

SEDBERGH & DISTRICT

LOOKAROUND

March 2002

Issue 187

Donation 50p

March 1986 saw the first Lookaround appear in Sedbergh and consisted of 4 pages. Very soon, we asked for a donation of 10 pence per issue. This month, we are 16 years old and we still only request a minimum donation. We regularly produce up to 72 pages and it has far exceeded any of our wildest dreams of success.

As of from this month, our domestic life has changed 1 million %. After

working away for 13½ years, Dennis has returned home to live. Among many other things, Lookaround *should* be improved and will feature less mistakes. Dennis can now give talks on the development of the Lookaround to local groups and organisations. Please contact our Office for further details

Dennis & Jacky Whicker

Sedbergh & District Buildings Preservation Trust
SEDBERGH & DISTRICT

SPRING SHOW

Saturday 23rd March

to be opened by

KATIE CROPPER

Only woman winner of BBC's 'One Man and His Dog' Competition

At 12.15 pm

Admission: Adults £1 Children Free

Refreshments by Jackie Stringer from 12 noon

Exhibits in the People's Hall Organisation Stands in the Masonic Hall

All entries to be submitted by Saturday March 16th to

Carol Dawbarn, 14 Millthrop, Sedbergh LA10 5SP

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

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

e-mail: lookaround@whicker73.freemove.co.uk - Web Site: <http://www.whicker73.freemove.co.uk>

Children's Birthdays March 2002

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

The recipient this month is:-
Kerry McCLURG who is

11 years old on 26th March.

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.

DFW



Day	Name	Age
1	Sam OVERSBY	4
2	Joseph DICKIE	3
2	Ryan MILBURN	9
2	Kimberley HURST	10
3	Thomas THEXTON	4
3	Luke INGHAM	8
7	David GOAD	5
9	Aaron CAPSTICK	2
11	Laura WOODVINE	7
10	Scott MIDDLETON	5
11	Jake SUTCLIFFE	9
12	John WOOF	4
13	Simon BOYLES	8
13	Samantha BOTTOMLEY	11
16	Connie HODGSON	6
17	Anna McGERTY	9
18	Daniel CLARK	9
19	Wesley BREWER	4
23	Becky LOWTHER	9
25	Kayleigh BROWN	4
26	Molly LIVESEY	10
26	Kerry McCLURG	11
28	Iain BAINBRIDGE	11
29	Callum FERREIRA	4
31	Martyn KNAPTON	10



10 Main Street, Sedbergh

BED & BREAKFAST

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

CAMPING, CARAVANNING & SELF-CATERING

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

KEY

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

Lookaround Advertising Rates

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

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

No adverts

by e-mail or FAX please

All adverts and enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ

by 15th of every month.

Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

BAINES



George, Jacky and Harry would like to thank all family and friends for their kind gifts, cards and best wishes received on the birth of Harry George on 1st February 2002.

BAINES

Congratulations George and Jacky on the safe arrival of your son Harry George on 1st February 2002, weighing in at 10lb 6oz. Well Done. Dad, Mam (Dent) and family.

COTTAM'S NEWSAGENTS

Peter and Denise would like to thank all staff, paper boys and early morning helpers, past and present for their loyalty and hard work in helping to make the last 21 years successful. Also thank you to Marjorie for being there every morning come hail or shine with her fresh supplies of baking to start the day! Thank you too, all our customers, for your support and friendliness throughout the years. We would also like to take this opportunity to wish Don and Janet continued success for the future.

MARSHALL

Happy 1st Birthday to Chloe on 4th March, precious daughter of Gareth and Pauline. Lots of Love Ann and John.

HAYGARTH

William and Elsie would like to thank all family and friends for all the cards, presents and good wishes on the occasion of their **40th Wedding Anniversary** on 31st March 2002. Also for the best for William on his impending retirement on 25th April.

OTWAY

A very warm welcome home to John Otway. Looking forward enormously to the People's Hall gig on Saturday 16th March. Lots of love and very best wishes, Chris and Roy Nuza.

JOHN OTWAY

Very best of luck with this year's hit John. We're all rooting for you, and can't wait for the People's Hall gig on 16th March. Love you squillions, Chris and Roy Nuza. XXX.

OTWAY

Welcome home John, we know this is going to be a big year for you. Your deserve it. From Andy, Chris, Nic, Ali and Lorraine and Andy.

OTWAY

Looking forward to Intimacy at Ingmire and Celebrations in Sedbergh. Have a great weekend John. From Nic.

SOAP

The Society of Otway Appreciation and Promotion wish to thank the people and traders of Sedbergh for all their help and assistance in preparing for the homecoming and welcome of Mr. John Otway.

PERSONAL & SMALL ADS £1

SPEIGHT

Joe Speight wishes his friends in Sedbergh to know that his beloved Vera died peacefully at Barnsley on Thursday 31st January 2002.

WILSON

**Happy 50th
Birthday Mike.** Love
Christine.



WILSON

**Happy 50th
Birthday Dad,** From
Matthew.

FOR SALE

2 pairs Red Velvet Curtains. 72" long x 45" wide. 1 pair Red Velvet Curtains 57" long x 45" wide. £25 the lot. Tel. 015396-20319

FOR SALE

Silver Cross 3 in 1 Pram/Pushchair. VGC. Extras include: Raincover, Cosytoes/footmuff, Sun canopy. Blue with pattern. Only £90. Also Mothercare 3 in 1 pram/pushchair. VGC. Extras include: Raincover, Cosytoes/footmuff, Sun canopy. Blue/Green. Only £90. Telephone Kendal 734401.

FOR SALE

Chicken Coops and Runs. Approx. 6' x 3' and 5' x 2'. Ideal for a breeding trio or a few bantams. £15 to £30. Telephone 21567.

COMPUTER WORK WANTED

I take contracted-out computer work of all types. Contact Alison on 21530 or 0777-5936644.

WANT A CLEANER?

Do you need a cleaner? Please ring 22025.

WANTED

A Travel Iron for craft use. It needs a temperature control and a smooth sole without holes. Phone 015396-20828.

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. Telephone 01253-396654 anytime.

At the Chair Workshop

- Chair seating & supplies
- Tuition
- Tool sharpening

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

99 Main Street, Sedbergh.
Tel 015396 21489

SETTLEBECK HIGH SCHOOL UPDATE ON DEVELOPMENTS

Anyone using Settlebeck's hall is in for a treat. Our internal building work is now complete and we are extremely pleased with the results. A 25% increase in the length of the hall has had a disproportionately large effect on the ambience and spaciousness of the hall which now also benefits from extra light, from a large and impressive window in the end wall. Extra storage space has been created and over the next few weeks a new p.a. system will be installed. The final touches are being made to the outside of the hall and soon both Settlebeck and Sedbergh Primary School will benefit from some covered play space.

SEDBERGH & DISTRICT HISTORY SOCIETY

Wednesday 6th March

The Victorian Family

Dr Walklett
will illustrate the talk
with examples from the
North West region

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

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

Chairman: Joyce Scoble 21106
Secretary: Diane Elphick 20605
Treasurer & Member Sec: Richard Cann 20771

ROYAL BRITISH LEGION 'A TOUR OF SCOTLAND' SLIDE SHOW

by Norris Chamley

7:30 pm Friday 1st March

In the People's Hall
Admission £2.50

Since our public meeting in October 2001 it may appear that all has gone quiet concerning our strategic facility for autistic spectrum disorders proposal. Certainly the LEA wheels are turning very slowly and we're still in the position of awaiting discussions over the draft contract. However, things have started moving lately and we hope to begin discussions in March which if successful could lead to new building in the autumn and the opening of the strategic facility for the first of six children for September 2003.

Our joint CREDIT's facility with Sedbergh Primary School (offering courses to adult learners in the cottage on our site) was due to be extended this Spring. However the structural engineer discovered severe problems with the cottage walls, roof, foundation, floors etc. and it is now proposed that the cottage be demolished and a new, much extended facility be built in its place. This is an exciting project for both schools and the local community since a purpose built facility will be much more effective in catering for our joint needs. The design process is now well underway and we are bracing ourselves for considerable

This month sees

MOTHER'S DAY (10th)
and
EASTER SUNDAY (31st)

WE HAVE ALL THE CARDS AND GIFTS YOU NEED
AND ALL THE EASTER EGGS YOU CAN EAT

@

THE GREEN DOOR

35 Main Street, Sedbergh
(Opposite the Bull Hotel)

ALSO OUR USUAL FULL RANGE OF
CONFECTIONERY ~ TOYS ~ STATIONERY ~ SMOKERS REQUISITES
and

ENGLISH LAKES ICE CREAM

disruption later in the year as CREDITS courses transfer to Settlebeck and our admin., peripatetic music and computer servers are all re-housed in the main building – somehow!

Dave Smith, Headteacher

**YEAR 11 STUDENTS
INTERVIEW DAY**

Our annual Year 11 Interview Day took place at The Bull Hotel in early February. Once again this proved to be a very valuable day for all students. Pairs of interviewers from local schools, businesses, National Park and colleges questioned the students referring to application forms, references and

Records of Achievement. Each interview followed with a debriefing for students to learn of their strengths and areas for improvement. They then had the opportunity to review their experience in small groups with their tutors. Both students and interviewers were equally complimentary about the value of the day and the positive two-way process it involves.

Interviewers comments:

"Mature, confident but not pushy. An extremely good interviewee."

"Made a good impression, mature

(Continued on page 8)



**L.F.H.
DANCE & BUFFET**

Friday 8th March
in the People's Hall
Dancing to Country Rovers

attitude, good eye contact, related well to adults."

"Thoughtful answers with clear focus on the questions asked."

"Very smart and well presented he had obviously prepared for the ordeal!"

"Excellent appearance, well presented, good disposition."

"Very sensible and mature, she has thought through her options and shows a lot of potential."

"Confident, articulate, realistic about himself."

"Impressive and quite tough!"

Students comments:

"I didn't feel nervous but I was apprehensive!"

"I sorted out what I was going to wear, then the questions I would ask, I read through my prospectuses, so I felt well prepared and the interviewers were very helpful."

"I know that in my next interview I need to speak clearer and give slightly longer answers."

"I need to have more practice in 'selling myself' and showing what I've achieved."

"It was a very good experience. I thought I did really well. I am pleased with myself and overall I enjoyed it."

"The interviewers made me feel comfortable by talking about my interests and work experience."

"They gave me a lot of useful advice which I can use in the future."

We would like to take this opportunity to thank all the interviewers (and all establishments which release staff) for giving their time to provide this valuable experience for our students. Also thanks to Year 10 students who helped on the day: Jenn Hosker, Craig Capstick, Lyn Hunter, Nicola Gardner, Claire Rowlinson, Andy Johnson, Matt Parkin, Lauren Gilder and Dan Mason. Finally our thanks again to Hazel and John Wilkinson at The Bull Hotel for their friendly, efficient hospitality and excellent catering.

Judith Walsh

YEAR 10 VISIT to "BLAME IT ON THE BOOGIE" at BREWERY ARTS CENTRE

There's nothing better than live theatre to brighten up a wet January afternoon,

SEDBERGH GALLERY

32 Main Street, Sedbergh
015396 21800

- Picture Framing done on the premises
- Paintings and Pottery by well known artists
- Dealers in Fine Arts and Pottery
- Terms available so buy early to avoid disappointment

'Silvija Buss'
in stock

Please come in and browse

SEDBERGH GALLERY

so with great glee we braved the downpour and rushed to the minibus – even more exciting since it wasn't **our** minibus so I didn't have to drive. Kendal College Creative Arts Department were so keen that we should see their new production that they had laid on a minibus especially for us and persuaded the college's new marketing manager to drive it!

The show was "exciting and vibrant" according to the programme. It certainly was. We were treated to a rich mixture of live, soul and disco music, singing, dancing and good fast drama. Now if you'd marvelled at John Travolta on the dance floor in Saturday Night Fever in your seventies heyday, and maybe tried a few steps yourself, then this show was

FUN NIGHT

7:30pm Saturday March 9th

Masonic Hall, Howgill Lane
Knock Out Dominoes - Darts

Bingo - Quiz

Tickets £5

includes Buffet Supper & Glass of Wine
available from

Mrs Conchie 20660 - Mrs Greenbank 21720

Rycroft's Hardware Shop

BAR * RAFFLE

definitely for you. For most of the audience, who weren't even alive, this was history though, and they were intrigued. Set in a New York disco, the story revolved around a love affair between members of two rival groups – West Side Story moved forward two decades.

Our students loved it. It was a superb example of a group of enthusiastic youngsters devising and performing their own musical, pooling their talents and making things happen. This was an appropriate stimulus since that is exactly what Settlebeck is doing at the moment. We are preparing our own musical with its home-grown plot and songs, "Celebrities from Space", ready to perform before Easter, so lots of good ideas were noted.

After plenty of excitement for one day we were back out into the torrential rain and on board our chauffeur-driven minibus heading for Sedbergh with plenty of inspiration for GCSRE Drama performances and coursework.

John Fisher, Deputy Head

Settlebeck High School will perform its own Musical 'Celebrities from Space'. See page 19 for further details. ☺

THE FRIENDS OF DENT PRIMARY SCHOOL

DISCO

With DJ Danny

Saturday 9th March

9pm till late

Dent Memorial Hall

£3 before 11pm, £3.50 after



TABLE TOP SALE

Saturday 30th March

11am to 3pm

Dent Memorial Hall

To book a Table,

Phone Angie Mason 25461

or see Jill Mitchell at school

£5 pre-booked

£6 on the day.

Morning Coffee – Afternoon Tea

Cake Stall

FARFIELD MILL

If you have not been to the Mill lately, you will have some surprises.

It was the Dover family who lived at Farfield House and Oakdene who ran the mill for a hundred years from its opening in 1837. So we have decided to call the new gallery which puts on display work of those who have studios in the Mill, the Dover Gallery. This is close to the entrance.

As you go further in, there is a present a 'bodger' at work, making the most beautifully crafted wooden chairs and other objects out of fresh wood, using only traditional tools. No electricity here!

At Easter however this area will be transformed into another Gallery where the work of 20 or 30 artists will be on display and available for sale. The work will include fine art, photography, glass, jewellery, silk paintings, ceramics, textiles and many others.

What else is there to see?

The studios are on this floor and the floor below. These are rented out to local artists. Do not expect to see an artist busy in every studio at all times, as they are not obliged to work there 7 days a week! However any visitor can ask to go into a studio to see the work on display.

The shop sells not only products made on site but also some wonderful gifts made by people living in the area and the standard of work is very professional. The range includes jumpers, hats, scarves, bags and slippers: there are books and jewellery: there are also home made foods, such as preserves, sweets and cakes; there is a wonderful range of hand-made greetings cards for all occasions. The shop is worth a visit for a

special present and there is of course no entry charge for the shop!

The Café is certainly worth a visit, for a morning coffee, a snack or a full meal. Everything is home-made, and quality is of the highest.

NOTE

From Saturday 23 March, the Mill will be open 7 days a week from 10.30 am to 5 pm (last entry 4.30)

We are so lucky that many of those most personally affected around the mill itself have supported the project from the start, with four of the Farfield residents becoming Trustees and three more becoming members. The upheaval caused by the building work was a trial and we thank everyone for their patience. Our patience was sorely tried because in dealing with those authorities who are in a position to say yea or nay, time does not seem to be important. A magic wand would sometimes have been useful. If the Trust has been slow in dealing with a problem, it was usually because 'they' were holding everything up. Can you believe it took nine month's wrangling between the electrician and the fire authority to decide whether or not certain external lights should remain on day and night? Finally, in December, an

Ysobel Sugden

**PIANO
TUITION**



**Adults & Children
Welcome**

Tel: 015396 21153

The Bull Hotel, Sedbergh, 7:30pm Monday 11th March

**An Invitation to all
Businesses and Community Groups
In Sedbergh, Dent & Garsdale**

**A new local forum to discuss how we can improve
the community spirit and prosperity in our area.**

Running a business? What would help it do better?

Involved in a community group? Whether it is sport, art,
health, children, old people....come along and share ideas
about how we can work together for the future of our
community.

Be sure you are represented!

Sedbergh & District Chamber of Trade
Sedbergh Community Development Centre ☎ 015396 21128

authorising letter arrived. The lights could be turned off? I guess such experiences are not altogether unusual. We are sorry for the problems such incidents have caused.

We get many congratulations but we do of course get many criticisms, inevitable when major changes are taking place. It must be said that some people would prefer that Farfield Mill should become a desolate ruin. It is a reasonable point of view. We believe the future is as important, perhaps more important, than the present. We do not expect everyone to agree with us and we can understand their anger when looking to the future means present discomfort and that leads to disgruntlement.

Only this week the shops in Kirkby Lonsdale are beginning to admit that the arrival of Booths was not an unqualified disaster, for it has brought more people into the town and improved road lay-out and parking. At Farfield the entrance from the main road is now safe, and backing every time you meet another car is no longer necessary. The drainage system which has been broken and inadequate for many years, will be repaired and upgraded this year thanks to pressure from the Trust. There is more to do and we will continue to try to explain the reasons for problems, even if we are not always in a position to remove them. We do what we can. Forgive us when we fail, if you can. ©

HAYFEVER

This might seem an odd time to be writing about hayfever, but if you read on, you will see that the message of Traditional Chinese Medicine about this is to strengthen the body outside the pollen season in order to have fewer problems during the season.

Hayfever, or seasonal allergic rhinitis, develops as a result of an antigen-antibody reaction to inhaled pollen in the mucous membranes of the nose. This leads to symptoms such as sneezing, runny nose, swelling of the mucous membranes, itchy throat, itchy red eyes and possibly sinusitis. This is described in Traditional Chinese Medicine as an "invasion of Wind". Conventional treatment might be with anti-histamines or steroids by nasal inhalation. In Traditional Chinese Medicine, one would seek to "expel Wind" and in acupuncture treatment this would typically involve points at the top of the back and on the hand and wrist.

ACUPUNCTURE



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a wide variety of conditions

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June M. Parker

Dip Ac, MBAcC

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Ruth Gardner Sedbergh 21012

The next question is why a particular person should be susceptible to "invasions of Wind" whereas others are not. In "The Practice of Chinese Medicine" (Churchill Livingstone 1994) Giovanni Maciocia puts forward the theory that this is due to deficiency of the body's defensive Qi. (Qi, pronounced "chee" is energy which is the source of all movement in the body and also powers the body's defensive systems.) The organs which are most involved are the Lungs, because it is the respiratory tract which is compromised, and the Kidneys, which are fundamental to the long-term management of the body's Qi. (Recall that in Traditional Chinese Medicine the organs are written with capital letters to remind us that in this system we are thinking of somewhat different functions.)

So what can be done to strengthen the body's defensive Qi? Here are some suggestions, the idea being to start now in order to be better prepared when the pollen season starts:

- general Qi tonics include whole grains especially oats, quinoa and rice (you may find it helpful to avoid wheat flour), small amounts of meat

and fish, root vegetables, especially sweet potato and watercress (organic watercress is available from the Herb Stall 015395 21965).

- improve the flow of Qi and tonify the Lungs by getting sufficient regular exercise outdoors.
- bee products, such as pollen and royal jelly are potent Qi tonics. There is also the suggestion that ingestion of such products improves the body's resistance to inhaled pollen. For the latter purpose eating local untreated honey is often recommended.
- when practising yoga or T'ai Chi pay special attention to breathing exercises, exercises which act on the Qi of the lower abdomen and those which strengthen the lower back.
- some authorities recommend food supplements, for example Patrick Holford suggests taking a multivitamin and multimineral supplement, an antioxidant complex

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John Wilkinson (Over 35 years experience)
Visionscan Film & Repro-Graphics
The Old Joinery, Garsdale,
Sedbergh, LA10 5PJ
Tel: (015396) 21397

Christian Aid COFFEE MORNING

Wednesday 13th March

10am to 12 noon

URC Rooms

Bric-a-Brac ~ Home Baking

Traidcraft Stall

All Welcome

and 3000g of vitamin C per day (see "The Optimum Nutrition Bible", Piatkus, 1997). He is extremely pro-supplement and you may wish to be more moderate than this. Ask for advice at the Sedbergh pharmacy.

- Consider preventative treatment. Acupuncture can work specifically on the body's defensive Qi system. Homoeopathy would also have something to offer.

This is an example of the Chinese philosophy of treating both the manifestation (the symptoms) and the root (deficiency of defensive Qi). The principle is to treat the symptoms when they arise, otherwise work on strengthening the defensive Qi.

Just a reminder about the Xing Yi Five Elements day at 10 am on March 9th in the People's Hall (see article and advert in last month's Lookaround). Hayfever sufferers are welcome: the Lungs and the Kidneys correspond to two of the five elements so suitable exercises will be demonstrated and practised.

Questions and enquiries are welcome. My telephone number is (015396) 20972.

June Parker

CITIZENS ADVICE BUREAU

Q. I bought a television on interest-free credit. Even though I had the money at the time it seemed a good idea, meaning I could spread my purchase over 12 months. I knew that, in order to avoid paying interest, I had to pay the balance by the end of the interest-free term but my payment was one day late. Now the loan company says I must pay interest on the whole amount of the loan, another £600, which is almost as much as the television cost in the first place. This seems very unfair. What can I do?

A. It does indeed seem very unfair but will no doubt have been included as a 'term and condition' in the small print of your credit agreement. You could try writing to the lender and asking them to

reconsider, as a gesture of goodwill, because the payment only just missed the deadline. However, unless they are a member of the Finance and Leasing Association (FLA), they are under no obligation to settle the agreement and waive the interest. If they are a member of the FLA they subscribe to a Code of Practice which includes allowing a short grace period at the end of the interest-free option period for the final payment to be made. A full list of members can be found at www.fla.org.uk. The FLA also resolves complaints against their members under the Code.

Yours is not an uncommon situation. Many people are not fully aware of how the 'interest-free' credit system works. It is not actually interest-free at all. Rather

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 Cottrell.

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 Ritchie.*

Ruskin Lace, 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 Ritchie.*

it is a credit agreement with interest but with an initial interest-free period. When you purchase items in this way, the instalments are set at a rate that means the whole amount is not paid off by the end of the interest-free period. In order to avoid paying the interest, you need to pay off the remaining balance by the date that the interest-free period expires. Bear in mind that the interest payable, should you decide to stick with the credit agreement, is payable on the full purchase price of the item - not just the remaining balance and is often at a very high rate of interest.

Often, without checking the agreement carefully, it is not very clear on what date your loan began as this will not

citizens
advice
bureau

necessarily be the same date that you purchased the goods. Make sure you contact the lender in good time to find out the date that the payment is due, how much is due and how and where you pay it. Some lenders (FLA members) will

contact you near the time the interest-free loan expires and provide you with the information but other will not. It is advisable, especially if you are paying by cheque, to make sure the creditors receive this at least 10 days in advance of the due date. If you can, send your payment by recorded delivery, to reduce the risk of your payment going astray.

As with any agreement, make sure you read the terms and conditions at the time of signing and ask if anything is unclear.

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 Gamby.

Introduction to Pastel Landscape, September: 11th-13th, £120. Tutor: Ruth Gamby.

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: Jodi 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 Burbridge.

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 Carole on 015396 20034 to book your place or for further information. email: cmagency@talk21.com

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

JANUARY WEATHER

The new year started as the old one had finished - cold! The first week was exceptionally cold with several days not getting above freezing all day. On the 3rd in the very fresh wind the wind chill temperature was down to 1 deg.F!! Fortunately it was dry during this time. However it was not to last. The pressure dropped, it became milder (or marlder as they say on the BBC) and the weather was back to normal WET.

A total of 7.09 inches fell in the month, most of this in the last fortnight. Temperatures varied from a maximum of 53.4F to a low of 26.2F. Winds also varied from totally calm days to very blustery ones with a gust of 31.3 mph from the



southeast. Wildlife still showed itself to be on the 'move' with the first wild strawberry in flower, primroses continuing to flower and Tawny owls being very vocal again. (Correction December rainfall should have read 2.56 inches). ☺

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Saturday 16th March

7:30pm

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DENTDALE BUSINESS FORUM

Dentdale Business Forum was formed in June 2001 by a joint agreement of business owners in Dentdale due to the impact on the Dale of the foot and mouth disease.

A committee was formed whose aims were:-

- To set up and maintain a web site to accommodate the entire Dale.
- To publish a leaflet on Dentdale and hold an event in 2002 to encourage more visitors to the area.

Funding has been secured from Business Link to finance these aims. The Dentdale Business Forum has succeeded in expanding the web site www.dentdale.com produced and maintained by Neville Allen. Also, the leaflet has been printed

and will be distributed by a marketing company this spring.

The event to be held in 2002 will be in the form of a Folk Festival to be held between the date of 21st and 23rd June 2002. This will, also, include workshops and other events for children. Spellbound Theatre will be performing a promenade theatre show. At present there is a shortage of male performers. Anyone interested, please contact Kim Lyon (017683-71029).

In conclusion, the Dentdale Business Forum has been successful in achieving its initial aims. Once the festival is over the present will have fulfilled their remit. The Dentdale Business Forum will continue in a supportive capacity for businesses in Dentdale. *E. Smith*

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KART RACING 2001

Sorry there has not been any Kart reporting lately, but this note will hopefully explain why.

British Title. The last report that Sam sent in was looking good for the 2001 British Kart title. Because with only two rounds to go, all he had to do was finish all his races near the front, he didn't have to win, and nobody could catch him. Well, this didn't happen, but I will not go on about it. For anybody to catch Sam, risks would have to be taken and John Turner did just that, knocking Sam off tract twice at the same race meeting. The last round also didn't go as well as planned and even though Sam had 138 points more than anybody else, it came down to dropped scores. The rules were set out before the years racing started and I will explain it to you. Each competitor has to drop their two lowest heat points and their lowest final points. This meant Jon won the British Kart championship by 4 points. As Sam dropped 123 points and Jon had two non finishes and only dropped 19 points. As you might have guessed Sam is a little reserved at the moment, even though he knows that he has done very well. The good news about Tom is that he finished the

championship 14 points behind last years champion Frank Wrathall. And I had said if he drove to his best abilities he could finish 6th, well, 7th place was not so far away! Well done Lad's, we have learned a lot this year and people have noticed we kept smiling just like a proper champion would do.

National Title. If you think that was bad luck, well Sam finished on equal points in the National association championship. But had to settle for second place because he finished 2nd in the last final race. But I will have to add, that I think he could easily have won the last final, if I had not put wet tyres on his kart in the very last minute before he went out on the track. Sam was the only driver out there on wets, it was about to rain, and that's what I thought! Everybody at the race meeting thought I had gone loopy, and you couldn't hear the kart engines start because everybody was laughing at me. By now I was looking for somewhere to hide my embarrassment, and do a rain dance at the same time. Well, seven laps into the race, rain came, Sam then came into his own setting faster and faster laps. Sam set the fastest lap of the race, but he had lost too much time of the first seven laps and finished 3 metres behind the

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winner. If the rain had come minutes earlier, I would have been known as ACE or may be KING of kart settings, to all there that weekend. But if the rain had not come I would have been known as a FOOL or a JOKER (for ever in Sam's eyes!).

Cumbria Title. Sam also finished 2nd in the Cumbria Championship, and Tom finished 3rd, ahead of current British champion Jon Turner.

Karting in 2002. Things are to be different for 2002/03 seasons.

As Sam tries to get a supported drive for Team Fairless Racing one of the things that will be different is Sam will have somebody else to listen to, and I will not be allowed to take risks with tyre choices, etc. This might sound good to some

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people but it will mean Sam has to work at this racing skills more like a job than a hobby, and help develop anything Andy Fairless puts on his kart to try! Sam is 16 at the end of April. He then will race in the next class known as the National 125cc. These karts are 110 mph machines - Sam will be the youngest driver, so things will be challenging. But I will stick my neck out and say Sam has always finished in the middle to the front of nearly all his races and I think he will be there or thereabouts. I will let you all know. Tom has retired from karting now, to concentrate on rugby, which he is having success at. Tom is a real team player.

Well done again boys. From your slightly greyer Dad. *Graham Moore*

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MARCH REFLECTIONS

Reflecting now, it is Valentines Day tomorrow. Today is the first day of Lent. The movable Feast of Easter is confusing me, especially this year of 2002, when Christmas seemed like only yesterday and the Summer still seems ions away.

It was absolutely wonderful to receive February's Lookaround. Writing my reflections once more was like the newness of springtime. Having another go at getting on with a normal life once more, accepting with but a pinch of salt, the limitations enforced upon me.

Reading *Lookaround* was sheer joy. Like a great big reception, 'meeting' once more so many friends, through that beloved of all mediums of communication, the written word.

Yet, it's the occasional telephone chat that brings beloved atmosphere, with the use of the human voice. Like a song, the lilt of conversation can be so therapeutic and brings with it the most marvellous sense of belonging, conversation with dear people bringing nearer those special places.

But, that cannot always be so. One is not always well enough to natter! Wrong impressions can be cultivated. But, in true friendship, used with discretion, to speak to those from whom we are separated, is a tonic like no other.

On Friday 1st February, violent storms raged all about us. Sir did most powerful off-roading in the sand dunes, to collect Emma, home for the weekend! The terrible seas were breaking up as he

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drove, for the waters met themselves across the foreshore, both ways. And, by the time they got her, the sea was in the garage! The garden was gone, now, just a mass of rubble and broken walls, including those of our little private harbour.

We are shaken. Very much so. And, of course, just now, no one can get here to really work on the breached sea walls.

I was asked by the Chronicle to write a report and take photographs of it all!

We didn't manage the photos to deadline, but once we settled down a bit, I remembered the words of an elder of journalist who told me always to, 'write it down'! So, I wrote my Chronicle column, with a million back-up discs because our electricity supply, being

owned by us, means we cannot call on a company for help. It wasn't long before there were a few flashes, and we knew we were on good old RAF 22 Squadron Search and Rescue back-up supply.

My column was praised by the Editor. Certainly, my North Wales 'audience seemed duly impressed! So, being a bit exhausted, Sir and I decided that the best way of telling you our story is for me to let you read my North Wales Chronicle article of 7th February 2002. Far from being second hand reading, I assure you, it is very, very, first hand!

"On Friday 1st February 2002 a low pressure belt, very high tides and severe southerly storm force gales, almost gusting to hurricane, was the perfect

announced. It was but it worsened our predicament, the depth of water around us, with the gales refusing to decrease, and, angry wind and water vied for dominance in undignified manner. New fear. The patio was flooded, leaving only a door to keep us dry.

No day since has been quite as bad, the determined height of tide is lower, just, and we can walk outside again.

The waters have subsided leaving gigantic deposits of every type of rubbish possible, including a loo seat! We are a bomb site and it will take many weeks to right it all.

There are weird, yellow, circles of grass! Aliens or miniature corn circles! Or old acid drums? And sand-shrimps which are left with the remnants of torn sand dunes.

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They hop around the house, disoriented but giving wonderful sport for Brandy, who catches and eats them, choking up the bits of shell! And, we've thousands of dead worms!

But, you know, Sir's worst nightmare didn't in fact come true, for we stayed dry and undamaged.

We're shocked, it is the numb realisation of actuality which haunts us now."

Now, I near Lookaround's deadline! Since commencing this, Sir and I realise the awfully shocked state we've been in. And, now we are sad all over again, because today, (15th February) an RAF Hawk jet trainer crashed on farm land beside Cymyran road, which is at the top of the rugged track from the foreshore here. Thankfully, the pilot isn't too seriously hurt, and is in the Gwynedd Hospital, Bangor. Whilst the job of clearing goes on, the road is shut.

And so it goes, my friends. Never a dull moment! But, it's a time to thank God for life. A season of thankfulness. So, stay healthy. See you soon.

Joan Stockdate

SEDBERGH TENNIS CLUB Tennis Club A.G.M.

Sedbergh Tennis Club AGM will be held in the Bull Hotel at 8.00pm on Monday 18th March. Please note that the meeting is open to everyone - players and non-players, members and non-members - and we welcome everyone who is interested in tennis. We particularly look forward to seeing all of you who are interested in helping the club to flourish and grow. We look forward to reporting our activities over the last 12 months and hearing your views on how we can do things better this year. A full agenda will be circulated at the meeting but here is an abbreviated agenda for your information:-

*Minutes of last A.G.M., Matters arising,
Chairman's report, Secretary's report,*

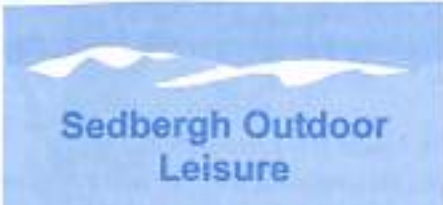
Treasurer's report, Appointment of Officers.

The Club is organising coaching for Juniors (contact Mr. Cayley at the Primary School or Mrs. Nicholas at Settlebeck) and Adults (contact Ysabel Sugden on 21153). Coaching will be in the Summer Term.

In addition we have the opportunity to put names of Club Members into the ballot for Wimbledon tickets - if anyone is interested, please contact Graham Robinson on 21014 as early as possible in March.

We look forward to welcoming members old and new on to the Guldrey courts this spring, and to seeing anyone and everyone at the AGM on the 18th March.

R.H.E.



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SEDBERGH GALA

*Calling all Voluntary Groups
And Local Businesses*

Sedbergh Gala will be held on Saturday 18th May, this event has taken place for many years and has massive attendance figures, including many visitors from outside the area.

It is an ideal opportunity to publicise your group or business and to raise awareness of what Sedbergh has to offer. A recent survey undertaken by members of the Gala group showed that local people would like the Gala to maintain it's community base and not to become too commercial. In order to achieve this we need people to set up stalls to sell, their



wares, to arrange games, or provide information, so that as much entertainment is provided from within

Sedbergh as possible. Stalls will be free to non-profit making organizations, and a very small charge would be made for a local business.

Sedbergh Gala is run as a community facility and funds raised are used to provide bonfire night celebrations and a party for the primary school children. If you would like to increase your profile in Sedbergh and would like to spend an afternoon in the sunshine raising masses of funds then please contact Gala Group Secretary Joyce Cox on Sedbergh 21820. ○

IMPORTANT NOTICE

South Lakeland District Council
Concessionary Fares Scheme 2002/2003
From April 2002 the Council

- will **ONLY** provide the statutory half-fare bus pass.
- will **NO LONGER** issue books of travel vouchers.
- will **NO LONGER** issue concessionary car parking permits.

The half-fare bus pass, which allows eligible people to travel anywhere in Cumbria on registered bus routes, will be, therefore, the **ONLY** travel concession offered by the Council.

This method of assisting Senior Citizens and Disabled People is the only one which receives specific Central Government grant aid. This factor,

together with the Council's need to save £1,200,000 on its spending plans for next year and to protect its priority services, has a significant effect on next year's Concessionary Fares Scheme. The Council is sorry for this change but cannot see any alternative in the current circumstances.

We are giving you early notice of this important change to the 2002/2003 Scheme and should you require any further clarification or information, Please contact: - Barry Atkins, Business Support Manager, Amenities and Development Department, SLDC, South Lakeland House, Lowther Street, Kendal LA9 4DL Tel. 01539 733333 - ext. 7351 or 7356

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PROPERTY MATTERS

It looks as though there is going to be wet and windy weather for a while yet so to prevent major damage there are some relatively simple things you can do to protect your property.

Make sure guttering and drainpipes are securely fixed, not cracked and clear of debris or leaves and drains and gulleys are not clogged.

If you have a flat roof, check the drain is clear and the roof is not covered with leaves which will block the drain, otherwise keep off! Put garden furniture away or tie it down and fix any loose fence panels.

Have a look at your trees. If any look rotten or are leaning badly call in a tree surgeon. Check sheds, doors and windows to make sure they close securely and will not be blown off in a strong wind. Whatever happens, do not go outside to make repairs during a storm, you could be hit by flying or falling debris, wait till its over.

Check the aerial or satellite dish is still attached, the roof is still in one piece, there are no loose or missing tiles or slates, gutters and downpipes are still attached, trees are still standing. No need to climb up ladders or onto the roof, look from ground level, use binoculars if you have them and if in doubt or there is damage contact your builder. Do not do anything to put your own safety at risk.

If there is damage, get in touch with your insurer immediately, this starts the claim process. Get a list of their recommended tradesmen and use them to carry out emergency repairs if your safety or further damage to the property is threatened.

The loss assessor will be busy dealing

with claims and probably will not get to you immediately, so, if you really have to start cleaning up take photos of the damage before you start, make a note of the date and write down what you have taken pictures of.

Keep any damaged items you are going to claim for as evidence and get at least two quotes for any work required and keep receipts for any work done or replacement goods purchased.

Naturally, what has been said above assumes that you have buildings and contents insurance cover for flood and storm damage, make sure your policies cover you fully.

If you want to know if you live in flood area you can ask for a report.

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SEDBERGH CHAMBER OF TRADE

In the last month the marketing committee have held three more meetings to further develop our ideas for promoting Sedbergh.

The group has been extended to include several people from outside the chamber to participate in developing our initial plans, as well as coming up with new ideas of their own.

It was agreed early on in these meetings that we should try to involve as many groups from the town as possible. We hope that by involving everyone we can all benefit.

Whether people want to raise funds for a club or society, support a favourite charity or simply make some money for themselves. This committee will provide a co-ordinated approach by hosting several major events providing a vehicle for everyone's moneymaking ideas and attract a wider audience of residents and visitors.

So here is the appeal. Many

organisations in the town will be approached over the next few weeks and invited to attend our next meeting at the Bull Hotel on Monday 11th March at 7.30 pm. However, please don't feel miffed if you don't get a call, you are all invited.

Last month's article mentioned the Medieval Market and proposed Bay Radio road show as summer events with a Wassail Street Fair shortly before Christmas. In particular, the Christmas idea is to encourage other organisations to hold their Christmas events within a one-week period to allow combined marketing and to create a focus on these activities for a defined period.

Although the Chamber of Trade has initiated these initial plans, we want the widest possible spread of opinion and involvement from all quarters to make these early events a successful foundation we can build upon.

Longer term we intend to carry out research into promoting Sedbergh as one of a select group of 'Booktowns' throughout Europe, redesign and distribute a new Sedbergh town leaflet and expand the web-site to encourage more visitors.

All of this will take money, so we have applied to the Cumbria Community Recovery Fund for grant money to support these ambitious plans.

One thing Foot and Mouth has taught us is that we cannot allow our tourist trade to rely entirely on our beautiful countryside. Every B & B, every shop and all the cancelled events suffered because of Foot and Mouth last year, as well as the entire farming community.

It's time for Sedbergh to move forward.

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SWIMMING TEACHERS REQUIRED

This August, Margaret Brooks is to retire after 22 years of dedicated service to Sedbergh Swimming club as our principal organiser, poolside supervisor and teacher. More on this later....

However, we desperately need to find one or more replacement swimming teachers, or there is a real possibility that the Swimming Club will not be able to continue!

WE CAN NOT OFFER SWIMMING TEACHING WITHOUT FULLY QUALIFIED STAFF ON THE POOLSIDE.

Teaching classes take place every Tuesday from 6.30pm to 9.00pm.

If you hold a Swimming Teachers Certificate or are willing to train to qualify (funds available) and you are interested in helping, PLEASE contact Margaret Brooks on 20912 or David Lord on 20993.

We also need more Poolside Supervisors for the Recreational Swim sessions on Thursday evenings and Saturday mornings. Minimum requirements here is the Royal Life Saving Society Bronze Medallion. Again, training courses and funds are available to those willing to train for this award.

After 25 successful years, there are real concerns over the future for Sedbergh Swimming Club. If you can help, PLEASE ACT NOW. *David Lord
Chairman*

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THE CHOIR IS COMING



The United Church of Chapel Hill

We announced here last month that the Chancel Choir of the United Church of Chapel Hill, North Carolina, USA, is scheduled to visit Sedbergh during our celebration of the Queen's Golden Jubilee. Actually, a 45-member choral group (Chancel Choir) and a 10-member hand-bell ringing ensemble (Chancel Bells) plan to present an hour-long recital beginning at 1:00 p.m. in St. Andrew's Church on Wednesday, 19 June 2002.

The program will consist of American

music, ranging from William Billings and Sacred Harp hymns, to spirituals and gospel music. The choir will also perform Mozart's *Missa Brevis* in D, K194 the same morning, in the setting of the 11:00 a.m. Holy Communion service.

The Chancel Choir is the church's senior music ensemble, tracing its origins to the 1920s. Nine active music ensembles now serve the church, including two children's choirs, a contemporary vocal ensemble, orchestra, brass choir and two hand-bell choirs.

Mary Beth Petersen is the church's music coordinator and organist, and serves as regular accompanist for the Chancel Choir. Jennifer Cosby Anderson directs the Chancel Choir, while Chancel Bells, the church's adult hand-bell choir,

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is directed by Bob Lawton. Mary, Jenny, Bob and the two ensembles will be joined by Greg McCallum, a concert pianist, throughout their forthcoming tour of Scotland and England.

The Chancel Choir numbers about 50 at full strength and sings for one of two regular worship services every Sunday. The choir presents a major concert with orchestra each year, as well as a service of Lessons and Carols at Christmas and other special services throughout the church year.

You may recall from last month that I have agreed to coordinate the hospitality needs of our visitors from Chapel Hill. As expected, the Sedbergh community continues to be most gracious in welcoming such visitors. Over 85 percent

of the hospitality requirements, which include bed and breakfast commitments, have already been met. However, I am seeking further commitments to help cover the remaining 15 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.

A final word. There will be future additions of "The Choir is coming" in which more background information will be provided concerning the UCCH, Chapel Hill, and the Choir. Stay tuned!

Steve Skomp

Sotties		Fish Dishes	
Prawn Cocktail & Marie-Rose Sauce	£3.10	Sirloin Steak with Parsley Sauce	£7.70
Garlic Mushrooms on Toast	£2.80	Grilled Rainbow Trout	£7.70
Pate with Garnish, Toast & Butter	£2.80	Breaded Scampi	£5.60
Soup of the Day	£1.90	Breaded Haddock	£5.60
Egg Mayonnaise	£1.90	Vegetarian Dishes	
Grapefruit Cocktail	£1.90	Tropical Vegetable Curry	£5.90
Extra Special Menu (Courses all £8.50)		Silicon & Vegetable Crumble	£5.90
Loin of Pork in Cider & Apple Sauce		Vegetable Lasagne	£5.90
Lamb & Apricot Casserole		Mushroom & Nio Parmesan	£5.90
Chicken with Basil, Parsi & Dill Sauce		Broccoli & Cream Cheese Bake	£5.90
Veirton Steak with Red Wine Sauce		Vegetable & Pasta Bake	£5.90
Veirton Casserole		Vegetable Tikka Masala	£5.90
Supreme of Pheasant Chasseur		Mozzoni Cheese	£5.90
Pork in Pepper Sauce		Rice Dishes	
Cod & Prawn Crumble		Chilli	£5.60
Main Courses		Chicken Tikka Masala	£6.70
Roast Dinner of the Day	£5.70	Capon Style Chicken	£6.90
Mixed Grill	£11.10	Salads	
Fillet Steak (Aberdeen Angus)	£11.10	Ploughman's Lunch	£4.90
Sirloin Steak approx. 10oz uncooked	£9.80	Cold Meat Salad & Roll & Butter	£4.90
Half Roast Chicken	£6.80	Prawn & Rice Salad	£5.30
Chicken Kiev	£5.90	Sandwiches	
Lasagne	£5.70	Prawn with Marie Rose Sauce	£3.10
Steak & Kidney Pie	£5.70	Ham, Bacon, Cheese & Tomato	£1.80
Cumberland Sausage	£5.70	Cheese & Pickle or Salad	£1.80
Gastone & Potatopie	£5.70	Toasted Sandwiches	£2.20
Barnsley Lamb Chops	£8.90	Portion of Chips	£1.00
Marinated Lamb Steak (6oz)	£8.90	Mixed Side Salad	£1.20
Pork Chop in BBQ Sauce	£8.70	Portion of Mushrooms	£1.60
Cheese & Ham Pasta	£5.70	Roll & Butter	£0.35
Tuna Pasta Bake	£5.70		

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Menu

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you
know of
anyone who finds it
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- Distinguishing watch and clock faces
- Using the telephone and the telephone directory
- Working in the kitchen
- Seeing calendars and diaries

There will be a hands-on exhibition of items which may be of assistance to people with visual problems, whether mild or severe. It is organised by South Lakeland Voluntary Society for the Blind and will include:-

- Large print items such as diaries,

crossword puzzles and games

- Easy to see watches and clocks, and talking watches and clocks
- Large button telephones
- Items to make kitchen equipment easier to see and use
- Lighting aids
- Hand and stand magnifiers
- Electronic devices for providing large power magnification
- Easy to use tape recorders

Advice and information will also be available if required.

It will take place at The People's Hall, Sedbergh, on March 19th from 2pm to 4pm.

Do bring along that friend or relative who is having visual problems. We may be able to help.

J. Levitt

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KILLINGTON W I

Our February meeting took place in the Committee Room of the Peoples Hall on the afternoon of the 12th.

Shirley Richardson, our president, presented one of our longest standing members, Mary Tallon, with her certificate marking 40 years membership (though Mary's membership actually spans nearly 60 years). One of our newest members, Joyce Swann, received a card for a 'special' birthday. The whole meeting also joined in sending best wishes to our past president, Dorothy Hansford, on retiring and moving to Kirkby Lonsdale. We will miss you Dorothy - many thanks for all you have done for Killington W I.

We planned various activities for next month, an outing to the chocolate factory in Orton for our next meeting (on the 12th), preceded by a coffee morning at High Becks on March 6th to promote 'Fair Trade' products. This is an organisation which aims to cut out excessive profits made by middle-men and give a fairer return to the producers. Look out for their chocolate, coffee, and bananas in the supermarket.



We were then treated to a most informative and well illustrated talk about White Scar Caves by Tony Dickinson, a senior cave guide. He outlined the geological history and formation of the caves in the Great Scar Limestone and told us of the adventurous young men who had discovered and explored the cave system back in the early 1900's. He showed slides of the spectacular rock formations and waterfalls and really whetted our appetites for a visit to the caves on the slopes of Ingleborough. (Incidentally if you find it irritatingly difficult to remember the difference between stalagmites and stalactites - "the mites go up, then the tights come down"!)

Shirley Richardson proposed a vote of thanks to our speaker, which was echoed by all.

Our competition for 'a rock or fossil' was won by Wendy F-U with a beautiful shiny rock which glistened with large flakes of mica. The raffle prize of a camera was won by Marjorie Bramley, and a pen donated by Tony Dickinson was won by Pam Symonds.

Do join us for tea and chocolates next month.

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350TH ANNIVERSARY OF QUAKERS - FOX'S PULPIT

George Fox visited Sedbergh during Whit week 1652, arriving at Brigflatts on June 6th. He stayed the night with Richard Robinson, the local blacksmith who was also known to be the leader of a group of people called Seekers.

The next day Robinson took George Fox to a meeting of the local seekers at Borrett Farm the home of Justice Gervase Benson. It was at this meeting that Fox realised the fulfilment of a vision that he had had on Pendle Hill near Lancaster "of a people waiting to be gathered in the name of the Lord".

During the rest of the week he stayed at Draw Well, the home of the Blaykling family who were also seekers. On the Wednesday George Fox preached to a large gathering of people in the churchyard of St. Andrews in Sedbergh. It was the day of the Great hiring fair, and Sedbergh was extremely busy. On June 13th there was to be a large meeting of

the seekers on Firbank Fell. The seekers were people who had ceased worshipping at the established churches, and were worshipping on the basis of silence allowing the living spirit of God to speak to them, and to guide them as a community. George Fox never entered the Tiny Chapel which stood on the Fell, it is no longer there, having been blown down in a storm in 1836.

In the afternoon George Fox stood on the crag, now known as Fox's pulpit, and 'preached the everlasting Kingdom'. He spoke for three hours to about one thousand people. His message was that "Christ had come to teach the people himself", we did not need priests in the form of man, and in quiet meeting for worship without rite or ceremony there was the highest of all priests in the midst, the risen Christ himself. We would come to know Christ our teacher, our counsellor, our shepherd to feed us, and our bishop, to oversee us. We would know Christ our prophet to open to us, and our bodies are the temples of God and Christ for them to dwell in.

Many people that afternoon were so convinced that this was the truth, that they took this message from the fell side and preached it round the world.

Each year around June time the Quakers have a meeting for worship, and also on a separate occasion there is an ecumenical service. Both services are always well attended.

Today Firbank fell is visited by hundreds of people every year, some tracing their Quaker roots, some searching for deeper meaning to their lives, they read the plaque and take up the challenge "Let your lives speak".

Melvin Roberts



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THE KENYA EXPERIENCE!

Out of all the tours I've been on with the Army (NI, Bosnia, Cyprus), going to Kenya was a chance of a lifetime. I don't particularly enjoy the sun being a GWA but six months in Nairobi couldn't be all that bad, could it?

I was Master Chef for BATLSK (British Army Training Liaison Staff Kenya), which looks after all the exercising troops that go out there for 6 weeks training most of the year. During the 6 months I managed to get away to Mombasa for a weekend. Standing in the Indian Ocean at 9am in the morning with a beer takes some beating, but going on Safari did beat it.

Five of us set off from Nairobi in a land rover. We camped overnight by Lake Navasha then travelled to the Masai Mara the next day. We arrived at the lodge thinking we were staying there but oh no, we were camping outside the perimeter fence of the lodge.

That night we built a fire and drove to the lodge for a few beers. When we returned we got the shock of our lives, there laid by the fire was the biggest hyena I've ever seen. He slowly got up and ambled into the bushes, but, he wasn't alone. As we shone our head torches into the bushes there were lots of pairs of eyes watching us. We did our best to scare them off then got into our tents. Me, the lucky one, got the tent closest to the bushes and after about half an hour I heard something sniffing my tent! I turned my torch on hoping to scare it off. Well, whatever, it disappeared. But it wasn't my torch that

did it, it was the roar of a lion which didn't seem that close, but our very own David Attenborough decided it was, so we all had to get in the land rover to try and sleep for what was left of the night.

As we drove out of our camp that morning, on the other side of the bushes less than 50 metres away, what should be laid in the grass? - two female lions and 3 cubs! Was I glad I got in the land rover the night before.

The rest of the day was spent driving around the Masai Mara, taking pictures of all the animals. Once back in Nairobi, we went to a restaurant called Carnivores, where we sampled most of the animals that we had seen that day.

I would recommend a safari to anyone but camping out on the Masai Mara isn't for the faint hearted! As for Nairobi itself, I wouldn't recommend it unless you like being harassed by kids high on glue, inhaling car fumes, dodgy food, and warm beer!

Ginner

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ZEBRA'S

Friday afternoons between 1.15 pm and 3.15 pm at Sedbergh Methodist Church.

If you have a baby or toddler aged between 0-4, why not come along to zebras', meet other parents, and give your child the opportunity to play with a variety of toys, take part in fun activities and mix with others of the same age.

'Zebras', previously known as Sedbergh baby and toddlers, is a voluntary group run by parents living in, or near to Sedbergh. It was set up with a grant donated by the Early years partnership' and now relies on fundraising activities and contributions of 50 pence per child and 50 pence per adult to cover any running costs. Children's activities planned for the near future include, fruit printing, gluing and sticking, finger painting, special occasion activities and music making.

Zebras fundraising events:

Nearly new sale and cake stall - All welcome!!

Friday 5th April, 1.15 - 3.15 pm, tea & coffee available

Sedbergh Disco, Friday 19th April

For information contact: Emma Wilson - 20555

Jubilee Teddy Tombola

Tuesday 4th June - unwanted, good quality soft toys/teddies needed

Zebras need volunteers willing to help make tea & coffee. If you would like to be involved or require any further information about any of the events above, please

phone Janette Swallow on 21034 or Emma Wilson on 20555. ○



SEDBERGH & DISTRICT BEEKEEPERS

The group continues to meet on the second Monday of the month at Brigflatts Meeting House. Plans are afoot for apiary visits during the summer. These are usually held on Saturday afternoon at 3 pm. This is a good opportunity to learn about beekeeping whether you wish to start or are just interested in finding out about this interesting pastime.

Half the bees in the country are kept by people with just a couple of hives and without them pollination, and hence crops, would suffer. A warm welcome awaits you should you wish to come along. We can always find you some protective gear just to see whether its for you. ○

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SLDC CONCESSIONARY TRAVEL SCHEME 2002-2003

GENERAL ARRANGEMENTS

Half-fare Bus Passes - use and eligibility

- The Council's concessionary travel scheme is based on the provision of a statutory minimum bus pass, issued free of charge by the Council, which allows the claimant unlimited half price travel on the services of bus operators whose routes are registered with Cumbria County Council.
- South Lakeland District Council and the other District Councils within Cumbria have implemented a scheme, in consultation with Cumbria County Council, which allows eligible persons to use the bus pass throughout Cumbria, so long as the journey starts and finishes within the County of Cumbria.
- The scheme does not however apply to park and ride services or long distance coach services (for example National Express Services)
- The half fare bus pass is available to:
Women aged 60 or over
Men aged 65 or over
Specific categories of disabled people - separate information is available from the Council.
- The Council will publish a list of participating operators at the time of issue.
- The bus pass will be valid between 1 April 2002 and 31 March 2003.

How do I obtain my bus pass?

By attending your local issuing centre in accordance with the timetable set out

below. You will need to take with you:

(a) *Men over 65 and women over 60*

Your State Pension Book (or the pink card issued instead of it) or other proof of your age, e.g. passport, driving license, birth certificate.

(b) *Disabled or Blind people*

If you have registered with the Social Services Department of Cumbria County Council, your F69 Card. Disabled people who already have a Doctors Disablement Certificate should produce the certificate.

If you are not registered with the Social Services Department, but feel you meet the Disable Person's criteria, please enquire at the Issuing Centre or at the Amenities and Development Department (Telephone 01539 733333).

You will be required to obtain a Disablement Certificate from your Doctor.

Can someone else collect my half-fare bus pass for me?

NO - the issue of the half

fare bus pass will require the signature of the eligible person to confirm receipt and to satisfy both security and audit requirements. To claim your half fare bus pass you must, personally, attend the appropriate issuing centre.

Further information is available from Barry Atkins, Business Support Manager, SLDC, South Lakeland House, Kendal LA9 4DL.

The Issuing Centres for this area are
Dent

Monday 11th March 1330 - 1530 DMH
Sedbergh

Monday 11th March 1000 - 1200 CO

Tuesday 12th March 1000 - 1200 CO

1300 - 1530 CO



HEALTH & FITNESS CENTRE

Hi All Bodies,

Spring seems to have sprung a bit early... but who's complaining, certainly not me. Loads of lovely snow drops and daffs on the way. Talking of snow drops did you know that the Town once had a brass band and called the Sedbergh Snow Drop Band, great name.

Many thanks to all those of you who supported our Jumble Sale on February 16th. It was a lively event and well attended. We made £130. The whole place seem to come alive with the sun shining, Children playing on the swings and a football match on the field, which I believe Sedbergh Wanderers won! Well done.

Well, we are still looking for somewhere to hold our Spring/Summer Ball; re the donation of a top African Safari holiday for two. All suggestions will be considered, anyone with a large Marquee to spare would be jolly handy not to mention a bit of ground. The event may have to be later rather than sooner but we shall see.

I would be happy to hear any concerns or ideas you have about the project. Please give me a call - Sandra on Sedbergh 21808. Lookout for the 50p Quiz sheets with £20 prize money, plus a £5 donation to your favourite charity if you have the lowest score. Every one's a winner as they say. The winner will be drawn on the evening of the Sunday March 10th at the Bull. Pick up your copy from Garth Steadman or Fran's Bakery, or give me a call.

Many people have worked hard to get the Project this far. I give my heartfelt

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 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

thanks to all members past and present. Many thanks to those who helped out on Saturday and at countless other times, plus all those who help and support us behind the scenes, and we are still looking for a treasurer.

A meeting took place on the 5th February with Rob Chorlton from Life Fitness UK Ltd. The possibility of a pilot project was looked at and will be taken forward to the next committee meeting.

The Project has everything in place to move forward and it will as long as we continue to have your support. So please tick your membership pledges no money is necessary at this stage. Any money pledged as membership will be returned should the Project fail. If you have lost your membership form or you are not quite sure what to do, please give me a call and I will be happy to talk over any points that concern you. Wishing you all the very best of health.

Sandra Gold-Wood

FAMILY MUSINGS

We've just spent a most enjoyable evening celebrating the birthday of the oldest member of this family, no names I'll just say he's 50 in two years! We celebrated at Granny's although she wasn't there, instead she is being very well cared for at Westmorland General and we look forward to putting the flags out for her return home. Elder daughter came home to visit Granny, looked in our bread bin for white bread - yes! But mouldy, her Dad came in from 'mucking out' and she went out to the freezer (in an outbuilding) came back and exclaimed "I'm not coming home again it's mouldy, dirty and wet!"

I know how she feels. We've opened the swimming pool at the bottom of our lane too often this winter! Hubby has been told to change to odour-free garlic pills, the others are a passion killer and with Valentines Day and his birthday all in the same week there could be some kisses about! A farmers wife friend told me recently that her hubbys 'tash has a certain extra flavour when he had been muck spreading....!

Visiting another elderly lady in hospital we'd four generations around the bed. Auntie E. (the patient), her niece (my ma-in-law), her great-niece-by marriage (me) and her great great niece (my daughter) and no-one had a camera! Granny was visited by my cousins daughter, her hubby and their baby twins, her great great nephews and afterwards someone said to Granny 'weren't your great grandchildren well behaved!' We are still working that one out?!

Elder daughter is to do a parachute jump for the charity MIND just as soon as weather permits, this is the girl who had to be led across Clifton Suspension Bridge with her eyes closed just a few year ago! I will be a bit anxious until it's been done and she is safe on firm ground again.

There is getting to be less of me, I'm on an eating plan to reduce Candida, sugar, yeast and cows dairy product free and yes that rules out quite a lot of tasty food! But although the main health reason for doing this doesn't seem much better in general I feel lots better and have lost 2" over-all around my person AND one stone in weight! So, goats cheese, rye crackers, rice cakes and mugs of boiling water; bananas and tomatoes are paying dividends. Younger daughter never changes, she could sell a donkey it's own tail and tell it it's the latest fashion! When she washed a new red blouse with a load of everyone's washing and sent socks and a sheet pink she tried to convince me it wasn't her fault, I'd done it! Not this time daughter dear not this time. Happy eating and uneventful wash days to you all. ☺

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SEDBERGH SCHOOL

This term has, as usual, been very busy – especially on the dramatic front. In late January the Choral Society gave two performances of the Verdi Requiem at Carlisle Cathedral and in Powell Hall, both to great acclaim. Rehearsals are now well under way for the musical Guys and Dolls, but pupils and staff still found time and drive to slip in three performances of Waiting for Godot. Later this term come productions of Endgame and The Importance of Being Earnest.

Four boys, Richard Pears, Robert Buchanan, Karl Gietzmann and Jamie Stark have won places at Cambridge, while two others are hoping for deferred entry. Katharine Vigar and Thomas Trewby have secured Army scholarships and David Holland an RAF flying scholarship.

The Rugby touring committee hosted a Rugby Ball, kindly sponsored by Barclays, and in April have arranged a Sportsman's Dinner in Harrogate. Good news came to several of the school's sportsmen. Aidan Philipson (wing) and Robert Elloway (hooker) played for England U18 rugby team at Twickenham vs New Zealand U18, whilst Jason Duffy (fly half) has been selected for England U16. Johnjo Roberts (flanker) is in the Welsh Exiles side and also captains Cumbria Schools rugby, while John Mason captains the county at cricket. Richard Pears and James Lawson will tour Canada with the GB Athelings shooting team. The girls, too, have had much success with national, regional and county honours in Netball, Hockey, Cross

country and Water Polo.

On Sunday 3rd February the School hosted the Pony Club Triathlon which saw competitors descend on Sedbergh from all over the country; despite pretty inclement weather the event again ran smoothly under the direction of Dr Ripley, Housemaster of Powell.

Over half term pupils undertook practice expeditions as part of their Duke of Edinburgh Bronze and Silver Awards. ◊

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350TH ANNIVERSARY OF QUAKERS

This years annual "meeting for worship" of the Religious Society of Friends (Quakers)" will take place on Fox's Pulpit, Firbank Fell on Sunday June 16th at 2.30pm. All are welcome to this meeting marking our 350th anniversary. There will be an exhibition of Quakerism past and present in the Meeting House at Brigflatts starting June 13th to June 23rd.

If anyone has anything of interest regarding Quaker history, with local connections and would like to loan it to us for the exhibition, please contact Melvin Roberts, Warden, on 015396 20005. ◊

THE SEDBERGH & DISTRICT ART SOCIETY

The AGM took place on 8th February at the Masonic Hall. There was good attendance with a welcome number of new members. Items on the agenda included the Chairman's general report of the activities of the Society in 2001. The summer sketching programme was badly disrupted by the foot and mouth restrictions but it was hoped that in 2002 members will be able to paint outdoors at a variety of venues once again. The winter programme has been well received with interesting illustrated talks and demonstrations.

The Treasurer presented the Accounts and following her report, the Chairman explained that the committee had discussed the level of annual subscriptions to the society and recommended an increase with effect from 2003. This resolution was put to the members and carried unanimously.

The Exhibition Secretary's report on the Summer 2001 exhibition estimated that visitor numbers were down somewhat on the previous year but that approx. 500 people attended which in view of the reduction of visitors to the area generally was satisfactory. Visitors' comments about the standard and variety of subjects were very favourable.

The committee is to explore joint initiatives with other Art Societies in South Lakeland with regard to advertising and sponsorship of future exhibitions.

There was some discussion about extending the winter programme to include morning or afternoon indoor



painting sessions with the possibility of tuition if required. Also, whether the Society might participate in the Queen's Jubilee celebrations taking place on Back Lane playing field in June with an exhibition along the railings.

At the end of the meeting, members selected nine paintings from those submitted by the artists whose paintings gathered the most votes by visitors to the 2001 exhibition. They will represent the Society in this year's Daler Rowney Challenge Palette Competition.

Before the meeting drew to a close, members had the opportunity to show and discuss some of their current work.

JMW

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SEDBERGH PRIMARY SCHOOL
New Playground Area

We would like to pass on a huge thank you to everyone who supported the bingo night at the White Hart organized by the Football Club (especially Caspa and Alison Cragg). The sum of £670 was raised for the school's new playground, £50 of which was donated by the White Hart Bingo Club, who also helped to run the night. Joan Campbell and Joanne Haygarth sold bingo and raffle tickets and "called back" and Maureen Airey was the mystery caller keeping the night fun with her good humour and witticism.

A big thank you must also go to the local businesses who generously donated brilliant prizes (see last month's Lookaround).

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We have been lucky to receive donations from the Gala committee, Kath Milburn who ran a Virgin Vic catalogue, the Friends of Sedbergh Primary School and many individuals in the community. The children at school raised £560 from the sale of tickets for their Christmas concert. They also organized a disco raising a further £41 and a silent auction for a rocking horse, donated by Mr. and Mrs. Bowers, boosted funds. The project will be an expensive one but the good will and generosity shown by everyone in the community, ensures that the new playground area will soon become a reality. We hope to start work as soon as the weather settles down after winter.

Martyn Hall has been masterminding the practical side of the venture and a wonderful plan is available in school should anyone wish to see it.

If you would like to help in any way in this project please contact Mrs. M. Cullen, Janette Swallow or the school office (015396-20510). We have a growing list of willing volunteers who are ready to help as soon as the plans can be put into operation. *J. Swallow*

DERIAN HOUSE CHILDREN'S HOSPICE

Customers to Powell's greengrocers of Main Street, Sedbergh, cannot have failed to notice assistant Sandra Longlands wearing shorts regardless of the extremes of the weather. Many have been aware that what started originally as a private wager has now developed into a sponsorship on behalf of the Derian House Children's Hospice, Astley Village, near Chorley.

A collecting box is to be found inside the shop and customers are invited to place in it their small change to support "Sandra's Freeze the Knees Campaign."

Thanks to the generosity of customers, for the past two years she has been able to send cheques each well in excess of £100 to Derian House. The accounting side of the venture has been ably undertaken by her daughter Rose, aged 10, who has shown unerring expertise and accuracy in adding up the mass of small coins that have accumulated in the box, though mention should be made of the very welcome occasional folding money and larger denomination cash that has been contributed.

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Derian House have written to express sincere thanks to everyone who has contributed for their generosity and support. "This is a tremendous amount and we are very grateful," says Appeal Administrator Mrs. Jean Pickworth. She goes on to say that "The demands now being placed on the Hospice are growing and as we need to raise over £1 million per year and are almost totally reliant on voluntary donations, this donation is very much appreciated." She concludes by saying "We assure you that it will be used effectively to benefit all the children."

Our congratulations are extended to Sandra who wishes to say that her campaign goes on throughout the year and that with the continued support of customers she looks forward to being able to send another substantial contribution to aid the excellent work of the Derian House Children's Hospice. ©

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DENT PARISH COUNCIL

A special request is made to the young people of Dent, aged 16 and under, down to babes in arms - would you come to the Queen's Jubilee event to be held in the school playground on Tuesday 4th June in the afternoon? In keeping with tradition, each one of you will receive a present to mark the occasion. We think there will be about 100 youngsters all told and it is hoped as many as possible will come to the presentation to receive a gift and good wishes for the future.

The advertisement for someone to take over running the youth club has brought a response and we are trying to get the Friday night sessions underway again.

The long awaited stage 3 of the cobble relaying of the stretch in Main Street from the Sun to the George and Dragon is making progress. The highway authority have confirmed it is in their programme. They were planning a start after Easter. The work is scheduled to last 8 weeks and will involve the road being closed at times. Drivers wishing to go through the village have to divert by Back Lane. Having considered the proposal the parish council has asked for the work to be delayed until October. Members felt that having been hit so hard last year by foot and mouth the tourist traders should get a season without interruption, to recover a little, and the proposed works would interfere with trade. We wait to hear if the postponement is agreed.

The parish has made representations for some time to YDNP to reduce the £1 minimum fee in the car park to a lower charge of 50p for the first hour. Visitors resent being charged such a large sum for short stays, which in turn reflects on

Dent. Some recognition has been given by the National Park to the local unhappiness. The £1 minimum is to remain, but visitors can stay up to two hours for this sum instead of one. It does not produce what is really needed, but is a step in the right direction. The council proposes to continue to push for a smaller charge.

G. Dalton - Clerk

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Each kennel/cattery is fully insulated and heated. Inspections are welcomed.

Please phone to arrange a mutually agreeable time.

Up-to-date vaccinations are essential. All types of pets considered.

For any information contact the Dargue family on 017683-71442.

THOUGHT FOR THE MONTH

Mad hares and other such things belong to the month of March. Lent and the hope of Easter. Eggs and chocolates, chickens and Easter cake. Mothering Sunday and other things too.

But let us not forget all the mundane boring usual events of our lives, and in the lives of others whom we love and care about. However busy we are surely we could drop a note in the post or make a phone call to let someone else know they are not alone?

That we remember. Don't wait until tomorrow, do it now!

L. D.

FARFIELD MILL ENTRANCE CHARGE

With some reluctance we have decided to make a charge for entry to the Arts and Heritage Centre at Farfield Mill. This will not of course apply to anyone coming on business and **it will not apply to members or to anyone coming just to the shop or café.**

We also want local people to have the opportunity of coming without being charged, so from time to time we shall put tokens in the Lookaround so they can be used by people living in the area. Just save these tokens to use whenever you wish to make a visit. They will last all year. More tokens will be printed in the Lookaround later in the year.

The normal charge will be £1.50 for adults and £1.00 for children of school age and senior citizens. Anyone coming just to make a purchase direct from one of the artists on site, will have their entrance fee refunded.

We are very reluctant to make this charge and we tried last year to manage with donations only. The average donation worked out at under 50 pence, some contributing nothing and others putting very much more than £1.50. This year, as we are taking on some part time staff, costs will go up, and this makes a standard charge necessary.

FREE ENTRY to Farfield at any time!

All members of the Sedbergh and District Buildings Preservation Trust and their family automatically have a free entry pass to Farfield.

In addition all members get Newsletters

at least twice a year and there are occasionally special offers such as a discount on meals at the Coffee House or a discount on purchases in the shop.

Cost of membership: £10 a year. This includes all the family.

To become a member pick up a form at Farfield or the Community Office or phone the Membership Secretary (015396 20790)

Join now and it lasts the rest of the year.

The membership has been an invaluable support to the Trust, and we have a large number of members who have remained with us for the last 7 or 8 years. It is they who have been crucial in getting this project off the ground. We shall need more help than ever in the years to come with plans a foot for improvements and more facilities. Although we operate on a commercial basis, a project like this can never pay for itself. All money is ploughed back into the building.

If you are already a member and have not yet renewed, you will be receiving a reminder and a form shortly.

On this page, you will find a Token for Farfield. Present it at the Reception for Free Entry for two persons. ○

FREE ENTRY FOR TWO PEOPLE
*To Farfield Mill Arts
& Heritage Centre*

Lookaround - March 2002

Farfield Mill
Arts & Heritage
Centre



AN AFTERNOON OF YOGA -

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-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. ☺

GARY ALLAN

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**SATURDAY CHILD HEALTH
CLINIC - SEDBERGH HEALTH
CENTRE**

In May 2000 a survey was carried out to see if the Clinic times were suitable for all parents with young children. As a result, a Saturday morning clinic has been held each month for a year.

The numbers using this service have been very small so I propose to discontinue Saturday morning clinics.

However, I am still aware of the problems working parents have in accessing the Child Health Service and am very happy to make arrangements individually to keep in touch with all families.

Please telephone me on Sedbergh 21079 for special appointments if needed.

Bronwen M. Osborne, Health Visitor

Daphne Jackson D. O.
Registered Osteopath
BUPA Provider

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

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

THANK YOU

Thank you to everyone who donated their old cartridges over the past year. You raised £200 for Action Aid.

We can now take photo-copier toner bottles and typewriter ribbons for British Children's Charities.

Sedbergh Office Services

Dear Editor,

I am writing as Chairman of the Brant Fell Commoners Association, who are the custodians of the Yorkshire Dales side of the Howgills. On behalf of the graziers we also work in conjunction with YDNP on other projects.

On behalf of our members I would like to take this opportunity of showing our appreciation of the conduct and restraint shown by the people of Sedbergh, by staying off the Howgills, during the Foot and Mouth crisis of 2001 which started a year ago.

This was a very traumatic time not only for our member's, one of whom lost his entire flock, most of us lost animals to contiguous culls, but also for local businesses and associated traders who were very hard hit.

Whilst we farmers are still under licensing restriction, which is likely to last another year, we are hoping for a very much better year in 2002.

G.M. Sedgwick

WANT TO STOP SMOKING?

**No Smoking Day this year is
Wednesday 13th March**

MAKE IT A DAY TO REMEMBER

You may feel you would like some support. If so, please come to Sedbergh Health Centre on Tuesday 12th March, at 7.30pm for ideas to help you through a No Smoking Day.

For individual appointments at other times, I can be contacted at Sedbergh Health Centre on 015396-21079.

*Bronwen Osborne
Health Visitor*

MARCH GARDENING

Did you know that Celandines are very fashionable at the moment, particularly, I understand, with people who have town gardens with shaded borders under high walls? I am quite fond of Celandines myself. They pop up in most of the flower borders and decorate the moss in the lawn underneath the trees. Although they do spread rather enthusiastically they never become too tall or rank in my garden and they obligingly die down and disappear as other herbaceous perennials grow up in late spring. My Celandines are all of the ordinary wild type (*Ranunculus ficaria*) but newer exciting cultivars are also available for enthusiasts. *R. ficaria* 'Brazen Hussey' has glossy dark chocolate brown leaves and yellow flowers, *R. ficaria albus* has pale yellow petals which fade to white, as does the double flowered cultivar 'Double Mud' (also known as Double cream). *R. ficaria auranticus* has deep coppery orange flowers and 'collarete' and 'Double bronze' both have double yellow flowers. 'Salmons White' has pale green leaves and cream flowers whose petals are tinted blue/purple on their reverse sides.

The name Celandine is derived from the Greek *Khelidon* which means swallow. This association is thought to relate to the arrival of the swallows in spring (although it seems that the birds are always rather late in my garden, if they are meant to arrive with the first celandine blooms). Ancient beliefs held that swallows hibernated under water through the winter months so perhaps the bright flowers were supposed to be a signal for the birds to wake up and emerge from the watery depths.

Elaine Horne

DENTDALE W. I.

February 13th was a busy date in our Village Calendar. Some members attended the Ash Wednesday Church Service, some visited sick members in hospital and other members were still recovering from hospital treatment at home, leaving 16 of us to deal with the business of the day. Members signed up for duties on Dent Run day on March 9th.

Members were undecided, after a long discussion about serving Teas on the Monday of the Dent Festival Weekend at August Bank Holiday. A discussion will be given later. Mrs. Foster gave us a very in depth account of the Consultative Meeting and a delegate was appointed to represent us at the Half-yearly Council Meeting on March 26th. Mrs. Eileen Labbate came from Garsdale to demonstrate cake decorations with an Easter Theme. Everyone present was amazed at Eileen's skill. We auctioned a cake with a beautiful centrepiece for W. I. Funds. Mrs. Bannister won the competition. Next meeting on March 13th when the speaker will be Mrs. Swarbrick from B. T. ☉



PEOPLE'S HALL

Booking & Information
Sedbergh Office Services, 13 Kings Yard
Tel: 20788

Main Hall, Kitchen & Stage

8 am to 12.30 pm - £8

12.30 pm to 5 pm - £8

5 pm to finish - £20

Committee Room all sessions as above - £5

Changing Rooms please enquire about charges

Regular Bookings - Special Rates

please enquire

JOHN OTWAY

As readers of last month's *Lookaround* will know, Sedbergh is about to meet some of the friends & fans of John Otway, sixty of whom are staying at Ingmire Hall for a weekend this month.

Anyone looking for a laugh and a great evening of entertainment are encouraged to head for the spectacular '*Coming Home*' concert on Saturday 16th March in Sedbergh's People's Hall. Apart from showcasing Otway's own talent as a songwriter, the concert is set to delight the audience with his unique cover versions of such rock anthems as Rolf's '*Two Little Boys*'!

Other well respected musicians will be complimenting a superb programme - the Otley based *Nick Hall Duo* and up from London, *The Sweeney*.

Bar & Doors open at 7pm. Tickets will be available on the door £7.00 (Concessions £6.00.)

And look out, you may be on T.V. too! Seven One Films are busy following John and his friends as a year long project leading up to the Palladium later this year. Otway hopes October will be a double celebration. His 50th Birthday and another top 20 hit. The People's Hall Concert is set to be a useful rehearsal for fans who have been invited by John to join in recording the next Hit at Abbey Road Studios at the end of March.

Organiser of the weekend event, Andrew Scull from Addingham, says,

Planning the event in Sedbergh has taken a lot of work, but made so much easier by the helpful, and amazingly understanding local folk.

We want to share this great moment in

the Otway 2002 Calendar with as many local people as possible.

We know people are bound to enjoy it, and already some are asking if it will be a regular event - I hope so.

Nic Sheppard

AMABILE GIRLS' CHOIR

The Amabile Girls' Choir will be giving a concert in the Parish Church on Saturday March 16th. This celebrated choir was formed by Charlotte Jackson and gave its first formal concert in March 1996.

Subsequently the choir sang in the Bridgewater Hall and the Royal Festival Hall in the Music for Youth National Choral Festivals of 1998 and 1999. In July 2000 the choir had its first European tour, visiting Belgium. In February 2000 Pamela Cook MBE became the President of Amabile and in the November of the same year the choir was a semi-finalist in the Sainsbury's Choir of the Year Competition which was televised on national television over the Christmas period.

Last summer Amabile again had the pleasure of being invited to take part in Music for Youth National Festival at the Royal Northern College of Music and a Centenary Celebration of Gerald Finzi held in the Lake District. Amabile has been accepted to compete in the Llangollen International Eisteddfod in July 2002.

Also taking part in the concert will be the Amabile Girls' Training Choir which was formed in 2000.

Some 50 young singers taking part in this sparkling concert. *Deryck Cox*

NEW IDEAS FOR LOCAL GROUPS

Four pre-school children's groups attended a training workshop at Sedbergh Community Development Centre (CDC) in January. Committee members from Dent Pre-School, Sedbergh Playgroup, Howgill Toddlers, and Natland and Oxenholme Pre-School took part.

The greatest difficulty each group faces is a shortage of people to help keep the group going, or to help out with events. The training workshop focussed on ways the committees could interest more people in the running of their group, and different ideas for involving new volunteers.

All 10 people attending said they had enjoyed the session, were glad they had come, and had found it useful.

The session was led by Helen Matthews and Liz Cornford of 'The Volunteer Centre South Lakeland'. It was arranged by Sedbergh CDC following an enquiry from one of the playgroups and was provided free of charge.

The CDC and the Volunteer Centre have agreed to look into ways of funding other training sessions for volunteers and community groups. If you are a member of a group and have a topic you'd like to know more about, please phone Sedbergh CDC on 21128 and leave a message for Chris or Rosie.

MARK A. GRANT

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YOUR COMMUNITY NEEDS YOU!

If you have ever thought that you should give something back to your community but just don't know what you can do or how you can do it, now is your chance to have a chat with someone who may be able to help.

The Volunteer Centre is trying to encourage members of the public to get involved in their community and realise the benefits of volunteering.

Volunteering is a tow way process, it is not, 'doing something for nothing' it is 'doing something locally to support those who need it and gaining, experience, friendship and new skills'.

There are many organisations and groups on your area who need your skills and time. This month we are trying to get some support for the 'Mother & Toddler Groups' and 'Pre-School Groups' who need some more active members. Maybe someone in your family uses this service, could you spare the occasional couple of hours to help keep these going?

If this inspires you or you would like to discuss any other possible opportunities in your area, please contact Helen or Liz on 01539-725005.

J J MARTIN

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CUMBRIA IN BLOOM

Our committee will be out and about now that spring is getting nearer. We have a number of projects to tackle this year alongside the continued task of trying to keep the town neat and tidy and free from litter etc.

We shall be making an attempt to help Kathleen in the Churchyard mainly with the tidying up and pruning. We are also hoping to obtain composting bins similar to those at the rear of Queens Gardens to be placed in the churchyard to help keep the grass cuttings etc in order and eventually reap the benefit of the compost.

Another project is the small triangular piece of land at the top of Vicarage Lane. We are hoping to pave this area and place a seat there along with two large tubs thereby enabling people to enjoy a rest and the view.

We are still endeavouring to enhance the Lay By and New Bridge. We have produced a draft sketch of our ideas and if anyone wishes to see them or help with our scheme, please get in touch with me on 20807.

One concern we have is motorists driving over the grassed area - in particular on the estates. Please remember that when you drive over these areas and make deep ruts not only will they make the grass cutting difficult but they will remain there. Please refrain from this habit - we feel sure it is laziness and not a necessity.

We are holding a coffee morning later this year to enable us to purchase various items (see diary). If anyone has any cuttings please pot them up and we shall be pleased to receive them for our plant stall at the event.

We are very, very short of members for our committee. Please do feel able to

join us. We are always happy to listen to new ideas etc.

We were unable to obtain from S.L.D.C. any daffodil bulbs but we did manage to obtain some tulip bulbs so hopefully we should see more colour this spring.

If anyone has any spare plants, shrubs etc., we shall be pleased to receive them, we can always find a home for them. ☺



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FROSTROW W. I.

Mrs. Mary Dormand presided at the February meeting in the absence of our President. She highlighted the main Federation events in the near future.

After the business meeting, we were entertained and given some useful ideas and tips for 'Starter and Sweets' by Mrs. Rita Corpe as she demonstrated various dishes. These were attractively presented and required the minimum preparation. Mrs. Sheila Bainbridge thanked Mrs. Corpe for a most enjoyable demonstration. The dishes were raffled and everyone won a taster.

Miss. Eileen Staveley won the competition for 'A round of sandwiches - favourite filling.'

At the next meeting on March 13th the speaker will be Lavinia Mawbus on 'Patchwork and Soft Furnishings'. New members always welcome. ☺

CUMBRIA WILDLIFE TRUST

Ospreys

For many years there have been occasional sightings of a large dark brown bird with creamy breast and under-parts flying over Killington Lake, with luck it might be suddenly seen to plunge feet first into the water and emerge with a fish gripped in its talons. This was an osprey, the fish hawk (pandion haliaetus) seen on migration. Sometimes it stays for several days there or at Lilymere. Such sightings have become more frequent since the four pairs breeding in Scotland were strictly protected and an increasing number of young birds were raised successfully.

Now at last a pair of ospreys bred last year at Bassenthwaite and two young were reared, thanks to the protection of the RSPB. So perhaps we may hope to see these magnificent birds more often on Killington or on the river Lune and perhaps one day a pair may stay behind to breed in one of the old pine trees round Lilymere.

How long it is since ospreys last bred in Cumbria is not certain, perhaps 200 years ago. Even as recently as 1939 they were described as extinct in Britain. The earliest reference we have is that of Francis Willoughby writing in 1676. "There is an aery of them in Whinfield Park, Westmorland, (near Penrith) preserved carefully by the Countess of Pembroke."

A pair was still there in 1787 when Clark wrote in his "Survey of the Lakes" "...there was a nest a few years ago of this bird at Whinfield Park." A little later, the Reverend W M Richardson drew up a

sketch of the zoology of the Ullswater district in which he records "the osprey or fishing eagle is frequently seen fishing; he is very bold, and in pursuit of his prey will dart down within 40 yards of a man." Unfortunately it was sometimes confused with the Sea Eagle or White-tailed Eagle (haliaeetus albicilla) which also still bred in Lakeland at the end of the 18th century. But the Erne, as it was also called, was normally a crag nesting bird and there are several "Heron Craggs" which obviously preserve memories of its traditional eyries. The osprey, however, is normally tree-nesting, building a huge pile of sticks. Between the time of writing and publication of Lookaround, Bill Kenmir, the RSPB warden at Haweswater will have given members of the Wildlife Trust and Sedbergh School an account of how the osprey was helped to re-establish itself in Scotland, and now in Cumbria, thanks largely to the RSPB and the cooperation of landowners. A real success story.

Ingram Cleasby

LOCAL HISTORIAN

As part of the work on Britain since 1930, James Woolf from Year 5 at Sedbergh Primary School wrote a fascinating history of the changes in farming transport from 1930 to the present day.

His work was sent to the members of the History Society who were impressed and interested in James's project and a copy was made and put into the History Room for visitors to view.

James gathered his information from books and by talking to and interviewing members of his family. □

SEDBERGH PEPPERPOT CLUB

*Including Pepperpot Music Makers
Registered Charity No. 1087220*

The Club has funds available to help promising youngsters who:-

- would like to take up orchestral instruments
- would like to progress from shared to individual lessons
- need grants to help them to continue with their music lessons to buy music, strings, reeds or other musical accessories to attend music courses towards music exam fees or any other appropriate musical expenses

Sedbergh Pepperpot Club also owns several orchestral instruments and has others in its care or at its disposal. Two violins are on loan free of charge except for insurance cover. The other instruments available are violin, cello, flute, clarinet, trumpet, trombone.

If you are interested in obtaining an award or borrowing an instrument or both, please contact Mrs Shirley Smith (015396 21196).

Now that the Pepperpot Orchestra and Ocarina Groups are part of the local scene, the opportunity is there for making music together. For the Ocarina Groups, no previous musical experience is needed and all ages are welcome, from about seven, but the Orchestra is only for those having lessons on an appropriate instrument, including ocarinas and recorders.

If you would like more information about the Orchestra or the Ocarina Groups, please contact Mrs Judith Bush (015396 20058).



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SEDBERGH GALA GROUP

Sedbergh Gala will be held on Saturday 18th May. Many exciting attractions have already been booked. Gala did not take place last year and so we are hoping for a massive turnout and a lovely sunny day to remember what Gala used to be like. Sedbergh Town Band followed by decorated floats, fancy dress characters, will lead the procession leaving Maryfell as usual at 12.30 pm. Decorated prams, bicycles, horses and not forgetting the ever-popular Kendalians will follow.

This year will be a memorable one in history being the fiftieth year of the reign of Queen Elizabeth the second. It will be a year of many events to commemorate this achievement so to link with this special year, the theme for Gala 2002 is



CELEBRATIONS!!!!!!!!!!!!

The Fancy Dress bandings are for age 4 years and under, ages 4 to 7, and then age 8 and above. Groups of people would also be welcome to enter with or without a float so if you wanted to be a hippy party or a posh wedding group then just get dressed up!!!!!!

Running Gala needs many helpers, Sedbergh School are providing volunteers but there are always too many jobs for the committee members to do alone, if you would be able to offer even an hour or so on the day of Gala, to help with the gate, or serving teas, selling raffle tickets or helping on a stall, then please contact Gala Group Secretary Joyce Cox on Sedbergh 21820. ○

SEDBERGH CRICKET CLUB

Winter nets are underway with a good group of youngsters turning up. The adults have been a bit thin on the ground so far but lets hope the message gets around. Two special coaching sessions have been arranged for the juniors so come along and find out about these. Junior teams have been entered in U13 and U16 leagues so there should be cricket for any that would like to play. ○

YOGA



In aid of Action Research

Saturday 6th April
2 - 4:30pm
In The People's Hall
£8 on the door
includes refreshments

STEADMAN'S BUTCHERS CHRISTMAS COMP. WINNERS

First Prize went to Kieran Milburn, aged five. Second prize was awarded to Kimberley Hurst, aged nine and Third prize went to Chloe Packham, also aged nine.

Thanks to all the children who took part and to Mrs. Rose Nicholson who had the difficult job of judging the winners. ○

LOOKAROUND

Again, due to lack of space, 2 articles submitted by Gordon Braithwaite have been held over to the next issue when they will be included. DJW

PARKING IN SEDBERGH

As of from 6th March 2002, 'On Street Parking' will be 'Decriminalised'.

Could we remind everyone that South Lakeland will be taking over the enforcement of On Street Parking. These measures, which include Double and Single Yellow Lines, will be strictly enforced from that date.

Likewise, the rules about parking on Joss Lane Car Park will be enforced. The concession we won two years ago was Free Parking for those vehicles displaying a current Yorkshire Dales Parking sticker. The current colour for 2002 is **blue** so ensure you have a current one which is available from the YDNP Centre or the Community Office.

*Paul Winn & Kevin Lancaster
SLDC Councillors*

SEDBERGH HEALTH CENTRE NURSING LOANS

There is a major shortage of equipment due to unreturned loans.

Do you have any commodes, wheelchairs, special cushions or mattresses??

If so, please telephone Sedbergh 21690 and leave a message so that collection can be arranged. Many thanks.

E. Hemingway, District Nurse.

THE ROYAL BRITISH LEGION

The Annual Branch Supper will be held in the Queen's Hall, Sedbergh School on Friday 19th April, 7 pm for 7.30pm. Tickets from members of the Committee at £7.50 per person. ©



Opening Hours

Monday to Friday 9.00 am to 5.30 pm
Saturday 9.00 am to 12.30 pm

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BUS SERVICES

Sedbergh to Kendal via Oxenholme

<u>Monday – Friday</u>				
07.45		564	GP	◇
09.40		564	W	
09.55		564	GP	◇
10.05	Wed	564B	W	◇
10.10	W&F	112	B	
12.40		564	W	
12.45		564	GP	◇
13.00	Wed	564B	W	◇
14.00	Tue	804	W	◇
14.40		564	W	◇
15.25		564	GP	◇
17.11		564	W	
<u>Saturday Only</u>				
09.55		564	GP	◇
10.45		564A	S	◇
12.45		564	GP	◇
15.25		564A	S	◇
15.25		564	GP	◇

To Kirkby Stephen Via Cautley and Kirkby Stephen Rail Station

<u>Monday – Saturday</u>				
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	◇
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To Hawes

08.45	TWF	112	B	
10.00	Tue	804	W	◇
14.15	W&F	112	B	
15.45	Sch	112	B	

To Dent

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

Kendal to Sedbergh via Oxenholme

<u>Monday – Friday</u>				
08.35	S&H	564	GP	◇
08.35	Sch	564	W	•
09.30	Tue	804	W	• ◇
10.30		564	W	•
10.45		564	GP	◇
11.30	Wed	564B	W	• ◇
13.30		564	W	•
13.30	W&F	112	B	
13.40	Wed	564B	W	• ◇
13.45		564	GP	◇
16.20		564	GP	◇
16.30		564	W	•
17.45		564	W	• ◇
<u>Saturday Only</u>				
09.40		564A	S	◇
10.45		564	GP	◇
13.45		564	GP	◇
14.20		564A	S	◇
16.20		564	GP	◇

From Kirkby Stephen, Market Square

<u>Monday – Saturday</u>				
07.11	M-F	564	GP	◇
09.21	Sat	564	GP	◇
09.30	M-F	564	GP	◇
12.11		564	GP	◇
14.51		564	GP	◇

From Kirkby Lonsdale Square

12.15	Thu	567A	W	◇
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From Hawes

08.00	Sch	112	B	
09.35	WF	112	B	
13.25	Tue	804	W	◇
15.00	TWF	112	B	

From Dent School

<u>Wednesday</u>				
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	Wednesday & Friday Only
TWF	Tuesday, Wednesday & Friday Only
S&H	All Sat's & Mon to Fri in School Hol's

All times are from and to The Dalesman Inn

GP	Grand Prix of Brough
W	Woof's of Sedbergh
B	Braithwaite's Coaches
S	Stagecoach in Cumbria
•	Blackhall Road opposite the Bus Station
◇	Provided with Support from CCC

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

For Comprehensive up-to-date information ring :-
Traveline 0870 608 2 608 (Open : 7am - 6pm Daily)

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

ROMAN CATHOLIC

St. Andrew's Parish Church
Sunday 12.00
Holy Days 19.30

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

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

UNITED REFORMED CHURCH

Main Street
Sunday 10.30
Mrs M Mason Tel: 20048

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30
Mr. M Roberts Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

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

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

CHURCH OF ENGLAND

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

METHODIST CHURCH

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

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



OPTIONS for health and well-being

Caroline Cattermole	Psychosynthesis Therapeutic Counselling	015396 21570
Ian McPherson	T'ai Chi, Flower Essences, Reiki Hypnotherapy, Meditation	015396 20648
Hazel Morris	Therapeutic Healing	015396 25374
Robin Oxley	Stress Management, Reflexology Meridian Therapy	015395 67657
June Parker	Acupuncture	015396 20972

Complementary Therapists practising locally

DIARY OF EVENTS

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

MARCH

1	1430 Women's World Day of Prayer	StAS
1	1930 RBL Slide Show (6)	PH
2	2100 SFC Sha & Woody's Sounds	PH
5	1930 FCH AGM	FCH
6	1000 WIF Coffee Morning	URCR
6	1330 Butterflies	StAS
6	1930 HS The Victorian Families (6)	SHS
7	1930 WIF Golden Jubilee Celebration	HSR
8	1930 Bingo - Pie & Pea Supper	KPH
8	2000 LFH Dance & Buffet (6)	PH
9	1000 Xing Yi	PH
9	1930 MH Fun Night (9)	MH
9	2100 FoDPS Disco (9)	DMH
9	Dent Run	Dent
10	Mother's Day	
11	1000 Issue of Bus Passes	CO
11	1330 Issue of Bus Passes	DMH
11	1930 CDC for Sedbergh & District (11)	Bull
12	1000 Issue of Bus Passes	CO
12	1300 Issue of Bus Passes	CO
12	1400 WIK 'Surprise'	PH
12	1930 FCH Domino Drive	FCH
13	No Smoking Day	
13	1000 Christian Aid Coffee Morning (13)	URCR
13	1330 Butterflies	StAS
13	1915 WID Age & Disability	DMH
13	1930 WIF Patchwork & Soft Furnishings	PH
13	1930 Needle & Pins	SJAR
16	1900 Oesway's Coming Home (16)	PH
16	1930 StAS Concert (16)	StAS
18	2000 Tennis Club AGM	Bull
19	1400 SLVSB Meeting	PH
19	1500 SS Wilson Run	SS
19	1900 Fun Evening (19)	PH
19	1930 Celebrities From Space (19)	SHS
20	1000 URC Church Coffee Morning	URCR
20	1330 Butterflies	StAS
20	1930 Celebrities From Space (19)	SHS
21	1930 Celebrities From Space (19)	SHS
22	SHS Term Ends	SHS
22	SS Term Ends	SS
23	1300 Spring Show (1)	PH/MH
23	2100 SWFC Danny's Disco (23)	PH
27	1000 CAB Coffee Morning	URCR
27	1930 CWT Orchids of Cumbria & AGM	SHS
29	Good Friday	
30	1100 FoDPS Table Top Sale (9)	DMH
30	1400 PH Jumble Sale	PH

APRIL

1	Easter Monday	
1	1000 Easter Sale (42)	DMH
3	1000 WIF Coffee Morning	URCR
4	1930 WIF Sedbergh Community Office	FCH
5	1315 Zebras Nearly New Sale	SMC
6	1400 Yoga for Action Research (54)	PH
8	SHS Term Begins	
9	1400 WIK Visitation	PH
10	1000 Barnardo's Coffee Morning	URCR
10	1330 Butterflies	StAS
10	1915 WID Laighton Moss RSPB	DMH
10	1930 WIF Colour in the Garden	PH
10	1930 Needle & Pins	SJAR
10	1930 New Members Evening (38)	SGC
13	MH Jumble Sale	MH
16	1415 SLVSB Meeting	CO
17	1000 Asthma Society Coffee Morning	URCR
17	1330 Butterflies	StAS
19	1900 RBL Annual Branch Supper	SSQH
19	Zebras Disco	SMC
23	SS Term Begins	SS
24	1000 Dent Meth. Ch Coffee Morning	URCR
24	1330 Butterflies	StAS
24	1930 CWT An Evening of Birdsong	SHS

MAY

1	1000 GVH Coffee Morning	URCR
1	1330 Butterflies	StAS
2	1930 WIF Hanging Baskets	HSR
6	1430 CWT Duck & Raft Race	SHS
8	1000 StAS Coffee Morning	URCR
8	1330 Butterflies	StAS
8	1915 WID Resolutions Meeting	DMH
8	1930 WIF Resolutions Evening	PH
8	1930 Needle & Pins	SJAR
13	Christian Aid Week	URCR
14	Christian Aid Week	URCR
14	1400 WIK Resolutions and Social	PH
15	Christian Aid Week	URCR
15	1330 Butterflies	StAS
16	Christian Aid Week	URCR
17	Christian Aid Week	URCR
18	1230 Sedbergh Gala	PH
20	W1 Group Meeting	Barbon
21	1415 SLVSB Meeting	CO
22	1000 WIK Coffee Morning	URCR
22	1330 Butterflies	StAS
22	1000 WIK Coffee Morning	URCR
25	BS Summer Fun Day	BS

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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.

26	1400	CWT Upland Waders on Tailbrig	LHCP	9	1415	CWT River Flower Search	LHCP
28	1900	FCH BBQ & Slide Show	FCH	10		SHS Term Begins	
29	1000	Firbank Ch Coffee Morning	URCR	11	1400	WIK Taste 'n' Try	PH
29	1330	Butterflies	StAS	12	1000	Dent Foot Chapel Coffee Morning	URCR
31	1830	NFLU Hog Roast	MHOH	12	1330	Butterflies	StAS
		JUNE		12	1930	Needle & Pins	SJAR
1		SHS Term Ends	SHS	12		WIF Outing	
1		SS Term Ends	SS	15		Festival 2002	StAS
1	2000	PH Dance	PH	16		Festival 2002	StAS
2		Golden Jubilee Music Festival	KPH	17		Festival 2002	StAS
3		HM Queen Golden Jubilee		18		Festival 2002	StAS
4		Jubilee Teddy Tombola	SMC	18	1415	SLVSB Meeting	CO
5	1000	WIF Coffee Morning	URCR	19	1000	Playgroup Coffee Morning	URCR
6	1800	Killington Sports	BFK	19	1300	Festival 2002	StAS
6	1930	WIF Clarins Skin Care	FCH	19	1330	Butterflies	StAS
9		SS Term Begins	SS	20		Festival 2002	StAS
		KEY		21		Festival 2002	StAS
BFK		= Beckfoot Farm, Killington		21		Folk Festival	Dent
BMH		= Brigflatts Meeting House		22	1400	CWT Orchids at Tam Sike	LHCP
BS		= Baisol School		22		Festival 2002	StAS
CC		= Carlisle Cathedral		22		Folk Festival	Dent
CO		= Community Office, Main Street		23		Festival 2002	StAS
CSG		= Casserton School Gymnasium		23		Folk Festival	Dent
CWT		= Cumbria Wildlife Trust		26	1000	Garsdale Ch Coffee Morning	URCR
DCP		= Dent Car Park		26	1330	Butterflies	StAS
DMH		= Dent Memorial Hall		29	1000	Cumbria in Bloom Coffee Morning	URCR
DMC		= Dent Methodist Church		30		Ascent of Everest	PH
FCH		= Firbank Church Hall				JULY	
FM		= Fairfield Mill		3	1000	URC Ch Coffee Morning	URCR
G&D		= George & Dragon, Dent		3	1330	Butterflies	StAS
GH		= Gladstone House		4	1930	WIF Drinks for the Driver	HSR
GVH		= Garsdale Village Hall		5		SS Term Ends	SS
HS		= History Society		6	1000	Alzheimer's Soc Coffee Morning	URCR
HSR		= Howgill Schoolroom		9	1400	WIK Outing	TBA
JLCP		= Joss Lane Car Park		10	1000	RBL Coffee Morning	URCR
KVH		= Killington Village Hall		10	1330	Butterflies	StAS
LHCP		= Loftus Hill Car Park		10	1915	WID Acupuncture	DMH
LHHC		= Loftus Hill Health Centre		10	1930	WIF Life in the Philippines	PH
MH		= Masonic Hall		10	1930	Needle & Pins	SJAR
MHOH		= Mutton Hall, Old Hutton		17	1000	Age Concern Coffee Morning	URCR
PH		= People's Hall		17	1330	Butterflies	StAS
SGC		= Sedbergh Golf Club		21	1400	CWT Butterflies at Smardale	LHCP
SHS		= Settlebeck High School		24	1000	WRBL Coffee Morning	URCR
SMC		= Sedbergh Methodist Church		24	1330	Butterflies	StAS
StAS		= St Andrew's Church, Sedbergh		31	1000	Network Coffee Morning	URCR
SJAR		= St John Ambulance Rooms				AUGUST	
SMC		= Sedbergh Methodist Church		1	1930	WIF Open Meeting & Radio Cumbria	FCH
SSPI		= Sedbergh School Powell Hall		7	1000	Howgill Ch Coffee Morning	URCR
SSQH		= Sedbergh School Queen's Hall		10	1400	CWT Heather & Newts on Holme Fell	LHCP
URCR		= United Reformed Church Rooms		14	1000	NWCR Coffee Morning	URCR
WHC		= White Hart Club		14	1930	Needle & Pins	SJAR
WID		= Women's Institute, Dentdale		14	1915	WID Miniature Portaits	DMH
WIF		= Women's Institute, Frostrow		14	1915	WIF Joint Meeting with WID	DMH
WIF		= Women's Institute, Howgill		21	1000	StAS Coffee Morning	URCR
WK		= Women's Institute, Killington		25	1415	CWT Children's Discovery Walk	DCP
YDNP		= YDNP Centre, Main Street		28	1000	CAB Coffee Morning	URCR
						SEPTEMBER	
				3		SHS Term Begins	

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Lofus Hill ☎ 21079

Dr P.A. & W.G. Orr ☎ 20218

Dr Ann Orr

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

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300	Dr Ann Orr
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Dr J. Syred ☎ 20239

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

DENT SURGERY

Tuesday	1530
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WELL WOMAN & FAMILY PLANNING CLINIC

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

District Nurse

☎ 21690

DENTAL SURGERY

Finkle Street ☎ 20626

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

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

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

* By Appointment Only

SEDBERGH CHEMIST

41 Main Street

☎ 20270

LATE NIGHT CLOSING

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

LIBRARY

Main Street ☎ 20186

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

Y. D.N.P. CENTRE

Main Street ☎ 20125

11.00 am - 4.00 pm

(10.00 am - 4.00 pm from 25th March)

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

cahsedbergh@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
Dent Village

MARKET DAY
HALF-DAY CLOSING

WEDNESDAY
THURSDAY