

SEDBERGH & DISTRICT LOOKAROUND

April 2002

Issue 188

Donation 50p

A big thank-you to everyone for the very kind words of support to us over Dennis's recent move back home. And no, he is far too young to look at retirement. There are many years left in the old dog yet.

Please take time to read the article on pages 6 & 7 - while you can, as one day, your sight might fail. A small amount of your time is requested to help others.

Dennis & Jacky Whicker

YORKSHIRE MORRISON CUP FINAL

SEDBERGH WANDERERS

verses

WADDINGTON



at Settle

Friday 19th April 2002

Kick-off 6.30pm

Admission £2



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Children's Birthdays

April 2002

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

The recipient this month is:-
Morgan BROWN who is

4 years old on 2nd April.

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.

With all the excitement of last month, we omitted to include the following Birthdays in the March Issue.

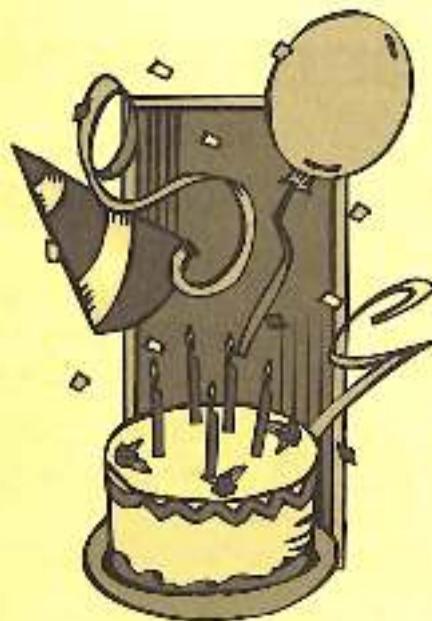
Alisha BREWER 1 year on 1st
Melissa HARTLEY 1 year on 7th
Tess PRALL 1 year on 8th
Kate BROOKSBANK 1 year on 12th

We hope you had good Birthdays.

DJW



<i>Day</i>	<i>Name</i>	<i>Age</i>
2	Morgan BROWN	4
10	Brodie SWALLOW	2
13	Adam ROBERTS	7
13	Philip BAINES	8
15	Nicholas GRAHAM	11
18	William TEAL	9
23	Thomas WOOF	6
23	Willow HENDERSON	10
26	Zoe MIDDLETON	11
27	Emilia PAGE	1
27	Patrick BOOTH	10
28	Laura GOAD	9





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Sedbergh

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	2D; IT; CH; TVL; NS; NP*; P; DR	
Miss S Thurlby	Stable Antiques, 15 Back Lane, Sedbergh (12/02)..... 20251	
	ID; IT; CH; L; NP*; P; DR; VB	
Mrs Wood	10 Main Street, Sedbergh (04/02)..... 21808	
	ID; IT; IS; CH; TVL; NSB; P; VB	

CAMPING, CARRAVANNING & SELF-CATERING

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

KEY

F = Family Rm; D = Double Rm; S = Single Rm; T = Twin Rm; ES = En Suite;
CH = Central Heating; L = Lounge; TV = TV in all Rooms; TVL = TV Lounge;
NS(B) - No Smoking (Bedrooms); NP(*) - No Pets (* by arrangement); P = Parking;
DR = Drying Room; Di = Dinners; TL = Table Licence; VB = Vegetarian Breakfast;
CW = Children Welcome; FC = Fire Certificate

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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

KIRKBY

Happy 40th Birthday Caspa on 11th April 2002 from Sedbergh Wanderers and your friend.



KIRBY

KEVIN WILLIAM KIRBY a.k.a. Caspa. 11th April 1962 to date makes him the BIG 40. How could a sweet child turn out like him. Bill, Grace and family.

The Scottish Outlaws (in laws). Have a great time.

KIRBY

Happy 40th Birthday Kevin on 11th April. All the very best. Love from Mother, Keith, Fiona, Grant, Angela and Biggles. XXX.

KIRBY

Happy 40th Birthday Uncle Caspa. Have a great day. Lots of Love Ashleigh, Mags and Gary.



KIRBY

Happy 40th Birthday Caspa. Gone are the days with loads of hair. Nowadays it's a bit thin up there. All my love as always, Lorraine. XX.

KIRBY

All the best on your 40th Caspa. Have a good night on 13th April. Hope to see you at Old Traffords theatre of dreams more often. Alex and the Boys.

CORNTHWAITE

I would like to thank all my family, relations and friends for phone calls, cards, flowers and presents for my 80th birthday. A special thank you to Ann for the lovely buffet and cake, helped by Debbie. Also Tom and the family for making it possible. We had a wonderful day. Phyllis.

DAWSON

Thank you to friends and family for giving me a Happy 80th Birthday. Jack.

GARNETT

Happy 50th Birthday on 2nd April Trevor. Love Julie. XXX.

GARNETT

Happy 50th Birthday on 2nd April Dad, (Trevor). Love Kerry, Kirsty and Gemma. XXX.

GARNETT

Happy Birthday Grandad. Love from Stephanie. XXX.

GARNETT

Happy 50th Birthday Dad. Love from Cheryl and Bryan. XXX.

GARNETT

Happy 14th Birthday Gemma. Love Mum, Dad, Kerry and Kirsty. XXX.

GARNETT

Happy 14th Birthday Gemma. Lots of love Cheryl, Bryan and Stephanie. XXX.

PERSONAL & SMALL ADS £1

CRAGG

Allison would like to thank all family and friends for their good wishes after her latest visit to Lancaster Infirmary for a brain scan. Gladly the results were as we expected and first thought, the specialist didn't find anything.

HILL

Edna and Ezra wish to thank friends and neighbours for their kindness in providing transport and help while Eric was ill, and for cards, flowers and prayers. Thanks to Rev. Pitt for her sympathetic service, and B. Goad for his kindness and help. Also many thanks to blood donors in general, whose 'donations' helped to keep Eric in reasonable health for the last five years. Donations to McMillan Unit, RLI amounted to £205.

MIDDLETON - HAYGARTH

Congratulations on your engagement STEVEN and MICHELLE. Love from James, Janet, Emma, Angela and Leanne.

FOR SALE

King's Bflat Trumpet. Model 600. Complete with caps and 1yer mouthpiece, cleaning brushes, valve oil, slide grease and mute. Good condition £250. Telephone 20020.

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Chicken coops and runs (6 x 3 and 5 x 3). £15 to £30. Ideal for a trio of large fowl or several bantams. Easily moved and would make excellent rabbit hutches and runs. Phone 21567.

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.

COTTAGE TO LET

Two Bedroom Semi in Garsdale 3 miles from Sedbergh including off-road parking. Long Term Lets available. £55pw. Tel: 07977 981 102

There was a young boy from Dent,
To shop work in Sedbergh he went,
From the age of 14,
He could always be seen,
On the till or the delicatessen.

Now he's the manager and 30,
He has a Spar van never dirty,
He delivers around town,
With never a frown,
And he drives an old Golf called Gerty.

On the shop floor he is always busy,
But his disco dancing makes the girls
dizzy.

He can spin them around,
With their feet off the ground,
Leaving them all in a tizzy.



So if on the 18th of April,
Steven Middleton is coming your way,
Shout out,
Many Happy Returns,
AND HAPPY 30th BIRTHDAY,

Happy 30th Birthday Steven.
Love from James, Janet, Emma, Angela
and Leanne. XXX. XXX. XXX.

VISUALLY IMPAIRED

The South Lakeland Voluntary Society for the Blind held an exhibition of low vision aids in Sedbergh last month. The aids were intended to assist anyone with visual problems, however slight or however serious.

There was a great deal of interest in the equipment, which ranged from simple magnifying glasses and large print calendars to large dial telephones and sophisticated close circuit televisions.

Advice and information was available from staff who came from the Kendal office. People who were desiring further assistance discussed having home visits from the outreach worker and the possibility of attending group classes in Kendal.

YOGA

In aid of Action Research

Saturday 6th April

2 - 4:30pm

In The People's Hall

£8 on the door

includes refreshments

For people who missed the exhibition and may wish to see the aids or obtain advice, there will be a further exhibition in Kirby Lonsdale in the near future, or the Kendal office has a permanent display. Telephone numbers are given below.

SEDBERGH WANDERERS FOOTBALL CLUB

presents



Stereophonics

The Clash

T-Rex

Blitz

The Cult
Queen

Oasis

Ocean Colour Scene

A selection of the bands Cover Versions
plus many more

Plus Phil's Supporting DISCO

SATURDAY 6th APRIL

9pm till LATE in the People's Hall

Admission £3.00

NO UNDER 16's

During the exhibition, a survey was carried out of the possible requirements of 'Lookaround' readers who have visual problems. This was with a view to looking into the provision of the newsletter in large print format and on audiotape.

If you know of anyone who would like to read the newsletter but is having difficulty in reading the size of print at present available, we would be grateful if you would let us know. In fact, do they find this size of print

easier than the smaller print usually found in Lookaround?

From the initial feedback, a sample Large Print Lookaround will be produced and available from the Lookaround Office in April. It is also hoped to have an Audio version available as well, both for the usual 50 pence. However, volunteers are required for reading the Lookaround and a Forum is hoped to be formed. You would only be required to read a few stories, at most, 11 times a year. If you would like to help, please contact one of the below numbers or visit the next meeting at 2pm on Tuesday 16th April in the Community Office where more information will be available. One day, you may be grateful for this service.

Another Future Vision Exhibition will be held at the Kendal Office from 10am to 4pm on Friday 12th April. Please contact us on 015396 20100 or 01539 726613 for more information. DJW

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SEDBERGH PARISH COUNCIL

From 16th January

Matters Arising

Loftus Hill Toilets – A reply has been received from the YDNP Authority to the effect that they are unable to take over the running of the toilets. Cllr. Winn advised that he was still in discussions with SLDC to retain this valuable facility.

HIGHWAYS

Various long outstanding repairs have now been undertaken, these include repairs to the York stone crossings on Main Street, Row Lane has been cleared and awaits new tarmac surface, Dowbiggin Lane repairs have been carried out, Howgill Lane has been resurface and repairs have been made to Highfield Road.

The parking on Main Street is no better and it was agreed that the Council would like to see bollards on Main Street to stop parking on the pavement. It was also pointed out that there was severe at the junction of Main St. and Finkle Street and one of the main causes here was the parking outside the Post Office. The clerk advised that with the decriminalization of parking and appointment of more traffic wardens by SLDC enforcement should improve. It was agreed that the Main problem was lack of proper enforcement by the Police. We will however continue to press the Highways Department for bollards.

Other problems were reported and included the road to Kendal beyond Lincolns Inn Bridge has several bad

D & S J WILSON

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potholes, Buck Bank Lane potholes, the gully opposite Dales Park Works on the Cautley Road needs repair and trees growing in the verge beyond Borrett need removing.

Capita Dbs has advised us that work is shortly to be carried out on Loftus Hill to repair the drains. This work will take about 6 weeks and will mean that this section of the road will have to be closed.

Capita Dbs has advised that a 17 tonne weight restriction is to be placed on Garsdale bridge on the U5498.

A letter has been received about the state of Frostrow Lane. This has been reported to the Highways Department.

MODEL CODE OF CONDUCT

Copies of the new code of conduct had

been given to all Councillors and there was considerable feeling that this was an unnecessary intrusion into the affairs of Councillors. There is a meeting organised by SLDC for all Councils in South Lakeland to explain the new proposals and the effect they will have. It was agreed that as many people as possible should attend this meeting.

PLAYING FIELDS

United Utilities have resurrected their plans for a substation building at the entrance to the Playing Fields and have proposed an annual rental of £70. This is an increase from their original offer of £50 but it was agreed we should hold out for the rental of £100 that we originally

(Continued on page 10)

**CLOTHES WON'T FIT?
FEELING UNHEALTHY?
LOSE WEIGHT NOW!**

Harmony Slimming Club

Bull Hotel, Sedbergh

Tuesdays @ 6.30pm

£3.25 weekly ~ £4.25 1st Week

Join any week or call Barbara
on 01539 722568 for a chat.

proposed.

There is again a problem with sewerage leaking in the far corner of the field and also on the other side of Guldrey Lodge, the clerk will contact the environment agency and the planning officer to investigate the problem.

A meeting has been organised with Mr. Bentham to discuss the work on the Playing Field.

STREET LIGHTING

The light at the junction of Long Lane and Main Street is not working.

FOOTPATHS

The benches at the bottom of Church Walk overlooking the cricket pitch have not yet been repaired. This has been reported on various occasions to SLDC but no action yet taken. It was agreed that as this was a matter of urgency Mr. Sedgwick should be asked to repair them if SLDC was not going to repair them. The bench at Green Lane, Howgill also remains un-repaired.

The problem of dog dirt was again raised, this is especially bad on Church Walk. The dog warden will be asked to visit the town, although for a visit to be effective it would have to be early in the morning.

The footpath from the Groves to Thoms Lane is overgrown, this will be reported to the ranger.

CUMBRIA IN BLOOM

Plans are progressing for the seating area at the top of Vicarage Lane. Mr. Metcalf is to provide paving materials for the area.

It is planned to have a wild flower area at the Toll Bar Corner, which would be protected by a small chain link fence.

The corner of St. Andrew's churchyard is in a poor state and the Cumbria in Bloom team have agreed to help the Church to get it cleaned up.

QUEEN'S JUBILEE

Plans are progressing for both the event on Back Lane and the evening entertainment. The design for a mug is also nearly finalised.

CORRESPONDENCE

East Cumbria Countryside Project – As part of Cumbria County Council's Sheepfold Project Andy Goldsworthy proposes to rebuild the washfold at Red

SEDBERGH GOLF CLUB



LADIES SECTION

NEW MEMBERS EVENING

Wednesday 10th April

7:30pm in the Club House

Fancy taking up golf?

Interested to look at the newly refurbished Clubhouse?
Perhaps join us as a non-playing Social Member?
Just Curious?

Wine & Cheese & Coffee will be provided

Also a display of Virgin Vie Cosmetics

by Kath Milburn

ALL LADIES WELCOME

FREE ADMISSION

Gill above Cautley spout. Doubts were expressed as to the use of this project and the comment was raised that it might be better if the work was carried out at the bottom of Cautley Spout were it was more accessible to visitors.

Playground Group - They would like to discuss their plans and it was agreed that they should be invited to the March meeting.

The 'Pulse' Project - Has requested that the Council nominate a trustee for this project's executive committee. It was decided that this should be postponed until after the AGM after the elections.

ANY OTHER BUSINESS

It was agreed that we fully supported proposals for full Community Tax on second homes.

§



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ART SOCIETY

Artist Winifred Hodge gave an illustrated talk entitled 'Painting in the Dales' to members at their meeting on 8th March. Originally from Galloway, Winifred Hodge now lives in the village of Preston-under-Scar from where she draws her inspiration for her vibrant water colours.

She introduced her talk by showing slides of the views from her cottage and explaining some of the influences on her work such as the 'Glasgow Boys', the Scottish Colourists and in particular her teacher Archie Suttor Watt.

Slides of her paintings of Deepdale, Swaledale, Coverdale etc. whether shown covered in snow, early morning, with lowering skies or glowing autumn colours drew many murmurs of appreciation from those present.

During the summer, Winifred prefers to paint the flowers in her garden and she talked about the great inspiration of artist Paul Gell for her approach. She also sometimes visits Tiree and showed slides of a recent trip which even in January gave many opportunities for her to capture the marvellous colours to be found in the sea and sky.

Members had many questions to ask about her technique and it would appear that some couldn't wait to acquire a size 24 brush! As well as using a fairly limited watercolour palette, Winifred paints in acrylic and sometimes includes hand made papers and collage.

We had braved a very stormy night to attend this session and were rewarded with a wonderful display of colour and inspiration provided by this enthusiastic artist.

JMW

HOWGILL ACTIVITIES

Members of Howgill community gathered on Saturday 2nd March to complete their Millennium celebrations, which were delayed as a result of foot & mouth. A Millennium Oak Tree was planted close to the Schoolroom, grown locally by Elsie Capstick of Hole House, and planted by her great-grandson Craig. John Booth engraved the commemorative stone. Freda Trott, who remembers the Village Hall as a school when she was a child, prepared a speech which was read in her absence as she had flu, and her memories were enjoyed by all. Her speech is re-produced below. A group photograph was taken, and the event was rounded off with a tea in the Schoolroom. Howgill was also celebrating the

completion of the first of a two phase programme of refurbishment works to the hall. The work involved the complete renewal of the roof and the installation of a central heating system at a cost of just over £25,000. New windows are about to be fitted. The Schoolroom committee is most grateful to the following Trusts and organisations who have helped to fund this project. The main contributor was the Community Development Fund, followed by Awards For All, The Northern Rock Foundation, The Harold & Alice Bridges Charity, The Hadfield Trust, The Frieda Scott Trust, The Craven Trust, Cumbria Rural Recovery Fund, Cumbria Community Foundation, The Howgill Millennium Committee, The Bryan Lancaster Fund and the Royal Bank of



Sedbergh Community Development Centre

Computer Courses Summer 2002

Internet Technologies	10 weeks	Wed 24th April 7:00 – 10:00pm	F £50 / B £30
Silver Surfers	5 weeks	Thu 25th April 9:15am – 12:15	£30
ICA Diploma	35 weeks	Tue 7th May 6:45 – 10:15pm	F £85 / B £30
Intro to Desk Top Publishing	4 weeks	Mon 6th May 7:00 – 9:00pm	£25
IT Taster	3 hours	Thu 16th May 7:00 – 10pm	FREE
Intro to IT	5 weeks	Fri 14th June 9:30am – 12:30	£25

Adult Education Classes supported by Cumbria County Council

		F	R	B
Spanish Beginners	Fri 18th Apr, 10 weeks, 10am – 11:30am	£27.00	£16.20	£6.75
Yoga (Day)	Thu 18th Apr, 10 weeks, 10:00am – 11:30am	£27.00	£16.20	£6.75
Yoga (Evening)	Thu 18th Apr, 10 weeks, 6:00pm – 9:30pm	£27.00	£16.20	£6.75
Belly Dancing	Tue 11th June, 4 weeks 7pm – 9pm	£14.40	£8.65	£3.60

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

■ Sedbergh 21128

email:admin@sedberghcdc.org.uk

www.sedberghcdc.org.uk

Scotland. The Hall is in a beautiful location with lovely views and is warm and attractive inside, with good facilities. It is available to anyone to use, not just members of the Howgill community by ringing 20665.

FREDA'S PLANTING SPEECH

Dear Friends,

Thank you for asking me to do this - I am highly honoured. I've had a very soft spot for Howgill all my life. My earliest recollections, in fact, my only recollections of my mother, are here.

The days seemed to be all sunlit summer; when Harold & Billy from Thwaite and Elsie from Moss Cottage and I used to join hands and gallop around on the Green - not a care in the world! Going up to Castley with Ada and watching her churn - sunshine glinting on the burnished brown of the wood, always sunshine. Though I do remember walking up to Gateside in deep snow and found little Harry Bracken there visiting his grandparents.

Then the occasion when I earned my title of the Howgill Pup! I was a very small girl - five, probably, and Stan Bracken was a big lad nearly school leaving age! Cheeky me! I remember tormenting him - "I can run faster than you, Stan Bracken", I taunted him! "You shut up, you cheeky pup" - replied Stan! Dear old Stan, we laughed about that every time we met. Those lovely old cobbles by the door! I can hear in my mind, the clatter of the clog cokers on those cobbles as everyone rushed to the door to freedom. Oh! The history in those cobbles - worn smooth by those generations of feet - feet on the threshold

of life - all eager to be dashing into the world! Don't ever destroy them, will you - they should be listed, I'm sure.

Well now - the oak tree! God bless you, little tree; may sun and rain, heat and cold, wind and snow all help you to grow to maturity. May you stand in all your glory for hundreds of years protecting and making homes for many small creatures. May many birds sing their lovely melodies in your branches. May you add your majestic beauty to this already so beautiful place - by your spring and summer green, your autumn gold and by your lovely branch tracery in winter.

Congratulations good folks of Howgill in keeping and maintaining the school as the village hall - I think it is wonderful that by your efforts you have been able to keep it, in such a small community. And, also, congratulations on all the improvements you have done from time to time. Well done, all of you. §

NORTH WEST GREEN SPIRIT EVENT
Non-members welcome

Saturday April 13th
6pm in Sedbergh
Chanting the
Aramaic Prayer

Led by Bill Thompson on Guitar
Tune in to

Middle Eastern Mysticism

Further details available from
Tel: 20935

KART RACING 2002

I don't know if anybody read the report that I put in last month, if you didn't then let me tell you what the plan for the 2002/03 was at that time. Sam was hoping to get a supported drive from the top Gearbox team in the UK. The team is called AFRacing developments based at Milnthorpe, so Sam has a very good opportunity to move from Junior Gearbox up to seniors. Sam was hoping to drive a 125cc National Kart, but because Sam will miss the first round of the British Championship as he is not 16 till April 30th that will be a big disadvantage, to him. The disadvantage means He would be 25 points behind straight away, I will explain, Each competitor drops two heats and one final just like last year. So Sam

could do this from his missed round, but he would also be dropping the third heat of that round loosing the 25 points. Plus there is 49 other competitors to beat, or should I say, he would have to be at the front at all the other round just to be in the top 15 this would be asking for a miracle because with that many drivers, there is a lot of racing incidence and that would not learn Sam anything but more disappointment how ever hard he tried. It was decided by Andy to enter Sam it to the top gearbox class.

I will now try to explain more about the Open gearbox class. This class is the Formula One class of gearbox there is no were near as many drivers in this class because of the expense and also the drivers are the top UK gearbox drivers, I



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—•—

Afternoon Tea

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Sunday Lunch
& Evening Meals

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said in the report that Sam has a good chance to do well this year and finish in the top half of the drivers points, well I don't know now. This is the biggest driving challenge I could ever ask of any 16 year old to do. Andy's number one driver and last years Open champion has moved into single seater racing and Andy's back up driver swapped teams because he got a better deal, so this year Andy's number one driver is Pete Connors and this is his first time driving for Andy's team.. So Sam has a benchmark to go by. Jon Turner who beat Sam last year to the junior title is in this class too, so Sam has someone to beat to prove to himself that last year was unlucky for him.

I can now explain why Sam is to race in this class. This class has for the very first time changed the race schedule, there is only two heats and a final at each round and they are using the other heat to have timed practice. There is no point for this, but it will decide the grid positions for

the other two heats. This is just like F1. If you look at the Ferrari and Williams teams you would think the other team might as well go home and not bother starting, but if you like motor racing or F1, I think you will have seen the best race yet if you watched the Australian Grand Prix where the small teams raced for 4th 5th 6th places just to get the odd point or two, never mind winning.

Timed practice, Sam has only done this once before and we found it very difficult. Sam had to do this at the Five Nations Championships a few years ago. Sam raced for Northern Ireland in a 100cc Kart class against the top drivers in the UK qualified equal 24th out of 26. Because it was a team event, Sam was given the 15th grid position and ended up scoring the second highest points total for the team. So you see, we found time practice hard because the time goes so quickly, but the racing wasn't so bad.

Now I think this is the time for you to watch the small team in F1 and remember, like them, Sam will be trying hard to understand the kart and the settings needed to get the best lap time together. Now when the points are dropped, Sam had no disadvantage, but what he will need is more support and encouragement this year more than ever. I'll let you know how things go at the first round for Sam which is on 11th & 12th May at Fulbeck in Lincolnshire this circuit has a fast gearbox straight through to a tight first gear chicane, this track always provided close racing and is not the easiest to find a way past.

Graham Moore

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CUMBRIA WILDLIFE TRUST

SUMMER VISITORS

For lo, the winter is past, the rain is over
and gone,

The flowers appear on the earth,
The time of the singing of the birds is
come.

Last summer we had a short holiday in northern Italy and very quickly realised that we couldn't hear any birds singing. Maybe we take British birdsong for granted and don't understand how terrible it would be to have a 'Silent Spring', with nothing to remind us that the longer days of summer are on their way. Many of the birds we see and hear in the spring are winter residents enjoying the warmer weather and trying to attract a mate with

the most impressive voice they can manage. (Thank goodness humans don't have to attract a mate that way!) However, there are other birds which may have been at a nearby sewage farm, around a British estuary, or as far away as South Africa for their winter migration and are returning specifically to breed.

This last winter has been particularly mild and many had forecast an early spring. Some of the returning migrants have arrived or are arriving earlier than usual which is not a problem unless there is a very cold snap when the birds and their eggs will suffer. A few birds, such as the chiffchaff and blackcap, have even started to over-winter in Britain, probably because of the milder winters.

COURSES ON THE CLOUGH at Farfield Mill

Please note anyone living in the LA10 postcode area will receive a discount of ten percent on course fees, if booked before 1st May 2002.

A deposit of £25 OR the full Course Fee is due upon booking.

COPPICE CRAFTS -

Coracle Construction, May 24th-26th, £130 + £40 for materials. *Tutor: Rebecca Oaks.*

Swill Basket Making, July 10th-12th, £165 inclusive of all materials. *Tutor: Owen Jones.*

Willow Weaving, August 7th & 8th, £90 + £15 for materials.

Tutors: Steve Fuller & Simone Siegan

Scruffy Chair? re-seat it in rush, rope, cane, August 13th-15th, £120 plus materials approx. £5-£16.

Tutor: Sandy Coutrell.

WOOD WORKING - an Introduction to Woodwork, making a small piece of furniture, July 6th & 7th, £90 plus materials. *Tutor: Liam Donnelly.*

TEXTILE CRAFTS -

Rugmaking, May 15th & 16th, £80 includes the use of equipment though some materials may be extra. *Tutor: Heather Risticie.*

Ruskin Luce, June 11th & 12th, £95. *Tutor: Elizabeth Prickett.*

Felt for Fashion, July 3rd & 4th, £105 including materials. *Tutor: Liz Rice.*

Silk Painting & Batik, July 23rd-26th, £190 including materials. *Tutor: Jill Clay.*

Linen Weaving, August 2nd-4th, £140 + some materials. *Tutor: Riitta Sinkkonen-Davies.*

Tablet Weaving, November 1st-3rd, £90 including materials. *Tutor: Michael Crompton.*

Rugmaking, November 4th & 5th, £95 includes the use of equipment though some materials may be extra. *Tutor: Heather Risticie.*

COURSES ON THE CLOUGH at Farfield Mill

PAINTING -

- The Techniques of Watercolour, May 30th & 31st, £95. *Tutor: Mike Gutteridge.*
Wild Landscape in Pastels with Photography as a tool, June 17th-19th, £130. *Tutor: Annie Hudson.*
Watercolour Landscape, June 27th & 28th, £95. *Tutor: Mike Gutteridge.*
The Techniques of Watercolour, July 18th & 19th, £95. *Tutor: Mike Gutteridge.*
Flowers in Watercolour with visit to Holehird, July 30th August 2nd, £120. *Tutor: Ruth Gandy.*
Introduction to Pastel Landscape, September 11th-13th, £120. *Tutor: Ruth Gandy.*
Traditional Canal Boat Paint Techniques with research visit, date to be confirmed, £130. *Tutor: Wendy Jones.*
- CERAMICS** - Handbuilt Pottery, June 19th-21st, £120 + materials. *Tutor: Graham Glynn.*
- GLASS** - An Introduction to Fused Glass, November 12th-14th, (2½ days), £100 + materials. *Tutor: Jozi Wright.*

HISTORIC INTEREST - The English Arts and Crafts Movement in the Lakes with study visits, September 2nd-4th, £140. *Tutors: Mike Madden & John Smyth.*

RESTORATION MASTER CLASSES -

- Decorative Paint Techniques for Heritage Interiors (marbling and graining), November 4th - 8th, £180 - some materials. *Tutor: Mike Madden.*
Woodcarving for Artists and Restorers, November 25th - 29th, £180. *Tutor: Mike Madden.*
VOICE - Harmony Singing by Lakeland Voice, June 1st - £23. *Tutor: David Burridge.*
STRESS MANAGEMENT - May 25th & 26th, £82. *Tutors: June Parker and Ian McPherson.*

Course fees include lunch and tea/coffee.

Please ring the Courses Secretary at Farfield 015396 21958, or Carlie on 015396 20034
to book your place or for further information. email: emusgney@talk21.com

Disclaimer: A minimum of 6 students is required for each course to run.

Lapwings don't usually stay around the chilly Sedbergh area for the winter but join huge flocks in an estuary or sheltered lowlands. They are one of the first birds to return along with the curlews which probably winter in Ireland or France.

There are plenty of curlews found in the estuaries of Britain during the winter but they are mostly birds which will go back to breed in Scandinavia. I delight in the night-time calling of the first curlews, presumably trying to locate a mate and a good summer territory.

If you have the opportunity of walking in some of the open country round Sedbergh you will most probably see the wheatear - one of the prettiest of the early

arrivals - back from tropical Africa. The very distinct flashing white rump makes this bird easy to identify, as does the white crescent or 'bib' of the ring ouzel, another early arrival. This increasingly rare bird breeds on some of the wilder crags and upland areas giving it the nickname of 'mountain blackbird'.

By mid April the handsome pied flycatcher will have arrived, fully attired in his black and white evening dress, ready to attract one, if not two partners. Although often a bigamist, there is varying opinion as to whether he will help feed the young of both wives or just the first, but in any case the stress of it all

(Continued on page 18)

must cause a molt so that by July his uniform is just grey-brown and white! Much later in May, the spotted flycatcher will return and can be seen nesting much closer to habitation. Both flycatchers will make use of nest-boxes (an open one for the spotted, please) but consequently, both are vulnerable to invasion by grey squirrels.

Man may be able to navigate a spaceship to land on the moon, but how can we start to understand how a swallow navigates its way over thousands of miles every year, often to return to the same nest. They will take over three months to fly down to southern Africa but somehow return in only 40 days to charm us with their chattering in early April. It is still a

mystery where house martins go to in Africa to spend their winter, and drought in the southern Sahara has caused a major decline in the population of sand martins, although a few may still be seen in the Sedbergh area around river banks. No shortage of swifts - take an evening walk in Dent or around Loftus Manor to watch these 'winged cigars' circling high above or chasing low over rooftops. They are fascinating birds which eat, bathe and 'sleep' on the wing, only touching land when they return to nest each year.

A summer visitor more often heard than seen is the cuckoo but unfortunately their numbers are also declining. We had at least one resident last summer in Garsdale but in years gone by I'm told by



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a farmer that there would be dozens of them.

The pied and grey wagtails both have a partial migration in that they may move to lower ground around sewage farms, reservoirs and lakes or they may go as far as France and Spain. The yellow wagtail is not likely to be seen in this area any more which is tragic since their bright yellow colours make them one of the most beautiful summer birds. Often they are confused with the grey wagtail which has yellow underparts but a grey back and a very 'waggy' tail. Another visitor to be found by a river in the summer is a common sandpiper - a small wader distinguished by its bobbing action when walking.

Ospreys were brought to extinction in Britain until 1955 when a pair returned to Scotland from their migration to Africa. A conservation success story followed this so that we are lucky enough to see them very occasionally in the Sedbergh area, but a short trip to Bassenthwaite will offer a regular viewing.

One of the reasons for very few birds to be found in Italy and other European

countries is because they are hunted to be kept as pets in cages or, more probably, to be eaten as delicacies. They are hunted in Britain also, but by a group of devoted birdwatchers who officially 'ring' the birds (clip a small, harmless ring on the bird's leg) and then keep accurate records of each individual. While living in Nigeria, I found a dead artic tern, wrote to the address on its ring to notify them and received a letter back to say that the bird had been bred in Norway several years before. Northern Britain is the southern limit for artic terns nesting and they can migrate to the coast of Antarctica. One was found recently 27 years after it had been ringed so it must have travelled many hundreds of thousands of miles over its lifetime.

Is there anything we can do to attract and help these, and other, summer visitors? Yes, by keeping bird feeders full at least until the end of April and by adding various fruit to the menu such as half an apple or an orange. Fresh water all year is a must and nest-boxes are always helpful as the birds' natural habitats are diminishing. An awareness of the birds around is also beneficial to the birds, to the record-keepers and as a way of providing you with a great deal of pleasure. Be aware of the birds you see regularly in your garden or on walks and try to identify them with the help of one of the many 'bird books.' The Sedbergh Wildlife Trust is always interested in reports of the less common birds so please feel free to 'let us know.' Be careful though because bird-watching can be catching - once you start you can't stop!

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DIALECT DIGEST

Everyone knows that Yorkshire dialect is a very ancient language, much of it brought over by invaders from mainland Europe over a period of hundreds of years. It's not as commonly used as it once was, but there is life in dialect even today. One advantage of speaking it which may not really be appreciated is the ability to save yourself time.

For instance, I am reliably informed that to say the word 'something' takes all of 1.25 seconds; whereas the Yorkshire version, 'summat', only takes 0.98 of a second. This means that by speaking in dialect, you are going to need fewer words, and therefore will expend less energy, and waste less time.

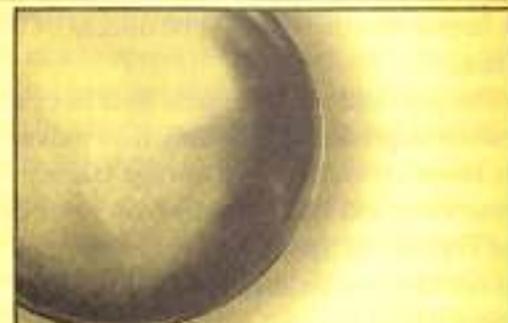
As well as being a time-saver, dialect is also very expressive. Take the word 'dowly'. Next time you go to see your doctor, and he asks you what ails you, just reply, "Ee, Ah's feelin' reet dowly."

You'll have described exactly how you feel in just one five-letter word, for that word, when translated into standard English, incorporates all of the following meanings: dreary, gloomy, miserable, poorly, in low spirits, melancholy, sad, dismal, doleful and lonely. Not only that, 'dowly' actually sounds like its meanings.

And think of the vast amount of your valuable time you will have saved by using it!

For further information about the Yorkshire Dialect Society, please send a 9" x 4" stamped addressed envelope to: Honorary Secretary YDS, 51 Stepney Avenue, Scarborough Y012 5BW

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THE CHOIR IS COMING

We have announced here for the past two months that the Chancel Choir of the United Church of Chapel Hill, North Carolina, USA, is scheduled to visit our Sedbergh during its celebration of the Queen's Golden Jubilee. An hour-long recital will be presented on Wednesday, 19 June 2002, beginning at 1:00 p.m. in St. Andrew's Church.

Our visitors from Chapel Hill will be mature, with an average age well in the 50's, and educated, mostly working or retired professionals. The group includes researchers, teachers, consultants, social workers, librarians, medical professionals, clergy, lawyers, engineers, students, and musicians, to name but a few among their array of talents.

The population of Chapel Hill is equally interesting. Its size is five times that of the USA national average, but the average age of the people is only 73 percent of the national average. The percentage of married households in Chapel Hill is only 67 percent of the national average, as is the percentage of households with children. On the other hand, the percentage of those having a university degree is 3.5 times that of the national average, and the average household income is over 1.3 times the USA national average. Why such unusual statistics? Well, I will give you a hint. Michael Jordan, of basketball fame, is probably Chapel Hill's most famous "favorite son". Now, what did Michael do while living in Chapel Hill? "Knowing that is to know the answer," as someone once said.

You surely know by now that I have agreed to coordinate the hospitality needs of our visitors from Chapel Hill. The Sedbergh community continues to open its arms to visitors. Nearly 95 percent of the hospitality requirements, which include bed and breakfast commitments, have now been met. However, I am seeking further commitments to help cover the remaining 5 percent. Please consider lending a helping hand by contacting me at: BYNAC, Howgill Lane, or phoning Sedbergh 20305, or emailing sskomp@onetel.net.uk. We have had (and have readily accepted) offers to accommodate from 1 to 8 persons, so please do not be shy about offering to help.

Another "The Choir is coming" will be included in next month's Lookaround in which more background information will be provided concerning the UCCH, Chapel Hill, and/or the Choir. Stay tuned!

Steve Skomp

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After the war, much of the Braithwaite's bread and butter work came from contracts with the West Riding of Yorkshire County Council (WRCC) for transporting children from the outlying villages into the central Sedbergh schools. This arose because of the wholesale closure of the small local schools, which were considered uneconomic, and the opening of the new Secondary Modern School at Settlebeck.

Braithwaite's carried children by coach from Killington, Firbank and later Dent and by car from Howgill to both the Sedbergh National School and the

Settlebeck Secondary Modern. This work was in addition to the various excursions from Sedbergh that were described in the December issue of the Lookaround.

Coaches were also provided for the Sedbergh and Casterton Public Schools, mostly to take groups to the theatres at Lancaster and Morecambe or to take the various sports teams to their away matches. Sedbergh School sports fixtures in particular involved some quite long journeys to the other major public schools of the north, such as Uppingham, Rossall, St Bees and Ampleforth. I recall on one occasion having to have an overnight stop at Ampleforth because the cricket match took longer than usual to finish. Another two day trip was with a

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nature study group to the Farn Islands off the Northumbrian coast. Whilst the boys 'roughed it' overnight at a Youth Hostel, which in those days had quite spartan accommodation and involved them carrying out various chores before being released for the day, I had the comparative luxury of a comfortable back seat in the coach on which to sleep. Then there was the annual trip down south to Bisley with the shooting team. This was a favourite outing for my Uncle Sid who was quite a crack shot himself.

Winters were definitely more extreme in the 40's and 50's, proven by the fact that Lily Mere froze over nearly every year, occasionally for weeks on end. When this

happened, there was a constant shuttle of coaches up and down Scot's Jeans transporting, what seemed like the whole of Sedbergh School, up to the lake to enjoy the winter sports of skating and ice hockey. It really was a Christmas Card scene with all these figures spread out across the frozen lake. The boys must have been given extra holiday while the freeze lasted, as they were allowed to make the most of the ice before the inevitable thaw set in. I have often wondered where these hundreds of pairs of skates mysteriously appeared from at the first sign of the freeze.

The first and last days of term were

(Continued on page 24)

always a busy time for Braithwaite's with coaches and taxis to connect with the Special Trains put on from Sedbergh station. One of these trains ran through to Carlisle for connections to Scotland. A second one ran through to Clapham, where the railway coaches were then attached to a Morecambe-Leeds train. The final train travelled to Lowgill, where the locomotive ran round its coaches to then continue to Preston, where connections could be made for London. How times have changed.

Coach trips from Sedbergh alone did not justify keeping a large fleet of modern coaches, so Braithwaites had to look further afield for work, particularly at weekends when the coaches were not tied up with school contracts. Finding jobs was not too difficult, as firms such as Wallace Arnold of Leeds never had enough coaches of their own on summer weekends to meet the massive demand of day trippers wanting to get away from the city to the country or sea-side. Furthermore, the Ribble, on summer Saturdays were always in need of extra coaches to help carry the large numbers of passengers to and from Blackpool on their annual holidays, particularly on the

Newcastle and Glasgow routes.

A further source of work was the weekend leave services from Catterick Camp. During this post-war period, compulsory National Service was still in force and large numbers of young servicemen were always eager for a weekends home leave. Leave started on a Friday afternoon or Saturday morning and return was late on Sunday evening, usually departing Manchester, Liverpool, Birmingham or London at 10 or 11 pm and traveling back throughout the night. The journey could be quite pleasant during the summer months but could be horrendous in the winter with rain, snow or fog to contend with. After the last soldier had been dropped off at his barracks at 2 or 3 am in the morning, there was then the hard drive back to Sedbergh along the narrow and twisty road through Leyburn and Hawes.

During the school summer holidays, the coaches were free to be hired out to various coach firms in the larger cities of the north and Midlands for the Wakes Weeks holidays, when the whole industry of the city shut down for the week to allow families to go off for a holiday together. These holiday weeks were

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staggered from city to city so that there was a steady flow of holiday makers throughout the season to the various resorts, rather than one sudden flood. Braithwaite tended to work for Wallace Arnold of Leeds and Bradford, Bon-Chance of Preston and Worthington Motor Tours of Birmingham. The work from Birmingham was particularly varied, but arduous. One day might see the coach down south at Goodwood Races, the next on the east coast at Skegness, then possibly Barry Island in South Wales followed by a day in Blackpool. Work wasn't even finished when the last person disembarked as the coach had then to be cleaned and washed ready for an early start the next day. After a two week stint in Birmingham, Braithwaite's drivers were glad to get back to Sedbergh for a rest.

This month's photograph (above) is not from the 40s or 50s but is instead from a much more recent tour, 1987 in fact, of the Dutch Bulb Fields. Please can you identify the passengers and location? As usual, a larger photograph can be found on the display at 2 Main Street or in the Lookaround Office. There are also two other photo's where people need to be identified. Stories will appear in the next 2 issues of Lookaround. §

FEBRUARY WEATHER

Well, February fill-dyke certainly lived up to its name though there wasn't much white stuff! Only 12th, 14th and 15th February had no measurable rain. In total we had 9.77 inches though I understand that both Dent and Garsdale had more than a foot! Only on one day (15th) did the pressure get above 30 inches of mercury. You could say it was a truly depressed month. Yours truly certainly was fed up of wading about in the mire. Temperatures were on the low side but we did not great variations. A high of 53.4F was recorded and a minimum of 20.5F with slight frosts on 4 more nights. Winds were changeable with a blustery spell at the start of the month with a maximum gust recorded on the 10th/11th of 30.9mph from the Northeast. In spite of the gloomy weather there was a very good show of snowdrops this year. Towards the end of the month many shrubs and herbaceous perennials were putting on a growth spurt. The Oystercatchers and Curlews came back in the last week and the Songthrush was singing his heart out. So with the daffodils and forsythia colouring up perhaps spring is just around the corner. §

HEALTHY TRAVEL

I have never particularly been interested in visiting India and yet it happens that I have flight and hotel booked for the purpose of spending eight days in Mumbai in the middle of April. This has led me into finding out as much as possible about staying healthy while I am there.

I began with the helpline of the London School of Hygiene and Tropical Medicine (0906 337733) from which I learned that the most likely health risks are infection from food and drink and malaria. They also advised vaccination against polio, tetanus, typhoid and hepatitis A. The limitation of this information is that it is generic advice for visitors to many countries including India, Pakistan, Nepal and Afghanistan. I should have liked more specific information about the most likely health risks at present in Mumbai. Are there any current epidemics?

The World Travellers' Manual of Homoeopathy" by Dr Cohn Lessel

(Daniel, 1993) is a very good source of information about both conventional and homoeopathic approaches to health travel. It stresses that the first line of defence is not vaccination but avoidance which means common sense precautions applied consistently:

- avoid drinking or brushing teeth with contaminated water (watch out for ice cubes). Bottled water is considered safe in India but contributes to the plastic bottle mountain. Other alternatives are to boil tapwater for several minutes or to sterilise it with iodine.
- avoid swimming in doubtful water
- avoid eating doubtful foods - stick to fruits which can be peeled and piping hot freshly cooked food.
- avoid being bitten - wear long trousers and long sleeves, use insect repellent (the main chemical repellent available seems to be Deet and citronelle oil is an alternative, these can be put on arm and wrist bands), use a mosquito net at night.
- avoid close physical contact with doubtful persons
- avoid walking barefoot in some places.

The book has a long section on immunisation both conventional and homoeopathic. Homoeopathic immunisation uses remedies, taken orally, prepared in great dilution from the microorganism in question. These remedies are called nosodes. These are normally very safe and free from side-effects. While the effect of homoeopathic remedies in the treatment of disease is well documented, their use in immunisation is less well established. They are recommended for certain situations:

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- where the conventional technique is of poor statistical efficacy (eg cholera)
- where a course of conventional immunisation cannot be completed (for example, if there is a last minute decision to travel)
- where there are medical contraindications to conventional immunisation
- where the traveller refuses the conventional approach.

The immunity conferred by a single dose is short lived so that doses must be repeated, often once a week. The Helios Homoeopathic Pharmacy can supply nosodes and will give advice over the telephone (01892 536393). You may want to consult a qualified homoeopath who can not only advise about nosodes but also give constitutional treatment to help you to be as well as possible before departure. Angie Jackson practices in Sedbergh (01539 824099).

The usual prevention in the case of malaria is drug treatment which must be continued for several weeks after returning home. The situation here seems to be similar to that of antibiotics, in that through the use of these drugs by large numbers of people (who have not necessarily taken adequate precautions against being bitten) the malarial parasites have produced resistant mutations. These drugs are thus not 100% effective. One alternative is to use the malaria nosode. Another is the use of a herb from the artemisia (mugwort, wormwood) family. Herbs Hands Healing produce an olive and artemisia formula described as being useful for trips where parasites and mosquito borne infection

are problems since the two herbs are capable of disarming a wide range of pathological organisms. You can get advice about this on the phone (0870 755 4848). You may prefer to consult a qualified herbalist who could make up doses of the appropriate herbs in capsules for you to take while you are away. Lorraine Hodgkinson practices in Cockermouth and in Penrith (01900 826392).

One travel catalogue I have found extremely useful is from the Nomad Travel Store (020 8889 7014, www.nomadtravel.co.uk). They sell mosquito nets, repellents, insecticides, water purification systems, appropriate clothing and footwear and the catalogue gives practical advice on various aspects of travel including a travel check list. They also have a travel health info line (0906 8633414) from which similar information to that I obtained from the London School of Tropical Medicine can be obtained from a real person without pressing the star button even once.

I hope these sources of information may be useful. Comments, additions and corrections from experienced travelers would be most welcome.

June Parker



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Modern Foreign Languages

Buenos días et Bonjour ... Welcome to our latest news update – we've now got the Euro, the Champion's League, Easy Jet flights to Barcelona for under £100 and here are Settlebeck's latest foreign language developments!

Mexico

We now have email links with a school in Mexico City in order to help the GCSE Spanish students practise their Spanish with real Spanish-speakers. This has been set up in conjunction with Cumbria Development Education Centre, the Citizenship Foundation, Partners in School Linking and the British Council to help develop understanding and appreciation of other cultures.

Enthusiasm

I'm enthusiastic about languages and I'm pleased that many students in the Lower School at Settlebeck are too. We study French and Spanish with the occasional Japanese or German lesson thrown in for fun – try asking a Year 7, 8 or 9 student what the Japanese for 1, 2, 3 is!

Grammar

The emphasis in modern language teaching recently has been on communication strategies. But the new GCSE specifications for 2003 place a greater importance on the teaching and learning of grammar and linguistic structures in modern foreign languages, which I and many of my colleagues feel is a change for the better. This will be of

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greatest benefit to those students who wish to study languages at AS or A level.
Educational Trip to France

You may well have already felt the excitement around Sedbergh! In November we are taking 76 students currently in Year 8 and 9 to Paris to enable them to experience, briefly, life in France. During the trip we intend to see some of the sites of the capital (the Eiffel Tower, the Pompidou Centre, the Arc de Triomphe) to visit a French market and to spend a day at Disneyland.

Au revoir, Hasta la vista et Sayonara!

*Ruth Buxton, Spanish Co-ordinator
People to People*

We are due to host a party of students from the USA during the period Saturday 15th – Wednesday 19th June and as always

we've had a good response from students but not quite good enough. We're still about 8 places short (there are 35 coming) and are keen to hear from any families who can offer to host a young Texan aged approx. 12 – 15. Please do help, this is not only a great fundraiser for the school (it will bring about £2000 into school funds) but primarily it is a tremendous opportunity for our students to step out of their normal experience and look after a foreign pen-friend. It is always a learning experience and a chance to share our culture with some very appreciative American guests.

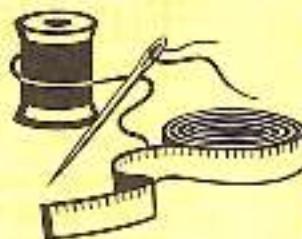
There are a number of activities at school and opportunity to spend some time with the family.

Dave Smith

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in aid of one of Britain's leading medical research charities led by Laura-Jane Clare

Join me for a gentle, invigorating and uplifting afternoon of yoga in the Peoples Hall Sedbergh in aid of one of the U.K.'s leading medical research charities -

Action Research. As part of the 50 year anniversary fund raising efforts, a local Kendal mum, Christine Briggs is aiming to raise £2,500.00 She will be joining us for the day and has never done any yoga before! Proceeds of the afternoon will be added to her total and will help support valuable research into areas like childhood asthma, meningitis as well as stroke and alzheimer's disease.

I have been teaching yoga locally for 10

years and practicing since my late teens and my ongoing interest in this fascinating science has led to me to a training course, based at Great Ormond Street with the Yoga Biomedical Trust and aimed at bridging the gap between Eastern and Western medical practice.

Yoga has much to offer by way of balance to our busy western lifestyle bringing self awareness and providing a means by which we may gain some personal space and perspective - it also provides numerous health benefits when practiced with awareness and attention to breathing.

The idea of " making space "will be the theme of our afternoon together.

Physically, we will work to gently re-

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align our bodies, allowing gravity to work with our physical structure rather than against it. The emphasis will be on comfort and un-doing tension and tightness.

Mentally and emotionally, we will use breath awareness and some simple breathing techniques to encourage a sense of balance and well-being.

Spiritually, we will make space for the experience of deep release / relaxation through stillness. A place where we may quietly become aware of a sense of reverence and joy.

There are no special requirements for the session and I can guarantee that we will not be standing on our heads or tying

ourselves in knots - rather the opposite. The afternoon will be informal and fun (as any of my ex-students will tell you). It is best not to eat a big meal beforehand, ideally leave a gap of 2 hours after eating.

You do need to bring a rug or mat to work and rest on, a small cushion for added comfort and a blanket or some extra clothing to keep you warm during relaxation. There will be opportunities for questions throughout as well as during refreshments at the end of the session. Please do make some space for yourself - come along and find out a little more about yourself and about the ancient, living science of yoga as well as supporting vital medical research.

§

Starters

Prune Cocktail & Marie Rose Sauce	£3.10
Garlic Mushrooms on Toast	£2.90
Pao with Onions, Tomato & Butter	£2.90
Soup of the Day	£1.40
Egg Mayonnaise	£1.90
Granddad's Cocktail	£1.90

Homemade Mustard Cress and Chutney

Loin of Pork in Cider & Apple Sauce

Ham & Apricot Conserve

Chicken with Basil, Peas & Tomato sauce

Wellington Steak with Red Wine Sauce

Vegetarian Lasagne

Supreme of Filo Pastry Clafoutis

Pork in Pepper Sauce

Cod & Potato Crumble

Main Courses

Roast Dinner of the Day	£5.70
Mixed Grill	£11.10
Fillet Steak (Aberdeen Angus)	£11.10
Steak & Steak Mince, New Potatoes	£9.90
Halloumi Chicken	£5.90
Chicken Kiev	£5.90
Lasagne	£5.70
Steak & Kidney Pie	£5.70
Cumberland Sausage	£5.70
Garnham & Pineapple	£5.70
Banbury Lamb Chops	£8.90
Marinaded Lamb Steak (over)	£8.90
Pork Chop in BBQ Sauce	£5.70
Cheese & Ham Platter	£5.70
June Pasta Stake	£5.70

THE HEAD AT MIDDLETON



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Menu

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Salmon Steak with Parsley Sauce	£7.70
G-Hed Rainbow Trout	£7.70
Beefed Scampi	£5.60
Breaded Haddock	£5.60

Vegetarian Dishes

Tropical Vegetable Curry	£5.90
Solan & Vegetable Gratin	£5.90
Vegan Mozzarella	£5.90
Mushroom & Nut Lasagne	£5.90
Buccatini & Cream Cheese Bake	£5.90
Vegetable & Part Baked	£5.90
Vegetable Tikka Masala	£5.90
Mozzarella Cheese	£5.90

Rice Dishes

Chili	£5.50
Chicken Tikka Masala	£6.70
Oigan Style Chicken	£6.90

Salad

Ploughman's Lunch	£4.20
Caesar Salad & Roll & Butter	£4.90
French & Rice Salad	£5.70

Sauces

Drawn with Melted Butter	£3.10
Ham, Bacon, Cheese & Tomato	£3.10
Pepper & Pickle or Salad	£3.10
Roasted Sandwiches	£3.20
Portion of Chips	£4.00
Mixed Side Salad	£6.20
Portion of Mashed Potato	£3.00
Roll & Butter	£3.35

HEALTH & FITNESS CENTRE

Hi All Bodies,

April already, Easter behind us, where does the time go. I'm sure that we all have had a better Easter than last year and are looking forward to a good year altogether. To all those who expressed an interest in Sedbergh Snow Drop Band; some tickets and photos have been unearthed plus an article about the Band reforming after the first World War. Give Keith a call, he'd be happy to have a chat about this subject, on Sedbergh 21808.

On to Gym business. The committee have decided to abandon the Udales building for the time being. The main difficulty being in raising the large amount of money to buy the building and

to refurbish it, which would have to happen simultaneously. However, given the support, it may be that modified plans for the Udales building could be incorporated into this scheme. The completed Feasibility Study has been passed on to the Cumbria Chamber of Commerce with this in mind. Many thanks are due to Graham Fulford for his generosity in providing us with this comprehensive study and for all his support for the Project.

The Pulse Project is moving forward and if things go to plan we will have a Gym in Sedbergh by the Autumn. When talking to people in and around Sedbergh it was the gym and the creche which people wanted and so this is what we are



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aiming for. The Committee are looking at Unit 1E down on the Toll Bar Estate. This Unit is owned by SLDC and could lend itself well to becoming a Gym. We still intend to provide a creche and are looking at the possibility of a refreshment area and safe tanning facility. The Unit would be rented and therefore cut any personal financial risk to a minimum. At the time of writing this article we have not yet looked at the Unit. If this should prove unsuitable there are other units. The Committee are working on what the membership charges should be. A poster showing them will go up around the Town when this is settled. The football club have indicated that they may sponsor a piece of gym equipment which is great. If there are any other bodies out

there willing to do this, that would get us underway quicker. Anyone who has already paid membership for the Udales Gym will have their money returned in good faith.

The Quiz sheet, Music and Films was won by G.C. Taylor of Crook. Well Done. The donation was made to NSPCC by a Mrs. Peacock, a visitor from Hertfordshire. I'll do another one shortly. We made approximately £70. Many thanks to all who took part.

Thanks as always to the committee for all its work. We are still looking for a treasurer if you can help we would be delighted to welcome you to our merry band. Wishing you all the very best of health.

Sandra Gold-Wood

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YORKSHIRE DALES NATIONAL PARK

In its response to a Government consultation paper on the implementation of the 1991 Nitrates Directive in England, the Yorkshire Dales National Park Authority has backed an option that would be likely to exempt farms in the National Park.

The 1991 Nitrates Directive aims to protect sources of water from nitrate pollution. It requires farmers to limit the use of nitrogen fertiliser and the spread of organic manure, have slurry storage and keep detailed farm records.

In its consultation the Government has proposed two options, one that would see the measures applied across the whole of England and a second that would be

targeted only on those areas where nitrates create particular environmental problems. The second option would mean the measures would not be required in much, if not all, of the Yorkshire Dales National Park and therefore would not apply to the area's farmers.

In its response the National Park Authority has argued that the less intensive farming methods of the area do not pose a nitrates risk and that the high level of take up of agri-environment schemes in the National Park is already helping to keep nitrate levels in the area low. Applying these additional controls across the National Park would not make any significant difference to ground water nitrate levels.

The Nitrates Directive is also currently

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being considered in Scotland and Wales and it is likely that they will favour a targeted approach ahead of a blanket approach. If the Government takes the blanket approach in England, the Authority is concerned that it will leave upland farmers in the Dales and other remote areas of England at an economic disadvantage.

§

YORKSHIRE DALES NATIONAL PARK

County Councillor and businessman, John Blackie, has taken up the post of deputy chairman on the YDNP Authority.

Mr Blackie takes over from Jerry Pearlman, following last year's tied vote for post that saw members of the National Park Authority agree that the two

members share the post until the next election at the annual meeting of the Authority in July 2002.

Mr Blackie will now hold the post until the annual meeting.

John Blackie joined the Authority in 1996 and is currently the chairman of the Authority's Audit and Review Committee. Mr Blackie is a local businessman, employing 30 local residents, the current leader of Richmondshire District Council, the county councillor for the Upper Dales and the chairman of the Hawes and High Abbotside Parish Council.

The election of chairman and deputy chairman is held every twelve months, with the 26 members of the Authority eligible to vote.

§

SEDBERGH WANDERERS FOOTBALL CLUB

PRESENTATION NIGHT

with

 **DANNY'S DISCO**

and buffet

at Sedbergh Golf Club
SATURDAY 18th May

7.30pm

 **Tickets £12 from Players**



NO TICKET - NO ENTRY ~ NO TICKETS SOLD AFTER 10th MAY

HISTORY SOCIETY

The Victorian Family

Dr Hilary Walklet (Lancaster University) gave the last lecture of the season to the Sedbergh and District History Society. Although there are very few true Victorians still living, many in the large audience could identify with the Victorian attitudes still prevailing in their childhoods!! Condensing a twenty lecture series into one hour could not have been easy so Dr Walklet described three aspects :- Family, Food and the role of Women.

The Victorians brought a change in perception of the Family. In earlier times there was little privacy and poorer families lived together where sleeping, cooking, eating and washing all took place within the confines of a single room - sometimes shared with a lodger. Here members of the Family were very dependent upon each other with the man dominating and the woman taking a subservient role. Most of family life was spent outside in the street.

The more affluent lived in larger houses - often with several floors where the ground floor was used for offices, reception of visitors etc and the family lived on the first floor. The Family was a unit for continuing the line and support for old age.

The artisan and skilled labouring class may have had two or more rooms and in rural areas may have lived in a small house with a garden.

Food was plain and monotonous and mainly of carbohydrates. The staple diet was wheat bread in the south, barley bread in the north and oats in Scotland. Richer folk ate large amounts of pastry - used both in savoury and sweet dishes. Cheese supplied the necessary protein

with occasionally bacon or offal - only richer people could afford meat regularly. Fruit and green vegetables rarely appeared in working class diets. Father was fed first, then the older working children, followed by the mother and lastly younger children.

The man was the breadwinner and decision maker and everyone in the family was his property including his wife! If women had property it was transferred to the man on marriage. However, the woman was the kingpin in the home - comforter, educator and nurse as well as cook and housekeeper.

There were many interesting comments and questions which almost provided an extra section! Tony Hannam gave the Vote of Thanks.

§

FARFIELD MILL

Arts and Heritage Centre

Craft Fair

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Tel 015396 21958

Saturday and Sunday

4th and 5th May 2002

10.00 am till 5.00 pm

Admission FREE

Ceramics, Jewellery, Paintings,

Decoupage, Walking Sticks,

Embroidery, etc.

*Why not take the opportunity
to visit the craft studios in the Mill
and have lunch in the Cafe.*

*Proceeds in aid of the
Dentdale Annual Festival Committee*

TRANSPORT JOTTER

Bus passes

Women over 60 and men over 65 who didn't get their half fare bus passes locally last month (see March *Lookaround*, p.37) can obtain them from the Tourist Information Centre in Kendal Town Hall. Take your State Pension Book or other proof of age, e.g. passport, driving licence, birth certificate.

There is also a scheme for disabled or blind people. Tokens are not being issued this year.

Weekend trains

Weekend engineering works between Carlisle and Preston were due to be completed before the end of March. But check with the Train Enquiry line on 0845 7 48 49 50.

Late running of trains

The statistics for punctuality were not good between October and December 2001. Let us hope things are improving as spring approaches.

But there have been big improvements in keeping passengers (sorry! 'customers') informed of what is going on. Not always, of course. But all credit to the staff who do seem to be aware that railways are made for travellers, not

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travellers for railways. Though I think I must have been! Nothing like a train journey . . .

Bus diversions

. . . unless you were on the bus between Kendal and Sedbergh one Wednesday last month when motorway Junction 37 was closed because of chemical spillage. I wasn't, but they do say that the diversionary drive past Lilymere Lake on a glorious day was legendary.

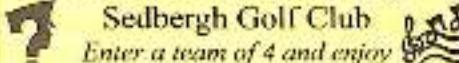
There is likely to be some disruption to bus services in Kendal for the next month as road works starts on the changes to the traffic system in the Town which will take place from 28th April.

This will include work on the Bus Station which will be re-designed to allow entry from the South on Blackhall Road. This will mean that the Bus Station is likely to be closed for 10 days at the beginning of April. Services will run from temporary stops on Blackhall Road.

Gordon Neal

QUIZ NIGHT

7:30pm Saturday 4th May


Sedbergh Golf Club 
Enter a team of 4 and enjoy 
a Quiz Evening with a musical note!
Fun £4 per team to enter **Prizes**
please contact

Dick Gorst 015396 20939
Nora Alderson 015242 76256

HOWGILL W.I.

We would like to thank everyone who supported our coffee morning on March 6th. £123.50 was raised for W. I. Funds.

Three members attended the half-yearly council meeting at Kendal Town Hall on Tuesday 26th March.

The Golden Jubilee celebrations took place at Howgill School on March 7th. We were joined by Federation Chairman Sheila Parkinson, former Chairman Olive Clarke, Past President's, former members and friends.

The evening was spent reminiscing. Mary Stanton took us back in time recalling past memories, while Olive Clarke spoke of her many visits to Howgill which sometimes proved eventful and amusing.

Dora Bateman read a poem and a tape by Renée Roberts in dialect had us all in stitches.

Memorabilia displayed on the walls gave much interest.

Food was provided in true W. I. Style, plentiful and tempting which we were inclined to indulge.

An Anniversary Cake made by Barbara Axford was cut by three long-serving members, Elsie Middleton, Peggy Postlethwaite and Mary Stanton. Entertainment was provided by our own musical talent with Helen Beare on Cello and Jenny James on piano keyboard. Everyone joined in with a sing song of old favourites.

The Competition, "A Decorated Candle" was won by Peggy Postlethwaite with Elsie Middleton second. The raffle was drawn rounding off an evening of nostalgia. We would like to thank everyone who joined us in making the evening so special and memorable.

Our next meeting will be held at Firbank Church Hall on 4th April when our guest speaker will be John Stanton from Sedbergh Community Office. §

FROSTROW W. I.

The March meeting was very well attended. Mrs. Linda Hopkins welcomed back Mrs. Rosemary Mason and presented her with her 40 years' W. I. Membership certificate. We were asked to remember Mrs. Margaret Faulkner who is not well. Items made by members for the Story Sack were on display before being delivered to the Primary School.

Arrangements were made for the Coffee Morning on April 3rd and members were encouraged to apply for the Federation bursaries to Denman College. The two main resolutions for the I.G.M. in Brighton in June - Local Abattoirs and Importation of Food Stuffs - were the ones voted for by our members at the Consultative Meeting.

After the business meeting, Lavinia Mawtus recounted how she had retrained at the age of fifty and said, "One is never too old....!" She had become an accomplished needlewoman in Soft furnishings and Patchwork. Her many beautiful samples showed that she has a real flare for design and great enthusiasm. This was one of her last talks as she is going to live in Spain. Mrs. Vi Harvey thanked her warmly. The competition winner for "A Piece of Embroidery" was Mrs. Harvey, Mrs. Marjorie Fishwick won the raffle.

At the next meeting on April 10th, Peter Haworth will speak about "Year round colour in the garden". New members always welcome.

M. F.

FAMILY MUSINGS

Stuck in a gross traffic jam in Lancaster I put my mobile phone on and heard "This is Staff Nurse at the Infirmary we..." (my heart did a flip) "are moving your mother to Westmorland General!" Phew! No matter I was well on my way to visit her, she was OK and that is what really matters! And, anyway it was my silly sausage self who hadn't switched her phone on sooner! They had also rung my home at 10 am and left a message but I was IN and no message, perhaps its gone to party with all the e-mails I send which don't go! Supper with a friend up from London at a delightful cottage right in the middle of a wood led to a conversation about the invitations on the mantelpiece (not hers) for "At Homes" and how wonderful it would be for me to be 'at home' long enough to entertain!

My writing course on the Lancaster University website has gone pear-shaped. What ever possessed me to think I could learn how to 'do' the Internet part at the same time as the course! Anyway I shall persevere!

Now, I must explain I do eat other food to that mentioned last month, rye crackers, rice cakes, goats cheese etc., alone are not a balanced diet! It's always advisable to talk to your Doctor/Nurse before going on a diet or and eating plan! I'm looking forward to being able to show mine I've lost weight cos' I think they think I can't! And my voice problem is much better.

Granny spent nearly 3 weeks in hospital at Kendal, 9 days at home, fell, broke her hip nearly 2 weeks at RLI and then in

Kendal and life for us all will never be the same again. The most awful time was saying 'see you later' as she was wheeled into theatre for her hip replacement operation and not knowing for sure if she would survive it! The best time was seeing her wheeled back into the ward and hear her saying "I'm alive!" I told her my brother and I had been and bought her a new nightie (a first for him, buying a ladies nightdress!) and she said "I hope it's a sexy one!" The staff couldn't believe her pluck, heart problems, nearly 90, just undergone a major operation and asking that! People ask me how I coped that awful week between her fall on Monday and operation on Friday. It's simple, I rested in the prayers and thoughts of my friends and I trusted Mum to Jesus. And then there's my family, hubby and the youngsters. I even got to have elder daughter with me on Mothering Sunday 'cos Granny poorly, so you see, there were perks! §

If you feel you would like to help in any way or would like more information please ring (015396) 25505.

We look forward to seeing you at any of the events but especially the Festival. §

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SETTLEBECK HIGH SCHOOL

Cumbria Small School

Football Semi-Final

The Millom team arrived during lunch time and they practised until kick off. When that time came the Settlebeck team came on to the pitch and the match started. Various year groups came to watch and cheer on Settlebeck. Quite quickly Millom scored to give them an early lead, but Settlebeck fought back bravely almost scoring by a shot from Matthew Parkin. It took Millom until almost half time to score again - this one was a close range goal from a good cross. When half time came the score was 2 - 0 to Millom. After half time a crowd of almost 100 students chanted support for Settlebeck. 10 to 15 minutes into the second half Millom scored again. The final score was 3 - 0 to Millom. Both teams were clapped off the pitch.

Stephen Bracken, Year 9

inclined to indulge.

An Anniversary Cake made by Barbara Axford was cut by three long-serving members, Elsie Middleton, Peggy Postlethwaite and Mary Stainton. Entertainment was provided by our own musical talent with Helen Beare on Cello and Jenny James on piano keyboard. Everyone joined in with a sing song of old favourites.

The Competition, "A Decorated Candle" was won by Peggy Postlethwaite with Elsie Middleton second. The raffle was drawn rounding off an evening of nostalgia. We would like to thank everyone who joined us in making the evening so special and memorable.

Jean Sowerby

Dinner Lady of the Year

Anyone with the slightest acquaintance of Settlebeck will have heard the legendary name of Jean Sowerby. Most past and present students will have been threatened with having their legs brayed at some time or other but none will have suffered any damage. At lunchtimes she can be seen closely guarded by a loyal group of supporters as she makes her daily rounds, shepherding young people in and out of buildings whilst sharing their most intimate secrets. At 3.30 p.m. our Jean undergoes a strange metamorphosis and emerges, broom in hand, as cleaner-in-charge. She has balanced this remarkable double act for as many years as anyone can remember. In short, she is a school/household name.

Imagine our delight, then, when a 'phone call came on Wednesday 13th March to inform Jean that she has been nominated for "Dinner Lady of the Year" in a nationally organised competition sponsored by the Clover food company (owned by Dairy Crest). There were entries from 9 regions round the country and Jean has already been declared the winner in the North West Region. Her prize is a pampering beauty pack but if she wins in the national competition she will be able to spend a weekend for two in Paris. Runners up receive a day for two at a local health and beauty spa.

Meanwhile until the final results are known our congratulations to Jean on her well-deserved award.

John Fisher, Deputy Head

Daphne Jackson D. O.

Registered Osteopath

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**DENTDALE ANNUAL
FESTIVAL COMMITTEE**

The members of the Committee would like to thank everyone who supported us at the Bingo and the Race Night, especially the local businesses who kindly sponsored a race.

The funds raised over £300 which will go to help finance the Festival which will be held, once again, on the Dent Sports Field from Friday 23rd to Monday 26th August. Other forthcoming fund raising events will be Craft Fairs at Farfield Mill on the 4th to 5th May and 29th to 30th June. There will also be a Disco in the Dent Memorial Hall on 31st May.

The Dentdale Annual Festival Committee was formed following the success of the Millennium Celebrations in August 2000 with the objective of

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present Live Music*

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Raffle

Farm Walk

6.30pm Friday 31st May
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Charity Auction

RAFFLE

organising and coordinating a "weekend of fun" over the August Bank Holiday for the pleasure and enjoyment of local people and visitors alike.

The year 2001 was a difficult year for every one but we were able to go ahead with the event with the co-operation of the residents of Dent and in particular the local farmers. The committee operate with very limited funds but it is our aim to make the Festival an annual event which every one can enjoy and bring visitors into Dent to the benefit of the all the community.

If you feel you would like to help in any way or would like more information please ring (015396) 25505.

We look forward to seeing you at any of the events but especially the Festival. §

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APRIL REFLECTIONS

It is the first page of a newspaper which declares its intent to readers. So, when I began reading the March Lookaround my mind became positive and happy. Spring seemed to be making inroads already with the grand announcement of the Sedbergh & District Spring Show.

The Editorial declared Lookaround's 16th birthday. It gazed into a healthy past, comparing present day 72-page issues with the humble minimum donation of 10 pence for its 4 pages. What a success story this has turned out to be. And not surprising when you consider not solely the devotion of continuation, and improvement of relaying community news to its population, but the tremendous hard work too.

Lookaround has panache. It is proud and always interesting to read. Lookaround has style. It is professional and powered by its perfection of the written word. More and more good advertising because through the pages of Lookaround you will get to the heart of the district's 'market place', and beyond.

So, I say a very sincere congratulations to Editors Dennis and Jacky Whicker, everyone at the Sedbergh Office Services,



Kings Yard Press Office, for making connections so easy and lastly, but certainly not least, Stramongate Press, printers of Lookaround. For my own part, well, I'm very proud to have been given more time to continue writing for Lookaround.

I remain within the Page 1 Editorial to convey sheer joy on behalf of Dennis, who after 13½ years, is 'coming home'. The Whicker Seniors can once more live a normal family life. We're so happy for them.

Let us hope and pray that there'll be improvements in the domestic lives of such a lot more of the deserving people in Sedbergh and Dent, and other surrounding areas. Lets pray for a return to some sort of financial stability to tourism, farming and any of the splinter businesses which were hit so badly by the problems.

I was the writing contributor to a recent

Ysobel Sugden

**PIANO
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North Wales Newspapers Special Supplement 2002. The North Wales Chronicle's supplement is a pictorial one Memory Lane! Photo plates from the Chronicle archives produced some amazing pictures from as far back as 1909. How it made me think, all the looking back as I wrote my entries.

It was when sweating over the hot word processor that I realised that my weekly Chronicle Reflections column was 10 years old at the beginning of the year! I had a lovely celebration, photographer, chief reporter and the biggest bunch of flowers! A very nice picture and write-up, too.

It was so thought provoking though! Reading through 500 plus articles was illuminating to say the least. A lot of fun

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SUNDAY BY APPOINTMENT

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and happiness. Much grim stuff. Some sad. A bit of pretty tough writing as well.

But, you know what? Even considering the period prior, when for 2 years I wrote for another local newspaper series, and when the paper was sent to the military serving in the Gulf, when lots of sad stuff filled the pages, nothing still can compete with 2001.

What a year. And not only on home ground, but the September 11th carnage too. Such a lot of troubles in one world in one year.

Regarding the article by the Sedbergh Chamber of Trade, may I affirm delight regarding the proposal that Sedbergh might be one of a select group of 'Booktowns'. Wonderful. Its interesting that I reviewed more than 50 books in 2001! And The North Wales Chronicles credits are appearing on a number of new titles, the latest being an Audrey Howard, published this month.

But, yes, I think of Sedbergh as my Booktown. Books! Bliss-state-absolute!

On a different but interesting note, do you know what its like go to sleep with jumping sand-shrimps? Since the storms

(Continued on page 44)

February, and subsequent high tides, these little dears still hop around. They are like maggots with shells and always go for me when I'm reading in bed! So, its zap on the neck every night. On daughter Emma's instruction, I go all round the house squeezing lemons on the floors! She insists that lemon juice deters insects and cats. Well, Emma, as in potted shrimps, sand-shrimps have a special relationship with lemons! And me!

At the end of March and beginning of this month we expect more very, very high tides and the possibility of weather to go with it! Down on your knees folk, please, and ask Him up there to go easy on us!

And now I bid you farewell for another month. We wish you a very happy Easter, and may you have the peace of mind that the year will be a good one.

I wish luck to Peter and Denise Cottam, 21 great years at their newsagents in Sedbergh. You deserve all your dreams to come true. My hand of friendship is extended to Don and Janet McConnell, who have taken over the shop and its many wonderful services.

Joan Stockdale.

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LEEDS UNITED NEXT STAR PLAYER

THOUGHT FOR THE MONTH

Learning and caring is the subject which should be close to our hearts and in our action plan! None of us know everything, yes, ok, some of us like to think we do, but the fact is there is always something new to learn! All of us care about someone, often about many people and will make ourselves available to be alongside them when they go through bad times. So why then are people struggling? I guess it's a fact of life, we can only help a person so far and they must "help themselves" too, but we do underestimate the power of prayer and the power of Jesus. Remember Easter? His power over death? Yes! He is Risen! Halleluya!

J.D.

HISTORY SOCIETY

'Lakeland Churches'

Members of the History Society were taken on a delightful tour of Lakeland's historic churches by Andrew Lowe at their meeting on February 20th. With his background as former Senior Planning Officer for LDNPA and now Buildings Conservation Officer he was well placed to share his undoubted knowledge and enthusiasm for these ancient buildings, built and maintained by local people to the glory of God down through the ages.

With the aid of excellent slides members were able to step back in time and marvel at both simple and ornate craftsmanship displayed. This ranged from the 10th c chancel at Dacre (a monastery at the time of St Bede), the three level pulpit and 15th c stained glass window at St Anthony's Cartmell Fell to St Bega's, Bassenthwaite, with its hammerhead beams and sermon timer and the Italian Venetian windows and marble floor at Ings.

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31 of Lakeland's churches are grade 1 listed buildings. The oldest parts were usually around the chancel. Up to the 19th c exteriors were painted white and often rendered and this along with additions and alterations often disguises the gems inside. St Martin's in Bowness has probably the finest east window (1270) in the north and St Oswald's Grasmere (14C) the finest interior in the Lakes.

The church reflected the community it served, its industry and wealth. Some acted as the local school. The large church and ornate tombs illustrate the prosperity of Caldbeck and at Hawkshead everybody was buried in wool to keep the local trade going!

Of the later buildings the castellations of St Margaret's Wray match the castle, Gilbert Scott rebuilt Ambleside St Mary's in 1854 based on the 1300 style and Ambleside Methodist Church 1898 (not listed) displays splendid flamboyant art nouveau windows.

Many other architectural gems were explored in the 34 churches visited and Mr Lowe was warmly thanked for his interesting and informative talk. ARH

SETTLEBECK HIGH SCHOOL

Staff Changes

We've said a sad goodbye this term to Janet Mason who was herself a student at Settlebeck and who has been a dinner supervisor for over 20 years. It was an emotional farewell and we'd all like to give Janet our very best wishes for the future. Doreen Ousby has taken on this responsibility. We've said our goodbyes to Richard Doyle and Fiona Kitchen our History and Science students (respectively) and their contributions to the school has been tremendous in the short time they were with us.

Rural Technology Academy

Settlebeck is currently involved in a proposal to seek specialist technology status along with 9 other Cumbrian small schools. Our proposal is for a Rural Technology Academy which will use modern communications technology to link our schools via an intranet and enable us to work in close partnership. The proposal is not currently allowed under the rules for specialist school bids but last week I joined three other Heads to give a presentation in London to the DfES and we were successful. The DfES has agreed to change the rules to accommodate what they felt was a unique and interesting proposal. All we need to do now is spend several months putting together a detailed bid which meets with their approval. We'll keep you posted on our progress.

Dave Smith, Headteacher

School Hall

By far the most monumental building operation over the last year has been the extension to the School Hall and PE

facilities. This work began with the refurbishment of the boys' and girls' changing rooms. These are now light and airy, with separate shower cubicles for boys and greatly improved changing areas. Upstairs the school Hall has been extended to provide a much larger area for indoor PE facilities. The shape of the site has allowed a new PE store/office to be included. The old chair store now has a sink for events in the hall. The floor area of the Hall is now projected on stilts towards the school fields. A picture window has been incorporated into the plans and provides a wonderful view to the river. The whole area is transformed. Outside and below, the old, inefficient oil-fired boilers have been replaced by gas ones and the heating supply to the school is much improved. The unsightly chimney which dominated the view of the school from the riverside has now been demolished and the whole aspect is considerably better. At the time of writing we cannot wait to use these new facilities to the full and would like to extend our thanks to Capita DBS and Team Northern, the contractors, for their efforts in producing the best for Settlebeck.

§

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KENDAL & SEDBERGH NFU

Foot and Mouth disease inflicted a terrible year upon the rural community. Many farmers were in fear of leaving their farms should they inadvertently spread the disease, most agricultural shows were cancelled as were so many other rural social events.

In this vein the committee of Sedbergh Branch have decided to organise what will be the first major event on the social calendar since FMD. The event will centre around a Hog Roast and judging by the interest aroused so far promises to be a huge success. The event is to be very kindly hosted by the Branch Chairman, Mr. Thomas Gorst and his family at their home, Mutton Hall, Killington from 6.30pm on Friday 31st May 2002.

The committee recognise that

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throughout the darkest months, the general public were very sympathetic to our plight. People understood why footpaths needed to be closed and millions of pounds were donated to charities directly involved in helping those most affected. As a thank you to the wider public the committee have decided that all profits from the event are to be donated in equal proportions to the Macmillan Nurses and to Lancaster Special Care Baby Unit, two causes who most definitely benefit the whole community at large.

Live music is to be provided by Sedbergh Brass Band. A range of side attractions, a raffle and auction and a farm walk all add to the evenings entertainment. Many local businesses have very kindly donated some very valuable items for the auction/raffle.

Tickets are £8.00 (children under 12 - £4.00, under 5 free) and are available now at the NFLU office, Appleby Road, Kendal Tel: 01539 722422

§

MEDIEVAL FAIR

SATURDAY 24TH AUGUST 2002

BACK BY POPULAR DEMAND

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

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

If you have any comments or suggestions please contact us.

§

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FESTIVAL 2002

One of the most memorable of the concerts during the Festival 2000 was the visit of a group of young musicians from Chetham's School of Music, Manchester. Chetham's is a specialist school for gifted children with outstanding musical talent. Children who dedicate themselves to music at an early age are obsessives, says Claire Moreland, head of Chetham's. Their families need to understand that, before they even think of sending them to a specialist school. At GCSE they take English, maths, science, a language and two others. The children don't do team sports for fear of injury. Instead they do Alexander technique, squash, self-defence and swimming. Children live and breathe music.

About 75% of pupils board, so they have extra time for practice in the evenings. Three hours of instrument practice is standard for younger teenagers at Chetham's; under 11's do two hours a day, older students four hours or more.

Chet's (as pupils, families and staff call it) seems another world, with its 14th century cloisters, tiny numbers (284, with 112 in the sixth form adding to the atmosphere of serious maturity) and singleness of purpose. 85% of Chet's students go on to study music after 18. Most of the students aspire to be soloists, but they are not starry-eyed; they know the score. It's a hard road the children have chosen to take but Chet's encourage them for as long as they keep going.

A group of these young musicians will be giving a lunchtime recital in St. Andrew's Church during our Festival on Thursday June 19th. Don't miss this opportunity to hear some brilliant talent.

Deryck Cox

YORKSHIRE DALES NATIONAL PARK

In its submission to the national inquiry into 'lessons learnt' from the foot and mouth outbreak of 2001, the Yorkshire Dales National Park Authority has called for a thorough 'root and branch' review of the 2001 epidemic to be carried out at the highest level.

The 'lessons learnt' inquiry was launched by Government in December 2001 and is chaired by Dr Iain Anderson. The inquiry will report to Government by mid 2002. The inquiry has invited comments from individuals and organisations on any aspect of the handling of the foot and mouth crisis. It will make recommendations for the way in which the Government should handle any future major animal disease outbreak.

Through its submission, the Authority has called on the Department for Environment, Food and Rural Affairs to produce a 'live' contingency plan to manage any future outbreaks. The Authority is also pressing for an end to the use of pyres as a form of animal disposal and the blanket closures of footpaths and bridleways, saying that individual rights of way should only be closed following veterinary risk assessment.

Further recommendations to the inquiry by the Authority included: the incorporation of any national contingency plan into local authority emergency plans; scientific research to better understand the spread and containment of foot and mouth disease and the role, if any, the public use of rights of way had in transmitting the disease; the establishment of a central contingency

fund to fund the role of local authorities in any future outbreak; improved and targeted communications at all levels; and that the Government, through the regional development agencies, take the lead in funding and co-ordinating any future recovery initiatives.

The Authority's submission followed its own internal review of the foot and mouth epidemic and three community meetings held in partnership with local district councils and North Yorkshire County Council. §

VACATION CHAMBER ORCHESTRA

William Walton, one of our greatest composers, was born on 29 March 1902. To celebrate this 100th anniversary, the ever-enterprising Dales Chamber Orchestra are giving a series of special concerts, offering a rare opportunity to hear complete live performances of one of Walton's earliest and most popular works, 'Façade' in many locations including St Mary's Church in Kirkby Lonsdale and the Rheidol Centre in Penrith. In addition to these concerts, an informal concert will be held in St Andrew's Church, Sedbergh at 1pm on Thursday 4th April.

The Dales Chamber Orchestra was established in 1994, since when these enthusiastic students from colleges and universities throughout the UK have given more than 160 concerts in 88 different venues across the north of England. Their reputation is formidable and this, their latest series of concerts, promises to be especially exciting - don't miss it! §

PARISH COUNCIL ELECTIONS

Have you ever considered becoming a Parish Councillor and playing a part in the running of your town? Elections are held every four years and this year elections for the Parishes of Sedbergh, Garsdale and Dent will be held on the 2nd May. If you want to know about the duties of a Parish Councillor and how to stand for election, please contact me without delay, as nomination papers have to be submitted by 5th April. Anyone who is on the electoral roll can stand for election; all they need is for 2 people to second them.

For more information please contact me either at the Community Office tel. 20504 or evenings on 20901. *John Stanton*

Clerk to Sedbergh Parish Council

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ALL RUBBISH
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KILLINGTON W.I.

This month instead of our usual meeting, we organised an outing to Kennedy's Chocolate Factory at Orton. We were blessed by a fine though chilly day and sixteen members and friends made their way there. Once there we were able to watch some of the processes involved in making the chocolates and also saw an informative video. Some of us succumbed to temptation immediately, but most delayed their purchases to the end of our outing. We then enjoyed excellent refreshments in their cafe.

We were able to have a short business meeting and copies of the W.I. News were distributed. Shirley Richardson informed us that our recent "Fair Trade" Coffee Morning raised £61.40; well done everyone. The list of members wishing to visit Ripley Castle near Harrogate was finalised, details of bursaries to Denman College were mentioned and, we were encouraged to take part in the Sedbergh Spring Show. Although it is still some way off, the Holker Show at the end of May is beginning to loom and anyone thinking of attending was encouraged to contact Elsie Waters who is organising a coach trip there.

Members were reminded that the Killington W.I. Coffee Morning will be held on Wednesday 22nd May. There will be the usual stalls - cake and produce, bric-a-brac and a raffle (which we hope will be extra special this year).

Our next meeting is on Tuesday 9th April at 2.00 p.m. in the People's Hall when the speaker will be Mrs Mary Toll and "Visionaid" the subject of her talk. Do join us.

§

I went to Mass . . .

Life at Face Value

. . . at Sedbergh Parish

Ever since we moved to Dent, I've wanted to attend the Catholic service held every Sunday in St. Andrew's Church, Sedbergh. Eight years on, on St. Patrick's Day last month, I did. I'm only sorry it took me so long.

40 or 50 folk or more were offered a fresh, fast-moving, integrated presentation of the liturgy. Integrated? Yes, integrated in its content: not only the 'homily' but also Dr Campbell's 'intercessions' were firmly based on the Lectionary Gospel reading. But also - somehow - unusually well integrated with contemporary life.

What do I mean? Perhaps best, if you're interested, to try it out for yourself and see if you agree. Father Loughran's personal style, largely, I suppose. But I've come to think that there's a way of holding the Christian faith that emphasises its strangeness and a way that emphasises its obviousness. This was definitely the latter.

The sermon took life at face value - and was pointedly honest about us! It mentioned the internet, Oprah Winfrey, hairdressers, counsellors, habitual temper, lying, stealing, haunting 'baggage from the past'. And it mentioned Confession ('You knew I was going to say that, didn't you?') and release.

As preached under the Gospel text, 'Unbind him: let him go free', it forced the literal context quite painfully, but amounted to a very effective symbolic interpretation of the Lazarus story.

Not much music but bells, and hymns accompanied on the organ vigorously and

at a good lick. A friendly but not intrusive welcome. The service lasted just under 40 minutes. It takes place every Sunday at midday. For more information ring Dr Campbell on 20918.

Gordon Neal

YORKSHIRE DALES NATIONAL PARK

The Rural Affairs Minister, The Rt Hon Alun Michael MP, visited the YDNP on 11th March as part of the 'Your Countryside, You're Welcome' campaign to encourage the public back into the countryside.

The 'Your Countryside, You're Welcome' campaign is a Government led initiative aimed at encouraging people back to the countryside as well as aiding people's planning for the summer and beyond.

In preparation for the new visitor season, the National Park Authority has published its annual free 'Visitor' newspaper. The 'Visitor 2002' is a key source of visitor information, which includes a full events listing detailing the many organised activities, from walks to craft demonstrations, which the public can take part in. Copies are available at all of the Authority's National Park Centres, or by calling 01969 667450 or email info@yorkshiredales.org.uk.

"To celebrate the reopening of the countryside we have published our largest ever issue of the 'Visitor'; packed full of events and ideas for a great day out or holiday in the Dales. And to see that the season gets off to the best possible start we have organised the 'Tracks in Time' festival with a range of events to appeal to people of all ages and backgrounds," said Mr Butterworth. §

SEDBERGH GALA QUEEN 2002

Beth Aveyard

I am 14 years old and I am currently in Year 10 at Settlebeck High School, working on my G.C.S.E.'s. I am studying Maths, English, Science, Geography, Graphics, P.E., Music, Spanish and Further Science.



I am hoping to study my A. levels in Sedbergh School and possible work on a branch of chemistry at University.

I really enjoy sport and I love tennis, rock

climbing and hockey. I am in Sedbergh's under 15's tennis team and in Settlebeck's netball and tennis teams. I work well in a team and find this improves my social skills and confidence.

I have recently taken my grade three flute examination and I played in the orchestra for the Settlebeck production.

I am an energetic and ambitious person and I want to explore the archipelagos of the world when I am older.

I live with my parents and my sister Helen. My brother James is currently at University. I also have a very sweet cat called Tommy! §

PEOPLE'S HALL

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DENTDALE W.I.

There was a good audience at the March meeting to hear Anne Swarbrick from British Telecom speak on the wide range of telephones and services that are now available to customers. She made particular reference to instruments for hearing or sight loss and said that B.T. had invested millions in research to produce equipment and systems that would overcome disabilities. A vote of thanks was given by Catherine Sugden.



With thoughts beginning to turn to the gardening season, there were chances for future outings on offer to Hayes garden Centre and Holker Hall.

The competition for a limerick was well supported and won by Stella Bannister. Marlene Williamson won two tickets for a visit to Dalemain House and Alice Ellison won the raffle prize.

Members were thanked for their help given at the Dentdale run.

Following the close of the meeting members were able to purchase items from a wide variety of products from the Fairtrade Stall. §

OTWAY CAME TO SEDBERGH

Before March this year, not many people in Sedbergh & District could have claimed to have heard of John Otway, rock microstar and acclaimed entertainer. The inspiration for his visit lay in the somewhat tenuous family link with Sir John Ottway, former resident of Ingmire Hall. Over seventy friends, fans & a TV company were prepared to travel from all over the UK to spend a weekend in Sedbergh celebrating John's 'homecoming'.

The high point for many was a rock concert in the People's Hall with an audience of over two hundred young and 'not that old' onlookers. The concert included support acts from The Sweeney, a three piece Essex band, and the Otley based Nick Hall Band, both of which played tight & fast moving sets proving popular with a crowd who had clearly come for a good night out.

John Otway and his Big Band then came on stage and played The Hit (No.27 in 1976) followed by the 'B' side which John pointed out had sold just as many copies!

Other highpoints of the show included an unusual version of House of The Rising Sun with audience participation, precarious use of stepladders to exaggerating rock guitar solos, and in contrast at least a couple of passionate yet quiet Otway ballads.

Regular participants of John Otway shows were not disappointed and commented on the wonderful atmosphere and intimacy of the venue. Those seeing him for the first time were thrilled by the

revelation and were asking the organisers how soon he would be returning.

John himself, certainly felt the welcome and discussions have now started regarding his return next year to build on the new friendships.

So watch this space! *Nic Sheppard*

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HEALTH VISITING SERVICE

Sedbergh Health Visitor Bronwen Osborne and Staff Nurse Ali McCabe have a new telephone number at the Health Centre. 015396-20979.

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When we are out of our office, you can leave a message on Call Minder. We will then contact you as soon as we return.

Most frequently, we can be contacted between 08.30 and 09.30.

Bronwen Osborne

APRIL GARDENING

A quick wander around the garden this afternoon has revealed, that although the growth of spring bulbs and new shoots is well behind that of last year, the weeds are sneakily growing and, an odd plant of 'Hairy Bittercress' has actually begun to flower. In an effort to avoid weed induced depression I have been consulting some of my reference books and have discovered a good way to get my own back - I could eat them.

Near the top of the list of most hated weeds must be 'Ground Elder'. This is thought to have been introduced as a culinary vegetable by the Romans. It was certainly very popular here during the Middle Ages when it was cultivated in gardens, the leaves being picked and boiled like spinach. Another popular green vegetable in the sixteenth century was 'Chickweed' which was collected and sold around the city streets by travelling vegetable sellers. 'Chickweed' also makes a crisp, fresh addition to a salad - as does my very own 'Hairy Bittercress' which has a good hot flavour.

'Jack-by-the-Hedge' or 'Hedge Garlic' also makes a useful addition to a salad - although the flavour is quite strong. It does, however make an interesting alternative to mint sauce when chopped and mixed with sugar and vinegar and served with lamb.

Last but not least as a hated weed, the 'Dandelion' can be used as a salad, but is most prized (at least in Japan) as a root vegetable. Roots, harvested in Autumn when they are at their fattest, are washed, thinly chopped and sautéed in a little oil before being stewed in a little salted water. The addition of a dash of soya

sauce completes the dish. Mmm. Must try some.....

Elaine Horne

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SEDBERGH CRICKET CLUB

Winter nets continue and the juniors had a very successful coaching session with Mike Dugdale and his team. By the time you read this another one will have taken place. These sessions were paid for by the generosity of those who took part in the golf tournament held during the summer. The other good news is that the artificial strip has been ordered and should be in place by the start of the new term. This should make cricket more available to both the schools and the club in less clement weather. Can I appeal to everyone to keep an eye on the field to prevent damage by the golfers etc. It has cost a great deal of money and it would be a pity to spoil such a useful facility for the town. We are rapidly approaching a new season and could do with some more seniors down at nets getting their eye in for the campaign.

§

BUTTERFLIES

Up and running for the past two years, Butterflies provides a Drop In for carers and little ones.

Held in the church rooms at St Andrew's Church, Butterflies attracts all ages from newborn to nursery.

The group offers a cosy environment for little ones to play and where carers can chat over a cuppa.

Butterflies was set up by members of St

Andrew's Church and is run by volunteers. There is no charge for those attending, although donations help

towards funding new equipment, and refreshments.

Currently the most popular playthings are those that can be pushed along, sat on, or both! And we boast the best playdough in town, (lovingly made by one of our volunteers).

Butterflies runs every Wednesday afternoon, between 1.30 pm and 3pm, during term time.

All carers and little ones are very welcome - just follow the rainbow windmills at the door.

§

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SEDBERGH AND DISTRICT CHRISTIAN AID COMMITTEE

Christian Aid Week will soon be upon us again. This year it is between 12th and 19th May. But the enthusiastic Sedbergh and District Christian Aid Committee and their many supporters have been working hard throughout the year to raise money for Christian Aid. For example, since July, the Committee has raised £574.78, including £298 raised at the October Coffee morning, and £217.70 raised at the Christmas Carol Service. Thank you to everyone for their support and hard work.

§

NOAH'S ARK.

Everything I need to know about life, I learned from Noah's Ark...

One: Don't miss the boat.

Two: Remember that we are all in the same boat.

Three: Plan ahead. It wasn't raining when Noah built the Ark.

Four: Stay fit. When you're 600 years old, someone may ask you to do something really big.

Five: Don't listen to critics; just get on with the job that needs to be done.

Six: Build your future on high ground.

Seven: For safety's sake, travel in pairs.

Eight: Speed isn't always an advantage. The snails were on board with the cheetahs.

Nine: When you're stressed, float a while.

Ten: Remember, the Ark was built by amateurs; the Titanic by professionals.

Eleven: No matter the storm, when you are with God, there's always a rainbow waiting.

§

BUS SERVICES

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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

To Kirkby Stephen Via Cawdale and Kirkby Stephen Rail Station

Monday - Saturday

09.05	M-F	564	GP	♦
11.15		564	GP	♦
14.15		564	GP	♦
16.50		564	GP	♦

To Kirkby Lonsdale

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

To Dent

Wednesday

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

From Kirkby Stephen, Market Square

Monday Saturday

07.11	M-F	564	GP	♦
09.21	Sat	564	GP	♦
09.30	M-F	564	GP	♦
12.11		564	GP	♦

From Kirkby Lonsdale Square

From Hawes

12.15	Thu	567A	W	♦
08.00	Sch	112	B	
09.35	WF	112	B	
13.25	Tue	804	W	♦

From Dent School

Wednesday

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

M-F Monday to Friday Only

Tue Tuesday Only

Wed Wednesday Only

Thu Thursday Only

Sat Saturday Only

Sch Schooldays Only (M-F)

W&F Tuesday, 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 Woof's of Sedbergh

B Brighthwaite's Coaches

S Stagecoach in Cumbria

• Blackhall Road opposite the Bus Station

♦ Provided with Support from CQC

Please note whilst every effort has been made

to ensure that the times shown are up to date,

they can change at short notice.

For Comprehensive up-to-date information ring :-

Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A W Fell Tel: 20283

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00

Holy Days 19.30

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30 & 18.30

Rev. G. Hall Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Mrs M Mason Tel: 20048

SOCIETY OF FRIENDS

Quakers
Brigflatts
Sunday 10.30

Mr. M Roberts Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

Rev G Jones Tel: 01539 - 722079
or Mr G Watson Tel: 20561

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington
Rev. A Pitt Tel: 20670

Cautley & Garsdale

Rev. A W Fell Tel: 20283

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Fool;

Cautley, Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostrow

Rev. G. Hall Tel: 20329

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



OPTIONS

for health and well-being

Caroline Cattermole

Psychosynthesis Therapeutic

015396 21570

Ian McPherson

Counselling

015396 20648

Hazel Morris

T'ai Chi, Flower Essences, Reiki

015396 25374

Robin Oxley

Hypnotherapy, Meditation

015395 67657

June Parker

Therapeutic Healing

015396 20972

Complementary Therapists practising locally

DIARY OF EVENTS

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

APRIL

1	Easter Monday		5	1000 Dent Craft Fair (36)	FM
1	1000 Easter Sale	DMEI	6	1430 CWT Duck & Raft Race	SHS
3	1000 WIT Coffee Morning	URCR	6	1930 Beekeepers	BF
4	1300 Vacation Chamber Orchestra	SIAS	8	1000 SIAS Coffee Morning	URCR
4	1930 WIH Sedbergh Community Office	FCH	8	1330 Butterflies	SIAS
5	1930 Vacation Chamber Orchestra	K. Lonsdale	8	1915 WID Resolutions Meeting	DMII
5	1315 Zebras Nearly New Sale	SMC	8	1930 WIF Resolutions Evening	PH
6	1400 Yoga for Action Research (6)	PH	8	1930 Needle & Pins	SIAR
6	2000 Vacation Chamber Orchestra	Parish	11	1430 Beekeepers	Cowgill
6	2100 SFC Hush + Phil's Disco (6)	PH	12	Christian Aid Week	URCR
8	SHS Term Begins		13	Christian Aid Week	URCR
8	1930 Queens Jubilee Meeting	CO	14	1430 WIK Resolutions and Social	PII
8	1930 Beekeepers	BF	15	Christian Aid Week	URCR
9	1400 WIK Visionaid	PH	15	1330 Butterflies	SIAS
10	1000 Barnardo's Coffee Morning	URCR	16	Christian Aid Week	URCR
10	1330 Butterflies	SIAS	17	Christian Aid Week	URCR
10	1915 WID Leighton Moss RSPB	DMEI	18	1230 Sedbergh Gala	PH
10	1930 WIF Colour in the Garden	PII	18	1930 SFC Presentation Night (35)	GC
10	1930 Needle & Pins	SIAR	20	WI Group Meeting	Barbon
10	1930 New Members Evening (10)	SGC	21	1415 SLVSB Meeting	CO
13	1400 MH Jumble Sale	MII	22	1000 WIK Coffee Morning	URCR
13	1800 Closing the Aramaic Prayer (13)	Sedbergh	22	1330 Butterflies	SIAS
16	1400 SLVSB Meeting (6)	CO	22	1000 WIK Coffee Morning	URCR
17	1000 Asthma Society Coffee Morning	URCR	25	BS Summer Fun Day	BS
17	1330 Butterflies	SIAS	25	1830 FCH HQ& Slide Show (over 28th)	FCH
19	1000 AR Coffee Morning	URCR	26	1400 CWT Upland Widers on Tailbag	LHCP
19	1830 Sedbergh Wanderers Cup Final (1)	Settle	29	1000 Fizbank Ch Coffee Morning	URCR
19	1900 RBL Annual Branch Supper	SSQH	29	1330 Butterflies	SIAS
19	1930 SHS Quiz Night	SHS	31	1830 NFU Hog Roast (41)	MHOII
19	1930 Firbank Ch Weekender Fashion Evening	MII	31	Festival Committee Disco	DMH
19	2200 HH Zebras Disco (19)	PH			JUNE
20	1000 Bulgarian Singing Workshop	DMH	1	SHS Term Ends	SHS
21	1000 Bulgarian Singing Workshop	DMH	1	SS Term Ends	SS
21	2000 Bulgarian Singing & Supper	SGC	1	2000 PII Dance	PH
23	SS Term Begins	SS	2	Golden Jubilee Music Festival	KPH
24	1000 Dent Meth. Ch Coffee Morning	URCR	3	HM Queen Golden Jubilee	
24	1330 Butterflies	SIAS	4	Jubilee Teddy Tombola	SMC
24	1930 CWT An Evening of Birdsong	SHS	5	1000 WIH Coffee Morning	URCR
			5	PM GVH Children's Sports	GVH
			5	1930 Golden Jubilee Celebrations	GVH
1	1100 GVH Coffee Morning	URCR	6	1800 Killington Sports	BFX
1	1330 Butterflies	SIAS	6	1930 WIH Clarins Skin Care	FCH
2	Parish Council Elections	Selbergh/Dents/Garsdale	8	1430 Beekeepers	Crowbars
2	1930 WIH Hanging Baskets	HSR	9	SS Term Begins	SS
4	1000 Ring the Church with Silver (41)	SIAS	9	1415 CWT River Flower Search	LHCP
4	1000 Dent Craft Fair (36)	FM	10	SHS Term Begins	
4	1400 SHS Jumble Sale	URCR	11	1400 WIK Taste 'n' Try	PII
4	1930 GC Quiz Night (37)	GC	12	1000 Dent Fonth Chapel Coffee Morning	URCR

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

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Lofus Hill ☎ 21079

Dr J. Syred ☎ 20299

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
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Dr P.A. & W.G. Orr ☎ 20218

Dr Ann Orr

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

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300 Dr Ann Orr
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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 - 4.00 pm

closed 1.00 - 1.30 pm

COMMUNITY OFFICE

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

Monday to Friday 10am to 4pm
✉ 20504

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

RURAL CITIZENS ADVICE BUREAU

Community Office

Every Monday 1 pm to 4 pm *

Every Wednesday 10 am to 1 pm

Every Friday 10 am to 1 pm (Phone Enq's)
✉ 21185
cabsebbergh@uk4free.net

RSPCA

Kendal Office

Monday to Friday 10am to 2pm

✉ 01539 736036 (local)

✉ 0870 55 55 999 (national)

POLICE

Long Lane, Sedbergh

✉ Kendal 01539 722611

PUBLIC TOILETS

Main Street & Lofus Hill, Sedbergh
Dear Village

MARKET DAY

HALF-DAY CLOSING

WEDNESDAY

THURSDAY