

# SEDBERGH & DISTRICT LOOKAROUND

October 2002

Issue 194

Donation 50p

A slight change to the appearance this month. We hope you like it.

We had intended to put in a 'Readers Survey' this month but owing to the enormous size of 64 pages, we have held it over till next month (and the

quizzes).

We know what will be said, but can everyone remember to get Events and Adverts in early for Christmas. It will be here sooner than you think.

*Dennis & Jacky Whicker*

Stalls

Sparklers

Games

Tombola

Jacket Potatoes



Tea Coffee

Home Made Soup

## SEDBERGH BONFIRE CELEBRATIONS

**SATURDAY 2nd NOVEMBER 2002**

The Fun Starts at 7:00 pm at the People's Hall Playing Field

\* BONFIRE \*

\* A BONFIRE DANCE DISPLAY \*

by Suzan Sedgwick's School of Dance

\* FANCY DRESS COMPETITION \*

*As a Firework or Human Guy with Cash Prizes*

\* Best Pumpkin/Turnip Lantern \*

\* Best Guy Fawkes \*

\* MASSIVE FIREWORK DISPLAY \*

*About 8:00pm*

ADMISSION: ADULTS £2.00 - CHILDREN UNDER 16 FREE



Sweets Pop

Football Games

Mulled Wine

Coconut Shy

Toffee Apples

*Steadman's Delicious Hot Food Stall*

Apple Bobbing

**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](mailto:lookaround@whicker73.freemove.co.uk) - Web Site: <http://www.whicker73.freemove.co.uk>

# CHILDREN'S BIRTHDAYS

## October 2002

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

The recipient this month is:-  
Rhianne WOODVINE who is

6 years old on 28th October.

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



Day	Name	Age
1	James ROLLINGS	11
2	Christopher STANTON	2
2	Amy THOMPSON	8
4	Amy HARPER	2
5	Thomas HALL	3
5	Chloe BROWN	10
7	Alice HOLTON	1
7	Hugh JOHNSON	9
8	Adam CRAGG	6
9	Robin PRESTON	3
13	Dillon OVERSBY	2
13	Thomas JOHNSON	9
17	David GOAD	11
17	Jade BAINES *	11
18	Megan INGHAM	11
19	Sam FISHER	10
20	Harry PACKHAM	6
28	Rhianne WOODVINE	6
28	Jennifer STANTON	7



## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	10 Main Street, Sedbergh (10/02)	21808
	<i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB</i>	
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (12/02)	20754
	e-mail:- <a href="mailto:susan@holmecroft+bandb.co.uk">susan@holmecroft+bandb.co.uk</a>	
	<i>2D; 1T; CH; TVL; NS; NP*; P; DR</i>	
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/03)	21455
	<i>1T; ES; NS; NP; P; DR</i>	
Miss S Thurlby	Stable Antiques, 15 Back Lane, Sedbergh (12/02)	20251
	e-mail:- <a href="mailto:antique.thurlby@amservice.net">antique.thurlby@amservice.net</a>	
	<i>1D; 1T; CH; L; NP*; P; DR; VB</i>	

## CAMPING, CARAVANNING & SELF-CATERING

### 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; VB = Vegetarian Breakfast; CB = Celiac Breakfast  
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

### Lookaround Advertising Rates

Single Column x 1"	=	£7.50
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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

All enquiries to  
13 Kings Yard, Sedbergh LA10 5BJ

**Adverts by 15th of every month.**

**No adverts**

**by e-mail or FAX please**

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

**Articles etc. by 19th of every month**



## PERSONAL & SMALL ADS £1

### BATEMAN

Congratulations Mam & Dad, Nan & Grandad for your **Diamond Wedding** on the 17th. Love Terry, Sue, Steven, Linda and Andy.

---

### BELLIS

Happy 50th Mum. Lots of Love, Princess S, Flo and The Little Un.

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### BRACKEN, GARSDALE

Hilda wishes to thank all family, relations and friends for every help given during her stay in hospital. For the lovely flowers, cards, gifts and cakes received on coming home. Many thanks for prayers and to Rev. Graham Hall for his comfort. Grateful thanks to Doctors and Nurses on Ward 30, Lancaster Royal Infirmary, for care and kindness. Thanks to Dr. Syred for his visits.

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### CAMERON

Annie would like to thank family and friends for all the lovely cards, flowers and gifts on her **90th Birthday**

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### ELVEY

May I take this opportunity, through the *Lookaround*, to thank my wife, my family and all my wonderful friends for their many cards and beautiful presents which I received on my **80th Birthday**. I was proud and moved by the realization that I knew such a lot of wonderful people, and that they were thinking of me. You made my birthday into a very special occasion indeed, and I thank you all once again, from my heart. God Bless you all. Joe.

### FERGUSON

Thank you friends and neighbours for your many kind and thoughtful enquiries, the offers of help, the cards and flowers while I was in the Westmorland General Hospital and when I came home. A special thank you to Drs. Anne and Graham Orr who were there when I needed them. Amy.

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### GRAHAM

Joyce, Neil and family wish to say a big thank you for all the cards, flowers and kind messages they received after the tragic loss of Pam. It will help, knowing that so many friends and neighbours shared their thoughts with us. A special thank you to the two fishermen, P.C. Paul Cox, P.C. John Orr, the Air Ambulance and RLI. For their brave efforts. Also our appreciation to Canon. Alan Fell and Brian Goad for the Church Service and funeral arrangements.

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### GIBSON

Doreen would like to thank Steven and Staff at Spar for the great party night they arranged for her retirement. Also thank to all friends and neighbours for all their good wishes presents and cards. Terry would also like to thank the White Hart Sports and Social Club and members for the presentation and buffet they arranged which was much appreciated. Thanks also to Sedbergh School, Spar headquarters and customers for all their kindness and help over the years. We shall miss you all. Thanks a million! We will be back from time to time. Best Wishes Doreen and Terry.

## **PERSONAL & SMALL ADS £1**

### **GIBSON**

Terry and Doreen would like to thank all friends and colleagues at Sedbergh School for their gifts and good wishes for the move to the northeast. We wish you and the School continued success. It has been a great six years.

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### **JAMES**

Congratulations Curtis on your College exam results. Good Luck at University. Love Dad, Mum and Jenny.

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### **LEE (nee WOOF)**

Gillian would like to say a big thank you to all her family and friends for all their support, cards, flowers and presents during recent events.

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### **SCARR**

Happy **80th Birthday** Mother on 19th October 2002. Love and Best Wishes. Audrey & Brian, and Brenda & Thomas and families.

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### **SCARR**

Happy **80th Birthday** Great Nanna Ivy. Love Emma, Angela and Leanne XXX

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### **SWAINBANK**

Peggy would like to thank everyone who sent get well cards, flowers and messages during her stay in hospital.

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### **WOOF**

Congratulations Lisa on your excellent Ofsted inspection. Well Done. Keep up the good work. Love Mam and Dad.

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### **THORNTON**

Jason, Tracy and Joshua would like to thank everyone for the lovely cards and presents they received on the birth of their son **Finn** on 23rd August weighing 7lb 6oz. Joshua would also like to thank everyone for the cards and presents received on his Birthday on 25th August.

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### **FOR SALE**

Full Size Zanussi LPG cooker. Smoked glass lid, 4 burners, grill and large oven. £80 ono. Tel: Sedbergh 20824.

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### **FOR SALE**

Renault Xtra van. VGC. 47000 miles. Full Service History. New brakes and tyres. £895 ono. Tel: 015396 25592.

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### **WANTED**

The Swan Inn, Middleton urgently requires an experienced part time bar person. Excellent pay. Also person to wait on and help generally. Tel: 015242 - 76223.

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### **PROPERTY WANTED**

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

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## **SEDBERGH PARISH COUNCIL**

*From the minutes on 31st July*

### **MATTERS ARISING**

The projecting stone on the drinking fountain has been repaired but work is still to be completed on repairs to the vandalized glass.

### **HIGHWAYS**

The 30 mph signs have now been extended on the Dent road as far as Archers Hall as we had requested some time ago. There has been an unfortunate effect of this in that de-restriction signs have been erected at the entrances to Millthrop. The Highways Department has been contacted and has agreed to make Millthrop a 20mph area and it was agreed that the Council fully supported



# COFFEE MORNING

**Saturday 5th October**  
10am to 12 noon

**URC Rooms, Joss Lane**  
Cakes - Books - Music - Raffle  
Bric-a-Brac - Coffee & Biscuits  
**Ocarina Music Group**

this measure.

Various other Highway defects were reported, including obscured sign on the road to Kirkby Lonsdale and the poor condition of the Hawes sign on Castlehaw, also pot holes past the Toll

# Cumbria Craft Guild

## ANNUAL EXHIBITION

Tuesday 1st October to Sunday 27th October

Daily 10:30 am to 5:00 pm

Selected Exhibition of  
high quality work from around the County  
at

**Farfield Mill**

**Arts & Heritage Centre**

**Garsdale Road, Sedbergh**

**Tel: 015396 21958**

## JOB VACANCIES AT SETTLEBECK HIGH SCHOOL

Settlebeck High School currently need the following:

- 1 Administrative Assistant Part time
- 1 Finance Assistant Part Time
- 2 Midday Supervisors Part Time

These Posts can be combined.

Applicants for the above should have the ability to take responsibility and act on their own initiative.

The Administrative roles require computer literacy and the ability to work to deadlines.

A sense of humour and the ability to build friendly relationships with Students aged 11 — 16 is essential.

The above posts are offered term time only.

Hours will be negotiable and pay will be within the appropriate pay scales for the Posts.

For further information please contact Jayne McPadyen (Heads PA) at the School.

Bar.

### CO-OPTION OF NEW COUNCILOR

It was agreed that Mr. V. Hopkins be co-opted as a Parish Councillor.

### PLAYING FIELDS

It was re-confirmed that the quote from B& N Routh for the work on the playing field should be accepted and work has now commenced. Councillor Longlands updated us on the progress made so far. Cllr. Longlands was thanked for all the hard work he had put into this project. It was agreed that a fence with signs to keep people out of the re-seeded area should be erected.

Unfortunately during the work the main electricity supply to the town was severed. United Utilities have said that the bill for damage would be about £3,000 but they have suggested that they will stand this loss if we agree to lease the plot of land they require for a nominal rent of £1. Originally they had offered

£50 p.a. but we had asked for £100. It was agreed that we had little option but to agree to this offer.

### FOOTPATHS

The paving slabs at the corner of Pentner's Folly have been vandalised it was agreed to get a quote for repairs.

A complaint has been received that the cobbles in Weavers Yard need some attention. This will be reported to YDNP planning officer. It was also reported that a half dead tree is overhanging the path by the Clewes, this will be reported to the Park Ranger as will the poor state of a fence at the top of the path between Fairholme and Bainbridge Road.

### AREA ACTION PLANS

These have been prepared by the YDNP as a result of their recent public consultation. There was little to add except our strong support for comments on traffic management on Main St and

*(Continued on page 8)*

Finkle St. It was agreed that Mr. Paul Wilkinson was to be thanked for all his hard work.

#### LOFTUS HILL TOILETS

SLDC have not made any concessions on the issue of toilet closures throughout the area. But Councillor Winn

#### CUMBRIA IN BLOOM

Cllr. Blair said that our entry for next year's competition would depend on more volunteers being recruited and community support.

#### CORRESPONDENCE

Chamber of Trade – Request for assistance with completing Christmas lights on Main St. It was agreed that we should support this but we would a quote and detailed plans. There was a problem

at the east end of Main Street as there is no means of support on one side of the street.

Mr. R. Mackereth – There are still serious problems being caused by flooding and sewerage overflowing down Havera Beck. This matter is the responsibility of South Lakeland District Council and is being dealt with by them as a matter of urgency.

Spaghetti Group – Request for assistance to organise events for young children in the area. It was agreed that this group should be supported but it was felt that we could not help them at present due to other commitments and there were other organizations that could help them.

## NORTH WEST CANCER RESEARCH FUND

*Sedbergh & District Branch*  
are hosting a concert by

# SEDBERGH TOWN BAND

In the People's Hall

7:30 pm Tuesday 8th October 2002

*Admission by Ticket Only*

Tickets £3 - Concession £2

Available from Sedbergh Newsagents Shop

Good Raffle



## TOWN TWINNING

The Sedbergh Town Twinning Association now has a profile of what we are looking for in a town twinning. The process of looking for a partner is similar to registering with a dating agency and we are ready to begin filling-in in the forms.

Number one, the driver for this is the exchange of ideas on economic development, and with this in mind there are a number of compatibilities we would want:

1. Roughly similar population, 5,000 at most.
2. Rurally located, agricultural.
3. In a peripheral tourism area - in other words not in a key national tourism region, as we aren't.
4. Broadly similar tourism profile.
5. With active musical groups.
6. In an EC country - this eases access to funding.

In addition, there are some desirables.

1. Preference for a country with a less

widely spoken language. This is a plus point when it comes to funding and in Sedbergh we do not have a strong linguistic lean.

2. An arts and crafts presence.
3. Encouraging development through the use of Information and Communications Technology (ICT). Is Sedbergh doing that? Yes, greatly, via Settlebeck, Cumbria Credits and an independent broadband initiative.
4. A bookish bent.
5. Keen on maintaining cultural traditions
6. A food producing area.
7. With a school, or better, schools.
8. Broadly similar sporting activities; e.g. football rather than ice-skating.

It may take some time before we have an agreeable link so it is not at all too late to add to or subtract from the above list, which you can suggest by emailing [dave@sedbergh-yes.net](mailto:dave@sedbergh-yes.net), or calling Dave Collier on 22310, or better still, coming along to a town twinning meeting; contact me to be put on the mailing list.

## FARFIELD MILL HERITAGE CENTRE

AFTERNOON COURSES EACH LASTING 6 WEEKS

2.00 pm to 4.30 pm

**STARTING IN OCTOBER and ENROLLING NOW**

Pottery - Wednesday afternoons from October 9th

Rug Making - Wednesday afternoons from October 9th

Handloom Weaving - Thursday afternoons from Oct 10th

Calligraphy and Spinning - will be run if there is a demand

**COST £3 per session, £18 per course**

These are being supported by the Heritage Lottery Fund so the charge is well below the actual cost. We shall NOT be able to run courses again at such a low cost

Unless you have already contacted us, please ring to enrol by October 7th.

Places are limited

Ring the Manager at Farfield on 015396 21958 or the Secretary on 20553

## ST. JOHN IN LONDON

On Friday 21st June this year the Cadets of Sedbergh set off on a weekend trip to London to represent St. John from Cumbria. Every year St. Paul's Cathedral is the meeting place for thousands of St. John Badgers, Cadets and adults. This year Sedbergh were the ones who volunteered to go from Cumbria. As both female and male cadets were going we thought that it would be safer if we ask another female adult to come with us and after enlisting the help of Nicola Winn, a former Cadet from Sedbergh, we were all set and ready to roll. So very early on Friday morning, having given up the opportunity to watch England play in the World Cup, we set off on our 300 mile trip to Epping, where we were staying, which is about 20 miles outside of London, and we later found out that Posh and Becks often went there.

Our first stop was Sheffield where we would pick up Nicola, then a few hundred miles down the road and a lot of "are we there yet" and "I need the toilet" we finally arrived at Epping just in time to go shopping for tea. So after getting settled in and having a look round it was back in the bus and off to the nearest supermarket. And in the true spirit of

kids it's off to the doughnut stand, myself included, whilst we let the two adults do the sensible shopping. Then back to the youth hostel for tea.

The next thing we knew we were getting up on Saturday morning and getting ready for the big march and day ahead of us. Little did we know that every morning we were going to have a uniform and room inspection to make sure that our rooms and uniforms were neat and tidy. So after breakfast we set off on the short trip to London, as the march wasn't until mid afternoon we decided to do some sightseeing of St. Paul's Cathedral, St. John Museum and St. Johns Gate.

Then it was time for the parade, so it was back to the meeting place to meet up with the hundreds of other cadets, badgers and their leaders. The meeting place was about one mile away from St. Paul's Cathedral, then we marched to the cathedral. Lots of people stopped to watch the procession as it weaved its way through the streets, escorted by police motorbikes and police horses. We finally arrived at our destination and filed into the cathedral. There were all kinds of important people inside including the Mayor of London. It was very warm that

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day and it was good to get back outside after the service. When we came out of the cathedral we were all hungry so we went for something to eat and started to talk about what we were going to do for the rest of the day. We decided a visit to the Houses of Parliament, Big Ben and the River Thames, before going on to Harrods. Gifts bought for friends and family. One of the lads decided to buy a big Union Jack hat as a souvenir of his visit.

Then once again we jumped on the tube straight to Harrods, where we split up into groups with an adult in each and the first place to hit was the toy section, where we were told that Jennifer Capriati was there just a couple of hours ago.

Next stop Buckingham Palace (too late for changing of the guard) for a few photo's before continuing down the Mall to Admiralty Arch and Trafalgar Square. Hunger strikes again, so next stop MacDonald's.

Feet aching as the time was fast approaching 10pm, so it was on to the London Eye. There was no chance that Bill or Nicola would go on it, so it was up to Jenny to come to the rescue and take the cadets on. The whole of London was lit up in the background as they had

Admission £4

MacMillan Fund Cancer Relief  
**A Demonstration of French Cookery**  
 By Laurence Luchan  
 at Kirkby Lonsdale Institute  
 7:30 pm Friday 11th October  
 French Style Refreshments

their photo taken inside one of the pods. Well, after all the excitement it was now a race to get back to the hostel before it closed for the night. A quick snack and drink before we settle down for the night.

Morning comes round too fast. A quick shower then breakfast before yet another uniform and room inspection. Well, the time had finally arrived for our return trip home. Doesn't time travel fast when you're enjoying yourself? Not to worry. Area Camp coming up in October at Coniston.

Here are a couple of extracts from two of the cadets, (unfortunately, the rest were unprintable about Bill's driving!).

When we went on the Millennium Wheel Jenny and me were both really scared at first, but then we really enjoyed it. We also had our photo taken inside the pod.

*Rose Longlands*

In the afternoon of the march we went on the big eye, which we all went on and we are putting the picture on the Web Site.

*Sam Clegg*

If you wish to see some pictures of what we get up to at St. John, take a look on our website. The address is [www.communicate.co.uk/lakes/stjohnambulancesedbergh](http://www.communicate.co.uk/lakes/stjohnambulancesedbergh) We would all like to congratulate Raymond on his promotion to Deputy Area Commissioner and Bill on his promotion to Area Staff Officer (Youth). Well Done!!! And Good Luck for the future.

## MARK A. GRANT

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## SEDBERGH MARKET FAYRE

**Saturday 26th August 2002**

The stallholders had booked, arrangements made to close Main Street to traffic, the advertising completed, Sylvester the Jester given directions to Sedbergh (all the way from Leicester), the costumes were made for the committee, the volunteers had been press-ganged, all seemed to be in place for the second Sedbergh Market Fayre.

Alas, we could not book the sun to shine, but we lived in hope that it would be as kind to us as it had been for the first Fayre held in 2001.

At 7.30am the Main Street was a hive of activity with volunteers helping to put the stalls in place. Everyone found something to do, and the first stalls soon

began to emerge from the jungle of steel that lay in the back of Alan Steadman's pickup.

The covers for the stalls not only added colour to the street, they were worth their weight in gold sheltering stallholders and customers alike during the short sharp downpours of rain.

Sylvester the Jester was also worth his weight in gold. All day he smiled, joked and sang, a born entertainer who made Sedbergh a sunnier place even in the rain. Children and adults alike surrounded him wherever he went, his jokes never ending, his sense of fun unlimited and his smiles contagious, a great recipe for success.

The costs incurred by the Tourism Committee of the Sedbergh Chamber of



## Sedbergh Community Development Centre Computer Courses

<u>Course</u>	<u>Weeks</u>	<u>Start</u>	<u>Time</u>
<b>European Computer Driving License</b> – learn more about computers and gain THE standard IT qualification	20	Thu 26th Sep	7:00 – 10:00pm
<b>Free IT Taster</b> – for people with no experience, come & have a go!	1	Sat 12th Oct	9:30am – 12:00pm
<b>Intro to Spreadsheets</b> – Learn to create effective spreadsheets for home, society or business	4	Mon 4th Nov	7:00 – 9:30pm

**Coming soon – Introduction to IT (5 weeks)**

During the rebuilding of Settlebeck Cottage all IT courses will run in Settlebeck High School. The normal CDC tel. no. will not be available, contact Chris Wood, Sedbergh 21385

email: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)

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



Trade to initiate and promote the Fayre were between £800/£900. Any monies left will be used to fund next years Market Fayre. Without the support and financial assistance of the following the Fayre would not have taken place and the committee wish to thank most sincerely:

Cross Keys, Dent Craft Centre, Farfield Mill, Brian Goad - Funeral Director, JMP Foodservices, Knights of Sedbergh, Lakeland Limited, Merewood Homes, Oakdene Country House, Powell's, Sedbergh Chamber of Trade, Sedbergh Fire Brigade, Sedbergh Gala Committee, Sedbergh Golf Club, Sedbergh Police, Sedbergh School, Spar, Steadman's Butchers, The Bath House, The Bull Hotel, The Burden Group (Galliot's), The Red Lion, Three Peaks, Tony - Market Inspector, Westmorland Gazette.

Last but by no means lest, thank you to all the volunteers, residents of Sedbergh, and visitors for their support and presence on the day. Without you the Fayre would not have happened.

Prizes were awarded to the following:-

The Raffle for a Flight in a Hot Air Balloon was won by Mr. John Penman from Solihull.

The Name the Doll competition was won by Mrs. T. Kitchen from Sedbergh

and the doll's name was 'Emily'.

The Best Decorated Stall was won by Pothies.

The Adult Fancy Dress competition was won by Avril Whittle.

In he Children's Fancy Dress competition the winners were:

*Ages 1 to 10 years*

1st - Sally Hurst, 2nd - Jessica Hurst, 3rd - William Knipe, 4th - Omar Nour

*Ages 11 to 16 years*

Joint winners were - Caroline Lamb, Jenny Lamb and Kate-Lynn Richards.

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## MEADOWSIDE CAFE

The Laning, Dent

Tel: 015396 25329

e-mail: jaxbellis@btinternet.com

Open Daily Wednesday -  
Sunday

Plus Evening Menu

Thursday till 8:30 (bookings only)

Friday till 8:30 (all welcome)



### CHRISTMAS PARTY



bookings now  
being taken

Evening Group Bookings Welcome.

**\* Fish & Chip Supper \***

2nd Friday in the month 5pm

*FULLY LICENSED WITH OFF SALES AVAILABLE*

### CUMBRIA IN BLOOM

Joint second with Appleby - that was the result of our entry in the Cumbria in Bloom competition (small country town section) A little disappointed as two weeks after the judging day the blooms in the town were at their best. However we did receive a Commended Award. Sedbergh was also fortunate to receive two other awards. These were a Commended Award to White Rose Fisheries in the Commerce Section and a Commended Award to Birks Barn in the Special Award Section. Congratulation to both Mr. and Mrs. Thompson at the White Rose Fisheries and Mr. and Mrs. Snow at Birks Barn.

The comments of the judges regarding

our entry were as follows: -

Very clean and tidy. Local involvement very noticeable. Much impressed by feeling of responsive community. Many good projects undertaken, and in the pipeline, with community and local school involvement. Highly impressed by Birks Barn as an all round floral/kitchen/wildlife garden, and the White Rose Fisheries unique patio eating area. The Thornsbank garden (here they are referring to the garden belonging to Mr. and Mrs. Baker) is well tended and picturesque. The Bower (we in fact refer to it as the 'Arbour') at Queens Garden is quite remarkable. well thought and executed.

It may be of interest that our entry is



divided into five categories as follows (with the relevant marks)

	Max. points	points awarded
1. Local Authority/Public Areas	50	41
2. Commercial and Industrial	50	41
3. Private and Community	50	38
4. Local Agenda 21 and sustainable development	40	32
5. Public Awareness	10	6

Out of a possible 200 marks we in fact gained 158 so obviously room for improvement.

However we feel we put on a good show and thank everyone who took the time and trouble to help make Sedbergh worthy of its entry in the competition. Thank you.

We continue with our work, next comes bulb planting. If you have any ideas for a specific area you feel would benefit from some daffodils/tulips please let us know. We can probably give you the bulbs to plant there

We are still waiting for your ideas with regard to the watering of the 'town flower beds'. How about a group of you getting together and forming a rota - say six or seven of you - which would mean only one day a week on duty so to speak. If, on your allocated day it would prove difficult I am sure others would be willing to stand in. There is no problem getting water, it is almost on site. Please give it some serious thought, our committee is very small and we find in



warm weather what with weeding, planting, completing projects our time is too easily taken up.

We are looking forward to next year when of course the Market Place will be looking good with the completion of the Library and the ladies (why is it always the ladies !!!) of St. Andrew's Church are going to tackle the churchyard. I am sure they too could do with some practicable help to get it to a manageable state. Some of the work has already started. but remember any help is better than no help. Kathleen Begg of course still continues to make the borders a blaze of colour and they' have looked wonderful this year.

The compost bins in Queens Gardens

are there simply for garden refuse which must not be deposited still in its plastic bags. It must be emptied out into the bins and then if possible covered with the old matting.

**LARGE PIECES OF GARDEN REFUSE MUST NOT BE LEFT THERE.** Only small pieces which can be put into the composting bins. There is a public waste recycling site at Canal Head at Kendal where you can take large 'green' waste, i.e. large branches etc.. By helping in this way you will also keep Queens Gardens looking tidy and much easier for the park keeper whose job in the park is a never ending one.

By making just that little extra effort this next year perhaps we can make it number one instead of joint number two - let's hope so.

Thank you once again the people of Sedbergh for making such a wonderful effort.

## CUMBRIA WILDLIFE TRUST

*If You Go Down to the Woods*

*Today.....*

Not a Teddy Bears' Picnic (unless you are exceptionally lucky!) but FUNGI, in all shapes and colours, being relentlessly pursued by bi-peds.

In short, a FUNGAL FORAY.

In common with many of our present pastimes and pursuits, the fungal foray had its origin in Victorian times, with the Woolhope Naturalists Field Club, based near Hereford, as its progenitor in 1851. Close observation of the attendees suggested that they fell into one of three groups:

- ◇ The ladies, "who joined the excursion because it is a novelty, or out of curiosity to discover what forays are like, or, for some other reason concealed in the feminine breast and young men, whose chief occupation is to pick off the "burrs" and disentangle briars from the dresses of the ladies".
- ◇ The scientific section, "mostly steady-going old fogies, with books in their pockets and a basket on their arms.....a court of appeal and a peripatetic store house of Latin

names".

- ◇ The "pot-hunters", "who look upon all fungi as divided into the edible and the useless".

How times have changed, ladies are now to be found in significant numbers in every foray and frequently lead forays: I hasten to add that all are much more sensibly clad than their Victorian predecessors and more than well able to deal with any burrs or briars that they encounter.

In planning a foray so as to maximise the chances of finding a sufficient range of interesting specimens, one has to have regard to location, time of year and weather. As a result, most fungal forays take place in the autumn, in wooded areas and when there has been a reasonable amount of rain and the weather continues warm. Would that it were as simple as that – fungi are challengingly if not irritatingly unpredictable. Based on past experience, one may be convinced that it is a good year for fungi and arrive at a favourite collecting area only to find that it is effectively barren from a mycological point of view.

And so to collecting. Preferably you should have a wide shallow basket where

### Sedburgh & District History Society

Wednesday 2nd October  
**Late Medieval Houses  
As an expression  
of Social Status**

*Anthony Emery*

Wednesday 16th October  
**The Felt Hat Trade  
of The Lune Valley  
In 18th & 19th Centuries**

*Christine Workman*

All meetings held in Settlebeck High School at 7:30pm

**DO COME ALONG - NEW MEMBERS ALWAYS WELCOME**

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



specimens can lie in a single layer. What you do not do is place your finds in a plastic bag (supplied by your local supermarket perhaps): your companions will know where you do your shopping but you will arrive home with a mushy mess of unrecognisable specimens. Let us suppose that it is early to mid-September and that the omens are good. The foray starts but little distance is covered because the faster you walk the less you see. Some of the common "mushrooms" in the *Russula* group (2-3 inches high, robust white stem and crunchy gills) should be very obviously present – the Common Yellow *Russula* (*R. ochroleuca*), the bright pink-red Beechwood Sickener (*R. mairei*), that in the past was used as an emetic or, if you are in a pine wood, its "cousin" the Sickener (*R. emetic*) cherry or blood-red in colour is to be found. With luck other big "mushrooms" in the *Russula* group should be present – the



Charcoal Burner, (*R. cyanoxantha*) eaten in the past by workers in the Black Forest, with its cap of many colours, lilac, purple, wine-coloured, olive plus some brown or green for good measure and the Blackening *Russula* (*R. nigricans*) its dirty white cap turning brown and finally black before descending into a putrescent sticky mess.

You should look out for two other spectacular big mushrooms – the Blusher (*Amanita rubescens*) a rosy brown cap, covered with reddish patches (the remnants of the protective covering it had when it emerged from the soil) and at the

## SEDBERGH LADIES' NFU

Charity Evening

*proceeds to the Salvation Army*

'Whites of Wensleydale'

## FASHION SHOW

7:30 pm Thursday 17 October 2002

in the People's Hall, Sedburgh

Stall Raffle ~ Cake Stall Bring & Buy

Coffee & Homemade Biscuits

Tickets £3 from Les Maddocks Office

top of the stem a very distinctive white veil – and watch for the party trick – the white flesh gradually becomes pink when bruised or exposed to the air – hence the name. Some books say you can eat it after cooking – DON'T. The other, one of my favourites, is Plums and Custard (*Tricholomopsis rutilans*) – very well named, just think of stewed dark skinned Victoria plums sitting in a bowl of custard and you're there.

Now search for some of their smaller

brethren, slender stemmed, often in groups or clusters. You are certain to find the Sulphur Tuft (*Hypholoma fasciculare*) always in dense clusters and a startling sulphur colour when young. If you have some 8 – 12 year olds in your party (sharp of eye and nearer the ground than you are) they should certainly find the Amethyst Deceiver (*Laccaria amethystea*) a most beautiful purplish species – only 1 – 2 inches in height – that always invokes "oohs and aahs" on any foray. And don't just gaze at the ground. Look up and you will find in any stand of birch the Razor-Strop



(*Piptoporus betulinus*), a very prominent bracket fungus. The dense flesh of the bracket used to be a welcome source of tap washers and corn pads and when dried out and coated in saltpetre made an excellent strop for razors.

It is at this point in any foray that I am asked – “Can you eat it?” Almost invariably the question relates to a specimen that is well past its best and sometimes almost unrecognisable. I am tempted to reply “Would you?” Instead I suggest to the prospective “pot-hunters” that they restrict their attentions to the ten or so species that are recognised as being very good to eat and all having the essential merit of being unmistakable. Four are particularly “more-ish” and worth a lot of the hunter’s time. The

Chanterelle, (*Cantharellus cibarius*) trumpet shaped, apricot in colour, smell (at 100 feet if the wind is in the right direction) and taste; the Hedgehog (*Hydnum repandum*) a very distinctive creamy-yellow colour with spines instead of gills as the spore bearing surface; the Lawyer’s Wig (*Coprinus comatus*), very well named and up to 6 inches in height, always to be found by the sides of roads and tracks particularly on recently disturbed soils; and the Penny Bun or Cep (*Boletus edulis*), a very handsome fungus with a suede top and a layer of sponge instead of gills on the underside of the cap and the ideal candidate for a gastronomic experience.

Good hunting!

*Dennis Nelson*

## DALTON & HAGUE

### HOWGILL LANE PLAYGROUND APPEAL FUND

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



Call in today for your application form

## **DERIAN HOUSE CHILDREN'S HOSPICE**

For the past two years Sandra Longlands of Powell's fruiterers has been "freezin' the knees" on behalf of the Derian House Children's Hospice. To date the collection box placed by the till to receive donations has resulted in £295.40p being sent to Derian House. The recent opening of the box revealed a cheque for £20, a number of notes as well as masses of small change. We thank all donors most sincerely for the generosity shown.

The Sedbergh Medieval Market held on Saturday 24th August secured an excellent opportunity to both raise the profile of the Hospice and to acquire more funds on behalf of this most valued institution. Accordingly a stall was set up in The Bull yard, offering bric-a-brac and books together with various prize competitions. Our thanks to all who so generously donated items and to the anonymous donor who paid for the hire of our stall and site.

In the course of the most enjoyable day, unspoilt by the vagaries of the weather, £170 was raised on behalf of Derian House. Congratulations go to Rebecca Charlton who correctly guessed the Teddy's name (Rupert) and to James Burns whose estimate of 1000 currants in the cake was only two short of the exact number.

We would like to thank the organisers of the Market for all their hard work and first rate planning that allowed the residents of Sedbergh and visitors to the area to support our cause.

In a letter from Sandra Marson of the Derian House Appeal Administration she

says that "the number of children using the Hospice is increasing all the time. At present we have over 350 families who need our help, consequently, as a charity almost totally reliant upon voluntary contributions we must now generate over £1 million per year if we are to provide the level of care needed." Most generously she goes on to say that "all this has been made possible with your (Sedbergh's) wonderful support and we thank you again for your donation to Derian House."

Derian House is one of very few Children's Hospices: located in Chorley, it serves a very wide area which includes Sedbergh, thus in spite of its apparent distance from Sedbergh, it can rightly be called our 'Local' Hospice. AND THE BEST OF US



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**SEDBERGH CRICKET CLUB**  
**SEDBERGH CRICKET CLUB IS IN CRISIS!!** After a promising start when the team was riding high at the top of the league it finish up ignominiously at the bottom! Why was this you might ask? Well it was due to a severe, very severe case of apathy. Try as he might Mike Wilson, who had the unfortunate task of getting a team out each week, could not get a squad together regularly. Each time we did not put a team out we are fined £10 and deducted 7 points hence our rapid slide to the bottom of the league. I have never been involved with a club before where it was necessary to do all this ringing round. Usually after each game players were asked if they were available for next week so most of the

team was sorted out. This situation is a pity because, due to the efforts of a few, we have a strong junior section. It would be a pity if there were to be no senior team for these youngsters to eventually join. The club has been on the go for 27 years surely it is worth saving. Its your town, your club so please come out and support it. If your youngster have benefited over the years please come and give something back. Cricket is a wonderful game, at what ever level you play, so lets keep it alive in Sedbergh. It would be somewhat ironic if the year after we succeeded, at long last, in improving our facilities with the artificial strip that the club finally went out of business. So please make the effort to come along to the annual dinner and



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Sunday	12 noon - 10.30pm

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more importantly to the AGM. YOUR CLUB NEEDS YOU!!!

After 12 years, David Alison is giving up running the U13 XI. This will be a sad blow to the club as David has been a very loyal servant. Work commitments mean he has to be away more so reluctantly he has decided to call it a day. David goes out on a high with the last two seasons being two of the more successful ones. During these 12 years David has introduced many youngsters to cricket giving up a great deal of his time, energy and enthusiasm to encourage youngsters to play. This is particularly important these days because due to busy timetables and lack of facilities many schools do not play cricket anymore. It is only through the likes of David, and the fact there is a

club in Sedbergh, that many youngsters even get the chance to play the game at all. Thanks David from all associated with the club. If there is anyone who feels they would like to run the U13XI David would be pleased to talk to you on 015398 24666.

Dates for your diary: Annual Dinner-- Again a joint venture with Dent CC at the Sedbergh Golf Club on Saturday 12 October. Contact Steve Longlands. AGM Monday 28th October at The White Hart at 7.30pm. PLEASE, PLEASE MAKE A VERY SPECIAL EFFORT TO ATTEND. DECISIONS HAVE TO BE MADE AND ONLY BY BEING PRESENT CAN YOUR VOICE BE HEARD.

\*\*\*\*\*

## **The Swan Inn**

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Caledonian 80/- 4-4 abv

Timothy Taylor Landlord 4-3 abv

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## BEEKEEPERS ASSOCIATION

Sedbergh beekeepers held their final apiary visit of the 2002 season on Saturday 7 September at John Sugden's new apiary at Hingabank in Deepdale. Nine members admired the newly fenced off and paved area which John had prepared for his first hive, and noted how well the new colony appeared to have settled in. The bees had been moved in the last week from flower-filled Sedbergh up 400 feet to the meadows and trees of Deepdale. Bees are very adaptable with the right amount of tender loving care - the two other new apiaries which we established before the main honey gathering this year, at Judy Lake's at Acre, and a little later at Jane Timshle's near Cowgill, had equally big moves, and

they have produced over 100lbs and 30lbs of honey respectively in their first season! Congratulations! (The late cutting of the wild-flower-rich meadows just suits the bees perfectly). Bill and Marion Smith emphasised the importance of winter feeding the new colony and had brought along examples of the simple equipment used to feed sugar syrup and a full set of guidance notes on how, when, and how much to feed them. Catherine provide us all with tasty refreshments to round off a most enjoyable afternoon in a really beautiful spot.

On Monday 9 September we held our first evening meeting of the winter season at the Friends' Meeting House at Brigflatts. Ten members attended the meeting at which Tommy Brooks went

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through each of the steps required to prepare a colony of bees not only successfully to survive whatever winter throws at them, but also to arrive strong and healthy in the spring ready for next year's honey season! He explained that bees not only need sufficient food - fresh pollen and about 40lbs of honey or sugar-syrup per hive (which they turn into and store as a kind of flavourless honey), but they need to be dry, protected from excessive cold or wind, and also from unwanted visitors such as mice, which like nothing better than a nice warm hive full of food in which to winter! He had also brought along examples of the simple equipment needed. There were lots of questions, and as usual, as many opinions as there were beekeepers, on the relative merits of each method used!

Although not strictly part of winter preparations, in late August/early September, all members treated their colonies with the approved anti-varroa agents Apistan or Bayvarol. These kill the mites but have no effect whatever on the bees or their honey. Please may we ask all beekeepers in the Sedbergh area who are not members of our club to check that they have treated their colonies likewise, to prevent re-infection.

Our next meeting is at 7.30pm on Monday 14th October at the Friends' Meeting House at Brigflatts. Brian Wright will be explaining how a honey judge goes about his work - Brian judges our Honey Show - and the measurements he makes and the criteria he uses to determine who will be awarded the coveted First Prizes for the various types of honey and classes of beeswax products that are shown.

The 2nd Sedbergh & District Honey Show will be held at 7.30pm on the following Monday, 21 October, also at the Friends' Meeting House at Brigflatts. If you would like to join us at either meeting you will be made most welcome - and might just get a taste of honey at the show! *MFU*

### **FROSTROW W. I.**

There was a very good attendance at the September meeting - it seemed a long time since we had last met. This was mainly due to the August meeting being a joint one with Dentdale and not all our members were available. However, that meeting was excellent as was our September meeting.

Business was short but essential items were discussed and arranged particularly the Annual Council Meeting, the Old Time Music Hall and our Christmas dinner - how quickly that seems to come around. Our speaker was our own President, Mrs. Linda Hopkins, who gave us a wonder demonstration of "A Fresh Look at Flowers". A well titled demonstration - the variety of containers and how to use them was quite a surprise to many of us. All the displays were raffled and several very happy members went home with their prizes. Mrs. Mitchell thanked Linda on our behalf.

Next month we have Barbara Donnelly - a Clarins skin care consultant who will be testing her skills on one of us no doubt.

If you are new to Sedbergh or just visiting and would like to join us for the evening please do come along - Wednesday October 9th at 7.30pm in the committee room of the People's Hall. You will be made most welcome. *MFU*

## SUPER 4 BRITISH KART CHAMPIONSHIP 2002

### FOURTH ROUND

This round was in Northern Ireland just north west of Belfast.

This is also the longest weekend away from home, as we set off on Thursday night, up to Stranraer to catch the Sea Cat ferry early Friday morning, on arrival at the kart circuit most of the drivers started unofficial practice, but we just sat and watched and saved Sam's tyres and fuel for Saturdays official practice, and also to save Sam from wearing himself out before the racing starts. But he was like a cat on a hot tin roof, he never settled down, he just wanting to get out there.

#### *Saturday Practice*

Sam's job at the start of the practice is to

warm the engine and to make sure that the kart works ok i.e. the brakes and also that the tyres come up to temperature, on his fourth lap and just as he is starting to pick up speed the engine goes bang, the big end seizes, that's the finish of that engine for the weekend, so Andy Fairless gives Sam a new CR5 engine to put on, This is a new type of CRS nothing like the other CR5 engine Sam started the season on, so we had to start from scratch with the gearing and the jetting of the carburetor. Four laps and Sam stops again out on track, "now, that had me worried," but it turned out to be the exhaust pipe, it had come a part, and also the gearing was way off the mark, revving the engine far to much. So Sam just stopped the kart so that he didn't do any more damage. With

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different exhaust pipe to try, and a lot less teeth on, "meaning a smaller sprocket which makes the engine higher geared," This time the kart was quick if he slip steamed another kart up hill, but if Sam was out on his own the wind slowed the kart quite a lot, so we put a sprocket on that was half way between, that seemed to work, so Sam was now set for the timed qualifying session.

#### *Sunday Race Day*

The Three Lap practice went well, and it gave Sam time to scrub his new tyres in. "that means wearing the shine off them".

#### *Timed Qualifying*

The normal tactics for Sam is five laps at most, to set a good time and then we can save the tyres for the racing, that went out of the window very quickly as Sam struggled to find enough speed. Sam qualified 11th just 1/100th behind Jon turner, Sam's qualifying lap time was 37.03 seconds an average speed of 76.48 mph this is the quickest track Sam has raced on this year over 100 mph up hill and that is into a flat out blind right handier, were it was possible to get air born if they miss the apex, and of course even faster down hill.

#### *Heat One*

Sam started on Grid 11

For this heat I had changed the gearing back to having less teeth to give Sam more top speed down hill this seemed to work as his times got a lot better, he drove well to finish 7th

#### *Heat Two*

Grid 11 again

Sam finished 8th this time, and his times were identical to heat one, Jon Turner was not having it his way at all, starting on Grid 10 just in front of Sam, but

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finishing 11th in both heats.

#### *Final*

The results from the heats meant Sam qualified 7th on the Grid.

Sam made a cracking start and raced really well, his Average speed was up to 78.56 mph, which I can tell you, is flying.

You should have been there to see Sam's Granddad shouting encouragement at him to get passed Chris Williamson, another driver we know well, this is for 4th place, and to counter him, was Chris's Dad. I think there was a bit of a competition going on between them. Twice Sam got past, but Chris was just too quick in the corners just after the down hill section; Sam finished in an excellent 5 place, with Jon two places behind in 7th.

This now moves Sam up to 12 in the British open Championship and there is one round left, for him to get up in to the top nine 125 open drivers in the country, "Boy was I glad Monday was a Bank Holiday," as it was 3am Monday morning when we arrive back home, we were chuffed to bits with the weekend but tired out. We'll let you know how Sam comes on at Little Rissington.

*Report by Sam's Dad.*

## KILLINGTON W.I.

As an ex-teacher I cannot help thinking that the year starts in September - so here we are at the beginning of another year. In the absence of both our President and Secretary the business of the day was conducted by Wendy F.U. who read through the Federation News and invited members to join in the various forthcoming events. Volunteers were eager to take part in a Quiz Evening to be held at The George and Dragon in Dent in October and we look forward to displaying our wide general knowledge! (Truth to tell we feel somewhat fearful about questions on Pop Music). Our Treasurer reported a healthy situation with recent contributions to funds from the Medieval Market Day and our President's Tea Party.

Our guest speaker for the day was Mrs Norma Cheeseman who showed us a wide range of her hand made cards and then set us to work to emulate her skills. Amid much hilarity and deep concentration various designs emerged and an enjoyable time was had by all. The "Green Door" must have wondered at the sudden upsurge in the sale of children's paint brushes! We were well pleased with our efforts and several of us

## Winder Social Committee

# FUN NIGHT

with The Garsdale Street Band

Licensed Bar ~ Raffle

Fun & Games

7:30pm Saturday 26th October

Masonic Hall, Sedbergh

Limited Tickets @ £8.50

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immediately enrolled for a further course of instruction on Wednesday 2nd October.

Everyone then enjoyed a cup of tea and some delicious biscuits from our two hostesses for the day, Mary Bateman and Joyce Swann (mother of the Post Office). Joyce then won the competition "One I made earlier" (shades of Blue Peter!) with a beautiful hand knitted jumper and Susan Sharrocks won the raffle prize of a couple of pretty coat-hangers and some smellies. *W.F.U.*

## SEDBERGH WANDERERS FOOTBALL CLUB

# DISCO

Saturday 26th October

9pm till late

People's Hall

Admission £2 ~ No Under 16's



## FAMILY MUSINGS

It's been, it's happened, we enjoyed ourselves but now it is all over! What am I talking about? Granny **90th Birthday!** What a fantastic weekend of getting together to celebrate we enjoyed, as many of our extended family as possibly could come did, so did friends, hers, ours and the youngsters friends. Young Thomas, my mothers great-great nephew came in on Saturday wide-eyed at all his relations, soon he was running around on the lawn to be joined on Sunday by his 1 year old cousins, the twins Alex and Charlie and two dogs, the age range was from 90 to 1 years old! Along came one of Mums "girls" from her days at 'Sedgwick's', not seen me for 35 years and somehow expected me to still be a little girl! Also a couple from Whitley Bay, his Mum was my Mums best friend and bridesmaid at her wedding, he hadn't seen me for 40 years! We all kept saying sentences beginning with "Do you remember when...." and so often ended in gales of laughter. The birthday girl sat in her chair smiling and enjoying everyone's company! Good on you Mum, enjoy your 91st year.

Eldest kinder flew to France on the 16th, to study in French at a French college until next February, obviously not taking after me. I was kicked out of a beginners French class after three years! She will be home for Christmas.

Son enjoying the course at Manchester, learning more about Jesus and about sharing his faith. I'm really going to visit him at the end of the month, he came home for Grans birthday and proposed the toast to her at the Cake Cutting Ceremony at 4.30 on her birthday. Gran

cut the cake, we sang Happy Birthday and then he made a short speech, and we drank her good health with Champagne. Until recently I had no idea you can bug PINK Champagne!

Youngest kinder prefers to read nothing about herself in these musings so I'll say no more!

Gardening is high on the agenda now and isn't the weather good? I'm busy planting daffodil, crocus and snowdrops to cheer us up next year. The birds are a constant delight in the garden and so to is our visiting pussy cat, snowball who curls up in the middle of the heather and goes asleep.

Well folks, that's it for this month.

Enjoy yourselves and take care. Life is very precious.

~~~~~

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## TONGUE DIAGNOSIS

As an acupuncturist, I will almost always look at a patient's tongue and people are naturally curious to know what one can learn from this. Since the founding of the People's Republic of China in 1949 many books on tongue diagnosis have been published, which combine information from the classical texts with modern research. The information in this article has been taken from "Tongue Diagnosis in Chinese Medicine" by Giovanni Maciocia (Eastland Press 1987).

The tongue of a healthy person should have a fresh-looking pale red colour and a thin white coating (formed of the papillae on the surface of the tongue), which should be like "grass growing out of soil", that is, firmly rooted and not liable to be scraped off. The coating may be slightly thicker towards the back of the tongue, but otherwise should not be uneven or patchy. The tongue should be supple, free of cracks and not quiver or

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tremble. It should be slightly moist. Children's tongues are more likely to exhibit this state of perfection than adults'. Variations from this give important information about the nature of a person's condition.

The most important feature of the tongue is the colour of the body (as opposed to the colour of any coating which may be present). Redness (compared with the healthy fresh pale red) indicates the presence of heat and a red tip may indicate persistent emotional problems. Red sides indicate excitation of the Liver and a red centre shows Stomach heat. If the tongue body is pale this shows deficiency of Blood or Yang (representing the moving, warming, defensive functions of the body). A bluish or purplish tongue indicates Blood stasis (which can manifest as a stabbing pain, of fixed location) - seek advice about this if you are not already under medical supervision.

The tongue coating relates primarily to the functioning of the Stomach. Note that a healthy tongue should have some coating (see above). Absence of coating or a coating which is patchy or "rootless" shows deficiency. A thick coating results

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from excess, which is likely to be cold in nature if the coating is white and hot if it is yellow. A greasy, slippery or sticky coating (use your imagination) shows internal damp (which can entrain heaviness, abdominal bloating, poor concentration, difficulty getting going in the mornings, tendency to overweight and symptoms, such as depression or joint pain, which are worse for damp conditions).

These are the basics. If you would like more information or if you would like to see the 59 colour photographs in Maciocia's book, please contact me.

I was very pleased to see Carol Dawbarn's response in the September Lookaround to my August article about breakfast. She makes a very good point about bread, which makes it clear that I was somewhat too dogmatic and that I did not give sufficient information. I ought to have said that I was writing specifically for people living in a cold,

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damp climate. It is not that wheat is "bad", but that it is cooling and that wheat flour in particular tends to "clog the system" and cause internal damp (see above). In our climate there is a tendency to this anyway, so that over-consumption of wheat flour is not supportive of good health in this area. It is not uncommon for people who fare badly on wheat bread in this climate to be able to eat bread and olives all day in Greece with no ill effects. In northern climates the traditional staples are barley, rye (both of which dry dampness) and oats (which are warming). Rye bread (from the Village Bakery at Alston) and a range of non-wheat flours (Doves Farm) are available from Booths.

If you want to test the relevance of this for yourself, try abstaining from the major damp producing foods (wheat flour and dairy products) for a month and see if you feel better. Then observe what effect it has if you reintroduce them into the diet one by one.

Please get in touch if you have comments or questions about any of this. My telephone number is (015396) 20972.

*June Parker*

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### **HOWGILL W. I.**

We would like to thank Dent W. I. For their hospitality at the Open Meeting on August 14th. Eight members attended and enjoyed a splendid evening of friendship, excellent enthusiastic speakers and lovely food.

Two member will attend the Council Meeting at the Town Hall, Kendal on Thursday 26th September. Several members will also be attending the Old Thyme Music Hall on 28th/29th October at Kendal Town Hall.

The September meeting was held at Howgill. Speaker for the evening was Felicity Tomlinson, who gave us an insight into her experiences during her life being involved with the clergy.

Living in several different parsonage

houses, with every four years came a change of house. Her memories go back to the age of four years where her father was Vicar living in Leeds in the 1930's. Factory chimneys, back to back houses, black smut, parish parties and horse drawn hearses. Next came an old Tudor house which was supposedly haunted. The year 1941 took her to Windermere where she recalls sailing and ice skating on the lake.

At the age of 13 her father became the Bishop of Croydon. This was during the war when London was hit be bombs and shelters were made in the kitchen, milk carts were driven by ponies. At 18 years of age her father was made Bishop of Lincoln. It was during this time she met and married her husband, who was the

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Vicar of Market Rasen. This was a big vicarage which was big, very cold, and built on a hill. Next was an Edwardian town house, where her children were brought up.

Their next home for them she described as a horrible new house with one big open plan room. Her husband was allowed an extra five years as Vicar of Overton. This was a big family vicarage with a big garden where they spent five happy years. Next came retirement when they could choose their own home which is in Caton near Lancaster. Dilys McCaffery thanked Mrs. Tomlinson for sharing with us these memories.

The competition for a dressed peg doll was won by Lorna Scambler with Mary Silva second. Raffle winner was Patience

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Capstick.

Next months meeting will be held at Firbank on October 3rd. This is the A.G. M. and will commence at 7pm. Our guest will be Federation Chairman Sheila Parkinson. The competition is a Necklace of Autumn Berries. *A. H.*



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Dear Editors,

I was very interested in recent correspondence in Sedbergh *Lookaround* mostly from old boys of Sedbergh School, recalling their journeys in Braithwaite's Buses during their time at the school, and in particular their memories of that wonderful character, Mr. Braithwaite.

I wonder how many former pupils of the school and any others, who like me, remember the scenic train journeys from the North East at the beginning and end of terms, on lines now closed, through Smardale and Kirkby Stephen East to Sedbergh Station, sharing a train, but certainly not a carriage, with Casterton School girls? My itinerary to Sedbergh from Saltburn-by Sea was Darlington, Barnard Castle, Bowes, changing at

Kirkby Stephen East, Tebay and Lowgill. If the line across Stainmore was blocked or under repair we used to take the steam train from Leeds to Skipton, Clapham, Kirkby Lonsdale, and Casterton to Sedbergh Station. Whichever route we took, I will never forget the magnificent scenery, whatever the weather, on these journeys, which to me were such in dramatic contrast to the industrial North-East.

I remember that the train used to draw up at the Sedbergh Station at the end of term with the Casterton carriage deliberately stopped well beyond the platform so that the Sedbergh School boys could not get in. The door between the carriage occupied by the Casterton girls and the Sedbergh boys' carriage was locked. However, in spite of strict

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surveillance by the Stationmaster and Guard, some of us used to find ways of getting round this by running round to the other side of the train and climbing on to the high running board and into the Casterton carriage without being seen - all for the delightful prospect of spending at least part of the journey in the company of GIRLS.

If any other readers remember these trains from the fifties and earlier I would love to hear from them, particularly about epic journeys such as those I remember of crossing Stainmore to Barras Station and the train being held up by snowstorms. This was always greatly enjoyed as it meant a delay in getting back to school after the holidays, and a possible night spent in a farmhouse on the fells. Obviously any similar hold-up

at the end of term on the journey home was definitely not appreciated in the same way.

Incidentally, I am delighted to see that train enthusiasts are in the process of re-opening Kirkby Stephen East Station as a Museum with a fascinating collection of photographs and history of the line prior to it being closed by Beeching in the 1960's. They are planning to run the old steam trains from Kirkby Stephen through Musgrave to Warcop and Appleby and anyone interested in becoming a Volunteer to help clear the lines of vegetation should contact the office at Kirkby Stephen East Station.

*Richard French  
Wilkinstile, Dowbiggin,  
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| Barnsley Lamb Chops                         | £8.90  | Portion of Chips                | £1.80 |
| Marinated Lamb Steak (6oz)                  | £8.90  | Mixed Side Salad                | £1.20 |
| Pork Chop in BBQ Sauce                      | £5.70  | Portion of Mushrooms            | £1.00 |
| Cheese & Ham Pasta                          | £5.70  | Roll & Butter                   | £0.35 |
| Tuna Pasta Bake                             | £5.70  |                                 |       |

# THE HEAD AT MIDDLETON



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## Menu

## **FARFIELD MILL & HERITAGE CENTRE & THE COMMUNITY**

We hope that by now most people have visited Farfield Mill and that they have taken advantage of the free entry tokens published in the Lookaround. If you have not done so yet, find the March and July issues of the Lookaround and cut out your free token OR become a member which gives free access all year round. Membership costs £12 a year for the whole family or £10 if the fee is paid by 30th March each year. Ring 015396 21958 for details or go to the Mill and get your membership over the counter and immediate free entry.

There is no entry charge of course if you are just going to the café or to one of the courses we have started to run. (See advertisement on Page 9.)

TWO events to notice for this month. One special attraction will be the prestigious Annual Exhibition by the Cumbria Craft Guild. We are indeed lucky to have persuaded the Guild to come to this corner of the County this year instead of a venue in central Cumbria. If you enjoy seeing beautiful art and craft, the best in Cumbria, do go along and see the exhibition which lasts throughout October to the 27th. If it is a success we hope they may come back again next year. See advert on Page 6.

In addition classes in recreational arts and crafts are starting on October 9th. At present we have been asked for pottery, weaving and rug making, but please get in touch with us if you have other ideas. These are being run at a very low cost on this occasion to help people on low incomes. We can do this because they are

being supported by the Heritage Lottery Fund, so take this chance now.

September brought us exciting news which will enable the Farfield Arts and Heritage Centre to benefit the community still further. We are in line for grants which will enable us to use a large room on level 2 and much of level 4 for the benefit of the community. A new lift will be put in to level 4 and the level 2 studio will be soundproofed so it can be used for drama, music or social events.

If you have not read the beginning of this, start reading here!

*Your suggestions are needed*

Some of you may remember that last year we undertook a survey in the Maryfell area asking people what they would like to do at Farfield; if they needed transport; and how much they would be able to pay for social or leisure activities. When the building work is finished on levels 2 and 4 at the Centre there are many possibilities ranging from crafts (a social hand-knitting group?) or drama (the co-operative writing of a play?) to music (a session on favourite old 78 records?) or family history. Would some people like to be involved in repairing historic costumes, of which we



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have a wonderful collection, or taking part in oral recordings of dialect and reminiscences? The possibilities are as varied as are the skills and expertise of people living in the area.

There are some people who have the confidence to sign up for what ever is going on; there are some who after the event say, 'I wish I had done that!'; and there are some who know at the back of their mind there is something they really would enjoy doing in company with other people but they never do anything about it. Those especially are the people whom we want to pick up the telephone to Farfield and say, 'What are these community activities all about?' You will always find a very friendly voice at the other end of the line. We would particularly like to hear from Tebay and Howgill, Killington and Firbank, Ravenstonedale and Mallerstang or anywhere in the Western Dales area.

We do need to know now what people want so we can plan a programme. We can look at providing transport. We will put events on at the times people want, mornings or afternoons, weekdays or weekends. Just write, phone or E-mail the Manager at Farfield,

[themanager@farfieldmill.org](mailto:themanager@farfieldmill.org) with ideas or suggestions.

Farfield has to earn its keep as a Visitor Centre but its purpose always has been to work for the community. It is doing its bit to help the local economy, but it is also there to provide a service for the community. The courses and recreational events we are now planning are just the beginning. We expect to develop over the next few years a Centre for community arts of all for the Western Dales area. This is part of the Western Dales Forward Project. It is not the Trust, but you who live in the area, who must decide the direction we go, because the Farfield project is there to serve you.

Pick up the telephone and dial the Mill on 015396 21958 (between 9am and 5pm) or the Secretary 015396 200553 any time with your ideas.

**Western Dales** We are aware this name has not gone down all that well with some people but if you live in Killington or Mallerstang, Firbank or Ravenstonedale the term 'Sedbergh, Garsdale and Dent' leaves you out entirely. The Western Dales of which Sedbergh is undoubtedly the capital is the area drained by the Rawthey, the Clough, the Dee and the upper Lune and was a name commonly in use in the 19th century. It is also used by the Yorkshire Dales National Park. It takes getting used to, but for visitors to the area the 'Western Dales' is associated in peoples' minds with the 'Yorkshire Dales' which is much more widely known than 'Sedbergh'.

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## **YORKSHIRE DALES NATIONAL PARK**

### **DESIGN GUIDE APPROVED**

The Planning Committee of the Yorkshire Dales National Park Authority has formally adopted the 'Design Guide', a new publication, which will now give extra help to people planning to carry out building work in the National Park.

The 'Design Guide' has been written for architects, agents and individuals. It sets out what the Authority is looking for in terms of the siting and appearance of new buildings, as well as extensions to and conversions of existing buildings. It also explains why the Authority is promoting certain design principles throughout the National Park.

Peter Watson, head of planning at the Yorkshire Dales National Park Authority, explained: "What we have set out to achieve with the 'Design Guide' is a publication that will assist anyone drawing up plans for a new building, a conversion or an extension. It sets out some basic design principles, which will allow flexibility, whilst working to maintain the characteristics of traditional buildings in the Yorkshire Dales National Park. It is not intended to be a rigid set of rules, but a publication that will help people draw up their plans.

"The extent to which the unique buildings of the Yorkshire Dales have survived is one of the defining characteristics of the area's landscape. It is hoped that the 'Design Guide' will help to further their protection by encouraging creativity in new buildings without detracting from our built heritage."

The 'Design Guide' details the different design and architectural elements that

need to be considered when drawing up plans, along with guidance on what materials should be avoided. It covers issues such as the scale and size of new buildings and extensions, roof shape and pitch, use of materials, the positioning and use of windows, right through to the use of pipe-work and guttering. By referring to the contents of the 'Design Guide' users will be able to save time, and ultimately money, by bringing forward proposals not out of keeping with the National Park.

The 'Design Guide', which was prepared with assistance from local architects, was circulated for public consultation earlier this year. There were no objections to its contents.

Copies of the 'Design Guide' can be obtained by contacting the Planning Services department at the Yorkshire Dales National Park Authority on 01969 650456 or by emailing [planning@yorkshiredales.org.uk](mailto:planning@yorkshiredales.org.uk).

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*The Lowry and the Imperial War Museum  
(Yrs 7 & 8)*

The War Time Museum was very interesting because there was a big screen, which covered all the walls, and there was a view with 162 steps to get there which was quite tiring but worth it. The place had aeroplanes, a motorbike and women's shoes.

The Lowry was very different to any other museum because it had things for kids to do like making a big head speak and moving his eyes. It was very good and enjoyable for all ages. The place was very brightly coloured in purple and orange. The place is very enjoyable and unreal.

*Freya Leach 8I*

The coach trip to Manchester was long and tiresome, but as we pulled up outside the magnificent modern structure the atmosphere changed, excited eyes glared up at the obscure shiny building.

We crossed the busy road and entered a colourful work of art in itself. There were hands on activities first such as dressing up, operating Britain's Brain and creating films of acrobatic farm animals.

When we'd finished exploring we went on to the gallery, a magical place of a wide variety of fascinating sculptures and excellent paintings. Some sculptures the length of the wall some the size of a shoebox, big, small, colourful, shiny, flat and thin. The paintings were astonishing, some done in pastels some in pencil, some in charcoal.

After a swift lunch with the pigeons we crossed the wobble bridge to the Imperial War Museum, the inside was dark and the extraordinary building was broken up

into three parts to resemble war on land, war on water and war in the air. In the land and water sections there were cars, original medals, tanks, bombs and much much more. The air section was a tall building with a huge staircase and the view from above was fantastic.

However, the highlight of the museum was the detailed slide show, projected off all the walls. The lights were dimmed and a magical, factual story of World War 1 was told.

The whole day was exciting and fun, thoroughly enjoyed by us all.

*Jake Dinsdale Yr8*

## BUTTERFLIES

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

Held in the church rooms at St. Andrews Church, Butterflies currently attracts all ages from newborn to nursery. The group offers a cosy environment for little ones to play and carers to chat over a cuppa.

Butterflies was set up by members of St. Andrew's Church and is run by volunteers. There is no charge for attending, although donations help towards funding new equipment, and refreshments. Currently the most popular play things are those that can be pushed along, or sat on, or both! And we boast the best playdough in the town, (lovingly made by one of our volunteers).

Butterflies runs every Wednesday afternoon, between 1.30 pm and 3.00 pm, during term time. All carers and little ones are very welcome, just follow the rainbow flowers.

## THE MANCHESTER UNITED COMPUTER VIRUS

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The David Beckham virus - This affects newer PC's mainly. The computer looks great, all the lights are on, but nothing works.

The Roy Keane virus - This one is particularly nasty and will throw you out of windows.

The Alex Ferguson - The computer develops a continuous whining noise and the on screen clock runs a lot faster or slower (depending on how your days been) than all the other computers in the

building.

The Fabien Barthez virus - This ones not particularly harmful, but you just can't save anything.

The Neville Bros virus - Just when you think things can't get any worse, this one pops up and causes a calamitous error.

The Ryan Giggs virus - The computer develops a processor problem, whereby it thinks it's better than it actually is, it also experiences dramatic fluctuation in performance.

The Luke Chadwick virus - This is a particularly ugly one.

The Manchester United shirt virus - This one is especially hard to detect as it changes its' format every three months.

*David O'Leary*

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## DIALECT DIGEST

These days, if we're feeling 'badly', we can pop into the chemist for some medicine. In past times, the cures were based on more traditional methods. For instance, for a simple cough, the advice was to 'tie roond thi throat in a muslin bag a live, hairy caterpillar'.

For a sore throat, you should get someone to 'blow sulphur doon it fra a paper funnel, or rub it wi' goosegrease'. Earache, or lugwark, can be eased if you 'fassen 'arf a roasted onion next ti thi lug wi' a muffler'.

Beauty treatments were also somewhat crude. The lines and wrinkles of old age can be got rid of, it is suggested by 'dippin' thi face in a bowlful o' starch and

getting sumyan ti run ovver 'em wi' a flat iron'.

The eradication of pimples had a similarly vicious treatment. 'Use emery paper. Finish off bi rubbin' wi pumice steetan'. Gentlemen with bald heads were advised to 'fertilise t'distressed area wi' a coo clap'.

What did people do before plastic surgery came along? Well, for a prominent nose, for example, you should 'soffen it wi' watter an' leave a weight on it ovvermeet'.

Often the cure seems more painful than the problem, which is probably why our predecessors much preferred to stay in rude health!

*Michael Park*

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## DENTDALE ANNUAL FESTIVAL COMMITTEE

The Festival weekend, 23rd to 26th August, got off to a damp start, but the weather didn't dampen spirits. The first event hosted by Dent Football Club, was a live band, Off the Record, on Friday night in the Marquee.

On Saturday, Dent Pre-School Association held a table top sale, while Friends of Dent School organised a rounders tournament. This had to be abandoned briefly while Dent had it's usual weather system. On Saturday evening, Dent Pre-School Association held a Family Fun Night - games and quizzes for all ages, followed by a disco.

Sunday dawned brighter, and the Craft Fair and Cricket match between the Sportsman's Inn and Dent Brewery drew many spectators. A Treasure Hunt, around Dent, starting and ending on the Sports field, was rounded off by a hog-roast.

Monday saw Dent Gala Queen, Tracy Hodgson, attended by Brogan Stanley and Danu Manners-Armstrong, with help from Kendal Town Crier, lead a Fancy Dress procession from school down to the Sports field, to start the traditional Gala, with sports, stalls and games for all the family.

Additional attractions were the bouncy castles, Punch and Judy show, quad bikes and the Paintball team from the King's Division Recruiting Team in Preston, as well as the second day of the Craft Fair. Glorious sunshine ensured a good day for local people and visitors alike.

Dentdale Annual Festival Committee would like to thank everyone who helped over the weekend, to Andy Lee of FTS, Anthony Cheetham, Jackie Sedgwick, Dent Football Club, and Michael Mudd

for the loan of equipment, and especially to David Baines who, despite temperamental sound equipment, did a sterling job as Master of Ceremonies, and Steve Longlands, who always manages to ensure our power supply, whatever obstacles are put in his way!

Our heartfelt thanks to all who supported us and we hope to see you again next year.

If you would like to become involved with next year's event, please contact the Secretary, Sue Owen on 015396-25505.

## AN OPEN FORUM

We would like to renew our invitation to the discussion meetings which will take place during the autumn and winter months at the home of Alf and Joan Hooper, 4, Highfield Villas, Sedbergh.

These are meetings in which people ask any questions they like about faith, doubt, disbelief, the church and society.

There is complete freedom of expression and consequently a great variety of views. Everyone's convictions are respected and listened to. A Christian view of the questions is presented, but no attempt is made to persuade people to adopt any particular beliefs. It is all very informal. Those who have come to previous meetings have found them stimulating and enjoyable.

The meetings last from 7.45 pm to 9.00 pm. They take place every two or three weeks on Wednesdays. There will be meetings on the 9th and 23rd of October, further dates to be arranged. You could come to just one or two meetings or to the whole series. Newcomers, of any age, are at once made to feel welcome.

For further enquiries, don't hesitate to phone Rev. B. Long on Sedbergh 20577.



## GRANTS IN THE DALES

Grants available for conservation projects in the Dales.

The Yorkshire Dales Millennium Trust is inviting groups and individuals to apply for grants to carry out projects that protect, conserve and enhance the built and natural heritage of the Yorkshire Dales. A wide range of projects may qualify, including community projects, drystone walling, planting woodlands, and restoring old hedgerows and ponds. Grants can cover between 30% and 80% of the cost of projects, depending on the type of project. Application forms are available now and need to be returned to the Trust by **18 October 2002**.

Successful projects will be part of a £3 million programme of environmental and

community improvements known as Dales Living Landscape. The programme is being co-ordinated by the Trust and is supported by a £1.5 million grant from the Heritage Lottery Fund.

Wendy Lawson, Projects Administrator, said, "The Dales Living Landscape programme aims to enable local people and organisations to protect the features and qualities of the Dales that they value. Depending on the response, this may be the last time to apply before the programme ends in March 2004. Although we welcome applications for a wide range of projects, we're particularly interested in projects that involve local people of all ages in looking after their heritage. It's easy to apply and we'll help successful applicants to develop their ideas and attract additional funding where necessary."

The Trust is an environmental charity which works with other agencies such as the Yorkshire Dales National Park Authority, the Forestry Commission, the Woodland Trust, the Environment Agency and English Nature. It was set up in 1997 and since then has helped local groups and individuals to carry out over 450 projects to improve the wildlife, landscape, built environment and community facilities of the Yorkshire Dales.

To get an application form and further details please phone the Millennium Trust on 015242 51002.

For further information, contact David Sharrod, Projects Manager, Yorkshire Dales Millennium Trust, The Old Post Office, Main Street, Clapham, LA2 8DP.

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## OCTOBER GARDENING

Over the past year or so I have been working in a garden whose owners are very fond of Japanese Maples. As the soil there is fairly neutral, albeit not very deep in places, and the site is quite sheltered and partly shaded, these plants should thrive so we have planted a good collection already and plan to introduce some more as more borders are carved out of the lawn and turned over. The plants already in place should soon be colouring up to show their glorious autumn tints.

Some of the best of the Japanese bunch for showing reliable autumn colour are those from the *Acer palmatum* group. *A. palmatum* (which means with leaves shaped like the palm of a hand) has very many cultivars. "Bloodgood" is good purple leaved form which makes an upright narrow tree and "Atropurpureum" is another form, more variable in habit but also with good purple foliage. Both turn wonderful bright reds in Autumn.

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Smaller in stature, but more graceful in habit are the cut leaved forms, the *dissectum* group. *A. palmatum dissectum* "Garnet" has beautiful plum coloured foliage, which turns a rich crimson red in autumn, whereas *A. p.d.* "Viridis" has finely cut, ferny green foliage which turns yellow or orange before falling.

One of my favourite cultivars comes from the other *Acer* group - *Acer japonicum*. "Aconitifolium" has deeply cut, almost rounded leaves which are quite a dark green through the summer but turn to the most wonderful glowing golden yellow, orange, scarlet and crimson in Autumn. This *Acer* is slightly faster growing than most *Acer palmatum* cultivars and makes a small round headed tree.

Anyone looking for Autumn colour, and with a larger space in the garden could do no better than try a beautiful American maple called *Acer rubrum* "October Glory" which colours up reliably to glorious crimson. *A. circinatum*, also from North America, and *A. capillipes*, a snake bark maple from Japan and *A. cappadocicum* another Eastern species all turn a wonderful mixture of fiery yellows, oranges and reds as the season turns.

Elaine Horne



## FARFIELD MILL

It was forthright of Sedbergh & District Buildings Preservation Trust to confirm that their planning application indicated their intention to connect Farfield Mill's sewage output to the small treatment plant located at Farfield Row. It was however extremely misleading of them not to expand upon what happened next, because these inconvenient facts make the remainder of the Trust's article completely irrelevant.

Recognising that the Trust's proposals would result in river pollution, residents of the Row pointed this out to the YDNPA. The Authority then sought the opinion of United Utilities who owned the treatment plant. United Utilities

replied to YDNPA stating that the system was incapable of handling additional throughput and that the Trust would need to make alternative arrangements for the disposal of the Mill's sewage.

YDNPA consequently appended a Condition to the Planning Consent stating: "No use hereby approved shall commence until works for the treatment and disposal of sewage have been completed in accordance with details which shall first have been submitted to and approved in writing by the Local Planning Authority". This presented the Trust with the options of either installing independent sewage arrangements or waiting until United Utilities upgraded the existing treatment plant.

Regrettably, the Trust chose to do neither and instead they connected to the existing works. This overburdened the system and resulted in the river becoming polluted with sewage. Having received confirmation of this from the Environment Agency, YDNPA have now served an Enforcement Order (S/3/35C) upon the Trust.

I feel that nobody is 'discrediting' the Trust more than themselves as they strive to deny that their conduct has led to the pollution of our waterways and attempt to mitigate their actions through claiming rights and quoting and blaming third parties. I am not abashed to recommend that anybody wishing to establish these facts for themselves should consult the Authorities directly. The Environment Agency may be contacted on 01772 339882, United Utilities, on 01925 237000 and YDNPA on 01969 650456

*David Wilson*

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## BROADBAND

You may have heard about BT's Broadband rollout programme.

Broadband is becoming the new way to access the Internet and connection speeds are much faster than modem connections. For us to achieve Broadband connections Sedbergh's telephone exchange would firstly need to be upgraded.

Nationally, BT have decided to upgrade telephone exchanges only when sufficient customer interest has been raised. On this basis may I ask you to please go to the following link and express an interest....  
<http://www.btopenworld.com/broadband/partner/affinity?BCW>

**This will cost you nothing and puts you under no obligation whatsoever. It will however help Sedbergh join the 21st century with regards communication.**

You will see an option here to.... **Check Availability/Register Interest**

If you follow this link you will then be invited to enter your telephone number. This will take you to another page informing you that Broadband is not available in our area. However, on this second page there is an option to **Register your interest and influence BT's future broadband rollout programme**. Please follow that link and complete the simple registration of interest form.

Note that you will need to scroll down below the point where you enter the telephone number to reach the Submit button which is otherwise hidden from view. There is no need to complete the field enquiring "Which products interest you". If all goes well you should finish up with a screen which confirms your

registration.

Having completed your registration you can check upon the running total of registrants by going to <http://www.bt.com/broadband/>

As I write the number of registrations is only 11. I believe that once the total reaches 100 BT will upgrade our exchange. If you forward this email to your other Sedbergh based contacts we should easily reach that figure.

Dave Wilson

**SEDBERGH GALA GROUP**

The Annual General Meeting for Sedbergh Gala Group will take place on Monday 14th October 2002 at 7.30pm at the Peoples Hall Meeting Room (side entrance). The meeting is open to anyone who wishes to know more about the work of the Gala Committee or to comment on the events, which take place. Gala Day, Bonfire Celebrations and the Children's party are all provided for the people of Sedbergh by the Gala group. We know that not everyone is always happy how the events are run so the annual General meeting is your chance to influence events for the future. New ideas are always very welcome, we live in a changing world and it is important to Gala Group to try to respond to what the Sedbergh public wants. If you would like to support the work of the Gala committee or are interested in learning more about what it involves then please come along to the meeting on 14th October. If you would like more information then please ring Helen Joel on 21105



## **'MEAT THE YOUNG ARTISTS'**

### **Local Youngsters on Road to National Finals!**

Two local youngsters - Toby Preston, aged 7 from Sedbergh, and Gaia Manners Armstrong from Dent, have successfully crossed the first hurdle in a bid to win a nationwide competition to find the best drawing or painting of a Guild of Q Butchers shop, created by young artists.

Local Guild of Q Butcher Garth Steadman of Steadman's of Sedbergh explained how the competition is being organised. "First of all each Guild of Q Butcher judged all the entries submitted to his shop and selected the best picture in each age category - under 8 years and 8 to 12 years. Each winner received a £10 gift voucher. The two winning pictures from each shop are now going forward to be judged against the other shop winners in the region and after that the regional winners will go forward to the national final. And the star prize for

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each winner is £1000 of holiday vouchers for his or her family!"

Toby and Gaia's pictures are now going forward to regional judging and will be judged against winners from other shops in the North West.

"Judging for Regional winners takes place on September 30 and the two National winners will be judged on October 25th. So fingers crossed for our two winning artists!" said Garth Steadman.

The Guild of Q Butchers is an organisation bringing together like-minded independent butchers from around Britain whose prime commitment is to quality in every aspect of their businesses. Guild of Q Butchers are renowned for their creative skills and expertise, and so they recognise the same attributes in others. One of the hallmarks of a 'Q' shop is the high standard of both the internal and external appearance of the premises. Entries for the 'Meat the Young Artist Competition' were judged to see which illustrations had best grasped the character and unique identity of the shop.

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## FUNDRAISING FOR KIEV'S STREET CHILDREN

Our charity held a second hand children's toy and clothes sale on Saturday 31st August. The sale was very well attended and it raised £384 on the day, which is great! We even have enough items left to hold a sale in Kendal sometime soon.

I'd like to take this opportunity to say a big thank you to all those people who helped me put on the sale - without you, we could not do it - so "Thank You". A special thank you to my mother, Dorothy, who always supports me, and my grandfather, Mr. Seed, who provided much needed transport. Our fundraising target to buy a home for street children in Kiev is £40K. So far our charity has raised £14,500 over the last 18 months.

Our charity is called "New Beginnings" and is a registered charity which is based in Kendal. We have a lot of connections in the Ukraine and we are certain our goals will be achieved and we can help a few of the poorest children in the world.

If you would like to know more about the children who live on the streets of Kiev, or feel as though you could lend a hand to help us, please feel free to call me for a chat:- Anne Carney on Sedbergh 21738.

Lastly, thank you to all those people who attended our sale - I hope you enjoyed it and got some bargains as well. Thank you for taking the time to read my article.

Anne Carney

## SEDBERGH N. F. U. LADIES GROUP

On Tuesday September 16th in the Committee Room at The Peoples Hall, fifteen members met for the A. G. M. presided over by Mrs. Susan Woof.

Voting took place for the officers for 2003 and are as follows:-

|                                                                                                                              |                      |
|------------------------------------------------------------------------------------------------------------------------------|----------------------|
| President                                                                                                                    | Mrs. Helen Woof      |
| Vice President                                                                                                               | Mrs. Barbara Escolme |
| Secretary                                                                                                                    | Mrs. Kath Milburn    |
| Assistant Sec.                                                                                                               | Mrs. Hazel Jackson   |
| Treasurer                                                                                                                    | Mrs. Kath Mason      |
| Asst. Treasurer                                                                                                              | Mrs. Susan Bateman   |
| Programme Sec.                                                                                                               | Mrs. Barbara Escolme |
| Press Secretary                                                                                                              | Mrs. Mary Harkness   |
| Committee members:- Mrs. Linda Killops, Mrs. Joyce Burrow, Mrs. Dorothy Pratt, Mrs. Mary Dormand and Mrs. Eleanor Greenbank. |                      |

This was followed by a Jacob Join Supper. The raffle was won by Mrs. Barbara Escolme. Tea Hostesses were Mrs. Glenys Fowler and Mrs. Hazel Jackson.

We then discussed arrangements for the forthcoming charity event - a Fashion Show to be held in the Peoples Hall on Thursday 17th October in aid of The Salvation Army.

Also we discussed our annual meal out which takes place in

November. The next meeting is an "Any Questions" in the Committee Room at The Peoples Hall on Tuesday 15th October. All ladies are welcome.

H. J

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## SETTLEBECK HIGH SCHOOL

### *Year 9 Successful learners course.*

In the last week of the summer term our Year 9 students took part in Settlebeck's Successful Learner Course, which involved them in problem solving and team building activities as well as preparation for their GCSE courses this year. We camped for 2 nights on Settlebeck's field and over 3 days enjoyed a wide range of interesting challenges, as well as a visit to Latino's restaurant in Kendal and the film *Minority Report* (much loved) or *Scooby Doo* (for a minority – generally impressive). Here are some of our student's reactions.

'I found the bridge building good because it was a real good laugh and it worked!! The teachers then went across and Miss Brown nearly fell in. Then we went across each other's bridge and 5 of our team fell in.'

'I remember the night hike when we thought we were lost but we had just had to go on further. Bonsall led the way (all the way). At the end of the camp I cleaned up my part of the tent then Bonsall chased me half way round the field because I wouldn't clean up the cooking stuff.'

'Swimming against the water at the weir was great. I realised that the water is a lot stronger than me because it has natural perseverance. Something I wish to acquire.'

'The coracle building and sailing was very good and our team argued a bit at first, but then it all came together and it looked good with the flag and the paddle. Sailing it was fun – it took quite a long time to get across but it was worth it.'

'The camp was great. I enjoyed being all together and doing our group activities! The best bits were getting lost on the walk with Sally's map skills and having a real laugh at the restaurant and night out with the other year 9 students.'

'It has shown me how very important the next 2 years will be and how school will change for us. It has shown me a better way to study and learn.'

HW 27/10

## AUGUST WEATHER

Rather like the curate's egg August weather was good in parts. It got off to a wet and blustery start with 1 1/2 inches of rain falling over night on the 1st. The winds were gusting up to 15mph from the north west. Pressure was fairly steady throughout the month varying between 29.29 inches of mercury and 29.83 inches. Towards the latter part of the month pressure rose slightly and with the wind in a south easterly direction a more settled spell was witnessed.

Unfortunately it had to spoil itself with nearly an inch of rain during the 29th and 30th. August in fact ended up the driest month since April with 2.84 inches. By the end of the month the swifts and most adult swallows had left the area. Some martins, which were late arriving, were on their third nest in deepest Deepdale. Butterflies seem to have been in short supply with us this summer. I have not seen a Comma and very few Painted Ladies this Year. I have seen some very exotic tropical rainforest butterflies but that's another story! Back to Sedbergh I have not seen a baby blackbird at all this year. Most of the other common birds seem to have reared broods successfully.

## OCTOBER REFLECTIONS

The arrival of our September *Lookaround* was even more momentous than ever, because the front of its envelope was adorned with a picture of Sedbergh.

Different from the usual! There was before me the bustling Main Street.

What a tonic. All so sunny and bright, and I realised that one of the greatest attributes of *Lookaround* is its positive thinking.

But, I was shattered by the allegation, that Sarah Woof, sits on a committee which never does anything! (Page 47).

That, being the committee of the Dent Memorial Hall, I assume, because of the heading of Sarah's piece regarding the Gala to raise money for the hall.

Well, I'll grant you, they say there is no such thing as bad publicity, but when I have visited Dent and seen the amounts of work which go on, for the Memorial Hall, and the money raised, I'm positive - not negative.

Where would we all be if daily life is approached in negative fashion?

To prove my point about publicity, I am sending Sarah a small donation, to the Dent Memorial Hall, with the message: Well Done committee.

Well, my friends, hope peeped into my life! It stayed awhile. Dallied a little and then thought better of it.

To return to Lookaround-land.

Oh, my delight as we planned just five days away, or maybe, a week, staying in the lodge of an hotel. No stairs and easy walk-about for Dackie - Brandy!

But reality is odd. It comes at us, it stings where the flesh is its most tender, and nearest to where the heartache tugs.

It pointed out the insanity of us being let loose on the M6! And with it came fear!

And, we had to consider my wavering health which clocks off every other day for re-charging! Joan-zapped.

I always said I'd have won my all time battle, when I returned to Lookaround-land. But, a nice day of bustle chat deems me as dashed as a bat the next day!

Oh, I knew it! We both did. It was nice looking forward to it though!

And, it was not meant to be, because a few days later there was a massive, tragic pile-up on the M6 not far from where we get on to it, from the M56. Four people lost their lives.

Summer was busy at the seaside, though it was a terribly short season. Back to the six weeks of yester-year. No more, no less.

The new A55 Coastal Expressway has opened us up a bit! Never have we seen as many different types of water sport going on at the same place at the same time! And here!

The noise! One day, Brandy sitting on the lawn beside the sea, was so shattered by the row, she did a massive leap on to Sir's knee a few yards away. A jump-jetting-Dackie!

And this is a dog well used to big jet aircraft flying noisily around her. Especially now, as more and more of the fighter planes are coming in for extra training, we presume, in readiness for the Gulf.

Time is terrifying! Where does it go? As one working up to one month ahead on some of my copy, I'm beginning to panic about Christmas!

I always enjoy reading *Family Musings*



in *Lookaround*. And, I feel I'd like to extend sympathy to its writer, who has recently lost two very great friends.

Indeed, the piece gave true lesson once more, to make the most of our families and friends.

Death is so often so quick and rarely is there time or occasion to say goodbye.

I suppose we should be perfect people - people who, in an ideal world, would behave towards those we love and cherish, as if every day were their last, and ours too.

It is no secret that I must fast be running out of my nine-lives! One sensational scrape after another has left me typically human.

Forgetting the emotions of finality easily and often.

But, since I'd rather my life by like any other normal being, and not like a saint-in-waiting, I must accept my failings.

The one thing I have learnt is that, in comparative comfort and without embarrassment, I can converse with those who know that they are facing the end of life, and the mourners too, whose loss seems unbearable and, at whatever age, unnecessary.


Which I consider to be a valuable gift wrought from experience, though many would pour cold water on all that, claiming me to be the chatterbox I am, by nature!

And so, I bid you farewell for another month. To all those who I have had the pleasure of knowing, and from whom I've reaped such happiness, I offer my love and my hand of friendship. With a tinge of sadness, that our paths don't meet.

*Joan Stockdale*

## SEDBERGH SQUASH CLUB

At the end of a very successful season Sedbergh Squash Club held its annual Club Championships. John Bannister took the men's title after an enthralling match against Ormonde Joel, and Trish Cooling beat Fenella Davis to claim the women's title. The cups were presented at the annual club dinner at The Bay Tree.

After a lull over the summer months the squash leagues are in full swing again, and the club is looking forward to seeing old and new members down on the courts. Club night is every Thursday from 8pm and all levels of ability are very welcome. There is also coaching for juniors which is held on the last Saturday of each month. If you wish to join please contact Ormonde Joel on 21105. 

## JOHN SOUTER

21 Fairholme, Sedbergh

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ALL RUBBISH  
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### **To all the staff at Settlebeck:**

A big thank you too all of you (and I don't mean just the teachers) for your part in ensuring that Amy had a very happy and successful five years at Settlebeck. Choosing a school for our bright and energetic daughter at age 11 was something of a dilemma for us, but Amy knew where she wanted to go. We put our faith in Settlebeck then and as time passed we became more convinced that the choice was right.

Amy's splendid set of GCSE results puts the icing on the cake. Yes, she did work hard and she is well motivated, but I know that such results are not possible without a skilful and supportive teaching staff. Her teachers have given her so much encouragement and confidence, but most importantly the incentive to aim that little bit higher. I am amazed by your ability to cope with such a wide ability spectrum and ensure that bright pupils aim high whilst the less able are not discouraged.

Academic success is important but it is only part of the story. Most importantly Amy has enjoyed her time at Settlebeck. She has made so many friends. Thank you to all the staff who put their time and effort into extra curricular activities - the school sports teams, the outdoor activities, the school productions and the musical events. Amy has been able to take part in all of these.

A small school has its pros and cons but I think the pros win. No student is anonymous at Settlebeck. The class sizes are smaller than most schools. Some people think that a forced change at sixth form level is a disadvantage. It seems to me that the students benefit in maturity

from being at the top of the school in Y11. Amy is now ready for a change and is happy to move on to Queen Katherine. At Settlebeck she has developed an ability to work independently and organise herself, excellent preparation for study at A Level and beyond.

So - no regrets - yes Amy made the right choice and we had the fortune to see that it was right for her.

Many thanks

*Pauline Symonds*

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### **THOUGHT FOR THE MONTH**

Who remembers 'George and Mildred' the ultimate odd couple in a series of the same name on TV in 1970's or 1980's? Mildred was vain, snobbish and domineering, George shy, timid and henpecked. Together they made a great partnership - are you old enough to remember the series?!

Opposites attract sometimes and it doesn't half make life interesting, we all need other people even if their opinions are different to ours. We also need something to believe in. Whatever that is for you I hope it helps you cope with the ups and downs of life as my belief in Jesus, the Way, the Truth and the Life does for me and many others. *L.D.*



Dear Editor,

In Lookaround last month I read an article on twinning. I wondered if the majority of your readers were aware of what is behind this scheme? I do not know whether the committee are doing this in all innocence or do they have ulterior motives? The scheme is one hatched up in Brussels to promote the EU. The conditions under which members of the scheme partake is to promise to promote the EU. As for "grants" or "funding" the EU is very generously giving back our own money! The UK is a net contributor to the Brussels coffers. Currently we, the UK tax-payer, pays out £1.4 millions every single hour of which we get back a mere £600 000! The deficit actually coincides with the amount Spain receives as a net recipient.

Its wonderful that when our NHS, Social Services, Education, Police etc. are short of cash we are "happily" subsidising one of our competitors! If you remember what happened to our Coal and Steel industries, our fishing industry, in the name of European integration, you might get some idea what is currently happening to farming. Who benefits from this twinning idea? If it is anything like previous towns in which I have lived the answer is very few. A few councillors get all expenses paid trips to meet their counterparts in the other town and the EU gets some publicity. I am sure if the general public had been asked, just knowing these few facts, it might be a different story. I am sure there would be more to gain from a liaison with Hay on Wye as they know a thing or two about books.

Incidentally my figures can be checked in Hansard and HM government's "pink book".

*Brian Wright*

### **NATIONAL BBQ WEEK THE WINNING TICKET**

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

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

Garth Steadman, proprietor of Steadman's, was delighted that Tracy was the winning entry. She is a regular customer and shops at Steadman's because she knows that the range of beef, lamb and pork served is locally produced to a high standard and tastes the best! Garth commented that "It is great that someone who is so keen to support local producers has won. We've known Tracy for a long time now, and we've made sure that her barbecue pack is full of all her favourites".

This is the second year North West Fine Foods has organised and sponsored the BBQ competition. Numbers of entries has increased from 300 to over 500 this year. The increase in entries has been down to the number of North West Find Foods members taking part. So congratulations to the 14 members who took part and made this another successful competition.

\*\*\*

## DENTDALE W.I.

The first meeting of the Autumn session found members of Dentdale W.I. in a thoughtful mood as we listened to Andrea Booth (Director) and Hilary Prior (Fund-raiser) of the Lancaster and District Branch talk about The Samaritans. We were reminded that Samaritans are available 24 hours a day to provide confidential and emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide. We were told that last year the branch received 27,450 contacts. From September 2001 messages were also taken on e-mail. There are approximately 100 volunteer members at the branch to maintain this most worthwhile of services. Following a wide range of questions Dorte-lis Powell gave the vote of thanks.

During the Business meeting Members were thanked for their efforts in baking for and manning the Cake stall at the Dentdale Gala. We had managed to take £207 towards maintaining the Dent Memorial Hall.

There were a good number of attractive entries for the competition for Autumn leaves and berries in a vase. Betty Hartley was judged the winner, which wasn't surprising as Betty has produced so many of our floral arrangements over the years.

Saturday 14<sup>th</sup> September saw members hosting a Coffee Morning in the Memorial Hall Dent. As well as the traditional produce stall there was a well-stocked book stall and white elephant stall and raffle and our thanks go to all who supported us to raise over £200 for funds.

Next month our Speaker will be Michael Webster talking about his

experiences as Butler to the Queen.

We should be pleased to welcome any new members

\*\*\* \*\*

## BRIGFLATTS MUSIC MATINEE

Brigflatts Meeting House was filled with the sound of music on a Sunday afternoon, 15th September. A small audience of local people, plus a large group of walkers who happened to come by, heard an excellent trio - Helen Beare, cello; Judith Bush, descant and treble recorders; Roger Bush, keyboard - play a variety of music ranging from Baroque to Danny Boy.

Then Judith Bush explained something of the history of an instrument called an ocarina, examples of which are found in many different countries; an ocarina is a simple round shape with holes to be covered by fingers and a mouth-hole to blow into. Some well known tunes were played by an ocarina group, using both small (alto) and big (bass) ocarinas, and making use of harmony. Also demonstrated was a duet ocarina - equivalent to two ocarinas put together so that it is possible to play both tune and harmony at the same time. Ann Wright one of our local ocarina tutors, then gave out ocarinas to the audience - and within ten minutes the Meeting House was ringing with "Twinkle Twinkle Little Star", "Frère Jacques" and so on - because ocarina music has its own picture notation, very easy to read.

All this, followed by tea, scones and cakes out on the lawn made for a very happy afternoon. Brigflatts Meeting thanks all the musicians who gave so generously of their time and expertise, much appreciated by everyone who came. Thanks also to the Peppercot Club for the use of the Ocarinas. V.F.



## **YORKSHIRE DALES NATIONAL PARK**

The Countryside Agency is currently advertising one of the 26 'member' posts on the Yorkshire Dales National Park Authority which is one of the most important roles in the National Park.

The new member will be appointed for a term of three years, from April 2003, by the Secretary of State for the Environment to represent the wider public interest on the Authority.

David Butterworth, chief executive of the Yorkshire Dales National Park Authority, said: "Secretary of State members are appointed to represent the national interest on the Authority. Through the experience they bring, they are expected to balance the needs of the residents and visitors with the conservation needs of one of the most precious landscapes in the country.

"It is a voluntary post that demands time and dedication, however, there is satisfaction to be gained from taking an active role in the conservation, enhancement and promotion of one of the nation's foremost National Parks."

The Secretary of State is particularly keen to increase representation from urban users of the National Park and those with experience in youth work.

Members take an active role in setting the Authority's agenda for formulating and monitoring policy. Members also sit on specialist committees in addition to representing the Authority on a number of outside bodies and at public engagements.

The closing date for applications is 7

October. Information packs are available from Carol Foster at the Countryside Agency, John Dower House, Crescent Place, Cheltenham, Gloucester GL50 3RA, Tel: (01242) 533284 Fax (01242) 584270. email: [carol.foster@countryside.gov.uk](mailto:carol.foster@countryside.gov.uk).

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## **FLU VACCINATION**

Due to the shortage of space at Green Close Surgery, Kirkby Lonsdale, the Annual Flu Vaccination session will be held in:-

**Kirkby Lonsdale Institute on  
Wednesday 16th October**

For everyone aged 65 years or over, or in the following clinical risk categories:- Chronic Respiratory Disease including Asthma, Chronic Heart Disease. Chronic Renal Disease, Diabetes and immunosuppression.

For an appointment please ring 015242-71210.

### Dear Editors

I would like to congratulate everybody who had a hand in organizing and putting on the recent Sedbergh Market Fayre.

The little I saw of it (we were so busy in the shop) impressed me greatly. It certainly brought many extra people into Sedbergh and resulted in much more business for local shops. It is just the sort of annual event that the town needs to make us less dependent on walking and help us to fully recover from last years Foot and Mouth tragedy.

In particular I would like to say thank you to the Sedbergh 'ladies Mafia' who spent 9 months organizing the event and without whom it wouldn't have taken place; namely Anne, Lyn, Sue and Suzie and in particular the "Don" herself Joyce. Didn't they look magnificent in their costumes on the day?

I know they are already thinking about next years event and trying to improve on it. The event itself cost £1000 to stage, the majority of which was raised from sponsorship! So all you local businesses, when you look at your takings for the day and you receive a request for sponsorship next year, please dig very deep if you want the Fayre to continue.

*Syd McLennan*

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## SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

The County Council have asked for the views of visually impaired people as to the recent traffic changes in Kendal. This request was discussed at the recent Sedbergh group meeting. The consensus was that the situation was felt to have improved. Because the traffic in Stricklandgate had decreased the road was found to be easier to cross. Also, the tactile aids on the street crossings that used traffic lights were found to be a tremendous help. These aids are in the form of cones situated beneath the request push-buttons. They can be felt to rotate once the "green man" appears, indicating that the road is safe to cross. It was also felt that the free shuttle bus would be of help.

The discussion concerning getting around in Kendal brought up the difficulty of getting around safely in Sedbergh. All of the mobile people in the group expressed fear of crossing roads because of the speed and quantity of traffic. Station Road and Back Lane were mentioned specifically in this regard. The narrow pavements in some areas also presented a hazard.

Crossing a road can be quite a feat of courage for someone with sight loss, even when using a zebra crossing and with a white cane. There has to be some trust that the oncoming vehicles will actually come to a halt! Some people relied on their hearing to ensure that there was no noise of approaching traffic before they crossed. For others there was no possibility of going out alone because of the road hazards.


*Jennifer Levitt*



## **SEDBERGH BONFIRE CELEBRATIONS**

Please come along to the 2002 Sedbergh Bonfire Celebrations on 2nd November at 7.00 pm. As a new attraction students of Suzan Sedgwick's school of dance will be performing a live Bonfire dance. Also a Fancy Dress competition will be held with cash prizes. This is open to adults and children. We would love to see lots of Witches and Wizards and live 'guys' (there is a guarantee that you will not be put on the fire by mistake). Don't forget also to bring a turnip or pumpkin lantern and a model Guy (he can go on the bonfire!).

There will be lots of Bonfire food on sale and we all know how tasty a baked potato is eaten outside on a starry night. Games and stalls including coconut shy and apple bobbing as well as tombola will be available. Gala group spends over £1000 on fireworks and the display is always the highlight of the evening. Entrance to the field is free to those aged 16 and under and only £2 for adults.

No rubbish will be collected and please do not deposit any rubbish on the fire. It is important for Health and Safety reasons that the contents of the bonfire are controlled by the Sedbergh Gala committee members. Thank you. 

## **WELL WOMAN AND FAMILY PLANNING CLINIC**

I regret to inform you that as a result of ongoing cuts in the Local Primary Care Trust, this Clinic will cease as of the end of 2002. I would like to thank all those clients who have supported this service in the past.

*Dr C Tupper*

## **TETLEY SHIRE HORSE DAY**

Another successful day this year was had by all - we managed to raise £360 for "Sedbergh Playground" which was mainly down to all the Dalesman's suppliers donating food for the Buffet and BBQ - these were JMP, Garth Steadman, Powell's, Lakeland Seafood, Watson & Woolard, Richard Lyon, and Slacks.

And of course a huge thank you to all the staff at the Dalesman both kitchen and bar who all worked extremely hard to make it one of the best yet. Again a thank you to all the local residents who put up with the loud music at night for charity. Thanks again. *Mike and Jude*

## **C J Elphick & Son**

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## **COFFEE MORNING**

William, Mary and family would like to say a very sincere thank you to all who supported the Coffee Morning which was held at Waterside Farm, Firbank on 31st August. To those who took charge of stalls, the coffee makers and "washers-up", not forgetting the gate-keeper and all who gave generous donations.

The final sum raised amounted to £560, which has been divided between Down's Syndrome Association and Mencap.

Grateful thank to you all for your support.



## SETTLEBECK HIGH SCHOOL

### LOST

Over the summer holidays we managed to lose 30 metres (36 yards) of strong steel mesh (approx 1.5 metres high (6 feet)) from the inside of the tennis courts at Settlebeck. Or to be more precise someone came along and stole it. 20 metres (22 yards) were unbolted and removed on the first occasion and one day later another 10 metres (12 yards) were removed. This mesh was purchased by the school this year to prevent the tennis court netting being damaged by footballs and the cost was nearly £1,000. The cost of replacing the stolen mesh will be about £300 and the school cannot be insured for such damage. The £300 will therefore have to be found from our school budget and will be £300 we would have spent on the education of Sedbergh students. If anyone has any knowledge of where this mesh might be we'd be very grateful to have it back.

In addition there was a spate of egg and flour throwing during the holidays. The school and several houses in the locality were affected. I'm keen to find out who did this and would appreciate information from anyone witnessed this behaviour.

### OPEN EVENING

It is Settlebeck's Open Evening on Wednesday 16th October at 7 p.m. Year 6 parents are of course invited but also any other interested members of our community who would like to see the school in action (students will be on hand to demonstrate their skills) would be very welcome. Come and see what makes Settlebeck so successful - with 67.5% 5 A\* - C we once again had an outstanding set of GCSE results this summer.

## SEDBERGH SCHOOL

### The Local Boys Fund

The committee of management will meet on November 15th to consider applications for grants for educational tuition and facilities for boys resident in the parishes of Sedbergh, Garsdale and Dent.

The fund does give priority to local boys attending Sedbergh School but it also considers applications from local boys attending any other centre of learning.

Anyone wishing either further information or to apply for a grant should contact the Secretary, Joyce Priestley, Havera Bank, Sedbergh. Telephone 015396-20104.

AMM 015396 20104 015396 20104

## 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

## DENT GRAMMAR SCHOOL EDUCATIONAL FOUNDATION

### 2002 - 2003 Bursary Awards

All 16 applications for the annual education grants for students from Dent aged 11- 25 were successful this year. Seven grants of £200 were given to applicants aged 16 and over and seven of £80 for those aged 11 to 15.

There were also two other awards of £60 and £50."

AMM 015396 20104 015396 20104



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### ALMSHOUSE

A vacancy exists in the almshouses at Palmers Hill. Each house is spacious and consists of a bedroom, sitting room, bathroom, kitchen, pantry and storeroom. The house available has night storage heaters installed. There is a small garden attached to the house and the trustees of the almshouses are responsible for cutting the grass. The house is close to the shops and the walk to them avoids the need to climb hills. The weekly cost is low and residents can claim housing benefit from SLDC if they qualify. The conditions for being an almsperson are to be a woman over 55 and of limited means.

Anyone interested in viewing the house or in applying to become an almsperson please contact the clerk to the trustees - Mr. R.W. Cann, 31 Loftus Hill, Sedbergh. Telephone Sedbergh 20771.

## J J MARTIN

### Funeral Service

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### FOUND - NEW HOME FOR UNWANTED MOBILE PHONES

Action Aid can raise up to £25 from your old mobile phone. Action Aid is a charity, which provides education for children in the Third World and runs long term projects for their communities to provide such basic necessities as clean water and health care. They collect phones to sell to companies who will strip them for parts or distribute them to countries where lack of landlines restricts communication.

Why not dig out that old phone and drop it into us at Sedbergh Outdoor Leisure, Main Street and we will forward it to Action Aid.

They also recycle your toner and ink cartridges and Janice at Sedbergh Office Services has a collection point in the office for these.

Many Thanks. *Syd & Lyn McLennan*

## ALL OCCASIONS FLORISTS

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| ORGANISATION                           |  | CONTACT            | Tel: 015396 |
|----------------------------------------|--|--------------------|-------------|
| Action Research                        |  | Mrs Bainbridge     | Sed: 20044  |
| Age Concern                            |  | Mrs Alderson       | Sed: 20814  |
| Age Concern Monday Club                |  | Mrs Winder         | Sed: 20512  |
| Age Concern South Lakeland PH (M, & F) |  | Mrs Hancox         | Sed: 21986  |
| Angling Association                    |  | Mr Dandy           | Sed:        |
| Art Society                            |  | Miss Nelson        | Sed: 20034  |
| Baby & Toddler Group (Howgill)         |  | Mrs Stainton       | Sed: 20665  |
| Baby & Toddler Group                   |  | Mrs Packham        | Sed: 21484  |
| Badminton (Dent)                       |  | Mrs Rushton        | Dent: 25306 |
| Badminton (Sedbergh)                   |  | Mr Mason           | Sed: 20565  |
| Beekeepers Association (S & D)         |  | Mr Fraser-Urquhart | Sed: 20902  |
| Bowling Club (Queen's Gardens)         |  | Mr Killops         | Sed: 20279  |
| Bowling Club (Indoor)                  |  | Mrs Greenbank      | Sed: 21720  |
| Bridge Club                            |  | Mr Mr Stanton      | Sed: 20901  |
| Buildings Preservation Trust (S & D)   |  | Mrs Lamb           | Sed: 20553  |
| Caving & Potholing Club (Dent)         |  | Mr Stephenson      | Sed: 21285  |
| Chamber of Trade                       |  | Mrs Rusling        | Sed: 20788  |
| Christian Aid                          |  | Mrs Hannam         | Sed: 20897  |
| Conservative Association (Sedbergh)    |  | Mr Beck            | Sed: 20336  |
| Cricket Club (Dent)                    |  | Mr Smith           | Dent: 25209 |
| Cricket Club (Sedbergh)                |  | Mr Wright          | Sed: 21038  |
| Cumbria Wildlife Trust                 |  | Mrs Garnett        | Sed: 21138  |
| Dentdale Choir                         |  | Mrs Bush           | Sed: 20058  |
| Dentdale Festival Committee            |  | Mrs Owen           | Dent 25505  |
| Dentdale Players                       |  | Mrs James          | Dent: 25037 |
| Dent School (Friends of)               |  | Mrs Mason          | Dent: 25461 |
| Dog Training (Sedbergh)                |  | Mrs Robertshaw     | Sed: 20316  |
| Farfield Mill Arts & Heritage Centre * |  | Mr Clark           | Sed: 21958  |
| Fire Service (Tuesday Evenings)        |  | Mr Packham         | Sed: 20302  |
| Football Club (Dent)                   |  | Mrs Burrow         | Dent: 25434 |
| Football Club (Sedbergh)               |  | Mr Moffat          | Sed: 21797  |
| Gala Group                             |  | Mrs Cox            | Sed: 21820  |
| Golf Club                              |  | Mr Lord            | Sed: 20993  |
| Good Companions (Dent)                 |  | Mrs Woof           | Dent: 25275 |
| Gladstone House                        |  | Mrs Mackereth      | Sed: 20346  |
| Guides                 Rainbows        |  | Miss Stephenson    | Sed: 21731  |
| Brownies                               |  | Mrs Metcalfe       | Sed: 20949  |
| Guides                                 |  |                    |             |
| Help Tibet Northern Branch             |  | Mrs Howarth        | Sed: 20090  |
| Hockey                                 |  | Miss Capstick      | Sed: 20259  |



|                                                  |        |                 |             |
|--------------------------------------------------|--------|-----------------|-------------|
| Howgill Harriers                                 |        | Mrs Moffat      | Sed: 20907  |
| Howgill Schoolroom *                             |        | Mrs Stainton    | Sed: 20665  |
| History Society                                  |        | Mrs Scobie      | Sed: 21106  |
| Kent Lune Trefoil Guild                          |        | Mrs Taylor      | Sed: 20440  |
| Ladies National Farmers Union                    |        | Mrs Woof        | Sed: 21343  |
| LETS around Sedbergh                             |        | Miss Wheaten    | Sed: 20959  |
| Liberal Democrats                                |        | Mrs Cleasby     | Dent: 25476 |
| Masonic Hall                                     |        | Mr Conchie      | Sed: 20660  |
| Playgroup, Toddlers & After-School (Sedbergh)    |        | Mrs Stainton    | Sed: 20665  |
| Over 60's (Dent)                                 |        | Mrs Murdoch     | Dent: 25335 |
| Parish Council (Dent)                            |        | Mr Dalton       | Dent: 25436 |
| Parish Council (Garsdale)                        |        | Mr Holden       | Sed: 21577  |
| Parish Council (Sedbergh)                        |        | Mr Stanton      | Sed: 20901  |
| People's Hall                                    |        | Mrs Beare       | Sed: 21339  |
| Peoples Hall Day Centre (Mon & Fri)              |        | Day Centre      | Sed: 21126  |
| Pepperpot Club (Sedbergh)                        |        | Mrs Smith       | Sed: 21196  |
| Pistol and Rifle Club                            |        | Mr Middlemiss   | Sed: 20662  |
| Rag Rugger *                                     |        | Mrs Henneidy    | Sed: 20899  |
| Residents Association (S & D)                    |        | Mrs Capstick    | Sed: 20816  |
| Royal British Legion (Men)                       |        | Mr Gray         | Sed: 21884  |
| Royal British Legion (Women)                     |        | Mrs Bateman     | Sed: 20474  |
| Scouts                                           | Cubs   | Mr Askew        | Dent: 25465 |
|                                                  | Scouts | Mr Mawdsley     | Sed: 20723  |
| Settlebeck High School P.T.F.A.                  |        | Mrs Denton      | Sed: 20521  |
| South Lakeland Carers Association                |        | Mrs Bartle-Ross | Sed: 23334  |
| South Lakeland Voluntary Society for the Blind * |        | Dr Noble        | Sed: 20100  |
| Squash Club                                      |        | Mr Close        | Sed: 21000  |
| St. John Ambulance                               | Cadets | Mr James        | Sed: 25037  |
|                                                  | Adults | Mr Winn         | Sed: 21096  |
| Swimming Club                                    |        | Mrs Brooks      | Sed: 20912  |
| Tennis Club                                      |        | Mr Ellis        | Sed: 20344  |
| Town Band                                        |        | Mr Waters       | Sed: 20457  |
| White Hart Sports and Social Club                |        | The Committee   | Sed: 20773  |
| United Reformed Church Rooms                     |        | Mrs Mason       | Sed: 20048  |
| Westmorland Gazette Correspondent                |        | Mr Hinson       | Sed: 20118  |
| Women's Institute (Dentdale)                     |        | Mrs Fothergill  | Dent: 25257 |
| Women's Institute (Frostrow)                     |        | Mrs Dormand     | Sed: 21178  |
| Women's Institute (Howgill)                      |        | Mrs Scambler    | Sed: 20603  |
| Women's Institute (Killington)                   |        | Mrs Sharrocks   | Sed: 20754  |
| Young Farmers Club                               |        | Miss Winn       | Sed: 21699  |
| Zebras                                           |        | Mrs Swallow     | Sed: 21034  |

# BUS SERVICES

## Sedbergh to Kendal via Oxenholme

### Monday - Friday

|       |     |      |    |   |
|-------|-----|------|----|---|
| 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  |   |

### Saturday Only

|       |  |      |    |   |
|-------|--|------|----|---|
| 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

### Monday - Saturday

|       |     |     |    |   |
|-------|-----|-----|----|---|
| 09.05 | M-F | 564 | GP | ✧ |
| 11.15 |     | 564 | GP | ✧ |
| 14.15 |     | 564 | GP | ✧ |
| 16.50 |     | 564 | GP | ✧ |

### To Kirkby Lonsdale

|       |     |      |   |   |
|-------|-----|------|---|---|
| 09.45 | Thu | 567A | W | ✧ |
|-------|-----|------|---|---|

### 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

### Wednesday

|       |  |      |   |   |
|-------|--|------|---|---|
| 12.05 |  | 564B | W | ✧ |
| 14.15 |  | 564B | W | ✧ |

### Saturday

|       |  |      |   |   |
|-------|--|------|---|---|
| 10.15 |  | 564A | S | ✧ |
| 14.55 |  | 564A | S | ✧ |

## Kendal to Sedbergh via Oxenholme

### Monday - Friday

|       |     |      |    |   |
|-------|-----|------|----|---|
| 08.35 | S&H | 564  | GP | ✧ |
| 08.35 | Sch | 564  | W  | • |
| 09.30 | Tue | 804  | W  | • |
| 10.30 |     | 564  | W  | • |
| 10.45 |     | 564  | GP | ✧ |
| 11.30 | Wed | 564B | W  | • |
| 13.30 |     | 564  | W  | • |
| 13.30 | 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  | • |

### Saturday Only

|       |  |      |    |   |
|-------|--|------|----|---|
| 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

### Monday - Saturday

|       |     |     |    |   |
|-------|-----|-----|----|---|
| 07.11 | M-F | 564 | GP | ✧ |
| 09.21 | Sat | 564 | GP | ✧ |
| 09.30 | M-F | 564 | GP | ✧ |
| 12.11 |     | 564 | GP | ✧ |
| 14.51 |     | 564 | GP | ✧ |

### From Kirkby Lonsdale Square

|       |     |      |   |   |
|-------|-----|------|---|---|
| 12.15 | Thu | 567A | W | ✧ |
|-------|-----|------|---|---|

### 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

### Wednesday

|       |  |      |   |   |
|-------|--|------|---|---|
| 09.50 |  | 564B | W | ✧ |
| 12.45 |  | 564B | W | ✧ |

### Saturday

|       |  |      |   |   |
|-------|--|------|---|---|
| 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  | Wool's of Sedbergh                      |
| B  | Braithwaite's Coaches                   |
| S  | Stagecoach in Cumbria                   |
| •  | Blackhall Road opposite the Bus Station |
| ✧  | Provided with Support from CCC          |

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

For Comprehensive up-to-date information ring :-  
Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)



## Religious Services in Sedburgh

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

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

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

**UNITED REFORMED CHURCH**  
Main Street  
Sunday 10.30  
Rev. J Armitstead Tel: 01539 720524

**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 & Frostron  
Rev. G. Hall Tel: 20329

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



## OPTIONS for health and well-being

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

*Complementary Therapists practising locally*

# DIARY OF EVENTS

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

## OCTOBER

|         |                                      |      |                 |                                     |          |
|---------|--------------------------------------|------|-----------------|-------------------------------------|----------|
| 1 1030  | Cumbria Craft Guild (6)              | FM   | 16 1930         | HS The Felt Hat Trade (16)          | SHS      |
| 2 1000  | Barnardo's Coffee Morning            | URCR | 17 1030         | Cumbria Craft Guild (6)             | FM       |
| 2 1030  | Cumbria Craft Guild (6)              | FM   | 17 1930         | SLNU Fashion Show (17)              | PH       |
| 2 1330  | Butterflies                          | StAS | 18              | SS Half Term Begins                 | SS       |
| 2 1415  | SS Rugby                             | SS   | 18 1030         | Cumbria Craft Guild (6)             | FM       |
| 2 1930  | HS Late Medieval Houses (16)         | SHS  | 18 1930         | PCC Domino Drive                    | KPH      |
| 3 1030  | Cumbria Craft Guild (6)              | FM   | 19 1030         | Cumbria Craft Guild (6)             | FM       |
| 3 1900  | WIF AGM VCO                          | FCH  | 20 1030         | Cumbria Craft Guild (6)             | FM       |
| 4 1030  | Cumbria Craft Guild (6)              | FM   | 20              | Northern Schools Biathlon           | SS       |
| 5 1000  | Pepperpot Coffee Morning (6)         | URCR | 21 1030         | Cumbria Craft Guild (6)             | FM       |
| 5 1030  | Cumbria Craft Guild (6)              | FM   | 21 1930         | Beekeepers Honey Show               | BF       |
| 5 1400  | Scouts Jumble Sale                   | PH   | 21 1930         | Beetle Drive                        | GVH      |
| 5 1415  | SS Rugby                             | SS   | 22 1030         | Cumbria Craft Guild (6)             | FM       |
| 5 2100  | SWFC Disco                           | PH   | 23 1030         | Cumbria Craft Guild (6)             | FM       |
| 6 1030  | Methodist Harvest Festival           | SMC  | 23 1930         | CWT Naturalist in Arabia            | SHS      |
| 6 1030  | Cumbria Craft Guild (6)              | FM   | 23 1945         | Open Forum                          | HVH      |
| 6 1830  | Methodist Harvest Festival           | SMC  | 24 1030         | Cumbria Craft Guild (6)             | FM       |
| 7 1030  | Cumbria Craft Guild (6)              | FM   | 25 1030         | Cumbria Craft Guild (6)             | FM       |
| 8 1030  | Cumbria Craft Guild (6)              | FM   | 25 1930         | Domino Drive                        | HVH      |
| 8 1400  | WIK Humour in Church Life            | PH   | 26 1030         | Cumbria Craft Guild (6)             | FM       |
| 8 1930  | NWCRF Town Band Concert (8)          | PH   | 26 1930         | MH Fun Night (26)                   | MH       |
| 8 1930  | Rag Rugging                          | HVH  | 26 2100         | SWFC Disco (26)                     | PH       |
| 8 1930  | Bingo & Potato Pie Supper            | FCH  | 27 1030         | Cumbria Craft Guild (6)             | FM       |
| 9 1000  | CA Coffee Morning                    | URCR | 28 1930         | Sedbergh Cricket Club AGM           | WHC      |
| 9 1030  | Cumbria Craft Guild (6)              | FM   | 29              | SS Half Term Ends                   | SS       |
| 9 1330  | Butterflies                          | StAS | 30 1000         | Killington Ch Coffee Morning        | URCR     |
| 9 1415  | SS Rugby                             | SS   | 30 1330         | Butterflies                         | StAS     |
| 9 1400  | Pottery & Rug Making (9)             | FM   | <b>NOVEMBER</b> |                                     |          |
| 9 1915  | WID A Butler to H.M. The Queen       | DMH  | 2 1415          | SS Rugby                            | SS       |
| 9 1930  | WIF Clarin Skin Care                 | PH   | 2 1800          | Bonfire Night (1)                   | PH       |
| 9 1930  | Needle & Pins                        | SUAR | 5 1830          | FC Bonfire Night & Skittles Party   | FCH      |
| 9 1945  | Open Forum                           | HV   | 6 1000          | MH Coffee Morning                   | URCR     |
| 10 1030 | Cumbria Craft Guild (6)              | FM   | 6 1330          | Butterflies                         | StAS     |
| 10 1400 | Handloom Weaving (9)                 | FM   | 6 1415          | SS Rugby                            | SS       |
| 11 1030 | Cumbria Craft Guild (6)              | FM   | 6 1930          | HS John Haygarth & Garsdale Friends | SHS      |
| 11 1930 | McMillan Fund French Cookery (11)    | KLI  | 7 1930          | WIF Lesotho                         | HVH      |
| 12 1030 | Cumbria Craft Guild (6)              | FM   | 9 1415          | SS Rugby                            | SS       |
| 12 1415 | SS Rugby                             | SS   | 9 2000          | Howgill Church Dance                | PH       |
| 12 2000 | Sed & Dent Cricket Club Dinner Dance | GC   | 10              | Remembrance Sunday                  | Sedbergh |
| 13 1030 | Cumbria Craft Guild (6)              | FM   | 11 1930         | Beekeepers                          | BF       |
| 14 1030 | Cumbria Craft Guild (6)              | FM   | 12 1400         | WIK AGM & Entertainment             | PH       |
| 14 1930 | Beekeepers                           | BF   | 12 1930         | FC Domino Drive                     | FCH      |
| 14 1930 | Gala Group AGM                       | PH   | 12 1930         | Rag Rugging                         | HVH      |
| 15 1030 | Cumbria Craft Guild (6)              | FM   | 13 1000         | CWT Coffee Morning                  | URCR     |
| 16 1000 | Dentdale Meth Coffee Morning         | URCR | 13 1330         | Butterflies                         | StAS     |
| 16 1030 | Cumbria Craft Guild (6)              | FM   | 13 1415         | SS Rugby                            | SS       |
| 16 1330 | Butterflies                          | StAS | 13 1915         | WID AGM & Rags to Rugs              | DMH      |
| 16 1415 | SS Rugby                             | SS   | 13 1930         | WIF AGM & Social                    | PH       |
|         |                                      |      | 13 1930         | Needle & Pins                       | SUAR     |

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|    |      |                                   |                  |
|----|------|-----------------------------------|------------------|
| 13 | 1930 | Domino Drive                      | GVH              |
| 16 | 1415 | SS Rugby                          | SS               |
| 18 | 1930 | Bingo & Tattie Pie Supper         | HVH              |
| 20 | 1000 | Spaghetti Coffee Morning          | <b>CANCELLED</b> |
| 20 | 1330 | Butterflies                       | StAS             |
| 20 | 1415 | SS Rugby                          | SS               |
| 20 | 1930 | HS Edwin Butterworth              | SHS              |
| 23 | 1415 | SS Rugby                          | SS               |
| 27 | 1330 | Butterflies                       | StAS             |
| 27 | 1415 | SS Rugby                          | SS               |
| 27 | 1930 | CWT Between a Rock & a Hard Place | SSQH             |
| 29 | 1900 | HS Members Get Together           | FM               |
| 30 | 1415 | SS Rugby                          | SS               |

#### DECEMBER

|   |      |                                  |      |
|---|------|----------------------------------|------|
| 4 | 1330 | Butterflies                      | StAS |
| 4 | 1415 | SS Rugby                         | SS   |
| 4 | 1930 | HS Building of Devils Bridge, KL | SHS  |
| 7 | 0900 | Killington Ch Table Top Sale     | PH   |
| 7 | 1330 | Carol Workshop                   | SMC  |
| 7 | 1415 | SS Rugby                         | SS   |

#### KEY

|       |                                 |
|-------|---------------------------------|
| BF    | = Brigflatts                    |
| BS    | = Balliol School                |
| CO    | = Community Office, Main Street |
| CWT   | = Cumbria Wildlife Trust        |
| DCP   | = Dent Car Park                 |
| DMH   | = Dent Memorial Hall            |
| DMC   | = Dent Methodist Church         |
| FCH   | = Firbank Church Hall           |
| FM    | = Fairfield Mill                |
| GVH   | = Garsdale Village Hall         |
| HS    | = History Society               |
| HVH   | = Howgill Village Hall          |
| HV    | = 4 Highfield Villas            |
| JLCP  | = Joss Lane Car Park            |
| KLI   | = Kirkby Lonsdale Institute     |
| KVH   | = Killington Village Hall       |
| LHCP  | = Loftus Hill Car Park          |
| LHHC  | = Loftus Hill Health Centre     |
| MH    | = Masonic Hall                  |
| PH    | = People's Hall                 |
| SGC   | = Sedbergh Golf Club            |
| SHS   | = Settlebeck High School        |
| SMC   | = Sedbergh Methodist Church     |
| StAS  | = St Andrew's Church, Sedbergh  |
| StJAR | = St John Ambulance Rooms       |
| SMC   | = Sedbergh Methodist Church     |
| SR    | = Spooner Room                  |
| SS    | = Sedbergh School               |
| URCR  | = United Reformed Church Rooms  |
| WHC   | = White Hart Club               |
| WID   | = Women's Institute, Dentedale  |
| WIF   | = Women's Institute, Frostrow   |
| WIH   | = Women's Institute, Howgill    |
| WIK   | = Women's Institute, Killington |
| YDNP  | = YDNP Centre, Main Street      |



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# PUBLIC INFORMATION

## SEDBERGH HEALTH CENTRE

Loftus Hill @ 21079

### Dr J. Syred @ 20239

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

### DENT SURGERY

|         |      |
|---------|------|
| Tuesday | 1530 |
|---------|------|

### Dr P.A. & W.G. Orr @ 20218

#### Dr Ann Orr

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

#### Dr Graham Orr

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

### DENT SURGERY

(Methodist Chapel)

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

### WELL WOMAN &

### FAMILY PLANNING CLINIC

|                           |             |
|---------------------------|-------------|
| 1st Wednesday every month | 1630 - 1830 |
|---------------------------|-------------|

@ 01539 - 727564

### District Nurse

@ 21690

### Health Visitor

@ 20979

### DENTAL SURGERY

Finkle Street @ 20626

Mr I. R. Dawson, Mr C. Ross & Mr M. Brickles

|                     |             |
|---------------------|-------------|
| Monday to Friday    | 0900 - 1715 |
| Wednesday Evening * |             |
| Saturday Morning *  |             |

### VETERINARY SURGERY

22 Long Lane @ 20335

Mr N. Preston & Mr J. Bramley

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

\* By Appointment Only

## SEDBERGH CHEMIST

41 Main Street

@ 20270

### LATE NIGHT CLOSING

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

### LIBRARY

Main Street @ 20186

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

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

Main Street @ 20125

Open 7 days a week

10.00 am - 4.00 pm

closed 1.00 - 1.30 pm

### COMMUNITY OFFICE

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

Monday to Friday 10am to 4pm

@ 20504

e-mail [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)

web pages [www.sedbergh.org.uk](http://www.sedbergh.org.uk)

### RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 10 am to 1 pm

Every Friday 9.30 am to 12.30 pm \*

@ 21185 or

08451 202 999 (local rate) 24 hours

e-mail via site [www.cabkendal.ndo.co.uk](http://www.cabkendal.ndo.co.uk)

### RSPCA

Kendal Office

Monday to Friday 10am to 2pm

@ 01539 736036 (local)

@ 0870 55 55 999 (national)

### POLICE

Long Lane, Sedbergh

@ Kendal 01539 722611

### PUBLIC TOILETS

Main Street, Sedbergh

Dent Village

MARKET DAY  
HALF-DAY CLOSING

WEDNESDAY  
THURSDAY