again flew at the head of the race.

The close of the Lent term was, as usual, busy and hectic. During the last ten days the School performed Guys and Dolls, the Houses took part in Unisons (won by Evans) and the rugby sevens side headed south to Rosslyn Park to defend their national title. Unfortunately, the title was yielded to Millfield School, Somerset who narrowly beat Sedbergh in the semi-final – so reversing the result of the previous Rosslyn final when Sedbergh had defeated Millfield! The rugby side now awaits its summer tour to New Zealand and Fiji, with a fund raising Sportsmen's Dinner being held in Harrogate in late April.



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Immediately after term Sedbergh again hosted the Army Super Tens Tournament, which sees many of the top schools' rugby sides compete over two days. Millfield was again victorious, beating Merchiston Castle from Edinburgh in the Final. The plate was won by Brighton College.

During all this activity it didn't go unnoticed that Sedbergh had acquired the site of Bentham Grammar School to develop as Sedbergh Junior School. For many years Sedbergh has wanted to offer an education to children below the age of 7 but had been unable to do so. The move to co-education, proving so successful, made this even more vital a step. From this September, Sedbergh Junior School will open for boys and girls, aged 3-13, and will offer day, flexi, weekly and full boarding. Pupils in our existing Junior departments (Cressbrook and Danson) will transfer to the new site. This will then allow for Cressbrook to be refurbished and open as additional boarding for girls. In September Sedbergh will have 420 pupils in the senior school, 320 boys and 100 girls.



## GARDEN DECKING

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### 1st SEDBERGH SCOUTS

#### Annual General Meeting

will take place at the Scouts HQ on

**Friday 17th May at 7:30pm.**

All parents of Scouts and Cubs, supporters and friends are welcome.

Please come to the meeting to discuss important issues for the future of

#### Scouting in Sedbergh

Fortunately, Summer term tends to be a little quieter as public examinations become the focus for Yrs 11, L6 and U6. Even so drama will again be to the fore with productions of Endgame, The

Importance of Being Earnest and Lord of the Flies. The CCF Band heads to Lords to play before the England vs Sri Lanka Test Match, and will also be playing at the Candlelighters Ball, the Whitehaven Festival and the Grassington Festival.

The weekend of June 29<sup>th</sup> and 30<sup>th</sup> should prove interesting! On the Saturday, Friends of Sedbergh School will be hosting a Mediaeval Banquet in Powell Hall and the Sunday will see 'Everest in a Day' – a repeat of the event held some 9 years ago. This will be a fun event hosted by Sedbergh School and the Wooden Spoon Society (The Charity of British Rugby) fund-raising for the Bendrigg Trust, Bendrigg Lodge. The involvement of the Wooden Spoon means the event will receive high profile, national publicity which hopefully will all help in promoting the Town. More information about both events coming soon... 3

## **CHAMBER OF TRADE**

*15th April*

### **Matters Arising**

Sedbergh School's "Ascent of Everest" on Sunday 30 June, is to raise £10,000 for a minibus for Bendrigg Lodge. They would be pleased if members could help with stalls etc on the day.

The revised Snowball has been printed and is waiting to be distributed.

J Rusling has been unable to contact Jim Walker for an update from SLDC regarding Brown Signs. D Collier has down-loaded some information from the internet which indicates that brown signs will not be used to duplicate an existing directional sign ie Sedbergh is already signed from the motorway, so does not

need another sign. Brown signs will usually only be used for a specific attraction, not a town or area.

### **Correspondence**

Mrs L Alban has received a Cumbria Tourist Guide leaflet containing a map of Cumbria with no mention of Sedbergh. The Tourism committee will look into this.

Notice was received of a meeting with the local MEP to discuss the effect the new Euro coins will have. This arrived between meetings and was too late to circulate to members. However, there may be more such meetings, so anyone who would like to be informed of these should let the secretary know for future information to be forwarded.

## **THE SHOP ON THE GREEN DENT**

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Barclays & Business Link have organised two meetings for businesses affected by the Foot and Mouth crisis; 'Kick start Your Business' at Rheyd on 8 April and at Netherwood Hotel Grange over Sands on 9 April. Anyone interested should phone 01900 61243

The annual request for funding for the Gala has been received. Being inquorate this meeting could not allocate funds. It was pointed out that we are again going to have to fund the Mediaeval market, and that as this is our own project this must take precedence.

Cumbria in Bloom have requested a request for funding.

Derek Armstrong, Cumbria Chamber of Commerce rep made himself known to Garth and attended last week's Open Meeting. He would like to give a presentation to the Chamber and it was agreed he should be asked to the next meeting.

#### **Marketing Committee**

Mr G Steadman showed a booklet "Where to eat and shop in South Lakeland" which is available in all hotel foyers in Cumbria. It had been agreed that if Garth could get 9 advertisements, Sedbergh would get a 10th free; having obtained 14 adverts he succeeded in getting us a  $\frac{1}{4}$  page of editorial.

A Jones has advertised in the Kirkby Stephen and District Accommodation Guide. This is a pocket booklet published by Cerebus printing with very reasonable advertising rates. It was suggested Cerebus be approached to see if they would produce a similar booklet for

Sedbergh.

#### **Tourism**

The date of the Mediaeval market was confirmed as Saturday 24 August using Main Street as the venue and keeping the car park open. It will cost £125 to advertise the proposal in the Gazette plus 40% administration charge (non-refundable in the event that permission is not granted). There are also a number of other expenses which the Chamber will need to underwrite.

An early reminder: volunteers will be needed on the day to help erect stalls.

#### **Open Meeting**

More than 50 people attended, from which a community based group is to be formed (12 people have volunteered to form a committee). A community group has a better chance of qualifying for funding than a CoT. The next meeting is on 8 April, when a constitution will be finalised. The application to Cumbria Community Foundation has resulted in an award for £3,200 (of the £12,000 applied for) to cover the cost of the feasibility study, and to pay for the work put in by Cumbria Credits.

#### **AOB**

The business library mooted for the Community Office is to go ahead.

Farfield Mill is having a professional video produced.

There is a lot of rubbish in the River Rawthey. It was suggested that the Environmental Agency be contacted about getting it cleared.

YDNP is applying for funding for Sedbergh footpaths

## MAY REFLECTIONS

I imagine the deep green beauty of Dentdale. I smell the sweetly perfumed grass. I hear the birds and I see the people.

All in the mind, for it is some years since my Sir and me made that trip up the M6 to Lookaround Land.

Imagination, from the word, image, is one of God's most special gifts because as life totters just a little bit, it is the images of our experiences that light up the darkness. In turn, courage forces a way in, to stop the ever begging heart, for things now beyond our reach.

Seeing. Sight. Without it there is little with which to supply the storage tanks, to see us through the cold, the dull and the hunger.

There have been so many things that I, and we, have had to lay to one side saying, no more, or no longer. We are left with much to compensate, in my case, my Sir, my great big whacky-dacky-dog, the visits of our girls and, reading books and writing, have taken the place of energy and a certain amount of activity.

For I can no longer go just where I want. But, what I saw, I'll never forget. And it is thus that I pay special regard to the feature Visually Impaired on pages 6 and 7 of April's Lookaround.

Such a brilliant service, as exhibited in Sedbergh in March, by The South Lakeland Voluntary Society for the Blind, of equipment ranging from magnifying glasses and large print calendars to large dial telephones, and so on. With the added advantages of volunteers who will read all manner of publications, to the blind, or partially sighted.

How I wish I lived in an area such as

yours, or at least in some part of civilisation (!!) where I could be a reader. Having had a friend who was a very regular reader in Glasgow, reading the daily press.

A mighty privilege for me was when my first book *The Diary of a Privilege*, was chosen to be a talking book, on the CALIBRE Library For The Blind & Disabled, label. I've not heard from them for many years, but they were based in Aylesbury, with teams of actors and actresses to read the books, which were chosen from all over the UK having been submitted by the bigger publishing houses.

Though I was given the chance, I didn't wish to read my own book, so it was very beautifully read by Patricia Mumford. One of my treasures is the box of six double sided tape cassettes! That's what it took for my 84,000 words to be read aloud.

I believe a minimum of four sets were recorded and distributed and for some time, my '*Privilege*', the early cancer drudge account, got quite high up the success list.

Strangely enough, Sir has never been able to listen to any of it, and I found myself so moved by it, I couldn't listen much. Not solely for myself, and the horror of it all, but the loss of so many friends who battled with me.

But, as ever, I deviate somewhat. Not far though! With five to six hours plus travelling, and an awful sense of insecurity, we cannot get to South East Wales to see our eldest daughter's new cottage. So sad. But, you know me, I must always face everything full in the face, and, either accept it or fight it.

Whereas we have the most wonderful ten years of Dentdale, Dent and Sedbergh memories, plus Hawes and Settle etcetera, we have none of where Pam and Mic now live. Mic's father kindly filmed the cottage inside and out, and sent the video, which is brilliant, but we've none of the real home made 'images' to fall back on.

Never mind, eh? Now, on this beautiful, sunny, April day, as I write almost to deadline, please, appreciate everything, everywhere and everybody you see. Feed and store what your sight gives you. One day, like me, when maybe you can't travel far, see as many people as you used to, I know how much you will appreciate the sight that God gave you. And maybe, you can become a reader!

If your sight is impaired, I hope that someone will be reading this Lookaround to you.

And so, yes, for another month, I must put away my little word processor. But first, a little tale. A friend, yet another always on at me to get e-mail, is the author of many books. The next is to be big time! An epic, which, having read its synopsis, (a book in itself) sounds wonderful. I asked her how much she hoped to write each day. She said she could do pretty well, but for all the e-mails coming in! Ah ha! Caught you! We giggled so much I ached and tears ran down my face.

What is life without laughter? Nothing! Be good. Take care.

*Joan Stockdale*



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## DIZZINESS

I have treated several people for dizziness recently so I have spent some time thinking about its nature and its causes.

There are basically two types of dizziness, due to deficiency and excess respectively. Deficient dizziness ranges from light headedness to mild dizziness, possibly triggered by change of position such as rising quickly or moving the head. There may be other symptoms, such as anxiety, panic attacks, poor memory, blurred vision, "floaters" in the eyes, insomnia, fatigue, depression, facial flushing, tinnitus or loss of hearing acuity.

Excess dizziness is more severe and there may be vertigo (a sensation of the room spinning). Conditions such as Meniere's disease, transient ischaemic attack (mini stroke), high blood pressure or congestion of the middle ear may be

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diagnosed or it may be the result of a blow to the head. There may be further symptoms, for example, blurred vision, red eyes, restless sleep with vivid dreams, headache, migraine, nausea or vomiting.

Some types of dizziness are easier to treat than others. Broadly speaking, with acupuncture, it is easier to reduce excess than it is to build up deficiency.

The causes of deficient dizziness are things like poor eating habits, overwork, insufficient rest, excessive worry, prolonged illness, weak constitution, prescription and recreational drugs. Excess dizziness can be caused by emotional strain, excessive consumption of certain types of food or alcohol, according to the exact diagnosis. Notice that in Traditional Chinese Medicine wrong diet can be seen as a cause of almost any disease. Our dietary habits have a strong effect on our health.

Through observation, I have come to

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life, but merely as a useful tool to be used from time to time (rather as a liquidiser is used in the kitchen). For myself, I have noticed that I often get a mild sore throat when using the computer (a typical Yin deficient symptom).

Of course I realise that the Lookaround would not be produced without the Whickers spending long hours on the computer. I hope they may both have the constitution to be able to withstand it.

I should be interested to hear readers' views on any of this. My telephone number is (015396) 20972. My apologies for the mistakes in last month's article, all entirely my fault as I failed to provide the file on disc.

*June Parker*

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feel that excessive use of the computer may also play a role in certain cases of dizziness. It is widely accepted that long hours of computer use may cause postural problems, repetitive strain injury, loss of visual acuity, headaches and trigger migraines. (I'm not sure why these are considered acceptable risks.) However there is another aspect to this: use of the computer can erode the body's Yin (the calming, cooling, nutritive functions of the body) in two ways. Firstly the radiation from the screen is heating and drying in effect (this can be exacerbated by heavy consumption of coffee, alcohol or hot spices). The second factor is the nature of the activity which is busy and consists of a lot of virtual dashing around. It also distracts the attention from the needs of the body. None of this is supportive of good health. If you use a computer, if you can, try to regard it, not as essential to your way of

## TRANSPORT JOTTER

### Settle-Carlisle Steam

Not stopping at Dent or Garsdale unfortunately, *The Dalesman* is a new summer holiday steam service on the Settle-Carlisle line running on Wednesdays and Thursdays from July 17th to 22nd August. Announced as 'the first regular steam trains over the line since the 1960s', it will serve Preston, Blackburn, Clitheroe, Settle, Ribblehead, Appleby, and Carlisle. Not cheap to travel on, but no charge to spot 'n' snap. More information from Ribblesdale Railtours (0870 747 2983 or <http://www.railwayvideo.com/ribblesdale/>).

The 'Golden Jubilee Express' on Bank Holiday Monday 3rd June 2002 is now fully booked.

Other Settle-Carlisle Line Events  
(More info. from the Friends of the Settle-Carlisle Line at [www.settle-carlisle.org](http://www.settle-carlisle.org)).

Saturday May 18th: S&C Development

Co. Open Day at Appleby station. A vintage bus will be in operation and a Deltic Diesel locomotive is due to call at Appleby.

Saturday June 1st: Settle Town Council Gala Day in association with the Queen's Jubilee celebrations. On the same day, there will be an Open Day at Settle station.

Saturday June 15th to Friday June 28th: Exhibition at Watershed Mill, Settle.

### Dent Buses - 564A & 564B

Latest information at time of writing is good news for users of Woof's Wednesday 564B. Mark Hodgkiss of Cumbria County Council describes it as 'a major success story'. He writes, 'I think it is safe to say that despite some doubts over the continuation of the current funding, the service will be continued'.

The Saturday 564A run by Stagecoach also reports good passenger numbers. Mr Hodgkiss comments, 'It may have benefited from the Wednesday service as it is carrying slightly more passengers and taking slightly more revenue than last year - but this may be due to introducing more realistic fares as well!'

From this April fares for OAPs can be even lower - 50% lower in fact with a bus pass. So maybe when Mark Hodgkiss adds, 'As ever we could do with more users!', his dream may well come true. Let's hope so, to strengthen the case for continued support when things come up for review in 2003.

### Braithwaite's 112 Service

Look out for possible changes in the near future to this Kendal-Sedbergh-Hawes service.

Gordon Neal

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## **ARE YOU LOCAL?**

The question being raised these days is always, 'What do local people want?' But in a place like Sedbergh and the area around it, who are the local people? It is not an easy question.

What makes some-one local? There are some families that go back generations in the Sedbergh area, although they are becoming an increasingly smaller proportion of the population. There is no doubt that they are 'local', but what about those who have only lived here for 40, 20 or only 10 years. Can they describe themselves as local?

There are quite a number of people who were born here, but have spent their working life elsewhere, but they come back to retire. Are they local?

How about others, relatively few who have moved here recently, but who intend to stay here and raise their families here? When can they consider themselves local? Perhaps the future matters even more to them than to many others.

There is another quite large group who have moved here to retire. Many have moved into holiday cottages that they have used for many, many years and they very much feel that they belong. They are passionate about the area. Are they local?

Generally the distinction does not matter, except when changes are proposed. Farfield Mill was a major change and people have often had a different attitude towards it sometimes depending on the kind of 'local' they were.

There may be bigger changes coming about and they will depend upon what locals feel about them. Maybe, just maybe, the true local is the one who really cares about the future of Sedbergh, no matter what their background.

The Sedbergh and District Buildings Preservation Trust has tried to make just a little progress towards a more vital economy in these dales and we fully support those who are trying to do their best for the future of this area. Now if ever is the time when thought and effort must go into getting the Western Dales back on their feet. What will the 'locals' think?

NOTE In the last century, this area was often called the 'Western Dales' with Sedbergh at the place where Dentdale, Garsdale, upper Lunesdale and the valley of the Rawthay met. It is less of a mouthful then Sedbergh, Garsdale and Dent, which leaves out Firbank and Killington, never mind Mallerstang and Ravenstonedale. Perhaps it is time we once again become the Western Dales. 

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## FAMILY MUSINGS

Should you hear I have left home and gone back to Mother please do not worry... it is true, I have .... and hubby has come with me! All in the name of care and companionship for Granny now back in her own home with her new hip. I don't think she and I have ever spent as much time together as we have since December 2001. We really are a team and we will have lots of fun preparing for her 90th birthday in September especially when I reach half her age in August. My elder daughter will be half my age minus 2½ in June and plans to be home for her 20th celebrations, home at the moment is in Dublin, a place called Swords, work is with a well-known Car Hire Company and she is enjoying herself. It's good to know she is not as far away as Italy and we look forward to a mini-break to visit her ... sometime.

In Granny's absence we all painted her kitchen and I was reading how yellow 'boosts concentration and intellect' so I

had better live in the kitchen! The same article mentions how 'orange' can help 'beat boredom, boost fertility and when one is feeling old and add orange clothing to your wardrobe it makes you feel younger ... as you've heard before you mustn't believe all you read in the papers but its worth a passing thought ...! In one paper there was an article about Dens in the Garden (I've got one but I don't live at that garden just now!) and mentioned revolving summerhouses. Granny has one of those, it came in 6 parts, walls, roof, and floor and was erected early one morning many years ago, onto a concrete base which one of my brothers had had to keep damp with a watering can! The idea being Granny could move it to catch the sunshine at any time of day and through time it has been a 'garden room, play house, den and teenagers drop-in centre (unofficially!). We have eaten in it, slept in it, entertained in it and of course sunbathed and I can still hear the squeals of delight from a friend's grandchildren when I moved it with them inside!

Going back to colours.... I'm enjoying cuppas of Blueberry tea but why is it pink?!

When I nipped up home for some urgently needed belongings elder daughter's cat just took one look at me and turned her back... kinders at home... are you feeding the cats? Every day? We are still living at home but also at

Granny's, hubby is commuting to work for the first time in his life... I think it's called 'split level living...?' Granny has spent time in Lancaster, Kendal and Kirkby Stephen over the last 6 weeks the latter at a castle-like



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residential home where they loved her to bits and made us all very welcome on visits. The three course lunches with the three tier sweet trolley were yummy.... Especially for this trying-not-to-eat-sugar body! I've erred and strayed a bit over the last month but am back on rye crackers, rice cakes, goats cheese and milk, veggies, fruit, lean meat, ... and feeling lots better for it, the best part of Easter was being able to sing with enthusiasm and volume "Christ the Lord is Risen today - Halleluya"? A district nurse friend of mine thinks she'll try my eating plan but loves her chocolate and we often meet on the road and she always seems to be munching! Somehow rice cakes will not be as munchable as mars bars!

Our youngest will be 17 this month so please be patient drivers, another of us on the road. Happy travelling everyone, see you next month.



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## SEDBERGH LADIES N. F. U.

The Ladies Group held its March meeting in the committee room at The People's Hall when Mrs. E. Lawton from Oxenholme gave a most interesting and informative talk entitled, 'The Oboe & I'.

He told us about the history of The Oboe, one of the oldest of musical instruments. How he came to play the Oboe, having started as a Band Boy with The Kings Own Royal Regiment at the age of 15 years. He then entertained us by playing numerous pieces on the Oboe and the Cor Anglais. Mr. Lawton was thanked by Helen Woof.

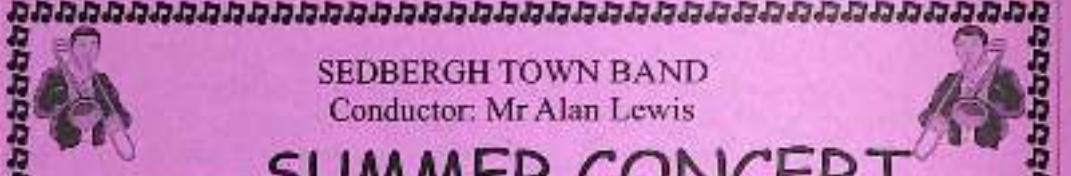
Tea was served by Mary Dormand and June Westgate. The raffle was won by Anne Mason. Discussion followed about the outing in August. A tour of Sedbergh School followed by a meal. Also the meal out in November.

The Group then met on Tuesday 16th April at 7.30pm in the main hall at The People's Hall, as the Committee Room was in the process of redecoration.

Mrs. Catherine Parsons from Levens demonstrated the preparation and filling of two types of hanging basket and a 'hay rack', telling us about the compost to use and the names of suitable plants. She also told us a little of the history of hanging baskets. They had been in existence 1,500 years B.C.. The Greeks used them as offerings to their Gods.

Doris Howarth gave the Vote of Thanks, Marlene Williamson won the raffle and tea was served by Barbara Esculme and Mary Harkness. A short business meeting concluded the evening.

The next meeting is 21st May when Mrs. Ann Wright will demonstrate Patchwork. All ladies are welcome. H.J.



## SEDBERGH TOWN BAND

Conductor: Mr Alan Lewis

# *present a* SUMMER CONCERT

People's Hall, Sedbergh  
7:30pm Tuesday 28th May 2002

Admission £3 (Conc £2) from

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### BOOK TOWN

Sedbergh could become the first specialist book town in England.

Earlier this month the next stage in exploring the idea of establishing Sedbergh as England's National Book town took place with the visit of Professor Tony Seaton of Luton University.

Professor Seaton has studied book towns in various parts of Europe and has acted as an advisor in setting up new book town ventures.

Although we have yet to hear the results of his initial study his first observations suggest that we have many of the features and facilities that help book towns to succeed.

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Why might Sedbergh want to be a book town?

Last year Foot and Mouth destroyed the livelihoods of many rural communities and while not suffering as much as some, Sedbergh was not untouched by the disease. The farming community had to bear long periods with no income and tight restrictions on every aspect of their businesses. The closure of every footpath and fell to help contain the spread of Foot and Mouth decimated our visitor numbers and a lack of any major tourist attraction's in the area meant that many shop-keepers, hoteliers and B&B proprietors had a very lean year.

The Chamber of Trade realised that we could not allow an event such as Foot and Mouth to wipe out our main source of outside income again. In short Sedbergh was keeping all its egg's in one basket, with access to the countryside taken away we had nothing else to offer.

When the book town idea was brought to our attention it seemed to offer what we were looking for:

- An attraction that would appeal to a large number of people. An attraction that wouldn't spoil the look of the town and might enhance it.

- An initiative that might attract significant sums of European funding
- A project that could help fill some of the vacant shops and produce employment
- An attraction that does not rely on the countryside

There are already two book towns in Britain Hay-on-Wye in Wales and Wigton in Dumfries and Galloway. Both have been running for some years and are successful.

Hay-on-Wye was the first and now attracts over 250,000 visitors a year and holds an annual literary festival bringing in 40,000 people over a ten day period, one in seven foreign visitors to Wales visits Hay-on-Wye.

Wigton by comparison was only

established in 1998 but already has sixteen book related businesses including bookbinders and publishers.

Activities such as these in Sedbergh could help to fill a number of disused or empty buildings in and around the town. Increases in visitor numbers will help to fill the rented accommodation and create a market for more people to set up B&B's.

If Professor Seaton's initial report is promising a further more detailed feasibility study may be commissioned providing funding can be found.

This project will now be taken forward by the newly formed Western Dales Future group, the next meeting of which is at the Bull Hotel 13<sup>th</sup> May at 7.30pm.

## David Wilson Computer Solutions

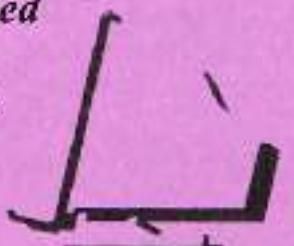
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## **COMPLEMENTARY OR ALTERNATIVE**

I remember quite clearly sitting in a classroom early in 1940, noticing that we were entering a new decade. Then my thoughts turned to the future, and the next century. Would I see it? A quick calculation told me that I would be over seventy in 2000. Immediately (for those were the days when children were brought up knowing their Bible) I concluded that my threescore years and ten would be up, so I might not live to see it.

How times have changed. People with what the Psalmist called the "strength" to manage fourscore years are thick on the ground and not only can you buy birthday cards for ninetieth birthdays, but for

100ths as well. This increase in life expectancy in the Western world can be attributed to the progress of science and medicine. Which throws up the intriguing question of why it is nowadays so fashionable to discount these disciplines and turn to ancient Oriental or medieval European practices. Not to mention spurious systems founded on "hunches".

The power of hypnosis - in its milder form of suggestibility - could possibly be at the root of most "alternative" treatments. If the therapist convinces the patient that the treatment will help them to feel better, a good result is likely (this is also known as the placebo effect). Mind-body interaction is a proven fact. No scientific practitioner nowadays would deny that mind influences body

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and vice versa. But when it comes to physical treatment of a condition, it would seem sensible to recognise the body as a material thing and the spirit as something which may inhabit it and interact with it. After all, if someone collapses with a heart attack in a theatre, the manager never calls out, "Is there an aromatherapist in the house?" The incidence of puerperal fever in the 19<sup>th</sup> century was horrendous - what saved the day was not warmth and sympathy - it was antisepsis. You can't persuade a bacterium to go away by talking kindly to it.

The argument opposing this "scientific" view is that certain practices can strengthen the immune system so that it works really efficiently and repels infection itself. But even if that theory is correct, it takes a lot of time and effort, while the bacteria multiply rapidly and can soon kill the patient. It would be a great advance if a method could be found to stimulate the immune system into immediate and efficient action - so far there seems to be no major breakthrough on that front.

There are other problems, such as clinical depression, where physical

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interference with the body's chemistry can achieve wonderful results in altering the patient's outlook and doing away with disabling symptoms. But this raises the question of which came first, the unquiet mind, or the chemical imbalance which can be corrected by medication. The pills may neutralise the physical side of the problem, but surely only a change in outlook or life experience can alter the mental attitude. "Talking therapy" may be helpful in giving the patient the insight to move on and change his/her outlook, but as long as the physical symptoms persist, progress will be agonisingly slow. This suggests that a double-pronged attack may be the answer - in which case each part of the treatment is truly complementary to the other.

And that is the nub of the matter. Even therapies which appear scientifically laughable may - probably through the power of suggestion - help to improve the patient's feeling of wellbeing. In that case they can be happily recognised as complementary therapies, and will do no harm and may even do some good. But the problem today is that many of these systems are selling themselves -

*(Continued on page 32)*

particularly through the upmarket newspapers - as alternatives to conventional treatment. Which can be dangerous.

One interesting development that has taken place in my lifetime is the shift of emphasis from the curing of disease to the preservation of health. The ancient doctrine of the four humours was concerned with achieving balance - illness was seen as an imbalance. Even the Ancient Greeks thought it was important to stay healthy by eating the right things and taking the right kind of exercise. Useful advice on "preserving health" can be found in medical literature throughout the medieval and early modern periods.

With the huge advances in scientific medicine in the 19<sup>th</sup> century the emphasis shifted to classifying diseases and finding "cures." In the eyes of modern physicians all the old theories were so discredited that the useful advice they generated was largely ignored. It seems that the baby was thrown away with the bath water. But as a philosophical theory, the preservation of a balanced organism had merit, and now it has come into its own again..

However, there are dangers out there which can attack even the best-balanced body. The human being is a complex life-form, and if it is threatened by another life form in the shape of a bacterium or a raging tiger, we need defensive weapons, be they antibiotics or a gun. These other forms of life don't speak English, so it's useless to remonstrate with them. On the other hand, we need to use our common sense to avoid catching infections or

tempting a tiger with a handful of cat-food. But if we cope sensibly with these external hazards, we can get the best out of our lives by looking after our general health. Sensible eating and moderate exercise has been the prescription which has paid dividends over the centuries, and there really isn't any need to pour pints of liquid up your bum or follow exotic diets. And when illness strikes, how reassuring it is to know that there's a whole arsenal of treatments available to the medical profession - many of them thanks to the advanced plumbing practised by surgeons, who - unlike their predecessors in medieval times - have a thorough knowledge of anatomy and pathology.

Modern medicine is still extremely imperfect. No doubt in a couple of hundred years' time people will look back in amazement at the crudity of our beliefs, and practices. Personally, I'm just grateful that I'm still here - thanks to public hygiene, surgery and antibiotics. And if I want to improve the quality of my life - well, I could light a smelly candle or have a relaxing massage. Just to make me feel better, you understand.

*Carol Dawbarn*

## PEOPLE'S HALL

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8 am to 12.30 pm - £8

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Committee Rooms all sessions as above - £5

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## SETTLEBECK HIGH SCHOOL CELEBRITIES FROM SPACE

During Spring term this year Settlebeck High School decided to take another leap into the spotlight with its premier performance 'Celebrities From Space!' - a light-hearted look at extra-terrestrial intelligence.

School productions are enormously important to Settlebeck. They celebrate the wealth of creativity and confidence that students possess. After our 2000 Spectacular "Grease" we needed a breather for a year but by this year everyone thought it was about time for another award winning act - and that it was!

Over 50 cast members were involved in the performance including a choir who did a heart warming (and occasionally chilling) job of enlightening the performance with their wonderful singing. The musical was performed for two nights at the end of last term and a full crowd appeared for each performance. Along with a brilliant new hall extension, a star filled cast and, of course, an excited (and occasionally sympathetic) audience, the show was a three hundred percent success.

For those of you who didn't manage to purchase a ticket the show was written and directed by Mr. Graham, the new Music Co-ordinator at Settlebeck High School. The actual storyline was set around a certain little town in the north of England where a small group of unknown teenagers were about to get the fright of their life as many of their fellow friends began turning into members of pop bands



such as Steps and Atomic Kitten (truly a devilish act!). However, thankfully, with the help of a few songs, two army intelligence officers and a strange 'off the side of the play' voice, it resolves itself quite well.

I'm sure that all would agree the performance was funny and, with the help of our assistant director, Mr. Fisher, it was turned into a structured and fantastically presented play. Not only that but the cast all really enjoyed working for the play and I'm sure most, if not all, would be sure to volunteer themselves again for another school production. *Andrew Bonsall, 9H*

Settlebeck High School students performed the play 'Celebrities From Space' on the 20th and 21st March 2002.

The play was a great way to show all the talented students of Settlebeck as we had the band, actors and dancers. The play was really fun as we all played a large part in writing the script and we all got our ideas in somewhere. We were able to choreograph dance routines and help with stage directions.

Overall it was a great success.

*Laura Severn, 10N*

On the 14th March Year 10 set off on the ferry across Windermere to visit the Centre for Ecology and Hydrology (CEH). The trip was a success with talks about such research topics as Fish Biology (the one where the man dropped the fish on the floor!) and Phytolimnology (the study of algae in lakes).

*Beth Aveyard & Jennie Wood, Year 10S*

## **SEDBERGH BADMINTON CLUB**

We have reached the end of a very successful season.

Many congratulations to our first team: Margaret Chambers, Hayley Forknall, Carole Townson, Siobhan Stainton, Angela Mason, Keith Burrow, John Armitstead and Alan Wilson.

Not only did they win promotion to the 3rd division for next season but they also won the Albert Pearson Memorial Trophy beating Heversham in the final at Natland. It was a draw on the night but because Sedbergh were given the away advantage by the toss of the coin at the beginning of the evening the trophy went to Sedbergh.

Disappointment for the 2nd team, they competed well all season but drop to

Division 5 for next season.

Well done to our junior players.

Congratulations to Jessica Mason playing for Cumbria Under 14's at Newcastle. Joe Robinson and Andrew Postlethwaite were selected to join the Under 12 junior practice squad.

At a recent tournament at the Leisure Centre, Sedbergh was represented by 21 juniors. They had a very successful day. Results:

### **Under 15**

Chris Wheatley is the Boys Single Champion.

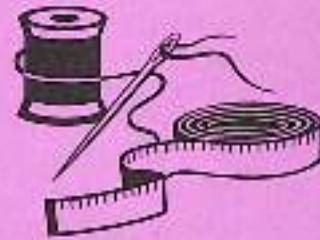
Philip Armitstead and Adam Hague beat Chris Wheatley and Tim Baines in the Boys Doubles.

Jenny Bookner and Jessica Mason beat Abby Mason and Joanne Bentham in the

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### **Girls Doubles.**

Chris Wheatley and Jessica Mason are the Mixed Doubles Champions.

#### **Under 18**

Hayley Forknall was runner up in the Girls Singles.

Chris Wheatley and Tom Rothwell beat Daniel Mason and David Sjorup in the Boys Doubles.

Hayley Forknall and Alison Barker beat Elaine Capstick and Lindsey Telfer in the Girls Doubles.

Ian Richardson and Hayley Forknall are the Mixed Doubles Champions.

At our end of season presentation evening the following awards were presented to:-

*Most Improved Player*  
Graeme Robinson



**Sedbergh Outdoor  
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### **Best Club Attendance**

John Armitstead & John Postlethwaite

### *Players Player of the Season*

Keith Burrow

### *Most Improved Juniors*

Joe Robinson & Andrew Postlethwaite

### *Player Who Makes Most Contribution*

*To The Club*

Richard Mason

A big Thank You to Margaret Chambers for her brilliant financial brain. Let's hope the broken arm due to a skiing accident is 100% for the beginning of next season. Stick to badminton!

If you are interested in joining the club contact Richard Mason on 20565 or Angie Mason on 25461. Any standard of player welcome.

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## THE CHOIR IS COMING

The Chancel Choir of the United Church of Chapel Hill, North Carolina, USA, will be participating in the St Andrew's Parish Church "Sedbergh Festival 2002" celebration of the Queen's Golden Jubilee. An hour-long recital will be presented on Wednesday, 19 June 2002, beginning at 1:00 p.m. in St. Andrew's Church. This is the fourth of five articles I have committed to write, on your behalf, so that you might become acquainted with our expected visitors in anticipation of their arrival.

Last month I outlined a number of demographic statistics relating to the Chapel Hill community, wherein I posed the question "Why such unusual statistics?". I suggested that knowing

what Michael Jordon spent his time doing while living in Chapel Hill would provide the answer. Michael spent his time reading and playing basketball at the University of North Carolina, Chapel Hill. The UNC is one of the oldest and most respected state universities in the United States. It is located within the North Carolina Research Triangle, a three-county area of cultural, scientific, and educational activities. Research Triangle Park, near Raleigh, NC, the state capital, embraces 4,000 acres of land devoted entirely to research facilities. UNC is but one of three significant universities in the area. The other two are Duke University in Durham, and North Carolina State University in Raleigh.



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Statistics can be boring, but they are very useful when trying to gain a little perspective. For example, how does living in a "research triangle", among many highly educated and professional people, affect one's life financially? The cost of living index for those in Chapel Hill is 37% higher than the national average. That is a lot! And it influences most every area of expenditure. Listing but a few, average household total consumer expenditures, as well as education, transportation, and retail expenditures are all at least 37% higher than the national average. Not unexpectedly, the education bill is actually closer to 60% higher! By the way, the average household transportation expenditure per year in Chapel Hill is £7,106, at current exchange rates. And you thought you had a problem!

I am still trying to coordinate the hospitality needs of our visitors from Chapel Hill. I have two young girls, one 11 (Katie), the other 17 (Christina), who are traveling with a parent, the first with her father, second with her mother. While each would like to be housed with her respective parent, an optimal situation would include a local girl of similar age. Any offers? Are you aware of someone who might help? Please consider lending a helping hand by contacting me at: BYNAC, Howgill Lane, or phoning Sedbergh 20305, or emailing [sskomp@onetel.net.uk](mailto:sskomp@onetel.net.uk).

A final "The Choir is coming" will be included in next month's Lookaround in which more background information will be provided concerning the UCCH concert.

Steve Skomp



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## CUMBRIA WILDLIFE TRUST

### *Sex among the Orchids*

Cloning? Old hat where orchids are concerned. Sitting among the bog mosses on the moorland between Langstone fell and Dentdale are some little green buds. They have dropped off the leaf tips of last years Bog Orchid plant, those from one parent all being genetically identical. Bog Orchids can set seeds from their flowers as well, so they ought to be sure of reproducing. In fact they are probably not at all common, but since the flower stalks may be less than 3cm high, there are probably more about than we notice.

Orchid seeds can fly at 220 mph (not a lot of people know that). They are so incredibly small that one bee orchid seed pod may hold well over ten thousand, and

each stem may carry up to ten seed pods. Because they are so small, flattened and often have a sort of wing, they can be carried up in summer thermals and even reach the jet stream, perhaps 30,000ft up, hence their potential flying speed.

Most orchid plants reproduce sexually, a sex cell from the male pollen fertilising the female sex cell within what will become the seed. The pollen grains are carried from one flower to another by insects, but in a most unusual way. So that thousands of fertile seed can be produced, thousands of pollen grains must be transferred, and this is achieved by having all the pollen contained in two bags equipped with sticky pads. If an insect visits the flower all the pollen will be collected, so all the seeds of the next

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flower to be visited can be fertilised at the same time.

Orchids have many different ways of attracting specific insects. The Bee Orchid has a flower which so resembles a bumble bee that male bees try to mate with it! In so doing, the bee collects pollen bags for the next flower which it tries to mate with. In some groups of orchids, the pollen often reaches a different species, so that there are many hybrids not quite like each other or either parent.

Because orchid seeds are so small they have virtually no food reserve with which to grow until the young plants can make their own food by photosynthesis, as in normal flowering plants. Instead,

remarkably, they rely on being fed by a threadlike fungus in the soil which digests dead material and passes it into the seedling orchid. If the right fungus isn't there, the seed can't develop. Some orchids grow underground in this way for years before ever producing a green leaf, and indeed, the Birds Nest Orchid, living in shady woods with plenty of dead plant material around, depends wholly on these fungi, never making any food for itself.

Finally, back to the title of this article; why are Orchids so called? It is because several species have paired underground tubers shaped like testicles (and therefore in centuries past thought to cure diseases of the testicles); and the ancient Greek for testicle is Orkhis.

*John Mounsey*

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## PROPERTY NEWS

Did you know that new Building Regulations that came into force 1st April 2002 apply to you if you replace windows and doors in your home and when you want to sell your property the purchaser's solicitors will ask for evidence that any replacement glazing complies with the new Regulations.

There are two ways to prove they comply, a certificate showing that the work has been done by an installer who is registered under the FENSA Scheme or a certificate from the local authority

Building Control Officer saying that the installation has been approved.

FENSA (Fenestration Self-Assessment Scheme) was set up by the Glass and Glazing Federation (GGF) with central Government approval. All installations done by a firm which is not registered or done as a DIY project by a householder will need approval under the Building Regulations. You will need to know if your installer is registered and can provide a certificate for you or has to use a Building Notice, as you the property owner, are ultimately responsible for ensuring the work complies with the Building Regulations.

The idea originally proposed was to try and beat the cowboy installers and improve the energy efficiency of existing properties by installing only approved glazing units, but there are doubts certainly as most householders and a lot of builders have never heard of the new Regulations. One effect it will have is to increase costs as there is a charge for Installers to register and a charge for Local Authority Building Control approval.

There is a transition period but check it applies to you. Cobble Country Property

## GET FIT FOR LIFE

Fed up of feeling tired every day? Want to get in shape but don't fancy those pounding aerobics classes? A yoga based programme is being offered at Casterton Village Hall and could be just what you're looking for. Bodybalance can change the way you feel forever. It brings a new twist to the ancient practice of yoga and ensures that you experience a mind and body workout that leaves you feeling relaxed and renewed.

The class, which is set to uplifting music, focuses on a range of techniques that will improve the ability of mind and body to perform everyday tasks. We are focused on making our bodies fit for life. An important element is developing your body's core strength. 'The core' is the term used to describe the spine and the muscles that stabilise it. It is important to train your core because it is used in almost every movement that you make.

Core exercises will tone your abdominals and torso, as well as keeping the lower back healthy by correcting postural instabilities. As only part of the Bodybalance experience you can also expect a range of additional improvements that will make you function better and longer. Your posture will improve and you will stand taller and straighter.

Bodybalance is not only a sage and enjoyable work out, but an experience that creates harmony between movement, relaxation, awareness and concentration. It is open to all ages and sexes and is a perfect class for mother and daughter, or partners to do together. For further information about class times please call Laura on 07929-001615.

## ST. JOHN AMBULANCE

### *Annual Report*

2001 has been a bad year for the Sedbergh Division, due to Foot and Mouth.

The income lost for the year 2001, due to cancellations and the down turn in tourism because of Foot and Mouth is £2335.

#### *Events:*

This year we attended only 6 events.

In total 10 events that we were booked to attend cancelled, and 4 more events we normally attend, informed the division they were not holding any events for the year.

We also lost income from collections at the Westmorland Motor Club events.

#### *Voluntary Hours:*

The members of Sedbergh Quadrilateral Division, did 861 hours of voluntary work for 2001.

#### *Building Rental:*

The good news is we had 54 lets of the St. John Building, which brought in £1337.

#### *Public First Aid:*

The two trainers held public First Aid Courses, which brought in £830 for Sedbergh Division.

#### *Replacement of Ambulance:*

Due to a substantial loss of income for 2001, our plans to replace the Bedford ambulance, can no longer go ahead.

I would estimate that we have been set back three years.

#### *AED Fund:*

The Division has now set up a fund to purchase a Defibrillator. An Automatic External Defibrillator costs £2450.00 + £415.00 for the training package.

## Sedbergh and Kirkby Lonsdale

Neighbourhood Forum donated £500 toward the defibrillator and the total amount raised so far is £825. Counsellor J. Nicholson presented a cheque to Sedbergh St. John Divisional Superintendent Mr Mark Winn

#### *Training:*

We have 5 members that are trained in the use of the defibrillator.

10 members of the division passed their First Aid at Work,

6 members were successful in passing the Medical Gas Course.

## MARCH WEATHER

Well March many weather was fairly kind to us really. Yes we did get some wind but not like some March gales. In fact the strongest gust recorded was 33.3 mph from the NW. After the first 2 months March rainfall was only a mere 2.36 inches. In the second week we had 5 days without measurable rain and again in the last week. On only one day did the pressure drop below 29" of mercury and then only to 28.97.

Temperatures were pleasant enough for the grass to start growing though night time temperatures did drop to freezing or below. A minimum recorded was 18.5F which with the windchill dropped to MINUS 8F - pity any poor lambs born that night!! Maximum temperature was a balmy 73.8F.

With the Greater Spotted Woodpecker hammering away it seems spring may be truly with us. The daffodils and celandines have been a marvellous display this year.

## DENT PARISH COUNCIL

Plans for celebrating the Golden Jubilee of Queen Elizabeth II over the weekend of 1st to 4th June.

The programme is as follows:-

**A Memorabilia Exhibition** will be on display in the Methodist Chapel organised by Sarah Woof at the following times

Saturday 1st June 2 p.m. - 7 p.m.

Sunday 2nd June 4 p.m. - 7 p.m.

Monday 3rd June 10 a.m. - 7 p.m.

### *Saturday 1st June*

**Jubilee Disco** in the Memorial Hall organised by the Festival Committee.

### *Sunday 2nd June*

10.30 a.m. - **Celebration Service** in St. Andrew's Church led by Rev. Peter Boyle.

2.30 p.m. - St. John's, Cowgill, same service.

### *Monday 3rd June*

Late evening - **Bonfire Beacon** on Rise Hill organised by Tony Rawnsley and some fireworks on the Green.

### *Tuesday 4th June*

Commencing at 2 p.m. School playground and Memorial Hall (hall and school if wet).

Entertainment by Garsdale Street Band, fiddlers, juggler, comedy musician and Dent school children.

Tea and refreshments.

Presentation of Jubilee mementos to the young people of Dentdale made by some of our oldest residents who were living in Dent at the time of 1953 coronation.

Music and close.

The events and presentations have been financed by a contribution from parish funds and donations by generous benefactors. Any further contributions will be welcome. Boxes for loose change donations are in the Dent Stores and the Post Office, and any cheque should be made payable to Dent Parish Council and sent to Flintergill House, Dent, LA10 5QR. All who have given contributions are warmly thanked.

There is no charge for any of the events. We hope for good weather and that everyone will enjoy a pleasant and a happy occasion, which last happened 115 years ago, when Queen Victoria was on the throne.

The parish now has grant funds to meet all the costs of construction of the passenger shelter to be erected in front of the toilet block at the car park, and we want to go ahead with it as soon as possible. Unfortunately, we continue to be held up by the Yorkshire Dales National Park.



## KILLINGTON SPORTS

Commencing 6pm on Thursday 6th June  
Beckside, Killington

Open Sports ~ Fell Races ~ Field & Track Events ~ Children's Races  
Side Shows ~ Wrestling ~ Pillow Fight ~ Tug 'o' War  
\* New for 2002 - Mountain Bike Race \*

All enquiries ring: 015242 76251 or 015396 21343



## THE PULSE PROJECT - HEALTH & FITNESS CENTRE

Hi All Bodies,

A lovely start to summer, well at least it is as I write. Like most people I am looking forward to the Jubilee Celebrations. I think it will seem a little odd not to have the Queen Mum around. Her passing is the end of an era I feel.

The forms have been sent in to the YDNP Authority with regard to changing the use of the unit on the Toll Bar Estate. We are hopeful of a positive answer. The Committee meets in June so I suppose we will have to wait until then for an answer. Meanwhile we will continue to fund-raise for equipment. We intend to lease equipment for the main part as this means updating and maintenance is undertaken by whichever company we lease from. This is not to say that we are not grateful for the donations of equipment. Many thanks to all of you like Lorraine Kirby and Ken Pope who have already given us donations of equipment. One piece of equipment we are looking into is an adapted unit for wheelchair users.

The committee have not finally decided but it looks, after taking advice, that a straight adult membership of £120 per year is going to be the basis from which we work. Naturally there will be discounted membership for all those who have special needs, combined with various payment schemes. We will do our best to please as many people as we can. Autumn this year is still our preferred opening date and as long as the change of use goes through we should be on target.

Fund-raising is on-going and we are looking at various ideas; A Quiz for July and the Challenge Cup rematch at the end of August. Plus the usual and popular Quiz sheets from Garth's and other spots around and about. MacDonald's have donated a simply great prize, no not a year's supply of burgers, something a good deal healthier. It's a real collectors item and it will be up for grabs at one of our fund-raisers. For further details, watch this space.

If you have any questions about the Project please be sure to give me a call, I will be only too pleased to hear from you on Sedbergh 21808. Wishing you all the very best of health and a wonderful summer.

Sandra Gold-Wood



FRIENDS OF DENT SCHOOL

## 2002 DENTDALE GARDEN TRAIL

Saturday 1st & Sunday 2nd June

2pm - 6pm

Cream Teas / Refreshments  
will be served in

The Sedgewick Room  
*behind Dent Memorial Hall*  
(2pm - 4pm Saturday only)

where programs will be available

# 60's MUSIC JUBILEE 60's MUSIC CELEBRATIONS

GLADSTONE HOUSE  
Fell Close, Sedbergh  
**Saturday 1st June**

7pm - 11pm

Dance the night away with

Rob Steadman  
Non-Stop  
60's Music

Meat & Tattie  
Pie Supper

*Entry by £4 ticket only*

## HOWGILL W.I.

There was a good attendance at our April meeting held at Firbank Church Hall.

Dilys McCaffery, Sheelagh Dennis and Helen Beare achieved excellent results at the Sedbergh Show earning us the W.I. Trophy. Dilys was also joint winner for the Handicrafts Cup and Sheelagh won the Art and Photography Cup.

Mary Silva gave a report on the half yearly Council Meeting held at the town hall at the end of March.

Members were reminded of the Lune Valley Group Meeting to be held at Barbon on May 20th. Also the Holker Show at the end of May.

We were pleased to welcome John Stanton from the Community Office in Sedbergh. He gave us an insight into how the office is run and the help and advice that is available to benefit the local community.

A wide range of brochures are on show,

a Jobs Board, travel tickets and parking permits can be obtained. You are welcome to the use of a computer with access to the Internet. There is a 'Room to let' for your meetings. A planning officer visits on Wednesday afternoons and the Citizens Advice Bureau is available twice a week. It is the first point of call for any issues to be put forward to S.L.D.C.

Brigid Postlethwaite gave thanks to John for enlightening us on the many services that are available. We feel sure we will be visiting the office in the near future for one reason or another.

The monthly competition 'An Old Fashioned Remedy for an Animal' was won by Mary Stainton with Elsie Middleton second. Raffle winner was Brigid Postlethwaite. A Jacobs Join supper was served. The social half hour was two poems read by Sheelagh Dennis. These were humorous and left us all in a happy mood rounding off an enjoyable evening.

If you would like perfect hanging baskets this summer why not join us at Howgill School room on May 2nd at 7.30pm when Peter Howarth will be demonstrating 'Hanging Baskets'. A.H.



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## **SEDBERGH GALA 2002 A REAL CELEBRATION**

Sedbergh Gala will take place on Saturday 18th May 2002, the theme for the event this year is Celebrations. So we hope that all local people and many visitors will come along to support the procession, entertainments and stalls booked in celebration of the return of the Gala. Remember how strange and quiet the Town was last year when Gala was cancelled. It is not too late to offer to help with the running of Gala or to fund raise or inform us all about your group or charity. Some local people have come forward already but there must be many others who could arrange a game, or stall or spare an hour to sell raffle tickets.

The Procession will leave Maryfell at 12.30pm. Gala Queen Beth Aveyard and her attendants in traditional dress will be the stars but hopefully there will be lots of competition from Fancy Dress entrants. This year for the first time Sedbergh Town Band will march in the procession as well as the ever-popular Kendalians. If you are not able to join the Procession then please make sure you are able to watch, anywhere on Main Street is best.

Events of the field are advertised on the front page of this edition of the *Lookaround*. There will be an Army Assault Course as well as two varieties of Morris Dancing. Fell running for juniors and adults (just enter your name with Gala Secretary on the field), Cumberland Wrestling will feature as well as a Pet Show judged by the local vet. Plenty of refreshments will be available. Steadmans are running a food stall and lunches and teas will be available in the People's Hall all day. Negotiations are

well underway for the beer tent but this is not yet fully confirmed.

So please make sure that Gala gets put on the calendar and is the celebration it deserves to be.

P.S. If anyone was awarded a trophy during Gala 2000 can they please make sure it is returned to the field at the start of the Gala.

P.P.S. Further information can be obtained from Gala Secretary Joyce Cox on Sedbergh 21820.

## **Howgill Duck Race**



& Coffee Morning



**Monday 3rd June**

Ducks set sail at 7.00 pm

Ducks only £1 each ~ 1st Prize £50

Ducks available from

Janet (21529 or Siobhan (20665)

All proceeds to Village Hall Funds

## **THOUGHT FOR THE MONTH**

Caring about someone, really walking their path of pain with them does cost us time and strength, yet how great a privilege it is to really support someone in that way.

An elderly lady would get very upset if things got difficult and would ask her young niece "You'll be by me?" Are you being "by someone" just now. Be glad for one day you may need someone "by you."

So often it is easier to give support than accept it yourself, personally I'm always very pleased to accept support. Keep it coming folks! But I must give "out" as well. That's Life!

L.D.

## HISTORY SOCIETY

The Annual General Meeting of the Sedbergh and District History Society was held at Settlebeck on March 23<sup>rd</sup>. Ingram Cleasby, President of the Society was in the Chair. Reports given by the Chairman (who gave special thanks to the Committee which has been so very supportive), Secretary, Treasurer and Membership Secretary were read and the Statement of the Accounts was approved and adopted.

The Officers of the Society were re-elected apart from Roger Underwood who has served as Vice Chairman for five years and under the terms of the Constitution has resigned from the Committee. He has been a tower of strength behind successive Chairmen and will be sorely missed. Tony Hannam was unanimously elected Vice Chairman. Other members of the Committee were also re-elected and in addition, David Mason was nominated and accepted.

Future plans were outlined - these include a comprehensive cataloguing exercise of all the records which are held in the History Room and the depositing of original material to the Cumbria County Record Office, Kendal where it will be safer and yet available for members to access at will.

Unfortunately, George Tomlinson was unable to show his slides of Sedbergh himself so Joyce Scobie gave the Presentation for him. This was followed by an excellent Jacob's Joint supper. The new Committee is as follows:-

<b>President</b>	Ingram Cleasby
<b>Chairman</b>	Joyce Scobie
<b>Vice Chairman</b>	Tony Hannam
<b>Secretary</b>	Diane Elphick

## Treasurer

Richard Cann

## Membership Secretary

Richard Cann

## Programme Secretaries

Ann Sibley,

Christine Swannick

## Social Secretary

Maureen Lamb

## Editorial Board

Diane Elphick,

Joyce Scobie, Tony Hannam,

Francis Stacey

## Editor Newsletter

Tony Hannam

## Other members

Audrey Douglas,

Shirley Tebay, Graham Dalton,

Kevin Lancaster, David Mason

## SEDBERGH CHAMBER of TRADE

## JUBILEE CELEBRATION

### FANCY DRESS COMPETITION

Back Lane Field, Sedbergh

on Tuesday 4th June

*Theme: The last 50 years*

Categories: Under 4 years

Girls 4 - 7 ~ Boys 4 - 7

Girls 8 & over ~ Boys 8 & over

## SEDBERGH WANDERERS

## CLUB BADGE COMPETITION

In February the Football Club ran a competition for persons within the town to design a badge or emblem that will remain with the Club for ever, and we can all relate to.

There were 14 very good entries and after the Club's Chairman and Treasurer looked at them all, they decided to pick the best one which was designed by Margaret Hall and you've probably seen the eye catching design on the lads new tops. So, thanks very much to everybody who contributed and the £25 goes to Margaret.

## WHAT'S WITH THE WEB SITE?

[www.sedbergh-yes.net](http://www.sedbergh-yes.net)

David Collier has been at it again!

Our web site now incorporates a dynamic interactive diary of events, and it's easy to use too.

Just place your cursor over the date in the calendar and it shows you what's going on that day. Click on the date and more information, many have pictures of previous years events that jump onto your screen.

Why is it Great? Because you can feedback your comments or tell us about your own events for inclusion on the web, broadcasting the details to the world. Anyone travelling to our part of the country will be able to see the wealth of activities taking place in Sedbergh, which encourages more people to visit the town and better attendance at your bash.

David has also created links to other web-sites so you can now go direct to an aerial photograph of the town and check if your gutters need cleaning!

There is also a link to a company specialising in old photographs dating from the late 19<sup>th</sup> century. This site holds numerous pictures of the old town and surrounding features. All are available for you to view for free or buy your own framed copy via the web.

We believe we have the best town web-site on the net. Mr. Bailey from the USA agrees with us, our web site is something to be proud of. He left his very kind comments on the web-site after checking us out as a potential holiday destination. Needless to say, after finding us on the web, he booked a local holiday cottage. We hope the Baileys have a great time in late April and that the weather holds for

them. The scenery has been wonderful during the early April sunshine.

Check out the changes yourself, is there anything we could do to make it even better? Let us know via the comment's page.

## GARSDALE

### GOLDEN JUBILEE CELEBRATIONS

7pm till late Wednesday 5th June

In Garsdale Village Hall

Hog Roast - Bar - Disco - Fancy Dress

Tickets £6 - Primary Children £3

*in advance from*

*Joyce 20502 or Rosemary 20993*

*£7 & £3.50 on the door*

*Children's Sports from 1pm followed by Tea*

## DOGS KILLED BY POISONING

It was with dismay that I read the report concerning the poisoning of dogs at Millthrop.

What motives could anyone have for committing such a despicable act?

Does someone have a grudge against the owners?

Were all of the dogs that were poisoned a great nuisance?

Was it due to dog fouling on roadways and footpaths, Millthrop being an area where many locals and visitors walk their dogs?

Can there be any justification for poisoning family pets, causing pain and suffering to the animals, not to mention misery and distress for the owners whose dogs met with such horrendous deaths, I think not.

Let us hope the Police, through their investigations, can determine who was responsible and why.

## FROSTROW W. I.

The April meeting commenced with the President Mrs. Linda Hopkins welcoming members and a special welcome was given to Mrs. Nora Walker who has been unable to attend for several meetings.

Our Story Sack and its contents which depict pond life and the development of a frog was on display for our members. The Story Sack will be presented to the Primary School before the end of April. The President thanked all those who had made such delightful items.

Arrangements were made for our outing in June which will be a very busy month with the Queen's Jubilee celebrations on the 4th and our participation in the day on Lupton Field.

Members were given the latest news of Mrs. Margaret Falkner who will be entering hospital shortly. We were asked to remember her in our thoughts and prayers and wish her a speedy return to health and home. Several of our members will be going to Barbon on the 20th May to the Lune Valley Group Meeting - always a good occasion.

Our next meeting will be the Resolution discussion evening and will conclude with a social and a Jacobs Join.

The speaker for the evening was Mr. Peter Howarth, T.V. gardener, Chairman of Cumbria in Bloom and an executive on the R.H.S. for the running of Britain in Bloom.

His wonderful slides and explanations and descriptions of all the plants and trees was of great interest to us all. We certainly knew we had an expert in our midst. His own garden is a huge patio

and everything is grown in containers and his 'pond' Lake Windermere is at the bottom of his garden - the slide shown of this was beautiful. He was warmly thanked by Mrs. Marjorie Fishwick. A warm invitation is extended to anyone wishing to attend our meetings. M.D.

## DENTDALE WI

Our speaker for the evening was Mr David Mower who gave an interesting illustrated talk on the work of Leighton Moss RSPB reserve. The photography was stunning. We were shown slides of the flora and fauna alongside slides of the ongoing work of managing this important site and excavation of new areas for further wetlands.

Mrs Murdoch chaired the meeting and told members about the forthcoming group meeting to be held in Barbon village hall on 20<sup>th</sup> May.

Tickets now being available for a talk entitled *The House of Colour*.

Details of the outing to Holehird on June 12th on were also given.

Members were reminded of the interesting courses and outings advertised in the W.I. news and Stella Bannister and Catherine Sugden gave reports on the making of Amish quilts and Art appreciation at Abbot Hall respectively.

Freda Meakin reported on the half yearly Council meeting. The Federation has put forward a proposal to start a 200 + club monthly draw to raise much needed funds.

The competition for a spring flower was won by Catherine Sugden and the raffle prize by Margaret Schofield.



## THE SEDBERGH YOUTH SUPPORT FUND

For a number of years, Sedbergh supporters of School's Christian Unions have met on a monthly basis for a bacon butty breakfast, and an opportunity to learn about, and pray for, the work being done by them, in local primary and secondary schools. Over a year ago, it was suggested by a few of these supporters that there was a need for a Fund to be set up, to support Christian work amongst young people within our local community. Accordingly, such a Fund was established, and a Management Committee appointed to administer it.

Originally named the "Bacon Butty Club", it has now been more formally called the Sedbergh Youth Support Fund. It is an inter-denominational "trust" with representatives from the churches in Sedbergh being on the Management Committee. In its first year, the Fund has helped to support the August Holiday Club for youngsters at the People's Hall, and a couple of local young people doing voluntary "outreach" work in inner cities.

The Fund received a number of donations in the first year, for which the committee is most grateful. As we move into our second year of existence, and the aims of the Fund become more well known, we anticipate that more calls upon resources will be made.

Those of us involved with this venture believe that there is a real need for the Fund to help and support the work of groups and individuals who are happy and prepared to give of their own time and energy in Christian work with youngsters. Sedbergh is blessed with many such people. Long may it remain so. If

this Fund can contribute to this continued effort by way of financial assistance, then its aims will be fulfilled, and we will consider it a success. If anyone would like to know more about this Fund, please contact the Secretary of the Fund on Sedbergh 20785. M.J. Cope (Chairman)

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## WANTED

Over the last few months, there have been many requests in the Lookaround for information regarding individuals without any response, including the photo's sent in by Gordon Braithwaite.

Another request to trace someone has been received from Frank Jeger Ohlenbusch of The Netherlands and reads as follows:

*Would you be so kind, giving me the information where I can get the data of a certain Marga Ohlenbusch. I have the information, that she went to Sedbergh from Amsterdam in 1932. I was wondering if she have lived in Sedbergh. Thank you in advance.*

If you have any information, please let us know at the Office and details will be forwarded on. DJW

## DIALECT DIGEST

I was brought up in a small village in what is now North Yorkshire, and one thing I always remember from my youth was the range of pithy expressions used by my mother (a Sheffield lass).

I was always being told, 'frame thissen!' if I was not doing a job properly, or 'shift thissen!' if I was in her way.

I cleared away the pots from the table on the command, 'Side it!', and I've lost count of the number of times I was urged to 'show a bit & gumption!'

Someone careful with their brass was known as 'a rect nipscrew', and if my mother forgot something, she claimed it was because she 'mun he doitin'.' (going senile!) One expression that seems to have virtually disappeared is 'Set hooam', in the sense of accompanying visitors to your house part of the way home afterwards. Nowadays, we just 'set them to their cars outside.'

Are today's children called 'mauny' any more? It's a highly descriptive word, meaning surly, bad-tempered or sulky. Like most dialect words, it is very old, but at least the rise of the refrigerator has meant that, fortunately, its original meaning, 'full of maggots', is no longer applicable to our household food stocks!

Michael Park

## KARATE COMES TO SEDBERGH!

Karate originates from Japan and is a form of discipline for mind, body and soul that includes self-defence techniques. It is also a fun way of keeping fit in a group.

Steve Greenwood is an experienced Karate instructor who has worked in Settle for many years and also runs the Fish and Chip shop in Ingleton.. His style of Karate is WADO-Ryu, which, as far as I understand it, means the way of peace. He has tentatively agreed to start a group in Sedbergh this September, if enough people are interested.

It would most likely run on a Monday evening and there would be two classes: a kid's class (over 8's) running from 6 - 7 pm and an adult's class (over 14's) running from 7-- 8.30p.m..

The cost would be £3 per session and other outlay would be a Karate suit costing about £30, although this would not be strictly necessary immediately.

If you are interested please ring Deyna Hirst on 21556 so that I can persuade Steve it is worth his while coming up here! Giving your name doesn't mean you are totally committed but I do need to give him realistic figures!

BB

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## MEDIEVAL FAIR

SATURDAY 24th AUGUST 2002

BACK BY POPULAR DEMAND

Following the magnificent response to last year's event we are repeating the Fair for your enjoyment. This time the stalls will be placed along the Main Street, which will be closed to traffic between the Sedbergh Gallery and the corner of Joss Lane, to allow greater access for all.

There are currently a few spaces available and if anyone would like to sell fresh produce, crafts, jewellery, preserves, etc would they please contact Mrs J Cox on 21 820 or Mrs L McLennan on 21 898.

If you have any comments or suggestions please contact us.

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## WESTERN DALES FUTURE

Formation of a Community group to promote and develop Sedbergh and district.

Another meeting of interested parties took place at the Bull Hotel on 8<sup>th</sup> April.

A very full agenda saw us take several steps forward. The group now has a name, elected officers, a set of agreed aims and objectives and a draft constitution. Henceforth the group will be known as Western Dales Future.

Our aims will be to:

1. Enable the development of a diverse, dynamic and competitive local economy.
2. Strengthen the local community by encouraging groups and individuals to work together on common objectives.
3. Facilitate communication between local groups, both business and community.
4. Promote Sedbergh and district in the UK and beyond.

Those present at the meeting represent a broad range of interests and areas but it was felt that we needed greater representation from outlying areas, particularly Dent and Garsdale to ensure all parts of the community have their voices heard.

One of the key functions of the group will be to seek funding for local projects, as applications from community groups appear to carry more weight than bodies such as the Chamber of Trade.

If we are successful in gaining some of the post Foot and Mouth grant money we will soon be able to set about our ambitious list of events, mentioned in previous editions of Lookaround.

The next meeting will be at the Bull Hotel on 13<sup>th</sup> May.

## CDC

Sedbergh Community Development Centre goes it alone!

Those of you who have read my articles in the past will know that Sedbergh CDC is part of Cumbria CREDITS and has been receiving a grant for the past four years to help us get established. From 1st April 2002 the CDC no longer automatically receives any funding. We must now rely on money we can draw down from the Learning & Skills Council (LSC) for many of the further education courses we run. We will also be contracted by CREDITS to run certain activities and we will be making various funding applications, either on our own or in partnership with other organisations. Finally of course we can charge a fee to our students. Every course is very carefully costed and I will try very hard to ensure that course fees are kept as low as possible!

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## BROWSERS WELCOME

*OPEN 6 DAYS A WEEK*

*SUNDAY BY APPOINTMENT*

*Bed & Breakfast available*

On 7th May we start one of this year's major courses. The Integrated Computer Applications Diploma is specially developed for CREDITS and leads to a very valuable qualification from the Open College. The course last 35 weeks and covers common aspects of using a computer. It is aimed at people who have little or no previous knowledge and does not require you to take any tests or exams! Ten very happy local residents recently completed last year's course and will shortly be invited to a CREDITS awards ceremony. This year we are making a charge of £85 for the course (£30 for people on means tested benefit), payable in instalments. This works out to less than 70p per hour of tuition!

I would like to say a big thank-you to everyone who has attended any of our activities so far. Please continue to support us by taking up the places on the ICA Diploma and our other courses. Our main advertisement gives further details. During the past four years we have filled over 300 course places, so we must be doing something right!

*Chris Wood*

## SEDBERGH TENNIS CLUB

The Sedbergh Tennis Club AGM was held on 18th March and the following officers were appointed or re-appointed:-

<i>President</i>	Sandy Roy
<i>Chairman</i>	Richard Ellis
<i>Vice Chairman</i>	Graham Robinson
<i>Secretary/Memb. Sec.</i>	Audrey Carr
<i>Treasurer</i>	Tracey Thornton
<i>Mens Team Captain</i>	Graham Robinson
<i>Ladies Team Captain</i>	Tessa Moore
<i>Junior Team Co. Ord.</i>	Rosemary Lewes
<i>Adult Coaching</i>	Ysabel Sugden
<i>Sedbergh Sch. Liaison</i>	Sara Hirst
<i>Settlebeck Liaison/Coach</i>	Angela Nicholas

*Primary Liaison/coach* Stephen Cayley  
All the formal business was duly conducted, with the Chairman giving his report for the previous year, accounts being presented and arrangements made for this year. The meeting closed at 9pm.

### *Forthcoming Events*

Bank Holiday Sunday May 5th - Family Tennis Day (Play Tennis 2002) with prizes and a BBQ to finish. Starts at 2pm. One "adult" + one "child" per mixed couple.

Sunday 26th May - Mixed Doubles Afternoon with prizes and a BBQ to finish. Starts at 2pm.

Saturday/Sunday 29th/30th June - Jean Clough Tennis Tournaments.

End of August - Family Tennis Day + end of season Family BBQ.

### *Club Times*

Tennis Club days are:-

Tuesdays 7pm	Mens
Fridays 7pm	Ladies
Sundays 2pm	Mixed Doubles

Please take the opportunity to have a hit with different people on the relevant days.

Richard Ellis

## CITIZENS ADVICE BUREAU

**Q. I was looking forward to spending a long weekend with my family in June until my boss told me I would not be getting the extra bank holiday off to celebrate the Queen's Jubilee. Surely if it's a national holiday I have a right to the day off?**

**A.** You are not alone in thinking you would be getting the extra Jubilee Bank Holiday this year, only to discover your boss has decided to treat it as a normal working day.

Unfortunately for you and your workmates, there is no right in law to have bank or public holidays off. Your only right to take them off - and be paid for doing so - relies on your contract of employment. Even if there is an agreement that certain bank or public holidays are to be taken off with pay, it does not follow that you are entitled to have all of them off. Even if your contract does give you the right to take some bank or public holiday off, your employer can include these within your statutory right to four weeks paid holiday, unless your contract says otherwise.

The fact that you got the Millennium off as a bank holiday makes no difference. Just because your boss agreed to it for one bank holiday does not mean that he has agreed to it for all the others. That said, you could try arguing your case on the basis of your long service. This may put you in a stronger position, but only if you get all your workmates to join you. Joint negotiation has a better chance of a successful outcome.

**Please note that the Sedbergh Office of the CAB has now altered its opening hours and please see the advertisement in this booklet in which they are clearly set out.**

## QUEEN'S JUBILEE

With only a few weeks still to go to the Queen's Jubilee plans for the celebrations on 4th June are progressing.

During the afternoon there will be lots happening on Back Lane fields, including Fancy Dress Competition for children, performances by the Town Band and Howgill WI, exhibitions of art and crafts, demonstrations of working dogs, side shows, Maypole, juggler, cricket, bowling and tennis, face painting, coconut shy, tombola and lots more. Refreshments will be available throughout the afternoon.

In the evening there will be a concert by 'Twenty Four Seven' in the Auction market and there will be a bar and food available.

As yet no one has volunteered to organise street parties but there is still plenty of time, but don't leave it too late.

For more information and details of how you can help please contact John Stanton at the Community Office or telephone 20504 or 20901.

## At the Chair Workshop

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## PLAYGROUND PROJECT

The Playground project had an official presentation of a cheque for £500 from Merewood Homes. Their own photographer and the Gazette photographer were there. A photo, from the Gazette has appeared in 'The Citizen' and we were allowed to keep the oversized cheque. We have also received several private donations from people in Sedbergh. For which we are extremely greatfull. We presented our plans to the Parish Council, as we have to adopt the land so we can access funds, all was well received and we have their full backing. Following our Open Day, in the peoples hall we now have a target of £60,000, which has been broken down into a 'Shopping List', showing the cost of each piece of equipment, safety flooring, fencing etc. The committee members divided the thirty or so funding applications we are sending out, so by our next meeting we should have some progress on the next stage of the process. We are planning some local fund raising events, will be at Gala day and welcome any help anyone can give. Otherwise we'll keep you posted. *Mike Hinson*

## CUMBRIA FARM PLASTIC RECYCLING SCHEME

### Clean Farm - clear conscience!!

All farmers in Cumbria are being urged to clear out any used plastic while the Cumbria Farm Plastic Recycling Scheme is still able to accept the loose waste that is brought to central collection points in trailers. It is hoped that a collection will be held at the County Council Depot on Guldrey Lane, Sedbergh on Tuesday 21st and Wednesday 22nd of May. Please look out for posters confirming this date or phone Carol on the number below. In the future the scheme may be forced to accept only waste material that is stored and brought to collections in specific storage bags, so now is the time to clear out any backlog of material stored throughout foot and mouth.

The Cumbria Farm Plastic Recycling Scheme, launches in January 2000 has already collected and recycled over 1000 tonnes of plastic waste, despite all collections being cancelled during the foot and mouth crisis. Having now resumed collections it hopes that more and more farmers can be encouraged to use the service which makes environmental sense as well as being practical and affordable for farmers.

2500 tonnes of agricultural plastic of the type collected by the scheme is estimated to be used in Cumbria each year. Ideally the scheme would like to collect and recycle the total amount. It operates by organising collections where farmers can bring their plastic including bale stretch wrap/bale bags, silage sheets, small feed/fertiliser/mineral bags and ½ tonne fertiliser bag liners. Farmers are charged a fee depending on the size of load.

approximately £20 per tonne, which covers a proportion of the transport costs to remove the plastic and is considerably less than the charges made by landfill sites.

If you would like any further information, please contact Carol Douglas on 015396-20876 or e-mail: farmplastic@aol.com

23

## SEDBERGH FESTIVAL 2002

### President: The Bishop of Bradford

June 15th to 23rd

The Festival is St. Andrew's contribution to the Queen's Golden Jubilee Celebrations and designed to compliment other events in the town.

There will be lunchtime recitals and evening concerts each day. Five fine choirs will be taking part: the renowned Steeton Male Voice Choir will open the Festival on the first Saturday, followed by the Bradford Cathedral Choir, The Levens Choir, The Chancel Choir of the United Church of Chapel Hill, North Carolina, USA, and our own Sedbergh Summer Singers, who will be joined by members of the Levens Choir and Ulverston Choral Society in Haydn's great Oratorio *The Creation*.

There will be many instrumental recitals and several illustrated talks. Something for everybody to enjoy.

Then of course mention must be made of the delicious lunches on offer before each lunchtime event.

Full details in the June edition of the *Lookaround* and in the publicity around the town.

Thanks to generous support from patrons and friends, admission prices have been kept very modest. Deryck Cox

## MAY GARDENING

I always think of May as being the month in which to visit woodland gardens. The beauty of unfolding leaves on the trees makes a perfect foil for the shrubs and perennials underneath. Our damp climate enables us to grow many things which would struggle to survive in the warmer, drier, south of the country.

*Dicentra* (Dutchmans breeches) with their white or pink flowers and ferny foliage and *Epimedium* (Barrenwort) with yellow, white or pink nodding blooms and attractive foliage flourish here. More uncommon and difficult to grow are *Sanguinaria* (Bloodroot) which has pure white, waterlily-like flowers, *Trillium* with three leaves and three white, pink or dark burgundy red petals to each bloom, *Uvularia* (Merrybells) with its nodding pointed petalled, yellow flowers, and the beautiful pale lilac-blue *Jeffersonia* (Twin leaf) are well worth looking out for.

Shade loving shrubs must of course include deciduous Azaleas with their fragrant flowers. Those of the Mollis, Exbury and Ghent groups all have attractive flowers which range in colour from rich blood red through orange and sugar pink to pale apricot and white. They usually have the added bonus of good autumn colour.

Other beautiful shade loving shrubs are the flowering dogwoods - *Cornus* - which originate from Japan, China and North America. *Cornus Kousa* is one of the most striking with its showy creamy white bracts displayed on tiers of green foliage. *C. Kousa 'Satomi'* has rich pink bracts and *Cornus 'Eddies White Wonder'* (a cultivar from the USA) has extra large white bracts and excellent

Autumn colour.

Finally as a specimen shrub or small tree the 'Pagoda Dogwood', *Cornus alternifolia 'Argentea'* is hard to beat. This had spreading, tiered branches bearing delicate white margined leaves. Flowers are small and white and are born above the foliage. *Elaine Horne*

## FESTIVAL 2002

The organ recital on the Thursday of the Festival will be divided between two fine organs; the instrument in the School Chapel and the Parish Church organ.

The organist will be Damian Howard. Damian began his musical training as a chorister at Lichfield Cathedral. He gained a Music Scholarship to Sedbergh School before entering the Royal Northern College of Music in 1993 where he studied the organ with Gordon Stewart and Matthew Owens, graduating with honours and winning the Lancaster Cronshaw Award for playing. While at the RNCM he was Organ Scholar at Blackburn Cathedral from 1996-1997.

After post-graduate study at Durham University he was organ scholar at Lincoln Cathedral from 1998-1999.

Since 1997, Damian has won funding to study the organ with Professor Marie-Louise Langlais at the Paris Conservatoire, specialising in music of the French Romantic period.

Damian will be joined by Matthew Balson in music for Trumpet and Organ.

Don't miss three enthusiasts talking about their favourite passions: Ruth Davey on Art and Faith, Canon Alan Fell on the Blues and Richard Thomas on Haydn and his music.

*D.C.*

## **WELL DONE FELICITY**

Felicity Close, from Sedbergh has successfully auditioned for a three year course in Musical Theatre at the 'D' and 'B' School of Performing Arts in Bromley, East London.

She has been singing and dancing since the age of three, beginning at The Tokari Dance School in Kendal. Six years ago she transferred to the Robinson/Read Dance School, Bolton-le-Sands, and has been trained to a high standard of Classical Ballet at The Suzan Sedgwick School of Dance in Sedbergh.

The Course includes all Dance Disciplines, Singing and Musical Drama, and all aspects of Musical Theatre.

Felicity is a former pupil of Sedbergh Primary School, and Settlebeck High School. She is currently studying 'A' level in Music, English and Drama at Queen Katherine School, Kendal and will take the exams shortly.

Felicity is the elder daughter of Liz and Nigel Close of Castle Haw Farm, Sedbergh.

"Well Done Felicity". All your hard work and dedication is being rewarded.

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## **SEDBERGH CRICKET CLUB**

The good news is that the new wicket is in place! The bad news is that within 3 days it had been vandalised! The firm that laid the strip have put them down in inner cities such as Leeds and Newcastle without any problems but here in Sedbergh they get damaged!!! Why can't people leave things alone?

Well the season is almost upon us. By the time you read this U13 should have played their first match against Cressbrook. The seniors begin their season on Bank Holiday Monday with an away fixture against Lancaster 4th. Lets hope for a better season all round.



## SEDBERGH CUP FINAL

Sedbergh Wanderers Football Club would like to thank the town and Dent for the very large travelling support for the Cup Final on Friday 19th April at Settle. We beat Waddington 3-0 with goals from Elliot Oxley, Dave Metcalfe and Man of the Match, Craig Moffatt. In a very one sided match we brought home the

Yorkshire Morrison Cup for the first time in the ninety seven year history of Sedbergh Football Club.

We would also like to thank the Red Lion, Bull Hotel, Dalesman and especially the White Hart Club for their contributions towards the evenings celebrations.



ORGANISATION	CONTACT	Tel:	015396
Action Research	Mrs Bainbridge	Sed:	20044
Age Concern	Mrs Alderson	Sed:	20814
Age Concern Monday Club	Mrs Winder	Sed:	20512
Age Concern South Lakeland PH (M, & F)	Mrs Hancock	Sed:	21986
Angling Association	Mr Dandy	Sed:	
Art Society	Miss Nelson	Sed:	20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed:	20665
Baby & Toddler Group	Mrs Packham	Sed:	21484
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beecollectors Association (S & D)	Mr Stanton	Sed:	20901
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bowling Club (Indoor)	Mrs Greenbank	Sed:	21720
Bridge Club	Mr Mr Stanton	Sed:	20901
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed:	20553
Caving & Potholing Club (Dent)	Mr Stephenson	Sed:	21285
Chamber of Trade	Mrs Rusling	Sed:	20788
Christian Aid	Mrs Hannam	Sed:	20897
Conservative Association (Sedbergh)	Mr Beck	Sed:	20336
Cricket Club (Dent)	Mr Smith	Dent:	25209
Cricket Club (Sedbergh)	Mr Wright	Sed:	21038
Cumbria Wildlife Trust	Mrs Garnett	Sed:	21138
Dentdale Choir	Mrs Bush	Sed:	20058
Dentdale Festival Committee	Mrs Owen	Dent:	25505
Dentdale Players	Mrs James	Dent:	25037
Dent School (Friends of)	Mrs Mason	Dent:	25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed:	20316
Fire Service (Tuesday Evenings)	Mr Packham	Sed:	20302
Football Club (Dent)	Mrs Burrow	Dent:	25434
Football Club (Sedbergh)	Mr Moffat	Sed:	21797
Gala Group	Mrs Cox	Sed:	21820
Golf Club	Mr Lord	Sed:	20993
Good Companions (Dent)	Mrs Woof	Dent:	25275
Guides	Miss Stephenson	Sed:	21731
Rainbows	Mrs Metcalfe	Sed:	20949
Brownies			
Guides			
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
Hockey	Miss Capstick	Sed:	20259

## SEDBERGH BARNARDO'S

The Sedbergh Barnardo's Helpers Group wish to thank all the people who supported their recent Coffee Morning. The event raised £183 towards Barnardo's projects in Cumbria.



## SEDBERGH SPRING SHOW

To all Sedbergh Spring Show certificate winners. If you haven't collected prize money yet, you can do so from the Community Office between 10am and 4pm on Monday to Friday.



Howgill Harriers		Mrs Moffat	Sed:	20907
Howgill School Room *		Mrs Stanton	Sed:	20665
History Society		Mrs Scobie	Sed:	21106
Kent Lune Trefoil Guild		Mrs Taylor	Sed:	20440
Ladies National Farmers Union		Mrs Woof	Sed:	21343
LETS around Sedbergh		Miss Wheaten	Sed:	20959
Liberal Democrats		Mrs Cleasby	Dent:	25476
Masonic Hall		Mr Conchie	Sed:	20660
Playgroup, Toddlers & After-School (Sedbergh)		Mrs Stanton	Sed:	20665
Over 60's (Dent)		Mrs Murdoch	Dent:	25335
Parish Council (Dent)		Mr Dalton	Dent:	25436
Parish Council (Garsdale)		Mr Holden	Sed:	21577
Parish Council (Sedbergh)		Mr Stanton	Sed:	20901
People's Hall		Mrs Beare	Sed:	21339
Peoples Hall Day Centre (Mon & Fri)		Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)		Mrs Smith	Sed:	21196
Pistol and Rifle Club		Mr Middlemiss	Sed:	20662
Residents Association (S & D)		Mrs Browne	Sed:	20525
Royal British Legion (Men)		Mr Gray	Sed:	21884
Royal British Legion (Women)		Mrs Bateman	Sed:	20474
Scouts	Cubs	Mr Askew	Dent:	25465
	Scouts	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.		Mrs Denton	Sed:	20521
South Lakeland Carers Association		Mrs Bartle-Ross	Sed:	23334
South Lakeland Voluntary Society for the Blind *		Mr Noble	Sed:	20100
Squash Club		Mr Close	Sed:	21000
St. John Ambulance	Cadets	Mr James	Sed:	25037
	Adults	Mr Winn	Sed:	21096
Swimming Club		Mrs Brooks	Sed:	20912
Tennis Club		Mr Ellis	Sed:	20344
Town Band		Mr Waters	Sed:	20457
White Hart Sports and Social Club		The Committee	Sed:	20773
United Reformed Church Rooms		Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent		Mr Hinson	Sed:	20118
Women's Institute (Dentdale)		Mrs Fothergill	Dent:	25257
Women's Institute (Frostrow)		Mrs Darmand	Sed:	21178
Women's Institute (Howgill)		Mrs Scambler	Sed:	20603
Women's Institute (Killington)		Mrs Sharrocks	Sed:	20754
Young Farmers Club		Miss Winn	Sed:	21699

# BUS SERVICES

## Sedbergh to Kendal via Oxenholme

### 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	❖

## Kendal to Sedbergh via Oxenholme

### Monday - Friday

08.35	S&H	564	GP	❖
08.35	Sch	564	W	•
09.30	Tue	804	W	•
10.30		564	W	•
10.45		564	GP	❖
11.30	Wed	564B	W	•
13.30		564	W	•
13.40	W&F	112	B	
13.45	Wed	564B	W	•
14.20		564	GP	❖
16.20		564	GP	❖
<u>Saturday Only</u>				
09.40		564A	S	❖
10.45		564	GP	❖
12.11		564	GP	❖
13.45		564A	S	❖
14.20		564	GP	❖
16.20		564	GP	❖

## To Kirkby Stephen Via Cawthley and Kirkby Stephen Rail Station

### Monday - Saturday

09.05	M-F	564	GP	❖
11.15	564	GP	❖	09.30
14.15	564	GP	❖	12.11
16.50	564	GP	❖	14.51

## To Kirkby Lonsdale

09.45	Thu	567A	W	❖
<u>To Hawes</u>				
08.45	TWF	112	B	
10.00	Tue	804	W	❖
14.15	W&F	112	B	
15.45	Sch	112	B	

## To Dent

### Wednesday

12.05		564B	W	❖
14.15		564B	W	❖
<u>Saturday</u>				
10.15		564A	S	❖
14.55		564A	S	❖

## From Kirkby Stephen, Market Square

### Monday - Saturday

07.11	M-F	564	GP	❖
09.21	Sat	564	GP	❖
09.30	M-F	564	GP	❖
12.11		564	GP	❖
14.51		564	GP	❖

## From Kirkby Lonsdale Square

### From Hawes

12.15	Thu	567A	W	❖
<u>From Hawes</u>				
08.00	Sch	112	B	
09.35	WF	112	B	
13.25	Tue	804	W	❖
15.00	TWF	112	B	

## From Dent School

### Wednesday

09.50		564B	W	❖
12.45		564B	W	❖
<u>Saturday</u>				
10.30		564A	S	❖
15.10		564A	S	❖

M-F	Monday to Friday Only	GP	Grand Prix of Brough
Tue	Tuesday Only	W	Woof's of Sedbergh
Wed	Wednesday Only	B	Praithwaite's Coaches
Thu	Thursday Only	S	Stagecoach in Cumbria
Sat	Saturday Only	•	Blackhall Road opposite the Bus Station
Sch	Schooldays Only (M-F)	❖	Provided with Support from CCL
W&F	Wednesday & Friday Only		Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.
TWF	Tuesday, Wednesday & Friday Only		For Comprehensive up-to-date information ring :-
S&H	All Sat's & Mon to Fri in School Hols <i>All times are from and to The Dalesman Inn</i>		Traveline 0870 608 2 608 (Open 7am - 8pm Daily)

# Religious Services in Sedbergh

## CHURCH OF ENGLAND

St. Andrew's Parish Church  
Sunday 08.00; 10.30 & 18.30

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

Mrs M Mason Tel: 20048

## 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.



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# DIARY OF EVENTS

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

MAY				JUNE	
1 1000	GVH Coffee Morning	URCR	25	Barbecue	PH
1 1330	Butterflies	StAS	25	BS Summer Fun Day	BS
2	Parish Council Elections	Sedbergh/Dent/Garsdale	25	Faith Sharing	URC
2 1400	SS Cricket v QRGSS Penrith	SS	26 1400	CWT Upland Waders on Tailbrig	LHCP
2 1400	SS Cricket v KES Lytham	SS	26	Faith Sharing	URC
2 1930	WII Hanging Baskets	HSR	28 1930	Town Band Summer Concert (28)	PH
4 1000	Ring the Church with Silver	StAS	29 1000	Firbank Ch Coffee Morning	URCR
4 1000	Dent Craft Fair	FM	29 1330	Butterflies	StAS
4 1400	SHS Jumble Sale	URCR	31 1830	NFU Hog Roast (31)	MHOH
4 1400	RBI WS Fun & Craft Day	PH	31	Festival Committee Disco	DMH
4 1930	GC Quiz Night	GC			
5 1000	Dent Craft Fair	FM			
6 1430	CWT Duck & Raft Race (6)	New Bridge	1	SHS Term Ends	SHS
6 1930	Beeskeepers	BF	1	SS Term Ends	SS
8 1000	StAS Coffee Morning (8)	URCR	1	1400 Dentdale Garden Trail (43)	Dent
8 1330	Butterflies	StAS	1	1900 Jubilee Celebrations (44)	GH
8 1915	WID Resolutions Meeting	DMH	1	2000 PH Dance	PH
8 1930	WIF Resolutions Evening	PH	2	1030 Service for the Golden Jubilee (29)	StAS
8 1930	Needle & Pins	StJAR	2	1400 Dentdale Garden Trail (43)	Dent
9 1130	SS Cricket v MCC	SS	2	Golden Jubilee Music Festival	KPH
9 2000	Cats Eye Groping for Words (9)	PH	3	HM Queen Golden Jubilee	
11 1130	SS Cricket v Durham	SS	3	1900 Duck Race & Coffee Evening (45)	IISR
11 1430	Beeskeepers	Cowgill	4	Jubilee Teddy Tombola	SMC
11 2100	SWFC Disco (11)	PH	4	CoT Fancy Dress Competition (46)	HL
13 0930	Christian Aid Week (13)	URCR	5	Town Band Jubilee Event	
14 0930	Christian Aid Week (13)	URCR	5	WIH Coffee Morning	URCR
14 1400	WIK Resolutions and Social	PH	5	PM GVH Children's Sports	GVH
15 0930	Christian Aid Week (13)	URCR	5	1930 Golden Jubilee Celebrations (47)	GVH
15 1330	Butterflies	StAS	6	1800 Killington Sports (42)	BFK
16 0930	Christian Aid Week (13)	URCR	6	1930 WIH Clarins Skin Care	FCII
17 0930	Christian Aid Week (13)	URCR	6	1930 Beekeepers	Crowtrees
17 1930	Scouts AGM (17)	StAS	9	SS Term Begins	SS
18 1230	Sedbergh Gala (1)	Maryfield/PH	9	1415 CWT River Flower Search	LHCP
18 1400	SS Cricket v Ampleforth	SS	10	SHS Term Begins	
18 1930	SPC Presentation Night	OC	11	WIK Taste 'n' Try	PH
19 1400	SS Cricket v Cumbria Schools	SS	12	1000 Dent Foot Chapel Coffee Morning	URCR
20	WI Group Meeting	Barbon	12	1330 Butterflies	StAS
21 1415	SLVSB Meeting	CO	12	1930 Needle & Pins	StJAR
21	LNFU Patchwork	PH	12	WIF Outing	
22 1000	WIK Coffee Morning	URCR	15 1400	NWCRF Open Gardens	Sedbergh
22 1000	GH Open Day (22)	GH	15 1830	Festival 2002 CC Band	StAS
22 1330	Butterflies	StAS	16 1200	SS Cricket v Old Solberghians	SS
22 1000	WIK Coffee Morning	URCR	16 1630	Festival 2002 Evensong	StAS
24	Faith Sharing	URC	17 1300	Festival 2002 Recital	StAS
25 1000	Coffee Morning & Children's Club	URCR	17 2000	Festival 2002 Serafin String Quartet	StAS
25 1400	SS Cricket v Yarm	SS	18 1300	Festival 2002 Recital	StAS
25 1830	FCH BBQ & Slide Show (start 2hrly)	FCH	18 1415	SLVSB Meeting	CO
			18 1930	Festival 2002 The Levens Choir	StAS
			19 1000	Playgroup Coffee Morning	URCR
			19 1100	Festival 2002 Chancel Choir	StAS

*The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker,  
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*Whilst every effort is made to ensure that information is correct, the editors cannot accept  
any responsibility for any inconvenience caused through errors or omissions.*

19 1300 Festival 2002 Recital	SIAS	22 2015 Folk Festival	Dent
19 1330 Butterflies	SIAS	23 1945 Festival 2002 The Creation	SIAS
19 1800 HS Pendragon Castle	LHCP	23 2015 Folk Festival	Dent
19 1930 Festival 2002 Helm Wind Ensemble	SIAS	26 1000 Garsdale Ch Coffee Morning	URCR
20 1300 Festival 2002 Recital	SIAS	26 1330 Butterflies	SIAS
20 1930 Festival 2002 Organ & Trumpet Rental	SIAS	26 1400 SS Cricket v Kings Macclesfield	SS
21 1315 Festival 2002 Lunchtime Talk	SIAS	27 1130 SS Cricket v Cheltenham College	SS
21 1930 Festival 2002 The Blues	SIAS	27 1400 SS Cricket v RGS Lancaster	SS
21 2100 Folk Festival	Dent	29 1000 Cumbria in Bloom Coffee Morning	URCR
22 1100 Festival 2002 Coffee Concert	Sias	29 1000 Dent Craft Fair	FM
22 1400 CWT Orchids at Tarn Sike	LHCP	29 1400 SS Cricket v RGS Lancaster	SS
22 1400 SS Cricket v Bolton School	SS	29 1600 Mediaeval Banquet	SSPH
22 1930 Festival 2002 Library Concert	SIAS	30 1300 Ascent of Everest	PH
		30 1600 Dent Craft Fair	FM

## KEY

BFK	- Beckfoot Farm, Killingmoor	6	2 1400 SS Cricket v St Peters York	SS
DF	- Brightside		3 1000 URC Ch Coffee Morning	URCR
BS	- Balliol School		3 1300 SS Cricket v Leeds Grammar School	SS
CC	- Carlisle Cathedral		3 1330 Butterflies	SIAS
CO	- Community Office, Main Street		4 1400 SS Cricket v Cumbria Schools	SS
CSG	- Casterton School Gymnasium		4 1930 WIH Drunks for the Driver	HSR
CWT	- Cumbria Wildlife Trust		5 1600 SS Term Ends	SS
DCP	- Dent Car Park		6 1000 Alzheimer's Soc Coffee Morning	URCR
DMH	- Dent Memorial Hall		9 1400 WIK Oating	TBA
DMC	- Dent Methodist Church		10 1000 RBL Coffee Morning	URCR
FCH	- Firbank Church Hall		10 1330 Butterflies	StAN
FM	- Farfield Mill		10 1915 WID Acupuncture	DMH
G&D	- George & Dragon, Dent		10 1930 WIF Life in the Philippines	PII
GC	- Golf Club	5	10 1930 Needle & Pins	StJAR
GH	- Gladstone House, Fell Close	5	13 1430 Beekeepers	Lingarsh
GVH	- Garsdale Village Hall		17 1000 Age Concern Coffee Morning	URCR
IIS	- History Society		17 1330 Butterflies	SIAS
HSR	- Howgill Schoolroom		21 1400 CWT Butterflies at Smardale	LHCP
JLCP	- Joe's Lane Car Park		24 1000 WRBI, Coffee Morning	URCR
KVH	- Killingholme Village Hall		24 1330 Butterflies	SIAS
LHCP	- Loftus Hill Car Park		28 1400 HS Farming & Nature	RB
LHHIC	- Lollies Hill Health Centre		31 1000 Network Coffee Morning	URCR
MH	- Masonic Hall			AUGUST
MHOII	- Mutton Hall, Old Hutton		1 1930 WIH Open Meeting & Radio Cambria	FCH
PH	- People's Hall		7 1000 Howgill Ch Coffee Morning	URCR
RH	- Rawhiley Bridge	7	10 1400 CWT Heather & Newts on Holms Fell	LHCP
SOC	- Sedbergh Golf Club		10 1430 Beekeepers	Hevers
SHQ	- Scout Headquarters, Bull Yard	5	12 1200 Children's Holiday Club	PH
SHS	- Settlebeck High School		13 1200 Children's Holiday Club	PH
SMC	- Sedbergh Methodist Church		14 1000 NWCRB Coffee Morning	URCR
StAS	- St Andrew's Church, Sedbergh		14 1200 Children's Holiday Club	PII
SJAR	- St John Ambulance Rooms		14 1930 Needle & Pins	StJAR
SMC	- Sedbergh Methodist Church		14 1915 WID Miniature Portraits	DMH
SSPH	- Sedbergh School Powell Hall		14 1915 WIF Joint Meeting with WID	DMII
SSQH	- Sedbergh School Queen's Hall		17 0930 HS Saltaire, Bradford	LHCP
URCR	- United Reformed Church Rooma		21 1000 StAN Coffee Morning	URCR
WIC	- White Hart Club		23 1300 Dent Festival	Dent
WID	- Women's Institute, Dentdale		24 1300 Medieval Fayre	Sedbergh
WIF	- Women's Institute, Fustrow		24 1300 Dent Festival	Dent
WIH	- Women's Institute, Howgill		25 1415 CWT Children's Discovery Walk	DCP
WIK	- Women's Institute, Killington		25 1300 Dent Festival	Dent
YDNP	- YDNP Centre, Main Street		26 1300 Dent Festival	Dent
			28 1000 CAB Coffee Morning	URCR

# 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 *
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### DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300 Dr Ann Orr
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### 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 *

### BENT SURGERY

Tuesday	1530
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## 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 Bruckles	
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
Friday	1400 - 1700
Saturday	0930 - 1230

### Y. D.N.P. CENTRE

Main Street ☎ 20125

Open 7 days a week

10.00 am - 4.00 pm

closed 1.00 - 1.30 pm

### COMMUNITY OFFICE

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

Monday to Friday 10am to 4pm  
© 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