

# SEDBERGH & DISTRICT

# LOOKAROUND

August 2002

Issue 192

Donation 50p

A very warm welcome to all our visitors to Sedbergh.

Although we are in the County of Cumbria, we are still in the Yorkshire Dales National Park. Our Postal District is Lancaster and our Phone Code is

Kendal. Our District Council is South Lakeland and our Diocese is Bradford. We hope this makes things clear for you.

We hope you enjoy your stay with us and take home many happy memories.

Dennis & Jacky Whicker

## A WEEKEND OF



## GALA DAY

# FUN

CHURCH BRIDGE  
Playing field  
23rd - 26th August

Dentdale  
Annual  
Festival

August Bank Holiday Monday  
Gala Queen and Attendants lead the Fancy Dress Parade  
Starting at 12 noon from the School Playground  
Theme: "GOLD" with prizes for all entrants  
Followed by Sports, Stalls and Attractions for all the Family

Friday 23rd  
Live Band 9.00 pm  
Rounders Tournament  
(1pm Saturday 24th  
Family Fun Night  
6.00 pm)

Mixed Cricket Match  
Sunday 25th 12 noon  
Your Favourite Hymns  
St Andrew's Church, Dent  
4pm

Treasure Hunt 5pm  
Followed by  
Hog Roast & Karaoke

CRAFT FAIR  
25th & 26th August  
11am to 5pm  
FREE ENTRY

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

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

## AUGUST 2002

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

The recipient this month is:-  
Cai ROBERTS who is

9 years old on 4th August.

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.*



Day	Name	Age
1	Elizabeth THEXTON	10
2	Jordan BURROW	4
3	Rachel HOPKINS	4
4	Jacob ROBERTS	9
4	Jessica JOEL	9
4	Cai ROBERTS	9
4	Jonathon HARPER	10
5	Alisha HOLT	5
5	Thomas WINSTANLEY	9
5	Jack ELLISON	11
7	Edward PIKE	7
11	Fennella McCALLUM	9
11	Michael STAINTON	9
12	Joseph ROBINSON	11
15	Ben THOMPSON	2
16	Alisha TODD	6
18	Anna PRALL	3
20	Bryan BEAGAN-TAYLOR	9
21	Cally SHAW-GILES	11
23	Hugh GALLAGHER	8
25	Joshua THORNTON	4
27	Red NIXON	7
28	Connor WINN	4



## BED & BREAKFAST

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

## CAMPING, CARAVANNING & SELF-CATERING

Moss Barn Holiday Caravan, Garsdale Rd, Sedbergh LA10 5JL (09/02)... SAE for Brochure  
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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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*at the time of submission.*

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 13 Kings Yard, Sedbergh LA10 5BJ  
**by 15th of every month.**  
 Articles etc. by 19th of every month

# **PERSONAL & SMALL ADS £1**

## **BAIN**

Les would like to thank every one for the cards and telephone calls which he received on his recent stay in hospital. Also to the friends which brought Jean and Emma over to see him.

## **DALZELL**



Steven and Lesley would like to announce the safe arrival of their daughter Chloe, weighing 7lb on the 14th July. Thank you to all for cards and presents.

## **DALZELL**

Congratulations Steven and Lesley on the birth of a lovely daughter, and our first grandchild. Many sleepless nights to you both. Nick and Netty.

## **DALZELL**

Congratulations to Steven & Lesley on the birth of your daughter Chloe. Hope to see you back in the Salon soon. Graham, Lynn, Anita, Lisa, Helen, Julie & Megan.

## **GIBSON**

Steven and the Staff at Spar would like to wish Doreen the very best on her retirement. Also best wishes to Terry and Doreen on their move to the north east.

## **HARRISON**

Thanks to Dr. Ann Orr, Bronwen, Brian Goad and to all Vince's friends who have been around during the last two years for him. Melissa.

## **MEADOWSIDE CAFÉ**

Pat and Martin would like to thank all our customers for their support and the people of Dent for their friendship.

## **HEYWOOD DAWKINS**

Dal and Kirsty wish to thank everybody for their cards, flowers, gifts and support following the birth of their daughter Paris



Alison Elise. Paris arrived safe and well on the 22nd May 2002. With special thanks to Granny Gloria for all her help. Paris is a welcome addition to the family and a special sister for her brothers Matthew and Kalum.

## **LONGLANDS**

Sandra would like to say a big thank you for everybody's offers of help and concern when she was in hospital. Also thanks for all the cards, books, mags, chocs, biscuits, cakes, sweets and all the lovely flowers. It was all greatly appreciated. Thanks also to Steve, Bill and Rosie. Loads of Love from Sandra.

# PERSONAL & SMALL ADS £1

## METCALFE

To family and friends. A big thank you for all the lovely flowers, cards and gifts. Also to everyone who visited on our

**Diamond Wedding Anniversary**  
making the day rather special and memorable. Albert and Doris.

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## SARAH'S

Sarah would like to thank her customers and helpers for their support over the years. Anyone with a query about 'Nearly New' should contact her on 015396-20870.

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## ST JOHN AMBULANCE

The Cadets of the Sedbergh Division of St. John Ambulance would like to say a great big thank you to Bill & Jenny James, and Nicola for a brill time in London.

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## WOOF

Bon Voyage Andrew for this great adventure with "X-elerate". All the best. God Bless. Love Mum, Dad, Jenette, Susan and Gran.

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## WOOF

Friends and family are invited to "Open House" at 'Rhumes' on 6th August from 3pm to 8 pm to celebrate 45 years of Sarah.

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## FOR SALE

½ size (4') Bed and Mattress. Very Good Condition. Pine. Custom built as Cabin Bed to fit filing cabinets underneath but short legs available as well. £75 ono. Telephone 015396-20488.

## FESTIVAL 2002

Grateful thanks to all those who contributed to the success of the Festival, whether as organisers, musicians, singers, audience, hosts, lunch and refreshment ladies, patrons & sponsors and others too many to mention. A worthy Jubilee celebration. Deryck Cox.

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## HOUSE KEEPER REQUIRED

For a private house 4 miles from Sedbergh. Duties to include a little cooking. Hours flexible but an average of 20 hours per week guaranteed throughout the year. Telephone during the day Mon/Wed/Fri 015396-21201. All other times 015242-41958.

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## PROPERTY WANTED

Wanted in or around Dentdale, small property with large garden and/or a little bit of land for retirement. Condition immaterial, cash sale, without delays. Genuine private enquiry. Tel: 01253-396654 anytime.

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## WANTED

Large White Wardrobe. Contact 015396-20086.

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## LOST

One gold, know shaped stud earring (for pierced ears) on Tuesday 16th July in Sedbergh/Dent area. If found, please contact Mrs Lyn McLennan on 015396 21898.

## **SETTLEBECK HIGH SCHOOL**

Well this hardly feels like an end of summer term report since we've seen so little of the sun and so much rain this year. However it hasn't dampened our spirits too much and our students, particularly the boys, have taken the example set by the World Cup to get out at every opportunity, rain or shine, and kick a ball around on our rather muddy fields (sorry about the muddy trousers mums).

Luckily the weather was kind to us for the People to People American students' visit and we had probably the hottest day so far this year for our walk around Rydal Water and Grasmere. The final evening barbecue at Settlebeck was dry and lots of fun. Likewise we had a good

afternoon for our Sports Day which was a great success with every student taking part as usual and thanks to those of you who were able to get along and cheer on the competitors. The Sponsored Walk on 12<sup>th</sup> July was a perfect day and over 50 students competed the full walk from Apersett over to Stone House and down the Dent Valley. The other 100 managed 10 or 5 miles along the Dalesway and many thanks to all the parents and governors who either helped or walked.

We've had lots of other events this half term with a superb art exhibition of year 11 students GCSE work at Farfield Mill, lots of drama involving year 9 students with Quondam Theatre group (performances of 'Judgement Day', their own play, at the Brewery Arts Centre on

## *Sedbergh Office Services*

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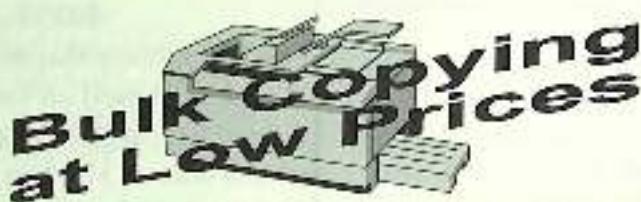
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Wednesday 10<sup>th</sup> and in school Thursday 11<sup>th</sup> July), the music bus visit, Cragrats theatre group visit and Mr. Trull's outdoor pursuits activities as active as ever. We've had tennis and rounders fixtures and some girls taking golf lessons thanks to the kind support of Sedbergh Golf Club.

Students thrilled to the action of England in the World Cup in Settlebeck's hall on the two early morning games (including breakfast), though the second left us in rather a subdued mood.

A group of year 9 students have attended Kendal College for a taster day in preparation for starting new vocational courses one day per week and a number of students were involved in supporting the Jubilee Settlebeck stall and display.

The school has won an achievement award for the second year running for continued improving GCSE results last year and we have high expectations of our year 11 who worked flat out this year to get their optimum grades this summer. All will be revealed on August 22<sup>nd</sup>.

Next term we look forward to the Cautley 10 Road Race on Sunday September 29<sup>th</sup> at 1.00 p.m. – we will be looking for helpers and marshals if you're not taking part in the race or the fun run. Our French trip for next year's year 9 and 10 students is moving to Tuesday 29<sup>th</sup> October – Saturday 2<sup>nd</sup> November, the Derwentwater trip for new year 7 students will be from Tuesday 17<sup>th</sup> – Friday 20<sup>th</sup> September and the year 11 Successful Learner course will be from Friday 4<sup>th</sup> – Sunday 6<sup>th</sup> October.

We will be extending our house system at the start of September to provide students with a means of supporting their

houses by gaining points for achievement and effort, involvement in school events and activities and helpfulness.

We say goodbye to Miss Jacqueline Slevin this summer who took a year off to work in Spain last year and has decided to continue there in September. Miss Slevin has worked tirelessly for the students of Settlebeck for 22 years and will be sorely missed by us all. Mrs. Alison Brown has now taken up a permanent position with us as a French teacher and tutor.

Mrs Kate Wright will be leaving after 2 years in the school in which she has made an enormous impact in the teaching of art. She too will be missed by both staff and students. Her position will be taken by Miss Helen Jones in September who lives locally.

We say a particularly fond farewell to Mrs. Frances Leighton who has worked at Settlebeck for 29 years and who retires to a very well deserved rest and grandmotherhood. Mrs. Leighton has made a fantastic contribution to the school during her time with us and we'll miss her gentle, steady support in the administrative department.

Mrs. Irene Hancock will also be leaving us and she has been a great support to students in learning support though we'll most likely still occasionally see her around in school.

It only remains to remind parents to consider joining our PTFA in September and to wish both parents/carers and students a very happy summer vacation and lots of sunny, dry weather to help us forget the damp months we've left behind.

*Dave Smith, Headteacher* 

## WESTERN DALES FUTURE

### ARTS

Farfield Mill Arts and Heritage Centre  
Our past matters! We cannot escape it.  
For good or ill it shapes what we do.

The Sedbergh and District Buildings Preservation Trust was set up to make sure important parts of our heritage were not forgotten. The main building at Farfield is now a place where young and old can learn about the past.

Only today we had a letter from a member of the Warcop WI who visited the Centre recently. She is 80 years old and her maiden name was Jessie Wilson. (Her married name is Fairer.) She remembers working at Farfield and at Millthrop during the war with Jessie Hodgson. The girls from Warcop used to

stay at Pendean with Mr and Mrs Adams who taught at Sedbergh School. She writes, 'at Millthrop we had a nurse and were well looked after, but you did not go to her often with a cold as you got quinine diluted with water. I can still taste the bitterness. It was a magic cure.' (If anyone would like to get in touch with her, please ring me on 015396 20553.)

Next September or October we are hoping to get together people with memories of the past and youngsters from the schools to talk about their lives. These conversations will be recorded and archived at Farfield for future generations to listen to. We would very much like to hear from anyone, young or old who would like to take part in this.

The future matters more! At least it



## Sedbergh Community Development Centre

### Forthcoming Courses

Course	Weeks	Start	Time
Intro to Web Design	4	Mon 16th Sep	7:00 – 9:30pm
European Computer Driving Licence	20	Thu 26th Sep	7:00 – 10:00pm
IT Taster	1	Sat 12th Oct	9:30am – 12:00pm
Intro to Spreadsheets	4	Mon 4th Nov	7:00 – 9:30pm

### Cumbria County Council Adult Education courses this autumn

- \* Art \* Belly Dancing \* Floral Art for Christmas \* French Conversation (Dent) \*
- \* Patchwork, Quilting & Appliqué \* Spanish (beginners & continuing) \* Sugar Craft \* Yoga \*

Enrolment Evening Wednesday 11th September, 6-8pm, Settlebeck High School  
Full details in September Lookaround

Note normal CDC tel. no. will not be available

Please ring Chris Wood, Sedbergh 21385 for further information

email: admin@sedberghcdc.org.uk

[www.sedberghcdc.org.uk](http://www.sedberghcdc.org.uk)

should do. Sedbergh Parish Council certainly took it very seriously in the nineties and they worked hard to bring out a report 'Sedbergh 2000'. Sadly, for reasons largely out of local control, the economic situation in Sedbergh is now even worse than it was then.

It is very exciting therefore that people in this area are beginning not only to think about the future but are starting to do something about it. The Trust is very pleased to be part of the Western Dales Future Forum, where those looking at the future of the area can work together to co-ordinate plans, inform everyone of what is going on and support one another in funding applications.

Western Dales Arts is the next project to be based at Farfield Mill. It is being spearheaded by the S&DBPT together with Ann Pierson, previously Director at the Brewery Arts Centre. By arts is meant all forms of art including dance, drama, music, fine art, crafts, photography, literature and restoration skills.

The 'arts' are alive and well in this area, but so much more could be done to support those organisations already involved, as well as to develop new ideas. A new charitable trust will be set up with a constitution similar to that of the Kendal Brewery Arts Centre.

An Arts Officer will be funded whose job it will be to support and develop the arts; to make sure for instance that a special high quality concert arranged in Dent by people in Dent is known about in Sedbergh, Hawes and Kirkby Stephen and if necessary to arrange transport; to bring small theatre companies to tour

## PEOPLE'S HALL

Booking & Information

Sedbergh Office Services, 13 Kings Yard

Tel: 20788

Main Hall, Kitchen & Stage

8 am to 12.30 pm - £8

12.30 pm to 5 pm - £8

5 pm to finish - £20

Committee Room all sessions as above - £5

Changing Rooms please enquire about charges

Regular Bookings - Special Rates

please enquire

village halls; to arrange perhaps a literary festival or set up a reading club; to provide drama workshops for children in the holidays; to provide courses on interior decoration for historic houses; to promote a series of jazz concerts; to help the town band with publicity.

These are just ideas. The possibilities are endless and will depend upon what people want.

The boundary of the Western Dales area reaches to Kirkby Lonsdale, Hawes, Kirkby Stephen and Orton and has a population of well over 10,000 people. Most people living in the area have a far greater distance to go to any cultural event than even those living in Sedbergh which is only 10 miles from Kendal.

The Farfield Arts and Heritage Centre, which already has a wealth of artistic talent working on site will offer itself as a base for Western Dales Arts. The development of Level 4 which it is hoped will be started in the autumn will provide even more space for artistic activities.

The Farfield Centre is not just heritage, it is also arts. It is not just the past, it is also the future.

ML

## **Tea in Rhumes Garden (Dent)**

2.30 - 4.30pm Saturday 10th August  
*Proceeds for Dentdale Methodist Chapel  
 & Asthma Research*  
**All Welcome**



### **DENT MEMORIAL HALL**

With August comes our only fund raising event for Dent Memorial Hall, and we need everyone's help. Each organisation (and some individuals too!) are being asked to take responsibility for a specific job at the August Bank Holiday Monday Gala, i.e. W.I. are running a Cake Stall, the Methodists are running the White Elephant Stall, the Drama group to Book Stall and so on. Please support as much as you can! Without the proceeds from the Gala hire charges for the hall would have to rise. To book the main hall/Sedgwick Room with or without the kitchen you need to contact Mrs Ann McClurg on Dent 25446.

We do need items to sell on the stalls 'bottles' for competitions and prizes for the Tombola and the Raffle. These can be left at 'Rhumes', Dent anytime during August or if you need us to come and collect them do phone me on Dent 25212 and I'll arrange it. Any feather pillows you no longer require would be put to good use for the 'Pillow Fight'!

We congratulate the new Gala Queen and look forward to seeing her 'on the day'. We also look forward to seeing you on our Gala field, enjoying the events and hopefully soaking up the sun! *S.E. Woof*

*D.M.H. Secretary*

## **SEDBERGH WANDERERS F.C.**

*Presents August's Double Header*

# **SOUND**

## **Plus Disco**

In the People's Hall

**Saturday 10th August**

9:30pm till late

Admission £3

*No Under 16's*



# **CHARITY**

## **DISCO**

In the People's Hall

**Sunday 25th August**

9:30pm till late

Admission £2

*No Under 16's*

*Proceeds from this event*

*Will be donated to*

*Local Charity Groups*

## BRAITHWAITE'S OF SEDBERGH

I recently made a request in the 'Old Sedberghian Newsletter' for information on 'Braithwaite's of Sedbergh', and here are the replies that I received.

### *Mr G Mallinson of Southport*

I attended Sedbergh School from 1948 till 1952. In those days, most boys went to and from the school by train, with special trains being laid on to Sedbergh Station. New boys, however, went to school a day early, and they were met at Oxenholme. So, in 1948, I saw a Braithwaite coach for the very first time. It was, of course, in the early post war period when vehicles of all sorts were very difficult to obtain.

I was amazed and delighted to board the most ancient coach that I had ever seen. My recollection was that it had a canvas roof which could be pulled right back. I would guess that it dated from the late

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twenties or very early thirties. We arrived without difficulty, but progress up the hills was not too fast! The splendid old coach did not survive very much longer - only until 1949, when it was replaced by a new light weight vehicle, probably a Ford. The firm carried out other work for Sedbergh School, including running a shuttle service at the beginning and end of term to or from Sedbergh Station. The fare was 1/-, which was much higher than Ribble charged, but then the service ran where and when we wanted it.

Although Braithwaite's must have had several drivers, whenever I travelled on one of the coaches, the driver was always Sid Braithwaite. I particularly remember that he had an unusual but effective way of dealing with a misted up windscreens. He would remove his cloth cap, and wipe the screen with it. It worked!

*Another story on Page 28*

## TREADWELL FLOORING

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Dear Lookaround

I often walk from Millthrop towards Cawley, passing The Row below Farfield Mill, over the Garsdale Bridge and along the lane towards the A683. Standing in the lane about fifty yards from the bridge, roughly between the sycamore and the larch, I turn and look towards the River Clough. On the far side, there's a tree with a wooden platform around its bole, and below that on the bank there's a black plastic pipe extending over the edge of the river. Some days, there is only the pipe. Some days there is a dribble of brown liquid from it. Some days, there is a steady, heavy flow of minimally treated human sewage into the River Clough.

I understand from enquiries to the

YDNPA that this outflow is the result of the additional burden to the sewerage system caused by Farfield Mill. Further, I understand that there were breaches of the Mill's original planning consent over the provision of adequate sewage disposal prior to opening and that, given the possibility of an Enforcement Order, the Mill has had to negotiate with United Utilities for more frequent emptying of the holding tank. The overflow indicates that this is not yet sufficient. The discharge is likely to be ended sometime next year, as United Utilities are due to complete their already existing plans for upgrading the system. In the interim, the YDNPA is awaiting a report from the Environment Agency as to whether they regard the discharge as within their

## Is There Hope For The Future Or is Life A Mission Impossible?

Come and Find Out Monday 12th - Sunday 18th August

**Ground Breakers** is this years holiday club for primary school children.

Parents will already have registered their kids by now - it's a sell out every year!

New for 2002 is the Soccer School for Phat Café aged kids (11 to 15),  
from Wednesday 14th until Friday 16th August 2pm to 4pm.

Led by Donavan Lurrie (who used to play football for Zimbabwe),  
and backed by lots of local talent!!

This will include both training and games in a mini tournament.

And in the evening, come along and find out what life is really all about,  
as Donavan and friends speak at 7.30pm in the People's Hall, Sedbergh.

Evenings include music and special guests - some with familiar faces.

**Friday night is youth night! Come along and bring your friends.**

Is finding the meaning of life a mission impossible?

Make it your mission to be there to find out!

*Admission is free - you'll even get tea, coffee and biscuits thrown in!*

acceptable limits.

The assurance that a longer term solution will be implemented is welcome, but it does not defer the questions which can be raised now as to why any discharge should continue until then. The arguments against it are well rehearsed. A partial amelioration of the resulting problem doesn't grant permission to continue, or discount the breach of planning consent. The problems of 'safety' are complex and persistent. A declaration of 'safety' given by the body responsible for the pollution is not credible unless shown with reliable and comprehensive evidence. Even if that can be shown, people's perceptions of safety and risk play a strong role in whether a discharge is seen as acceptable or hazardous. Other factors include whether the community views the polluter as being open, accountable, responsible. And whether communications about the discharge have been widely and

## MEMORY LANE ANTIQUES

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impartially publicised so that people can make their own decisions. Added to this are the ethical questions about whether it is right or just to knowingly allow pollutants, whether relatively benign or noxious, to enter a river system.

But there are longer-term questions, in the bigger picture. The rivers are a common good, essential to the continuation of life in the natural environment, and to the sense of place for this local community and for those who come to visit. The restoration of the buildings of the Mill need not restore the careless industrial practices associated with earlier eras. As the Mill enters the tourism industry, there must be opportunities to bring the workings of that fine building into more environmentally sound practices, on however small a scale.

What is desirable now is for the immediate problem to be recognised and solved, and, for the longer-term, a vision which brings the maintenance and use of the building into a more sustainable, even forward-thinking, balance with the natural environment and with the local community.

*Wallace Heim*

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Tel: 015396 20006 Yard

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## BREAKFAST LIKE A KING

The principle of the well-known saying "Breakfast like a king, lunch like a prince, dine like a pauper" is sound. According to traditional Chinese medicine, the digestive system is strongest in the mornings, between 7 and 11 o'clock and then declines steadily to reach a low 12 hours later. The habits of most of us are more or less the opposite to this. Many people I talk to have toast or cereal, or maybe just coffee, for breakfast, a sandwich at lunchtime and the main meal in the evening.

In addition to the quantities being wrong, this pattern fails to provide nourishing food at times when the digestive system is best able to cope with it. Most breakfast cereals are highly processed, and as such would be regarded as being "wrecked" in Chinese medicine. They are not supportive of good health, regardless of how many artificially manufactured vitamins are added. The exceptions are muesli and porridge oats, which are not subjected to so many

North West Cancer Research Fund

Sedbergh & District Branch

# COFFEE MORNING

U. R. C. Rooms

Wednesday 14th August

From 10am

Cakes ~ Bric-a-Brac ~ Raffle

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technical processes.

Bread, being composed mainly of refined wheat flour is also not particularly good food. For some people it forms the basis of both breakfast and lunch most days of the week. Michael Tierra, author of "The Way of Chinese Herbs" (Pocket Books 1998), puts it like this: "Milled flour quickly oxidises and is a deadening food. It greatly contributes to obesity, stagnation, formation of mucous and congestion. Wheat is nutritionally the densest grain. [Wheat flour] should be completely avoided."

In the light of this information, what are we to eat for breakfast?

Rice is a traditional breakfast food in many parts of the world. This can be eaten in many ways:

- ◊ kedgeree is a traditional breakfast dish in this country. If you don't like the idea of fish for breakfast you could make a vegetarian version.
- ◊ kitcheree is made with rice and mung beans (see the March 2001 Lookaround for the recipe, or give me a ring)
- ◊ scrambled egg with rice (mix cooked rice with beaten egg and scramble as usual. - mushrooms optional)
- ◊ baked beans with rice instead of toast

## ACUPUNCTURE



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June M. Parker

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(a healthy breakfast which is even available on Platform 1 at Kings Cross)

- ◊ rice pudding with fruit (use the minimum amount of sugar)
- ◊ if you are avoiding dairy produce, try boiled rice, cooked with slightly more water than usual, with chopped fruit. I had this quite frequently recently when on holiday in Spain where the breakfast foods - churros and madeleines - are even less healthy than our own.
- ◊ rice porridge is eaten in China with the addition of herbs and possibly meat according to the healing property required (9 cups water, 1 cup rice, herbs, bring to the boil and cook in a covered pot on the lowest heat for 6 to 8 hours)

Brown rice increases stamina but white rice can be used if this is difficult to digest. There is even a book devoted to rice porridge, "The Book of Jook, A Healthy Alternative to the Western Breakfast" by Bob Flaws (Blue Poppy Press).

Oats are another good breakfast food either as muesli, soaked in warm liquid (water, milk or one of the milk substitutes, soya, rice or oat milk) or porridge.

Porridge can be made more interesting

(with apologies to the Scots, especially my mother) by adding grated apple or chopped soft fruit and possibly some cinnamon.

Protein is well-digested at breakfast time. Consider eggs, kippers, fishcakes, baked beans. Pancakes make delicious breakfast food. Use buckwheat or spelt flour instead of wheat flour (both available from Booths). Drop scones can be made using fine oatmeal instead of flour and this gives an interesting texture. My favourite breakfast food is an oven baked fruit pancake made with rice flour (sugar, dairy and wheat free, my own recipe, inspired by breakfast in New York, available on request).

There are two frequent objections to this type of proposal. The first is "I don't feel hungry in the mornings." If you regularly "dine like a pauper", the chances are that you will recover your morning appetite. The other objection is "I don't have time." This may be less easy to resolve - and you may not want to.

I hope this article may stimulate some people to vary the breakfast menu. If you have any further ideas or good breakfast recipes, please contact me. My telephone number is (015396) 20972.

June Parker

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## ANNUAL SUMMER ART EXHIBITION

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**16th to 28th August**

**Weekdays - 11am to 6.30pm  
Sundays - 2pm to 6pm**

## SUPER 4 BRITISH KART CHAMPIONSHIP 2002

### *Second round*

Sorry I meant to let you know how Sam got on at his first meeting of the year. This was actually the second round of the British Championship and with very little time in the seat of his 125cc Kart, it was to be a hard task for him to be up to speed so soon, but I was hoping he would be some were near.

### *Saturday Practice*

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

### *Race Day*

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

### *Time Qualifying*

This went well, if you were to look at Sam's times compared to Saturday

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practice, Sam had found a second per lap. Qualifying 10th out of 20. For both his heats. But he was still a second off the quickest driver.

### *Heat One*

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

### *Heat Two*

Starting on grid 10. Once again a bad start let him down. Sam made a good start at first, but thinking he had jumped the star, he then pulled the clutch in a little. The hesitation was enough to loose six places. Sam got up to 11th by the time the flag came out. He was then called into the Clerk of the Course with Tim Loughran, the fellow Sam passed on the very last corner on the last lap. He was deemed to have made a dangerous manoeuvre, according to Tim. As the complaints procedure costs money the appeal costs double that amount. I decided that Sam should accept the ruling, this I think was very unfair as the penalty turned out to be excessive, 3 points on Sam's race licence and 5 places

docked. This was a small incident for 11th place but just too expensive to prove any different. So this meant Sam finished 16th. The heats were run over 8 laps each, on a difficult circuit to overtake. And the final over 16 laps, which was very tiring.

#### Final

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

This places him 17th overall out of 24 drivers in the championship.

The report on the Third Round will appear in the next Lookaround.

*Sam's Dad*

## SEDBERGH & DISTRICT HISTORY SOCIETY

### Saturday 17th August

Visit to

Salt Mill, Saltaire, Bradford

Afternoon Guided Tour

of Model Village

9:30 am @ Loftus Hill Car Park

Share Cars

Members of Sedbergh Art Society  
will join us on this visit

---

EVERYONE IS MOST WELCOME  
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Chairman: Joyce Scobie 21106

Secretary: Diane Elphick 20605

Treasurer & Member Sec: Richard Cann 20771

## DENTDALE WI.

Another excellent speaker for the July meeting as June Parker took us through the basic theory of Acupuncture with a demonstration on one of her patients well known to her and who had agreed to us observing her treatment. The subject stirred up interest and had members asking lots of questions about this branch of complimentary medicine.

Many general matters filled the Business meeting among them a reminder about the cake stall that the WI has promised for Dent Gala on Bank Holiday Monday 26<sup>th</sup> August. Members were asked that in addition to the usual produce, to think about making cakes and biscuits that would be suitable for children to buy.

Monica Cleasby reintroduced the idea of saving tin foil for recycling and is willing to store the foil until it can be taken to the collection point.

We said goodbye to Pat Tetlow as she and husband Martin prepare to leave Meadowside Café and we hope she might have put in a good word to the new owner to join us at our meetings!

Stella Bannister won the competition for a tip for healthy living and Nancy Murdoch the raffle prize.

The next meeting is an open and joint meeting with Frostrow WI in the Memorial Hall Dent when the Speaker will be Jennifer Buxton demonstrating miniature portraits. This will also be our Jubilee link up with another branch and we have been asked if we could all wear a little red white or blue!

All are welcome 7.15 p.m. Wednesday 14<sup>th</sup> August.

*Dentdale WI*

## AUGUST REFLECTIONS

This year continues to baffle us totally. So many and so strong have been the salty gales, we live in perpetual Autumn, when the trees are scorched black, and Spring, when valiant new growth has yet another attempt to bud and leaf. Dare I even think of summer?

Many are the disruptions to life! Nothing too terrible or either, that good, really. Such a lot of niggles and worries. Sit back, try to relax and bang goes my word-processor, half way through a book review. Yes, that dear friend which always came with us to Dent.

"Keep calm. It could be worse!" No prizes for guessing where that frightfully sensible, mega-infuriating remark, came

from!

So, Securicor-Omega Anglesey took her away today. Ironic that Meirion, Secicor Anglesey, was splitting his sides! He had a delivery. A book for review!

And, I'm instructed to ring Sharpserv workshops in Nottingham (where's that?!) to see how the patient is - or, isn't! HELP!

A fact which will make Janice Rusling's (Sedbergh Office Services, and, Lookaround Office) hair stand on end too. I'm sitting here with an old typewriter and about six double packs of Sharp ribbons - for word-processor use - naturally. Well, you've got to laugh! Oh! No you don't.

So, having produced a book review



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(about one of the biggest softback books I've ever clapped eyes on, (Resurrection Day by Glenn Meade, completed two weeks before 11 September 2001, a brilliant storyline, yet harrowing, its descriptions and details of how many warnings the US got, regarding terrorist cells out to wipe out America,) and a rather strange (but they seem to like it!) weekly column, I decided to see how I get on writing a Lookaround article.

If you never get to read it, you'll know I failed!

And, if news is bad, I'll be launching The Joan Stockdale Lap-top Appeal.

But anyway, we are really pretty fit, and that's all that really matters. Our girls continue to amaze us! Oh! The youth of today. Dear me, that sounds like the words of a real oldie! Their energy. Their love and their fun. Wonderful.

Brandy the beautiful Dachshund rules supreme. She surprises us daily, hourly!

"Lets have an egg for breakfast!"

Brandy gets to the eggs first. Uncooked, thus no real eggy smells! For Jubilee, we had a huge celebration turkey. Oh, such mouth watering stuff. Leaving nothing to chance, before each turkey meal Brandy carried her feeding bowl from the kitchen to the dining room, placing it beside Sir, the one to give her the bits.

And, she has Peanuts, her soft, squeaky toy whom she carries everywhere in her mouth as if he is her puppy. He goes almost everywhere with her. She sleeps with her head on his.

We have a little 'person' round the house now. Her understanding is amazing and the happiness she gives us is a real booster.

Except today! So, this is hot off the presses. Sir found our Brandy sitting on the lawn near his greenhouse eating a cucumber he'd picked for lunch.

Well, I think that it is time for me to finish reflecting for this month. The strain of historical typewriting is telling and I only hope that Dennis Whicker's scanner will scan this copy. No excuses, Dennis! Sue, at the Chronicle says that her scanner has worked OK! (*I bet Sue's Scanner is bigger and better than mine! Ed*)

Writing to you has made me feel closer to your loving, caring hearts, and the glorious Dales. It does seem a long time now, since we came to Dent, with our little late Morris dog. And, my heart's desire is to bring Brandy to experience God's land of love.

We hope that you will have a wonderful summer season.

Sir and I live in hope, that one day, we may visit Sedbergh, Dent, and all the surrounding areas. The trouble is, the mind is young and determined, but not strong enough to battle the weary body. Ahh! Shame! But, knowing me as you do, you'll understand what I say.

I would still be happy to do some Dent reporting, for Lookaround. Should you have a story you'd like writing up, either drop me a line at PLAS CYMYRAN, LLANE'AIR YN NBUBWLL, HOLYHEAD, ANGLESEY LL65 3LF or phone me on my mobile 07932 976254 and I will ring you on my land line if you leave your landline number.

And, so Sir and me send you all our love and good wishes. Take care and be happy.

*Joan Stockdale*

## SEDBERGH & DISTRICT BEEKEEPERS ASSOCIATION

Sedbergh beekeepers held their third apiary visit of the 2002 honey season on July 13 at Lingarth. Nine members attended and assisted with this mid-season inspection of all of the hives in perfect beekeeping weather, after nearly ten weeks of very unusual and disturbing weather for the bees, going from excellent to very poor every other day.

In spite of the usual precautions some of the colonies had swarmed in May or June, with one or more virgin queens following each of the parent queens out with their own, smaller, caste swarms. This is nature's way of reproducing the species by dividing the colony, and usually happens when the colonies are

particularly strong and confident that their "offspring" will establish themselves successfully in newly built homes in the wild, and be able to collect sufficient pollen and honey to survive the following winter. Needless to say this is *not* what the beekeeper wants! However, nature has given the beekeeper one big advantage - when the swarm first emerges from the hive as a great cloud of bees, within a few minutes they find and collect around the queen in a tight cluster about the size of a rugby ball, usually only a few feet from their parent hive, in a low bush or tree. They normally stay there for a few hours, before the swarm heads off perhaps a mile or more to the new home already chosen by the scout bees. If, during this time, the beekeeper



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gives them the "easy option" of what seems to them to be an ideal home a few inches above them, an upturned straw skep, a covered brood chamber already supplied with some honeycomb, or even an upturned cardboard box, the whole swarm crawls upwards and takes up residence! Or they can even be shaken or scraped off their perch into a skep or box which is then upended on a flat board nearby with a small entrance left for those bees which take to the air to join the rest, some of whom sit at the entrance fanning the smell of the queen out of the skep or box with their wings to show the stragglers the way to the new home. The beekeeper then waits until the evening, closes the entrance, and takes the swarm to the new home he wants them to occupy, usually an empty hive in his own or a friend's apiary. Or he can unite the swarm back with its own parent, or even with another colony if the queen can be found and removed! No worker bees are then lost.

By mid-July the swarm season is usually over and the hive inspections are to ensure that any new virgin queens have mated and are already laying eggs to ensure lots of workers to continue gathering in the honey crop. But all over Cumbria the poor weather has disrupted the usual programme and many beekeepers have found some of their colonies without any new eggs or larvae! Has the queen died, a virgin queen been eaten by a swallow during her mating flight, or just stopped laying because of the weather? This was the question the members were asked to consider when we found some Lingarth colonies *apparently* queenless; lots of honey and

St Andrew's Church, Sedbergh

## MISSIONS COFFEE MORNING

Wednesday 21st August

10am to 12 noon

U.R.C. Rooms

Joss Lane



pollen surrounding shining clean but *empty* brood cells and no queen spotted? Nature again provides the answer! We moved a brood frame from a hive with lots of lovely eggs to one *apparently* queenless. If in a week the bees are frantically rearing queens we know they *were queenless*. If they just rear the eggs as workers we know the queen is hiding in there somewhere waiting for the weather to improve! Beekeepers sometimes have to be detectives! Wendy FU provided delicious refreshments after all this interesting activity!

The next apiary visit is at Tommy Brooks' apiary at 18 Ilavera at 2.30pm on Saturday 10 August. Tommy will demonstrate how honey is extracted from the frames of the special honey chambers (supers) at the top of each hive, which, weather permitting, the bees will have filled by then, and show us the various methods he uses (solar extraction/steam heating) to recover good beeswax from the bits of old wax collected from working the hives throughout the year. You are most welcome to join us; please call 21902 if you would like to come and learn more about bees.

MFU

## SETTLEBECK HIGH SCHOOL

### PEOPLE TO PEOPLE VISIT JUNE 2002

Members of Settlebeck High School assemble on the bus park, parents wait eagerly by their cars and the teachers stand ready, registers in hand. The coach appears around the corner and approaches Settlebeck High School. Yes! It's the People to People American ambassadors here again for another stay!

Each year students (and teachers) of Settlebeck High School participate in hosting our American friends for about four days and nights. This year was no exception and as the coach pulled in everyone was waiting eagerly for a glimpse of his or her 'home stay' visitors, this year coming from in and around the city of Atlanta in Georgia.

The Americans arrived at 6.00 p.m. prompt on the 15<sup>th</sup> June, a Saturday afternoon. They were introduced to their hosts for the next four days and then whisked off to their accommodation. They had all already been in England nearly a week and had been seeing the sights. However, as I soon found out, they were all still awestruck by our ancient towering mountains (and buildings!). I took mine for a short walk through Akay woods where he introduced the word 'creek' to me for the river at the bottom of the hill, (I could see this was going to be as educational for me as it was for him).

Next day I decided to take him off again on a walk, this time up Winder to see the view of Sedbergh. He seemed amazed at how open the countryside was. After a short ghyll scramble (resulting in minor saturation) it was off back home to be taken away to one of my Mum's friends' farmhouses to meet a lamb and have

some dinner, (of lamb, coincidentally).

On the Monday, our American visitors and their hosts were taken on a walk around the lakes of Rydal Water and Grasmere. We set off from Rydal Mount and went for a walk along the hillside until we came to the old slate mines, gigantic caves that seemed to startle our American visitors. A quick drink and the echoing American national anthem later (the USA had just beaten Mexico) and we were back on the path through the foothills until we came to the lake. There we sat and enjoyed the view and wonderful, sunny weather. We ate there and found ourselves also feeding the local duck and seagull population. Then, after introducing our visitors to 'goose grass' while walking on the roadside we ended up in the village of Grasmere to some serious drinks and ice cream purchasing. Then there was a quick jog to the coach and off back to Sedbergh just in time for the buses.

By now we were all feeling quite comfortable and relaxed with our new friends, so you can imagine our shock when we were sent to ordinary lessons while they went off to see Briggflats and the Quaker Tapestry in Kendal. From what I hear they found it a very interesting and informative visit and particularly liked Briggflats. Then, on the last night any of the teachers and organisers of the People to People trip got together for a final big farewell garden party involving a huge tug of war, an egg throwing competition and some Cumberland wrestling. Definitely recommendable.

Altogether I really, really enjoyed them staying here with us and am glad they did decide to grace us with their company.

From what I've heard they enjoyed being here too and I wish them the best of happiness for the rest of their trip around the UK. Let's all hope that they come again next year, and, if I'm not too caught up with schoolwork I'll definitely be hosting another one. The goodbyes were hard but in a way I'm not sad that they've gone because I'm too busy being happy that they came. At least I have a few of their e-mail addresses and hope to stay in contact.

To finish here's just a few things that struck them on their visit to England.

Mary Kay Clyburn (leader): *Prawn flavoured crisps and how old, old things really are here.*

Karen Bernstien (leader): *The architecture, how old a lot of the houses are.*

Candi Hale (leader): *We (the English) don't use wash cloths as much, the countryside.*

Amber Herman: *She liked her hosts and the green of the countryside.*

Caitlin Moore: *She liked the people.*

Reed Sparks: *He liked the people and the torture chambers in London Tower.*

Jake Krants: *Our accents and all of the green.*

Mary Arnold: *Thought the sheep were quite strange.*

Virginia Sykes: *Loved the buses and how efficient they were.*

Morgan Worch: *She thought the money was weird and loved the scenery.*

Katherine Gutschenritter: *Liked the scenery, the cows and our accents.*

Sarah Livingstone: *Thought it was very cold. She loved the accents.*

Lynzey Doty: *She thought the time difference was confusing.*

Justin Philips: *The amount of sheep.*  
Bobby Tidwell: *Thought the mountains were very striking and beautiful.*  
Lakendra Scott & Rachael Pritzler:

*Driving on the wrong side of the road.*

Sam Cranford: *Lots of sheep.*  
Jennifer Newby: *The expressions we use in our language.*

Cameron Saunders: *Hot and cold coming from different faucets (taps).*

Anne Elliot: *Double decker buses.*

Tyler Cross: *We drive on the other side of the road and how nice the people are.*

Well there you have it. I'd strongly suggest to any families considering taking on an American student next year to do so. It's great fun and leaves you with many happy memories (hopefully on both sides). Andrew Bonsall, 9H

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## DENT FOLK FESTIVAL

### *Is A Runaway Success.*

The organisers of the first Dent Folk Festival, Alec Lyon and Anthony Cheetham, would like to express their deepest heartfelt thanks to the many local people who played a part in the fantastic success of the festival. From performers to emptying the bins over 130 local people were involved making it a major community event!

We also wish to give sincere thanks to the following companies and persons who sponsored us with a great deal of help in kind, Kevin Raw, David Hartley, Kendal College, Outline UK, Sound Support, Wigwam Acoustics, Eden Arts, South Lakeland District Council, Lyon

Equipment, Dent Brewery, Lancaster Arts and Events, The Westmorland Agricultural Society, Fire Training and Safety and The Westmorland Music Council.

Last but not least the organisers would also like to thank The Dentdale Business Forum for securing the funding for the Festival from Business Link Cumbria and South Lakeland District Council and their support through eight months of planning and administration leading up to the Event.

Artists and festival goers alike have commented on the superb atmosphere and smooth running of the event and this is a tribute to the hard work and good humour of all those involved.

## Sedbergh Market Fayre

Saturday 24th August

10am to 4pm

Come and join in the Fun of the Fayre

Along with Sylvester the Jester

And the Terrible Knitters of Dent



There will be stalls selling wares including:-

Bric-a-Brac ~ Sweets ~ Cakes ~ Books

Olive Oils ~ Plants ~ Iron Work ~ Woodwork

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A Children's Area with:-

Bouncy Castle ~ Face Painting ~ Apple Bobbing

Coconut Shy ~ Balloon Race ~ Competitions

And Much Much More

For information, contact Joyce Cox on 21820

The whole weekend was a resounding success from the sell out concerts on Friday and Saturday evening to the huge crowds drawn by Spellbound's never to be repeated performances on Sunday afternoon. Over 30 performances and workshops took place throughout the village and up at The Dub over the weekend with something to suit all tastes, ages and pockets! Its impossible to pick out any highlights as there were just so many great performances and happenings throughout the three days. The big name acts more than lived up to their reputations and the festival proved a great showcase for many talented local artists.

If you missed the Festival keep an eye on the web site at <http://members.tripod.com/dentfolkfestival>

as a short film of the event will soon be available to view online. If you were there you may be on it!

Many people have said how much they enjoyed the festival and asked if it will happen again? Yes, if we can secure funding for next year, but we need your help! If you came to the festival and would like to see it happen again then write to us at the address below telling us what you enjoyed about the festival and expressing your wishes to see it happen again. Such written feedback is important to us in securing funding for next year. So get writing and we'll see you next year!!! Dent Folk Festival, 3 North Rd, Holme, LANCS, LA6 1QJ



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Sunday	12 noon - 10.30pm	
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*Sunday Lunch our speciality £4.95*

## 'PROMENADE AROUND OLD DENT' DENT FOLK FESTIVAL

Our Promenade was a runaway (or should I say walk away) success, with hundreds of folk following us around the streets, snickets, squares and gardens of Dent. The history and legends of the dale was a perfect choice. The interest and response was overwhelming. Some recognised the characters in the play as their own ancestors from what they had heard of their own families' oral histories!

The horses, which we did not have until the day, behaved perfectly among the crowds. Jane Fisher powered up Beech Hill on her magnificent black 'Buck', bedecked with red white and blue ribbons, scattering the crowds at the mounting steps with the realism that can only come from spontaneity. (yes, we are insured) but Buck was a star, delivering the post as though he'd done it for years!

Four Lunesdale Fox Hounds played their part in tracking the harc, who was the Dent witch. They were delivered and taken home again by a person, whose name I don't know, and who I never had time to thank. We are very grateful to him, whoever he is and to The Lunesdale Fox Hound committee.

Some of the scenes were played on the road and we'd like to thank Jenny and Roy Holmes for marshalling the traffic so efficiently.

Other scenes were on private property, the owners having been thanked in the June issue, apart from Ellenor Gaunt who 'saved the day', only with a few days to spare, when an arrangement to use the rear of The George and Dragon fell through.

## Howgill Cow Pat Drop

& Coffee Evening

Bank Holiday Monday 26th August

Buy a square for only 50p.

If the cow 'performs'  
in your square

**YOU WIN £50!!!!**

Cows let loose at 7.00pm

Buy your Squares from

James (21529) or Sianhan (26665)



The Dent community's pulling together was a major factor in the huge success of the Promenade, and we do sincerely thank you all.

This of course, was true for the success of the whole magnificent folk festival, with world class folk musicians, local bands and dance groups, numerous workshops, with vintage buses transporting people to venues up and down the dale. The organisation was impeccable!

Faced with this awesome success, it is unbelievable that Border, and B.B.C. North West, although invited, did not bother to come! Neither did The Westmorland Gazette, who supported initially with excellent pre-festival articles. The only printed copy was a small paragraph in the local news, sent in by Sarah Woolf (good on you Sarah!).

Which is why, Spellbound would like to thank, in print, Alec Lyon - director/technical producer, Anthony Cheetham - producer/ coordinator, The Dent Business Forum - for the money, and the hundred or more local folk who gave their time. We were proud to be part of it all and look forward to next year!

*Kim Lyon, writer/director/producer*

## JUNE WEATHER

Well June came in as though we were at last going to get some summer. A maximum temperature on the 1st June of 86F looked promising but winds gusting up to 15.2mph on the 2nd June from a westerly direction gave a foretaste of what was to come! In the next fortnight 3.82 inches of rain fell though 7 days were fairly dry. The final tally for the month was 4.18 inches. Winds were quite strong at times with gusts of 16.3mph, 18.1mph, 21mph. Good sailing weather you might say. We also had one or two chilly nights with lows of 37F and 39.6F which were hardly seasonal though I have lost litters of rabbits in the first week in June when the temperature dropped below freezing.

Hole nesting birds, such as blue tits or starlings, and indoor nesting species e.g. swallows seem to have got their broods away. I have seen very few blackbirds or thrushes producing young this season so far. Goldfinch, robin, goldcrest and wren have also been successful around here. It has also been mild enough for bats to be flying no doubt after all the insects that have been successful in the warm damp month. Certainly the little biting sort have had a birthday this year.

Eight dry days during the third week enabled a lot of silage and even some hay to be taken, for those lucky enough or wise enough to cut, knowing they could always black bag it if need be. Let's hope July produces enough dry weather for the rest of us to get some hay. 

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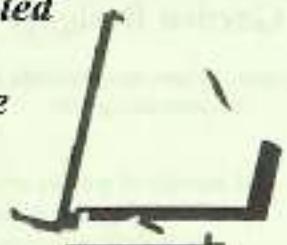
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## BRAITHWAITE'S OF SEDBERGH

Roger Taylor of Rochdale

I was at Sedbergh School from 1945 to 1949. The winters were indeed harsh in those days. 1947 was the classic of course - I could never forget it. We still had to leave our bedroom windows open at night though, and in the mornings there was often a covering of snow on the beds!

Lilymere was frozen for weeks on end and I went up there skating on a number of occasions. On some, I may have travelled on one of Braithwaite's coaches. The masters and staff, however, had a number of clapped out cars and I am sure that they also helped out. I say "clapped out" on purpose; things were difficult in those days. The country was still very

The Sedbergh Blind Club

part of  
South Lakeland Voluntary Society for the Blind

## COFFEE MORNING

U. R. C. Rooms

Wednesday 28th August

From 10am

Admission 50 pence

much on its knees following the War effort; there was severe rationing of petrol etc. and no question of anyone buying a new or upgraded car. The same, I am sure, applied to buses and coaches.

As I said, winters were so much harsher in those days that skating was something of a regular winter sport and I think most of us Sedbergh School boys had our own skates.

The individual School Houses owned a number of worn out sledges which came into their own in 1947. In my House (Sedgwick), the sledges were slung somewhat roughly, and unsecured and unbalanced, on top of the toilet partitions - which made a visit to the loo a rather dangerous occupation 1947 was so bad that the famous "10 mile run" in March was cancelled for only the second time in its 100 year history. A few of the better runners decided, I recall, to run an unofficial race, anyway, but the Head Master, Bruce Lockhart, got wind of this and put the 10 mile course out of bounds. Just as well, as Baugh Fell had become extremely dangerous. Incidentally, the third time the Race was cancelled was last year, due to the "Foot and Mouth" epidemic. Another story on Page 34.

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## THE BULL HOTEL

John and Hazel would like to thank all who have supported them in their years at the Bull Hotel and also a very big thank you to all our loyal staff.

We wish Steve and Alison Mansfield every success with their new business at the Bull Hotel.

Our Sunday night quiz 'Play your cards right' fund has been divided into the four most popular nominated charities. The Town Band; the Cricket Club; The Football Club and the Bowling Club. Each of these local concerns have received a cheque to the value of £160.

We are moving to The Whitewalls Restaurant in Hest Bank near Morecambe and we would love to see you there. 

## ROYAL BRITISH LEGION

### Women's Section

Can you spare one evening a month to support the ex-service community by joining the Sedbergh branch of The Royal British Legion Women's Section who need new members to keep the branch from closing down. Our numbers have fallen due to advancing years and ill health of members.

We meet every month on a Wednesday at the White Hart Club. Why not come along to our next meeting which is on 4th September.

If you are interested and unable to attend this meeting please ring the Secretary Mrs. D. Bateman on 015396-20474. 

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EVENINGS: Tuesdays through to Fridays, a La Carte Menu every night also

THE MIDWEEK MENU: All Starters £2.95 each  
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Desserts £2.95 each

SATURDAY NIGHTS: Candle Lit Dinner @ £16.95 and a la carte

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For Party Booking only, we serve Afternoon Tea at £6.25 and High Tea at £7.95

We have price-winning gardens, a large car park and we are coach friendly. Evening Disco's can be arranged.

## **SEDBERGH AND DISTRICT CHRISTIAN AID COMMITTEE**

### *Review of the Year*

At its last meeting, the Christian Aid Committee enjoyed a heartening summary of the financial outcome of the previous twelve month's activities, which are detailed below. However, this opportunity to review our recent work is also a chance to reflect on why we are doing it and to thank all those who work so hard for Christian Aid.

At this time we recall that regions of Africa such as Malawi and Zimbabwe, which at one time could export food, now face famine from a variety of causes such as drought, AIDS wiping out large sections of the adult working population and other complex factors.

Many parts of the southern hemisphere will continue to face chronic poverty. This means poor housing, no clean drinking water, inadequate diet, lack of educational opportunities and poor health care.

Christian Aid has raised £13 million in the previous year to alleviate the worst effects of poverty and to try and promote a fairer distribution of the world's wealth. It was highly significant I think that £800,000 was raised through gift aid. Just the simple act of signing a little form has given the charity a massive boost in fighting poverty, at no extra cost to the giver. So let's all fill in the little form on our Christian Aid envelope each year and try and raise that figure!

You raised about £6000 in the district in

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Waterside Farm, Firbank

**Saturday 31st August**

10am onwards

Various Stalls ~ Bouncy Castle

Face Painting ~ Pony Rides

Coffee & Biscuits 50 pence

*Proceeds for*

*Downs Syndrome Association & Mencap*

the previous twelve months, a fantastic result at a time when we were still concerned about Foot and Mouth. The house-to-house collection did even better than the previous year, which is quite remarkable considering the circumstances. So thanks to all those who

gave, knocked on doors, collected envelopes, organised coffee mornings, was prepared to do the Killington Service Station collection, run the shop and the countless other tasks, often unseen but necessary to raise the money - THANK YOU!

*Fund raising activities year end 30th June 2002:*

House-to-house collection	£2797
Killington Service Station	£319
Shop	£1527
Dent Coffee morning	£134
October Coffee morning	£298
March Coffee morning	£290
June Coffee Evening	£180
Church Activities	£421
Donations	£62
<b>GRAND TOTAL</b>	<b>£6031</b>

Starters	
Prawn Cocktail & Marie Rose Sauce	£3.10
Garlic Mushrooms on Toast	£2.80
Pow with Gameli, Teas & Butter	£7.80
Soup of the Day	£1.90
Egg Mayonnaise	£1.90
Grapefruit Cocktail	£1.90

Fish Dishes	
Salmon Steak with Parsley Sauce	£7.30
Grilled Rainbow Trout	£7.70
Baked Soleogi	£9.60
Baked Haddock	£6.60

Vegetarian Dishes	
Tropical Vegetable Curry	£5.90
Steak & Vegetable Crumble	£5.90
Vegetable Lasagne	£5.90
Mushroom & Nut Fettuccini	£5.90
Broccoli & Cream Flame Blatz	£5.90
Vegetable & Pasta Bake	£5.90
Veggie N' Tikkis Meltz	£5.90
Mazzeri Cheese	£5.90

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

Salads	
McGregor's Lunch	£4.20
Cold Meat Salad & Beet & Bacon	£4.90
Prawn & Rice Salad	£5.70

## THE HEAD

AT

MIDDLETON



Sandwiches	
Prawn with Marie Rose Sauce	£3.10
Ham, Beef, Cheese & Tomato	
Cheese & Pickle or Salad	£1.90
Toasted Sandwiches	£2.30
Portion of Chips	£1.00
Mac & Cheese	£1.20
Portion of Mushrooms	£1.00
Hot & Spicy	£0.50

Tel: 015396 20258

**Menu**

## **FORMS OF DEMENTIA**

About 700,000 people in Britain today suffer from some form of dementia and it is estimated that about 50-60% of these have Alzheimer's disease.

The term dementia is used to describe the symptoms that occur when the brain is affected by a specific diseases and conditions. These include Alzheimer's disease and stroke.

### *What Causes Alzheimer's disease?*

No one single factor has been identified. It is likely that a combination of factors including age, genetic inheritance, environmental factors, diets and overall general health is responsible.

### *Symptoms*

- Become confused and frequently forget names of people, places, appointments and recent events.
- Experience mood swings. They may feel sad or angry. They may feel scared and frustrated by their increasing memory loss.
- Become withdrawn because they lose confidence or have problems communicating.

### *What is vascular dementia?*

Vascular dementia occurs when cells in the brain are deprived of oxygen. If there is a blockage in the vascular system or if it is diseased, blood is prevented from reaching the brain, as a result cells in the brain die, leading to symptoms of

---

## **DALTON & HAGUE**

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### **HOWGILL LANE PLAYGROUND APPEAL FUND**

£60,000 is needed to provide new playground equipment on the field. To help achieve the total, for each current account, business account, credit card or personal loan opened with the Halifax Agency at Sedbergh, we will make a donation of £15 to the appeal fund.



Call in today for your application form

dementia.

#### Symptoms

As with other forms of dementia memory loss, difficulties in communication will be experienced. However there are some unique symptoms

- Because vascular dementia can affect distinct parts of the brain, particular abilities may remain relatively unaffected. This unlike Alzheimer's where the disease effects the entire brain.
- Some people with vascular dementia may notice that their symptoms remain steady for a while and then suddenly decline. In people with

Alzheimer's the decline is constant. If someone appears confused or forgetful, or is behaving in a way that seems unlike themselves the first person to contact is your General Practitioner (G.P) Confusion and forgetfulness should not be seen as a normal part of ageing, such symptoms can be caused by a variety of conditions, some of which, like infections are treatable.

Help and information can be obtained from:-

South Lakeland Alzheimer's Society  
Stricklandgate House Kendal LA9 4PU  
Tel: 01539 734066  
e-mail: - slads@freak.com

G.C. Tomlinson

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## BRAITHWAITE'S OF SEDBERGH

James Birdsall of Grassington

(*Sedbergh School 1948-53*)

An abstract from his biography, "Moths in the Memory", in which he describes his first journey as a new boy from the South up to Sedbergh School.

Rugby, Crewe, Warrington, Wigan, Preston - I didn't guess on that first journey how this litany was to imprint itself on my memory over the next five years. Air travel to distant climes often brings a traumatic change as passengers dressed for Manchester disembark into the balmy air of Madeira or Marrakesh, but on a more insular scale I still recall the involuntary jolt as one opened the carriage door to the cooler airs and harsher accents of the North. On this occasion we left the train at Carnforth and bundled into the Sedbergh bus. This was my first encounter with Sid Braithwaite, a character who could have stepped, like Jimmy James or Frank Randall, straight off the music-hall stage and who, with his haphazardly opportunist style of driving, put the fear of god into more Sedberghian's than ever did their more tyrannical masters and pastors.

The bus, a time-worn charabanc, had a

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canvas top stretched over hoops, the kind of vehicle seen in fading photographs in countless Yorkshire pubs surrounded by intently staring, heavy moustached ghosts and bearing such captions as 'Bay Horse trip, 1911'. Our luggage was stowed aboard by the simple but effective procedure of slinging it outside on the roof. Once inside, the bulges in the canvas overhead attested to the continued presence of the bags and marked their progress. At one stage of the cross-country route there is a steep hill known as Scots Jeans. Here we careered, gears protesting and exhaust firing salvos, down the impossible gradient. Alarming the bulges towards the stern had smoothed out and the forward canopy was fast acquiring new ones, Sid negotiated the descent with his face screwed back towards his anxious passengers, gleefully propounding his philosophy of life, 'It'll be reight!' Sid's brother, Gentleman George, whom I was to meet later, was the other half of this memorable double act; immaculately dark-suited, his hair slicked down like a bandleader's, he ran what was to become a thriving bus company in the years to come.

*The Final story is on Page 38.*

## STABLE ANTIQUES

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## FROSTROW W. I.

The July meeting was a busy one 'business wise' as we had our outing in June - so there was a lot of information to impart.

Before doing so, the President said how pleased she was to see three members back with us after their various operations - Margaret Falkener, Jenny Dawson and Vi Harvey.

After a summary of our successful sweet stall at the Jubilee celebrations on Lupton field the President gave her report on the I.G.M. in Brighton in June and recommended members to offer to be a delegate in future it is a very interesting and enjoyable experience.

Plans were made for our joint meeting with Dentdale W. I. In August - to be

held in Dent.

Our speaker for the evening was Eunice Hutchinson who is a Phillipino living in Lancaster. She managed, in the space of an hour, to give us an amazing talk covering the geography, history, climatic conditions and cultures of the islands. She closed her talk with her description of her difficulties of adapting to the British way of life and customs - so very different to her upbringing. We all realised how much we have to learn from other cultures and traditions.

She was thanked by Mrs. Rosemary Mason who said she could not remember when she had enjoyed a talk so much. This seemed to be the opinion of all the members judging by the applause. ☺ ☺

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## FAMILY MUSINGS

Living apart from my computer with Microsoft Word and e-mail I am just about coping with, living in a different place to my teenagers I can cope with too, but living away from my raspberries, and red/black currants is a different thing all together. I've picked boxes full but also know the birds have found a very well stocked larder. Speaking of birds we have two young Blackbird families here and the sparrows are back but where's the Woodpecker gone. I've not seen him in ages?

I'm back on track with my postal writing course now updated, much less hassle than via the internet. I just need to refresh my typing skills. One finger perhaps, 2 or even 4, I get everywhere in

the end.

Hubby's on track for haytime, gathering his willing helpers and reminding me of sandwiches etc., to feed them. I'm overjoyed that the field we locals call 'Tidy Holme' has been 'haymaked' (is that a word?!) this year. It always was in my young days and so often been big baled for silo but today the baler is spewing out small hay bales!

This got me thinking about oh! so many people around the village when I was young. One lady would shout "Tell her I thank her and I thank her" when I'd take magazines to her from my Grandma. And on my return just around the corner Grandma would say "I heard!" There was Twinkles, Grandma's cat, and all the buildings out the back including the old



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- CHILDREN'S WATERPROOFS AND FLEECES
- BABY WATERPROOF SUITS
- TRAINERS AND CASUAL SHOES

wash-house where the Youth Fellowship began after being moved out of 'Middletons' cellar for safety reasons. There was Mrs. Verity and Mrs. Godfrey and ...oh! so many.

The take-away café with Belles delicious shortbread. Polly looking after Mr. Crossleys shop. Coins in the step at '1d bank' ... Mary Batty who knew not only everyone's birthday but how old they were.... Batty's shop.... petrol garage on the hill.... Sandersons Provin Warehouse....

Younger daughter is off on her holidays soon on the back of a motorbike around Europe. It's made me more aware of motorbikers on the roads and I try to let them pass me if I can. Thinking about her riding pillion sends shivers up my back so I think instead of the lovely places she'll see and the memories for later.

Elder daughter flies out to visit a college friend on a campsite near Venice soon. That will be a trip down memory lane and she'll no doubt get roped in to help.

Son is off to Manchester on a course called "X-celerate" to share his faith and grow in faith. He'll swap the middle of the countryside for the big city.

On sports day here at School, one small child fell over in his/her sack in the sack race and so was left behind. In a flash the Headteacher picked up child and sack and, running forward, deposited them ready to jump across the line! Now wasn't that wonderful. And isn't it great how helpful a little act of kindness can be?!

The cats are well, Granny's got the all clear to fly to Dublin and we are all getting along fine. Younger daughters driving lessons are going well but she

thinks the instructor is nervous... is that allowed? Charlie car has developed more odd noises and just chugs along at the moment. I do hope she's not coming to a permanent stop - keep going folks. See you next time.



## SPAGHETTI

Comments put to us recently have been, "What do you do?" "When are you going to do something?", and, "You never seem to do anything!"

We are a group of parents who got together early last year to organize events for young children in the area. We held the Teddy Bears' Picnic at the People's Hall last Easter, the Rumble in the Jungle in the summer and the Christmas Party, all of which were enjoyable and well attended.

Barnardo's South Lakes Project supported us by providing a small budget, a creche during our meetings and by helping to staff the events amongst other things. It was always made clear that this help was temporary and that we should work towards becoming an independent constituted group. So, SPAGHETTI was formed earlier this year.

Our plan is to hold a wide range of children's activities including workshops and shows, music, dance, drama and art. We're concentrating on raising money through grant aid and local fundraising initiatives at the moment then have an exciting programme of events in mind for the hopefully near future.

We welcome your ideas or comments and would like to hear from anyone who is interested in being involved in any way, big or small. Please contact Rebecca Wheten on Sedbergh 20959. 

## BRAITHWAITE'S OF SEDBERGH

*Dr Robin Kerr of Middlesbrough.*

In April 1948, on my first day at school, Sid Braithwaite met the new boys at Lowgill in an old Reo chara, and drove us at great speed to Sedbergh, one hand on the steering wheel and talking over his shoulder very cheerfully to all and sundry. I have managed to unearth a picture of this chara, which I think was taken in 1949 in Braithwaite's yard after it became unusable. It subsequently went to a farm between Sedbergh and Dent, where it was used as a hen house.



During my time at school, Braithwaite's also had an old Leyland Cub coach, which was red and white and a grey Bedford. Then, I remember we were amazed by the arrival of a big new streamlined AEC, Kestrel Hawk, coach.

Sid was always cheerful and friendly, and years after leaving school, I used to see him occasionally at Catterick races.

George drove the taxis. He was more serious and wore a collar and tie. He used to take us early in the morning, on the last day of term, to Kirkby Stephen (East) to get the 7.05 train to Darlington. Six of us for 25/- was the fare. Later, he used to take us, in the big Austin, all the way to Darlington, which suited him because he could visit his Aunt, for breakfast, before returning home.

I think that the Reo was used to take the shooting VIII to Bisley in 1948 for the Lord Roberts cup and that it went out of use quite soon after that.

I have great memories of all the buses grinding up the very steep hill on the Kendal road when everything was frozen and we were going skating on Llymeref. They were good days and there must be many of us who remember the Braithwaite's and their buses with great affection. Sedbergh was quite incredibly isolated in those days and these buses represented a link with the real world.

*It is interesting that these stories are all from pupils who attended Sedbergh School in the late 1940's. Obviously,*

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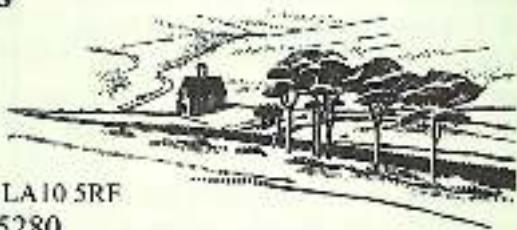
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*Braithwaite's 1931 Reo Chara driven by my Uncle Sid must have made quite an impression on this generation of boys, being imprinted on the memories of Messrs Mallinson, Birdsall and Kerr. I, myself, was a regular passenger on many of Sid's outings in the old Reo and also vividly remember his carefree style of driving.*

*I have recently just finished putting together an album containing photographs showing the development of Braithwaite's Central Garage in Bainbridge Road from the early 1920s through to the late 1950's, when Braithwaite's sold it to R. S. Morphet. Also included are some 1990s photographs showing more recent development.*

*This album has been lodged in the Sedbergh History Society Office in Main Street, where it should be available for viewing. If you can add any information about the photographs in this collection, or have any other information, stories or photographs relating to Braithwaite's of Sedbergh, I would be very pleased to hear from you.*

Gordon Braithwaite, 7, Lansdown Road, Abergavenny, Monmouthshire, NP7 6AN  
Tel: 01873 856067

## **GALA DAY DATE CHANGE 2002**

Several people have questioned why the date of Gala Day was changed this year, so the Gala Group would like to take this opportunity to explain the reasons.

A change in date was originally suggested by some local businesses, who felt it was a good idea to encourage people to visit the town on a different weekend from the Bank Holiday, when there was already an increase of visitors to the town.

When approached, Primary School staff also approved of a date change, as Gala Day would then no longer clash with the start of half-term week, when many people, especially with families went on holiday.

The Gala Group also felt that many parents were involved with Sedbergh School Speech Day and were therefore unable to attend Gala Day with their children.

When discussed with the Fell Runners and Cumberland & Westmorland Wrestlers, the only option was to move Gala Day forward a week, so that it did not clash with other events.

The matter was discussed by the Gala Group, and the majority of committee members voted for a date change. This was originally planned for 2001, but Gala Day was cancelled that year due to Foot and Mouth.

The Gala Group did not intend to upset anyone by the date change - we were simply trying to make it easier for more people to attend and support the day.

However, if you would like to make suggestions for any Gala event, please contact Denise Paul (21526) or Joyce Cox (21820) - or come along to the Public A.G.M. in October.

## **J J MARTIN**

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### BROTHER JOSEPH (Elvey)

Today, dear Lord, I'm 80 and there's still  
good I haven't done,  
So I hope, dear Lord, you'll let me live  
until I'm 81.  
But then if I haven't finished all I oughta  
do,  
Would you please let me live until I'm  
82.  
So many lessons still to learn, so many  
friends to see,  
Do you think that you could manage to  
make it 83?  
The world is changing very fast and I  
wonder what's in store.  
So I'd love to be around, dear Lord, until  
I'm 84.  
And if I still have any drive, I'd love to  
stay till 85.  
But then I could be over the hill and there  
may be no quick fix,  
But I'd still be very grateful, Lord, to live  
till 86.  
I know, dear Lord, it's much to ask (and it  
must be nice in heaven),  
But I'd really love to stay right here until  
I'm 87.  
I'm sure by then I'll be slowing down  
and life won't be that great,  
But it could still be fun, dear Lord, to be  
here at 88.  
By then I know my days are few and I'd  
be living on borrowed time,  
So I'm sure that I'd be willing to leave at  
89 (maybe).  
Just one more thing I'd like to say, dear  
Lord, I'm not in any rush,  
So if its still okay by you, I'd love to live  
to 90 plus.  
Special 80th Birthday wishes for the  
25th Joseph. I love you lots. *Annie*

## SEDBERGH SCHOOL



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**Contact Bill Page**  
015396 20303

## SEDBERGH TENNIS CLUB

### *Jean Clough Tennis Tournament*

Congratulations to all who took part in this years tournament - as ever, the standard of play was extremely high! The Under 12 tennis was the best that we have ever seen on Guldrey courts - the cup was hotly and closely contested by Ben Chetwood, Joseph Robinson, Nathan Close, Stewart and Daniel McCandlish - with only 4 points separating the top 4 - well done to you all. A big thank-you to everyone who helped organise players on courts all over Sedbergh - particularly Rosemary Lewes, Janet Chetwood, Graham and Jackie Robinson, and Walter and Anne McCandlish. The only disappointment was the lack of challengers for some of the cups. The winners were as follows:-

#### *Mens Open*

Winner	Graham Robinson
Runner-up	Richard Ellis

#### *Womens Open*

Winner	Tessa Moore
Runner-up	Rosemary Lewes

#### *Under 14 - Boys*

Winner	Robert Close
Runner-up	Brendan Lewes

#### *Under 12 - Boys*

Winner	Daniel McCandlish
Runner-up	Nathan Close

#### *Under 12 - Girls*

Winner	Emily Hirst
Runner-up	George Close

#### *Under 10 - Boys*

Winner	Emily Armistead
Runner-up	Lisa Postlethwaite

**Junior Leagues** - Our Under 12 team is so far undefeated - a wonderful performance given that so many of our

juniors have played on different occasions for the team - real strength in depth and a good omen for the future of Sedbergh Tennis. Our Under 14 and Under 16 teams have also played magnificently through a difficult (wet) summer and can be proud of their achievements.

**Senior Leagues** - For the first time ever, the Club has entered a team into the Kendal Mens League under the masterful captaincy of graham Robinson, ably assisted by Stephen Cayley and Neilson Thornton. When we have our first team out on court we are unbeatable (and unbeaten) - the season has been good fun and very successful. Our Ladies' team has again got through to the Final of the Cumbria knock-out competition - well done and good luck to Tessa Moore and Melanie Sampson in Carlisle.

**Membership** - Some of you have forgotten to pay your subs this year - please can you pass them on to Tracy Thornton at Barclays, Audrey Carr or Richard Ellis as soon as possible. My thanks to all who have paid promptly this year!

#### *Swansong - Family Day & BBQ -*

**Sunday 1st September - 2.30pm**

Our official Club season will end with another Family Day and BBQ on Sunday 1st September at 2.30pm. The weather traditionally shines on us for our farewell to the tennis season - so come and have a friendly hit and a bit of fun. We'll end the afternoon with a sausage BBQ sizzle and a bottle of pop. Make sure all your friends put this date on the family calendar as an end-of-season 'must do'. See you there.

*Richard Ellis*

## **CREATIVE WRITING AT SETTLEBECK HIGH SCHOOL**

Sometimes listening to young people talk, we older people may feel we are listening to a foreign language, or indeed wonder whether our young people know how to use the English language. But as an English teacher I also see a different side to young people and find myself both surprised and heartened by the sophisticated way in which they can communicate in debates and in their writing, exploring ideas and using vocabulary and sentence constructions that I can't remember feeling confident using until I was older.

Recently Caroline Lamb, a student who has recently joined year 7 (and is therefore only 12), reminded me of how skilfully young people can express themselves when she handed me the poem below written for a competition for under 16s. She won, and I feel deservedly, first prize in her age group and was awarded a generous gift voucher and a writing kit at a special presentation at which there were events such as guide dog displays and birds of prey handling sessions.

The competition was organised by an association for the blind and asked young people to write about Lakeland drawing

on senses other than sight. I hope you, like I, will enjoy Caroline's response to this task.

*Sally Ingham  
Head of English*

### **Lakeland: a different view**

Swimming in darkness since dawn came,  
My collie, Dan, leading the way.  
As I climb on the plane,  
I turn back once again  
And murmur 'Goodbye, USA.'

For my family is visiting Lakeland,  
To meet an old mate of my mom's.  
I've never been in a plane ride before.  
My heartstrings are playing harsh strums.

We could have chosen Greece or  
Australia,  
We could have chose Dover or Crewe,  
Or Crete, Barcelona or Chile,  
Or Mexico, or Timbuktu.

But now we're all standing at Lakeside,  
A small village named Windermere,  
The wind whips the locks off my hot,  
nervous face  
As I stand on the end of the pier.

The slosh of the Lake on my sneakers.  
A squeal as the cormorants soar,  
And the warm, musty smell of our three-star hotel  
And the creak of the smooth, polished floor.

The rough, broken bark of a pine tree,  
The rough, rugged bark of old Dan,  
As he leads me back down from the  
aeroplane,  
And back to my home, Manhattan.

I loved all the smells and the tastes there.  
The textures all gave me delight.  
If only I could have just stayed there,  
And be given the gift of one sight. 

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Dear Editor,

Last month's Lookaround article regarding Farfield Mill ventures to suggest that my caution published in the June issue, regarding the risk of human sewage being present in the local waterways, was factually incorrect.

The article, which claims to have been 'very carefully' researched, states that swimmers do not need to be concerned about human pollution and proclaims that "There is no danger from this whatsoever". Who could make such a reckless claim?

The article indicates that the Environment Agency endorsed the safety of the river, so I decided to check with them. They advised that they would never make such a claim about any inland waterway. Moreover, Mr Brian Williams, the Environment Agency officer responsible for monitoring the local situation confirmed to me on 9th July that he'd not had any contact with Farfield Mill regarding this matter. He further advised that discharge samples taken as recently as 24th June from the pertinent sewage system had again failed to meet the required standards.

The Developers of Farfield Mill exploited a legal loophole and connected to the small sewage system located at Farfield Row rather than undertake independent arrangements. This connection was made against the instructions of United Utilities who wanted to firstly replace the ageing system. Furthermore, it was made against the terms of the Planning Consent, and YDNPA have subsequently raised

Enforcement Action (S/3/35C) in respect of this. The pollution created has empowered the Environment Agency to intervene, and it is this that has inspired the replacement sewage system now being instigated.

The intervening arrangements are proving inadequate and many people have witnessed sewage discharging into the river. The noxious outflow has been photographed and videoed and on one recent occasion was metered to be flowing at a rate in excess of 300 gallons per hour. This is not a rumour but a very real problem indeed and it is shameful to pretend otherwise. Through promoting such unfounded assurances as to the river's safety, I believe the Trust has done itself a significant disservice and has possibly laid itself open to prosecution by any party that falls ill having taken their advice.

On 20th June, Tim Collins MP forwarded me correspondence from John Roberts, Chief Executive of United Utilities, which advised that work on the replacement system will commence in December and should be completed in April 2003.

I would like to thank everybody who has expressed an interest in this matter, particularly those who came out to see the problem for themselves. I remain prepared to give a tour to interested parties. The Environment Agency may be contacted on 01772 339882, United Utilities, on 01925 237000 and YDNPA on 01969 650456

Yours faithfully,

*David Wilson*  
Tel. 015396 20537

## THE SNOWDROP BAND

The name Snowdrop Band has appeared in articles written by me for the Sedburgh Town Band. As a member of the Town Band I became interested in the history of an earlier Band. This came about after I was shown a ticket for "Popular Entertainment" December 14th 1906 in the Public Hall, Sedburgh (their spelling) and stamped The Snowdrop Band, Sedburgh. Thinking this was the opening I was looking for, I set about finding out more about this Band. In order to put the record straight, (it has proved to be nothing to do with Brass Bands), here is what I found.

SNOWDROP BANDS, begun in Sheffield, were created for Working-Class women over the age of 11. There was no evidence that Snowdrop Bands ever targeted Middle-Class young girls, presumably because they were considered to be less likely to "fall" from moral grace. These Bands aimed to promote honesty, chastity, civility and to uphold the moral principles favoured by the Middle Class and by many of the Upper Classes (and indeed a significant percentage of the Working Class). Heavy symbolic meaning was attached to the Snowdrop, which became an emblem of purity and chastity. Snowdrops were displayed at all Band Meetings and drawn on every leaflet and journal. Each young woman was issued with a membership card on which a picture of a snowdrop was drawn, as an artistic representation of chastity and on the back was printed:

*We the members of the Snowdrop Band, sign our names to show that we have agreed that wherever we are, and in whatever company, we will, with God's*

*help, earnestly try, both by our example and influence, to discourage all wrong conversation, light and immodest conduct, and the reading of foolish and bad books.*

Beneath the pledge, which encapsulated the aims of the Snowdrop Band was a space for the owner's signature as a symbol of personal acceptance.

Many thanks to Mr. Brian Finch who kindly lent me the book with the above information and to Mr. Dick Brooks who first showed me the ticket that sparked my interest.

A. Ferguson

## CADAS

South Lakes Alcohol and Drugs Family Support.

A new service is now operational by CADAS in South Lakeland targeted at supporting friends and family members affected by alcohol and drug use in the family.

The support will be delivered by providing both support groups and one to one counseling.

The aim of the group's is to help families and friends of people with an alcohol or drug related problem by providing mutual support and offering a forum where experiences, anxieties and concerns can be shared in a confidential and relaxed way.

CADAS has been operating in Kendal for twenty years providing support to alcohol and drug users and has won awards for its work.

The groups have started in Kendal and will branch out and cover South Lakeland. For more details of the group times and venues contact; Kendal Branch: Tel. 01539 724772



## SEDBERGH CRICKET CLUB

**U16 XI** 8th May A v Ingleton (league) Sedbergh 71 for 7 C. Wheatley 27n.o. T. Moore 16; Ingleton 72 for 4 A. Haigh 2 for 15.

**22nd May** A v Sedgwick (cup) Sedgwick 108 for 3; Sedbergh 93 for 3 T.

Moore 31n.o. S. Moore 19n.o. a very close match played in rain, thunder & lightning!

**29th May II** v Kendal (league) Kendal 130 for 3, S. Moore 2 for 28, Sedbergh 36 all out.

**5th June H** v Arnside (league) Arnside 87 for 4 S. Wilson 3 for 4, Sedbergh 46 for 9;

**12th June A** v Burneside (league) Sedbergh 55 for 9, Burneside 56 for 5 S. Moore 4 for 13,

**19th June A** v Sedgwick (league) Sedbergh 115 for 5 R. Johnson 28, T. Moore 29, Sedgwick 82 all out S. Moore 3 for 24, T. Moore 3 for 10, E. Lord 2 for 17. A WIN!! A brilliant team performance,

**26th June H** v Windermere (league) Sedbergh 93 for 5 C. Wheatley 31, A. Burrow 22, Windermere 94 for 4 S. Moore 2 for 13.

**10th July H** v Netherfield (league) Sedbergh 41 all out, Netherfield 42 without loss.

The organisers, D. Calvert and R. Gorst, wish to thank all parents/helpers for help with transport to away matches.

Several of the U16XI have played for the 1stXI.

**U13XI** Lost to Kendal A Sedbergh played with 5 primary school youngsters in the team.

Lost a close game to Ambleside K. MacConnell 20n.o.

Beat Netherfield S. Wilson 20n.o. A. Smith 20n.o. B. Longlands 10, In the field Catherine Hurst took 3 wickets all

clean bowled!

The side finished 3rd - in the league missing out on the play-offs by two points. Their game against Kendal B was rained off so 4 potential points were lost as Kendal lost every match this season!

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## DENTDALE METHODIST CHURCH

We give everyone a warm welcome to our services which are usually 2pm and 7pm but it's best to check on the notice board as some weeks we join other chapels.

On August 25th at 7pm our Contemporary Worship is to take place in the Dent Memorial Hall and light refreshments will be served, do join us.

On Saturday August 10th we'll be serving teas in 'Rhumes' garden to raise some funds and this event will also raise money for Asthma Research. Do come along, meet us and enjoy tea in beautiful surroundings.

On Gala Day we've the responsibility of the 'White Elephant' Stall and are pleased to receive any bric-a-brac surplus to your requirements as well as any offers of help! We have a lovely meeting room adjoining the chapel which is available for small gatherings within our no alcohol, no smoking policy. Contact J. or S.E. Woof on 25275 or 25212.

## AUGUST GARDENING

Last month I spent an enjoyable day at the R.H.S. Flower Show at Tatton Park in Cheshire. I always find it very interesting to go to an occasional big show in order to see the latest fashions in plants, and a stroll around the flower marquee or the show gardens will soon reveal the show visitors' favourites. The most popular plants this year seem to be those with rich deep red, to almost black, flowers and foliage. *Scabiosa 'Chile Black'*, *Scabiosa 'Chile Sauce'*, *Cosmos atrsanguineus*, the "Chocolate Cosmos" and *Angelica gigas* a tall, red/purple stemmed, red/purple flowered relative of "Cow Parsley" all caught the eye, but having seen the result of our cold wet winters on the first three in local gardens already, I decided not to risk another disaster by

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buying the fourth. The other very popular plants being carried away from the show were *Sidalcea* and *Lythrum* both of which are extremely hardy, old "Cottage Garden" favourites. *Sidalcea* ("Prairie Mallows") have flowers in shades of pink or white which are born on tall (2-3 feet high) stems. *Sidalcea malviflora* grows from a basal clump of leaves whereas *Sidalcea candida* has a spreading rhizome and can be more difficult to control. Good varieties to look out for are 'Elsie Heugh', with rich purple/pink flowers, 'Loveliness', with pale shell pink flowers and 'Croftway Red', which has bright reddish pink blooms. Cultivars of *Lythrum* are mostly derived from our native "Purple Loosestrife", *L. salicaria*, which grows in damp places beside rivers and lakes and so prefers a moist spot or a part shaded root run. The flowers, which are strong purple/pink are born in spikes on tall stiff stems and make a well behaved and very attractive addition to a border.

Elaine Horne

## SETTLEBECK HIGH SCHOOL

### PTFA

Settlebeck's Parents, Teachers and Friends Association invites all parents and carers to join us in support of our wonderful school. We need new parent support on our committee and please come along to the AGM on Thursday 26<sup>th</sup> September at 7.30 p.m. Please let Margaret Denton our Secretary know, in advance, if you're willing to serve on the committee. It's an informal, friendly group of people who enjoy each others company and who actively help to organise events and activities to raise money and support for our children to provide the extras which make our school so special.

Margaret is due to retire from her position as PTFA Secretary after 7½ years and we are appealing to another committee member or a new member who would be willing to take on this task. We'd like to thank Margaret for her years of dedication to this voluntary task. She's been a super secretary and a great asset to the school.

*Dave Smith, Headteacher*

### SEDBERGH MARKET FAIR

24<sup>th</sup> August

The PTFA are running a tombola at this event and are appealing for donations of bottles, tins, cans etc. If you can make a donation please send it into the school office a.s.a.p. marked tombola.

*Dave Smith, Headteacher*

### CAMP EQUIPMENT APPEAL

We need ropes, staves, milk crates, tarpaulins, planks and barrels for our future camps. Has anyone got access to

these items that we can borrow. If so please let Dave Smith know (home phone no. 20937).

### THE RURAL ACADEMY

If you missed the Westmorland Gazette story last week we are pleased to announce that the DfES have since given the nine schools permission to make a combined bid. This is the first time such a precedent has been made and we are now keen to pursue sponsorship and make our bid in October 2002.

*Dave Smith, Headteacher*

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### THOUGHT FOR THE MONTH

A man was driving along and met a car coming the other way. As they drew level the other man leant out of his window and shouted "PIG" as he drove by. Slightly shaken the first man wondered what on earth he had done to deserve being called a 'pig'. He was still worrying about it as he drove around the corner and there in the middle of the road stood .... A Pig! We may smile at this story, a simple misunderstanding, yet how often do we let such simple 'cross-purposes' upset us, upscuttle our friendships? Watch out for that Pig! L.D.

## THE WALL AS A GARDEN

### Ways to use courtyard walls

One of the attractions of Sedbergh is its many yards and courtyard walls and the surrounding areas are full of dry stone walls. If you have a dry stone wall, one that is built without mortar between the joints, it is possible to grow a variety of interesting plants in between the stones. They'll be small plants as root space is restricted and first you will have to pack soil into gaps in the wall. Small plants can be successfully grown in small pockets of soil between the blocks of stone that make up the wall.

You can maximise a garden's growing potential and create a softer, prettier look by hiding bare walls behind a curtain of colour. Dry stone walls are attractive in their own right, you don't want to hide them, just enhance them. Small plants like *Campanula* do just that. Other good choices include *Lewisia* and varieties of *Sedum*, *Saxifraga* and *Sempervirum*.

Climbers are the easiest way to cover a wall with greenery. Amongst the climbers, *Clematis* are unsurpassed in their long period of flowering and tolerance of almost any aspect and climate. *Clematis* look particularly attractive when trained on walls. Honeysuckle is also another popular climber. *Lonicera japonica* 'Helleiana', *Lonicera* x *americanana* and *Lonicera* *periclymenum* 'Graham Thomas' all produce fragrant flowers.

For autumn interest Boston ivy *Parthenocissus* *tricuspidata* or *Parthenocissus* *tricuspidata* 'Lowii' are hard to beat but in small spaces their growth needs to be checked against unwanted rampant growth.

Brenda Koo

Deputy Chairman Dry Stone Walling Association of Great Britain

## WESTERN DALES FUTURE

Western Dales Future is a group of people drawn from across the community who feel that more can and should be done to help Sedbergh and the surrounding areas not only to recover from last year but also to push forward to improve the economy of the area and prevent further decline.

Pat Allison of the Cumbria Rural Development Programme pointed out at a recent meeting that Sedbergh has been under-represented in take-up of grants within Cumbria, apparently because we have not really got ourselves organised enough to ask for any.

There are a number of initiatives underway at the moment instigated by WDF which require funding and rather than each group making individual applications WDF intends to co-ordinate applications for grants and other funding combining applications where possible to achieve a better success rate for the community.

The Area Actions Feedback Report produced by the YDNP, currently available for perusal at the Community Office, includes references to the action areas where YDNP and WDF are co-operating.

In a sentence, the Western Dales Future group will act as co-ordinator for activities and funding applications for the various economic development initiatives. Many of the initiatives like the book town, leaflets and publicity, footpaths and signs have a task group active but the important one that doesn't is transport. We need someone to look at transport, what's needed and funding availability. For more information please talk to Chris Wood on 21385 or Chris Whelan in Cobble Country.



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## SEDBERGH SCHOOL CHORAL SOCIETY

**Calling all Singers, Your Choral  
Society needs You.**

The new season begins on Monday 9th September. We meet at **6.15pm** in **Powell Hall**, Sedbergh School. Please note the slightly earlier time of starting.

This year we are singing Bach's Mass in B Minor. This is a great work to sing. We are giving two performances at the end of February, on the 22nd in Ripon Cathedral and on the 23rd in Powell Hall, Sedbergh School.

Everyone is very welcome to join us. If you enjoy singing come along - especially **TENORS!**

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

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



## BALIOL SCHOOL ACTION GROUP FOR THE COMMUNITY

We held our second 'Fun Day' at Baliol on May 25th and as has been the case for most events this summer, the weather was not very kind. However, this did not dampen our spirits and determination to have a good day, so all of the stalls were set up in the school block.

Sedbergh Town Band got the event off to a bright and cheerful start and though they could not be seen by everyone, being in a classroom and short of space (we apologise to the band for that), we could certainly hear them and the choice of music was wonderful. Our sincere thanks to all of the band members, we do appreciate you all coming along, giving up your time when you are now so much in demand.

The day was very successful and the proceeds from this plus the event held at the People's Hall on 9th March means we can donate £750 to the People's Hall Playing Fields Playground project.

Our thanks go to all of the Sedbergh businesses for donating some smashing prizes for the raffle and thanks also to everyone who turned up on the day to support us. Look out for our next fundraising event.



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## **SEDBERGH PRIMARY SCHOOL**

Sedbergh Primary School is pleased to announce that it has been awarded a prestigious national award by Sport England. To achieve this award they have had to demonstrate that they offer a well-balanced P.E. Programme, provide an environment that encourages P.E. - and teaches children the importance of staying active for life.

The Primary School has recently held their Annual Sports Day. The children rotated around various challenging running, throwing and jumping activities on a format worked on with the Schools Sports Council.

This year's 5 events winners were:-

Points	Winners
Y6	
Daniel McCandlish	Ian Sugden
Sara Dellaway	Jennifer Farrell
Y5	
Stewart McCandlish	Olivia Law
Y4	
Chloe Brown	Sam Fisher
Y3	
Alistair Bainbridge	Grace Ormerod
Y2	
Amy Thompson	Simon Hunter
Adam Scarr	Tom Cooling

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## **FIRBANK PARISH COUNCIL**

The annual parish meeting of Firbank took place on 29th May at the local Church Hall. The main issues raised by parishioners were concerns about the road maintenance along both the higher and lower Firbank lanes and gritting during the winter: the meeting also discussed the grass verge cutting; cutting is kept to as late a date in the year as possible to protect the many wild flower species which grow along the lanes, some of which are quite rare. Lack of local public transport was discussed and so, too, was the possibility of a speed limit along Firbank Lane. It was agreed that these issues will be taken up with the local authority.

Following the annual meeting, elections of officers were held and the following members of the parish were elected: Alan Tattersall, Chairman, Lonsdale Barn, tel 20152; Alexandra Wood, Secretary, Goodies Farmhouse, tel 21087; Elaine Horne, Treasurer, Newfield Cottage, tel 20621; Edwin Bateman, Oak Bank tel 20217.

The next annual meeting will take place during the last week of May 2003.



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## JUBILEE CELEBRATIONS

I would like to correct an omission about involvement in the events on the day. First of all the Methodist Church did not get a mention in the advertisement that appeared in *Lookaround* and the again in the report on the day's proceedings no reference to the Church involvement was mentioned.

In fact the rest 'tent', in the guise of a caravan with an awning, was provided and staffed by Church members supplying somewhere to sit down, cups of tea and, in the downpours, a haven against the elements. In the Church premises a display of hobbies and interests was mounted. A wide range of topics were to be seen including; model engineering; footpaths; bird ringing; photography; small livestock; dressmaking; embroidery and patchwork; organic gardening; a photographic quiz about Sedbergh; hockey. In spite of the lack of publicity a steady stream of people came to view and talk to the 'stall-holders' throughout the afternoon. If you missed it you missed a treat!

The Friday Consort Recorder Group were another omission although they played Old English Dances for the Howgill W. I. Dancers. Thanks to those who gave their time.



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## KILLINGTON W.I.

July is the month for our Annual Outing so on Tuesday 9th just after midday, seventeen members and friends set off from Sedbergh for Bolton Abbey. Although the day had dawned sunny it was by now becoming cloudy. We enjoyed our drive but by the time we arrived it had already started to rain so we were denied a wander through the lovely surroundings and had to content ourselves with a thorough exploration of the magnificent priory. Our guide, one of many volunteers who undertake this labour of love, was a real enthusiast and we learnt much about the history of the abbey and the intricacies of the architecture and restoration.

It was particularly interesting to learn that the Abbey functions as a parish church as well as being a glorious historic building.

Having feasted our eyes and improved our minds the next item on the agenda was a feast of another kind. We adjourned to the Cavendish Tea Rooms where we all enjoyed a sumptuous cream tea. Being quite unable to consume all that was placed before us some were even moved to request "doggy bags" and thus also have a tasty supper!

The rain had by now passed over and so our homeward journey was in the dry but was not uneventful as we were all held up by a solid traffic jam on the A65. This necessitated a pleasant detour round the lanes to reach Settle and thence home.

A good day was had by all. Thank you Sue for all your careful planning.

WFU



## STEADMAN'S

A regular customer of Steadman's traditional butchers shop in Sedbergh has scooped the winning prize in the National Barbecue Week Grand Draw sponsored by North West Fine Foods.

Mrs Tracy Thornton of Bainbridge Road, Sedbergh wins a brand new gas barbecue and tools, together with a bumper meat pack supplied by Steadman's, and all the necessary accompaniments - specialty tomatoes for kebabs and salads, seasonings, and chutneys. Everything, in fact, for a celebratory barbecue party!

Garth Steadman, proprietor of Steadman's, is delighted that Mrs. Thornton was the winning entry. "Tracy is a regular customer and enjoys

shopping with us because she knows that the range of beef, lamb and pork we serve is locally produced to a high standard and tastes the best" says Garth. "It is great that someone who is so keen to support local producers has won. We've known Tracy for a long time now, and we've made sure that her barbecue pack is full of all her favourites".

The prize draw was offered by North West Fine Foods in selected specialty butchers across the region, and the level of entries was astounding. Tracy is an astonished but happy winner, saying "I'm surprised and delighted to have won. To be honest, I filled in the form and then forgot about it. I'm really looking forward to trying out my new barbecue - all I need now is a nice sunny day before 1st September!"

GS

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## HEALTH & FITNESS THE PULSE PROJECT'

Hello all bodies. Yes, I missed last month for a number of reasons. Also the make up of the committee and the route to achieving the Projects aims is undergoing change. There is a good deal of involvement with other bodies within the town and ideas are combining. So for the moment there is not much to tell.

The Challenge Cup Cricket is on the list of event this month. We will be assisting the Football Club with this event.

Mrs. D. Airey of Thornsbank won the Quiz Sheet - well done - lowest score did not specify a charity so I will contact them and ask.

I'm sure there will be much more to report next month. Any questions, or for information call Sandra Gold-Wood on Sedbergh 21808.



## SEDBERGH-YES

There are currently three web sites, aside from those that promote an individual business or school, that tell the world about Sedbergh. These are: the Community Office website, Lookaround and Sedbergh-yes.

The primary purpose of the Community Office website is seen by John Stanton and his team as an information source for local people; Lookaround is of course the Newsletter online; and sedbergh-yes is a Chamber of Trade attempt to help promote business by making Sedbergh look to the world like a serious place (why do people laugh when I say that?)

There's room for more. Farming is under-represented on the web (as it is all over Cumbria) and we do not, yet, have more than an elementary what-to-do-and-see.

Sometimes personal and individual websites can give a good impression of a place - generally the more there are the better.

As part of the Western Dales Future initiative we are now looking at structuring sedbergh-yes to promote Sedbergh to the world even more seriously: no, seriously, and any ideas anyone has on what's currently missing would be welcomed by the WDF Leaflets and Publicity team, Stu Byatt, Dave Collier and Carole Nelson, or you can email to [ideas@sedbergh-yes.net](mailto:ideas@sedbergh-yes.net).

Thanks.



## TOWN TWINNING

The Sedbergh Town Twinning group is looking at setting up a town twinning arrangement between Sedbergh and... somewhere.

Why? What's the point of it? We've discovered that over 2,000 towns and villages in the UK are twinned with a town or village overseas and of these 2,000+, just 5 are in Cumbria, so we ask ourselves the question: do we know something they don't, or are we missing out here? There's a strong suspicion that the answer may be the second one.

Exactly what this something we are missing out on might be, we are in the process of finding out. Inflow of money seems to be one possibility.

So where will we twin with? At this stage, it is too early to say. The most direct sources of funding come via the EU for internal cooperation so an EU country is the

obvious option. More important than where may be what. What, as well as some funding, might we get out of the arrangement? We are currently looking at how other places feel they have benefited, particularly from a business development perspective.

The Sedbergh Town Twinning group is a part of the Western Dales Future initiative. You can see who is involved and what they are doing by calling in at the Community Office, or by looking at [www.sedbergh-yes.net/twinning](http://www.sedbergh-yes.net/twinning). You can send questions or comments to [twinning@ochsedbergh.co.uk](mailto:twinning@ochsedbergh.co.uk) or call Dave Collier on 22310.



## ALZHEIMERS AWARENESS WEEK

### Street Collection & Coffee Morning

George Tomlinson and South Lakeland Alzheimer's Society would like to thank all the helpers and collectors very much for all the hard work, before, after and on Saturday 6th July. We know how much hard work goes into organising these events and we really appreciate your efforts.

It was a great success raising a total of £474.61, of which the Coffee Morning raised £255.45. Again, sincere thanks to all those who contributed in any way. 

## SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND (SEDBERGH)

The members of the Sedbergh group had a wonderful time on their summer outing last month. The day chosen for the trip to the Crossed Keys Inn was a glorious one. The lunch was very much enjoyed in convivial company, and it was possible to relax and chat after the meal in the fresh air and sunshine of the outdoor seating area.

Gordon and Barbara Axford organised a street collection in June, which raised £180. The money will go towards audiotape equipment for the audio version of the 'Lookaround' newspaper, as will the grant of £350 donated by 'Neighbourhood Forum' in July.

The group is a very friendly one and always extends a warm welcome to any new member with sight problems. There will be no meeting in August, but the meetings normally take place on the afternoon of the third Tuesday of each month and will recommence in September.

Jennifer Levitt

## SEDBERGH CRICKET CLUB

Well the only real winner in this contest was the weather! The English rain making ceremony really did work with 4 matches washed out. The only game completed was against Ingleton in a reasonably high scoring game with almost 400 runs on the board Sedbergh with 190 could not quite match the oppositions 208. Pete Meadows, with his wily leg spinners took 5 for 42. Its good to see spin bowling being successful when most feel the only answer is speed and more speed. The two junior teams will have almost completed their seasons but recent results are not to hand. A full summery next month. 

## JOHN BARNES

for all your mowing  
8ft mo. con Baling Round  
with net wrap  
Bale Wrapping

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

## SEDBERGH BADMINTON CLUB

### Everest in a Day Challenge

Thank you to all badminton players who took part in the Everest in a Day Walk/Jog up Winder on Sunday 30th June. It was a wet and miserable Sunday but the event was enjoyed by all.

Thank you to all sponsors and a total of £522 was raised towards the Bendrigg Lodge minibus appeal. 

## SEDBERGH BLIND CLUB

The SBC, which is part of the South Lakeland Voluntary Society for the Blind, will hold a Coffee Morning in the United Reform Church Rooms at 10am on Wednesday 28th August.

The event is organised to raise funds towards the cost of buying our own audio recording equipment to put Lookaround on tape. This is a big step forward for locals who are unable to read print any longer and opens up the very busy life of our community.

GA

## LEIGHTON'S BARBERS SHOP & HAIR SALON

We would like to congratulate Julie Lowther (nee Brooks) for achieving Student of the Year at Lancaster & Morecambe College and for completing NVQ Level One, Two and Three.

We would also like to congratulate Lisa Middleton who won Student of the Year at Kendal College and has achieved NVQ Level One, Two and she will start Level Three in September.

We would also like to congratulate Helen Moore, who completed her NVQ Level One, Two!

Well done to you all. *Lynn Moore SRH*  
*State Registered Hairdresser*

## RAG RUGGING

I'd like to say thank you to everybody who came along to the first rag rug session at Howgill Village Hall and contributed to a very successful evening - the first of a regular monthly gathering which is held at Howgill Village Hall on

## DIALECT DIGEST

When I was a lad, food played a very important role in our daily lives. However, there were none of the current worries about the effects of eating the wrong sort of food. Fish and chips, bought from t'chip 'oil, were liberally sprinkled with salt and 'alicker', the latter word stemming from the use of sour ale as vinegar.

Thick slices of ham, bacon or potato, often fried, were known as 'colllops', and we also enjoyed slices of bread spread thickly with collop fat, especially when laikin' out. There was the obligatory plate-size Yorkshier puddens, served as a separate course with lashings of onion gravy, and meant to fill you up so you didn't want much of the very expensive 'meyt' that followed.

Baking was an art form. Does anyone still make 'sad cakes', or delicacies such as Sally Lunn? And if the family had been out 'bleggings', then you could look forward to blackberry pie, covered in rich custard made with t'cream fra t'top o' t'milk. Sunday teatime, it was special 'ot ceakes, straight from t'oven, and overflowing with traycle.

In those days, we all supposedly ate unhealthy forms of food, but, despite this, in our village most folk still seemed to live on to a ripe old age!

*Michael Park*

the 2nd Tuesday of each month at 7.30pm. The dates will be posted in the 'Diary of Events' in the *Lookaround*. New members are always welcome, whether beginners or experienced Rag Ruggers. For more information please telephone Lesley on 015396-20899. 

# BUS SERVICES

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

M-F Monday to Friday Only

Tue Tuesday Only

Wed Wednesday Only

Thu Thursday Only

Sat Saturday Only

Sch Schooldays Only (M-F)

W&F Wednesday & Friday Only

TWF Tuesday, Wednesday & Friday Only

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

All times are from and to The Dalesman Inn

GP Grand Prix of Brough

W Wool's of Sedbergh

B Brasiliwall's Coaches

S Stagecoach in Cumbria

• Blackhall Road opposite the Bus Station

♦ Provided with Support from COC

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

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

## Religious Services in Sedbergh

### CHURCH OF ENGLAND

St. Andrew's Parish Church  
Sunday 08.00; 10.30 & 18.30  
Rev. A W Fell Tel: 20283

### ROMAN CATHOLIC

St. Andrew's Parish Church  
Sunday 12.00  
Holy Days 19.30  
Rev. Dr. P. Campbell Tel: 20918

### METHODIST CHURCH

New Street  
Sunday 10.30 & 18.30  
Rev. G. Hall Tel: 20329

### UNITED REFORMED CHURCH

Main Street  
Sunday 10.30  
Rev. G Armitstead

### SOCIETY OF FRIENDS

QUAKERS  
Brigflatts  
Sunday 10.30  
Mr. M Roberts Tel: 20005

### UNITARIAN & FREE CHRISTIAN CHAPEL

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

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

### CHURCH OF ENGLAND

Firbank; Howgill & Killington  
Rev. A Pitt Tel: 20670  
Cawley & Garsdale  
Rev. A W Fell Tel: 20283  
Dent & Cowgill  
Rev. P. Boyles Tel: 25226

### METHODIST CHURCH

Deat; Dent Foot;  
Cawley; Fell End;  
Garsdale Street; Garsdale Low Smithy;  
Hawes Junction & Frostrow  
Rev. G. Hall Tel: 20329

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



## OPTIONS for health and well-being

Ian McPherson

T'ai Chi, Flower Essences, Reiki, 015396 20648

June Parker

Hypnotherapy, Meditation 015396 20972  
Acupuncture

Caroline Cattermole

Psychosynthesis Therapeutic 015396 21570  
Counselling

Complementary Therapists practising locally

# DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 23rd February 2003

## AUGUST

1 1930 WIH Open Meeting & Radio Cumbria	FCH
7 1000 Howgill Ch Coffee Morning	URCR
8 1430 SLDC Walk in Dent	DCP
10 1400 CWT Heather & News on Holme Fell	LHCP
10 1430 Beekeepers	Havena
10 1430 Tea in Rhumes (10)	Rhumes
10 2130 SWFC Sound - Disco (10)	PH
12 1200 Children's Holiday Club (12)	PH
13 1200 Children's Holiday Club (12)	PH
13 1930 Rag Rugging	HVH
14 1000 NWCRF Coffee Morning (14)	URCR
14 1200 Children's Holiday Club (12)	PH
14 1930 Needle & Pins	SJAR
14 1915 WID Miniature Portraits	DMH
14 1915 WIT Joint Meeting with WID	DMH
15 1200 Children's Holiday Club (12)	PH
16 1100 Annual Art Exhibition (16)	MEI
16 1200 Children's Holiday Club (12)	PH
16 1400 Blood Donor Sessions	SMC
17 0930 HS Sataire, Bradford (17)	LHCP
17 1000 PCC Coffee Morning	KPH
17 1100 Annual Art Exhibition (16)	MH
17 1200 Children's Holiday Club (12)	PH
17 1430 SLDC Walk in Sedbergh	YDNP
18 1200 Children's Holiday Club (12)	PH
18 1400 Annual Art Exhibition (16)	MH
19 1100 Annual Art Exhibition (16)	MII
20 1100 Annual Art Exhibition (16)	MH
21 1000 ScAS Coffee Morning (21)	URCR
21 1100 Annual Art Exhibition (16)	MII
22 1100 Annual Art Exhibition (16)	MH
23 1100 Annual Art Exhibition (16)	MH
23 2100 Dent Festival (1)	Dent
24 1000 Medieval Fayre (24)	Sedbergh
24 1100 Dent Festival (1)	Dent
24 1100 Annual Art Exhibition (16)	MH
25 1400 Annual Art Exhibition (16)	MH
25 1415 CWT Children's Discovery Walk	DCP
25 1200 Dent Festival (1)	Dent
25 2130 SWFC Charity Disco (10)	PH
26 1100 Dent Festival (1)	Dent
26 1100 Annual Art Exhibition (16)	MH
26 1900 Cow Pat Drop & Coffee Evening	IVVII
28 1000 Blind Club Coffee Morning (28)	URCR
30 1430 SLDC Walk in Dent	DCP
31 1000 Coffee Morning (31)	WFF

## SEPTEMBER

1 1430 Tennis Club Family Day
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G

## SHS Term Begins

4 1000 LRCR Coffee Morning	URCR
4 1330 Butterflies	StAS
5 1930 WIH 60 Years of Partnership	HVH
7 1430 Beekeepers	Deddale
7 2000 PH Dance	PH
9 1930 Beekeepers	BF
10 1400 WIK Craft Afternoon	PH
10 1930 Rag Rugging	HVH
11 1000 Dent Font Chapel Coffee Morning	URCR
11 1330 Butterflies	StAS
11 1915 WID The Samaritans	DMH
11 1930 WIF Fresh Look at Flowers	PH
11 1930 Needle & Pins	SJAR
18 1000 Garsdale Ch Coffee Morning	URCR
18 1330 Butterflies	StAS
20 1930 Domino Drive	KPH
21 1300 CWT Fungus Fair	LHCP
23 1930 Killington Harvest Sale	KPH
25 1000 Firbank Ch Coffee Morning	URCR
25 1330 Butterflies	StAS
28 1400 MH Jumble Sale	MH
29 1300 Cawley ID	SHS

## OCTOBER

2 1000 Barnardo's Coffee Morning	URCR
2 1330 Butterflies	StAS
3 1900 WIH AGM VCD	FCH
5 1400 Scouts Jumble Sale	PH
6 1030 Methodist Harvest Festival	SMC
6 1830 Methodist Harvest Festival	SMC
8 1400 WTK Humour in Church Life	PH
8 1930 NWCRF Town Band Concert	PH
8 1930 Rag Rugging	HVH
9 1000 CA Coffee Morning	URCR
9 1330 Butterflies	StAS
9 1915 WID A Hatful to H.M. The Queen	DMH
9 1930 WIF Charit Skin Care	PH
9 1930 Needle & Pins	SJAR
12 2000 Sed & Dent Cricket Club Dinner Dance	GC
14 1930 Beekeepers	BF
16 1000 Dentdale Meth Coffee Morning	URCR
16 1330 Butterflies	StAS
18 1930 PCC Domino Drive	KPH
19 1900 MII Fun Night	MH
21 1930 Beekeepers	BF
25 1930 Domino Drive	HVH
30 1000 Killington Ch Coffee Morning	URCR
30 1330 Butterflies	StAS

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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.

**NOVEMBER**

2 1800	Bonfire Night	PH
6 1000	MH Coffee Morning	URCR
6 1330	Butterflies	SLAS
7 1930	WIH Lesoche	HVII
9 2000	Howgill Chance Dance	PH
11 1930	Heekeepers	BF
12 1400	WIK AGM & Entertainment	PH
13 1330	Butterflies	SLAS
13 1930	WIF AGM & Social	PH
13 1915	WID AGM & Rags to Rugs	DMH
13 1930	Needle & Pins	SJAR
20 1330	Butterflies	SLAS
22 1930	Bingu	HVII
27 1330	Butterflies	SLAS

**DECEMBER**

4 1330	Butterflies	SLAS
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**KEY**

BF	- Brigflatts	
BS	- Balcl School	
CC	- Carlisle Cathedral	
CO	- Community Office, Main Street	
CSG	- Casterton School Gymnasium	
CWT	- Cumbria Wildlife Trust	
DCP	- Dent Car Park	
DMH	- Dent Memorial Hall	
DMC	- Dent Methodist Church	
FCH	- Firbank Church Hall	
FM	- Farfield Mill	
G	- Gudrey	8
GVH	- Garsdale Village Hall	
HS	- History Society	
HVH	- Howgill Village Hall	
JLCP	- Joss Lane Car Park	
KVH	- Killington Village Hall	
LHCP	- Loftus Hill Car Park	
LHHC	- Lollus Hill Health Centre	
MH	- Masonic Hall	
MHOH	- Mutton Hall, Old Blutton	
PH	- People's Hall	
SGC	- Sedbergh Golf Club	
SHS	- Swillbeck High School	
SMC	- Sedbergh Methodist Church	
StAS	- St Andrew's Church, Sedbergh	
StJAR	- St John Ambulance Rooms	
SMC	- Sedbergh Methodist Church	
SSPH	- Sedbergh School Powell Hall	
SSQH	- Sedbergh School Queen's Hall	
URCR	- United Reformed Church Rooms	
WFF	- Waterside Farm, Firbank	8
WHC	- White Hart Club	
WID	- Women's Institute, Dentdale	
WIF	- Women's Institute, Freethraw	
WIH	- Women's Institute, Howgill	
WIK	- Women's Institute, Killington	
YDNP	- YDNP Centre, Main Street	



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# PUBLIC INFORMATION

## SEDBERGH HEALTH CENTRE

Lotus Hill ☎ 21079

### Dr J. Syred ☎ 20239

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

### DENT SURGERY

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

### 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
--------	------------------------

### WELL WOMAN &

### FAMILY PLANNING CLINIC

1st Wednesday every month	1630 - 1830
	01539 - 727564

### District Nurse

☎ 21690

### Health Visitor

☎ 20979

### DENTAL SURGERY

Finkle Street ☎ 20626

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

### VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday	1400 - 1430 *
Mon, Wed & Fri	1900 - 1930 *
Saturday	1330 - 1400 *
Sunday *	

\* By Appointment Only

## SEDBERGH CHEMIST

41 Main Street

☎ 20270

### LATE NIGHT CLOSING

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

### LIBRARY

Main Street ☎ 20186

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

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

Main Street ☎ 20125

Open 7 days a week

10.00 am - 5.00 pm

closed 1.00 - 1.30 pm

### COMMUNITY OFFICE

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

Monday to Friday 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.caahkendal.ndo.co.uk

### RSPCA

Kendal Office

Monday to Friday 10am to 2pm

☎ 01539 736036 (local)

☎ 0870 55 55 999 (optional)

### POLICE

Long Lane, Sedbergh

☎ Kendal 01539 722611

### PUBLIC TOILETS

Main Street, Sedbergh

Dent Village

### MARKET DAY

HALF-DAY CLOSING

### WEDNESDAY

THURSDAY