

SEDBERGH & DISTRICT
LOOKAROUND

April 2003

Issue 199

Donation 50p

A continued thank-you to all contributors for this 'small issue' of only 60 pages.

Next month, we will have the reports from the Primary School, the Football Club Charity Car Pull and details of the

Book Town Presentation.

Lookaround is available on Audio Tape and in Large Print. If you know anyone that would appreciate receiving it, please contact our Office.

Dennis & Jacky

SEDBERGH AND DISTRICT SPRING SHOW

Spring Show

Saturday April 5th

Opening at 12 Noon by A Well Known Personality

ATTENDED BY THE SEDBERGH TOWN BAND

Performing between noon and 1 pm

Refreshments by Jackie Stringer
Lunch Afternoon Tea

Raffle and Prize Giving
at 4 pm

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

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

April 2003

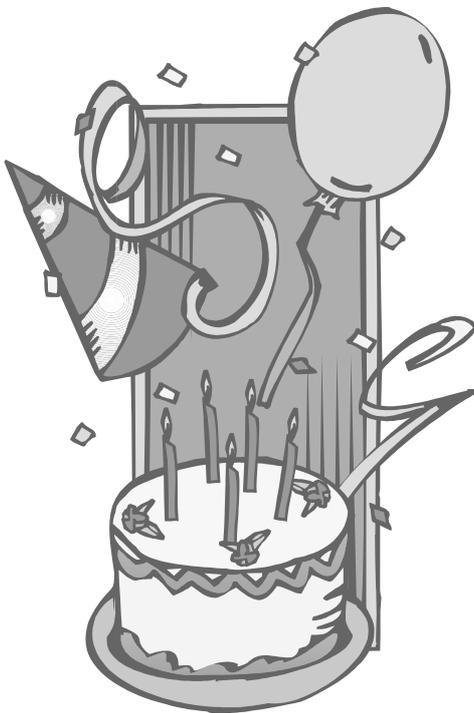
Every month, there is a Children's Voucher for £10 which is kindly sponsored by two anonymous readers.

The recipient this month is:-
Molly Woof who is

4 years old on 27th April.

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

Day	Name	Age
2	Morgan BROWN	5
10	Brodie SWALLOW	3
13	Adam ROBERTS	8
13	Philip BAINES	9
18	William TEAL	10
21	Abbie ALLAN	1
23	Thomas WOOF	7
23	Willow HENDERSON	11
27	Emilia PAGE	2
27	Molly WOOF	4
27	Patrick BOOTH	11
28	Laura GOAD	10
29	Jessica ORR	2





BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (12/03)	20754
	e-mail:- susan@holmecroftbandb.co.uk 2D; 1T; CH; TVL; NS; NP*; P; DR	
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/03)	21455
	1T; ES; NS; NP; P; DR	
Miss S Thurlby	Stable Antiques, 15 Back Lane, Sedbergh (12/03)	20251
	e-mail:- antique.thurlby@amservice.net 1D; 1T; CH; L; NP*; P; DR; VB	
Mrs S Gold-Wood	10 Main Street, Sedbergh (05/03)	21808
	1D; 1T; 1S; CH; TVL; NSB; P; CB; VB	

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4-5 Berth; H+C; Shower; Sep WC; Fridge; TV; Gas Cooker; Gas + Elec Heating; NS

KEY

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

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Adverts by 15th of every month.

**No adverts
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*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

DONOGHUE

Happy **18th Birthday** Ian on the 15th April. Best wishes for the future. Love from Mum, Dad, Martin, Garry and Nicola.

DONOGHUE

Happy **18th Birthday** Ian on the 15th April. Best wishes for the future from Gran, Grandad, David, Anne Marie, Thomas, Jack, Joe, Aunty Nicola and Uncle Alistair.

GOAD

Dorothy would like to thank all family, friends, neighbours and workmates for cards, gifts, flowers and visits received during and after her hip op. in RLI. One down, one to go.

HARTLEY

Gail, Thomas, Laura and Melissa would like to thank family and friends, for the kind messages of sympathy on the sad loss of Gail's Dad. Also many thanks to the Rev. Peter Boyles for his home visit and kind words and prayers at Dent Church.

KONCZYNSKI

The family of the late Doris Konczynski would like to sincerely thank everyone for their kind thoughts, cards, flowers and donations, given in Doris's memory. Special thanks to Peter Campbell for time given and help towards a lovely service. Also to Brian Goad for all his help and understanding with the funeral arrangements. Many thanks to all who donated so generously to the Coronary Care Unit, raising £500.

MCLENNAN

Lyn and Syd would like to thank everyone for their support and understanding, particularly over the last few months. Lyn's beloved Mum, Ellen, died on 9th March 2003 following her long battle with the ravages of Dementia. She will be sadly missed by all blessed to have known her.

WALLER



Congratulations to you both Doris and Billy, on your **Diamond Wedding Anniversary** on April 26th. Have a lovely day. Love and Best Wishes from June and William.

HOUSE FOR SALE

23, Woodside Avenue. £92,000. Local occupancy restrictions apply. Telephone Sedbergh 20876.

FOR SALE

Bath Knight Bath Lift as advertised on TV. Only used once. Under half price. £600. Telephone Sedbergh 21178.

WANTED: CLEANER FOR PEOPLE'S HALL

Flexible hours, 2 - 3 hours per week. Could suit man. Ring 21339.

PERSONAL & SMALL ADS £1

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Citroen ZX (L Reg). £500. Three door. Electric windows and sun roof. 11 months MOT. Two women owners. Perfect first car. Must go to a good home! Ring The Bull Hotel on Sedbergh 20264 or 07811-321759.

CLEANER WANTED

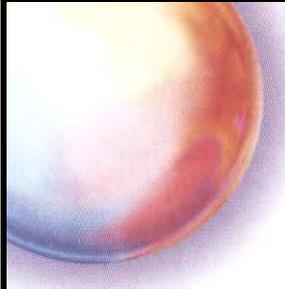
Holiday cottage cleaner required. Friday or Saturday work. Sedbergh centre. Good rates of pay. Contact 01925-765380.

WANTED

For an orphanage in Nairobi for children with AIDS. Barbie, Action Man and any of their clothing and equipment. Also jigsaws of 100-150 pieces for the home's infants' school. Tel. 015396-21750.

WANTED

Country loving couple (mid 50's) - teetotal - would like to hear from any holiday home owners with a country property with rural situation and nice views within a 15/20 mile radius from Sedbergh who might consider letting their home for weekend use for any period from a month upwards. Telephone Southport (01704) - 213495 in the evenings.



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Sedbergh Lookaround

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CUMBRIA WILDLIFE TRUST

Spring Flowers

Everyone is pleased to see Spring Flowers, but to naturalists, they are particularly welcome as evidence of renewal of life after the apparently dead winter months. Where then should we go to find the earliest flowers? I suggest a wooded river bank, such as the east bank of the Lune at Killington Bridge, an area made available to the public by the Yorkshire Dales National Park.

The survival of relatively natural vegetation in strips along steep river banks is primarily due to the need to protect farm stock from dangerously precipitous ground and the greater ease of constructing field boundaries, whether they be walls hedges or fences, along

level ground at the top of the bank. This means that the river bank is not grazed, hence the persistence of trees and shrubs which can regenerate freely. But why should woodland produce the earliest flowers?

By one of those numerous examples of the interlocking of satisfaction of the needs of different species, honed to perfection over eons of natural selection, deciduous trees and spring flowers have come to be associated. During early spring, when increasing warmth and day length trigger growth, the ground flora of a wood can take advantage of full daylight, which will be denied it once the tree leaf-canopy burgeons. The shade provided by this canopy will by then be an advantage to the spring flora, which

lapses into a vegetative state, or dies back completely, throughout the summer.

Among the best known of spring flowers are, of course, Primroses and Bluebells, the former persisting as leaves through the summer, while the strap-shaped leaves and flower stalks of the latter decay into that slimy mess which make steep woodland slopes so treacherous. Appearing much earlier is the less obvious flower of Dog's Mercury. The whorls of robust leaves are topped by tiny, fragile, whitish flowers on stalks. Look more closely, and you will see that these flowers are of two sorts: delicate, pollen-producing, male flowers and more robust, seed-producing female flowers. Moreover, male and female flowers occur on separate plants – a relatively uncommon condition. One can scarcely fail to notice Ramsons because of the strong, oniony smell of the crushed leaves, even if you do not immediately see the white, star-shaped flowers. Down near the river itself, on wet, and sometimes stony ground, Coltsfoot pushes up its yellow, Dandelion-like flower heads. Nearby, there may be Marsh Marigolds, bigger, more richly-coloured versions of Buttercups. Delicate little plants, like miniature, fragile Cow Parsley, appear in slightly more open places. These are pignuts, able to grow and flower early because they have a winter store of food in a bulbil at the base of the plant. A little later come the well-known and singularly attractive flowers of Wood Anemone and Wood Sorrel. The earliest-flowering grass is the Sweet Vernal Grass, by no means confined to woodland, but certainly occurring there. Its presence is often revealed to hay fever sufferers, who may find themselves

sneezing long before they spot the plant.

Do not keep your eyes glued to the ground during your spring outings; look also for the flowers of trees and shrubs. Hazel catkins, the male flowers, and the less obvious, but beautiful little precursors of the Hazel nut (in this case, both on the same plant) are one of the earliest signs of spring and rely on wind dispersal of pollen, thus avoiding the necessity of insects, not yet a-wing, for pollination. Birch trees from a distance, show a purple haze, created by the individually inconspicuous flowers, before the leaves open. Similarly, blackthorn produces a blaze of white flowers on bare, black branches. Hawthorn, on the other hand, does not flower until the leaves are well-developed.

There are many other spring flowers to be found. Do not take my word for it – go and look for yourselves and enjoy the bird song while you are about it!

Helga Frankland.

I. R. MIDDLETON

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GOOD HEALTH IN THE SPRING

In the Chinese tradition the movement of the Qi (energy, pronounced “chee”) of the Liver is at its peak in the Spring. The function of the Liver has several different aspects. On a physical level it is responsible for the flowing and spreading of Qi and Blood throughout the body. This movement has an expansive, upwards and outwards, quality. It supports the functioning of all the other organs and brings nourishment to all parts of the body.

The Liver is said to “open into the eyes” and many eye diseases are regarded as being due to Liver disharmony, either because insufficient nourishment is reaching the eyes or because disruption of the smooth flow of Qi has caused heat and/or swelling. Conversely, happy eyes benefit the Liver and it is very important to get enough sunshine. Of all the eye exercises, one of the most beneficial and, in my view the most pleasant, consists of turning the face to the sun, with the eyes

closed, and turning the head in such a way that warmth and light penetrate to all parts of the eye. Practised for 10 minutes a day, this can help with photophobia and reduce the need for dark glasses. It also contributes to a feeling of general well-being.

On an emotional level the Liver relates to anger in all its forms: grumpiness, irritation, resentment, frustration and so on. In a positive sense this translates into a sense of drive, purpose and life direction. Emotional problems relating to these issues can often be helped by treating the Liver (see, for example, *Acupuncture in the Treatment of Depression* by Rosa Schuyer and John Allen, Churchill Livingstone, 2001).

Now is the time of year to promote the health of the Liver and the main aspect to think about is encouraging the flow of Qi on all levels. For example:

- exercise slightly more at this time of year, preferably outside. Regular moderate exercise is essential for

ACUPUNCTURE



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June M. Parker

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MISSIONS COFFEE MORNING

Wednesday 9th April

10 am to 12 noon

U. R. C. Rooms, Joss Lane

Liver health

- don't overeat and avoid eating late at night
- eat slightly more raw food in the Spring, particularly in the form of fresh new growth, such as watercress, salad and carrot thinnings, sprouted grains and seeds (sprouted sunflower seeds are particularly delicious). As always, people with poor digestion should avoid eating too much raw or cold food.
- the Liver is severely affected by over-consumption of alcohol - don't do it!
- our own tradition of Spring cleaning and clearing out clutter helps to promote the smooth flow of Qi
- Spring is a good time of year for

putting new plans into action.

Some authors suggest fasting or special diets to "cleanse the liver". This is not something I would necessarily recommend, but if you want to try such practices, bear in mind that, in the absence of specific professional advice, a prolonged radical departure from normal eating habits is only suitable for someone with a robust constitution, who is basically in good health.

Finally, in the Chinese tradition, it is the "spirit" of the Liver which leaves the body each night to participate in dreams. Bad dreams can be caused by Liver disharmony, as can waking at night, particularly between 1 and 3 am. Conversely a healthy Liver promotes a good night's sleep.

I had an entertaining and informative visit to one of the websites recommended by Brian Wright (www.second-opinion.co.uk). I agreed with some, but not all of it. The dietary advice is controversial, but anecdotal evidence suggests that it works for some people. Have a look and make up your own mind. And Brian, I would like to talk to you about your article, but you didn't give your telephone number. Mine is (015396) 20972.

June Parker



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Also available:-

Day Tickets, Week Tickets and Visitor Season Tickets

Contact Hon. Secretary Lee Dandy on 015396 21500

Or visit Three Peaks Outdoor Leisure for details



THE DALESMAN BAR MENU

Main Street, Sedbergh Tel: 015396 21183



Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar

Starters

Home Made Soup.....	£2.50
Home Made Chicken Liver Pate with warm toast & Plum Chutney.....	£4.00
Tiger Prawns	£5.00
Prawn Cocktail with Marie Rose.....	£4.00
Chargrilled Flat Mushrooms with Pesto	£3.00
Chargrilled Flat Mushrooms with Red Onion & Cous Cous.....	£3.50
Smoked Salmon & Caper Salad	£5.00
Ham, Tomoto, Basil Brie on Toast.....	£5.00
Ham Terrine	£4.00
Chargrilled Asparagus wrapped in Palma Ham, Hollandaise Sauce & Poached Egg.....	£6.00

Off the Chargrill *all served with Chips*

'Our Beef is 100% Aberdeen Angus - this reflects in the price you pay, yet you are guaranteed the fullest flavour & quality'

10oz Sirloin, served with Flat Mushrooms & Grilled Tomatoes, Salad or Vegetables	£13.00
10oz Fillet, served with Flat Mushrooms & Grilled Tomatoes, Salad or Vegetables	£14.00
10-12oz Gammon Steak	£8.00
10-12oz Gammon Steak with Cheddar Cheese.....	£9.00
10-12oz Gammon Steak with Blue Cheese.....	£9.00

FISH

Cod in Beer Batter - Fresh Cod bought daily served in our own Beer Batter with Chips & Peas	£9.00
Witby Scampi - Served with Chips & Salad.....	£7.00

SEDBERGH PARISH COUNCIL

From the minutes of 15th January

GUEST SPEAKER

The Chairman welcomed Mr. D. Smith, Headmaster of Settlebeck School to talk about the proposed extension to the School.

The Proposed new facilities are designed for children with Autistic Disorder Spectrum. Settlebeck already has been successful with special needs children (25% of children have some sort of learning difficulty). At present special needs facilities are very poor but in spite of this results have been good. Currently there are 7 children in the school with ASD. The new facility will cost

£250,000 and accommodate 6 children and the school will be able to employ a new specialist teacher and 3 support staff. The new building must be fully integrated into the rest of the school so that the new facilities will be available to all the children. They will also be open for use by the community in the evenings.

The two main issues are parking and the yew trees along Garsdale road. The building is to be angled so as to preserve the yew trees and once building at the Cottage is finished better use will be made of space to provide extra parking for 8 cars and also the bus park will be used more for parking cars.



THE DALESMAN BAR MENU

Main Street, Sedbergh Tel: 015396 21183



Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar

ON THE BONE

Lamb Shank - Oven Roasted slowly, served with Mash & a Red Wine and Redcurrant Gravy & Fresh Vegetables	£8.00
'The Dalesman Cracker - Belly Pro Fillet with Crackling, Oven Roasted served with Mash, Vegetables & Gravy	£9.00

SAUSAGE & PIES - All our pies are Home-Made with shortcrust pastry

Steak & Kidney served with Chips & Vegetables	£7.00
Pork & Leek Sausage served with Mash & Vegetables.....	£7.00
Cumberland Sausage served with Mash & Vegetables.....	£7.00

Homemade Meat Lasagne - Meat Sauce, Layers of Pasta, Creamy Béchamel, Chips & Salad.....	£7.00
Homemade Meat Curry served with Rice (<i>This dish will vary. Please ask at Bar for variation</i>)	£9.00
Homemade Tagliatelli Bolognaise.....	£7.00

VEGETARIAN

Homemade Butternut Squash Risotto	£8.00
Bowl of Cous Cous with Roast Vegetables.....	£7.00

Both the above served with Dressed Salad

Mushroom Lasagne served with Chips & Salad	£7.00
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Mr. Smith also briefed us on the proposed rural academy where 9 smaller schools in Cumbria will work together. A bid for funds is being put together for £1.8m for the nine schools to promote technology. This would also benefit the primary schools.

HIGHWAYS

The Highways department has raised the issue of bollards along Main Street and the Police have also raised this, as it seems that this will be the only way to stop people parking on the pavements. It appears that there may be funds available and it was agreed that we should support the application for funds by the Highways Department.

It was also suggested that measures be

taken to stop parking on the pavement next to the drinking fountain on Finkle Street.

STREET LIGHTING

There is a light out in Guldrey Fold and the light on the Zebra crossing is again out.

FOOTPATHS

The draft Access to the Countryside map was available for Inspection and is held by the Clerk.

CUMBRIA IN BLOOM

The fence on the corner of the Toll Bar estate has now been put up and this corner will be planted up in due course.

The full minutes for all Parish Meetings are kept in the Community Office.



THE DALESMAN BAR MENU

Main Street, Sedbergh Tel: 015396 21183



Although this is called the Bar Menu, it may be ordered either in the Restaurant or the Bar

DALESMAN SALADS

Dalesman Cracker Salad - Cold Belly Pork Salad	£7.00
Roast Beef - Aberdeen Angus	£7.00
Roast Ham	£7.00
Dalesman Platter - A Platter of all the above 3 Salads	£8.00
Chicken & Bacon - whole fillet of Chicken Chargrilled	£7.00
Smoked Salmon & Caper	£9.00
Prawn - Freshwater Prawns	£8.00
Dalesman Ploughman's - Cheddar, Cropwell Bishop Stilton, Brie - served with Homemade Chutney, Salad, Pickled Onion, Roll & Butter	£7.00

OMELETTES

A huge 3 Egg Omelette, served with Chips & Salad - Choice of 2 fillings - Ham, Cheese, Tomato, Onion or Mushroom	£7.00
Prawn	£8.00

KIDS All served with Chip & Peas or Beans

Gammon	£4.00
Scampi	£4.00
Sausage	£4.00
Chicken Nuggets	£4.00
Egg	£4.00

FAMILY MUSINGS

I do wonder from time to time about you, my readers and I am sure you wonder about me at times! But proof that you are there came last month in the shape of a computer... Many, many thanks to the "giver". It is being put to very good use! I type and save, hubby helps save on disk, takes to home computer and prints out and brings back to me the completed article or whatever! Wonderful, Thank You. Also I am trying out a word processor on loan from a friend, so no excuses must get on with my courses, and stories.

Ermitrude is going well. We can offer lifts without anyone scrambling into the

back seat, what with big boot and roof rack could go camping. How about it kinders? Somehow I think they have moved on somewhat from family camping hols and can't see Grannie in a tent. Two girls off to Ireland for the weekend, son to Spring Harvest, us...? Who needs a holiday living in such a lovely setting as we do! Grannie and I will be enjoying the Lothersdale at Morecambe for a week this month and we hope to have a few brisk wheelchair pushes up and down the prom and coffee and a cake at "Lubin". Ever been...? It's an experience everyone should indulge in even those of us on eating plans. Talking of which I am a stone and 3 lbs less and

THE DALESMAN A-LA CARTE MENU

This Menu is very labour intensive, hence the attention to detail and possible waiting time which is reflected in the price.

STARTERS

Soup of the Day.....	£2.50
Chicken Liver Pate, served with warm toast & Plum Chutney	£4.00
Tiger Prawns - dish may vary between Garlic Prawns & Prawns with Coriander & Tomato.....	£5.00
Chargrilled Flat Mushrooms with Pesto & Parmesan	£3.00
Chargrilled Flat Mushrooms with red onion & Cous	£3.50
Smoked Salmon & Caper Salad.....	£5.00
Ham, Beef Tomato, Basil & Brie Bruchetta.....	£5.00
Chargrilled Asparagus wrapped in Parma Ham, Hollandaise & Poached Egg	£6.00

MAIN COURSE

All Main Courses are served with Vegetables & Potatoes of the Day

10oz Fillet Steak filled with Boursin Cheese & wrapped in Bacon with Hollandaise Sauce..	£14.00
Chargrilled Pork Chop served with Mustard Mash & Roast Parsnip & Thyme Gravy.....	£9.00
Chargrilled Chicken Fillet served with Bacon & Mushroom Risotto.....	£9.00
Chargrilled Gressingham Duck Breast served with Mash & Plum halves	£11.00
Fresh Monk Fish wrapped in Bacon served with Garlic Mash, Mustard & Cream Sauce	(Subject to Market Price)
Chargrilled Lamb Steak with Aubergines, Tomato, Chilli Salsa	£10.00
Tagliatelle with Spinach, Tomato & Parmesan ..	£7.00

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SUMMER OPENING TIMES: Monday to Friday Lunch 12 - 2.30 5.30 - 9.30

Saturday & Sunday - Food served all Day

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feel so much better. Partly down to "eating plan" and partly to some capsules hubby buys me to burn up excess fat... to be fair I found the advert but did he have to be so enthusiastic. He loves me as I am but...? They work.

Why is it I have my GREY hair coloured and not one person outside the family makes any comment... I guess the grey wasn't as noticeable to them as to me. Beauty in the eye of the beholder...? More grey ones coming as younger daughter has passed her driving test...Oh! No more lessons or L Plates. Same offspring took a call from me on her mobile. I heard what seemed to be many voices, she heard, but took a bit to

realize, her echo...I gave up in disgust. Mobiles are great to keep in contact and we will sometime have the Orange mast working in Dentdale and be more on the air...One day.

No problem finding something to do just need more afternoons. Gardening beckons, the afore mentioned courses, my writing, committee work which seems to gather on, all the ages are included from Youth Club to Senior Citizens, certainly makes life interesting! Hope you enjoy what you have to do....Here's wishing you a Happy Easter....and I am actually signing off this month....sort of...

NOTTLEDDIM HARAS (Work it out!)

HISTORY SOCIETY

"Bigg, Bedding and Bedstocks" was the intriguing title of the talk given to SDHS members and friends on 19 February at Settlebeck School by Dr Audrey Douglas, herself a long-standing member of the Society. Audrey Douglas has lived in Howgill for many years, studying several aspects of the local history in depth. She presented a vivid picture of farming families and daily life in Howgill in the 17th and early 18th centuries based on close examination and comparison of several wills from that locality and period.

It seems that the head of the household of families of any standing made careful provision for the handing down of possessions to his wife and children even though, by modern standards, the goods and stock were limited in number and of small value. The Will, in many cases, went as far as leaving exactly one third of the possessions to his widow and stating where she should live in the house. The rest of the goods were apportioned to individual children and other family members. Details of items of furniture and clothing were clearly given and the value of good, warm stockings was evident as they were often mentioned as a gift to the wife or to other relations.

Occasionally, a sum of money was left to the wife so that she could make gifts to others, such as children of an earlier marriage but, generally, she was very dependent on the children for her future security and comfort.

The Inventory of household items and farm stock took place soon after the death of the author of the will and that in itself makes fascinating reading especially where a list of debts is given, and arrangements for repayment added. Often, however, the debts were greater than the total assets. Comparison of inventories made in 3 periods [1602 - 1657, 1657 - 1706, and 1706 - 1748] showed farming items forming 63% of the total value of the "goods" in the earliest time to about 93% of the value in the later period. The average number of sheep per holding increased substantially and horses from 2 to 3 per farm, while cattle herds remained much the same. The ratio of stock to crops also rose slightly from 3.5:1 to 4:1.

It was left to the audience to wonder whether a similar indication of everyday life could be drawn from the modern will and how long it would take to draw up an inventory of the contents of the average house today!"

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SEDBERGH SWIMMING CLUB

Many congratulations to all those young people who took part in the Asthma Research sponsored swim on Tuesday 11th March. There were 43 participants who made every effort to swim as many lengths as they could for charity. Emma Hopkins thought she would only manage half a length but with the aid of a float, managed to do 24!! Rather an expensive result for anyone sponsoring Emma, who perhaps only anticipated that half a length!!

An impressive sixteen young people swam a mile (64 lengths) or over, of which Chloe Brown swam 2 miles (128 lengths) and Chelsea Woof swam 4 kilometres (160 lengths). Debbie Armistead and Lisa Postlethwaite swam 100 lengths each, but this should not

detract from the many youngsters who did their best, with or without swimming aids.

Well done to everyone who took part. A big thank you should also go to all the parents, swimming teachers and committee members who helped on the night, without whom the event could not have taken place.

Swimming sessions restart on Tuesday 29th April. Please bring all your sponsor money and sponsor forms to that session. Prizes will be awarded to those who raised the most money, and certificates will be awarded at a later date.

Dates to remember:-

Saturday 10th May - Inflatables

Swimming Session: 10.00 am

Tuesday 24th June - Fun Swimming Gala

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SEDBERGH GALA 2003

Sedbergh Gala will take place on Saturday 17th May on Lupton Field, Back Lane. Just because Gala is in a different place it does not mean that it will be less of an event.

Already more attractions than usual have been booked. The Army Assault course, which was so popular last year, is returning as well as a Bouncy Castle, Maze and Slides. There will be a feeling of nostalgia to fit in with the theme of "Start of Stage and Screen" as a big Merry-go-Round and a Steam Organ will be in attendance. Music will feature and Sedbergh Town Band, The Kendalians and The Milnthorpe Steel Band will all be playing for the event. Refreshments have been a high priority; home made teas will be served, The Dalesman will provide a Beer Tent and there will be hot food from Garth Steadman.

There are only six weeks left to plan your costume for the fancy dress, why not join together with a group of friends and be the whole cast of the Rocky Horror Show or Shrek. It would be great to see more floats in the procession so if you can borrow a truck or trailer then start planning something spectacular!

Volunteers run Sedbergh Gala and we are desperate for people who would be

DENT YOUTH CLUB

EASTER BINGO NIGHT

Wednesday 16th April

Dent Memorial Hall

Doors Open 6:30 pm ~ Eyes Down 7:00

Great Prizes

Refreshments ~ Raffle

Families Welcome

Raising Funds for

Dent Youth Club & Equipment

willing to offer their time to support the event. If you would be willing to help serve teas or help on a stall then we would love to hear from you. Please contact Joyce Cox Secretary on Sedbergh 21820.

P.S. Please remember to return any Trophies received last year, arrangements for engraving will be checked on Gala Day.

P.P.S. For more details of the programme of events please see next months *Lookaround*.



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7-10 Eat In

7-11 Take-Away

CARLISLE - SETTLE RAILWAY

A proposal to reduce the number of trains running over the Settle-Carlisle line is about to be published by Arriva, say the Friends of the line.

The Friends say they have heard that Arriva are intending to withdraw the 0949 Leeds-Settle-Carlisle-Glasgow train, and also the 1410 return working.

These services are the only through trains operating between West Yorkshire and Glasgow, via any route.

The Friends are appalled that cuts are being suggested, when the line only has six through trains per day anyway; five of them run between Leeds-Settle-Carlisle, with a sixth extended northwards to serve Glasgow.

FoSCL vice president Pete Shaw said :- "This is a horrendous prospect; we need to see expansion and improvement in our train services, not cut backs. Over recent years the train operating company have been totally negative. They have :-

- (1) Withdrawn the early morning through trains between Leeds-Carlisle and vice versa, so that through passengers cannot arrive in either Leeds or Carlisle before 1130.
- (2) Reduced train formations from four coach Sprinters to just two coaches.
- (3) Dramatically increased ticket prices so that a Leeds-Carlisle day return is now unaffordable at £27.90

These draconian measures all seem designed to drive passengers away, whilst the Friends, local authorities, and other agencies are trying to help the line by funding marketing initiatives, and promoting it!

People will recollect that this Leeds-Glasgow train was withdrawn and



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substituted by a bus for eight months between October 2001 and June 2002, due to the driver shortages which saw 1000 trains/week lost on the Arriva network. The Friends now wonder if that was a softening up precursor to this new proposal to withdraw the train permanently.

Even if the train went back to an all-stations Leeds-Carlisle stopping service, it would be better than complete withdrawal. "

FoSCL Chairman Philip Johnston said, "I really hope that Arriva will think again, and keep this important service running. It is far cheaper for passengers to go from Leeds to Glasgow via Settle (£34.90) than via York and Newcastle (£62)."

SETTLEBECK HIGH SCHOOL

The Rural Academy and Rheged Lecture

On Thursday 6th March, 5 copies of the Rural Academy bid for specialist technology status left Settlebeck by courier for the DfES. The bid has been put together by Settlebeck and the 8 other Cumbrian small schools (in Appleby, Alston, Solway, Aspatria, Cleator Moor, Cartmel and Coniston) over the last few months, in order to raise £1.8 million of extra funding for the schools, their local communities and partner schools. The bid weighs 7.6 kg, fills 3 lever arch files, consumed 4 reams of paper and 5 copies had to be sent to the DfES with supporting documentation (weighing another 5kg). You can imagine that we were rather relieved to see the back of it

after months of meetings and planning.

On Thursday 27th February Dame Mary Richardson the head of the HSBC's Education Trust visited Settlebeck and Appleby Grammar School to discuss the Rural Academy's plans in lieu of the bank's contribution of £90,000 sponsorship to the Academy. Dame Mary was shown around Settlebeck by Sally Brooks and Andrew Bonsall and here is Sally's reactions to her visit;

A couple of weeks ago Settlebeck High School was fortunate enough to have Dame Mary Richardson to visit. Andrew Bonsall and myself gave a tour of the school and answered her queries. She seemed very interested in the general running of the school and specifically in the talents of the music and art

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departments. At lunchtime she ate in our school cafeteria which she said she enjoyed.

We would like to thank dame Mary for visiting our school

Sally brooks 10N

In the afternoon Dame Mary travelled to Rheged to see the Rural Academy lecture with over 200 students from all nine schools. The lecture was titled 'The Fall of Communism: Life under Putin since the End of Communism', and was presented by Professor Ludmilla Selezneua of the Moscow University of Humanitarian Education. All the students were thrilled by Professor Selezneua's stories of youth in Russia under Putin, her time as an advisor to Gorbachov during 'glasnost' and the changes that are being consolidated under President Putin. Professor Selezneua was raised to hate the West and its capitalism, to appreciate Western literature and art only for its portrayal of poverty and social disadvantage (such as Dickens) and to see Communism as the future system for the world. It was the rapid advance of communications through computers etc. that began to awaken the people to the truth and reveal the propaganda which they'd been fed for decades. It was cheering to hear that Russian children now are equally excited by the Harry Potter books and videos, the latest 'Lord of the Rings' films and a wide range of

English music – yes Kylie and Robbie can be heard pounding through the bedroom floors of many a Russian household. Professor Selezneua reminded us that the crime rate in Moscow is only one third that of Washington DC (in case we'd heard that crime was out of control in Russia) and it was clear from her lecture that there is a healthy and optimistic mood in the country, particularly amongst the young people, which is driving the ex-communist state and it's people to adopt a much more westernised approach to their future.

The lecturer was a Russian lady with an unpronounceable name! She talked about how people found it hard to change to the new freedom without communism. It was an interesting and worthwhile visit especially for those intending to do A level history. It gave us an insight into world politics and the situation during the cold war.

Jack Swannick Yr11

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DENTDALE W.I.

There was a definite sense of an occasion in the air as members and guests assembled in the Memorial hall to celebrate the 60th Anniversary of the founding of Dentdale WI.

The evening opened with a short business meeting but with a difference as minutes from the first meeting of March 1943 were read out!

Our President Margaret Fothergill was able to announce that the First Responder group, which the WI had facilitated as a project to mark the 60th birthday, had formed a committee following the inaugural AGM, and were set to go forward as a group in Dentdale.

Then on to the Jacob's join Supper of Cottage, Fish or Vegetarian pie followed by a selection of sweets which was very well received and ably served to us by Vicky Sellers and Phyllis Woof.

Soon it was time for Elizabeth Middleton (who has been a member for all of the sixty years) to cut the beautifully iced cake. Elizabeth told us briefly about the first President Mrs Agar who had kept an antique shop where Stone Close café is now.

Federation chairman Sheila Parkinson proposed a toast to Dentdale.

Nancy Murdoch a former President had

Ysobel Sugden

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put together an interesting collection of photographs spanning the years for us to look at.

The evening was speeding by all to quickly but we still had the entertainment to look forward too. Catherine Sugden and Judith Newsham gave a demonstration of a Tudor dance they had learnt on a Denman Collage course. Helen Beare, Alison Toy Jennie Jones and Judith Bush then followed with a 30-minute musical programme in a variety of styles and we ended the evening with a rousing singsong.

At next month's meeting on April 9th we will be hearing about *The Role of the RAF and Military Low Flying* with Squadron Leader Tony Parrini. This is an Open meeting and all are welcome.



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THE MEANING IN LIFE

There are moments in life when you miss someone so much that you just want to pick them from your dreams and hug them for real! When the door of happiness closes, another opens; but often times we look so long at the closed door that we don't see the one which has been opened for us.

Don't go for looks; they can deceive. Don't go for wealth; even that fades away. Go for someone who makes you smile, because it takes only a smile to make a dark day seem bright. Find the one that makes your heart smile. Dream what you want to dream; go where you want to go; be what you want to be, because you have only one life and one chance to do all the things you want to do.

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, enough hope to make you happy. The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes along their way.

The brightest future will always be based on a forgotten past; you can't go

TABLE TOP SALE

Garsdale Village Hall

Easter Monday 10am to 3pm

Refreshments All Day

Tables £5 (£4 if pre-booked Tel: 20993)

forward in life until you let go of your past failures and heartaches.

When you were born, you were crying and everyone around you was smiling. Live your life so at the end, you're the one who is smiling and everyone around you is crying.

Please send this message to those people who mean something to you (I JUST DID); to those who have touched your life in one way or another; to those who make you smile when you really need it; to those who make you see the brighter side of things when you are really down; to those whose friendship you appreciate; to those who are so meaningful in your life. And if you don't, don't worry, nothing bad will happen to you; you will just miss out on the opportunity to brighten someone's day with this message!!!

Life is not measured by the number of breaths we take, but by the moments that take our breath away!

St Andrew's Church, Dent

EASTER MONDAY SALE

Memorial Hall, Dent

Monday 21st April

10:00 am to 3:00 pm

Coffee ~ Lunches ~ Teas

Home Baking - Plants - Books - Competitions - Nearly New

And much more



APRIL REFLECTIONS

By the time you read this, officially, British Summertime will have begun. And, for all concerned, I do hope that this year's weather, together with an unhappy flying public, deems the Yorkshire Dales a bumper tourist season.

Today is the Feast of Saint Patrick, and I write as ever, dangerously near the *Lookaround* deadline for April's issue.

The weather seems to have been glorious for ages now. A tonic, even after all my spouting about winter-time for writers! I have had to concede.

Reverting back for a moment to holidays abroad. My youngest sister who worked for AirUK at Stanstead, then KLM when they took over AirUK, then, more recently, Buzz, when KLM split into two, the other name being City Hoppers, has been made redundant.

Ryanair has taken over, have grounded the fleet for one month, and have seemingly made everyone redundant, all from 1st April. Then we suppose, flying will start up again.

But, the hard part for my sister is that it has been a most horribly hostile take-over, and no one knows until their last day or work, 1st April, whether they will receive correct redundancy payments. She and so many others said that '11/9' was the beginning of the end of their jobs.

Sir staggers me by his amazing DIY achievements. Having lost most of his greenhouse every winter since he first got it about fifteen years ago. Glass everywhere. Then, the purchase of more glass. The one thing I cannot do for Sir, is shop for glass! Ever since a man walked straight through the big,

DENTDALE MEMORIAL HALL

Presents a

Fund Raising Concert

in Aid of the Hall by

SEDBERGH TOWN BAND

Conductor: Alan Lewis

Tuesday 22nd April

7:30 pm

In The Memorial Hall

Tickets:-

Adults £5 ~ 14 & Under £3

Refreshments & Raffle

unmarked glass doors of the old Manchester Air Terminal, right beside where I was working, I have only to go near sheets of glass and I faint. Right out. Just like that. I'll never forget the awful sight. Blood all over the place.

Thus, after years of my determination to overcome this phobia, it is hopeless, deeming a bit of shopping I cannot with him partake!

Always one to find a way round the obstacle, he has found a new type of non-shatter 'glass'. Better altogether because it stops leaf burn too. Thus he - I - ordered the complete pack of it, clips and all, from Halls, the greenhouse people.

In five days, we have a real state of the art greenhouse. A lot more streamlined

JOHN SOUTER

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ALL RUBBISH
REMOVED

because some of the aluminium bars are done away with. It really is beautiful.

But, I ask you to share a joke with me! I knew beyond a shadow of a doubt that once my shopping with him for glass came to an end, (Sir cannot go unaccompanied because he doesn't carry money, cheque books or plastic cards,) that he'd find a way round the problem which would still involve me! MAIL ORDER!! Direct to Halls. He's worked on it for five days and today is the big tidying up. The greenhouse and the sunshine make us feel that we should be darting off to get tomato and cucumber plants! I wish!

On the subject of gardening, Sir was interested in Elaine's March Gardening.

We have a lot of *Lavateria*, it grows wonderfully here and small 'shoots' soon grow into large bushes with great big pinkish flowers. We do have some disasters in 'salty', 'sandy' weather. Sir also gets cuttings going in the greenhouse.

It's a good plant to hide peeling paint on outside walls of the house!

Thank you to Edith who sent me a heavenly photograph of Beech Hill Dent, taken at its time of amassed, brightly coloured tulips which we so loved. Buy an ice cream at Dent Stores, eat it by the tulip beds.

I can't help but remember when in one night, a storm blew off all the tulip petals. In no time, someone, or the Council, had filled sad flower beds with lovely daisies. Instant beauty. You people never seem to drag your feet.

To all my pals, I promise to get round to writing and ringing. Hang onto hope! Please!

I congratulate Kim Baines on the mighty achievement of her, and two of her sisters, making £1,000 for Breast Cancer Research & Care, doing part of the Glasgow half marathon.

That really is a lorra-lorra money. And what a walk!

I'd like to extend my hand of friendship to Kim, wish her all the best and say hello to those of you in my Lookaround-land who haven't been well recently. And, to Elsie Haygarth, Sunnyside, Dent, thank you for your *Lookaround* encouragement. Elsie's words always are: "Keep Writing!" Yes, Edith, and to you lovely readers, and our editors, that's all for now. A very Happy Easter to you all. Stay healthy! Be happy.

Joan Stockdale

Christopher Whelan

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THE FARFIELD SAGA

*(A true story of countryfolk and their
fight for a mill)*

Episode 1

Bryan Hinton took a piece of chalk (he was an ex-school teacher) and wrote in neat letters on the wall of the third floor of Farfield Mill, "the last pick was woven here at 5pm on 30th October 1992".

He was standing alongside 2 Victorian style Dobcross looms that had been producing Pennine Tweed fabrics for the last 20 years. Brian had learnt his trade from master weaver David Douglas and had given up teaching to make weaving a full time job. With his wife Carol and part time employees they had extended the

reputation of Pennine Tweeds far and wide and had enthralled visitors year after year explaining how the cloth was made. In a good year they had 5000 visitors.

A week later on a grey Saturday morning the present Secretary of the S&DBPT walked into the third floor of Farfield Mill. She found Bryan, spanner in hand, dismantling the looms, ready for the scrap merchant. He was not a happy man, but had to face facts. The building was letting in water and was up for sale. He could not afford the cost of all the new health and safety measures needed if visitors were coming into the building. Anyway it was not his building. His lease had come to an end and he would

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SEDBERGH ANGLING ASSOCIATION

Members

ANNUAL DINNER

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Friday 25th April

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have to empty it of all the machinery
machinery he had lovingly restored and
cared for.

"Bryan, you can't do that!" These
words stopped him in his tracks. Maybe
there was another answer, but sleepless
nights had not revealed to him what it

might be. He was prepared to stop,
temporarily, and see if anyone else could
come up with an answer.

The news soon got around and people
started to talk, as they do in a place like
Sedbergh, of how sad it was, what a blow
it was to the economy and of how it was
another symptom of Sedbergh's
inevitable decline. What is this world
coming to?

There were a few however who felt that
at least some investigation ought to be
made of what the town thought the future of the
mill should be. There must be a public
meeting!

For those involved in setting up the
meeting, the most crucial question was
how to pay for the cost of hiring the
Peoples' Hall! Ever practical and ever
prepared to put their oven gloves on, a
typical group of Sedbergh ladies decided
that everyone would have to be fed and
watered, and hopefully a small charge
would cover the hiring costs.

It is one thing to announce a meeting,
but quite another to get people to come.
Was this an issue important enough for
people to attend? Did people care? And
even if they did care, was there really any

(Continued on page 26)

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point in taking part? After all nothing could really be done about it.

The refreshments were ready. Would anyone turn up? They did, not in their hundreds, but for Sedbergh in goodly numbers. There were representatives from the Parish and District Councils, residents from Farfield, local farmers, local business people and those generally interested in the future of Sedbergh or in this important historic building. There were also representatives of local quangos, such as the Rural Development Commission who offered suggestions for the use of the building and where money might come from.

It was a serious and sad occasion. The cost of restoring such a large building would be colossal. The access was very dangerous. Some of the surrounding buildings were in a dangerous state. There were residents living close by. No commercial operator would dream of taking it on.

There was a glimmer of hope. The

**CAR BOOT
&
JUMBLE SALE**

Gladstone House, Fell Close
In aid of
Settlebeck Community Bus



Saturday 26th April
10:30 to 1:30
Tea ~ Biscuits ~ Raffle
For Tables - ring Dot on 20525

SEDBERGH ZEBRAS
CHILDREN'S SALE
Saturday 26th April
10:30 to 12:30
Baby & Children's Clothes
Nursery Items ~ Books & Toys
Cake Stall & Refreshments
Sedbergh Methodist Hall
Entrance 20 pence ~ All Welcome

owners would be prepared to sell, as they might well. It had been on the market for 10 years with no buyers. There might be some money, somewhere. The Farfield residents were anxious to see something done.

The biggest glimmer of hope came in the form of a new committee. Half a dozen people, including 2 Farfield residents, came forward to volunteer to form a Farfield steering group to investigate the possibilities. The owner's agent promised to put the sale of the building on hold.

The steering group promised to report in 3 months. Would it go ahead or wouldn't it?

To be continued....

What is Farfield Arts and Heritage Centre doing for Sedbergh?

Local producers have new markets for their goods.

It can be used as a shop window for producers.

Catering supplies are all derived locally. Additional income will benefit suppliers in the area.

Visitors encouraged an area of the county they may not previously considered.

Sedbergh must have something to offer.

NEW BUS SERVICE

Cumbria County Council's Local Committee for South Lakeland is pleased to announce the start of a pilot bus service between Dent and Kendal.

Friday 11 April sees the start of a new bus service which will run on a Friday night and Sunday afternoon for a ten week trial period.

The aim of the service is to enable people from the rural communities to access services and leisure opportunities, visit the cinema or engage in sporting activities where up to now the lack of transport has been a barrier.

The service came about after young people identified the lack of public transport as an issue especially at weekends.

DANCE TUITION IN DENT

Dent Memorial Hall
All Ages Including Children

Award Winning Teachers

Contact Sarah 25212 for Dates & Info.

This trial is being funded by Cumbria County Council's Local Committee for South Lakeland as part of their investment in providing opportunities for young people.

It is hoped that if enough members of the public use the service, then commercial operators will look to continue after the ten week trial period.

The cost will be £2 per adult, £1.50 per child. The Timetable is reproduced below and will be incorporated into the normal Bus Timetable.

Fridays

DENT, Village	18:10	--	21:40
Gawthrop, Road	18:13	--	21:43
End			
Rash	18:16	--	21:46
Catholes, Road	18:19	--	21:49
End			
Millthrop	18:21	--	21:51
SEDBERGH, Dalesman	18:25	19:45	21:55
Killington	18:38	19:58	22:08
Oxenholme	18:48	20:08	22:18
KENDAL, Woolworths	19:00	20:20	22:30
KENDAL, Woolworths	19:00	20:20	22:35
Oxenholme	19:12	20:32	22:47
Killington	19:21	20:41	22:56
SEDBERGH, Dalesman	19:34	20:54	23:09
Millthrop	--	20:57	23:12
Catholes, Road	--	20:59	23:14
End			
Rash	--	21:02	23:17
Gawthrop, Road	--	21:05	23:20
End			
DENT, Village	--	21:09	23:24

Sundays

DENT, Village	12:00	13:30	--	16:30
Gawthrop, Road	12:03	13:33	--	16:33
End				
Rash	12:06	13:36	--	16:36
Catholes, Road	12:09	13:39	--	16:39
End				
Millthrop	12:11	13:41	--	16:41
SEDBERGH, Dalesman	12:15	13:45	15:15	16:45
Killington	12:28	13:58	15:28	16:58
Oxenholme				
KENDAL, Woolworths	12:45	14:15	15:45	17:15
KENDAL, Woolworths	12:45	14:15	15:45	17:15
Oxenholme				
Killington	13:02	14:32	16:02	17:32
SEDBERGH, Dalesman	13:15	14:45	16:15	17:45
Millthrop	13:18	--	16:18	17:48
Catholes, Road	13:20	--	16:20	17:50
End				
Rash	13:23	--	16:23	17:53
Gawthrop, Road	13:26	--	16:26	17:56
End				
DENT, Village	13:30	--	16:30	18:00

FEBRUARY WEATHER

What a month!! It certainly was not February fill-dyke black or white. In the first 10 days we had 1.65 inches of rain and from then on we had 17 days without troubling the rain gauge. There were 3 occasions when a short shower occurred but nothing of any consequence. In had it not been for the last few hours of the month that would have been it but it had to spoil itself and we finally had 1.93". It was the driest February since 1988 apparently. It was also a bright and crisp month with 12 nights when then the minimum temperature was only in the 20'sF. The coldest night being down to 20.1F-chilly! During the day we had some bright days and in the sun it was very pleasant though for 6 days the temperature did not get out of the 30's. The maximum temperature for the month

was 54.5F on 27th Feb. A wind-chill factor of 3F was recorded during the night of 19th Feb. Wind was a another factor during the month the lightest maximum recorded was 7.8 mph on the 11th. Only one other day did not have winds in the teens and 9 days had wind speeds in the 20's with a maximum of 24.8 mph. Only 2 days recorded pressure below 29" of mercury and 4 days in the middle of the month went over 30". The longest period since I've been recording. Mother nature has taken these bright days as signs of spring with a marvellous display of snowdrops, oyster-catchers returned to the river Rawthey and sparrows and starlings were seen nest building. On one of the brighter days a small tortoiseshell butterfly was seen on the wing.



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We offer a large range of Malt Whiskey's (40 in all)
and our Cask Beer range has been awarded by CAMRA.
Cask Beers for April include:- Black Sheep; Timothy Taylor; Landlord;
Thwaite's Bitter and Dark Mild Hartley's XB as well as others.

The Wildwood Bluegrass Band perform Live Music every Friday Night

	Opening Hours from Easter	
Tuesday to Friday	12 noon to 2pm	6 - 11pm
Saturday - Open All Day	12 noon to 11pm	
Sunday - Open All Day	12 noon - 10.30pm	

Sunday Lunch our speciality £5.95 Bookings Advisable

BUFFETS & FUNCTIONS CATERED FOR

DIVIDE & RULE

This is a well tried strategy and the EU, not being backwards when it comes to increasing its power, is trying to do just that with a little help from its friends. The friends on this occasion being the government that was elected to govern this country which seems hell bent on handing over as much power as possible as quickly as possible to Brussels. First it off loaded Scotland and Wales, and would hand over Ulster to Eire, if it could, just as it wants to give Gibraltar to Spain to score more brownie points in you no where! It is now trying to do Brussels bidding on the regions. These regions would be directly accountable to the EU. Now John Prescott, bless him, is trying to make it look official by letting

the people decide. Some chance. These assemblies are already in place. Check out their web sites. Like twinning they are another EU strategy for increasing its stranglehold on this country and by-passing the Westminster parliament. So if you are asked to vote for whether you want a regional assembly just remember why it is there. Your county council will go so instead of having someone to represent you, whom you know and possibly live near to, it will be someone "elected" from a list over which you have no say. This is increased democracy proportional representational style! How are you going to spend your £500? More on that next month when we have a look at what we would save if we claimed back our independence.

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The Swan Offers a very extensive Menu.

Over 40 various meals as well as a Children's Menu from £2.99.

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Giant Ham & Eggs. 16oz Gammon cooked to your liking with 2 eggs, chips and vegetables of the day	£8.95
A foot of Cumberland Sausage, Chips, Vegetables and Gravy	£6.95
Liver & Onions (tender Lambs Liver in a rich caramelised Onion Gravy) served with Mash Potato & Vegetables.....	£6.95
Steak, Guinness & Mushroom Pie (Short Crust Pastry). A large slice served with Mash or Chips and fresh Vegetables	£6.50
Mixed Grill (Lamb Chop, Pork Chop, Gammon, Rump Steak, Lambs Liver, Pigs Liver, Sausages, Black Pudding, 2 eggs, Mushrooms, Onions Rings and Chips). Can you eat it?.....	£11.95

**Our Bar area has recently been extended and we now have
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**As of Easter, our lovely Beer Garden will be open
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THE HEAD AT MIDDLETON

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Proprietors: David and Elizabeth Martin

SPELLBOUND THEATRE



Edited, informative highlights of the AGM minutes Thursday 20th February at The Bull Hotel.

Farfield Mill - Mrs. Lamb was asked to explain paragraph 5 of Sedbergh Parish Council's report of their meeting on September 5th, as printed in the December Lookaround. Mrs. Lamb said that it was misinformation, and has "caused her problems with other people."

Susa Ellis, suggested that if the information had been so incorrectly minuted, Mrs. Lamb should write a retraction. Mrs. Lamb replied that she had sent a piece for the next issue. Farfield had plans to obtain grant aid for development of the arts now that the craft side was set up after consultation with the local crafts community. Their plan is to appoint an arts education officer who would do outreach work in an area she referred to as "The Western Dales." It would include, Dent, Sedbergh, Garsdale and cover parts of the Eden and Lune valleys. This person would involve Farfield in all the arts and amongst other things, he/she would contact performing professionals to come to the area. Mrs. Lamb stressed the benefits of this

<u>Starters</u>				<u>Fish Dishes</u>	
Prawn Cocktail & Marie Rose Sauce	£3.20			Salmon Steak with Parsley Sauce	£7.90
Garlic Mushrooms on Toast	£2.95			Grilled Rainbow Trout	£7.90
Pate with Garnish, Toast & Butter	£2.95			Breaded Scampi	£5.80
Soup of the Day	£2.10			Breaded Haddock	£5.80
Egg Mayonnaise	£2.10				
Grapefruit Cocktail	£2.10				
<u>Extra Special Main Courses all £9.95</u>				<u>Vegetarian Dishes</u>	
Loin of Pork in Cider & Apple Sauce				Tropical Vegetable Curry	£5.90
Lamb & Apricot Casserole				Stilton & Vegetable Crumble	£5.90
Chicken with Basil, Port & Dill Sauce				Vegetable Lasagne	£5.90
Venison Steak with Red Wine Sauce				Mushroom & Nut Fettuccini	£5.90
Venison Casserole				Broccoli & Cream Cheese Bake	£5.90
Supreme of Pheasant Chasseur				Vegetable & Pasta Bake	£5.90
Pork in Pepper Sauce				Vegetable Tikka Masala	£5.90
Cod & Prawn Crumble				Macaroni Cheese	£5.90
<u>Main Courses</u>				<u>Rice Dishes</u>	
Roast Dinner of the Day	£5.90			Chilli	£5.60
Mixed Grill	£11.30			Chicken Tikka Masala	£6.90
Fillet Steak	£11.30				
Sirloin Steak approx. 8oz uncooked	£9.80			<u>Salads</u>	
Half Roast Chicken	£6.80			Ploughman's Lunch	£4.60
Chicken Kiev	£5.90			Cold Meat Salad & Roll & Butter	£4.90
Lasagne	£5.90			Prawn & Rice Salad	£5.80
Steak & Kidney Pie	£5.90				
Cumberland Sausage	£5.90			<u>Sandwiches</u>	
Gammon & Pineapple	£5.90			Prawn with Marie Rose Sauce	£3.60
Barnsley Lamb Chops	£8.90			Ham, Beef, Cheese & Tomato;	
Marinated Lamb Steak (6oz)	£8.90			Cheese & Pickle or Salad	£1.90
Pork Chop in BBQ Sauce	£6.10			Toasted Sandwiches	£2.20
Cheese & Ham Pasta	£5.90			Portion of Chips	£1.00
Tuna Pasta Bake	£5.90			Mixed Side Salad	£1.20
				Portion of Mushrooms	£1.00
				Roll & Butter	£0.35

THE HEAD AT MIDDLETON



Tel: 015396 20258

Menu

innovation. She was asked, at this point, if she was aware of the excellent things that went on in the community. She said she was, and mentioned a choir that had performed recently in Dent. Comments were made about the high salary that would have to be paid to such a high powered person. Kim Lyon said that there were existing, well established organisations in the area, that do all this work already. Alec Lyon said there was a problem with communication between Farfield and the local arts community. He asked what Mrs. Lamb proposed to do to remedy this.

Kim Lyon followed this up by asking why Farfield had not held an open forum, so that all parties, working in the arts in the community could be informed of

Farfield's plan, as indeed they had consulted with the craft people. Mrs Lamb replied, "This is a different ball game", but did not expound on this comment. She then went on to say that she had written letters to everyone she could think of, connected with the arts, who might be interested. She apologised that she had "forgotten Spellbound." Susa Ellis remarked that she found this hard to understand, as Spellbound is always active and is very prominent in the area. It would be to Farfield's advantage to have local groups on side.

Kim Lyon asked why Cat's Eye, a theatre group, formerly based at The Brewery before Sam Mason took over, are to be based at Farfield. Mrs. Lamb said that unlike the report in the P.C.

this month sees




EASTER SUNDAY

20th April

We have all the **cards** and **gifts** you need and
all the **Easter Eggs** you can eat

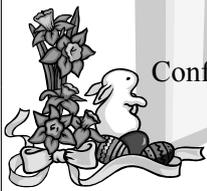
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minutes, there was no studio on the 4th floor. They had only been offered an unfinished space without a complete floor on level 2, for four weekends in January. They had been charged a nominal sum to cover costs. Susa Ellis, pointed out that from September to January, Spellbound had been paying for rehearsal space and as a local group, would have been very pleased to have had a similar offer from Farfield. Mrs. Lamb said the arrangement was made with Anne Pierson, who knew Cat's Eye, and it had been done with full support of the Trust. Susa Ellis wondered whether the trustees of Farfield felt that the grant of subsidised facilities to personal contacts of their executive was within the legal directives of the Trust. Kim Lyon told

Mrs. Lamb that she'd heard that "studio space" had been offered to the group in the summer of 2002. Mrs. Lamb said that this had been done by Anne Pierson, who was soon to become a trustee. Miss Pierson had vast experience and knew how to go about getting money.

Kim Lyon suggested that Mrs. Lamb should delegate a member of her committee to liaise with the local arts community. Mrs. Lamb said there were not enough people on the committee to do the current jobs and her plans to employ a full time arts education officer would rectify this problem.

Susa Ellis asked about hire charges. Mrs. Lamb said that they had not, as yet, got down to sorting out hire charges, but that any group could book the room on

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level 2. Mention was made of the planning permission, which at present, did not allow any evening activities. This prompted members to say that any chance of using Farfield was therefore a non starter, as most Spellbound members worked in the day. Mrs. Lamb said she hoped these restrictions would change if they got permission for a new workshop on level 4 and she invited anyone who wished, to come and see the space on level 2.

Mrs. Lamb thanked Spellbound for inviting her to the discussion. She felt that it had been very worth while. Susa Ellis and Kim Lyon thanked her for coming to the meeting.

The Treasurer's Report - Susa Ellis reported that 'Tales from the Arabian

Nights' had made enough profit to cover all costs and to pay £660 over to SCOPE. This was in exchange for free professional direction, dance performance, choreography, live music and technical work done by Natalie and Michael Nardone. There had been a small profit for Spellbound and they had bought assets to stock.

The Dent Folk Festival 2003 - Alec Lyon said that the programme was more or less in place and asked Spellbound to do three performances of 'Settle Carlisle' in Dent Memorial Hall. The offer is to provide the premises, all promotion, electrical equipment and technicians. Spellbound will take the door less 10%. This was approved by the meeting. He said community involvement, local history



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Diary of events for April

- New Chef arrives!! April 7th
- Waiting-On Staff required from April
- Easter Celebrations April 18th to 21st
- Fantastic New Garden with Play Equipment and Pets Corner April 20th
- St George's Day Celebrations April 23rd

- Sunday Lunch served 12-2:30 pm £5.95 for 2 Courses
- Quiz Night every Sunday with Cash Prizes!

and dialect, were important points when asking for funding, and Spellbound's 'Settle Carlisle' had all these. All agreed that last year's 'Promenade Around Old Dent', had been a huge success. He explained that we were victims of our own success and the 2nd promenade was supported in such huge numbers, Dent, and the venues involved being very small, and as it was impractical to ticket it, he was worried about over capacity in numbers. He had every confidence that this year's production would be very successful, with ticketed performances. *Settle Carlisle* - Kim Lyon said she had rewritten the script and this was the fifth version of the play. Rehearsals would be once a week, Sunday mornings, at The Masonic Hall, starting on March 2nd.

To panto or not to panto. - Kim Lyon explained that she had placed an article in the February *Lookaround* to try and encourage interested parties to come to this meeting. Panto is a lot of work and needs a lot more volunteers to get it together. Male actors and back stage people were always difficult to find. Susa Ellis suggested that we might have to offer nominal payment in order to get a stage manager. Kim Lyon pointed out that we had already done that to get an experienced keyboard player. The possibility of grant aid was discussed and Alec Lyon offered to help with this. Heather Pakeman said she had the name of a woman who could help.

The meeting closed at 9.30 pm. Thanks to the Bull Hotel for their hospitality.

DENTDALE MEMORIAL HALL

Improvements have continued to the Sedgwick Room, with volunteers having re-decorated to make it more inviting.

The lobby and store room has been given a coat of paint as well. Thanks to all who helped.

Thanks also to the people who kindly returned questionnaires on use and views about the village facilities. A report on the results is being prepared.

Our planning consent for the extension to the Sedgwick Room should be received shortly and then tenders will be sought for the building work.

We need to raise funds to help finance the works and to modernise equipment in the village hall. To that end, events are planned to produce funds in addition to the rental income, which only covers running costs.

To get underway, Sarah Woof kindly organised a dance evening for young and old, which produced £70. Our thanks to Sarah.

The Sedbergh Town Band will be giving a concert in aid of funds on Tuesday 22nd April at 7.30 pm in the Memorial Hall. This will be the band's first performance in Dent. We are very grateful to their conductor Alan Lewis, and the players for their willing support. Tickets will be £5, with a concession of £3 for youngsters 14 years and under. Interval refreshments will be served. We hope for a full hall on this occasion. Mark it in your diaries!

Another event being planned is an antiques valuation day by one of the regional auctioneers. An opportunity to have your prized pieces valued or that curiosity explained. Details in due course.



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Sedbergh Community Development Centre

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Don't get lost in the Howgills! Our 2 day **BASIC MOUNTAIN NAVIGATION** course covers basic map & compass techniques for beginners and the unconfident. There will be a mixture of classroom and outdoor sessions. Tutor – Mike Hinson. Saturday 10th & 17th May 9:30am – 4:30pm, £25 (concessions available)

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KILLINGTON W. I.

Our March meeting was held as usual in the afternoon of the second Tuesday in the month in the People's Hall. We had an excellent turnout to hear a local musician, Lucy Morris, regale us with tales of her life as a professional musician, indeed the life of a whole family of musicians as her husband and both of their daughters follow the same calling. We enjoyed the recorded performances of their music making and the tales of a life in the company of many famous instrumentalists, broadcasters and temperamental conductors! I think it must be very rewarding to have an interest and a job which brings pleasure to so many other people but what a lot practice and training lies behind this ability. Thank you Lucy!

Our business meeting preceded Lucy's talk. Our Treasurer, Anne Macer, reported that the March Coffee Morning held at our President's home at High Beckside had raised the excellent total of £86 for the Fair Trade Organisation. This body aims to provide a fair return to producers of agricultural goods in Third World countries by reducing the role of the

middleman. We all had a really good time and how splendid it is that such a sociable occasion should produce such a pleasing result. Thank you once again Shirley for your hospitality, and by the way our best wishes for your recovery from your broken ankle! Hopalong Cassidy here she comes!! Unfortunately her untimely accident prevented Shirley from representing us at Dent W.I.'s celebration of the Sixtieth Year of their founding. We do send them our congratulations and best wishes.

Our raffle this month was won by Jenny Wearing. Doesn't she smell nice! Our monthly competition for "an old family photograph" was won by Majorie Henson with a very distinguished picture of her forebears (or three of them anyway!) outside a Scottish Manse where her great-grandfather was the incumbent.

We were delighted to welcome a new member, Rene Smith, this month. Why don't *you* join us for our next meeting on April 8th at 2.00pm, when our speaker Alan Head's talk has the intriguing title "A box of miscellanea", and bring along an old tool for the competition.

W.F.U.

HOWGILL W. I.

The March meeting was held at Firbank Hall.

Two members are taking part in the Victorian Weekend at Farfield Mill by setting out a dinner table Victorian style.

We are to have an information board at The Sedbergh Show.

President Mary Silva gave a warm welcome to Anne Pearson, our guest speaker, a former Director of The Brewery Arts Centre in Kendal.

Anne left school at 15 and went on to have several jobs. Her desire for acting and the theatre grew and she took up a drama course in London. In the 1970's she went on to become the new Director of The Brewery.

Her ideas became reality and a major transformation took place. Centrally

located The Brewery building with its own landscaped garden is now a thriving modern arts complex with a year round programme of theatre, film, music, exhibitions, workshops and children's activities.

Anne left the Brewery over a year ago and now lives at Brigflatts. Thanks were expressed by Helen Beare for a most interesting talk enjoyed by everyone.

The monthly competition for an amusing press cutting was won by Barbara Axford with Mary Silva second.

The winner of the memory quiz was Sheelagh Dennis and the raffle winners were Lorna Scambler and Audrey Hoggarth.

We will meet again at Howgill on April 3rd when Susan Oliver will be giving us ideas for stylish dining. *A.H.*

DENT PRE-SCHOOL

Saturday 3rd May

12 noon to 3 pm

**FAMILY
FUN DAY**

There will be

The May Day Queen

Maypole Dancers ~ Morris Dancing

Games ~ Competitions ~ Face Painting ~ Craft Stalls

Homemade Produce including

Fantastic Soaps - Summer Bedding Plants in Pots

Sweets - Cakes - Savoury Dishes

Plus Soup, Sandwiches & Cream Teas

All Welcome at Dent Memorial Hall



SEDBERGH TOWN BAND

Some forty members, relatives and friends of the Sedbergh Town Band enjoyed an excellent annual dinner on Tuesday 11th March at The Bull Hotel. A first class meal was efficiently served by the most attentive staff in a highly convivial setting. Our thanks to Steve and all his helpers for contributing so significantly to the success of the evening.

The Chairman, Brian Waters, welcomed the diners and expressed great pleasure in the increased members present this year. Alan Lewis, the band's director of music, stated his satisfaction at the progress being made by the band before going on to announce the winner of the President's Cup. This was the inaugural presentation of a fine trophy to be held by the winner for a year, generously donated by the President, John Metcalfe. This year it was awarded to the player who had made the most progress during the course of the previous twelve months. The awarding panel were unanimous in deciding that Tony Playfoot should be the first recipient of this prestigious trophy. In a witty acceptance speech that would have done credit to an Oscar's ceremony, Tony paid tribute to all those who had assisted and encouraged his progress, not least his wife who has so patiently endured his practices.

Alan Lewis announced that a splendid shield has been purchased that will be awarded to the winning band in the Brass Band Competition to be held in the Bull Hotel's garden on Sunday 22nd June. With several bands competing, using the newly constructed band stand, this promises to be an occasion to savour.

The trophy is a memorial shield engraved in the memory of Bill Graveson who contributed so much to the band.

The next major concert by the band will be on Tuesday 22nd April at 7.30 pm in the Dent Memorial Hall. Proceeds from the concert will go towards improving the hall's facilities.

Looking further ahead the band will again be leading the Sedbergh Gala Day procession and then playing on the field on Saturday 17th May. *G. B.*

People's Hall

	<i>per session</i>
Committee Room	£6 (inc. heating)
Main Hall (<i>daytime</i>)	£9
Main Hall (<i>evening</i>)	£20
<small>(£35 for functions with bar serving alcohol)</small>	

**Regular bookings may attract discount
Changing Rooms can be booked**

**Bookings: Sedbergh Office Services
13 Kings Yard, tel. 20788**

SETTLEBECK HIGH SCHOOL

NHS Conference, Kendal

On February 13th, 2 year 11 and 3 year 10 students went to a NHS conference in Kendal.

We were given a lot of information about NHS careers. We also got to take part in interactive workshops, on several different areas of the NHS. These included: Maxillo-facial and dental surgery, Paramedics, Radiography, and the Operating theatre. We agreed that the most enjoyable part of the day was the talk from the Paramedics where we learnt about incubation and some people got to try out the ECG machine (which measures heart rate.)

CENTURY - NOT OUT

William Dawson, Sedbergh's coal-merchant, started his business in 1895 in the railway station yard. At the time, he was living with his father, Michael, at Hawkrigg, just after the Firbank turn on the road to Kendal. By 1900 he had four daughters and one son. On February 27th 1903, his last child, a fifth daughter was born. She was christened Mary in Firbank Church.

Mary Harvey, as she was to become, has just celebrated her **100th birthday**. She lives a few miles north of London - still on her own and managing largely for herself, absolutely "with it" mentally and fit in body though she admits to being "not too good on my legs". She recalls walking to the British School (Joss lane) in Sedbergh and then going on to Q.E.S. at Kirkby Lonsdale where she was a weekly boarder.

At her birthday celebration in St Albans on March 1st, she received a pebble from the top of Winder and a small stone from her native farmyard, together with some Sedbergh snowdrops. She touched the soil they were planted in and said softly "My native soil!" There was a beautiful card from The Queen, and relatives from various parts of the world, including two of her eight grandchildren who had flown in from the U.S.A. Sons and daughters of her brother and each of her four sisters were present, and a good proportion of her 18 great-grandchildren - though sadly not the triplets from California.

Her eldest nephew, Jack, of Sedbergh, sent her a specially-written poem, containing these words:

Though times have changed, you haven't changed

To any great extent;

Throughout your life, your lesson's been "In all things, be content."

Mary (Dawson) still looks after people. Her neighbours tell of how, when they have been away, they usually return to a plateful of fresh, home-baked scones! Not bad for a Centenarian.....

George D. Handley

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PEPPERPOT FOLK FIDDLERS

By the time you read this, the Pepperpot Folk Fiddlers will have met for the second time. Those who came to the first session on March 1 were in total agreement that it was a most enjoyable experience. Carolyn Francis ably involved all the participants - from virtual beginners to those with more experience - by devising different strands for them to play together by ear and the result was impressive.

Violin players and fiddlers of all ages and abilities (aged 8 to 80!) are welcome at the sessions which take place at the Community Office on Saturdays from 10 am to 11 am on April 12, May 1, June 7 and June 21.

If you would like to know more, please contact Shirley Smith on 015396 21196.

APRIL GARDENING

This morning I retrieved the mower from the shed and did my first cut of the lawn this year. The mower has been fitted with a lovely new engine so once I had remembered the instructions on how to start it, it flew around the lawn like a bird. I did notice though that as I was cutting, most of the trimmings were moss rather than grass. At this time of the year my moss seems to outpace the grass and walking on the lawn is more akin to striding about on a rather squishy sofa than solid ground. Our area is so damp through the whole of the winter that we have the ideal conditions for moss growth. Either we put up with it, or we take yearly drastic action to get the stuff under control.

I have tried various moss control methods but my current favourite is the old fashioned Sports Turf Institute way which uses Iron Sulphate dissolved in water and applied to the lawn using a watering can with a rose attached. I use a heaped tablespoon full dissolved in a 1½ gallon can. Iron sulphate blackens and dries out the moss but also feeds and greens up the grass. It is harmless to pets and its only drawback is that it stains paving and other hard surfaces a rusty

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brown - so go carefully around any areas where paving and lawn meet.

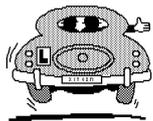
Having applied your Iron Sulphate you will have to remove the dead moss in order to make space for the grass to thrive. In a small area a good going over with a spring rake will do the trick but if your lawn is a reasonable size then it is much more satisfying to hire or borrow (or buy if you really mean business) a scarifier to do all the hard work for you. This will generate enormous mountains of moss and thatch (the dead leaves of grass which build up into a mat and stop the lawn from "breathing") which you either compost or remove to the tip. Your lawn will appreciate all the hard work but be prepared to do battle at the same time again next year.

Elaine Horne

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DIALECT DIGEST

When I was a lad, every village pub had its very own philosopher. Invariably male, he would sit there of an evening, clasping a mug of ale, and holding forth on any subject under the sun, whether he knew anything about it or not.

So this month, I thought I'd pass on some more of that homespun philosophy which was recorded in past publications.

If yo want to succeed i' life, stick fast ti what yo have an' mak t'best on it. Nivver build on what's ti come, for it isn't oft it comes.'

'Sum big tawkers wod hev varry little ti say if they'd nivver ti praise thersens nor backbite ithor foak.'

'Gooid luck maks a man praad;

misfortune maks him wise.'

"Nivver leave undone till termorrer what yo can do terday, unless it's runnin' inti debt, and then doan't.'

'It's nivver wise ti kick a chap when he's daan, unless yo're sewer he's goin' ti stop daan.'

'A chap 'at's allus sewer 'at he's reight is onmost allus sewer ti be wrang.'

'It's easier ti listen ner ti think, an' easier ti tawk ner ti do awther.'

I suppose when you look more closely at these sayings from the 19th Century, what you see is just something that seems to be in very short supply these days - a little bit of common-sense!

Michael Park

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CHRISTIAN AID WORK IN SEDBERGH & SURROUNDING AREA

Christian Aid held a coffee morning in the URC rooms in Sedbergh on March 12th, which raised £362. Thanks to all who supported the event and to members of the local committee and the United Reformed Church who organised the event. The need to raise money couldn't be greater for work in developing countries and areas of the world in crisis. Who can judge the humanitarian cost of war in Middle East? In Africa, AIDS and Drought are threatening the very existence of some of the smaller countries in the South. In places like Swaziland, Lesotho, Malawi, and

Zambia, AIDS is so rife that the basic fabric of the nation is beginning to unravel, wiping out those key adults who run bureaucracies and services as well as producing the country's wealth. Even the children are dying in large numbers. The situation is worse than the plague in Middle Ages.

Agencies like Christian Aid do relieve the immense suffering in these areas, and challenge the powerful to do something about it. It is a long term process and should encourage all of us to give generous support to Christian Aid Week May 11th - 17th. The week begins with a service in St. Andrew's Sedbergh at 6.30pm on May 11th.

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GROWING WITH GRACE

Local Business Wins Top National Food Award

“Growing with Grace”, a local organic business, has won a major national award. It has been voted joint winner of the Local Food Initiative of the Year in the Soil Association Organic Food Awards 2002. It was also commended for its weekly organic vegetable and fruit delivery scheme.

Their innovative Post Office Scheme was seen as particularly noteworthy. It encourages rural regeneration and benefits the environment. Bags of organic fruit and vegetables are delivered weekly to nine local Post Offices. There are many other drop-off points including

private homes, therapy centres and greengrocers’ shops. Customers can enjoy fresh, local organic food and know that “food miles” are greatly reduced.

Joy Carey of the Soil Association’s Local Food Links Department, one of the judges, said “The Post Office Scheme is a highly inspirational example of what local people can do in difficult circumstances to make a real difference for their communities”.

Growing with Grace delivers to Sedbergh and Dent. Growing with Grace can be found at Clapham Nursery, Clapham, on the A65 between Ingleton and Settle. Look out for the carrot signs if you are passing by. Their phone number is 015242 51723.

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

COBBLE COUNTRY PROPERTY

Once again lambing season is upon us and how wonderful it is to see new born lambs skipping around our countryside, playing chase in the same dusty banks as their brothers and sisters the years previously.

Also it is good to see the daffodils raising their big beautiful yellow heads again, what a transformation they make to any household when displayed in the many different flower arrangements.

Quite possibly it's the time of year when many of you start thinking of mini holiday breaks, but with talks of war with Iraq you can't help wondering how the situation will affect us all.

There is an editorial in March 14 2003

issue of the news magazine for estate agents, Negotiator, that Countrywide Assured, the country's largest estate agents, have said that house sales are down by an average of 33%.

Transactions in London fell by 60-65% in the first two months of the year, and in the north by between 5 and 10%.

They predict that the reason for this is because of the threat of war and the economy, as your local, established estate agent, we have also noticed a change in the housing market, even though there are a lot of people looking to buy a property in the area, there seems to be an increase in the number of people wanting to rent property.

SEDBERGH GALA QUEEN

The Gala Queen for 2003-2004 is Sally Brooks.

I'm a local high school student at Settlebeck High School, who has lived in Sedbergh all my life and have 3 older brothers and an older sister who are well known (Adam & Dan Brooks, Karen & Neil Townley).

I am 15 years old and I am studying Spanish, Graphics, Art and History, in addition to Maths, English, Science and I. T. My greatest interests are Art, Fashion and Sport. I have represented the school at netball and athletics and feel I am a fairly good all-round sports person.

Being Gala Queen is a huge honour for me and I feel will be a great help to my career route in business and fashion.

I am interested in Fashion Design and I enjoy clothes and beauty products. However I also enjoy other things such as Politics and have strong views on subjects.



Attending functions and other social events doesn't phase me, I will enjoy the experience. I like to think I have a strong, yet understanding personality and try to take care of my physical appearance to always look smart and presentable. I am hoping I can make a positive impact and help wherever I am needed. I enjoy working with other people of all ages and try to be considerate and measured in my response to people and their situations in life.

Sally Brooks

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SETTLEBECK HIGH SCHOOL

NHS Conference, Kendal

On February 13th, 2 year 11 and 3 year 10 students went to a NHS conference in Kendal.

We were given a lot of information about NHS careers. We also got to take part in interactive workshops, on several different areas of the NHS. These included: Maxillo-facial and dental surgery, Paramedics, Radiography, and the Operating theatre. We agreed that the most enjoyable part of the day was the talk from the Paramedics where we learnt about incubation and some people got to try out the ECG machine (which measures heart rate.)

FROSTROW W. I.

Mrs José Templeman presided over the March meeting in the absence of our President. Members were sorry to hear that Mrs. Mary Dormand is in hospital after a fall. The business was dealt with quickly and important dates noted. Details of Denman College bursaries were available.

Two members are interested in the National Hedgerow Survey and will be attending the first Training Day at Low Sizergh Barn. Frostrow and Killington W. I.'s will be sharing a stand at the Spring Show to promote W. I.

Our Coffee Morning is on Wednesday April 16th.

Our speaker, Mrs. Fiona Cartmel, who is a Red Cross volunteer, gave us a detailed insight into the International Red cross, which is the world's largest voluntary organization. It responds quickly to natural or man-made disasters and, because of its impartiality and neutrality, gives help to vulnerable people whatever their race, religion or background. The Red Cross has members in 178 countries and in each country the Society looks to see what that needs are. For example, in Mozambique it is responsible for water and sanitation and in Iraq at the moment 5,000 volunteers are working to protect the water supplies if war is declared and other disaster plans are being stepped up.

Henry Durant, a Swiss business man, masterminded this wonderful work after seeing the suffering in Northern Italy after the battle of Solferino in 1859.

Mrs. Jean Conchie thanked Mrs. Cartmel for her informative talk and said that we were amazed by the breadth of the Red Cross work.

The raffle prize was won by Mrs. Marjorie Fishwick.

The next meeting is on "Lacemaking" with Mrs. Marjorie Hanson on April 9th. Please come along if you are interested.

M. F.

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SEDBERGH CRICKET CLUB

Winter nets are going well, at least for the juniors, with good attendances. Few adults have turned up so far. Coaching sessions with the County coaching team have been arranged for 7th & 14th April for the juniors. This has been possible once again thanks to the money raised at the golf tournament last summer. Again we are indebted to David Lord and Geoff Keighley. Likewise we are indebted to Sandra Longlands once again for organising the jumble sale which raised £200 for club funds.

Coldrick Lewis has taken on the captain's job for the season. The first team fixtures start with 4 home games. The first match is on 26th April against Kirkby Lonsdale followed by a game against Morecambe on 3rd May, a cup game against Cartmel on 5th May and another versus Ingleton on 10th May. So lets get down to the nets to get some practice in!

HISTORY SOCIETY

Our speaker on March 5th making a welcome return, was Tom Clare to give a talk on "Village Character in Eden". A typical village was of a linear design with the houses strung out along the main road often 22 yards apart. Their tofts stretched down to a back lane and between that and the common land, reached by drove roads, could be arable land. The arable land was in strips that were ploughed and it became enclosed although the period when this happened varied considerably. Each village would have contained several features such as a church, a cross, a maypole, a cockpit, a pound, archery butts and a corn mill. However, most of these have not survived the passage of time. The earliest villages in their present

Daphne Jackson D. O.

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form seem to have originated in the twelfth century but earlier settlement probably lies buried underneath.

An excavation has revealed a stone walled house of earlier date than expected with clay bonding on the inside and mortar on the outside of the walls. Its discovery may mean that some of the houses with seventeenth century date stones were not the first stone buildings on the site, as previously thought, but were modernisations of existing ones. One type of early vernacular building had a cross passage dividing the domestic half from the barn. Few still retain this but it is possible to find buildings that have been adapted from the original plan. Mr Clare ended by saying that although castles and grand houses were listed he was worried that not enough smaller vernacular buildings were included to preserve a balance for posterity.

His talk was illustrated with a wide range of slides including a large number of air photographs revealing details invisible to the person walking over the ground. They helped to make an evening much enjoyed by his audience.

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DENTDALE MEMORIAL HALL

As this goes to press the DMH Committee Meeting is two weeks away. On that occasion members will hear updates on (a) Decorating of the Sedgwick Room and store - now complete except for the back door, providing a brighter more cared-for looking room now available to the community by day as well as evening.

(b) Extension - we await planning permission then will put out to tender and apply to 'Vital Villages' for a grant.

© Questionnaire - Thankyou to all who completed theirs, some at great length! We have lots of ideas to explore for the whole set up. i.e.comfy chairs, softer lighting, amplification, facilities for people with disabilities and so on. We got a clear YES to support the extension proposals but have noted everyones concerns.

(d) Fund Raising - various ideas were put forward and we are making arrangements already. A dance night on February 22nd raised £70 and Sedbergh Town Band come on April 22nd.

If you are willing to help DMH with fund raising or have any queries do contact the Secretary on 25212.S.E. *Woof*

SETTLEBECK HIGH SCHOOL

Maths Revision Weekend Fri 28th Feb – Sun 2nd March

The maths revision weekend proved very useful.

We had the opportunity to take advantage of all the maths sources available. We were then able to do some hard work on the various aspects of maths we found challenging and needed to improve on.

We used past papers and the much appreciated help from our teachers, Mr Hancock and Mrs Oughton to revise the relevant topics.

In conclusion we found it to be a very worthwhile and enjoyable weekend.

Thank you very much, Mr Hancock and Mrs Oughton.

*Laura Severn and
Emma Priestley Yr 11*

Macbeth Performance

The actors brought the play to life; the modern twist and the hilarious slang dialect from modern day comedians improved the understanding of the teenage audience. They cleverly used lighting and dramatic music to enhance their efforts and bring the play to life. At the end of the fantastic production important scenes were discussed and they gave visiting pupils the chance to involve themselves by letting them attempt to re-enact key scenes with a modern day twist straight off the cuff. All in all it was a great morning, well worth the visit.

Thank you Box-Clever Theatre company for the outstanding performance and to Kirkby Stephen Grammar School for having us!!

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DENTDALE RUN

Appalling weather did not deter 500 entrants from participating in the 2003 Dentdale Run. It seemed appropriate that the lesson set for the church service the next day was the story of Noah's Flood! The deluge continued all day and for the first time in it's history the Dentdale Run could not use Flood Lane by the River Dee but had to come back through the village to go on to Cowgill. Despite conditions, runners appreciated enthusiastic support from hardy locals who cheered and encouraged the runners. The warm hospitality offered in the School and the Memorial Hall after the race was much needed and very appreciated. The organisers received many comments from the runners saying

that had been very well looked after - so thank you Dentdale Run Committee for all your hard work!

The race was won by Steve Littler from Wesham RR in a time of 1 hr 20 mins 37secs, who won a week in a holiday cottage. Second was Paul Muller of Horwich RMI, third was Ian Crampton from Durham City Harriers. Fastest woman was Alison Raw from Darlington Harriers. Fastest local to complete the course was Andrew Woof from Dent. Well done everybody and let's hope for better weather next year.

LANCASTER UNIVERSITY

The Department of Continuing Studies is putting on a course in Sedbergh, beginning on the 8th of May, on "The Origins of Science and Medicine". It will run each Thursday afternoon from 2 till 4 p.m. for five weeks at the Community Office.

The course charts the origins of Western science and medicine from the Ancient Greeks to the modern age, exploring the changing philosophical views of the universe and their impact on the development of science and medical practice.

It is an informal course at first-year undergraduate level, with plenty of group discussion. It has already been run successfully at Lancaster and Kendal.

To enrol please phone Gill or Mary on 01524 592623/4, at least seven days before the start. The course number is SED0201 and there is a fee.

The tutor is historian Dr Frances Dawbarn, who is looking forward to bringing her course to Sedbergh, as she is a frequent visitor, and my niece!

Carol Dawbarn

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SETTLEBECK HIGH SCHOOL

Of Mice and Men

On Thursday 6th March Yr 10 and Yr 11 GCSE English students travelled to Blackpool to view a production of John Steinbeck's novel 'Of Mice and Men'. We observed how the characters were portrayed and gathered deeper understanding into the themes of the story, which will be beneficial for our final exam in May. The performance was captivating and entertaining.

The afternoon was made even more meaningful due to the fact that it starred Matthew Kelly.

It was enjoyed by each year group and was an educational and very enjoyable afternoon.

Lauren Gilder & Lyn Hunter

As we entered the Grand we heard gasps from people as they saw the large balconies and the amazing wall designs. We found our seats and we noticed there were a lot of other schools there. The play starring Matthew Kelly was 2 hours long and included some brilliant acting from all the characters involved.

After the play had finished everybody stood up and applauded wildly.

Shaun Martindale 10W

There were lots of other schools there. It was amazing how they did the production

on stage, I was amazed at how tall Matthew Kelly was, and there was also a dog in the production which was very old.

Chaantallaimy Davies 10W

**FOOTBALL STAR
PINING FOR HOME**

A scout for Liverpool is talent spotting in war torn Afghanistan and sees a kid with amazing talent. The lad jumps at the chance of escaping his troubled country and starting a new life in England. In the League Liverpool are neck and neck with rivals Everton and Dragan is going to make his debut. At 2 - 2 going into the last minute of the game. The ball drops to Dragan, Liverpool's new Afghanistan prodigy, who drifts past five Everton players and unleashes a belter into the top corner to score the winning goal.

Dragan is hailed a hero and invited by Liverpool manager Houllier to guzzle champagne back in the dressing room with the rest of the team.

However, before doing this Dragan phones his mother to tell her the good news. "Guess what Mum, you won't believe what happened today. We won the game and I scored the winning goal. I'm a hero!" His mother interrupts and says, "You selfish idiot. You are always thinking of yourself." "Do you have any idea what happened to us today? Your father has had his car pinched. Your sister was mugged. The house was burgled and your brother was pickpocketed." "But Mum, you are not being fair," Dragan responds, "You're acting as if it's all my fault." "You're damn right it's your fault," shouts Mum, "You're the idiot, who got us to move to Liverpool in the first place."

David O'Leary

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**SEDBERGH & DISTRICT
EARLY YEARS COMMITTEE**

We met on March 4th and were pleased with the progress the Toy Library is making and that Walking Buses will soon be "on the pavement".

The next initiative we have been asked to progress is to provide a Singing and Movement Group for pre-school children. Older children can be involved in Sedbergh Primary School's Pepperpot Orchestra.

We are looking for a leader for this Singing and Movement Group and hope that somewhere in the local community there might be a person with such skills. If so, could you contact either Bronwen Osborne (Health Centre), Maggie Cullen (School), Nichola Packham (Nichola's Playroom) or Dorothy Gerrard (Butterflies)? *Bronwen Osborne*

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PEOPLE'S HALL

Hirers of the People's Hall

Please could hirers of the People's Hall return keys straight after use. It gives a lot of problems to Sedbergh Office Services if they don't have a set of keys to give to the next people who have booked the Hall. Thanks

SEDBERGH LADIES N.F.U.

The monthly meeting was held on Tuesday 18th March.

Mr. Swift, the speaker for the evening gave a most interesting talk on the life of a country man and the northern humour of the characters he had met on his journeys around the countryside.

He was thanked by Mrs. H. Jackson. The raffle was won by Mrs. M. Mason. Tea hostesses were Mrs. M. Williamson and Mrs. M. Harkness.



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SETTLEBECK HIGH SCHOOL

Spanish Day

Hola

On Wednesday the 5th of March Settlebeck High School had a Spanish Day. Some of the year 10 students taught teachers a bit of Spanish and the lower school made posters for most of the classroom doors, also we made posters of foods, for a canteen display as well as finding out facts about Spanish speaking countries which we also displayed. Maureen cooked some Spanish food for us at lunchtime and we had a Spanish drink of Sangria as well (non-alcoholic though!!)

Adios ; *Matthew Dawkins 9H*

DENTDALE FIRST RESPONDERS

The first Annual Meeting of the group was held on March 3rd 2003 in the Sedgwick Room. The Constitution was agreed and adopted. A committee was formed and Mrs. Becky Brown was elected chair. Mrs. Rita Corpe was appointed as secretary and Mrs. Judith Newsham as treasurer. Other members of the committee are Ms. Theresa Capstick, Messrs. Peter Knapton, Michael Lawton and a representative of Cumbria Ambulance Service. Mr. Lawton gave a report on the conference at Newton Rigg. Sponsorship forms for a walk in June were available – this is being organised by Dent Football Club with proceeds being shared between both organisations. Other fund-raising activities are being planned for the future. Anyone interested in joining or in supporting the group, please contact any member of the committee.

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St JOHN AMBULANCE

We must apologise that the St John Ambulance did not organise or know anything about the Coffee Morning which was in the Lookaround Diary for Wednesday 4th March in the URCR.

M Winn, Div. Supt.



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THOUGHT FOR THE MONTH

Every Easter in Sedbergh a beautiful flower decked cross appears somewhere on Easter Sunday. This simple wood cross has stood in the Methodist Church each Sunday in Lent and been the focus of various elements connected to Holy Week i.e. the towel and bowl to represent Jesus washing the disciples feet... the crown of thorns Jesus wore at the crucifixion... and so on. Then on Easter Morning all are stripped away and the congregation invited to deck it with fresh flowers. It is a glorious sight, one well worth seeing. It is put out in New street during the day, even the next day. I often wonder as I see the flowers begin to fade if they re symbolic of our faith, our relationship with Jesus, is this also fading? Not the strong vibrant faith we once had, too many knocks, too many dark times, too little quiet time with the Lord. Easter is a new beginning, the brightest and best, the opportunity to set out again with our Risen Lord, to get back to what matters Jesus and Me. Glorious, wonderful, powerful, life changing God. Take a few moments on Easter Sunday to gaze at that flower-decked cross.

L. D.

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GREAT BEAR & THE JADES

Are you looking for something different for your children to do on the first Saturday in May at the Bank Holiday weekend? If so, why not bring them along to the People's Hall at 10 o'clock to join in a Workshop for 6 to 11 year olds?

The Workshop is being organised by Sedbergh Peppercorn Club. It will be based on the Chinese folk tale 'Great Bear and the Jades' and there will be the chance to act as well as making props and playing music. A performance of 'Great Bear and the Jades' for parents and friends will take place at 4.30 and last not more than half an hour.

A grant from Awards for All is covering

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the costs of the Workshop so there is nothing to pay, but the children will need to bring a packed lunch - and wear old clothes!

If you would like to know more, please contact Judith Bush (20058) or Val Finch (21592).

ACTION AID

Many thanks to everyone who donated used ink cartridges and toners to raise funds for Action Aid.

You raised £114 last year for use in third world projects. Please continue to bring used cartridges to Sedbergh Office Services, and remember Sedbergh Outdoor Leisure provides a collection point for old mobile phones for the same good cause. Thank you.

Sedbergh Office Services

SEDBERGH SWIMMING CLUB

Swimming for Asthma was really fun, we enjoyed it. Put together we (Becky Lowther (£71) and Katie Hoggarth (£29), raised just over £100.

Over 40 people took part to swim for Asthma, people meaning adults and children. Becky Lowther did 42 lengths and Katie Hoggarth did 38 lengths.

Thank you to all the people who sponsored the swimmers.

Becky and Katie (both aged 9)

JOSS LANE CAR PARK

YDNP Parking Permits for 2003 are available from the YDNP Centre or the Community Office. If you live within the YDNP, you are entitled to one. If you do not have a valid Permit or Parking Ticket while parked, you could receive a Fixed Penalty.

HANDS ON GUIDE

Sedbergh 'Hands on Guide' is shortly to be updated. Anyone wishing to advertise in the publication should contact Sedbergh Office Services as soon as possible.

The organizers of the Book Town would particularly like to hear from anyone who

has a business or other interest in anything to do with books (printing, publishing, literature etc.) for a promotional section on the forthcoming Book Town which we encompass both adverts and editorial. Any relevant information can be sent/left at Sedbergh Office Services or given to any member of the Book Town Committee.

ORGANISATION	CONTACT	Tel: 015396
After School Club	Mrs Packham	Sed: 21484
Age Concern	Mrs Alderson	Sed: 20814
Age Concern Monday Club	Mrs Winder	Sed: 20512
Age Concern South Lakeland PH (M, & F)	Mrs Hancox	Sed: 21986
Angling Association	Mr Dandy	Sed:
Art Society	Miss Nelson	Sed: 20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed: 20665
Baby & Toddler Group	Mrs Packham	Sed: 21484
Badminton (Dent)	Mrs Rushton	Dent: 25306
Badminton (Sedbergh)	Mr Mason	Sed: 20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed: 21902
Bowling Club (Queen's Gardens)	Mr Killops	Sed: 20279
Bowling Club (Indoor)	Mrs Greenbank	Sed: 21720
Bridge Club	Mr Mr Stanton	Sed: 20901
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed: 20553
Caving & Potholing Club (Dent)	Mr Stephenson	Sed: 21285
Chamber of Trade	Mrs Rusling	Sed: 20788
Christian Aid	Mrs Hannam	Sed: 20897
Conservative Association (Sedbergh)	Mr Beck	Sed: 20336
Cricket Club (Dent)	Mr Smith	Dent: 25209
Cricket Club (Sedbergh)	Mr Wright	Sed: 21038
Cumbria Wildlife Trust	Mrs Garnett	Sed: 21138
Dentdale Choir	Mrs Bush	Sed: 20058
Dentdale Festival Committee	Mrs Owen	Dent 25505
Dentdale Players	Mrs James	Dent: 25037
Dent School (Friends of)	Mrs Mason	Dent: 25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed: 20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed: 21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed: 20302
First Responders	Mrs Brown	Dent: 25542
Football Club (Dent)	Mrs Burrow	Dent: 25434
Football Club (Sedbergh)	Mr Moffat	Sed: 21797
Gala Group	Mrs Cox	Sed: 21820
Golf Club	Mr Lord	Sed: 20993
Good Companions (Dent)	Mrs Woof	Dent: 25275
Gladstone House	Mrs Mackereth	Sed: 20346
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

ZEBRAS

On Saturday 26th April, Zebras are holding a Children's Sale in the Methodist Church Hall. The sale will start at 10.30 until 12.30 with a 20p entrance fee.

Refreshments will be served together with a host of different stalls - Children

and Baby Clothes, Toys, Books and Nursery items.

If anyone has any of the above items that they would like to donate to the Sale or any items that could be sold on a commission basis, please see Joanne Orr or Janette Swallow or telephone Janette on 21034. Thank You.

History Society	Mrs Scobie	Sed:	21106
Kent Lune Trefoil Guild	Mrs Taylor	Sed:	20440
Ladies National Farmers Union	Mrs Woof	Sed:	21343
LETS around Sedbergh	Miss Wheaten	Sed:	20959
Liberal Democrats	Mrs Cleasby	Dent:	25476
Masonic Hall	Mr Conchie	Sed:	20660
Playgroup (Sedbergh)	Mrs Stainton	Sed:	20665
Over 60's (Dent)	Mrs Murdoch	Dent:	25335
Parish Council (Dent)	Mr Dalton	Dent:	25436
Parish Council (Garsdale)	Mr Holden	Sed:	21577
Parish Council (Sedbergh)	Mr Stanton	Sed:	20901
People's Hall	Mrs Beare	Sed:	21339
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed:	21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed:	21196
Pistol and Rifle Club	Mr Middlemiss	Sed:	20662
Playing Fields (Sedbergh)	Mr Hinson	Sed:	20118
Rag Rugger	Mrs Hennedy	Sed:	20899
Residents Association (S & D)	Mrs Capstick	Sed:	20816
Royal British Legion (Men)	Mr Gray	Sed:	21884
Royal British Legion (Women)	Mrs Bateman	Sed:	20474
Scouts Cubs	Mrs Sewell	Sed:	20793
Scouts	Mr Mawdsley	Sed:	20723
Settlebeck High School P.T.F.A.	Mrs Wood	Sed:	21385
South Lakeland Carers Association	Mrs Bartle-Ross	Sed:	23334
South Lakeland Voluntary Society for the Blind	Dr Noble	Sed:	20100
Squash Club	Mr Close	Sed:	21000
St. John Ambulance Cadets	Mrs Kellaway	07799	26055
Adults	Mr Winn	Sed:	21096
Swimming Club	Mr Lord	Sed:	20993
Tennis Club	Mr Ellis	Sed:	20344
Town Band	Mr Waters	Sed:	20457
White Hart Sports and Social Club	The Committee	Sed:	20773
United Reformed Church Rooms	Mrs Mason	Sed:	20048
Westmorland Gazette Correspondent	Mr Hinson	Sed:	20118
Women's Institute (Dentdale)	Mrs Fothergill	Dent:	25257
Women's Institute (Frostrow)		Sed:	
Women's Institute (Howgill)	Mrs Scambler	Sed:	20603
Women's Institute (Killington)	Mrs Sharrocks	Sed:	20754
Young Farmers Club	Miss Winn	Sed:	21699
Zebras	Mrs Swallow	Sed:	21034

Religious Services in Sedbergh

CHURCH OF ENGLAND

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

Rev. A W Fell Tel: 20283

ROMAN CATHOLIC

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

Rev. Dr. P. Campbell Tel: 20918

METHODIST CHURCH

New Street
Sunday 10.30 & 18.30

Rev. G. Hall Tel: 20329

UNITED REFORMED CHURCH

Main Street
Sunday 10.30

Rev. J Armitstead Tel: 01539 720524

SOCIETY OF FRIENDS

QUAKERS

Brigflatts
Sunday 10.30

Mr. M Roberts Tel: 20005

UNITARIAN & FREE CHRISTIAN CHAPEL

Market Place, Kendal
Sunday 11.00
Wednesday 19.30

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

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington

Rev. A Pitt Tel: 20670

Cautley & Garsdale

Rev. A W Fell Tel: 20283

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;
Cautley; Fell End;
Garsdale Street; Garsdale Low Smithy;
Hawes Junction & Frostrrow

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

June Parker	Acupuncture	015396 20972
Caroline Cattermole	Counselling	015396 21570
Wendy Cooke	Aromatherapy, Reflexology	015396 25354
Ian McPherson	T'ai Chi, Flower Essences, Reiki, Hypnotherapy, Meditation	015396 20648

Complementary Therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 9th March 2004

APRIL			
2	1000	Coffee Morning N W Cancer	URCR
2	1330	Butterflies	StAS
3	1930	WIH Table Talk	HVH
4	1930	SHS Quiz Night (64)	SHS
5	1930	Great Northern Roadshow	DMH
5	1200	Spring Show (1)	PH
7	1000	Your Rights Week	PH
8	1400	WIK A Box of Miscellanies	PH
9	1000	Coffee Morning StAS Mission (9)	URCR
9	1330	Butterflies	StAS
9	1915	WID RAF & Low Flying	DMH
9	1930	WIF Lacecrafts	PH
11		SHS & SPS End of Term	
12	1930	Dentdale Choir Concert	DMH
16	1000	WIF Coffee Morning	URCR
16	1900	Easter Bingo Night (16)	DMH
18		Good Friday	
19	1000	Kids Klub	PH
19	1000	SYF Coffee Morning (19)	URCR
19	1000	Scouts Coffee Morning	SHQ
19		Classic Commercial Vehicle Rally	KS
20		Easter Sunday	
20		Classic Commercial Vehicle Rally	KS
21		Easter Monday	
21	1000	Table Top Sale (21)	GVH
21	1000	Easter Monday Sale (21)	DMH
22		SS Start of Term	
22	1930	Sedbergh Town Band Concert (22)	DMH
23		St George's Day	
23	1000	Coffee Morning Asthma	URCR
23	1930	CWT Bites to Stings to Medicines	SHS
23		St George's Day Celebrations	KL
25	Eve	Anglers Annual Dinner (25)	Cross Keys
26	1030	Car Boot & Jumble Sale (26)	GH
26	1030	Zebra's Children's Sale (26)	SMC
27	1330	KVH Treasure Hunt & Tea	KVH
28		SHS & SPS Start of Term	
30	1000	Coffee Morning Garsdale Church	URCR
MAY			
1	1930	WIH Decoupage	FCH
3	1000	Peppercot Great Bear & the Jades	PH
3	1200	DPS Family Fun Day (37)	DMH
4	1430	Tennis Club Family Day + BBQ	G
5		May Bank Holiday	
7	1000	Coffee Morning WIH	URCR
7	1330	HS Carven Limeworks	LHCP
10	1930	MH Fun Night	MH
10		SC Inflatable Day	SC
12	0930	Christian Aid Week	URCR
13	0930	Christian Aid Week	URCR
13	1400	WIK Resolutions & Social Time	PH
14	0930	Christian Aid Week	URCR
14	1915	WID Ways with Pasta	DMH
14	1930	WIF Resolutions Meeting	PH
15	0930	Christian Aid Week	URCR
16	0930	Christian Aid Week	URCR
17	1000	Kids Klub	PH
17	1230	Sedbergh Gala	Back Lane
18	1030	Kids Klub Service	PH
19	1930	WI Group Meeting	HVH
21	1000	Coffee Morning WIK	URCR
23		SHS & SPS Start of Half Term	
23	1930	Firbank Parish Meeting	FCH
24		SS Start of Half Term	
24	1400	Scouts Jumble Sale	PH
24	1830	FCH Barbecue	FCH
26		Spring Bank Holiday	
28	1000	Coffee Morning St John's Firbank	URCR
JUNE			
1		SS End of Half Term	
2		SHS & SPS End of Half Term	
3	1930	Sedbergh Town Band Summer Concert	PH
4	1000	Coffee Morning Beekeepers	URCR
5	1930	WIH Lo Salt	HVH
10	1400	WIK L'Espirit de Provence	SMSR
11	1000	Coffee Morning Sedbergh Playgroup	URCR
11	1915	WID Corn Dollies	DMH
11		WIF Outing	TBA
15		Father's Day	
18	1000	Coffee Morning RBL	URCR
22		Brass Band Competition	BH
24		SC Fun Gala	SC
25	1000	Coffee Morning St Andrew's Mission	URCR
27	1745	HSKirkby Lonsdale	LHCP
27	1800	Dent Folk Festival	Dent
28	1000	Cumbria in Bloom Coffee Morning	URCR
28	1800	Dent Folk Festival	Dent
29	1800	Dent Folk Festival	Dent
JULY			
2	1000	Coffee Morning URC Church	URCR
3	1930	WIH Rugmaking	FCH
4		SS End of Term	
8		WIK Outing	TBA
8		SHS Summer Fete	SHS
9	1000	Coffee Morning Masonic Hall	URCR
9	1930	WIF Life of a Coastguard	PH
12	1900	KVH BBQ & Games Night	KVH

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Whilst every effort is made to ensure that information is correct, the editors cannot accept
any responsibility for any inconvenience caused through errors or omissions.*

16	1000	Coffee Morning WIH	URCR	20	1000	Lookaround Audio Coffee Morning	URCR
18		SHS & SPS End of Term		20	1245	HS Story of a Hill Farm	LHCP
23	1000	Coffee Morning Dent Foot Chapel	URCR	23		Sedbergh Market Fayre	Sedbergh
30	1000	Coffee Morning Network Methodist	URCR	25		Bank Holiday Monday	
AUGUST							
4		August Bank Holiday		27	1000	Coffee Morning Beamsmoor	URCR
SEPTEMBER							
6	1000	Coffee Morning Howgill Church	URCR	2		SHS & SPS Start of Term	
7	1930	WIH Open Meeting & Bring & Buy	HVH	3		SS Start of Term	
12	1930	FCH Domino Drive	FCH	3	1000	Coffee Morning URC Church	URCR
13	1000	Coffee Morning NW Cancer	URCR	4	1930	WIH Fawltly Towers 2	HVH
13	1915	WID Lakeland Life	DMH	7		Dog Show	KS
13	1930	WIF Mystery Meeting	PH	9	1400	WIK Christmas Customs	PH
17		Fun Run	KS	9	1930	FCH Domino Drive	FCH
DIARY KEY							
BF		= Brigflatts		10	1930	WIF Lancaster Young Offenders	PH
BH		= Bull Hotel	6	10	1000	Coffee Morning Dent Foot Chapel	URCR
BS		= Baliol School		10	1915	WID Making a Splash	DMH
CO		= Community Office, Main Street		17	1000	Coffee Morning St John's Firbank	URCR
CWT		= Cumbria Wildlife Trust		20		Cowper Day Horse Sale	KS
DCP		= Dent Car Park		22	1930	FC Harvest Sale	FCH
DMH		= Dent Memorial Hall		24	1000	Coffee Morning Garsdale Church	URCR
DMC		= Dent Methodist Church		30	1930	Sedbergh Town Band Charity Concert	PH
EG		= Embroiderers' Guild		OCTOBER			
FCH		= Firbank Church Hall		1	1000	Coffee Morning Barnardo's	URCR
FM		= Farfield Mill		2	1900	WIH AGM	FCH
GH		= Gladstone House	4	8	1915	WID Flower Essences & Reika	DMH
GVH		= Garsdale Village Hall		8	1930	WIF Give it serious thought	PH
HS		= History Society		14	1400	WIK Taste 'n' Try	PH
HVH		= Howgill Village Hall		14	1930	FCH Bingo & Potato Pie Supper	FCH
JLCP		= Joss Lane Car Park		15	1000	Coffee Morning Christian Aid	URCR
KL		= Kirkby Lonsdale		17		SS Start of Half Term	
KVH		= Killington Village Hall		22	1000	Coffee Morning CWT	URCR
KS		= Kirkby Stephen		25		Charter Fair	KS
LHCP		= Loftus Hill Car Park		26		Clocks go Back	
MH		= Masonic Hall		26		Charter Fair	KS
PH		= People's Hall		28		SS End of Half Term	
SHS		= Settlebeck High School		NOVEMBER			
SMC		= Sedbergh Methodist Church		5	1000	Coffee Morning Masonic Hall	URCR
StAS		= St Andrew's Church, Sedbergh		5	1830	FC Bonfire Night & Skittles	FCH
StJAR		= St John Ambulance Rooms		6	1930	WIH Old Hutton Owl Project	HVH
SC		= Swimming Club		11	1400	WIK AGM & Social Time	PH
SMC		= Sedbergh Methodist Church		11	1930	FC Domino Drive	FCH
SMSR		= Sedbergh Methodist Schoolroom	6	12	1915	WID AGM & Understanding Europe	DMH
SHQ		= Scout Headquarters	4	12	1930	WIF AGM & Social Evening	PH
SR		= Spooner Room		30		St Andrew's Day	
SS		= Sedbergh School		DECEMBER			
URCR		= United Reformed Church Rooms		9	1400	WIK Christmas Party	PH
WHC		= White Hart Club		9	1930	FCH Domino Drive & Mince Pies	FCH
WID		= Women's Institute, Dentdale		10	1930	WIF Christmas Party	TBA
WIF		= Women's Institute, Frostrow		12		SS End of Term	
WIH		= Women's Institute, Howgill				WIH Christmas Party	TBA
WIK		= Women's Institute, Killington		25		Christmas Day	
WVH		= Westhouse Village Hall		26		Boxing Day	
YDNP		= YDNP Centre, Main Street		JANUARY 2004			
				13	1930	FCH Domino Drive	FCH
FEBRUARY							
				17	1930	FCH Domino Drive	FCH
MARCH							
				2	1930	FCH AGM	FCH

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill © 21079

Dr P.A. & W.G. Orr © 20218

Dr Ann Orr

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

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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DENT SURGERY

(Methodist Chapel)

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

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

DENT SURGERY

Tuesday	1530
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District Nurse

© 21690

Health Visitor

© 20979

DENTAL SURGERY

Finkle Street © 20626

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

VETERINARY SURGERY

22 Long Lane © 20335

Mr N. Preston & Mr J. Bramley

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

PENSION SERVICE SURGERY

Community Office

© 01539 795000

Mondays 1000 - 1400

* By Appointment Only

SEDBERGH CHEMIST

41 Main Street

© 20270

LATE NIGHT CLOSING

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

LIBRARY

Main Street © 20186

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

Y. D.N.P. CENTRE

Main Street © 20125

Open 7 days a week

10.00 - 16.00

(Closed for dinner 1300 - 1330)

COMMUNITY OFFICE

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

Monday to Friday 1000 to 1600

© 20504

e-mail office@sedbergh.org.uk

web pages www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 1000 to 1300

Every Friday 0930 to 1230 *

© 21185 or

08451 202 999 (local rate) 24 hours

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

RSPCA

Kendal Office

Monday to Friday 0900 to 1300

© 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