

LOOKAROUND

December/January 2003 Issue 196

Donation 50p

We hope that you like this first ever full colour issue of Lookaround. It is also the largest ever at 84 pages. A considerably big thank-you to all contributors.

We are both having a well earned

rest for a month, but we sincerely wish everyone a Very Merry Christmas and A Happy and Prosperous New Year and will return in February 2003.

Dennis & Jacky Whicker

SEDBERGH CHAMBER OF TRADE
Annual

FAMILY FESTIVE EVENING

Treasure Hunt With super prizes
Come along and enjoy the fun
and the hospitality of your local traders.

Wednesday 4th December 2002

Starting at the Post Horn at 6.30 pm
Also!

FATHER CHRISTMAS

with Choirs, Bands, Buskers,
The evening will be rounded off
at the Bull Hotel, with:
Prize presentations,
Live Musical entertainment by "HIPPO",
Super Raffle Draw.

Don't miss out on a really good night!

Spellbound Theatre

TALES OF THE ARABIAN NIGHTS

A MAGICAL EPIC OF THE MYSTERIOUS EAST

Settlebeck High School
1st, 2nd, 3rd & 4th January 2003
Dent Memorial Hall
10th & 11th January 2003
Starts 7:30pm

Tickets available
from 1st December
Adults £4 - OAP's & U12's £3
Family 2/2 £13
Available from
D & J McConnell Newsagents
Dent Post Office

Produced with thanks to SEB'S & SPELLBOUND THEATRE

CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th
S & D Lookaround 13 Kings Yard, Sedbergh LA10 5BJ Telephone 015396 - 20788
e-mail: lookaround@whicker73.freemove.co.uk - Web Site: <http://www.whicker73.freemove.co.uk>

CHILDREN'S BIRTHDAYS

December 2002

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

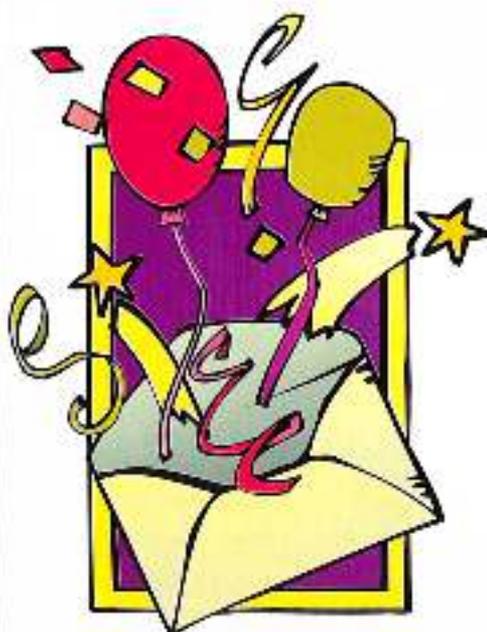
The recipient this month is:-
Declan BRITTON who is

5 years old on 12th December.

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.

Apologies to Ben Ferguson for spelling his name wrong in last month's Birthday List.



Day	Name	Age
1	Andrew McFADYN	8
5	Isabel ABBATT	2
6	Freya METCALFE	3
9	Aaron WOODHOUSE	7
9	Simon HUNTER	8
10	Tom FEARNHEAD	1
11	Harry PORTER	9
12	Declan BRITTON	5
17	Reagan BROOKS	4
18	Matthew WOODFINE	3
19	Rose BANNISTER	10
20	Emma DAWSON	5
20	William DAWSON	5
21	Charlotte CAPSTICK	3
29	Ashleigh HALL	4

CHILDREN'S BIRTHDAYS

January 2003

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

The recipient this month is:-
Nathan HANDLEY who is

5 years old on 7th January.

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
3	Rebecca MASON	2
3	Jordan GARNETT	4
3	Liam HAWKSWORTH	9
5	Zoe UNDERHILL	8
7	Nathan HANDLEY	5
10	Robyn LEWES	11
11	Abraham CARNEY	2
12	Lee CAMPBELL	3
13	Grace COWPERTHWAITTE	7
16	Olivia LAW	11
17	Nicholas PIKE	3
17	Imogen HUTT	7
18	Adam ROSS	4
18	Thomas HINSON	5
19	Alistair BAINBRIDGE	9
19	Grant KIRBY	10
22	Lisa POSTLETHWAITE	10
25	Zoe CRAGG	2
26	Bryony LEDDY	3
31	Liam MASON	3





BED & BREAKFAST

Proprietor	Address	Phone (015396)
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:- antique.thurlby@amsolve.net	
	<i>1D; 1T; CH; L; NP*; P; DR; VB</i>	
Mrs S Gold-Wood.....	10 Main Street, Sedbergh (05/03)	21808
	<i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB</i>	
Mrs S Sharrocks.....	Holmecroft; Station Road, Sedbergh (12/02).....	20754
	e-mail:- susan@holmecroftbandh.co.uk	
	<i>2D; 1T; CH; TVL; NS; NP*; P; DR</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
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£0.90
Postal Overseas	=	£1.70

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

ABBATT

Jon and Nicola are delighted to announce the arrival of James Edward Abbatt weighing 10lbs 3oz, born at Cumberland Infirmary at 2.00 pm on 18th November. Thanks to everyone for their support and encouragement over the past few weeks.

ALEXANDER

Gemmell wishes to advise his friends that he will not be sending Christmas cards this year.

ARMITSTEAD

Happy **21st Birthday** John on 30th December. Lots of Love Mum, Dad and Philip xxxx.

MRS. ELSIE BAILEY

I would like to thank all who sent cards, good wishes, gifts and visited etc., while I was in hospital. They were very much appreciated. I feel I am well on the way to recovery now and am very grateful for all your kind thoughts and prayers. Thank you all very much.

BELLIS

Happy Birthday Dad. Lots of love, Princess S, Flo and the Little Un.

CAMEO

Come and Meet Each Other. New name for "Good Companions". Further information in February *Lookaround* or phone Sarah on 25275.

DENT CRAFT CENTRE

Carol & Joe of Dent Crafts Centre wish to say a big Thank-You to all friends and visitors for the warmth and patronage shown throughout the year. We wish you all Peace, Health and Joy this Christmastide and extend our Festive Greetings into the New Year.

DINSDALE

Mabel, of 28 Havera, wishes all her friends in and around Sedbergh, and Garsdale a Happy Christmas and New Year.

DIXON

Mrs Sally Dixon of 7 Bainbridge Court would like to wish all her friends and neighbours a very Happy Christmas, and a Bright and Healthy New Year. God Bless you all.

GERMAN

The family of the late Isabel German would like to thank relatives, friends and neighbours for their kind expressions of sympathy, received following their sad bereavement.

HALL

Mabel would like to wish all her family, grandchildren, great grandchildren and all her very good neighbours and friends a very Happy Christmas, Good Luck and Happiness in the New Year.

PERSONAL & SMALL ADS £1

JAMES



Happy **18th Birthday** Jennifer. Have a fantastic day. Love Mum and Dad. XXX.

KIDDLE

Jennie sends Christmas Greetings and a Healthy New Year to all her friends in Dentdale and Sedbergh.

LEDDY

Happy 40th Birthday Daddy on 14th December 2002. Lots of Love Jack and Bryony. XXXXXXXX Have a great birthday. Love Tina. XXXXXX

AGNES MASON

To all my family, relatives and friends a big Thank You for cards and gifts received when I celebrated my 80th Birthday. You all made me feel really special.

MOXON

Mr Alan Moxon of The Royal Hospital, Chelsea send all his friends in Sedbergh, Best Wishes for Christmas and the New Year.

MASON

John and Agnes wish to thank all their friends and neighbours for cards, gifts, and offers of help with transport for Agnes to Royal Lancaster Infirmary while John was in hospital having a hip replacement. To Reverend Grahame Hall and friends of the Church for your prayers which were greatly appreciated.

SCARR

I would like to thank family, friends and neighbours for the lovely cards, flowers and gifts received on my **80th Birthday**. Also the Middleton Head for the lovely meal. Ivy.

SPAR SHOP

Steven and the Staff at Spar would like to wish all their customers a very Merry Christmas and a Happy New Year.

STANTON

Peggy would like to wish all her relatives and friends a Merry Christmas and a Happy New Year.

STOCKDALE

Joan and Sir, and Dachshund Brandy, send Christmas Blessings and New Year Greetings to all their friends in Lookaround-land. We'll not be sending cards this year, time is running out in the Cymran Card Department! But our love, our thoughts and our prayers will be with you all, especially those closest of our pals who have supported us so often in our times of need. I especially thank Editors Dennis and Jacky Whicker for their kindness and very thoughtful patience. Lots of love to all. XXX.

PERSONAL & SMALL ADS £1

WHICKER

David would like to wish all his friends in Sedbergh a Merry Christmas and a Happy New Year. He is having a Birthday Party in The Pheonix Club on Oxford Road, Manchester on Thursday 12th December from 9pm onwards and you are invited to join him.

WHICKER

Happy Birthday David for 13th December. Have a great party. Love Mum, Dad and John. XXX.

PAUL WINN

Domestic Appliance Services

Paul would like to thank his customers for their support over the past year and wishes them a Merry Christmas and a Happy New Year.

WOOF

Welcome Home **ANDREW & JENETTE**, all the way from Manchester and France! All the best for the future. Love Gran, Mum, Dad and Susan. (Great to be all back together!)

WOOF

We wish all our friends and family the true blessing of Christmas. The birth of the Saviour of not only the world but each individual. Jesus is "the way, the truth and the life". It doesn't come any better than that! With all good wishes for the New Year from The Woof Family, Millbeck East.

FOR SALE

Apollo Dolls Pram. Complete with accessories. 3 Dolls Carry Cot. £20 ono. Excellent condition. 015396-20924.

FOR SALE

Sony 24" Television with stand. Excellent working order £100 ono. Telephone 20912.

FOR SALE

Harris Weaving Loom. 3' x 3' approx. £40 ono. Telephone 015395-35465 pm.

FOR SALE

ELC Electronic Activity Walker (as seen in their catalogue) Age 6 months +. Boxed up and in excellent condition. £10. Fisher Price Discovery City. Battery operated play city including lots of extras. V.G.C. Age 18 months +. (£46.75 New). All boxed up in original packaging. Only £10. Telephone 015396-25004.

FOR SALE

Mens Mountain Bike. Claud Butler Shaman. 21 speed. £600 new, will accept £200. Tel. (015396) 25004.

FREE

Two glazed window frames. Approx 4'3" x 3'6" each. Suitable for a cold frame, dark shed etc. Donation to charity welcome. Phone 21592.

SEDBERGH PARISH COUNCIL

25th September

GUEST SPEAKER

The Chairman welcomed Mrs. Maureen Lamb and Mrs. Ann Pearson to talk about Farfield Mill.

Mrs. Lamb started by bringing us up to date with developments at the Mill. So far they have raised some £750,000 for the restoration of the Mill. There are at present 14 workshops occupied and a waiting list of people wanting a workshop. 5 of the workshops are let to local people and 6 are let to people who have moved into the area and there is a broad spread of types of craftspeople using the premises. There is also a café that employs 2 to 3 people. The Mill is run by a full time manager, 4 shop employees, a cleaner and a handyman. In addition there are 35-40 volunteers who help run the gallery and shop. 90% of the goods sold in the shop are produced locally and the turnover last month was £10,000.

Sewerage problems have been a considerable concern but the fault lies with United Utilities and work on a new sewerage system for the area is to start in November. Concerns have been

GLADSTONE HOUSE

Fell, Close, Sedbergh

Raffle

Tombola



CHRISTMAS TABLE TOP SALE

Jigsaws

Sunday 8th December

Books

11am to 3pm

*If you would like a Table,
Please ring 015396 20525*

Refreshments Available

expressed that there is not enough car parking space but Mrs. Lamb assured us that it was sufficient.

Finding a way of using the looms has been hard and profitability is a problem. But they have now received and approach from UMIST for restoration work to tapestries at Hampton Court. An application has also been made to LEADER+ for a Rough Fell wool project.

Mrs. Anne Pearson then spoke about the

Sedbergh & District History Society

Wednesday 4th December

The Building of Devil's Bridge, Kirkby Lonsdale

How the Bridge was funded and built

David Small

7:30pm Settlebeck High School

DO COME ALONG - NEW MEMBERS ALWAYS WELCOME

Chairman: - Joyce Scobie 21136 Secretary: - Diane Eltonk 20606 Treasurer & Member Sec: Richard Cann 20771

Western Dales Arts. The plan is that Farfield becomes a hub of the arts in the area. Cats Eye, a local theatre group, is to be based at the Mill in the proposed new drama studios on the 4th floor, there are also possible plans for a music centre in another part of the complex.

Planning permission is awaited for further expansion to the 4th floor with gallery space and studios and it is hoped that this will be ready by Easter.

The Chairman thanked Mrs. Lamb and Mrs. Pearson for coming to talk to us.

As a result of a favourable OFSTEAD report an application has been made by Mrs. Packham to increase the number of children at her nursery from 16 to 22. It was agreed that we fully supported this.

HIGHWAYS

Long Lane Zebra Crossing – Parked cars on the approach from both sides obscure the view on the approach to the crossing, also overhanging trees block the view on the approach into town.

Main Street Mirror – An unforeseen problem has arisen in that when the blinds are lowered on the adjoining shop the view is obscured.

Castlehaw – The state of the sign on Castlehaw has been reported but no action has yet been taken by the Highways Department.

Garsdale Road – It was recommended that a 'beware sheep' sign is erected beyond the cattle grid before the open fell.

Parking – People are still parking on the double yellow lines at the top of Main Street and Finkle Street, this is particularly worrying whilst building work is going on in this area.

C J Elphick & Son

Washing Machine &
Domestic Appliance Repairs

Hoover & Hotpoint
Specialists

30 years experience



015396 - 20605

PLAYING FIELDS

The grass has been sown and is now growing well and we will have to consider a programme of care.

There is a meeting with YDNP and the Environment Agency on 2nd October to discuss our planning application.

It was agreed that the bonfire could be held on the same site as last year as this will not interfere with the pitch but it was agreed that the Gala should not be held on the pitch next year as it needs time to properly establish.

STREET LIGHTING

There is no lighting along Busk Lane and it was agreed that Cllr. Nicholson should be asked if it would be possible to have lighting here.

Application for Justices Licence – 'JJs at the Mill' (the café at Farfield) has applied for a licence. Concern was expressed about competition with other businesses in town.

OTHER BUSINESS

Loftus Hill Toilets – Still no change from SLDC but Cllr. Winn is trying to organise a meeting with SLDC officers and Sedbergh School who own the land. The clerk will also write a strong protest to SLDC and our MP.

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POST NATAL ILLNESS

*Support for families in South Cumbria
Affected by Postnatal Illness*

Suicide is the second most common form of maternal death in the year following birth. Feelings of isolation, fear, anxiety and depression are among those that can be experienced by those who develop Postnatal Illness (PNI).

This can be a destructive illness and one of its most shocking aspects is that it strikes randomly. At least one in ten mothers will develop PNI of some degree.

PNI is not the same as the commonly experienced 'baby blues', nor is it a new phenomenon. References in history covering hundreds of years, even back to Helen of Troy, document postnatal women who suffered from symptoms consistent with PNI. Postnatal Illness does not only affect the suffering mother. It can affect a mother's bond with her baby. It can also have a profound and destructive effect on other children in the family, partners, and friends. Research has shown that children can be affected deeply by postnatal and recent maternal depression. Although this is an illness



from which a mother will eventually recover, it is well recognised that early diagnoses and support can significantly reduce the severity of the suffering, anxiety and isolation experienced by the mother. This, in turn, will reduce the distress, anguish and helplessness often felt by those who have key relationships with the suffering mother. Many of our

service users are convinced that if it had not been for the professional, confidential, knowledge-based support and care they, their children and often their partners found through PNI Support Cumbria, their relationships would have fallen apart. Many have said that their marriages would have not survived and their relationships with their children would not have been so strong.

We are supported and valued by Health professionals throughout the area and most referrals come through GPs, Health Visitors, Psychiatrists, Community Psychiatric Nurses or midwives. On occasion a mother may refer herself though this is rare, largely due to the shame and embarrassment felt by many mothers in admitting that they are not

Sedbergh Scouts CHRISTMAS POST

For all your local Christmas Cards

3rd to 20th December 2002

Just place your cards with 10 pence

In any collection box in

McConnell's Newsagents - The Green Door

Morpeth's Garage - Community Office

Scout Headquarters, Bull Hotel Yard

Delivery in Sedbergh & Garsdale only

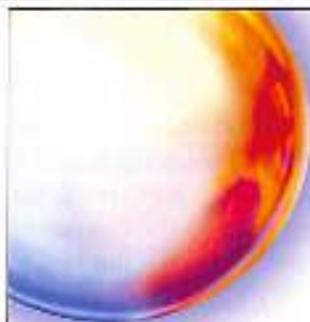
happy after the birth of their child. J. Macintosh's research on Postnatal Illness published in the *Journal of Advanced Nursing* (1993, 18, 178-184) recorded that "mothers said they did not want pills but reassurance, respite care, meeting with others in a similar situation and counseling." All these services are currently offered by Postnatal Illness Support (Cumbria)

The purpose of PNI Support (Cumbria) is to support mothers in crisis throughout their illness and recovery. Although it has only been a registered charity for less than four years, the organisation has existed for 16 years and has helped thousands of families in the Cumbria area during this time.

Since the end of our three year Community Fund grant last year our team of six part-time workers, supported by committed volunteers and trustees, has continued to offer this vital local service. However we are now seeking support from the local community to help us to fund and thus continue this much-needed and valued service in 2003.

PNI Support Cumbria has helped a considerable number of families in the Sedbergh area. It is very grateful for the donations made at Dent Harvest supper. If you too would like to support us by making a donation or joining our Supporters Club or, having read this article, you believe we could be of help to you, please contact us at:

PostNatal Illness Support, Stricklandgate House, 92 Stricklandgate, Kendal, LA9 4PU
Tel: 01539 733060, Help line 01539 733893, Email pnisupport@stricklandgate-house.org.uk
Registered Charity No. 1080906



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CUMBRIA WILDLIFE TRUST

The Echidna Enigma

There is a Gary Larsen cartoon which shows a group of loutish dinosaurs hooting in derision and pointing at an echidna as it trundles purposely past. We all know what happened to the dinosaurs. The echidna continues to have the last laugh. Why has this unique creature succeeded in surviving cataclysmic changes in climate and habitat when other creatures failed? We still don't know all the answers but Dr Peggy Rismiller of Pelican Lagoon Research Centre on Kangaroo Island, South Australia is making painstaking progress in finding out. I was recently privileged to join Peggy as an Earthwatch Institute volunteer for two weeks.

Sometimes erroneously referred to as the "spiny anteater", the echidna is not related to any of the "anteaters", the hedgehog or the porcupine. They form a special group of mammals called monotremes, the only egg-laying mammals in the world. Their nearest relation is the platypus.

The major problem with echidna field research is the animal's shy nature, sporadic activity and reclusive habits. They do not use home burrows, they travel great distances and are masters of camouflage as we soon discovered! They are Houdini-like escape artists, powerful enough to dig through garage doors and move enormous boulders to get at the insects below.

As a volunteers we were required to

HOWGILL'S HARMONY

- a weekly singing group
- * Songs learnt by ear - no need to read music
 - * Voice warm-ups & relaxation
 - * Log fires & refreshments
 - * Outings & supportive group
- £39 for 10 weeks

Starts 7:30 pm Tuesday 14th January

CAROL WORKSHOP & SINGING WALK

Learn traditional carols in Sedbergh and sing them with a choir on a Lakeland Walk the next day, or just listen.

£5 each day 7th & 8th December

SINGAROUND

At the Sportsman's Inn, Cowgill
8pm 7th December - FREE

David Burbidge 015396 21166



WE NEED VOLUNTEERS!

Do you fancy being a
Community First Responder?

You would be doing a great service to your local community.

You will need to be dedicated to raising money for the Charity & take time out for training.

Ring Sam on 07977 867 649

Christmas Family Fun Night

Memorial Hall, Dent

6pm to 8pm Friday 13th December

Santa's Grotto
Carols by Dent School
Games for all the Family

Mulled Wine
Homemade Mince Pies
Refreshments
Hot Dogs, etc



Home Baking ~ Traidcraft
Christmas Gifts and Decorations

All proceeds for Dent Pre-School

Happy Christmas



radio-track, find, observe, map and monitor their activities and also those of their symbiotic neighbours, the Rosenberg's goanna.

Kangaroo Island is mercifully free from the ravages of feral foxes and rabbits which have devastated habitats in other parts of Australia. The natural vegetation surrounding the research centre is an example of how the mainland's habitat originally looked and its species an example of how animals once lived.

The echidna is unique in many ways. It has no teeth but uses its 10½" long sticky tongue to capture its prey. Its beak is a bony extension of the skull and horny plates at its base grind up the ants, termites and beetles ready for digestion. Its coat of spines is used for self-defence. Each spine is anchored in a muscle layer and can be moved independently. A hind foot grooming-claw is used to clean them. Spine colours vary from light blonde to deep brown replicating the dead vegetation of their surroundings.

Females breed every three to five years in a life-span of about fifty. This interval is adjusted according to conditions of population density and availability of food. They are followed around in the mating season by several males in a "train". The successful suitor digs a trench around his mate and gently shoulders his rivals out of it. No signs of untoward aggression have ever been

DOMINO DRIVE

7.30 p.m. Friday 13 December

Killington Parish Hall

£1.00 entry to include Coffee,
Mince Pies & Homemade Biscuits.

In aid of Killington Children's Christmas Party

(Continued on page 15)



observed. Those disappointed just shrug their shoulders and wander off with a commendable "c'est la vie" attitude to try their luck elsewhere. It is impossible to distinguish a male from a female initially as all tell-tale signs are cunningly concealed within the body and only produced as required. A single orifice suffices.

An egg very similar in size to a mint imperial (and hereby hangs a tale!) is laid in a temporary pouch two weeks after mating. About ten days later, a tiny echidna slits the egg's leathery shell with its special egg tooth. Newly hatched, it measures .04" to .06" from crown to tail. After hatching, the echidna travels six or more times its body length to nurse at the milk patch outside the pouch. The echidna leaves the pouch 50 days later.

Olde Tyme Dance
In aid of The People's Hall
Dancing to the
Syd Banks Band
8pm Saturday 14th December
In the People's Hall
£2.50
Bar & Raffle
Supper Available

Spines then begin to develop. The mother deposits her young (known as a puggle) in an enclosed burrow for five months, returning every five days to feed it, closing the burrow as she leaves. After the final visit she leaves the burrow open and abandons her offspring.

Echidna physiology traits may be key elements in their adaptability and sustainability. They have a lower and more variable active body temperature than any other mammal. Further, echidnas are capable of using, apparently at will, an energy-saving mechanism called "torpor". Torpor is a technique in which metabolism, breathing and heart rate are slowed, body temperature drops and all other bodily functions shift into



Main Street, Sedbergh

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New Books may now be ordered for Christmas

Most deliveries within 2 days

May we wish you all A Happy Christmas and A Peaceful 2003

CHRISTMAS TREE SERVICE

People's Hall

Sunday 15th December 10.30am

All ages are invited to come
along - YOU are welcome!

Coffee and Mince Pies to follow!

Donations of wrapped gifts for children

and young teens in needy families may be
placed under the tree during the service.

Organised by Sedbergh Methodist Church

low gear to save energy or to survive. Body temperatures as low as 4°C and respiration of one breath per three minutes has been observed. These factors may have enabled them to survive over a million years of environmental changes while new "improved" species died out. Space science and cybermedicine would love to understand this technique.

It is easy to understand the fascination these enigmatic creatures hold for all those involved in their study. Being small enough to waddle along under most types of vegetation, echidnas tend to lead the pursuer into territory where no normal human would go. Although the going was sometimes very tough, traversing prickly acacia patches, climbing across tightly twisted branches, wading through neck-

STABLE ANTIQUES

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e-mail - antique.thulby@aanserve.net

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high sages, the mere proximity to these amazing life forms made it all worth while. When one was fortunate enough to be allowed to pick up an echidna for weighing or transmitter repair, a soft downy underside with furry legs and an appealing furry face made them almost cuddly! When an echidna gazes back and blinks its knowing ancient eyes, social and biological sustainability is viewed from a new perspective.

Information on Earthwatch and Millennium Awards can be obtained at www.earthwatch.org.uk

We would like to thank all those who helped in any way with our Home Produce Sale. Over £250 was raised for the work of the Trust.

Susan Garnett

DAVID RYCROFT

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**CALOR
GAS**



HISTORY SOCIETY

The History Society's Winter season got off to a flying start in October with a superb lecture from Anthony Emery who is the foremost historian on Mediaeval houses in England. He described in detail, supplemented with some wonderful slides, many of the *High Status* houses in England and Wales e.g. Bolton the home of the Scropes. These were an expression of Lordship showing the political and social status of the owners. It was customary for the wives and children to live outside the great house in smaller buildings. The *Residential Tower* houses were a later development where the level at which one lived was an indication of one's position in the hierarchy – servants in the basement and the master and his family

in the top rooms. In a later period minor magnates lived in *Trophy* houses. These reflected the achievements of the owners – new, rich and prosperous from the spoils of war.

The second lecture was entirely different. Ms Christine Walkman spoke to us on the Felt Hat Trade of the Lune Valley in the 18th and 19th centuries. She gave a fascinating account of how and where the hats were made. At first hat making was essentially a rural trade with the local centres being at Quernmore and Wray near Lancaster. There were various shapes and sizes – the most well known being the Quaker hat.

The manufacture of a felt hat involved three separate stages. First the fleece was sorted and the shorter fibres selected. These were carded in the home. Often

INSURANCE

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rabbit fur was added which had to be carroted i.e. treated with mercuric nitrate: this could give the hatter the shakes (as mad as a hatter!). Next a process called bowing was followed by basining to shape the hat which was then felted or planked over a kettle of boiling water and sulphuric acid. Finishing involved polishing with a pumice. It was very dirty work which would not be allowed by the present Factory Acts!

The third lecture was given by one of the Society's members, Sir Christopher Booth who is Honorary Professor at the Wellcome Centre for the History of Medicine at UCL. His subject was Dr John Haygarth who was one of several eminent Garsdale men who took up Medicine as a career. Other Dalesmen who became very successful doctors were Robert Willan the founder of Modern Dermatology, John Fothergill and Anthony Fothergill from Murthwaite.

John Haygarth was educated at Sedbergh School and St. John's College,

Cambridge. After training at Edinburgh, then the leading centre for Medical Studies, he moved to Chester and became very interested in Fevers. At that time (1760s) it was thought that fevers were transmitted either through direct contact or through the atmosphere or 'miasmas' i.e. Nasty smells and putrid areas.

Haygarth experimented by isolating those with smallpox and other infectious diseases. He made a study of the population and diseases of Chester and used his old teacher's (John Dawson) methods of calculation. Further studies on cleanliness and inoculation were very successful.

He still maintained his links with Garsdale however and owned Swarthgill and other land and properties which were managed by his half-brother Leonard. (The account books still exist). On retirement he moved to Bath but found time to found the Swarthgill Cottage Sunday School in which he was always very interested. He died in 1827.



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WATER

In the Chinese five elements system, winter corresponds to the element water. This governs the cycles of life and winter is a time for conserving energy in preparation for the start of a new cycle in spring. It is a time to work less, and (if you have a strenuous exercise routine) exercise less, rest and sleep more, eat warm, slightly heavier foods and to keep warm. Partial hibernation is recommended.

The Kidneys correspond to the water element and in Chinese medicine it is considered very important to keep the kidney area (the lower back) warm in winter and some people wear strips of warm cloth, called kidney warmers, round their waist at this time of year. The modern fashion for a gap between the upper and lower garments is totally against this principle, as is standing around on cold windy sports pitches wearing only shirt and shorts. (This is

particularly bad news for girls as it can lead to cold in the uterus and period problems.) To digress only slightly, the Greenfibres catalogue (which may be a good source of Christmas presents) has a beautiful collection of vests, long enough to stay tucked in, made from organic cotton, silk and wool (telephone 01803 969001, www.greenfibres.com).

This article was prompted by quite a different aspect of water, namely by an article in the free newspaper the South Lakes Citizen about water fluoridation (18 Sept 2002). I subsequently got in touch with Liz Vaughan of the Pure Water Association to find out more about the local situation.

Fluoride, to reuse a quote which has already appeared once in this column, is somewhere "between lead and arsenic" in its toxicity. The product used for water fluoridation is a by-product of the phosphate fertiliser industry, or is obtained from the flue-scrubbings from

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fossil-fuel smoke. The literature on water-fluoridation is littered with alarming phrases such as "reduces social inequalities in dental health" and "the water supply is the cheapest means of reaching the whole population". In my view, the use of the water supply for social engineering is completely unethical. It is also clear that, far from being simply a "good thing for teeth", fluoride in the water has caused disfiguring discoloration (dental fluorosis) of the teeth in 48% of people living in fluoridated areas of England (3 million people are affected). Dental fluorosis is associated with thyroid dysfunction and, while the dirty-looking teeth can be masked by cosmetic dentistry (at a cost of £150 per tooth, renewable every five or six years and not paid for by the NHS), this does nothing to ameliorate the internal condition of the body. Unsurprisingly, fluoride also affects the bones and is associated with increased rates of fractures in both

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children and adults.

In our area, however, the news is good. Our water is not fluoridated and South Lakeland District Council is to be congratulated on having joined with most other local councils to form North West Councils Against Fluoridation, which exists to resist attempts by the Health Authorities to fluoridate the water (it seems most dentists are in favour).

One little tip I picked up along the way for irritable bowel syndrome sufferers: IBS can be caused by ingestion of fluoride. To find out whether this is so in your case, keep off fluoride toothpaste, mouthwash and tea (the main dietary source of fluoride) for fifteen days (if you go to the dentist ask for fluoride free treatment - fluoride can be present in material used for fillings). If fluoride is the cause of the problem, symptoms will disappear within this time.

I wish all Lookaround readers a happy semi-hibernation over Christmas and New Year. Please contact me if you have comments or questions about this article or if you have suggestions for further articles in the New Year. My telephone number is (015396) 20972.

June Parker

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Friday 6th December & Friday 20th December
9:30 pm till late

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Proceeds to the Playing Field Playground Appeal



SETTLEBECK HIGH SCHOOL YEAR 9 & 10 FRENCH TRIP

We had a very early start on Tuesday morning at 4.30 am. We stopped about every two hours and we got to Dover 3 ½ hours behind schedule because of traffic jams and the Channel Tunnel being closed. We missed our ferry but finally got the next one.

The boat journey took about one and a half hours to get to Calais, we finally got to the Chateau de Grande at 9.45 pm! The room we had was really nice, it was en-suite. We eventually got dinner at 10.30 pm and didn't get to bed until 11.30

The next day we visited a French market and a chocolate factory. We also visited the Fontainebleau Chateau. That evening we visited a French Hypermarket which wasn't very good because all the smaller shops near it were closed when we got there.

The next day we did a tour of Paris, all the buildings looked really tall and glamorous. After we had lunch we went to the Eiffel Tower, we went right to the top. I really liked looking down on Paris, it looked just like a picture postcard. When we came down from the Eiffel

tower we got surrounded by street sellers, they were selling things like lighters and laser pens. Then we walked to the river Seine for a boat tour. That night when we got back there was a Halloween party and disco.

The next day was the best, we had the full day at Euro Disney. I liked the spirit of the place, it felt jolly. The different lands were really imaginative. My favourite land was Fantasy Land which was made up of scenes from fairy stories and was really magical. The rides here were fairly childish but there were rides elsewhere which were great but it was hard to get on them as there were lots of long queues. I'd have liked to go on Thunder Mountain which was like a roller-coaster but we lost our fast pass tickets and didn't want to queue.

At about 6.00 pm we set off towards Calais. We arrived at Calais at 11.30 pm. We got on the ferry at 12.20 am. We left Dover at 1.30 am and we travelled for about three hours and then stopped at the next service station. No-one could be bothered to get up, we travelled for another three hours, we arrived at Sedbergh at 9.00 am.

Adele Singleton

The famous Mona Lisa picture there was smaller than I expected.

I'm glad that I went to France because it was a good experience and made friends out there and came back knowing a lot more French than I did when we went out there.

I remember getting on the bus and walking to the back to meet Paul, Andrew and Patrick. It was Patrick's birthday today and he didn't look too happy about it. We set off sometime later. It was quite a long trip, but it would have been longer if we didn't have the videos to watch. We watched the Matrix, Billy Madison and 10 Things I Hate About You.

The next day we went to the market to practice our language. We went into a music store. The person at the counter told Paul something, but we didn't understand so I told the guy we were English by saying "je suis anglais" and he just said "Oh what do you want?".

Brendan Lewes

When we came down from the tower we went on a tour boat and on the boat was a French girl who was good looking, so me, Brendan and Paul started to chat her up in French and surprisingly she understood us and we spent the whole time on this tour talking to this girl called Monn.

Isaac Roberts

After lunch we set off to the chocolate factory! We saw a video but not actually where it was made. Everybody bought quite a lot of chocolate. I just bought some buttons. The chocolate was more natural than ours, it had more of a cocoa taste. They don't add as much sugar and milk as we do. I thought I preferred the

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white chocolate but decided in the end I liked the dark chocolate.

Hannah Fearhead

There was also a lot of love going around the pupils over the whole trip, quite a few couples got together. Well, they do say Paris is the city of love !!

Kim Stafford

Thursday, 31st we went to Paris, it was my favourite day of the trip. In the morning we went to the Louvre Art Gallery and I saw the Mona Lisa. Later we went to the Eiffel Tower. It was massive. When I looked up it made me feel dizzy. I went up in the lift to the second level, then I had to queue for ages just to get on another lift. At the top I didn't like it, it made me feel dizzy again.

In France I liked it best at the Eiffel Tower, I didn't realize it was that big. I took a photo when I was standing right under it and when I was going up the lift it rattled a lot. It was good at the half way point but it was better at the top. When we got on the lift to go to the top it was quite funny, I took some photos from the top. We stayed on the Eiffel Tower for about 40 minutes, then Steven, Isaac and I ran all the way down the steps to the bottom.

Jamie Cottam

FUN NIGHT AT THE SUN



Sunday 22nd December

8 pm Prompt

Christmas Knock-Out

Mixed Doubles

Dominoes ~ Darts ~ Pool

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SUPER 4 BRITISH KART CHAMPIONSHIP 2002

FIFTH ROUND

This is the last round of the championship held at Little Rissington nr Birmingham This track is another fast circuit, but has been resurfaced earlier this year.

Making it a little less grippy at higher speeds so the kart has to be set up to work with much more grip than normal.

This weekend being the last round is all about numbers i.e. championship points. The last report that I sent in told you where Sam was in the championship standings, which is 12th. Each competitor has to drop one of his lowest heat points and his lowest final points. Sam missed the first round because of his age so he has dropped points from two heats and a final out of that first round he also lost points when he missed the first heat at Rowrah, when the kart would not start, this meant he has 280 points.

In 9th place is Chris Grieve but when he drops his points he also is on 280 points making him equal 10th with Sam. Sam's goal is to be in the top nine, so he will have to work hard for it, as Chris is one of the quickest drivers in the championship. As this report will show.

Saturday Practice

This went well as Sam had to run the engine in after it was rebuilt. This take two sessions. The third session Sam could go flat out, but the engine was very rich. It was the fourth session, we changed the carb setting and by the end of the day Sam was 5th or 6th quickest, half a second off Noel Brennan Chris Grieve was 2 tenths of a second slower than Noel and Nick Smith who was another tenth slower. Nathan Freke was the next quickest, Noel is the championship leader. By only three points from Nathan, so whichever driver wins the final this weekend is champion.

Sunday Race day

Practice run went as well as Saturday's practice so we leaned the carburettor a little more for the qualifying. Sam had scrubbed the new tyres in so he now had to do three warm up laps and make sure everything is working well. Then after that he has to go go go and get the quickest lap he possibly can. If that has not worked he has to follow one of the quicker drivers that will hopefully help to find the speed. After eight laps Sam came in to be scrutineered so that the time that he set will count, after weighing we are asked to go to one side and give a sample



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of the fuel (out of the tank) to be checked. We asked why as this has not happened to us before. The answer was quite a shock. We then had to practice trying to look calm, this is because Sam had qualified third quickest only 1/10th of a second off Noel Brennan who qualified 2nd, and only 2/10th of a second off pole man Chris Grieve, Noel has been on pole position at all the other rounds till this one. There was no having to wait to find out Sam's position this time it was answering questions by the cameraman, as this championship is available on video at the prize presentation night

Heat one

Grid 3 is on the front row at this track, this you would think is a good place to be, but if you make a bad start or stale the

engine then it isn't, as you are in the way of a lot of karts travelling at speed. To give you some idea the karts at the back of the grid are in third gear as they go over the line and with every body jostling for places they sometimes can not miss you, this can be a very big accident, because these karts go from 0 to 60 in 4 seconds that does not give you time to get out of the way. Sam made a poor start but made it out of the danger area and slotted in to sixth place, he made just one place back to finish 5th.

Heat Two

This time Sam tried even harder to make a good start, as some drivers had made efforts to miss him and had lost out on

(Continued on page 24)

some places so they weren't to happy. The start was not good, but better than the other start. Sam's racing was very good he came in 3rd at the flag. He was averaging 70 mph this is quick I can tell you.

Final

Sam had tried so hard in both heats to make a good start that I told him to get the kart creeping just a little then drop the clutch. His start was good this time but it was deemed to be a false start as he jumped the lights, this was with trying very hard. The second start was not as good he dropped four places, two karts in front of Sam got hooked up together that was Nathan and Nick Smith, but Sam's kart came to a halt on lap two with smoke coming from the engine and that horrible

smell of clutch. He had just tried to hard and the clutch gave up. This was disaster as after heat one Sam was up to 9th in the championship, 8th after heat two and he was on for a second place in the final which would have got he up to 7th place. He would have achieved his goal and more than most could have dreamed of, but it all went when he failed to finish. This had dropped him back to 11th in the championship. This is another learning curve, that is you can try to hard sometimes, but there is always next year.

Well done Sam, I know it's hard, but you gave it your best and with a bit of luck you will be number one some time in the future.

Report sent in by Sam's dad



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TALKING LOOKAROUND

A local group supporting people with sight problems in Sedbergh have been given a cheque for £350 raised by pupils of Sedbergh School.

The money was raised through a non-uniform day held by the pupils early in the Autumn. The money will be used to support a voluntary project or produce the local newsletter on tape for people who cannot manage it in print.

The Sedbergh group is part of South Lakeland Voluntary Society for the Blind and has already produced the last six issues of the popular community newsletter 'Lookaround'. Pupils from Sedbergh School have joined the team of volunteer readers who produce the tape, as part of their Duke of Edinburgh Award Scheme.

Sally Griffin, House Master at the School said: "Our pupils are always keen to put their voluntary efforts into the local community, which is why they wanted to raise money for this project. The *Lookaround* is an established information source for the people of Sedbergh and it has been very satisfying for our pupils to contribute to bringing this information back to people who have lost their sight."

The Sedbergh support group for people with sight problems meets monthly in the Community Offices, and anyone is welcome to join. If you, or someone you know is interested in being part of this project and wishes to receive the Sedbergh Talking *Lookaround*, please contact Janet at SLVSB in Kendal on 01539-726613.



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SUPPORT SEDBERGH SHOP AT HOME!

As newcomers to Sedbergh and hoping that our own shop will continue and flourish, we've spent long hours chatting about the ideas in the town to regenerate Sedbergh. Although I have never seen Sedbergh "at its best" I believe it was a thriving town that "pumped" with economic vitality - as were many towns and villages in England in "those days".

One day in my shop I had a fascinating chat with a Sedbergian living elsewhere because that was where they could earn money. We righted all the wrongs of the world, discussed how things were then and how they are now, how supermarkets had eroded the business of the small shopkeeper and big chains had given us

so much choice and motor cars had opened up our world so that we all streamed to the big centres to buy at special prices and get the best deals.

We fancied that if everyone bought as much as they could in their local stores and supported their own villages and towns, it could do a heap in regenerating local economies and save on travelling and burning fuel! We wondered if Tony Blair would think it a good idea too - it seemed so simple which of course it's not!

Once when transport was difficult and cars scarce, it was the local shopkeeper who fulfilled our needs - we bought the wedding dress, the pram, the baby clothes, and our "Sunday Best" from the choice available down our street.

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NEW YEAR'S EVE

Danny's Disco

People's Hall

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(Continued on page 2)

Perhaps we were happier with less choice?

When I first came to England I worked at JR Taylor's in Kendal. People remembered the old shop with such devotion! There they had found magic! It had provided them with clothing and soft goods, furniture, children's things, tea and cakes and adventure for as long as they could remember. It was "THE" place to meet their friends - a central point. And the staff was SO nice! They were so friendly and attentive. They KNEW you, your family, and your circumstances and, it was said, often told you to pay next time you were in. If they knew you to be trustworthy, they trusted you.

Well! Haven't things changed?

Our loyalty now lies nowhere in particular except where we can get the best "deals".

But chatting on and dreaming about how things "could" be with the stranger in my shop, did lead to a Sedbergh regeneration thought of my own. When we came here, my husband and I had decided to "support local" which is something we had already done in the depressed economy of South Africa. But what if we ALL "supported local"? What if everyone in Sedbergh supported their local town as much as they could before finding options elsewhere?

So do I hear you saying, "We aren't prepared to pay!"? "We can get better things cheaper at big stores." "There's nothing here in Sedbergh!"

And, yes, Perhaps you're right - there might seem to be "not such a lot" in Sedbergh because we are looking for it elsewhere! Imagine if we all tried to find

Karen Willan

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what we needed locally first - and then broadened our search if we were not successful? Imagine buying a percentage of everything right here? Imagine contracting local people in service businesses, asking local shops to order things in for us, eating locally, using local facilities for celebrations, sending Christmas cards offered by local charities and institutions, supporting local events? Imagine thinking local? Sedbergh is FULL of stuff we can do, use, buy and support.

We want strangers to come into Sedbergh to regenerate our economy but what if we started with ourselves? What if we personally took it upon our own selves to make the effort and support Sedbergh by "shopping" at home? It might make a difference - and more than anything, it might promote in us all the positive intention to make Sedbergh the success we want it to be.

DECEMBER REFLECTIONS

Congratulations to Dent Brewery. We see from the Daily Post, our regional daily paper that, Dent Brewery T'OWd Tup Stout and Dent Brewery Kamikaze Light Ale, were two of the winners in the North West Producer of the Year Awards, run by North West Fine Foods and Countryside Agency.

Sir found the entry, and says Hello! to Dent Brewery. We both say congratulations. Sir adds that he could just down a pint of that T'OWd Tup Stout! Memories. Anyway, that's just brilliant.

Last month's Reflections rambled on as ever, about tides and sand bags! Other subjects too.

It was still October when the weather bashed us once more. Yes, we look like a shanty town again. And that's not all!

But, well. Maybe a report on the storm that hit us on 27 October took some beating!

The horrendous weather which hit us wasn't like before. It came from the North West and so, although the wind thrust the tops of the waves into channels of driving, airborne, seawater from the Strait, we couldn't blame the sea this time!

North Westerly! Trouble! We'd felt the gale veer and we'd heard the ominous

thuds all through the night.

We shouldn't have been surprised that a lot of the garage roof had smashed, blown away and deposited its remains everywhere except, luckily, my car, missing it by inches.

Oh the fear! Yes, that again! The greenhouse, blasted to eternity once more, leaving the last cucumbers and tomatoes suspended on shards lethal glass.

A hefty down-spout pipe was ripped from its brackets on an Easterly wall, and flung it yards down the back garden. We sighed, shook our heads and said it was only 27th October. No, we weren't prepared.

And, we looked at those pieces of coal which had been carried in a twister-type sequence, dropping lumps of it onto the driveway.

The clamp system holding the wires of our privately owned, and privately maintained, electricity supply was ripped off the chimney.

Are we going to cope with a winter that's come so soon, we questioned ourselves?

We shouldn't be exhausted already! Does the weather really let up? Holyhead Coastguard reported a gust, or gusts of 100 mph. Hurricane? Yes. I pull myself

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Saturday 14th	Cautley Carollers
Sunday 15th	Sedbergh Town Band 1pm followed by Father Christmas 2pm
	Christmas Decoration Workshop by Annie Hudson
Saturday 21st	Brook House String Quartet
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up and tell myself that even Brandy seems to know when to waggle up to us for big hugs, to return the compliment with a wet lick!

Oh yes, we have wonderful teams to help us, especially the Electrical Engineers from RAF Valley, who repaired that damage.

My Sir is tired out, and in my silence I'm summing up the latest events.

Another little bit of fun! My big, heavy wrought iron garden seat, situated by Morrie's little grave, was stolen! What a world. We didn't know quite what to do, because to report such any incident here, and then there's a police presence, then only we could have reported it! More trouble.

But, the seat is back! Found by children playing in the sand dunes some weeks

later. It had been dumped and used as a seat for a barbeque party! The frightening thing is, that there had been an enormous vehicle in the sand at our gate, that night. Not nice. And from all that I stepped into more trouble of a different sort. It was in November's Reflections, I spoke of the check-up coming up. To see the surgeon.

I came away quite simply over the moon. Never in my nineteen-plus year battle to win my fight against breast cancer, had anyone been as optimistic.

I suppose I was foolish to be so happy.

It seemed that I had virtually done it. Sadly, now, I cannot be as confident, in spite of having written to friends saying I was totally better.

Its the shock, but with each day I am

(Continued on page 29)

more positive. I write this column as we come up to the Lookaround deadline, and I have yet to have more tests. Something's been found. Good or bad, we know not.

Why am I always a bundle of trouble?! Once more, I feel the warmth of my isolated little peninsula, I sense hope. So, may I ask for more of your love, your support and your prayers?

Dead greedy, me, eh?

And, approaching Christmas and a New Year, I hardly know what to say, except that I rely even more than I thought on that huge chunk of my heart, lying cosily amongst the heather on the old coal road, where the world looks down on beautiful Dentdale.

That section of road where one sees it

all. Very nearly leaning over Dent village itself, and gazing down at Sedbergh too. It is that pain of wondering which hurts and haunts. The surprise and disbelief. The revving up of the battle music.

And, as we celebrate that lovely Little Lord Jesus laid in a manger, and then. His courage on the cross upon which they ultimately hung him, let us pray for peace in the world, love of all mankind for all mankind, and every blessing upon you dear people who dwell there, in the proud, stout, Howgill's.

Sir, and our girls join me in wishing you all a very merry Christmas, prosperity and happiness in the new year to come. Remember the words of my late CancerLink mentor : "Stay Healthy."

Joan Stockdale



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A Peaceful New Year.

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DIALECT DIGEST

Tradition has always played a central role in a Yorkshire Christmas. In the early hours of Christmas Day, groups of singers would go from house to house, performing carols, often sung to old tunes by local composers. The singers were known as 'k waits', and in certain areas were accompanied by someone to rouse householders to come to the door or window.

I don't suppose you will see the traditional Christmas pie nowadays. Dialect expert Dr Arnold Kellett describes it in his recently reprinted 'Yorkshire Dictionary of Dialect, Tradition and Folklore' (an ideal Kessmas present for Yorkshire folk!) as 'consisting of an elaborately-decorated crust

containing a rich assortment of poultry, mainly goose, but often also turkey, chicken, partridge, pigeon, and woodcock with seasoning, spices and butter.' It fair meks thi mooth watter!

Dr Kellett also gives a fascinating insight into the use of mistletoe in Yorkshire. Apparently, mistletoe has never been used amongst evergreen decorations in churches because of its association with Celtic paganism, though it was included in the 'kissin' bough', a garland of evergreens hung up in the home at Christmas, a forerunner of the Christmas tree.

Whatever Christmas tradition you choose to follow, may I wish you all a varry happy Kessmas frav all on us i' t'Yorksher Dialect Society. *Michael Park*

JJ's at the Mill

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Evening parties are welcomed by prior arrangement. Please call to discuss your requirements.

Farfield Mill Arts & Heritage Centre
Garsdale Road Sedbergh Cumbria LA10 5LW

SEDBERGH SCHOOL

Thursday afternoon is a hive of activity at Sedbergh as pupils participate in a wide range of activities. The Combined Cadet Force (CCF) offers the choice of the Navy, RAF or Army. This gives both boys and girls the opportunity to take part in a whole range of activities including flying, for the lucky few, helicopter rides, sailing, shooting, ambushes, camps not to forget the CCF Band & Corps of Drums which rehearses at this time too.

Sedbergh also has a keen climbing group and a caving group as part of the CCF.

In Yr10 pupils may opt out of CCF and spend their time working on our school based conservation projects in Akay Wood and Bruce Loch or learning the art of game keeping with Dr Catlow. It is

also an opportunity to learn or practise a new skill such as chess, gardening or squash.

The Duke of Edinburgh Award Scheme is thriving at Sedbergh School and Thursday afternoons can also provide an opportunity to undertake the Service element of the Award and, at bronze level, the Skills section. Expedition training is, of course, a major activity for both CCF and non-CCF members who are participating in the scheme and this year this involves record numbers.

Anyone who is not in the CCF has to undertake a minimum of one term's voluntary service, whether or not they are doing the Duke of Edinburgh Award Scheme. In addition to the conservation projects already mentioned, pupils are



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The Swan Inn



Christmas Menu

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Fresh Parsnip & Rosemary Soup with Roll & Butter
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Traditional Roast Norfolk Turkey Breast served with
Sage & Onion Stuffing, Roast Potatoes, Seasonal Vegetables
Pigs in Blankets and Cranberry Sauce
or a choice of 5 alternatives

Mulled Wine Cheesecake
Yule Log with Cream
Peach & Champagne Tart
Chocolate Orange & Contreau Torte
Christmas Pudding & Brandy Custard
Coffee & Mince Pie (or £1.75 extra if you can eat a dessert as well)

BOOKING ADVISED

currently to be seen working in St Andrew's churchyard, helping at the local vet, assisting at Beamsmoor, helping produce the tapes for Talking Lookaround and Talking Newspapers or being an extra pair of hands at Nichola's childminders, Sedbergh Primary School and Baliol School. A minibus and cars take pupils out of Sedbergh to Old Hutton School, Stricklandgate School, Sandgate Special School and our own Junior School at Low Bentham. Pupils can also be found in six charity shops in Kendal, at the Quaker Tapestry Exhibition and Abbot Hall as well as Benson Green and Riverside Day Centres, at the offices of Age Concern and Disability Action or helping in the grounds of Bendrigg

Lodge.

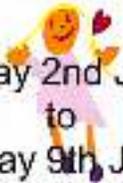
This is why on a Thursday afternoon pupils are to be seen heading off in a variety of directions to participate in a wide range of different activities: some will be dressed in military uniforms, perhaps with their faces camouflaged, others will be preparing to navigate their way across the fells. Meanwhile volunteers head off to help the varied organisations by doing anything from grounds work to serving in a shop; setting up a charity database to working with children with special needs.

As one of three schools in the UK affiliated to the Wooden Spoon Society (the Charity of the Rugby Union)

(Continued on page 34)

Sedbergh's current project is to raise £17,000 for the Bendrigg Trust. If this sum is reached, the Wooden Spoon doubles it so giving us the £34000 needed to purchase a specialist minibus for use at Bendrigg Lodge.

New and more local placements are always welcome, so if you think Sedbergh pupils could help you on a Thursday afternoon, or if you would like to become involved with the Bendrigg Lodge minibus project please contact me at the School. *Sally-Ann Griffin*

*
* **Sedbergh After School** *
* **And Holiday Club** *
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* **Thursday 2nd January** *
* **to** *
* **Thursday 9th January** *
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*

HOWGILL, W. I.

The November meeting was held at Howgill. Mary Stainton Presided, due to family commitments President Mary Silva couldn't be with us.

Several members attended the Olde Tyme Music Hall at the Town Hall in October. This was a most enjoyable evening with fellow members entertaining us in true music hall manner. There was a good atmosphere and outfits

to befit the occasion.

Two members, Lorna Scambler and Anita Carey joined Crook W. I., who hosted a Federation Walk On Saturday 19th October. They completed the eight mile walk in the picturesque part of Cumbria. Two Coffee Mornings have been planned for next year.

Our speaker for the evening was Dianne Caldwell, who with the help of slides, gave us an insight into life for the children of Lesotho in South Africa. Her link with Lesotho came when the Sunday Club in Crosby (where she then lived), sponsored children to be educated to help build a better future. They also bought a cow to provide milk. During her five week visit to see conditions for herself, time was spent at the School and training hospital. Also the orphanage which had seventeen abandoned and orphaned children ranging from two years to fourteen. There was no running water or electricity and their diet consisted of only maize, porridge but despite this they were happy and healthy. Thanks were expressed by Bridget Postlethwaite. The competition for something from Africa was won by Barbara Axford with Mary Stainton second.

The social to name the well known places was Sheelagh Dennis. The raffle winner was also Sheelagh.

We are now looking forward to our Christmas meal which will be held at the Sedbergh Golf Club on December 5th at 7.30 pm for 7.45 pm.

The competition is a home made Christmas card for a child. The first meeting of 2003 will be held at Firbank Church Hall on January 9th, when the speaker Andrew Lowe will be looking at Lakeland Farms. *A. H.*

TIP OF THE ICEBERG

David Collier was right when he said that as the 4th richest country in the world we could afford to help others. We have done that for years. The difference with the EU handouts is that we have no say as to where the money goes. He was also correct when he said there was trouble at the top. There is so much corruption that the auditors have not signed the EU accounts for years. £6 000 000 000 annually is lost to fraud. More than we have received on average in recent years annually. David should point out the size of our largess to Spain, Ireland, Greece and Portugal. Since 1997 we have £21 billion into Brussels. The French feel we should be paying more!

Heath has admitted that he lied to the country prior to the 1975 referendum. He knew full well that the ultimate goal was an European super state. Why else do they need an anthem, a flag or an army? Have you looked at your passport lately? In his attempts to "buy" his way into the "club" Heath gave away our fishing grounds.

Whilst we have been decommissioning boats Spain has been building bigger and better ones. I lived in Grimsby for many years and if you talked to local fishermen they would have told you a long time ago that the North Sea would be over fished and guess by whom? You got it in one Spain. Next year they will be able to fish right up to our beaches as we no longer



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Our staff will be glad to discuss your Christmas requirements with you.

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PRESENT

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Dry Cured Bacon Champion

*PS. We have available a few traditional Free Range 'Reynolds' turkey
which we be limited to a first come, first served.*

May we take this opportunity to wish all our friends & customers

A Merry Christmas and A Happy New Year



will have any jurisdiction over our coastal waters.

If you hadn't noticed our coal and steel industries suffered the same fate under the European Coal and Steel Organisation. As for trade and investment we still do more business elsewhere in the world. The EU is a major stumbling block to many third world countries doing trade in Europe by the tariffs and restrictive practices it puts in their way. Metrication was introduced largely so that we did not have an advantage with trade with the USA OUR LARGEST CUSTOMER! Funnily I understand that the plumbing trade in Germany still works in Imperial units.

Getting away from commerce, important though it is a more sinister side of the EU is the way in which it infiltrates our lives. The European Court of Justice over rules our courts. Over 30 000 items of legislation has come from Brussels onto our statute books. Our parliament spends between 60% and 80% of its time just rubber stamping these directives. These directives are from an organisation which is undemocratic and one over which we have no control. Most of the legislation comes from the commissioners, non of whom are elected. The MEPs that are elected by some devious method have virtually no say in

(Continued on page 37)

the legislation. Do you know who your MEP is? In the European Parliament, that's a laugh, the MEPs are allowed only one minute to speak on a topic before their microphone is switched off!! Just to keep France happy the whole shooting match ups and off from Brussels to Strasbourg. If in the unlikely event of all our MEPs voting together they only account for 14% of the votes. Now even my maths tells me that with majority voting they cannot do much to influence anything much. It is so serious that before long our Common Law and Magna Carta will count for nothing.

In 1997 plans were put in place for Corpus Juris to be the law in Europe. Already our government are chipping

away at our system by proposing the removal of trial by jury in some cases. The thin end of the wedge?

Regionalisation is another Brussels scheme for dividing up a country. Many of these non elected regional authorities already have offices in Brussels. All our political parties seem to be wedded to the EU, some more than others. They just want to be on the gravy train I reckon. Constitutionally they have, under Magna Carta no right to sign away our country to a foreign power. Likewise the Queen, as a result of her coronation oath, could step in and stop the stupidity. Unless someone at the helm wakes up soon we shall be a Titanic on the metaphorical iceberg

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KILLINGTON W.I.

I used to think that the **Annual General Meeting** of any organisation to which I belonged was likely to be the most boring of the year. Moreover I was likely to be landed with some highly undesirable job which others could manage to avoid. However at Killington W. I. all is different and we enjoy ourselves immensely.

Our A.G.M. was held at the People's Hall on the afternoon of Tuesday 12th November. Happily our happy committee were all willing and able to "do another stretch" and were happy to welcome two more happy volunteers to join our happy band! Dawn Stevens and Joyce Swann will be a great addition to our team.

Shirley Richardson continues as President, Sue Sharrocks as Secretary and Anne Macer as Treasurer- the rest of us will have jobs doled out at the next Committee meeting. (Gosh! Will someone else be writing the Lookaround report next year?) Dorothy Sedgwick was on hand to act as teller had an election been necessary -our thanks to her. The reports of this year's activities by our officers brought back recollections of a busy and fulfilling time and the year in which we celebrated the 60th Anniversary of our founding. We look forward to next year, but before that assemble for our Christmas Lunch at the Sedbergh Golf Club on Tuesday 10th December.

After the business of the day was



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concluded we moved on to the entertainment, provided as always by our members. We heard the tale of Red Riding Hood as we'd never heard it before, enjoyed listening to and joining in songs of yester-year and were as enthralled by dinosaur poems as any six year old. Joan Moores read us an item which she had written for a W.I. competition entitled "The time of my life" in which she recalled going as a helper on the Manchester Cabbies annual outing for disabled children. The destination was Blackpool and Joan had envisaged herself paddling and building sandcastles but was appalled to find herself and her charges in the queue for

the big dipper! (and she for whom the swingboats were a tummy-turning terror.) She had of course gritted her teeth and survived the ride, filled with admiration for the joyous youngsters only to find to her horror that she had to do it all over again! Well-done Joan for your bravery and your writing.

A splendid tea provided by our committee was consumed in true Killington style while we chatted, judged Jose Waller to be the winner of our competition for "an autumn scene" and drew Dawn Stevens' ticket out of the basket to win the raffle. Another excellent meeting!

W.F.U.



Sedbergh Community Development Centre

Adult Education Courses supported by Cumbria CC

Subject	Tutor	Starting	Weeks	Hours
Art	Judith Aveyard	7:00pm Tues	10	2
** Indian Head Massage ** Relaxing refreshing massage to upper back, neck & shoulders	Rebecca Hayden	7:00pm Tues	5	2
Spanish Beginners	Judith Bush	9:30am Fri	10	1.5
Spanish Continuing	Judith Bush	11:00am Fri	10	1.5
Spanish Advanced	Judith Bush	7:30pm Thu	10	1.5
Sugar Craft	Ann Parker	10:00am Fri	10	2
Yoga (Day)	Deyna Hirst	10:00am Thu	13	1.5
Yoga (Evening)	Deyna Hirst	8:00pm Thu	13	1.5

If you, or someone you know, is not very confident in reading, writing or maths why not come along to our Monday evening sessions for adults? They are free and they could really make a difference to your life.

We would also like to hear from volunteer helpers. Basic training will be given.

email: admin@sedberghcdc.org.uk Chris Wood: 015396 21385

YORKSHIRE DALES NATIONAL PARK

The YDNP Authority has confirmed the appointment of 15 external members to the Yorkshire Dales Access Forum, heralding a major landmark on the route to increased access to the countryside, come 2004/5.

The appointments follow an extensive recruitment process that saw the Authority interviewing 38 candidates. The appointees come from a broad range of countryside interests and comprise representatives of landowners, occupiers, access interests - walkers, horse riders, cyclists and the like - and other interests relevant to the area, such as people to represent the interests of nature conservation and tourism.

The Forum, which will meet formally for the first time in January, will advise the National Park Authority on providing the new right of access to the open countryside, after the Countryside and Rights of Way Bill became an Act of Parliament last year. The Forum will also have a very important role in advising the Authority on how it can improve the current rights of way network, across the 2000 kilometres of footpaths, bridleways and byways in the National Park.

Ms Sue Hilder, access and recreation officer at the Authority, said: "We have achieved what we set out to do, which was to appoint to the Forum members from a broad range of countryside interests. The candidates we have appointed will bring with them the



Sedbergh Community Development Centre

Computer & Vocational Courses

<u>Computer Course</u>	<u>Weeks</u>	<u>Start</u>	<u>Time</u>	<u>Cost</u>
Intro to IT - Learn how to use your PC for word processing, spreadsheets & the internet.	5	Monday 20th January	7:00 - 9:30pm	£30.00
Digital Photography - How to edit and enhance pictures taken on your digital camera	1	Saturday 25th January	9:30 - 12:30 & 1:30 - 4.30	£15.00
Silver Surfers - For anyone wanting to get to grips with the internet and email.	4	Monday 10th March	7:00 - 9:30pm	£25.00

Basic Food Hygiene - Monday 20th & 27th January, 7 - 10pm, £15 + certificate (£8). Child minders, B&B owners, or anyone who handles food.
Risk Assessment - Saturday 11th January, 10am - 1:30pm, £20. How to carry out a risk assessment in your workplace, especially useful for Child minders

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expertise, experience and breath of knowledge needed to advise the Authority on a wide range of access issues, from rights of way improvement plans to the mapping of access land in the Dales. With the membership of the Forum confirmed we can now embark on the improving access to the Dales' countryside.

"The Forum will have an important role in implementing the new right of access to the open countryside; scrutinising the proposed 'access maps' and advising on potential long-term closures and restrictions on the approved access land. Alongside this role, the Forum will make sure that our plans to improve the area's rights of way network match the needs of users, and those who are currently

excluded, without compromising the environment and the legitimate management of the countryside."

The fifteen appointees are: Michael Bartholomew, Jon Beavan, Veronica Boulton, Sebastian Green, Graeme Hall, Ben Heyes, Gerald Light, Andrew Mackay, Matt Mason, Mark Sandamas, Richard Spensley, Margaret Thomas, Jane Uzzell, Geoff Wilson and Philip Woodyer. A sixteenth external member, John Goss, has been co-opted to represent the needs of people with disabilities. These members will be joined on the Forum by three of the Authority's members, Roger Harrison-Topham, Wilf Fenton and John Sayer.

The Yorkshire Dales Access Forum will cover the whole of the National Park.

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Our two guest rooms are both en-suite
and we can boast one of the finest views of
Cautley Spout and the Howgills.

Please note our opening hours.

Tuesday to Sunday 9.30am - 5.00pm (Closed Mondays unless BH)

Wednesday to Saturday nights open from 7.00 pm. **Booking essential**

A FAITH TO LIVE BY

The great Christian festival of Christmas is getting close. Almost all of us will observe it in some way, but how many people today still believe in the man whose birth it celebrates? Many of us have abandoned the faith but still celebrate the festival.

The psychiatrist Carl Gustav JUNG, writing about the mature personality, says that a mature person has an "integrating philosophy of life". Sometimes this takes the form of a religious faith. A mature person has given thought to the big questions of life and found answers which he or she can hold with integrity. We all need to do this.

Recently, a retired American Bishop, Jack Spong, visited Kendal to talk about

"A New Christianity for a New World". Spong is a Christian and a thinker, but he says that one reason the churches are largely empty, in this country, and increasingly so in America, is that they seem to expect people to leave their brains outside. They seem to expect people to have, as one might say, a first century faith in a twenty-first century world - to believe in the kind of God believed in by those who first put the books of the Bible together centuries ago and to ignore everything that has happened since, including what we now know through science and scholarship - knowledge which has to be held alongside our faith in God. As just one example, people in Bible times believed when someone was ill, that person was

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SERVED UNTIL CLOSING TIME

Proprietors: David and Elizabeth Martin

being punished for wrong-doing or was possessed by demons. We didn't know, until the nineteenth century, about diseases being caused by germs and viruses. They believed the earth was flat and that Heaven was just above the overarching canopy we call the sky. The development of scientific knowledge means that we have to re-think things, re-interpret the stories told in the Bible. We don't have to reject them - just to understand them as showing the way the Jews saw things at and before the time of Jesus. We have to begin to look at the Bible and the Christian faith, as we do at everything else, with 21st century eyes.

This is tremendously liberating for the many people who, like me, believe that the Christian faith has enormous value as

a faith by which to live, but who find it impossible to swallow some of the traditional theology. Bishop Spong has found the link between today's world and the Christianity of the Bible. He says that, when he looks at Jesus, he sees in Him the source of life, the totality of love and the ground of all being. That must be worthwhile as a guide to living in the 21st century. It makes Christmas worth celebrating.

Terrible things have been done in the name of Christianity but that was a Christianity which misunderstood the way of Jesus. It has put many people off - but if we tried to live by the principles of understanding and forgiveness He gave us, what a much, much better world it would be!

George Dawson Handley

<p style="text-align: center;"><u>Stirons</u></p> <p>Frozen Cocktail & Marie Rose Sauce £2.10 Garlic Mushrooms to Toast £2.80 Pate with Carrots, Toast & Butter £2.50 Soup of the Day £1.00 Egg Mayonnaise £1.40 Limpetnut Codlets £1.40</p> <p style="text-align: center;"><u>Fasti Specials Menu</u> £12.00</p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Pot & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Phoenix Chicken Pork in Pepper Sauce God & Prawn Casserole</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day 25.00 Mixed Grill £11.10 Prime Steak (Abundant Appetit) £11.10 Sirloin Steak approx. Size uncooked 29.80 Half Roast Chicken 26.80 Chicken Kiev 15.80 Lasagne 25.00 Steak & Kidney Pie 15.00 Cumberland Sausage 15.00 Gammon & Pineapple 15.00 Brandy Lamb Chops 13.00 Marinated Lamb Steak (Dry) £8.00 Pork Chop in BBQ Sauce 13.00 Chicken & Mushroom 15.00 Jumbo Prawn Bake 15.00</p>	<h1 style="margin: 0;">THE HEAD AT MIDDLETON</h1>  <p style="font-size: 1.2em; margin: 10px 0;">Tel: 015396 20258</p> <h2 style="color: red; font-family: cursive; margin: 0;">Menu</h2>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £7.00 Grilled Rainbow Trout £7.00 Battered Scampi £5.00 Breadcrumbed Haddock £5.00</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £5.00 Salmon & Vegetable Casserole £5.90 Vegetable Lasagne £5.90 Mushroom & Mac Fetauxin £5.90 Broccoli & Cheddar Cheese Bake £5.90 Vegetable & Pasta Bake £5.90 Vegetable Filled Manicini £5.90 Mushroom Chops £5.90</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £5.50 Chicken Tikka Mussels £6.00 Cajun Style Chicken £6.00</p> <p style="text-align: center;"><u>SALADS</u></p> <p>Proghreen's Lunch 24.50 Cold Meat Salad & Roll & Bun 16.00 Prawn & Rice Salad 25.00</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £7.00 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad £1.00 Tropical Sandwiches £7.00 Salmon of Choice £1.00 Mixed Meat Salad £1.00 Portion of Mushrooms £1.00 Roll & Butter £2.00</p>
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CUMBRIA ASSOCIATION OF CLUBS FOR YOUNG PEOPLE



I am writing to introduce myself, my name is Maria Kielty and I have been appointed Area Support Worker responsible for Kirkby Lonsdale and

the surrounding area by CACYP.

The CACYP project aims are to:-

- ◆ Provide a support base to encourage an understanding of sustainable community youth work including training and development.
- ◆ To ensure a measurable improvement in the quality and scale of services offered to young people through the voluntary sector
- ◆ To encourage clear communication and strategic thinking between all parties
- ◆ Through best practice encourage the development of a quality youth work environment

My role as Area Support worker, Kirkby Lonsdale and surrounding area is to:-

- Support existing clubs and projects and initiate new groups by supporting volunteers.
- Create information and resource points for young people and the community. Identify, run/facilitate projects to meet the needs of young people.
- Identify and encourage participation in personal development programmes for volunteers, young people and leaders.
- Empower young people to take

responsibility and access them into decision makers.

- Organise and facilitate regular leaders meetings.
- Identify and access funding for youth clubs and projects and to support local communities, volunteers and leader in applying for funding.

The South Lakes area team comprises five area support workers:

Kirkby Lonsdale & surrounding area

Maria Kielty

Milnthorpe & surrounding area

Tim Pomfret

Windermere & Ambleside

Alison Greenhalgh

Ulverston

Helen Churchman

Kendal

Trisha Gordon

Community Development Co-ordinator

Liz Cornford

Administrator

Becky Morton

I will contact leaders of all affiliated groups within my area to arrange visits to clubs. I also intend to meet with partnership organisations and other local clubs and agencies.

Please feel free to contact me should you require any further information on 015395-36032.

Maria Kielty

JUMBLE SALE & AUCTION

Saturday 25th January

11 am to 3 pm

People's Hall, Sedbergh

Table Tops £3 if Pre-Booked

Lunch ★ Raffle Prizes

Contact 015396 21808

SEDBERGH WANDERERS

Football Club Bingo Night

In January this year the Club and White Hart Club's Bingo Team of Joanne Haygarth, Joan Campbell and Maureen Airey held a fundraising bingo night in the Club with £700 being raised for the town's Primary School. The event was so popular and successful we are holding another Bingo Night next month on Saturday 18th January at 8 p.m. All monies raised are being shared between the Primary School and Playgroup. We will beat this years total if we get the excellent support from the town again.

Some of the prizes donated were unbelievable. Especially several footballer, their wives and girlfriends

who donated a lot of spirits and wines. The Football Club has yet again donated £100 the Prize Fund. If there is any person or persons, families or groups that have any bottles of wines, spirits, cans of beer, tins of food packets of biscuits, anything left over from last years Christmas hampers that you don't want, we will gladly make use of them however small.

So please give us your support again by a small donation or supporting us on the night or both. Lets have another full house because there'll be loads and loads of prizes again.

Anyone wishing to make a donation in the New Year please contact Alison Cragg or Caspa or the bingo ladies.

Chris Whelan

has left Cobble Country
but will be staying in the area
and will still be involved with
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FAMILY MUSINGS

The sweet peas have really gone but the Orchid remains, given to hubby and I back in June as a Wedding Anniversary pressie. Yes, I know we were married in May but the party also celebrated elder daughters 20th birthday. Anyway the Orchid is going strong still producing more flowers and is a bright vibrant sight on the lounge windowsill.

Elder daughter is going strong out in France, enjoying her course, all in French, and popping into other countries i.e. Luxembourg and Belgium. In Luxembourg the people would rather speak English than French but have their own language. The country is so small everyone goes to the capital for a night out and for shopping go into Germany.

Granny and I spent a delightful few days on a special "Over 60's" or was it "Senior Citizens?" break in Morecambe. So lovely was the weather I pushed her in her 'red chariot' up and down the prom. We met up with friends we've met on similar weeks in the past and I couldn't help but smile when folk 90 years + turned to me and asked "Do you remember when....?!" (Must dye my hair!). It showed I was accepted I guess! While there I mastered the art of text messaging on my mobile and elder daughter texted me back "I'm sitting in a café in Paris..." so I replied "I'm sitting in a hotel in Morecambe"... communication is great isn't it?!

Bonfire night was celebrated in our village in memorable style and we got a



White Rose Fisheries & Café



TAKE-AWAY OPENING HOURS

Tuesday		5 - 7:30
Wednesday	11:30 - 1:15	5 - 7:30
Thursday		5 - 7:00
Friday	11:30 - 1:15	5 - 8:00
Saturday	11:30 - 1:15	5 - 8:00

Haddock & Chips only £2.90 Take-Away

Haddock & Chips only £3.90 Eat In

CAFÉ OPENING HOURS

Tuesday		5 - 7:00
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Friday		5 - 7:30
Saturday	11:30 - 1:00	5 - 7:30

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Seasons
Greetings

DEPT PARISH COUNCIL

Wishes to appoint a Clerk

Duties involve dealing with the administration of the Council work and its monthly meetings - usually the first Monday in each month

If interested and for further details, please telephone
Mr G W Dalton on 25436 for an initial discussion

warm, fine night, which helped. The firework display was comparable with 'Last Night of the Proms' without the music. Well done Football Club and helpers. We need more opportunities for everyone to get together for happy occasions in this community which has shared so much sadness this year. Life has to go on but make no mistake those we love and feel the loss of, are not forgotten.

Younger daughter is doing great and so are her friends. We are hopefully off to Manchester in December for the commissioning service for son and the others on the Xcelerate course. If I've given anyone the impression he is training to be a Vicar/Minister. No he's not! I obviously haven't explained things well! The course helps build up the students faith in God.. And teaches them from Gods word (the Bible) and equips them to then share their faith and share Jesus with others. He has helped with Barnabus Project (for the homeless), with kids and youth clubs, door to door visitation, to mention just part of it. Anyway younger daughter has another important event on the same day - a friends little sisters birthday. I call her

"Wide Eyes" because she has Eyes wide open and doesn't miss much!
Happy birthday "Wide Eyes!"

I'm back on rice cakes, rye-crackers, goats cheese and milk, soya milk, fruit and veg (except those with sugar). Yes, I'm back on my eating plan to help my body... nothing with yeast, sugar or cows - dairy produce in it. Hopefully to get rid of all my aches and pains and this wipe-out tiredness. I'll keep you posted. I've also got back on my bike, as in exercise bike. Just a few tenths of a mile a day or I upset my poor knee. The mileage reads 294.2 on the bike so we'll see how far I've gone by February Musings! Bacon sarnies are ...out, doesn't taste the same in rice-cakes.

I'm collecting rejection slips for my short stories. But one part of the assignment sent in to Writing Course has been recommended to be submitted to a magazine. I really enjoy my writing and it's an 'escape'. I could always write a book on rejection slips!

Happy Christmas to you all wherever you enjoy the celebrations, Happy New Year and thank you for reading "Musings." See you next year! (P.S. I'm already feeling energized!).

DENT PARISH COUNCIL

At its last meeting the council made the annual award of grants from council tax funds to Dent organisations. These were:-

	£
Dent Church graveyard	275.00
Cowgill church graveyard	200.00
Dent church clock (work needed)	300.00
Dent Primary School	500.00
Settlebeck School	300.00
Dent Nursery	250.00
Pepperpot Club, to encourage music for Youngsters	150.00
Dent Folk Festival 2003	100.00
Sedbergh Community Office, running costs	275.00

Members decided an increase in the

precept for 2003/04, would be needed and lifted the requirement from £5,500 to £6,000, largely because of the increase in salary needed to attract a replacement clerk. The council still needs applicants for the post. If you are at all interested and would like to know what is involved, please get in touch with the present clerk, G.W. Dalton on 25436.

The light in the centre of the village which has not been lit for some time, should be restored and working by the time this article appears.

The bus shelter too is almost there. One last heave with the Yorkshire Dales National Park, to finalise and put their seal on the lease of the few square yards of land, is necessary, but they have been pushed.



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Every child eating in the restaurant

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Christmas Feast

Winter Vegetable Soup served with croutons
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Roast Breast of Turkey with Onion & Sage Stuffing, Bacon, Chipolatas & a rich roast gravy
or Topside of Beef with Horseradish Sauce

Traditional Christmas Pudding with Brandy Sauce
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*Menu served as of 1st December Lunch Times and Dinner
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PEACE VIGIL IN SEDBERGH

The Sedbergh and District Churches Together are holding a Peace Vigil in the Sedbergh United Reformed Church on the 4th December from 10am to 8pm. Prayers will be said on the hour every hour and candles will be available for people to light. Anyone in Sedbergh that day with a concern for the peace of the world is welcome to join in for as long or short a time as they wish, at any point of the day.

The day coincides with Sedbergh's Market Day and the Late Night Christmas Shopping for the town at which members of all our churches will be leading the Carol Singing in the Town Centre (Time to be announced later).

Also of course it is at the beginning of the Church Season of Advent when Christians are preparing to celebrate the coming of Jesus, the source of our peace and our guide to the paths of peace.

N.B. My apologies for the articles in November's magazine about Foot and Mouth and the Posada which accidentally were sent from my computer archives. Those with a quick eye and good memory will have recognised them from last year. The ARC Addington fund information is redundant. However the Posada figures are making their rounds again but started on the 30th November – there may still be chance to join a list if you live in the Firbank, Howgill or Killington parishes.

Anne Pitt

SEDBERGH & DISTRICT BEEKEEPERS ASSOCIATION

Sedbergh beekeepers held their 2nd Annual Honey Show on Monday 21st October in the Friends' Meeting House at Brigflatts. Twelve members, most of whom had brought honey and honey products to exhibit, set them out in the appropriate classes and then chatted and waited in the big room while Brian Wright carried out all the necessary judging activities in the smaller meeting room. Eventually we were invited back to listen to his detailed comments on each entry and to learn the winners in each class. They were:-

Class 1 - jar of clear honey (light, medium, or dark) - 1st Bill Smith, Highly Commended June Tallon, and Special

Prize to Judy Lake for her first season. There were 10 entries.

Class 2 - jar of granulated honey - there were no entries this year, essentially due to the late cropping.

Class 3 - piece of cut comb - 1st Bill Smith.

Class 4 - any other hive product - 1st equal, Marion Smith with a honey cake and a beautiful block of beeswax, 3rd Bill Smith with a bottle of mead, and Special Prize to Marion Smith for a very intricate beeswax candle.

On Monday 11th November ten members and guests met in the Friends' Meeting House to review the 2002 beekeeping year. Everyone agreed we had enjoyed a varied programme of meetings and apiary visits, and been

SEDBERGH WANDERERS F.C.

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AS SEEN ON TV

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3 hours of entertainment with short Disco and Dancing intervals
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Saturday 25th January 2003

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lucky with the weather for all of the latter. We had achieved our aims of establishing colonies in new apiaries at the newer members' homes, made some progress towards successful queen rearing, and made a start in understanding the variation and quality of the available forage for our bees. The weather had caused some problems, particularly unwanted swarms, and the stories surrounding them caused much laughter! Honey yields had varied widely, from a modest 15lbs from one member to over 200lbs from another. Quality in general was very high.



Our next meeting will be at 7.30pm on Monday 9th December at the Friends' Meeting House at Brigflatts as usual. This will be to plan and decide on the programme of meetings and apiary visits for 2003.

Our first meeting of the New Year will be our 7th Annual Dinner. This will be held at the Swan Inn at Middleton at 7.30pm on Friday January 17th 2003.

You will be made most welcome at either meeting.

Please ring 21902 if you will be joining us for the Annual Dinner so that we will know the total number expected.

MFU



PENTNEY'S FOLLY

The minutes of Sedbergh Parish Council printed in the October edition of Lookaround reported vandalism at Pentner's Folly. Subsequent questions revealed that neither the correct name nor its origin were known by them. What follows is a brief history of the place and the man it was named after.

R.G. Pentney was a master at Sedbergh School from 1947-1958. In addition to teaching classics he was a keen sportsman. He played soccer for the town team whilst at the school and there must be people still living in Sedbergh who played alongside him. He was also a good cricketer and was master in charge of cricket at the school. In 1957 a piece of waste ground between Evans House garden and the cricket field was levelled by teams of boys from the school to

produce an area where people could enjoy a rest and watch the cricket.

Pentney, because of his interest in cricket, was instrumental in getting the work done and the place, with a wry sense of humour, was called Pentney's Folly as a result.

He left Sedbergh in 1958 to become headmaster of St Andrew's College, Minaki in what was then Tanganyika. In 1965, soon after his return to England, he became headmaster of King's College, Taunton. Sadly, he had to retire due to ill-health but although he has since died his name is still preserved in Sedbergh.

The Photo's show Sedbergh Football Team with Pentney 2nd from left on the front row. Can anyone put names to any of the other players? Please leave details at the Lookaround Office.

SEDBERGH GALA GROUP BONFIRE CELEBRATION

Unfortunately Sedbergh Bonfire celebrations were dampened by heavy rain and easterly gales. Did we let this dampen our spirits, certainly not! Over 300 adult and many more children got wrapped up warm and braved the elements.

Suzan Sedgwick's dance school, modern and contemporary dancers gave an amazing interpretation of fire and fireworks. The show was made more effective by the use of ultra violet lights so that the room was in darkness except for the fluorescent swirling of the dancers. The dancers worked very hard to produce such a sophisticated dance in a short space of time thanks to Suzan's skill and commitment. The technical expertise of Andrew Allan made the whole show possible and Gala group are very grateful for the loan of the audio and lighting equipment arranged by Andrew. Many thanks also to Suzan Sedgwick and the dancers for providing such a wonderful entertainment.

Entries for the Fancy Dress, Best Guy, Best Turnip and Best Pumpkin were excellent. The winners of the

competitions were as follows:-

Fancy Dress

- 1 Chloe Brown
- 2 Fiona Kirton
- 3 Olivia Winn

Best Pumpkin

- 1 Olivia Law
- 2 Connor Winn
- 3 William Taylor

Best Turnip

- 1 Jordan Blackett

Best Guy

- 1 Claire Hunter & Elizabeth Thexton
- 2 Robyn Lewes
- 3 Stuart McClandish

Gala Group was very pleased by the numbers of people who attended the bonfire despite the awful weather. However the driving rain did create problems with the fireworks so if any of you were disappointed compared to the firework displays of previous years we are very sorry. The fireworks were covered until the last moment but it took no time for them to get wet and therefore difficult to light (impossible in some cases). This years Gala was supported by a record amount of sponsorship from local businesses and we would like to thank everyone who has supported Gala so generously during 2002.

Sedbergh & District History Society

Wednesday 8th January

Archaeology & The National Trust in the YDNP

Mark Newman

7:30pm Settlebeck High School

Wednesday 22nd January

Lime Industry in Lancashire & Beyond

Ben Edwards

7:30pm Settlebeck High School

DO COME ALONG - NEW MEMBERS ALWAYS WELCOME

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CHRISTMAS TRUCE 1914 IN DENT

They called it the war to end all wars. But for a group of singers who came to Dent last month, it was a moment of peace in that war which had the best chance of ending all conflict.

The Christmas Truce of 1914 is the stuff of legend. The story of how the soldiers from both sides met in no man's land to play football has been well told. What is less well known is that there were many truces along the 500 mile front from the North Sea to the Swiss borders.

Soldiers and officers took part - some slid presents in cartridge cases across the ice. The officers gave bottles of spirits and cigars. Some toasted each other, and although the meetings were cautious many exchanged gifts. The British troops gave presents of Bully Beef, Tickers Jam and other rations - the Germans did the same with whatever they had.

One German soldier gave his Pickhauber - the spiked helmet worn as part of their uniform. A few days later a general came to inspect their troops and a message came over the British lines - "Can I have my helmet back please?" It found its way to the German soldier - and after the inspection it was returned back to its new owner.

Ray Hearn, who was doing the narration at the Dent Memorial Hall show in November pointed out for those who still had no idea what a Picklehauber was, that there was one on the beer tap in the Sun Inn.

Coope, Boyes and Simpson - Barry Coope, Jim Boyes and Lester Simpson - were on good form, with voices like liquid cherries blending perfectly after years of singing and performing in

harmony together.

And the choir who supported them - 70 mixed voices from South Lakeland, Yorkshire and Lancashire sang with all the strength of their commitment to ending war. Many were drawn from community choirs in the region, where a spirit of humanity is considered as important as the music.

Many of the soldiers meeting in no man's land sang carols together - and these were sung by the choir. These were the old carols - still sung in pubs in North Yorkshire - and later this month in Sedbergh, the Sportsman's Inn in Cowgill, and by candlelight in Dent.

The story goes that the choirs in country churches up to about 1850 had a great deal of autonomy - too much for the vicars to bear. They would burst into song if his sermon was too long, or sing pointedly at landlords who had thrown tenants off their estates. So they were replaced by school mistresses playing the organ and choirs of children.

But the old carols had become so popular that no one could stop singing them. They took them out onto the village green and when it got too cold, moved into the warmest place they could find - the village pub.

You may even hear some of them on your doorstep if the Cautley Carolers are passing by. But don't expect too much authenticity - the 19th century carollers started at midnight on Christmas Eve and sang for several hours telling people to wake up and "salute the happy morn." Liking our beds - we'll be finished by 10.30pm.

Wishing you all a very festive season and a Happy New Year full of harmony and song,
David Burbidge

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throughout December

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Scrap of the Day with Roll & Butter
Prawn Cocktail with Marie Rose Sauce
Wedge of Honeydew Melon sprinkled with Gingers
Famouze Pate served with Toast and Garnish
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MAIN COURSE

Roast Turkey with Chipolota Sausage,
Sage & Onion Stuffing and Cranberry Sauce
Succulent Roast Pork with Apple Sauce and Stuffing
Roast Beef & Yorkshire Pudding & Horseradish Sauce
Grilled Rainbow Trout with Bacon and Almonds
or Vegetarian alternative available

All served with Roast and Boiled Potatoes
and Seasonal Vegetables

SWEETS

Festive Christmas Pudding with Rum Sauce
Peaches and Brandy Pastry with Ice Cream and Cream
Deep-fried Apple Pie and Custard
Hot Chocolate Fudge Cake served with Cream
Vanilla Ice Cream with Chocolate Sauce and Nuts
or Cheese and Biscuits

Mince Pie and Sultanas
followed by Cuffin and Minis

£12.50 including Christmas Cracker



Christmas Day
Lunch £25.00

SETTLEBECK HIGH SCHOOL PRESENTATION EVENING

On Tuesday, 5th November, forty of last year's GCSE students returned to Settlebeck for the annual Presentation Evening. This is always one of the best days of the school year, when old friends renew their close ties with staff and with each other, celebrate their achievements and receive certificates which are a just reward for five years hard work. "An opportunity to re-connect", as Head Teacher Dave Smith said in his opening address.

"We've really missed you this term", he continued, as he paid tribute to the year group – their quality of relationships, their determination to succeed and their achievements which outstripped expectations, producing the best ever GCSE results for the school. He then addressed each of the ex-students in turn, outlining their contribution to the school. These included sporting successes, Duke of Edinburgh awards, membership of the

choir and orchestra, starring parts in school productions, service on the student council, charity initiatives and other responsibilities held. He also spoke of the personal qualities they'll be remembered for.

The excitement mounted as the evening approached its highlight – a slide show of cherished moments from the students five years at Settlebeck – when tears of joy and mirth were shed by many. After outstanding musical contributions from Jenny Lamb, Lauren Gilder and the Year 11 girls singing group, Andy Denton, speaking for Settlebeck School Governors, closed the evening by paying tribute to "the part staff have played in encouraging and inspiring the students".

Refreshments were served for students, their parents and friends of the school.

THE ANNE FRANK EXHIBITION

At our recent visit to the exhibition in Carlisle I learnt that Ann Frank was a Jewish girl who lived in the time when Hitler and the other Germans tried to take

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over. Every Jew was to go in hiding or die in a concentration camp. Anne Frank and her family also went in hiding. Anne had only two things she could trust. Her family and her diary and it is her diary which makes her so special. Every day she wrote in her diary about everything she could think of. She even named it, she named it Kitty. Part of her diary is written on the walls of her old school which is now named the Anne Frank School.

I particularly liked going into the room which was constructed to be like hers but inside a garden shed.

Emily Smith-Hanratty

We went to the Anne Frank exhibition in Carlisle, we went on a bus, it took us about 1 hour and 10 minutes. When we finally got there it was nothing like we expected it to look like. It was bigger than we expected and much brighter than we'd imagined. We thought that we would go through a bookcase like the one she tells in the story. When we walked in through the door, there was a huge paper mache pig and cow painted in lots of different colours. On the left there was a big room we stood in for a bit, but then they took us to see the Anne Frank video of her house in Amsterdam. The video

was quite interesting and it was a very detailed film about her life. Then we went to see the safe house which the people of the exhibition had made, lots of people enjoyed it. But after that this man called Martin took us around these stands which had lots of interesting information on them. Overall we thought this was a very interesting trip and we all enjoyed it.

Freyo Leach and Rebecca Loppin

I found the Anne Frank exhibition quite moving because of the video of Anne Frank, the way she described it and the way they got treated was appalling. They were in hiding in a secret place but what I can't understand is why did someone give them up? It is like giving them a death warrant, who could do that? Someone who is senseless and has no kind of feeling towards anyone else.

Ian Mitchell

What I found most interesting was the way Anne Frank never let herself be scared about what would happen if the Nazis found them. Also, it was interesting finding out about how badly the Nazis treated their prisoners and what the prisoners were thinking.

Anne Frank's annexe was at the top of a work building and in the middle of town.

Rebekah Sutcliffe

J J MARTIN

(Electrical)

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a Merry Christmas and a Happy New Year

We would also like to take this opportunity
to thank everyone for their custom over the past year.

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DENTDALE WI

November and the time once more for the A.G.M. The reports from Secretary, Treasurer and President were given reminding us that 2002 had been another well planned and well filled year for Dentdale WI. Mutual thanks were said all round to everyone, who in any way had contributed to the smooth running of the meetings.

The monthly competitions had been entered with enthusiasm and the Cup for year was presented to Catherine Sugden winning by a whisker from Elizabeth Middleton.

The committee was elected to serve again as was Margaret Fothergill our President. They are all willing to lead us into 2003.

After a break for tea Freda Meakin, a fellow member, treated us to an informative short talk entitled Rags to Rugs. She spoke about the variations in rugging and had examples to show us. She stressed the simplicity of the material needed being Hessian hooks and Rags to make a start on the craft.

Betty Hartley who had entered a beautiful hooked rug won the Competition for Something I have made.

Our President had mentioned in her report our involvement with National and Federation events and we heard that Dorte-lis Powell, our Treasurer, has a place on a Denman College Cascade course entitled Understanding Europe and Influencing Policy. Dorte-lis will be canvassing among us for our views before she attends.

Two teams from Dent entered the Federation Pub Quiz and found themselves up against two from

Killington. There was a good atmosphere and teams evenly matched. So, a very close finish, but Dentdale managed to win first place. The George and Dragon had laid on some tasty sandwiches to round off the evening.

The recent production of an Old Time Musical by the Federation in the grand setting of Kendal Town Hall, was attended by some of our members who joined in the spirit of the occasion by dressing in Victorian costume. Catherine Sugden and Pat Allen had enjoyed the experience of singing with the twenty strong choir in the musical setting of Mrs Beaton's Book as part of the evening's entertainment.

Now we have our Christmas meal at Whoop Hall to look forward to.

The first meeting of the new year is on January 8th and our speaker will be Susan Cox on the Subject of Women and the Law.

New members and visitors always welcome.



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THOUGHT FOR DECEMBER

A Happy Christmas to you one & all,
Whatever you take that to be,
Perhaps the tree which stand so tall,
Or hot mince-pies for tea.
The excited children's cries,
Shop windows lit so bright,
Carol singing under starry skies,
Welcome the dawning of light.
Amidst it all do you remember,
Whose birthday it is in December?
The birth of Jesus in a stable,
True fact and not a fable.

L. D.



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OCTOBER'S WEATHER

After the gorgeous weather last month things got back to "normal". October produced a bit of everything. The month started off much as September had left us with some warm days but cool nights with little measurable rain for the first 10 days but with some windy periods. The first frost of the season was recorded on the 13th with a low of 30.6F. This period also gave us nearly an inch of rain in 3 days. With pressure fairly high over the next few days keen frosts of 23.5F & 26.6F were recorded on the 18th & 19th. With this high pressure the wind was noticeable by its absence. On the 24th we woke up to snow on the higher fells of

Arant How, Bough Fell and Wild Boar Fell. This is a month earlier than it has been in recent years. After heavy rain on the 22nd a heavy frost brought us some surprises. At 5.30am I was awakened by what I thought was a lorry backing down the drive as I could see flashing yellow lights outside. Further investigation revealed that it was the frost that had set off the alarms on our daughter's car! Back to bed I went with soggy feet and pyjamas as I had dashed out thinking someone was having a go at the car!

When I finally got up to feed the menagerie another surprise awaited me. Having gone to roost wet through the keen frost had frozen the tail feathers of my golden pheasant cock to his perch.

When he jumped down next morning he left his tail behind! This built in escape mechanism means he will be tailless this season. This year, because of the dry September, was



the first time I have seen the cock birds in their full glory. The 25th produced yet another variation with a tremendous hail storm accompanied by thunder and lightning. The hail as the size of large peas! The rain continued through the rest of the month giving us a total of 5.4 inches. The month ended quietly with a couple of dry days and frosty nights. In the garden the leaves are falling in earnest, the winter jasmine has flowered throughout the month along with the arbutus. The first fieldfares and redwings were back in the middle of the month and a flock of over 200 arriving on the 31st. This is the first year in my life when I have not seen a baby blackbird.

FROSTROW W. I.

The November meeting was the AGM and was well attended. The President welcomed everyone, including Gillian Price our W.I.A, and gave us an update on members who are not well. Mrs. Vi Harvey thanked everyone for their good wishes on her house move.

Final arrangements were made for the Christmas Dinner at Cross Keys. Mrs. Harvey received her 40 years W. I. Membership Certificate and said how she had enjoyed being in several W.I.'s, Frostrow being the furthest North. This year she has a new great grandchild and

Mrs. Linda Hopkins a new grandchild, so two trees will be planted and dedicated to these babies in the W. I. Plant a Tree scheme.



In the AGM the Treasurer presented a satisfactory financial report and the Secretary's Annual report reminded us that this has been a busy and successful year with members joining in Federation events and outings also in Community events such as the Queen's Jubilee Celebrations.

Mrs. Linda Hopkins thanked the Committee for their support especially the Secretary and Treasurer. She paid tribute to Mrs. Mary Dormand for her dedication as Secretary for 14 years and now she will be able to relax in the audience! Linda reminded us that it is important to recruit new members.

Gillian Price conducted the election of President as Linda wishes to stand down after 5 years. As a result, Mrs. Anne Petyt was elected. Mrs. Pat Ramsden thanked the Committee for their hard

work over the past year and expressed her appreciation for the care and friendship she has received in W. I. Mrs. Dorothy Gerrard paid tribute to Linda's encouraging and enthusiastic leadership in her term as President.

The competition winner for the year is Miss Eileen Staveley. After the business, two light-hearted quizzes were enjoyed and the evening was rounded off with a Jacobs Join supper which was a most inviting display of savouries and sweets with wine.

On January 8th 2003 Dilys McCaffery will demonstrate Pewter Work. Prospective members always welcome.

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

DENTDALE METHODIST CHAPEL

Our schoolroom is available for local use through the day and evenings with alcohol free and no smoking policy, can be a small cosy gathering place for meetings.

Good companions is changing its name to CAMEO (Come and Meet Each Other!) so people can stop thinking it's a dating agency! Moe about this in next *Lookaround*. We've an afternoon Carol Service on December 15th at 2.30pm and as always everyone is welcome.

J. & S.E. Woof

BUSINESS OPPORTUNITY?

Would anyone in the area like to join in with a co-operative produce retail outlet. There is a possibility that grant funding could be given to set up a shop selling local foods, of any sort e.g. cakes, organic vegetables, jams etc., or other types of products which would fit into a food sales environment. Please contact 015396-21389 or 015396-20034 for information. Please note any size of producer is welcome.

REFLECTIONS

on-line Modern & Traditional
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TO SHOW OR NOT TO SHOW

The date of the Sedbergh and District Spring Show is fixed: 6th April 2003. The Schedule will be similar to last year. But will it go ahead?

For any event you need a committee. Our committee is very much depleted. There are many wonderful volunteers who will help on the day, but we do need some more help with the planning.

If you sometimes enter the Show yourself, perhaps you have the interest to make sure we get the schedule right, get the publicity in place, get the support that is needed.

We have a first class Secretary in Carol Dawbarn, a wonderful Chairman in Margaret Milburn and George Handley

has agreed to help organise the judging. If you could spare time to attend at most 4 meetings between now and next April, you could be a great help in making sure the Show does actually go ahead next year.

Without that extra bit of help, it will not go ahead.

For a Spring Show, you need entries Entries were disappointing last year, when we expected that a bumper year would follow the foot and mouth year. The Show is an exhibition and people come to see what people have been doing in their spare time. It is not about being 'good enough'. Everyone has something they do they can be reasonably proud off, even though it will not win a prize set against the work of the genius who lives next door. Children are wonderful. They like to win, but they are not afraid of having a go. We hope many more adults will just 'have a go'.

We need more entries next year

Of course the Classes have to reflect peoples' interests and it could be that the Classes are not quite right. We have some new ideas. Pottery or 3 dimensional scale models perhaps. Perhaps, for exhibition purposes rather than for competition, we could invite contributions of hand-made articles that are at least fifty years old. Perhaps you have some ideas. If you can guarantee at least three entries for any new class, we will put it in the schedule.

The Spring Show in Sedbergh has a long tradition. Tell us if it should go ahead next year and tell us if you can help. Ring Carol on 20641.



SEDBERGH BOWLING CLUB

After the problems of 2001, this season was very successful. We held all the usual competitions, friendly fixtures and two barbeques.

We had good results in both Kendal & District leagues. We brought the bowling year to a close with our annual supper at the White Hart Sports and Social Club. Our President, Jim Mason welcomed 47 people to a very informal and friendly evening. Our thanks to Sue for a beautiful buffet. Also to the Club for the use of the concert room!

We held a raffle and played dominoes. The AGM will be at 7.30 pm on Thursday 27th February 2003 in the Committee Rooms and everyone is welcome.

This years winners were as follows:-

Open Doubles Martin & Alan Gilpin
Runners Up Dave Nelson
& Brian Longhorne

Golden Jubilee Celebration
Sheila Bainbridge

Runner Up Tom Rycroft

Halifax Cup Sheila Bainbridge

Runner Up Steve Teal

Norman Hoggarth Memorial Trophy
Paul Airey

Runner Up Eric Marney

Iveson Doubles Noel Martin
& John Oughton

Runners Up Ronnie Farrow
& Linda Killops

Wilf Conchie Memorial Shield
Carole Townson

Runner Up Gilbert Bainbridge

Presidents Prize John Oughton

Runner Up June Westgate

Leighton Rose Bowl Sheila Bainbridge

Runner Up Margaret Mason

Ron Sheppey Mens Competition

Tom Rycroft
Runner Up Jim Greenbank
Poyntz Wright Cup Gilbert Bainbridge
Runner Up June Westgate
Autumn Round Robin Tom Rycroft
Runner Up Donald Westgate
Linda Killops



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HOWGILL TODDLERS

Thank you to everyone who helped with our recent fundraising Coffee Morning in the half term holidays.

Despite the awful weather, those who braved the rain helped to raise almost £100.

A very big thank you to the businesses of Sedbergh who donated raffle prizes - Powell, the Chemist, Spar, Knights, Nat. West. Bank and the Paper Shop.

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DECEMBER GARDENING

The grass has stopped growing, the weeks have slowed down, the Autumn leaves have all been collected and many of my gardening friends have, with a sigh of relief, put their gardens away for the Winter and retired to the fireside with a good book. They will not stir until Spring. However, down under the ground some things are stirring.

All of those Spring flowering bulbs - crocus, daffodils, narcissus, snowdrops and tulips are, this minute, sending out strong new roots to seek water and food to nourish their new shoots and flowers. Bulbs which are naturalised in grass face serious competition in the growing season from the grass plants, and feeding them in the spring or summer can simply cause the grass to grow tall and rank. A feed at this time of year, however will get to the spot where it is most needed. I use a feed which is high in potash as this promotes flower production rather than an over abundance of leaves. The most readily available form of this is rose fertiliser, which contains a good mix of nutrients and can be applied very easily. Sprinkle the fertiliser on the surface of the ground where bulbs are naturalised, preferably when the grass is in a dryish

state, and allow the rain to wash it down to the underlying roots.

A second really useful garden job to do at this time of the year is to go around and check any tree stakes and ties, and wires supporting climbing plants, to make sure that they are not constricting growth or causing damage to trunks or stems. This done, you can return to the warmth of your sitting room, get out the gardening books and start to plan all the wonderful things which might happen in your garden next year. *Elaine Horne*

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Dear Sirs,

I read the letter from Richard French published on your website with interest because it mentioned the Eden Valley Railway project. I should like to correct a point he made about whom to contact if anyone is interested in getting involved with the restoration.

The Eden Valley Railway Trust, based at Warcop, Cumbria, is responsible for the restoration of the line from Appleby to Kirkby Stephen East station. Phase 1 of the project, Warcop to Appleby is well in

hand. We have purchased the first two miles of track from Warcop to just beyond Sandford Bridge and the Transfer of Works Order, which will be passed to us shortly, subject to inspection, will authorise us to commence passenger services early next year. Applications for grants are underway to enable us to get to Appleby as soon as possible.

Once phase 1 is completed we will start on the most difficult and expensive part of the whole project – phase 2. This will involve the re-purchase of former railway land, the rebuilding of several pieces of civil engineering, including Musgrave viaduct over the River Eden. We will reach Kirkby Stephen East station when we have purchased the property from the present owners, Stainmore Properties Ltd.

New members will be made very welcome and further details can be found on our website www.evr.org.uk where in addition to virtual tours and the like, a membership application form can also be found.

If anyone were interested would they please contact me.

Yours faithfully,

John Finch

Trustee and Membership Secretary

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DENT MEMORIAL HALL

Efforts continue to bring some improvement to the condition and facilities in the hall. The right of hirers to use the school toilets, cloakroom and entrance hall, when required, has been re-established. The reasonable worries of the school managers that damage might result at events where alcohol is freely available, have been met by an agreement that this facility will not be available for disco events, and other occasions when alcohol is sold will be subject to discretion of the hall committee.

The nursery will shortly move to the temporary portacabin site in the playground, which gives an opportunity to carry out some redecorating in the Sedgwick Room. Three ladies have kindly agreed to choose colours and provide a lick of paint to complete making the space more cheerful for users.

Meanwhile, progress is being made with providing long term housing for the nursery. The committee is also very conscious of the clutter in the main hall being a detraction for would be users and better storage is a priority.

Grants are needed for aspects of the

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improvement programme and we are advised that the 1996 data gathered by Gordon Neal and helpers, about what residents needed and possible use of better features, needs up dating.

Therefore, a limited exercise by means of a questionnaire will have to be undertaken. Residents may get one through the door. Understanding, and patience and help by completing and returning it, is asked for. A minute or two filling it out and returning, will be greatly appreciated.

Bookings for the hall or Sedgwick Room can be made with the booking clerk, Ana McClurg, telephone 25446 and questions or problems with particular needs, can be raised with the hall secretary, Sarah Wuof, telephone 25212.

DENT FOOTBALL CLUB

JANUARY SALES COFFEE MORNING

Saturday 11th January 2003

10 am to 1 pm

Dent Memorial Hall

Nearly New ~ Cakes ~ Raffle ~ Games



TALES OF THE ARABIAN NIGHTS

Spellbound is presenting the spellbinding "Tales From The Arabian Nights" on January 1st, 2nd, 3rd, & 4th December, at Settlebeck, 10th & 11th January at Dent Memorial Hall. The details for the Sedbergh production are in the advert on the front page.

The story begins many thousands of years ago, in a desert land..... The lovely and spirited 'Sharazad 'is given in marriage to the mighty 'Shazaman The Bitter', who has already married 1000 times! He can trust no woman to be faithful, so all his brides have been executed the morning after the wedding. Sharazad keeps herself alive by telling him tales, so astounding, amusing and adventurous, that he keeps her alive, night after night, in order to hear his bedtime story! She tells him tales of a hunchback, of a disastrous wedding, where the guests were blown away, of two poor fisher folk, who rub, what they think , is a tea pot. She tells him of the astounding adventures of Sinbad the sailor, a great favourite with adults and children alike.

Let us Spellbind you with a visual and audial feast, bringing to the stage the

Spellbound Theatre

sights and sounds of the mystical east, as Sharazad's tales are enacted. But, what happens to her when she has run out of them? Come and find out!

Voluntarily produced and directed by Michael and Natalie Nardone and Kim Lyon, Spellbound hopes to raise a substantial profit for SCOPE (the charity for cerebral palsy).

Local celebrity Michael Nardone is a professional stage and T.V. actor. You may have seen him recently in 'Silent Witness' and 'Rose and Maloney'. Look out for him soon in the new series of 'Taggart' and 'Rock Face.' He has given his time freely to work with the local actors in aid of the charity. He will be performing the live music for the production.

Spellbound is your local company, please support us.
THIS IS A SHOW NOT TO BE MISSED!!!!!!

KAY WHITTLE CHIROPODIST

Back in Sedbergh soon!

Bookings being taken now on ☎ 20026

In business from 10th December on ☎ 20195

**Thank You from
Sarah Niven's Family**

After Sarah's death on Friday 2nd August this year, her family suggested that perhaps rather than send flowers, there would be an opportunity for friends to make donations in her memory to the Christie Hospital in Manchester.

The account with J.J. Martin, Funeral Directors in Sedbergh, has now been closed.

A total of £1,600 has been raised from donations through the post, from money given at her Funeral Service in Sedbergh on Monday 12th August and also given at her Thanksgiving Service at Hamhill near Cirencester, on Sunday 15th September.

This is a **wonderful** amount for which we are very grateful indeed. In some cases fees and costs for services provided, were waived. We estimated what these cost might have been and the equivalent value was included in the money being sent to Christie Hospital for them to use in their Lymphoma Research Fund. *Donald Niven*

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Garsdale Bacon Best in the North West

At the recent Northwest Awards for Excellence in meat Products at the Reebok Stadium Bolton, Steadmans of Sedbergh claimed 3 gold and 3 silver awards out of six entries. Garsdale Back Bacon, which is cured at Steadmans using pork produced in Garsdale is already a national and international award winner and was judged, by a panel of experts, to be the best in the competition. The other awards were for pies produced at Steadmans shop.

Garth said "We did not enter any sausage this year as we thought it would be a challenge to enter pies and bacon. I have to give full credit to my staff who produce these products to such a high standard.

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GALA GROUP CHILDRENS PARTY

January 11th 2003

The Annual Childrens Party provided by Sedbergh Gala Group will be held on Saturday 11th January 2003. Invitations will be given to the children at Sedbergh Primary School before Christmas so make sure you check book bags and homework folders.

The party will be held from 2.00 pm to 5.00 pm and children from reception to Year 5 are eligible to attend. Harvey Rush will entertain the children with magic tricks, games and a disco so there should be something for everyone. Parents must make sure they collect their children from the People's Hall as no child will be allowed to leave without a known adult.

Unfortunately due to poor attendance over the last few years there will be no junior disco in the evening. However if Year 6 Sedbergh Primary School students or pupils from Settlebeck High School want to send any ideas for things they would like to attend either on Gala Day or as a separate event then we would be very interested to hear from you. Please send your ideas to Helen Joel at 14, Winfield Road, Sedbergh.

JOHN SOUTER

21 Fairholme, Sedbergh

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ART SOCIETY

Painter Wendy Jones gave an illustrated talk at the meeting on 8th November. Wendy, who has a studio at Farfield Mill, brought some of her recent paintings as well as a number of slides of her work covering a range of subject matter. One series of paintings were influenced by Indian painting and Indian fabrics - saris in particular. Her method is to coat the surface of hardboard with layers of thickly applied gesso and also acrylic texture gels, such as those containing small glass beads and sand. Pure pigments and dyes are worked into the surface and perhaps pieces of glass are also embedded. The finished paintings are like richly embroidered fabrics.

Wendy also showed work influenced by Aboriginal art and a number of landscape paintings, in particular, of Lady Hill near Aysgarth a source of ongoing fascination.

Another very enjoyable and informative evening.

JMW

NATIONAL ASTHMA CAMPAIGN

Ann would like to thank everyone for the moral support and generous sponsorship, amounting to £240.

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The Pension service is a new service created on the 1/4/02, to promote benefits for older people. We hope by holding local Surgeries, such as the one at Sedbergh Community Centre (every Monday from 10am-2pm) to offer help and advice locally in familiar surroundings to our clients.

Also we will work with partner organisations such as Age Concern (where we are in attendance every Wednesday at Strickland House Kendal 10am-1pm) so our joint clients can receive a variety of help and advice on the same premises

We also provide a home visiting service if required where we will see clients in the comfort of their own home. Finally we are a very new organisation who aim to achieve an excellent service to all our clients, and would be delighted to see you at one of our surgeries or contact us direct on 01539 795000.

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SEDBERGH CRICKET CLUB

The AGM was held on the 28th October and apathy continues to be the order of the day with only 11 members present. This was in spite of sending out 48 agendas and minutes. The chairman thanked those who had helped in the running of the club and congratulated the junior sides on their achievements. The treasurer reported a deficit over the year due largely to our contribution towards the artificial wicket on top of the Lottery grant. We were still solvent thanks largely due to money raised by the golf tournament, jumble sale and our own lottery. Team reports appeared last month. Election of officers: President David Lord; VPs to be confirmed: Chairman Richard Gorst; V Chair, Steve Longlands; Treasurer David Calvert; Secretary Brian Wright; Club captain Mike Wilson; Midweek managers Simon Close & John Thornton; U16 managers David Calvert & Richard Gorst; U13 manager vacant Committee The above plus Julian Cann, Coldrick Lewis & Sam Moore. The winter nets start on the first Monday in February at Sedbergh school sports hall at 7.30pm.

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THOUGHT FOR JANUARY

A New Year... an unopened book...and how many of us go forward in fear and trembling?

Oh! We can celebrate its arrival as good as anyone but... really... deep inside do we want another year? Can we really part with last year, isn't part of us wanting to hold on to it and not let go? Perhaps for very happy reasons, perhaps for very sad reasons, but we don't have a choice we have to move into 2003.

Are we among those folks who try to stay in the past, you know, those who say "We've always done it this way why change?" Could they say instead "Yes, the old way worked... but let's give a new way a chance?" Happy New Year! *L.D.*

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SEDBERGH PRIMARY SCHOOL

Book Week

It was an extremely exciting week. Everybody seemed very happy. The Scholastic Book Sale managed to raise £559. There were lots of books and it was nice to just look around, even if you weren't going to buy anything. There were lots of pens and pencils and rubbers.

There was a writing competition about a big lady putting a squealing cat into her handbag. You had to write a piece of writing about his big lady putting a cat in her handbag, trying to make it as good as you could, then it would have been sent into the competition and you might have won!



Settlebeck even joined in the fun! Three of them dressed up as book characters from "The Lord of the Rings" and went into Year 6. On Friday, nearly everybody dressed up as a book character. There were witches, wizards, princesses and even aliens!

But there was one thing that was the best thing. Everybody enjoyed it.

Hannah Smith-Saville. Year 5.

WANTED

Private buyer wishes to purchase a small cottage in the vicinity of Sedbergh.

Condition of property is no problem but **MUST** have good views.

Please Telephone

07866 679428

07966 427791

THE PULSE PROJECT

Hello All Bodies.

Although you haven't heard from us for a while work is still going on. The Project is set for a revival in the New Year. We are looking at a new site and a potentially excellent means of funding. A new questionnaire is being prepared and will be in the *Lookaround* and in the shops of Sedbergh shortly.

There will be a Jumble Sale followed by an Auction at the People's Hall on January 25th 2003 from 11 am to 3 pm. Lunches will be available. Get rid of all your unwanted or outgrown clutter and buy some new clutter. A few table tops are available also.

There will be a meeting on January 8th 2003 at 7.45 pm in The Bull Hotel to re-launch the Project. Coffee and Biscuits will be provided. If you have any interest in helping to set up a community gym please come along or contact me Sandra Gold-Wood on 015396-21808. Any items for Auction - use the same number.



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Dear Editors,

Many people have said how much they enjoyed last months Cumbria Craft Guild's exhibition at Farfield Mill. It was wonderful to see such a rich variety of new arts and crafts in the sympathetic setting of beautifully restored mill rooms.

The exhibition also attracted gratifyingly large number of visitors, some coming long distances to see it. Most of these people, of course, then went on to walk on the fells, and to shop and spend time in pubs and café's in Sedbergh. An added bonus.

We are so lucky to have this exciting cultural amenity here. It puts Sedbergh on the map in a new way, and already

provides inspiring courses for local people.

Visitors are delighted to find the Farfield buildings so well preserved and cherished, and to see their history vividly brought to life. They buy special and unusual gifts, photograph the Mill's stunning river environment, then after relaxing in its welcoming café they take away happy memories, and return often.

As with all labours of love, it is easy to overlook the vast amount of work which has gone into Farfield Mill. Teething troubles are normal and can be overcome, but there is no doubt that an invaluable, full of potential, local resource has been created. *R. P. D.*



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URGENTLY WANTED HOUSE HISTORIANS

I have lived at 103 Main Street, Sedbergh for just over a year and I am seeking information about the house and its history. If any local residents, builders, planners or anyone who knows anything about the history of the house could contact me at 103, Main Street, Sedbergh. I would be very grateful.

I am told that the house was built circa 1710 and has been shops, a workhouse as well as a home. I would be very grateful for any snippets of the history of the house and its occupants both recent and long ago. Additionally I am very keen to hear from any builders or other tradesmen who have worked on the house or adjacent properties as I am trying to establish whether there is any cellar. There are some signs of a void under the floor but no access point or external vents etc. The age of the house suggests a cellar may exist and it may be the cellar has been sealed because of damp etc.

I would love to see any old photographs or documents relating to the house or its previous occupants. Thanks.

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SEDBERGH LADIES N.E.U.

Thirty six members and friends met for the Annual Dinner at Prelude in Kendal, where an excellent meal was enjoyed by all.

The November meeting was held in the People's Hall on Tuesday 19th November. Miss Elaine Horne showed slides and spoke on the design and planting of many well known gardens.

She was thanked for her most interesting talk by Mrs. Bateman.

Mrs. Mason won the Raffle. Tea was served by Mrs Howarth and Mrs Davenport.

SCOUTS CHRISTMAS POST

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Once again, the Sedbergh Scouts are making deliveries to all houses in the areas of Sedbergh and Garsdale (sorry, not Dent).

Collection and Deliveries will be made between 3rd and 20th December with the last collection at 4pm on 20th.

Post Codes are not required but the name and full address is, together with 10 pence per card. Please drop off the cards in any of the Post Boxes in McConnell's, Green Door, Morphet's Garage, Community Office and Scout HQ in the Bull Hotel Yard.

Further information is available by ringing 20521.



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EMBROIDERERS GUILD

Kirkby Lonsdale and District Branch

Our meeting on Thursday 14th November took the form of a demonstration on Batik, by Pam Pitt. Pam brought some of her work along – pictures, wall panels, garments and lengths of fabric. All had been decorated using batik and sometimes other types of treatments.

Pam showed us how she worked, heating wax and drawing out the design on a stretched piece of cloth using a janting. She then painted dye over the surface and gave us the idea of repeating the process to build up the "picture" to the desired effect.

Our next meeting will be held on Thursday 12th December. This will be our Christmas meeting including a Christmas card competition, a small Jacob's Join and other festive activities. Our January meeting is on 9th when Barbara Slee will be telling us about her Patchwork. All our meetings are held from 2-4pm at Westhouse Village Hall, usually on the second Thursday. Further details can be obtained from Ann Hunter on 01242 41120, Kay Stockdale on 015242 76443 or Tracey Pearce on 01539 741869. All are most welcome. No previous experience is needed.

Lots of Christmas Gift Ideas in our COOKSHOP

Cookware ~ Bakeware ~ Woodware
Textiles ~ Knives ~ Butchers Blocks
Le Creuset ~ Loose Cutlery & Crockery
Utensils & Gadgets

KITCHENS * BEDROOMS HOME STUDIES * COOKSHOP

Large Showroom - Ample Parking
Open 6 Days

H & M Craftsmen Ltd

Industrial Estate, Ingleton

015242 41535

DENT PRIMARY SCHOOL

Dent School Children give Heart Charity a valuable boost.

Children from Dent Primary School raised a fantastic £511.30 for the British Heart Foundation, by holding a sponsored Fun Run. The money raised will be used to fund vital research into the causes and treatment of heart disease, education of the public, rehabilitation, and the provision of essential life saving cardiac care equipment. Well done children!

CHILDREN IN NEED

On Friday 15th November you may have noticed two very smartly dressed girls walking around Sedbergh asking people for money. These were of course boys from Baliol; Kris Mellwaine and Tom Drake. They very bravely and sportingly dressed up with the help of some of the female staff; borrowing clothes, shoes and make-up.

Kris and Tom returned to school several times from Sedbergh very excited about the amount of money that they had collected. By 5 pm they had raised £172 between school staff and Sedbergh folk.

There were other boys in school who had raised money - John Walton was sponsored for not talking for a whole day (a difficult feat for John). Jamie Dunn gave up eating for a day (there were some rumblings at Baliol).

At the end of the day the sum raised was nearly £400. This is great for the "Children in Need" but it is also good for the boys to think of others and a fantastic boost to their self-esteem to have raised so much money. Thank you to everyone who joined in the fun and gave donations.

Baliol School

Steadman's

Part-Time
Staff Needed

Assistant Cook
Shop Assistant
Office Helper

Tel: 20431

TOWN TWINNING

You will now find that we have posted Sedbergh's details, Town CV so to speak, on the appropriate web site. (www.twinning.org). If you have any comments or additions we will be glad to hear from you. This CV has also been sent to The Town Twinning Association to be passed on to their Dutch contact.

Two Towns are under discussion at present. Vlamertinge in Belgium near Ypres and Metzervisse on the French German border. John Stanton is attempting to contact their Town or Parish councils. Other member of the committee are trying to make contact with people in these places to set up a dialogue.

As you will appreciate these are early days but we are certain to have made progress by the New Year.

Next meeting is set for Monday 9th December at 8 pm in the Bull Hotel. Anyone interested in joining us please make contact by phone or e.mail on the following numbers:-

Dave Collier Sed. 20280
e.mail dave@ochsedbergh.co.uk
Sandra Gold-Wood Sed. 21808
e.mail sangold.kwood@virgin.net
Stuart Byatt Sed. 20909
e.mail stu@sbyatt.freemove.co.uk

DENTDALE OVER 60's

The programme of late has included a (pasta) cookery demonstration by Mrs. V. Sellars; a talk on St. John and simple First Aid by Mr. M. Winn; a Video of BBC's recording of "Alexander Experience" by Mr. G. Alexander; a talk on "Ostrich World"; each member planted a bowl of bulbs and helped fill five boxes for 'Shoe Box' Appeal. All this plus games of Scrabble and jigsaws along with a cuppa and opportunity to chat makes Friday afternoon from 2pm to 4pm in the Sedgwick Room a great place to be.

Dear Lookaround

I lived in a small cottage called West Mostard in Garsdale and then at 20 Maryfell, Sedbergh.

I was eight when we moved to the area from Edinburgh in 1973 (I'm 37 now) I would be interested in any photos of the area from that time.

Could you also be able to find out of some of the people that I knew are still around. People like Willie Dixon and William Kay, Simon Woof , the Rhodes family - the list would be long. I know that it might be a lot to ask and that time may not permit much of a search but I would appreciate the effort.

Sedbergh, Garsdale and the surrounding countryside left a very deep impression on me. It's one of those places that can touch you in a special way. My time there was one of my fondest childhood memories.

Robert Devlin

If anyone would like to make contact with Robert, please contact Lookaround and details would be passed on.

Dear Editors,

I WONDER WHY ... we do not have available a comprehensive street map of Sedbergh, detailed enough to show, for instance, Palmers Hill, Sycamore Close, The Lees and The Row (this latter was mentioned in an official County notice)?

Curious

Daphne Jackson D. O.

Registered Osteopath

BUPA Provider

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

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

FRIENDS OF DENT SCHOOL

The Friends of Dent School must be congratulated for their wonderful efforts at a very lively and enjoyable 'Auction of Promises.'

A large and enthusiastic audience gathered at the Sun Inn in Dent to bid for a very varied list of promises offered by parents and friends - everything from a promise to walk the dog, tickets for Manchester Utd, to a minibreak to see the London Eye. Entertaining auctioneers David Haines and Eddie Smith encouraged the audience to bid fast and furiously for everything on offer. The end result was that over £2100 was raised for Dent School.

Thanks must go to all the organisers from the Friends of Dent School, our wonderful auctioneers, David and Eddie, Martin Stafford for the hospitality of the Sun Inn and to all parents, locals and visitors who bid so generously.

SEDBERGH T TOWELS AND MACMILLAN CANCER RELIEF

At 8 pm on December 4th (Late Night Opening) in the Bull Hotel a further cheque for £580 will be presented to the Local President for MacMillan Cancer Relief. This represents the proceeds from the sale of Sedbergh T Towels which in total has raised £830 for MacMillan Cancer Relief.

Thanks go to all who purchased a Sedbergh T Towel and to the traders and accommodation providers who undertook to sell them. Without such support this enterprise would not have been such a success. **THANK YOU TO ALL WHO HELPED**

Lyn McLennan

J J MARTIN	
<i>Funeral Service</i>	
19 Gosh	
Established 1869	
Main Street, Sedbergh	
Complete Funeral Service	
Day or Night	
Chapel of Rest	
Day or Night	Dent 25334
	Sedbergh 20005
Day Only	Sedbergh 20778



GOT HIM!

A Leeds fan meets his mate and sees that his car's a total write off, and covered with leaves, grass, branches and dirt. He asks his mate what happened to the car. "Well," his mate said, "I ran over David Beckham". "OK" his mate replied, "that explains the damage, but what about the leaves, grass, branches and dirt." "Oh, he tried to escape through the park." he replied. *David O'Leary*

REFLECTIONS

An Exhibition of Original works of fine art and sculptures will open at 86 Main Street from 23rd November from Wednesdays to Saturdays.

Local artists will be exhibited very soon as well as many old books, prints and interesting items.

Further information is available on 01253 731656, 07890 324511 or e-mail info@mainstreetgallery.co.uk.

Thinking of a fresh bird
this Christmas?
Phone Dent 25255
for Oven Ready Turkeys



WESTMORLAND R. S. P. C. A.

A recent Flag Day in Sedbergh for the Westmorland branch of the R. S. P. C. A. raised a total of £155.60p. Thank you to all who gave so generously and a special thanks to Pat Hainbridge who is ever helpful. *Christine Glynn*

CHRISTMAS GREETING FROM SEDBERGH WANDERERS F. C.

The Club would like to wish all their Supporters and Sponsors a very Merry Christmas and a Happy New Year.

CHRISTMAS MINDBENDER

Here is a Christmas Mindbender for you all.

Which of the following words is the opposite of PROGENY?

TURPITUDE ~ ANCESTORS
LINEAGE ~ CHARACTER
REFRACTORY

Answer in the February issue.

Supplied by Paula Payne

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 Paekham	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
Cricketer Club (Dent)	Mr Smith	Dent: 25209
Cricketer 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 Paekham	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 Woolf	Dent: 25275
Gladstone House	Mrs Mckereth	Sed: 20346
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

LOOKAROUND SURVEY

Thank-you to everyone that took the time to complete the Survey in last months Lookaround.

There were 1,000 Lookaround's printed but only 45 Surveys submitted. That equates to 4.5%. We can only assume that 95.5% of the readership are very satisfied with the way we operate.

The lucky Winner of the £25 Meal Voucher is Bill Millburn of Millthrop. Congratulations.

The results of the Survey will be printed in the February issue.

If you still want to submit your Survey, please feel free to do so.

Dennis & Jacky

History Society	Mrs Scobie	Sed:	21106
Kent Lune Trefoil Guild	Mrs Taylor	Sed:	20440
Ladies National Farmers Union	Mrs Woolf	Sed:	21343
LETS around Sedbergh	Miss Wheaton	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:	25426
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
Playing Fields (Sedbergh) *	Mr Hinson	Sed:	20118
Rug 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	Mrs Sewell	Sed:	20793
Cubs	Mr Mawdsley	Sed:	20723
Scouts	Mrs Wood	Sed:	21385
Settlebeck High School P.T.F.A.	Mrs Bartle-Ross	Sed:	23334
South Lakeland Carers Association	Dr Noble	Sed:	20100
South Lakeland Voluntary Society for the Blind *	Mr Close	Sed:	21000
Squash Club	Mr James	Sed:	25037
St. John Ambulance	Mr Winn	Sed:	21096
Cadets	Mrs Brooks	Sed:	20912
Adults	Mr Ellis	Sed:	20344
Swimming Club	Mr Waters	Sed:	20457
Tennis Club	The Committee	Sed:	20773
Town Band	Mrs Mason	Sed:	20048
White Hart Sports and Social Club	Mr Hinson	Sed:	20118
United Reformed Church Rooms	Mrs Fothergill	Dent:	25257
Westmorland Gazette Correspondent	Mrs Dormand	Sed:	21178
Women's Institute (Dentdale)	Mrs Scambler	Sed:	20603
Women's Institute (Frostrow)	Mrs Sharrocks	Sed:	20754
Women's Institute (Howgill)	Miss Winn	Sed:	21699
Women's Institute (Killington)	Mrs Swallow	Sed:	21034
Young Farmers Club			
Zehrus			

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	✧
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To Hawes

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

To Dent

Wednesday

12.05		564B	W	✧
14.15		564B	W	✧

Saturday

10.15		564A	S	✧
14.25		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	✧
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From Hawes

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

From Dent School

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 Hols

All times are from end to The Dishman Inn

GP	Grand Prix of Braugh
W	Wool's of Sedbergh
B	Braithwaite's Coaches
S	Stagecoach in Carnforth
•	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 & 18.20
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 Arncliffe Tel: 01539 720524

SOCIETY OF FRIENDS QUAKERS

Brigflats
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 & Kallington
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; Fall End;
Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostraw
Rev. G. Hall Tel: 20329

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



OPTIONS for health and well-being

Ian McPherson

T'ai Chi, Flower Essences, Reiki,
Hypnotherapy, Meditation

015396 20648

June Parker

Acupuncture

015396 20972

Caroline Cattermole

Psychosynthesis Therapeutic
Counselling

015396 21570

Wendy Cooke

Aromatherapy, Reflexology

015396 25354

Complementary Therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 12th December 2003

DECEMBER						
1	Casterton School Groups (29)	FM	26	2130	Boxing Night Disco (26)	PH
3	Scouts Christmas Post starts (10)		28	1900	Dent Football Club Christmas Disco (28)	DMH
4	1000 Churches Together All Day Peace Vigil	LRC	30	1400	Blind Dance Session	SMC
4	1330 Butterflies	SIAS	31	2130	Danny's Disco (26)	PH
4	1415 SS Rugby	SS			WH Christmas Party	TBA
4	1800 Family Festive Evening (1)	Sedburgh			WH Christmas Party	TBA
4	1920 HS Building of Devils Bridge, KL (8)	SHS			JANUARY 2003	
6	1930 LFI Domino Drive	SHS	1		New Years Day	
6	2130 HH Christmas Disco (20)	PH	1	1930	Tales from the Arabian Nights (1)	SHS
7	Rochd Gladwyn (29)	TM	2	1930	Tales from the Arabian Nights (1)	SHS
7	1000 Killington Church Table Top Sale	PH	3	1930	Tales from the Arabian Nights (1)	SHS
7	1330 Carol Workshop (12)	SMC	4	1930	Tales from the Arabian Nights (1)	SHS
7	1415 SS Rugby	SS	5		SS Start of Term	
7	1900 MH Christmas Dance	MH	6	1830	Slimming Course Starts (56)	Bull
7	2000 Singaround (17)	Sportsman's Inn	8	1930	HS National Trust in Yorkshire Dales (53)	SHS
8	Francis Asstera (29)	TM	9		SHS & SPS Start of Term	
8	1100 Singing Walk (12)	SMC	9	1930	WH Lakeland Farms	FCI
8	1100 Christmas Table Top Sale (8)	GH	10	1930	Tales from the Arabian Nights (1)	DMH
9	1930 Beekeepers	BF	11	1000	Dent Football Club Coffee Morning (65)	DMH
10	Senec Citizens Concert	SHS	11	1400	Gala Group Children's Party	PH
10	1930 FCH Domino Drive & Mince Pies	FCI	11	1930	Tales from the Arabian Nights (1)	DMH
10	WIK Christmas Party	Golf Club	14	1400	WIK Family History	PH
10	1930 Rag Rugging	HVH	14	1930	Rag Rugging	HVH
10	1930 Town Band Annual Christmas Concert	PH	14	1930	Weekly Singing Group Starts (12)	
11	1330 Butterflies	SIAS	15	1230	Butterflies	SIAS
11	1930 Needle & Pins	SJAR	17	1930	Beekeepers Annual Dinner	Swan
11	1930 CWT Dippers in Sedburgh	SHS	18	2000	SFC Bingo	WHC
12	SS Term Ends	SS	20	1900	CDC Intro to IT (6)	SHS
12	1800 Christmas Family Fun Night (13)	DMH	21	1400	SLVSB Meeting	CO
13	1930 Domino Drive (13)	KVH	22	1330	Butterflies	SIAS
14	Candlelit Carols (29)	FM	22	1930	HS Lime Industry in Lancashire (53)	SHS
14	2000 PH Christmas Dance (14)	PH	25	1100	Jumble Sale & Auction (44)	PH
14	Candlelit Carols	Stone Close, Dent	25	1930	Ladies Night (50)	PH
15	1030 Christmas Tree Service (15)	PH	29	1330	Butterflies	SIAS
15	1300 Sedburgh Town Band (29)	FM	29	1930	CWT Booklets & Bird Poo	SHS
15	1400 Father Christmas (29)	TM			FEBRUARY	
15	1430 Afternoon Carols	DMC	5	1330	Butterflies	SIAS
16	Kids Club Christmas Party	PH	5	1930	HS Members Evening	SHS
20	SHS & SPS End of Term		6	1930	WH Canada & USA	HVH
20	Scouts Christmas Post Ends		7		SS Half Term Starts	
20	1415 SS Rugby	SS	7	1930	Killington Sports Domino Drive	KVH
20	1930 Christmas Domino Drive	HVH	10	1930	Beekeepers	BF
20	2130 HH Christmas Disco (20)	PH	11	1400	WIK Briglatts	PH
21	Brank House & Wild Thyme (29)	FM	12	1330	Butterflies	SIAS
22	Seasonal Music (29)	FM	14		SHS & SPS Half Term Start	
22	2000 Dent Football Club Fun Night (22)	The Sun	14		St Valentine's Day	
23	Christmas Day		16		SS Half Term Ends	
26	Boxing Day		18	1400	SLVSB Meeting	CO
			19	1930	HS Howgill Wills & Inventories	SHS

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

23	1920	SS Choral Society	SSPH	29	2000	John Orway in Concert	PH
24		SHS & SPS Half Term Ends		30		Mothering Sunday	
26	1330	Butterflies	StAS			APRIL	
26	1930	CWT Bitterns & Bearded Tits	SHS	2	1330	Butterflies	StAS
28	1930	LFH Domino Drive	SHS	3	1930	WH Table Talk	HVH
		MARCH		6		Spring Show	MH/PH
1		St David's Day		9	1330	Butterflies	StAS
5	1330	Butterflies	StAS	11		SHS & SPS End of Term	
5	1920	IIS Village Character in Eden	SIIS	15	1400	WIK A Box of Miscellaneous	PH
6	1920	WHI Westmorland Gazette Photographer	FCII	18		Good Friday	
7	1990	LFH Hall	PH	20		Easter Sunday	
10	1900	CDC Internet Surfing (6)	SHS	21		Easter Monday	
10	1930	Beekeepers	DF	22		SS Start of Term	
12	1330	Butterflies	StAS	23		St George's Day	
11	1400	WIK A Musicians Life	PH	23	1930	CWT Hires to Stings to Medicines	SHS
17		St Patrick's Day		28		SHS & SPS Start of Term	
19	1330	Butterflies	StAS			MAY	
19	1990	HS Railway Structures in Cumbria	DMH	1	1930	WHI Decoupage	FCII
21		SS End of Term		5		May Bank Holiday	
26	1330	Butterflies	StAS	13	1400	WIK Resolutions & Social Time	PH
26	1920	CWT AGM & California	SIIS	23		SHS & SPS Start of Half Term	
29	1930	HS AGM + Jacob's Join	SHS	24		SS Start of Half Term	
				26		Spring Bank Holiday	

KEY

DF	-	Brigflatts		1		SS End of Half Term	
RS	-	Balial School		2		SIIS & SPS End of Half Term	
CO	-	Community Office, Main Street		5	1930	WHI La Sali	HVH
CWT	-	Cumbria Wildlife Trust		10	1400	WIK L'Esprit de Provence	PH
DCP	-	Dent Car Park		15		Father's Day	
DMEI	-	Dent Memorial Hall		28	1000	Cumbria in Bloom Coffee Morning	URCR
DMC	-	Dent Methodist Church				JULY	
EG	-	Embroiderers' Guild		3	1930	WHI Rugmaking	FCII
FCII	-	Firbank Church Hall		4		SS End of Term	
FM	-	Farfield Mill		8		WIK Outing	TBA
GVH	-	Garsdale Village Hall		8		SHS Summer Fete	SHS
HS	-	History Society		18		SIIS & SPS End of Term	
HVH	-	Howgill Village Hall				AUGUST	
JLCP	-	Jess Lane Car Park		4		August Bank Holiday	
KVH	-	Killington Village Hall		7	1930	WHI Open Meeting & Bring & Buy	HVH
LHCP	-	Lofus Hill Car Park		25		Bank Holiday Monday	
MH	-	Masonic Hall				SEPTEMBER	
PH	-	People's Hall		2		SIIS & SPS Start of Term	
SHS	-	Sartlebeck High School		3		SS Start of Term	
SMC	-	Sedburgh Methodist Church		4	1930	WHI Fawley Towers 2	HVH
StAS	-	St Andrew's Church, Sedburgh		9	1400	WIK Christmas Customs	PH
SDAR	-	St John Ambulance Rooms				OCTOBER	
SMC	-	Sedburgh Methodist Church		2	1900	WHI AGM	FCII
SR	-	Spooner Room		14	1400	WIK Taste 'n' Try	PH
SS	-	Sedburgh School		17		SS Start of Half Term	
URCR	-	United Reformed Church Rooms		28		SS End of Half Term	
WHC	-	White Hart Club				NOVEMBER	
WID	-	Women's Institute, Downtdale		6	1930	WHI Old Hutton Owl Project	HVH
WIF	-	Women's Institute, Frostraw		11	1400	WIK AGM & Social Time	PH
WHI	-	Women's Institute, Howgill		30		St Andrew's Day	
WIK	-	Women's Institute, Killington				DECEMBER	
WVH	-	Westhouse Village Hall		9	1400	WIK Christmas Party	PH
YDNP	-	YDNP Centre, Main Street		12		SS End of Term	
						WHI Christmas Party	TBA

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
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Dr P.A. & W.G. Orr ☎ 20218

Dr Ann Orr

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

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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DENT SURGERY

(Methodist Chapel)

Monday	1230 - 1300 Dr Ann Orr
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WELL WOMAN & FAMILY PLANNING CLINIC

1st Wednesday every month	1630 - 1830
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☎ 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
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Wednesday Evening *

Saturday Morning *

VETERINARY SURGERY

22 Long Lane ☎ 20335

Mr N. Preston & Mr J. Bramley

Monday to Friday	1400 - 1430 *
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Mon, Wed & Fri	1900 - 1930 *
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Saturday	1330 - 1400 *
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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 Friday, Saturday & Sunday (Winter)
11.00 am - 4.00 pm

COMMUNITY OFFICE

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

Monday to Friday 10am to 4pm

☎ 20504

e-mail office@sedbergh.org.uk

web pages www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 10 am to 1 pm
Every Friday 9.30 am to 12.30 pm *

☎ 21185 or

08451 202 999 (local rate) 24 hours

e-mail via site www.cabkendal.ndo.co.uk

RSPCA

Kendal Office

Monday to Friday 9am to 1pm

☎ 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