

# Sedbergh & District LOOKAROUND

October 2003

Issue 205

Donation 50p

Oooops! A couple of errors this month. Please note that the person advertising the Bowen Technique and Homeopathy First Aid is *Denise* and not *Dennis*. Can't understand how I made that mistake!!! Apologies to Denise. Also, the new boho

Shop on Howgill Lane had the wrong phone number (not my error!). Please see short report on Page 39.

A Continued thanks for your support and look at the photo on Page 18!!!

*Dennis & Jacky*



## Sedbergh Community Development Centre **CREDITS Computer Courses**

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**CLOSING DATES: ALL ADVERTS - 15th; ALL ARTICLES - 19th**  
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# CHILDREN'S BIRTHDAYS

## October 2003

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

The recipient this month is:-  
Amy Thompson who is

9 years old on 2nd October.

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



Day	Name	Age
2	Christopher STANTON	3
2	Amy THOMPSON	9
4	Amy HARPER	3
5	Thomas HALL	4
5	Chloe BROWN	11
7	Abbi WOOF	1
7	Alice HOLTON	2
7	Hugh JOHNSON	10
8	Adam CRAGG	7
9	Robin PRESTON	4
11	Ben FIDDLER	3
13	Dillon OVERSBY	3
13	Thomas JOHNSON	10
19	Sam FISHER	11
20	Harry PACKHAM	7
21	Liam MIDDLETON	4
25	Robbie ALDERSON	3
28	Rhianne WOODFINE	7
28	Jennifer STANTON	8

## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Miss S Thurlby.....	15 Back Lane, Sedbergh (12/03)..... e-mail:- antique.thurlby@amsolve.net <i>ID; IT; CH; L; NP*; P; DR; VB</i>	20251
Ms C Nelson .....	Merry Meeting, 5 Castlehaw, Sedbergh (10/03)..... <i>D; CH; TVL; NS(B); P; DR</i> 07812 55 88 30 e-mail: cnagency@talk21.com	20034
Mrs S Gold-Wood .....	10 Main Street, Sedbergh (11/03)..... <i>ID; IT; IS; CH; TVL; NSB; P; CB; VB; GF</i> e-mail: sangold.kwood@virgin.net	21808
Mrs S Sharrocks .....	Holmecroft; Station Road, Sedbergh (12/03)..... e-mail:- susan@holmecroftbandb.co.uk <i>2D; IT; CH; TVL; NS; NP*; P; DR</i>	20754
Mrs L Hopkins .....	Brantrigg, Winfield Road, Sedbergh (09/04)..... <i>IT; ES; NS; NP; P; DR</i>	21455

## CAMPING, CARAVANNING & SELF-CATERING

Wardses Studio, Frostrow Lane, Sedbergh LA10 5JU (11/03).....	21138
<i>1D; CH; TV; NS; P; NP*</i> e-mail:- msg@fish.co.uk	
Holiday Cottages in Sedbergh & Dent sleeping 4 - 6 (08/04) .....	07970 514452
e-mail: holiday@dalesdusters.co.uk	

### 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; GF = Gluten Free  
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

### Lookaround Advertising Rates

Single Column x 1"	=	£7.50
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Single Column x 3"	=	£12.50
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Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£0.90
Postal Overseas	=	£1.70

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 Adverts by 15th of every month.  
**No adverts**  
**by e-mail or FAX please**  
*Can all adverts please be  
 accompanied with the correct money  
 at the time of submission.*  
 Articles etc. by 19th of every month

## PERSONAL & SMALL ADS £1

### CAMERON

I would like to thank family and friends for cards and flowers received for my **91st Birthday**. Also Dr. Syred and Doctors and Staff at Westmorland General during my stay in Ward 8.  
Annie

### CORNTHWAITE

A Happy **80th Birthday** Tom on 30th September. A loving husband and Carer. May you have better health. Lots of Love and Happiness. You have earned it.  
Love Phif X.

### CORNTHWAITE

Happy **80th Birthday** Dad. Bet you thought we'd forgotten. Dare We. Lots of Love Ann and Bill XX.

### CORNTHWAITE

To Dad. Happy **80th Birthday**. Lots of great memories. All our Love Phil, Debbie and Leela XXXX. Happy Birthday Granddad. Lots of Love Daniel, Jamie, Levi, Brandon Kai and Kane XXXX.

### CORNTHWAITE

Happy Birthday Dad on your special day. All our Love Grace and Mike. <sup>XXXX</sup> O.  
<sub>XXXX</sub>

### CORNTHWAITE

To our Brother-in-law Tom. (Thomas). Wishing you a Happy Birthday. Congratulations and Best Wishes on reaching **80 years**. Well Done. Lots of Love Sarah, Jack and Family, Norwich.

### CORNTHWAITE

Congratulations on your special day. Our thoughts are with you. All our Love, God Bless. Mary (Moll) and Family, Norwich.

### CORNTHWAITE

Happy Birthday Granddad. 'Another Circuit Completed'. Love Mark and Donna XX.

### COWIN

Diane would like to thank all her family and friends for their cards and well wishes after her stay in hospital. Thank you once again.

### GARNETT-MIDDLETON

Congratulations Heather and Ian on the birth of your son Lewis Jay, born 17th August. Love and Best Wishes Mam and Dad.

### JAMES

Happy Birthday Mum. Love Anthony, Hayley, Curtis and Jenny. XXXX

### JAMES

Happy Birthday Grandma. Love Nathan XXX

**MRS WILD  
HAPPY BIRTHDAY  
LOVE  
MR MILD XXX**

## PERSONAL & SMALL ADS £1

### MIDDLETON-GARNETT

Ian and Heather are the very proud parents of their beautiful baby boy, Lewis Jay, born on 17th August 2003 weighing 7lb 14oz. A big thank you to our families and friends for the wonderful gifts and cards.

### MASON

Hannah and Jim would like to thank everyone for their cards, flowers and expressions of sympathy received on the passing of Alice. Special thanks for donations of over £200 for the Parkinsons Disease Society.

### MATHEWSON

The family of Phylis Irene who died on 30th August at Westmorland General Hospital would like to thank all the friends, neighbours and carers in Sedbergh who have been so kind to her throughout her later years. Many thank to Brian Goad and Rev. Alan Fell for their kindness and efficiency at her funeral.

### MOORE

Congratulations Sam. You did well with your Karting, even if you did ruffle a few middle-aged Scotsmans feathers. Take Care. Love from Grandma and Grandad.

### WEAR

Mary would like to inform all her old friends and neighbours that due to unforeseen circumstances her address will be Heatherdene, Stainton, Penrith CA11 0EE, not as stated in the August *Lookaround*.

### MOORE

The family of the late Mrs. Annie Moore wish to sincerely thank relatives and friends for the cards and messages of condolence, flowers and donations amounting to £168 to the British Legion. Stephen, Graham and Helen would especially like to thank Mrs. M. Taylforth, Mrs. L. Cressey and Mrs. L. Wearing and their families for being great neighbours, and to Dameer for being an affectionate little friend to Nana. We sincerely appreciate them popping in and keeping an eye on Nana and all the running about they did getting her shopping over the last few years. We thank Linda and Lindsey for being very attentive and raising the alarm on the day of her death. Stephen, Graham & Helen.

### WOOD/GOLD

Keith and I would like to Thank everyone for their support over this last few months. Thanks also for the cards and flowers. Many of you have shared your own personal tragedies with us and sad though it is it helps to know that we are not alone in our grief. Our little grand-daughter Indianna, is very much missed.

We are having a rose created in her name which will be planted in St Andrews Church garden. The Rose will be sold commercially and part of the money from each sale will go to the Hospice in Cambridge where Indianna was cared for.

Once again many thanks. Sandra.

**PERSONAL & SMALL ADS £1**

**FOR SALE**

De Luxe Folding Guest Bed with Headboard and wheels. Hardly used. £30 ono. Smith Corona Electric Typewriter. £15 ono. Tel: 21042.

**FOR SALE**

Ladies Suede Jacket, size 14. New Condition. £25 ono. Boys cycle, suit 8-9 years old. £10. Three Pairs Dark Red Velvet lined Curtains. VGC. 1 pair 45" X 58", 2 pairs 45" X 72". Tel: 015396-21202.

**FOR SALE**

Kew Pressure Washer. Good Condition. £40. Tel: 015396-20400/20261.

**FOR SALE**

Three seater sofa. Good condition. Buff colour. £20. Wicker sofa and matching chair with cushions. £20. Purchaser must collect and takeaway locally. Kate Vigar. 015396-20447.

**WANTED**

Office space wanted for professional. Must have two rooms and toilet and kitchen facilities. To buy or rent. Tel. 07989-081141.

**WANTED**

Folding Table-Tennis table. Please ring 015396-20993.

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## HISTORY SOCIETY

### *Visit to Low Winskill, Langcliffe*

A large group of members and friends gathered at Low Winskill farm to be shown around Tom Lord's farm – an upland farm in the Ribble valley. This visit had been arranged two years ago but had to be postponed because Tom's farm was one of the first to be hit by Foot and Mouth and in which he lost all his stock. It is now a Visitor Centre and he takes groups around the farm and explains in great detail the workings of an upland farm in mediaeval and post mediaeval times.

Winskill was part of a large holding by Sawley Abbey in Ribblesdale and many of the wall boundaries can be dated back to mediaeval times by their manner of construction which Tom called 'wide top walls'. These were built on natural bedrock, were almost vertical and were capped by large protruding stones to prevent wild animals (possibly wolves?) jumping in and domestic animals jumping out! Large slabs in the walls which looked like huge boulders were actually thinner stones standing on edge like orthostats.

In 1592 the land was sold to Giles Foster and the field names listed in the Deed of Sale refer to a barn and three meadows, the Nether Ing, Over Ing and Park Head. The mediaeval infield layout was replaced by a field pattern based on a hay meadow-field barn system. The main activity now was making the cows' milk into butter and cheese. The walls were constructed differently, 'narrow top walls' replaced the 'wide top walls'. These were of two thicknesses infilled with rubble, battered at the bottom and

## FARFIELD MILL

Arts & Heritage Centre

### AUTUMN EXHIBITIONS

1st October - 5th November

Paintings by

MARTIN GREENLAND

&

GEORGE CANNON

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capped with smaller stones.

We spent an enjoyable three hours walking around the fields, looking at walls and the wonderful flowers which are now growing freely in the absence of constant grazing.

To end the walk we looked at some archaeology being carried out on the area where there were clear signs of rig and furrow. Large boulders carried unmistakable scratches of ploughs used in earlier times when the land was used for arable.

We all thoroughly enjoyed our expedition to Winskill and learnt a great deal about early farming thanks to the enthusiasm of our host Tom Lord who earned our grateful thanks.

## KARTING

### *Super 4 British kart championship 2003 Round 5*

The fifth round was at Rowrah, Sam's local track, its near Cockermouth, West Cumbria.

Sam started his karting career here at the age of eight and has been Cumbria Champion three times; also he has been Cumbria's Champion of Champions. Most of that was sometime ago, but he is still the 125cc Open Champion until the end of this year.

#### *Saturday practice*

A lot of the drivers had practice all day Friday as well as Saturday, not Sam, because he had to work. Saturday was one of thoughts day where Sam would have liked to have had some new tyres on

his kart to see if he could match the times that the top drivers had been doing on Friday. The best lap time set on new tyres was 43.84 seconds per lap; Sam's best time on older tyres is 44.16 seconds per lap, that's roughly three tenths of a second difference. I was busy trying to convince Sam that the times that he was setting were good enough, on the tyres that he was using. The amount of drivers that came to find out what tyres Sam was using. "Told me, that they were thinking on the same lines as me." Nearer the end of the day the advantage of new tyres had gone as the times had dropped to 44.30 seconds and Sam's times were 44.33 seconds per lap that looked promising for Sam. They say that there is about half a second in a new set of tyres." So Sam should be looking for around about the 43.83 seconds per lap on Sunday raceday. Out of the 29 drivers that travelled to the 5th round only 6 drivers got below the 44.00 seconds per lap on Sunday race day and I'm glad to say Sam was one of them.

#### *Sunday raceday*

There were 29 drivers that meant there had to be four heats. Sam was not in the first heat of the day so he had time to watch the oppression. Sam's first heat was heat two, he was on grid 3 this is his front grid position. Before I start to tell you how the day went, I would like to explain about one of the most successful Cumbrian drivers in 125cc karting. His name is Mark Fell from near Barrow- in - Furness, he has been 125 Open Champion twice and like Sam he has been Cumbria Champion several times. He's a little older than Sam; I think about 21 years of age. He's raced in the English team twice before and was entered as a

## *Aston's*

*Bakery & Coffee Bar*



### **CHRISTMAS CAKES**

Orders now being taken for our traditional Christmas Cakes (& until 15th December)

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guest driver this weekend as a practice run for the five nations championship which is coming up soon. Over the last year Sam's confidence has blossomed as he worked his way up the pecking order. But Mark is one of the drivers that only races these days if he had the best chance of winning, "he's a glory hunter" I say this because he knows that at the end of a championship nobody can risk getting knocked off and losing points if they don't finish, so Mark's on grid 2 for his first heat, just in front of Sam, I'm telling you this because Sam's Championship took a dip at the last round as he tangled with a local driver on his local track and it got a little excitable by the end of the day. That incident in Scotland made Sam think a little more about his race craft. So when they say things like Mark did at the beginning of the day "anybody touch me this weekend and I'll fire them" this translates to, if you want to get any points this weekend then keep out of my way. Right let's get on with the race. On lap three the crowd all cheered as Mark gets punted sideways, but luckily for Sam not off the track, as it was Sam that shoved him out of the way, not on purpose I will add, but it livened up the race as I think

everybody knew what Mark was intending to do when he got back up behind Sam. Lucky Sam knew he was there and let him back past. Sam finished 2nd behind Mark but Mark being a guest driver means he does not count in the championship points so that was 1st place points for Sam.

The next heat Sam started 18th on the grid and like the last round of the championship at Larkhall in Scotland the starts are rolling starts, it's safer for the drivers but a lot harder to get past anybody on the start. This didn't seem to bother Sam, he quickly found a way through and after the eight laps were over and the flag was dropped Sam had made it up to 3rd place. Mark started 17th next to Sam but only made it up to 8th place so Sam didn't have to worry that time.

The third heat saw Sam on grid 14th but Mark was right behind him, this could give Mark the opportunity for revenge. Sam made a good start and pulled away but later in the race Mark managed to catch him up, so again Sam chose to let him past, then very cleverly followed him through to 3rd place on track but that meant 2nd place points.

*(Continued on page 10)*

### 'A' FINAL

Sam qualified on pole position; this was just what the doctor ordered for Sam's championship, but "who do you think was on grid two"? You've guest right. Mark Fell, now I must tell you Mark knows how to drive a kart, very well, and he did just that in the final, but he was a guest driver with nothing to lose, where as everybody else had points to lose and a championship to think about. So Sam was again reminded not to mess with him. Mark tried to dominate Sam on the warm up lap by squeezing him at the start, but Sam didn't give him the opportunity to take the lead. Sam had the racing line and made Mark settle for second but it wasn't long before Sam made the decision to just let him go and concentrate on the championship points, at that point in the race I was gutted for Sam as I know how much the win meant to him, but over the 16-laps the race got spread out and nobody manages to trouble Sam, so even I could relax a bit. At the flag it was Mark first, Sam was second and then Frank Wrathall third. Sam's younger brother Thomas spanners for frank, so both brothers had had a brilliant weekend.

St Andrew's Church, Sedbergh

## CHAMELEONS

A Drama Group for 7 - 11 year olds  
Any child in school years 3, 4, 5, or 6  
will be welcome.

There is no charge for attendance  
**Chameleons** will be meeting each Friday from  
3.45 to 5pm in St Andrew's Church Room.

*The first meeting will take place on  
Friday 10th October*

If you would like to know more then please contact:

**Judith Bush on 20058**

**Vic Hopkins 21455**

*or pick up a leaflet/application form  
from St Andrew's Church*

As you know I'm always saying well-done Sam, well this time well done to both of you. Lets go to the last round at Shennington and try to do it again, if possible. At the beginning of the weekend Sam was fighting for fourth position in the championship and now after that fantastic result Sam could be now fighting for third, if Sam can get a good result like that then he could be looking at a good third place overall in the championship. *A very proud dad.*

*Would you like to use Homeopathy in an Emergency?*

## **HOMEOPATHY FIRST AID PARTY**

*Have a First Aid Party in your home.*

*Invite your friends for a talk on Homeopathic First Aid for the family*

*Free First Aid Kit for the Hostess*

*Enquiries to Denise Williamson MLCHom*

*Sedbergh 20846*

### CUMBRIA IN BLOOM

The results have been announced and Sedbergh received a Highly Commended Award plus the South Lakeland District Council Trophy for the best Village/town in South Lakeland (that trophy was a real surprise)

Our initial reaction on not winning our Group Trophy was disappointment. However on reflection we did not set out to win trophies but to make Sedbergh a welcoming place and great environment in which to live, and we feel that is what, not only this committee have achieved, but all the residents of Sedbergh have. The winner in our group was Keswick and we feel it would be extremely hard to attain their standard.

We shall now have to think very carefully about whether or not we enter next year. The standard we have to achieve to have any chance of winning will be almost impossible without another surge of effort from even more people. We feel the gardens etc., around the town are wonderful - our major concern is some of the hanging baskets/boxes/tubs - in some areas - or the lack of them - and the fact that they must be better cared for and more of them. A good example of what can be achieved with proper care can be seen outside Sue Thurlby's property on Back Lane. These are watered at least TWICE A DAY AND FEED WITH A LIQUID FEED AT LEAST TWICE A WEEK. This is the standard Keswick achieve, so you can understand just what we are up against.

However we shall pick our spirits up and continue.

If anyone would like to 'winter' any of the geraniums when we take them out of

### 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                                   |                    |

the beds on Main Street we shall be pleased to hear from you.

We must say a huge THANK YOU to those who have put in a lot of time and effort as Sedbergh has looked wonderful this year. If you have any ideas on how to further improve Sedbergh please let us know. Or if you wish to join our very small group EVEN BETTER. Ring either 20807 or 20815 we look forward to a rush of calls.

P.S. There a few problems with our compost site at the rear of Queens Gardens. Only small soft garden refuse which will break down into compost can be placed in the bins AND emptied out of the bags in which it has been transported (please take your containers/bags home). NO LARGE PIECES OF GARDEN REFUSE CAN BE LEFT EVEN FOR BURNING. Only large pieces from Queens Gardens itself can be dealt with in the garden. So Please Remember - only soft garden refuse or vegetable peelings can be put in the bins. If you are unsure just what can be placed in the bins either contact one of our committee members or the new gardener at Queens Gardens - Steve Teal, or the Parish Council. We thank you for your assistance in this matter.



## HOUSING

*My house is worth - How Much????*

Following the release of the first official Government figures indicating the average increase in house prices across the country to be 14 during last year, it is expected that some people will take the opportunity to evaluate their position and consider a move for one of a very number of reasons.

House and Home occupation takes many forms and it is as well to understand the many factors involved in what is for many the largest ever purchase decision in their lives when and if they choose to buy.

It takes the form of lodging usually in family home or student accommodation, with then a possibility of moving to the 'Rent a Room' system introduced some years ago with Tax breaks for the owner, to then consider renting through Council, Housing Association or private Landlords, and then on to committing to purchase your very own place in the many options available to you either as a single person, jointly with others or indeed the person with whom you intend to share the rest of your life.

I propose to expand on some of these points throughout the ownership process over the next few months but in the meantime if you need to jump ahead to know about anything to do with Homes property and business in the Sedbergh and District area, I am available for a no obligation discussion at Cobble Country Property where you are welcome to ask for advice on any matter and I shall be glad to point you in the right direction if possible.

I have 43 years of local knowledge



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added to 22 years of active property dealings with the Residential and Commercial sectors in the area as well as an extensive appreciation of the wider global implications of how it all fits into the general market conditions beyond our beautiful area.

From an early stage in the vast majority of people's lives in this country, we are encouraged to strive for 'owning the roof over our head' and it's a great concept.

Never mind the fact that in most cases that roof is paid for initially by a large loan in the form of a Mortgage from our Bank or Building Society lender and we promise to repay the amounts over anything from 10 to 30 years.

This is the first cautionary point that

needs making in the long process of home ownership as there is a huge apathy among potential purchasers to track down the best arrangement for them and their circumstances and will instead be grateful to their bank with whom they may have started an account as a student and graduated to showing a reliable credit nature by paying back their student loans or other such credit extended to them in their early lives.

Apart from those who do feel grateful to be offered a mortgage by their local Bank, there will also be many others who simply do not know where to start looking. Bombarded with adverts in the papers, TV and mail shot campaigns; it is bewildering to say the least to know where to turn.

There is a strong lobby of belief held by many financial authorities that recommends Independent professional advice from someone who has no links to any one lender. That person will be trained to examine your own financial position and aspirations and help you select what could be the right commitment for you to make to maximise your purchasing power or reduce the cost of the loan depending on your attitudes to many factors.

Consider that point as your first helpful tip to Home ownership.

*Nigel Close  
Cobble Country Property*

#### **SEDBERGH CRICKET CLUB**

The good weather has meant that few matches have been cancelled this year. A good many runs have been scored on our strip, thanks to the "groundsman extraordinaire" Steve Longlands. Thanks

SEDBERGH GALA GROUP

# **A. G. M.**

**7:30 pm Monday 13th October**

In The People's Hall

Please come along to express your views on Gala events. Future celebrations are dependent on increased practical support. So young and old, let's keep Gala alive

Steve for your efforts. He at least has a new mower to ride around on than largely to the efforts of those who organised the golf tournament. David Lord and Geoff Keighley and of course Steve and Ruth at the golf club many thanks for your efforts on our behalf. Another unsung hero is Helen Cresswell who sees to teas on home match days. Thank you Helen. Caldrick Lewis has done a sterling job at getting a side together each week. It must be the first year for many that we have been fined for not fielding a side.

So over all it has been a successful summer with 2 adult and 2 junior sides being fielded. The work put in by members with the youngsters is introducing many to the game of cricket. The coaching sessions, paid for by the funds from the golf tournament, is stating to have results with several youngsters turning out for the senior sides. The annual presentation evening will be on Saturday 8th November. Tickets can be had from Simon and Steve. The Annual General Meeting will be on Monday 17th November at 7.30pm. The venue will be confirmed later. Look out for notices around the town.

**AN INVITATION FROM  
SEDBERGH PEPPERPOT CLUB.....**

- to borrow an orchestral instrument for your son or daughter - or even for yourself
- to apply for a Pepperpot Award
- to become a Member of Sedbergh Pepperpot Club
- to join the Friends of Pepperpot Music Makers
- to become a Pepperpot Sponsor
- to become a Company Sponsor
- to come to the Pepperpot Coffee Morning

This is the time of year when we usually remind you what Sedbergh Pepperpot Club is all about. Sedbergh Pepperpot Club owns or has at its disposal a number of orchestral instruments which are available for loan free of charge apart from a nominal sum for insurance cover. If you would like to borrow a violin, a cello, an oboe, a clarinet, a trumpet or a trombone, please get in touch.

We can also help with tuition fees, grants towards purchase of instruments, accessories such as strings or reeds, music exam fees or music courses. We have lent out various instruments and made several awards since the Club

began in April 1997.

As a Member of Sedbergh Pepperpot Club you pay an annual subscription of £6 or £10 for two people at the same address for which you receive newsletters and lists of events three or four times a year. If you wish, you can choose from the concerts, plays, operas, ballets, open gardens, art exhibitions, films, Members' Evenings and other events on offer in a range of places such as Manchester, Leeds, Penrith and Keswick as well as Sedbergh and Kendal and other places nearby. Transport will be arranged in the minimum of cars or by coach. Whenever you attend, an extra £1 is levied over and above the costs involved. These 'peppercorns' together with Members' subscriptions enable awards to be made.

For more than three years, the Music Makers activities have provided the opportunity for youngsters - and adults too - to enjoy playing music together with other people. A considerable amount of money has been needed to fund the ocarina groups, the primary age orchestra and the Pepperpot Folk Fiddlers. From the outset we have been helped by grants both large and small, but it becomes increasingly difficult to obtain funding

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for on-going costs. If you have sympathy with what we are trying to do and would like to help, you could join the Friends of Pepperpot Music Makers who contribute £5 annually to help towards these activities or become a Pepperpot Sponsor for a minimum annual donation of £20. We are also keen to recruit Company Sponsors.

To help swell the funds, we are holding a Coffee Morning at the United Reformed Church Rooms on Saturday October 11 from 10.00am. This was listed in the September Lookaround as taking place on Saturday October 4, but there was a clash of events, so please make a note of the new date. There will be a stand with information about Sedbergh Pepperpot Club including

Pepperpot Music Makers, and something about the history of the landmark which gives the Club its name. As well as all of this, there will be musical contributions from the Pepperpot Music Makers.

Please come along and support on Saturday October 11 - we look forward to seeing you.

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

### DENTDALE PLAYERS

The Yorkshire playwright J.B. Priestley produced work of longstanding appeal. One of the favourites is, "When we are married". Set in the early years of the last century it relates the discomforts of three couples, pillars of the chapel and local councillors, who suddenly find they have been living in sin for a quarter of a century. Having made a bit of brass they look down their noses from where they come, treat themselves generously and their servants poorly - but the tables are turned.

Dentdale Players propose to make this play the Spring Production next year. Some additional characters are needed to make up the cast. Rehearsals are generally Thursday evenings with more commitment needed at production time. It will be performed in the Memorial Hall. If you might consider a part, both actors and actresses, youngsters and older, are needed. Please telephone Sue Garnett on 21138 or Graham Dalton on 25436. We will meet in the Hall on Thursday 2nd October, for a read through and casting.

|                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>SEDBERGH &amp; DISTRICT</p> <h2 style="margin: 0;">HISTORY SOCIETY</h2>                                                                                                                                                                                                           |
| <p>Wednesday 1st October</p> <h3 style="margin: 0;">The Yellow Earl</h3> <p style="font-size: small;">An account of the life of Hugh, Fifth Earl of Lonsdale 1857-1944</p> <p style="font-style: italic;">John Nettleton</p>                                                         |
| <p>Wednesday 15th October</p> <h3 style="margin: 0;">Heraldry in Westmorland</h3> <p style="font-size: x-small;">A tour round the best sites of heraldic interest in Westmorland</p> <p style="font-style: italic;">Peter Marshall</p>                                               |
| <p>All meetings in Settlebeck High School,<br/>start at 7:30pm unless stated.</p> <p>EVERYONE IS MOST WELCOME TO ATTEND<br/>ANY OR ALL OF OUR LECTURES</p> <p>Chairman: Joyce Scobie 21106<br/>Secretary: Diane Elphick 20605<br/>Treasurer &amp; Member Sec: Richard Cann 20771</p> |

**SEDBERGH & KIRKBY LONSDALE  
NEIGHBOURHOOD FORUM**

Councillor Nicholson welcomed everyone to the meeting on 8th September in the Kirkby Lonsdale Institute.

Following the Forum referral re zebra crossings, Dianne Whitehead reported that a safety report had been produced and will be going to South Lakeland Local Committee in October.

*The Pension Service*

Mike Gorman explained that the Pension Service came into being in April 2002 (used to part of DSS – now Works & Pensions). His team provides a home visit service for people to get help and advice, to inform people of other benefits and help with form filling.

Mike explained that the government want to phase out pension books by 2004/5 and the Post Office has set up a card account for people to access their pension. It will be a simple no interest account which can be used in any post office in the U.K. He reported that a new benefit will be introduced this year – ‘Pension Credit’ which will help pensioners with modest savings – there is no capital limit but there is an optimum

amount any person can claim depending on income/capital.

The Pension Service can be contacted on: 01539 795051.

*Council Housing*

Don Simpson, who is an independent Advisor to South Lakeland Tenants Committee explained that his role is to support and advise tenants and the Tenants Committee during the development of the ALMO (Arms Length Management Organisation), which means that houses will remain in the ownership of SLDC, but management and maintenance of houses will be sub-contracted to a new board. The Government have set aside £21M for improvements to SLDC council houses and other improvements apart from the ‘bricks and mortar’; but there will first be a ballot of tenants, Don added that tenants rents and rights will be not be affected. Tenants/Leaseholders should receive ballot papers at the end of September.

*Neighbourhood Forum Grants*

The following grants were awarded: Sedbergh Bowling Club, £1,000 (towards having electricity installed in the club house).

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Dentdale First Responders, £250 (start up grant).

Sedbergh & District Toy Library  
(deferred to next meeting).

Let us know the issues that concern you; what would you like to discuss at the Forum?

*Future Forum Date:*

Monday 17<sup>th</sup> November 2003 in Barbon Village Hall at 7.00pm.

*County Council Contact*

Dianne Whitehead

Neighbourhood Development Officer

6 Cross Street

Ulverston LA12 7LF

Tel. 01229 894103

Fax. 01229 894101.

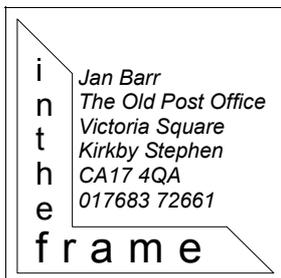
E-mail:

dianne.whitehead@cumbriacc.gov.uk

**DENTDALE MEMORIAL HALL**  
WE DID IT.. OR YOU DID.. WE ALL DID., a fantastic combined effort, the GALA including the schools great idea of 'Buy a Brick' for the hall... we raised the £2,000 our Chairman set as the target for the Gala. At times like this Thank-you" seems inadequate, but THANK YOU to everyone who worked hard before, on the day and to all who made this possible.

So many 'White Elephants' collected themselves in "Rhumes" garage, that we had a Drive Sale on the Friday evening and again on the Saturday and sold a lot of them, including two inflatable dinghies which I've heard gave a lot of pleasure to the kids who bought them. A group of friends from Endmoor proved very good customers, I'd have loved to see them pack their car. The money made at the Drive Sale was added to the White Elephant & Book Stall takings on the field.

It is SO good to see the new room taking shape behind the hall (and the extension to the classroom). At times, it's seemed it would never happen, but just as the Reverend Stanley Bennett persevered all those years ago, to get a Hall and new school built, apparently every new site which was suggested to build a hall upon someone objected. So, he came up with the idea to have a new hall and new school, and as they say, the rest is history. I am sure he didn't let people get him down with their negative views and neither will I. Never will everyone agree with everyone, life would be boring. There will be lots to do when the builders finish, so if you can lend a hand do get in touch. We will aim to have a varied programme of fund raising events to encourage your support. *Sarah E Woof.*



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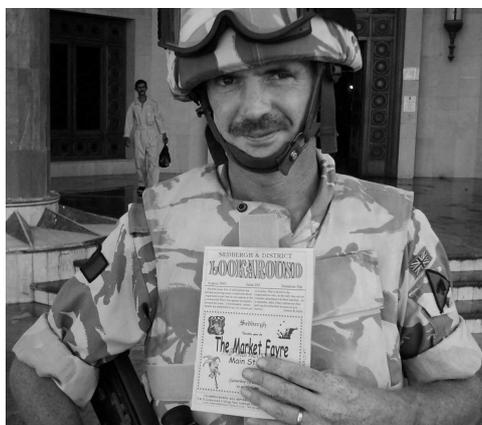
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your requirements*

## GREETINGS FROM BASRAH, IRAQ

Hello everyone who knows me and those that don't. I am currently serving as the RCWO (Master Chef) of the 1st Battalion Queens Lancashire Regiment in Saddams Palace, Basrah. I have been here since 20th June and am looking forward to some R and R.

Our main role out here is to ensure that the fuel gets to the petrol stations. The electricity is kept on and we help keep some form of law and order. As you may have seen on the news, there was serious rioting when the city had neither. When they lose power, then so do we. Every household is allowed to keep 2 x AK47's for personal protection against "Ali Babas" or thieves and they aren't afraid to use them. As for Basrah itself, well you would have to see it to believe it, considering there were only a few buildings bombed during the war its hard to tell. There is rubbish dumped on the streets, hundreds of buildings with



cardboard, polythene or, if they are lucky, glass. As to whether do I agree to us being here, well, no one likes being away from home for any length of time especially not in probably one of the hottest places on earth, but, when you see the poverty and state of the country, I think you would agree that something had to be done.

As for what facilities we've got here. Well, we've got the internet, phones (not worked for two weeks now), outside gymnasium, showers (just got them, but I prefer three bottles of water), the food's OK (of course!) and we now have TV with Sky (Sports) so we can keep up with what's happening in the real world. We even have a little shop that sells the basics but we can get what we need in free parcels from the UK.

Enjoy the weather because we long for rain over here, cooking in over 70° heat is no fun. Bye for now.

*Keith Kirby , Ginner)*

*We have said before that Lookaround gets to many places in the world. We thank Ginner for his report and hope he and his companions have a safe return to their native land.*

*Eds*

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### **LIFE BLUEPRINT GROUP**

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During these times when people are reprioritising their lives, there is a need for guidance and support. The call has been heeded and there is a LIFE BLUEPRINT GROUP™ getting started in the area to support personal and professional growth as well as re-evaluating, re-prioritising and re-inventing your life.

Lawrence Nelson, a resident of Kendal, is a life coach and will be facilitating this unusual support group and in doing so joins the groups created in 15 states in America and 3 other countries.

These Life Blueprint Groups are based on the critically acclaimed book, *LIVING YOUR BEST LIFE* by Laura Berman Fortgang, an internationally known personal coach and life satisfaction expert who has been featured on Oprah and the Weekend Today show on NBC. *LIVING YOUR BEST LIFE* suggests that there is an inner blueprint to each of us that, when honoured, will dictate our best life. Learning to listen to our wisdom accesses this blueprint. To achieve this, the Live Blueprint Process presents the three stages of blueprint excavation: The Reckoning, The Doing, and the Being. These are the access points to wisdom that are trying to lead us to our happiest, most fulfilled selves. In the most practical terms, the process is a prescription and how- to for finding our purpose, contentment and path to making our life work with fewer struggles, even in tough times.

In this LIFE BLUEPRINT GROUP you will learn how to: Ask what and not why. Ask the questions that require your brain

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to come up with a specific answer. *Train your brain.* Replace negative beliefs with positive ones that will inspire groundbreaking change. *Gain Perspective.* Learn to find the good to free yourself from the bad. *Make a simple contract with yourself.* Enter into a pact with yourself to make what you have work/or you, not against you and finally make those important changes. *Find your lucrative purpose.* Discover what your unique contribution to the work can be, and uncover your most satisfying career. *Become a magnet.* Attract good people and wonderful opportunities. *Become a master at focus.* Learn to be still and connect with your essential self. *Give up the need to know.* Dispose of the need for certainty and know that you will never let yourself down.

A Course will commence in November subject to interest and numbers. For more information, please contact Lawrence Nelson on 015395 30844.



### PROBIOTICS

Probiotics are food supplements containing large numbers of beneficial bacteria of types that are usually found in the digestive system of a healthy person. On average we each carry around 2 kilograms of bacteria in our intestines and the presence of beneficial bacteria is essential both for good digestion, absorption of nutrients and for the proper functioning of the immune system.

People with digestive disorders may find that a course of probiotics helps to reduce the symptoms. It can also be useful to take them when travelling to help to avoid digestive upsets.

It is well known that antibiotics destroy not only the “bad” bacteria at which they are aimed, but also the “good” bacteria in the intestines. It can happen that when the intestines are re-colonised the proper balance is not regained and this may be the cause of “antibiotic diarrhoea.” Taking probiotics during and after a course of antibiotics can help restore the gut flora and in France they are often prescribed by doctors in this way.

Steroids, such as the contraceptive pill also have a detrimental effect on the gut flora. It is thought by some researchers that there is an epidemic of compromised digestive systems arising from the widespread use of steroids and wide-spectrum antibiotics in the latter half of the last century. This can pass itself from generation to generation because a baby swallows its first batch of microorganisms during birth and the quality of this depends on the mother’s state of health.

Some nutritional experts believe that compromised gut flora is a big factor in

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childhood disorders such as asthma, eczema, attention deficit disorder and autism. These children are often very prone to infections (for example repeated ear infections), which are often treated with antibiotics. It is usually childhood vaccinations which get bad press with regard to autism, but some experts now feel that vaccination is just the last straw and that abnormal gut flora is the root of the problem. Autistic children are known to suffer from digestive abnormalities and food intolerances and in some centres (including the Cambridge Nutrition Clinic) these children are being treated successfully with special diets and probiotics.

Beneficial bacterial are also present in certain foods such as live yoghurt, miso and sauerkraut. In many traditional societies culturing and fermentation was used to increase the digestibility of food. This process destroys pathogens and creates a source of probiotic organisms.

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Eskimos traditionally fermented fish and made an intriguing sounding dish called "giveac" made by stuffing an eviscerated seal with hundreds of auks and leaving it buried during the warmer summer months, to ferment and to allow the seal blubber to soak into the auks. Perhaps with our sterile way of life we are denying ourselves the opportunity to replenish our beneficial gut flora by natural means.

Kan Foods in Kendal stocks probiotics. They can also be ordered on the Internet from [www.bio-kult.com](http://www.bio-kult.com) and this website also carries information about dosage and an article about the treatment of autism. For any the childhood disorders mentioned above it would be best to consult a qualified nutritionist.

If you would like to discuss any of this please contact me. My telephone number is (015396) 20972.

*June Parker*

**DENTDALE METHODIST CHAPEL.**

Thank-you to all who supported our Harvest Festival in any way whatsoever, we enjoyed a very happy weekend of celebration. Its good to all "help each other" as one lady said, and as another

commented, "Loyalty is very important. Our recently arrived Minister, Rev Tim Widdess guided us through on the Sunday ,his theme in the afternoon "Living Water" John 4 vv5-15 and in the eve "No more Weeping" Isaiah 30 vv18-26. Between services Tim, his wife Janet & her mum Barbara came to us for tea and it was good to talk and get to know each other. Andrew Woof spoke on "God the Creator" and Geoffry Park on "God's Greatest Gift ... Jesus" at the short service on Monday evening after which Geoffry Woof ably and often with humour, auctioned off all the flowers, produce etc.

As many other public places we are having to consider access for people with disabilities and a toilet, it is really great that so many local groups are using the room adjoining the chapel, even the chapel itself, this month sees our Coffee Morning in the URC Rooms, Sedbergh, do drop in and see us on October 8th. It's good to have both the Dr's on board again.

Alternate Thursdays is when we meet together to "Pray & Share", all interested are welcome, very informal. It's hoped to also have a Bible Study soon, probably running for 4-6 wks at a time. Details of all the services appear weekly in the notice board on the chapel, copies of the Circuit Plans with an the Methodist Services for 3 months are available in the chapel porch and everyone is welcome at the services.

Again, many thanks to all who helped celebrate Harvest, the Monday eve raised, including donations, £193.

*J & SE Woof.*



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### SEDBERGH PARISH COUNCIL

Minutes form 30th July

*Matters Arising from previous minutes:*

Garden Waste - Cllr. Winn is looking into the situation regarding wheelie bins/bags for green waste.

#### PLANNING

Unanimous condemnation was expressed at the decision by the Parks Planning Authority to allow the building of the sports hall for Baliol School against the express wishes of the Parish Council, people of Sedbergh and local representatives. It was felt that there was little point in the Parish Council expressing their views on planning issues if they are totally ignored. It seems that local democracy counts for little in the

deliberations of the Park Planning committee.

It was agreed to write to the head of YDNP and our MP.

#### HIGHWAYS

The provision of bollards on Main Street has not progressed but the matter is being handled by Capita DBS who are awaiting funding. Bollards might cause a problem for Powell's but this could be solved if collapsible bollards were used here.

Various problems raised were:-

Gully on Cautley road by Dales Park Works

Drain outside Cautley Church – the trench is dangerous

Pothole at the Brat Cautley

Gully past Cross Keys

Four lane ends – pothole

There is a flooding problem on Busk Lane

Busk Lane pavement near the cemetery is in need of repair.

Fairholme road surface is generally very poor.

Dropped kerbs are needed by the auction market and Highfield Road end.

All the road signs in the area are filthy and many are illegible/covered by overgrowth.

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The verges on the side roads have not been cut yet.

### PLAYING FIELDS

Helm Hill Runners have requested permission to use the outfield for the start and finish of a fell race on 28<sup>th</sup> September, they have also booked the People's Hall and parking will be at the Auction Market. It was agreed to give permission.

United Utilities have submitted a drawing for the location of the proposed Highfield sub-station. The lease terms were already agreed at £100 for 99 years and they will pay legal fees. It was agreed to confirm the details but some clarification as to the right of way stretching along Howgill Lane was required.

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The new grass is due for a further application of fertiliser.

### FOOTPATHS

The matter of the footpath/bridleway through Guldrey Fold was raised at the last meeting of the YDNP but this issue has not yet been resolved

### CUMBRIA IN BLOOM

Judging day was on 30<sup>th</sup> July and the results announced on 1<sup>st</sup> September. More help will be required if we are to continue to enter.

### QUEEN'S GARDENS

An advert for a replacement for Mr. Woof appeared in the Lookaround and it was agreed that Cllrs. Blair, Gerrard, and Scarr should carry out interviews of any applicants.

### OTHER BUSINESS

The clerk was asked to find out the present position regarding the Pulse Project.

There is graffiti on the toilet doors. 

## SETTLEBECK HIGH SCHOOL

### *Duke of Edinburgh Expedition*

On the 3<sup>rd</sup> July the Duke of Edinburgh Final expedition set off. It was a hard walk but everything went fine. It was good because it was interesting, fun and exhausting. The 2<sup>nd</sup> day of walking was much more fun as it was nearly all downhill or on flat ground which was a relief. When we finally got back to school we, Fiona, Matthew and Luke were the first people back. Overall the walk was really fun and worth all that backache!

*Harriet Smith Hanratty*

About 22 year 10's put their name down for achieving the Bronze Duke of Edinburgh Award. We were all talking about what we were going to do for our service, skill and physical recreation parts of the award. Some of us took much longer to decide than others. I chose to go and help out at playgroup. I started going as part of my citizenship and thought I could carry it on as part of my service. I went for 45 minutes a day a few days a

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7:30 pm  
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St Mark's Church, Cautley  
**SLIDES OF OLD  
SEDBERGH & DISTRICT  
PEOPLE & PLACES**

*presented by*

*George C Tomlinson*

**Friday 24th October**

7:30 pm in St Mark's Church  
Admission £2.50 (incl. Refreshments)  
*All proceeds to St Mark's Church*

week. The staff there were very helpful and encouraging. They made me feel at ease. I enjoyed playing with the children and got to know some of them. When I look back on what I did for my award, my service is the one of the three I'm most proud of and pleased I did.

*Rachel Bentham*

I think the practical and the qualifying expeditions were excellent fun. I found the practice one more fun. We set off at school in the afternoon with our packs bulging with tents and cookers which were immensely heavy. By the end of the first day I was, thankfully, still full of beans. That night Andrew Bonsall taught me some Tai Chi which was really relaxing. When we woke up in the morning at some unearthly hour I began to feel the tiredness. The first part of the 2<sup>nd</sup> day was a long steep haul; we climbed Cautley Spout, over the top to Borrowdale which was a long valley walk. The whole expedition group of about 23 was split up into 3 walking groups. I walked with Rachel, Martin, Ben, Rachel and Graham. I'm very pleased that I signed up for this opportunity and I would consider doing the Silver award.

*Jo Chetwood*

### KILLINGTON W.I.

I'm sorry folks. I think I may be the first one to mention it - so here goes!

### CHRISTMAS!

Now I can proceed with my September report. For some unknown reason we had our meeting all back to front. We started with our speaker, then we had our tea and chat and finally our business meeting. Our speaker, an old favourite, Mr Stan Walmsley had a new subject for us this time - in fact it was only the second time that he has given this talk - called 'Christmas with bells on'. He investigated the origin of many of our beloved seasonal customs. He started by taxing our brains to complete a Quiz sheet with twenty or so puzzling queries. Why does Father Christmas always dress in red and

white with black boots? Can you believe that it is reputed to be the result of a very early Coca-cola advertising campaign!! (That must be why it has bells on). And did you know that after kissing under the mistletoe a berry should be removed from the bunch and when all the berries are gone then no more kisses! What a shame. We finished off with some hand-bell ringing of well-known carols, definitely the first of the season.

We also rang and sang "Happy Birthday" in celebration of Mary Bateman's 80th. Shirley had baked a cake (she knew we were coming) and we each enjoyed a slice. Congratulations to you, Mary. We are proud to be your friends.

Our competition for "a Christmas custom in our house" was won by Valerie Cann who produced a shiny decoration for the top of the tree. Her accompanying note said "This much loved and battered fairy sits on top of our Christmas tree every year. She was made by Jennifer Thornley and I bought her at a Church Sale of Work many years ago, when the children were young. Woe betide me if she is not in her rightful place, even if the family are not with us at Christmas time."

The raffle prize of a candle and a box of chocs was won by Anne Macer - happy munching by candlelight.

Several of our members were missing from our meeting and we hope that next month will find them fighting fit or at least eating fit. Our next gathering on Tuesday 14<sup>th</sup> October will be another "Taste and Try" when the committee will produce a variety of dishes for everyone to sample. So remember DON'T EAT A BIG LUNCH.

*W.F.U.*

## JOHN SOUTER

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### **SEDBERGH & DISTRICT BEEKEEPERS ASSOCIATION**

The exceptionally warm, dry, August, following the mixed weather in July, encouraged many Sedbergh beekeepers to leave their honey supers on the hives longer than usual, as the bees were clearly working very hard bringing in nectar and pollen, particularly from the abundant supply of Himalayan balsam. Those whose apiaries were near enough to the heather were also rewarded with a bumper crop. However the heat, the heather, and possibly the nectar from brassicas planted locally to attract pheasants, has resulted this year in much of our honey being very difficult to extract from the honeycomb. The honey from earlier flower and tree blossoms readily flows out from the combs using a centrifugal extractor, but honey from heathers and brassicas is much more viscous and has to be separated from the beeswax combs using a honey press. This is a bit like a grape press, and literally squeezes the honey under enormous pressure past a fine filter to separate it from the wax, when it can then be bottled in the usual way.

On Saturday September 6<sup>th</sup>, Sedbergh beekeepers visited Vic Hopkins' apiary at Brantrigg, and learnt how he too had had to discover how best to use a honey press to recover the second half of his excellent honey crop. He had wisely taken off the earlier blossom honey in early July and successfully extracted it in the normal way. He described the care needed to choose and use the correct type of filter in the honey press, and his experiments to find the best solution. His success was proven in the tasty honey-and-ginger

cakes that Linda had baked for us to enjoy at the end of the visit!

We have two meetings in October, first, at 2.30pm on Saturday October 11<sup>th</sup> at The Long House in Garsdale, when Bill & Marion Smith will give us a practical demonstration of the different ways of moulding beeswax to produce many different styles of decorative candles and other products. Then on Monday 27<sup>th</sup> October we shall be holding the 3<sup>rd</sup> Annual Sedbergh & District Honey Show. This year the show will be held in the Committee Room of the Peoples Hall starting at 7pm. You will be made very welcome at both.

*Malcolm Fraser-Urquhart*

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### **LITTLE & LARGE**



Cicely Robertshaws' dog training courses started again in September. The ever popular Puppy Class got quite a surprise this time. Amongst the puppies were these two 'Little and Large' or rather 'Fern and Heidi' who, believe it or not, are both the same age, (15 weeks). Fern is a Yorkie from Sedbergh and Heidi, a Burmese Mountain Dog owned by Mrs. Chapman fro Helsington, Kendal.

*W.V.M.*

### **NATIONAL YOUTH THEATRE**

Two weeks of my summer holiday was spent down in London on the National Youth Theatre course. Over 3, 500

students apply each year for 400 places so I was beyond excitement when I got a place. So off I went, a 4-hour train journey down to Euston, the heart of London which I must admit, was a little intimidating, a country girl like me in the big city.

After numerous speedy escalators and what seemed like a demon of darkness, the tube, I eventually found the halls of residence. The accommodation was not exactly five stars but the course itself made up for a chewy croissant at breakfast. The first week was great. We had visiting tutors in to help us learn about the art of the stage. One workshop aided us on how to use our voices in performance. We had an ensemble-singing lesson plus a hyperactive writer who made a melancholic scene from Henry V particularly enthralling. By far

the highlight was an afternoon in stage combat, and that was only the first week!

The second week was a lot more focused which was understandable; we did have a show to put on by the Friday afternoon. Ollie, our course director gave us numerous exercises to do including both improvisation and devised work. We had to make up a short piece of drama from a photograph or from a particular word which at first seemed a bit outfacing. However with six different minds we came up with some very inventive sketches and put on a really good show at the end of the week, one that we should all be proud of and that I shall look back on fondly in the future. My "laminated" certificate, notifying me of becoming a member of the National Youth Theatre will take pride of place in my bedroom at Queen Mary, University of London in September where I will be studying Applied Drama.

*Jennifer Mattinson*

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### **SEDBERGH SCHOOL**

#### **The Local Boys Fund**

The committee of management will meet on November 14th to consider applications for grants for educational tuition and facilities for boys resident in the parishes of Sedbergh, Garsdale and Dent.

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

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

**JUDITH NICHOLSON**

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

President Mary Silva gave a warm welcome to members at the September meeting held at Howgill.

Mary went on to give us a report on the AGM which she attended in London in June, at which all three resolutions were passed.

Member Hilary Wilson will be at Temple Sowerby on October 2nd. Hilary is an apple expert and is there to advise

you and celebrate 'The Apple'. Three members will attend the Annual Council Meeting on Saturday October 11th at Kirkby Stephen.

Four members had an enjoyable evening when they attended Barbon W. I. Open Meeting on September 2nd. Guest speaker Pat Ashcroft spoke about her charity raising carriage drive through the Lune Valley in 2001. Tasty refreshments and a get together concluded the evening.

On September 15th ten members travelled to Ambleside to see the film 'Calendar Girls'. It was emotional, amusing and entertaining from start to finish.

Our guest speaker for the September meeting was Anne Scargill who we were delighted to welcome back for her talk 'Faulty Towers 2'. Anne shared with us some of the experiences when running a hotel with her husband in the Lake District. When coping with 30 guests at one time they needed to be organized by writing lists etc. But the best laid plans sometimes went wrong. Dealing with difficult clients whose requests were sometimes unreasonable resulted in some amusing stories. If laughter is a good tonic, we certainly had it. Thanks were expressed by Dilys McCaffery.

The competition for an edible necklace was won by Barbara Axford with Helen Beare second. Raffle winner was Hilary Wilson.

The social half hour 'What We Did Today' was won by Dilys McCaffery. Next months meeting will be held on October 2nd and is the AGM, which will commence at 7pm at Firbank Church Hall.

*A.H.*

### SEDBERGH SWIMMING CLUB

The new swimming year has now started and following the AGM in September when the Treasurer reported the Club has again made a loss the decision was made to increase the subscriptions which have not been increased since 1981 and are still excellent value.

The new membership fees are as follows:-

|          |              |
|----------|--------------|
| Families | £20 per year |
| Adults   | £10 per year |
| Juniors  | £6 per year  |

The session fees remain at:-

Adults £1.00                      Juniors 50p

The lesson fees are £12.00 per term.

Session Times

Tuesday

6.30 - 7.30 pm                      Lessons

7.30 - 8.15 pm      Aqua aerobics (£2.50)

8.15 - 9.00 pm                      Adult recreational

Thursday

6.30 - 7.30 pm                      Lessons

7.30 - 8.00 pm      Recreational 8-11 yrs only

8.00 - 8.30 pm      Recreational Over 12 only

8.30 - 9.15 pm                      Recreational Adults

Saturday

10.00 - 11.00 am

There will be not Saturday session until 8th November.

The Club would like to thank David Lord, who resigned as Chairman at the AGM, for all his help and support. David has been involved with the swimming club (with only a short break) since its inaugural general meeting in November 1976.

### AUGUST WEATHER

Well the summer continues! Another hot dry month which puts us in the category

of 1976. Speaking to one local farmer he tells me you had a good summer in 1995. That was the year we came here, arriving in the 3rd week of September. My recollection was of a very wet introduction to the area with over 4 inches of rain falling in our first week here! So could it be the same when this dry spell breaks? Rainfall for the month was only 0.59 inches. 3 dry spells were separated by a heavy shower. On the 9th it was 86.4F at 8.15pm! This set up a classic thunder storm next morning which seemed to strike right over us with flashes coming out of the wall sockets. My bitch got out of the yard and was under the kitchen table! They must be terrified. Pressure was in the mid 29 inches of mercury most of the month but winds were registered each day. The maximum wind speed recorded being 17.7 mph from the south west on the 21st. The maximum temperature was in the upper 80'sF. The coolest daytime temperature 60.1F. The lowest minimum was 39.0F. Frost was recorded that night at Shap. Perhaps we had a touch in sheltered areas that night, 30th August, if I had been up earlier!

In spite of the good weather the swifts had left us by mid month along with many adult swallows and martins. The showers brought out the slugs and snails which had apparently aestivated in the drought. Clouds of butterflies were seen feeding on buddleia. Many painted ladies amongst the tortoiseshells, red admirals and peacocks. The latter were fewer in numbers this year it seemed. Large whites were common this year, perhaps because I had grown some nasturtiums and Romanesque broccoli.

### **DERIAN HOUSE**

Fund raising for Derian House, the children's hospice located in Astley Village, near Chorley, has continued with a stall as part of the Sedbergh Market Fayre. On offer were a wide range of books and bric-a-brac, as well as the opportunity to win a teddy bear or doll by providing the correct name, and a dozen chances of winning a prize in the raffle.

Sincerest thanks are due to all the generous and supportive friends who donated so many excellent items both as goods to sell and prizes. Thanks also to all who visited the stall and spent so freely. Time and again change was refused, more was paid than the asking price and donations rattled in to the collecting box.

A final thanks must go to Joyce Cox and her helpers who made the whole day possible. The impressive string of stalls dominating Main Street together with the varied attractions ensured that a large crowd of local people and visitors were in evidence throughout the day.

We are delighted to report that a cheque for £360 has been sent to Derian House. Sandra Marson, the Appeals Administrator writes expressing a "sincere thank you to the folk of Sedbergh for all your continuing generosity and support. This is a tremendous amount to receive and we do assure you it will be put to good effect here at the hospice.

"Derian House is shortly to celebrate its 10th Anniversary, and from relatively humble beginnings has now developed to become one of the busiest paediatric hospices nationally. At the same time it receives one of the least statutory contributions of any, equivalent to only to

days running cost per year. This means we still remain almost totally reliant on voluntary funding and why Sedbergh's contribution is such a tremendous boost to our work."

*G. B.*

### **WILDFLOWERS AT CAUTLEY**

The churchyard at St. Mark's was enlarged about fifty years ago incorporating part of the neighbouring field, which is rich in meadow plants. We are trying to manage the churchyard in such a way as to give these plants a chance to flourish.

From May to mid September the grass is mown fortnightly around the more recent graves and also directly in front of the church. Low-growing and rosette-forming plants flourish in these areas. Other parts of the churchyard are allowed to grow long, with an annual cut in July or September.

So far we have identified over fifty different wildflowers; Spring and late Summer being the high points in the flowering calendar. This Spring large parts of the churchyard were carpeted with wood anemones, in a range of whites and pinks. There were also primroses, cowslips, snowdrops, violets, bluebells, fritillaries, daffodils, early purple orchids and more.

Summer bring the geraniums, knapweed, burnet, meadow-sweet and harebells. Many of these, such as knapweed, are excellent food sources for bees, butterflies and other insects, but have been eliminated from pastures by grazing. We hope that at St. Mark's we are providing a churchyard that looks cared-for and orderly but that is also a haven for flowers and wildlife.

*Judith Bush*

### PETS' LIFELINE

For many years, I have been involved with a Charity called Pets' Lifeline in Keswick which is run by a dedicated husband and wife (or is it wife and husband?) team called David & Joyce for many years. The aim of the Charity is, as its title suggests, to give animals a 'Lifeline' after being abandoned or having been lost.

Their main work is looking after cats and the occasional dog that comes to their care. Their intentions are many but include rescuing feral cats and their kittens, re-homing cats when their owners have to move away from the area, re-homing unwanted kittens.

On a regular basis, they are looking for homes for lovely cats and Joyce has the following report:

"We are now well into "Kitten Season", and it looks like every other year, many more kittens than there should be.

At the beginning of August we were called to a stray cat living in a derelict old washhouse in Braithwaite, people thought she had kittens. We trapped her very quickly and then found three kittens approximately one week old living in an old boiler. Mother and kittens all looked black in colour but slowly the dirt has worn off and a beautiful has emerged.

But what are we to do with her? She is very feral and just cannot be handled (David has managed to stroke her briefly on a couple of occasions). We need someone with a barn or similar who would be prepared to take her and feed her and probably not get a lot in return. It's a real shame that after keeping her for six to eight weeks while her kittens are weaned, we may eventually be faced with the heartbreaking task of having her put to sleep. Any volunteers?

You may not like the last idea and neither do we, but unfortunately she is not the only feral we have, nor will she be the last. We cannot fill the cattery with feral cats because this would stop us taking anything else, neither would it be fair to shut them in cages for the rest of their lives. We have two further ferals with us, one of whom has been here for eighteen months, but she is slowly getting better. Any offers?

Now here is a success story for modern technology. We have long preached to everyone about getting cats and dogs micro-chipped and we had our first success in August.

A stray cat was brought in from Braithwaite Caravan Park which they thought had been around for about a month. As usual, we ran the scanner over her and to my surprise it revealed a micro-chip number. It took less than five minutes of phone calls to locate her owner. She had somehow wandered, or possibly hitched a lift, from the Cockermouth area (a journey of about 13 miles).

As I write this in mid September, we have 11 kittens and 19 cats awaiting homes, so if you or a friend can offer a good home to one of them, please ring me on 017687 73723.

Joyce

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### FAMILY MUSINGS

When I was a little girl Mum used to tell me the most wonderful bedtime (or was it bath time?) stories all about a little mouse called Mary. We had some lovely little "strip picture story books". Any one else remember them? When she had exhausted them, she made new ones up. It was a very special time together which is still a special memory. Another favourite of mine was Rupert Bear.

Grans **91st birthday** celebrations went with a swing. Family and friends came to wish her well and to join in the celebrations. All her children and grandchildren were about at some point in the day. Two family friends came from Newcastle and stayed B and B. They took elder daughter to her train en-

route for a day in the lakes. If she had a car she could pop home for the day, or even lunch, but the train journey isn't too bad, it's just across the country, which is never as easy as up and down. The "extra teenager" who lived with us for a while is celebrating her 21st soon, so I guess the youngsters will be doing a trip to London to join in the festivities.

Actress Emma Thompson's Mum has what she calls "senior moments" and I had one recently. In the middle of a conversation to our son, I told him to ask "his sister" something he needed to know, she retorted something about having a name but could I recall it? No, not at all. All was soon well but it made me more aware of the distress felt by people who have permanent loss, but again, if they

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are not aware of it, they will not worry, will they?

Summer weather is here. We have two collar doves who come to feed. They seem unconcerned by the chattering starlings who arrive as soon as any food appears. We also have, at the moment, a lovely fan-tailed white dove, a real beauty. They jackdaws are a pain, would a water pistol work? Or would it count as cruelty to animals, perhaps I best not go down that road.

Granny and I are off to stay at Stockport again soon, then hope to return in October, before our annual autumn visit to Morecambe with the wheelchair pushes up the prom. No theatre trip this visit to Stockport, but we will be able to

enjoy their conservatory which was having its floor laid during our last visit. A bit noisy. Talking of noise, it's lovely to hear the school children playing out in the yard and the field. They have a very tall sunflower to watch just in the nature area. I told one little boy it was a beanstalk, he looked rather worried, me and my big mouth. Some people never learn.

I've given up on the Haras Nottledim, it doesn't really work held up to a mirror, it has to be written the other way round. Most of you know who writes this musings anyway. Call me Phantom if you want.

Be good, watch what you say, if not it makes life interesting. Bye for now.

| Starters                          |       | Fish Dishes                     |       |
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| 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 | Vegetarian Dishes               |       |
|                                   |       | Tropical Vegetable Curry        | £5.90 |
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|                                   |       | Vegetable Lasagne               | £5.90 |
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|                                   |       | Broccoli & Cream Cheese Bake    | £5.90 |
|                                   |       | Vegetable & Pasta Bake          | £5.90 |
|                                   |       | Vegetable Tikka Masala          | £5.90 |
|                                   |       | Macaroni Cheese                 | £5.90 |
|                                   |       | Rice Dishes                     |       |
|                                   |       | Chilli                          | £5.60 |
|                                   |       | Chicken Tikka Masala            | £6.90 |
|                                   |       | Salads                          |       |
|                                   |       | Ploughman's Lunch               | £4.60 |
|                                   |       | Cold Meat Salad & Roll & Butter | £4.90 |
|                                   |       | Prawn & Rice Salad              | £5.80 |
|                                   |       | Sandwiches                      |       |
|                                   |       | Prawn with Marie Rose Sauce     | £3.60 |
|                                   |       | Ham, Beef, Cheese & Tomato;     |       |
|                                   |       | Cheese & Pickle or Salad        | £1.90 |
|                                   |       | Toasted Sandwiches              | £2.20 |
|                                   |       | Portion of Chips                | £1.00 |
|                                   |       | Mixed Side Salad                | £1.20 |
|                                   |       | Portion of Mushrooms            | £1.00 |
|                                   |       | Roll & Butter                   | £0.35 |

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|---------------------------------------|--|
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| Lamb & Apricot Casserole              |  |
| Chicken with Basil, Port & Dill Sauce |  |
| Venison Steak with Red Wine Sauce     |  |
| Venison Casserole                     |  |
| Supreme of Pheasant Chasseur          |  |
| Pork in Pepper Sauce                  |  |
| Cod & Prawn Crumble                   |  |

| Main Courses                       |        |
|------------------------------------|--------|
| Roast Dinner of the Day            | £5.90  |
| Mixed Grill                        | £11.30 |
| Fillet Steak                       | £11.30 |
| Sirloin Steak approx. 8oz uncooked | £9.80  |
| Half Roast Chicken                 | £6.80  |
| Chicken Kiev                       | £5.90  |
| Lasagne                            | £5.90  |
| Steak & Kidney Pie                 | £5.90  |
| Cumberland Sausage                 | £5.90  |
| Gammon & Pineapple                 | £5.90  |
| Barnsley Lamb Chops                | £8.90  |
| Marinated Lamb Steak (6oz)         | £8.90  |
| Pork Chop in BBQ Sauce             | £6.10  |
| Cheese & Ham Pasta                 | £5.90  |
| Tuna Pasta Bake                    | £5.90  |

## SETTLEBECK HIGH SCHOOL

### *Alternative Curriculum Week*

This week we had an alternative curriculum week which consisted of a technology day giving me more IT knowledge of 2D design. Also after testing food tech projects realising we have some good cooks in Settlebeck especially Elliott Beagan whose bacon, ham, 2 cheese pizza was just exquisite.

### *Food Technology*

On Monday we had food tech day in which I made three dishes. The first one was tortillas and chicken sauce, the second was tacos and finally I made cheese macaroni which was good.

*Phillip Thompson*

The next day we went to Carlisle to look around the shops and finished the day off

by taking a trip to the AMF bowling alley.

Wednesday we visited the £96m Lowry Arts Centre in Manchester and the new War Museum which were both very interesting.

Our PE day on Thursday was relaxed and fun and fortunately not as hot as earlier in the week.

This week was a great experience!

*Richard Wilson*

### *Our trip to Carlisle*

This week was really good. Our second day was shopping and bowling in Carlisle for a social/fun day. When we first arrived we all went off in our groups to shop. Once our 2 hours of "spending money" was up we all met and got back on the bus to go to the bowling arcade. It



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was a really great day, just being in one friendship group and having a laugh, even if I did spend too much money and lost in bowling.

*Sian Gilder*

#### *Review of Technology Day*

I spent the day in the library on the computers. I went on 2D design and did the tutorials then drew my box. I drew the box in lots of different ways. I finished the day by designing my A3 template sheet.

*Matthew Kirkbride*

Activities week at Settlebeck is a special time of the year. Just before we break up for school we go on trips and do special activities around school. On Monday we spent the day doing technology. I spent the day working in the cottage on the

computers. I continued my graphics coursework and designed lots of advertisements towards my project.

*Thomas Clegg*

#### *Trip to Manchester*

On Wednesday we all went to Manchester to visit the Lowry Centre. I had an interest in a painting called Man Laying on a Wall. I don't do art but I have some copies of Lowry at home. Then I went shopping, got loads of stuff, spent too much money.

Then we went to the War Museum (Imperial). I'm very interested in war and machinery etc. because I'm thinking of going into the army and training to be a nurse.

I enjoyed the day!

*Jessica Mason* 

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## OCTOBER GARDENING

This month we will see some of the best plants for Autumn colour coming into their own and brightening up corners of the garden which may have looked rather dowdy over the past weeks. One of the best plants for autumn colour is the "Spindle", *Euonymus europeaus*. This rather plain green shrub takes on the most wonderful shades of crimson and scarlet, pink and orange, as the leaves turn and the fruits ripen and burst open to reveal the seeds. The cultivar "Red Cascade" is particularly robust and is renowned for its fine autumn tints. It makes an excellent shrub in a mixed hedge along with "Field maple" (*Acer campestre*) which turns butter yellow in autumn, "Guelder Rose" (*Viburnum opulus*), and *Cotoneaster simonsii*, both of which bear beautiful red berries. Beech (*Fagus sylvatica*), Hornbeam (*Carpinus betulus*}, Holly (*Ilex aquifolium*), Hazel (*Corylus avellana*) and Hawthorn (*Crataegus monogyna*). I usually use some of this last shrub in an informal hedge because it is easily available and inexpensive but I always plant it in blocks rather than spreading it evenly along the whole length of the hedge because I know that the hedge will be more pleasant to trim if most of it does not contain nasty prickly twigs.

In the more cultivated areas of the garden a rose hedge makes an attractive boundary. Cultivars of *Rosa rugosa* make the best choice and I like to use a mixture of colours: The rich crimson, double, highly scented *R. "Roseraie de L'Hay"*; the clear pale pink *R. "Frau Dagmar Hastrup"*, white *R. rugosa "Alba"*, wine

red *R. rugosa "Rubra"* and pink *R. rugosa "Scabrosa"*. These last four have single flowers and, in this season they bear great quantities of glossy red fruits. As an added bonus the berries are attractive to birds.

*Elaine Home*

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## SETTLEBECK HIGH SCHOOL

### Year 7 trips

The Wildlife Oasis was excellent I had great fun holding the animals. I loved holding the snake, but I regretted not holding the tarantula. I also held a starfish it was all slimy and scaly, it felt horrible; I held a tortoise that was all small and cute. The lizard was long and heavy it was amazing holding it, so after all I thought the Wildlife Oasis was brilliant.

*Mary McCullagh*

I really liked the Butterfly House. It was in the middle of a big park, where we had lunch. In the Butterfly House it was really hot so that the butterflies can live all through the year because butterflies can only live in warm temperatures. There were hundreds of butterflies flying around and some, if you were really still, landed on you.

*Melissa Barnes*

### AN OPEN FORUM

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

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

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

The meetings last from 7.45pm to 9.00pm. They take place every two or three weeks on Wednesdays. There will be meetings on the 8<sup>th</sup> of October, and probably on the 22<sup>nd</sup>. Further dates to be arranged. You could come to just one or two meetings or to the whole series. Newcomers, of any age, are at once made to feel welcome.

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### FROSTROW W. I.

The September meeting began with us singing a belated "Happy Birthday" to Vi Harvey, our nonagenarian who, happily, has made a good recovery after her stay in hospital. She was delighted with the colourful basket of flowers presented by Ann Petyt and made up by Linda Hopkins. Vi thanked everyone for their concern, cards, good wishes and gifts.

Our President dealt with the long business agenda very efficiently,

highlighting the main Federation events at which we will be well represented. We were reminded about "Queries about Pensions" - a facility held fortnightly at the People's Hall giving very helpful advice.

Our speaker was Mrs. Helen Winn, a Prison Officer at the Lancaster Farms Young Offenders Prison. Her talk was very informative and enlightening. We learned that the prison is 10 years old, well-equipped and takes 526 Young Offenders (18-21) and Juveniles (10-18). It has been awarded Beacon Status which means that it is one of the five best prisons in the country. The work of prison officers must be very challenging as they try to build up trust and respect with the inmates.

Helen was thanked by Linda Hopkins who also won the raffle.

There was a colourful array of baskets for the competition "A Small Basket of Autumn fruits or flowers" and the winning one was Eileen Staveley's.

The title of Ann Farnell's talk on October 8th is "Give it Serious Thought"



### HEARTFELT THANKS

Dear Editors, May I on behalf of St John's Hospice thank all those who, during the past year, have supported us in any way. We at St John's are aware that without the help and encouragement of the community, the work we do could not continue. There are many who fund raise for us and we appreciate all the hard work that this entails. Others send us donations - often anonymously - and for those, we give our heartfelt thanks.

Many help us by supporting our special appeals. Our 'sunflower appeal' was again a great success demonstrating the generosity of the people of North Lancashire and South Lakeland. May I thank all those who helped with this appeal, in the shops and the street collections. Lastly but by no means least, I would like to thank all our volunteers who serve us in many ways during our daily life in the hospice, our groups of 'Friends' who raise money for us, and the helpers at our shops.

*Janet Thompson, Administrator,  
St John's Hospice, Lancaster*

Quite a lot of work is also done in the Sedbergh area for St John's and recently, Kath Gibson donated the proceeds from her Patio Sale for which she received a Letter of Thanks.

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### SEDBERGH GALA GROUP

*Sedbergh Gala Group Needs Men (and more women)*

Please come to the People's Hall on Monday 13 October at 7.30pm. Gala Group needs your support. We are especially keen to increase the number of men on the committee. There have been massive resignations recently and now the number of male committee members is only 3 currently. This is a crisis situation surely there are people out there who would love to be in charge of the fireworks or light the bonfire. Gala Group needs to be representative of the whole community and therefore we need some male strength and their ideas. Teddy Morphet has worked for Gala for over 40 years; Paul Winn has been involved for 14 years both have decided to retire from Gala this year. There has been serious consideration as to whether we can function with the numbers on the committee currently. Please think about joining us!!! Committee meetings are only once a month for a couple of hours and there is a lot of satisfaction in the events.

On 13th October the meeting will discuss the events during 2003. Was Gala better on Lupton field? Should there be more events for teenagers? Next Years Gala will be the 40th time the event has been held. Do you have ideas about what worked well in the past? Is it time that Gala took on a whole new pattern? Please come along with your ideas or just your offer to help.

For further information please phone Joyce Cox secretary on Sedbergh 21820.

### BOHO

Last month I inserted an article and advert regarding my shop, which is opening on 1st October. Among the details printed was the phone number for the shop, which subsequently was found to be the wrong one.

Although this was BT's error, I feel I should apologise for any inconvenience caused, particularly to the subscriber whose number this was. The new phone number for Boho is 015396-22108.

*Sue Nelson, Boho*

### THOUGHT FOR THE MONTH

October, what comes into your mind. Conkers? Harvest Festival? Half term holidays? Bonfire Toffee? Halloween? Trees changing? Darker nights? Toasted Teacakes by the fire? Certain programmes on the TV? We all have special things we remember connected to certain people or times of the year, perhaps something we do now will be looked back on with affection in years to come. Perhaps even by someone who our lives have crossed with very slightly. We don't realize the impression we leave. In that case, we need to be careful, don't we? So we leave the best impression possible. *L.D.*

### CONGRATULATIONS

Well done to Chloe, Sam, Harry and Lizzie for raising £74 for the World Wildlife Fund. They organised and ran a Bring and Buy Sale, with games and refreshments on Sunday August 31st at Guldrey tennis courts.

Many thank to all who attended and for the kind donations.

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### RAG RUGGING

Have you ever fancied trying rag rugging or are you a rag rigger who would like to meet up with others who would like to meet up with others who share your interest? if the answer is yes to either of these questions, then perhaps you'd like to join us on Wednesday 15th October at Howgill Village Hall at 7.30pm.

We are a small group who meet monthly and enjoy welcoming new enthusiasts. If you have any queries or cannot make the 15th but would like to come along in the future, then telephone Lesley on Sedbergh 20899 for other dates. Looking forward to seeing you there.

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### FLAG DAY

A recent Flag Day in Sedbergh raised a total of £195.73p for the R.S.P.C.A. Westmorland Branch.

Many thanks to all who donated and helped.

*Christine Glynn*

## YOGA

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My interest in Yoga dates back to my teens and I have been teaching locally for the past 12 years. Over this period, I have been drawn increasingly to the therapeutic and healing aspects of the practice.

I originally qualified with the British Wheel of Yoga and subsequently trained in affiliation with the Royal College of Midwives enabling me to teach specialist Pregnancy Yoga classes. More recently, I have studied with the Yoga Biomedical Trust in London giving me an up to date knowledge of current medical understanding and treatment.

Classical yoga was first described in 200BC, and bears very little resemblance to the current popular image of yoga. It is an easy, gentle technique of physical and mental awareness mastered by a *relaxation of effort*. Learning to consciously release tension brings with it an experience of being in *stillness* which pervades body, mind and consciousness. This benefit makes Yoga unique.

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profound benefits of this simple approach are experienced over time and with regular practice.

In my work, I draw upon both ancient classical spiritual teachings, which describe the cleansing/healing aspects of Yoga, as well as modern Western medical understanding: both approaches agree that a crucial factor in our ability to maintain balance and well-being lies in our capacity to respond creatively to the inevitable stresses and strains of life.

Each human being is unique and responds differently to these accumulated stresses finding outlets through which to rebalance and recharge their batteries (maybe through sport, religious or spiritual practice, music, gardening or other social activities.) On occasion, however, the body is unable to maintain balance, and symptoms of ill health begin to appear. These symptoms may range from mild distress/discomfort, general feelings of physical or mental unease through to more debilitating disease. Across this whole spectrum, Yoga therapy can have a beneficial effect. By gently and effortlessly encouraging the body to regain balance, structural alignment and freedom from accumulated tension, an experience of integration and

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For more information, please phone Laura Clare on (015396) 25572

#### **DERIAN HOUSE**

Fund raising for Derian House, the children's hospice located in Astley Village, near Chorley, has continued with a stall as part of the Sedbergh Market Fayre. On offer were a wide range of books and bric-a-brac, as well as the opportunity to win a teddy bear or doll by providing the correct name, and a dozen chances of winning a prize in the raffle.

Sincerest thanks are due to all the generous and supportive friends who donated so many excellent items both as goods to sell and prizes. Thanks also to all who visited the stall and spent so freely. Time and again change was refused, more was paid than the asking price and donations rattled in to the

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A final thanks must go to Joyce Cox and her helpers who made the whole day possible. The impressive string of stalls dominating Main Street together with the varied attractions ensured that a large crowd of local people and visitors were in evidence throughout the day.

We are delighted to report that a cheque for £360 has been sent to Derian House. Sandra Marson, the Appeals

Administrator writes expressing a "sincere thank you to the folk of Sedbergh for all your continuing generosity and support. This is a tremendous amount to receive and we do assure you it will be put to good effect here at the hospice.

"Derian House is shortly to celebrate its 10th Anniversary, and from relatively jumble beginnings has now developed to become one of the busiest paediatric hospices nationally. At the same time it receives one of the least statutory contributions of any, equivalent to only to days running cost per year. This means we still remain almost totally reliant on voluntary funding and why Sedbergh's contribution is such a tremendous boost to our work."

*G. B.*

**SETTLEBECK HIGH SCHOOL**

*Successful Learner Camp 2003*

To write an account of a particular part of the week that was fun-packed, valuable and memorable, is extremely difficult. On Thursday, I took home an uncountable amount of treasurable memories and amongst many other things, such as tents and clothes, a huge smile. As well as winning points in activities or getting burgers from the BBQ, I feel that I got much more from the camp. I interacted with people I had never interacted with before, I laughed with new friends and I found that I had become much, much more tolerant of others around me.

The team building exercises like building bridges, or throwing together

tarpaulin and pipes and calling them coracles were extremely beneficial to every participant but as well as the set activities I found that the free time, in which we socialised, was equally important, we lounged around under the sun listening to music and talked to people I'd never taken much time to talk to before.

The whole 4 days, I felt, were packed with enjoyment and education, without a doubt I would set up my tent at the bottom of the school field and live the week again. Thanks Russell.

*Jake Dinsdale*

It was funny when Joel was cooking and he set his food on fire. Then he started running around with it on fire. He threw it and started jumping on it and then all

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the food was stuck to the bottom of the pan. The pan was all bent and melted and Brendan spent all day re-shaping the pan.

*Rachel Law*

Year 9 camps are always good fun and this year was no exception. Our group shared many experiences some which were difficult but most of which were great fun.

A particular memorable experience, for me, was the night walk. I went on the long one with Jake, Joel, Charlotte, Kaylee and Patrick.

I hadn't realised that the walk included an 800 foot climb so at first it was just me Jake and Charlotte battling our way up. I was wondering why I hadn't gone on the short walk however around 10.30pm I realised the answer I got to the top of the Howgills. The top of the Howgills was stunning. We walked along having caught up with the others. There was a warm breeze and it was nearly dark and a blazing sunset. Jake and I thought it looked like a sun going down over deserts in Africa. It was a truly wonderful place to be and an experience I will never forget.

*Jen Forrest*

I have had lots of fun and will remember the camp in many years time. The most memorable thing that happened to me was when we got separated into our team groups. I felt that my group was comprised of very mixed personalities. Our team name was 'The Dudey People' and we worked together building the shelter and the coracle. When we started building the shelter our group fell out because we couldn't stick

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to one idea and we weren't working together so we wasted most of our time arguing. Then Russell, the camp leader, came and talked to us and made us realise that we can work together and not fall out. By the time all that happened we only had 15 minutes to build our shelter. Our group got it's act together and made it. In the end we came 2<sup>nd</sup> out of the 4 teams.

*Charlotte Metcalfe*

I have enjoyed the camp thoroughly because I have learned that friendships can be difficult, but they are really important. Camp has allowed us to bond with different people, and get to know their personalities better. We did fun activities, which allowed us to improve our group work skills and listening skills. I definitely think this camp should carry on for other years and I feel it was a great experience and showed reality.

*Emma Rowlinson* 

## YORKSHIRE DALES NATIONAL PARK

*A compost contribution towards local food for local people.*

One of first batches of locally-produced organic compost will to be delivered to 'Growing With Grace Ltd', an organic food production co-operative based in Clapham, North Yorkshire on 5th September. This marks a successful milestone in a scheme that aims to use local green waste in the production of organic food for local people.

The 'Growing with Grace' site consists of over 2-acres of organic nursery and growing sheds, composting site, on-site shop and food packaging area.

Working in partnership with Craven District Council and as part of the North Craven Composting project, the scheme has involved the distribution of over 6,000 'brown bins' for the collection of green household waste throughout the Craven area.

The contents of the brown bins are taken

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to the composting site at Clapham and turned into certified organic compost through a process that takes just 16 weeks. The organic compost is then broken up into the 2-acres of nursery soil in order to increase soil fertility and yields.

The variety of organic vegetables grown at the site are distributed locally through an on-site shop and an innovative delivery service that utilises local Post Offices as distribution points.

Neil Marshall, project co-ordinator at Growing With Grace Ltd, said: "Over the last few years there has been a growing interest in organic produce as people have become increasingly concerned about the quality and freshness of the food they eat. By using the area's green waste to fertilise the soil we use to grow organic produce, we really are fulfilling the cycle of local food for local people in an environmentally friendly and sustainable way.

"We're grateful for the funding and support provided by the Yorkshire Dales National Park Authority and Craven District Council for the scheme, which now means that the residents of the National Park and Craven area are able to make their contribution to the production of local organic fruit and vegetables. And it doesn't end there, they can also enjoy the tasty produce we provide, safe in the knowledge that it has been grown in a way that minimises waste and makes best use of the Earth's resources."

Growing with Grace Ltd is a co-operative (an employee-owned business) based in Clapham, North Yorkshire managing over two acres of organic glasshouses. Growing With Grace Ltd won an Organic Food Award in 2002 for its innovative Post Office distribution scheme and is a certified member of the Soil Association for the production of organic produce.

The project has been part-funded by the Sustainable Development Fund, which is grant-aided by the Department for Environment, Food and Rural Affairs through the Yorkshire Dales National Park Authority.

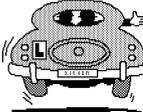
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challenges organisations, individuals, and businesses to come forward with new ideas for achieving a more sustainable way of living in the countryside and is administered by the Yorkshire Dales Millennium Trust.

For further information and an application pack for the Yorkshire Dales Sustainable Development Fund, contact the Yorkshire Dales Millennium Trust on (015242) 51002.

The project has also received support from the European Regional Development Fund and the SEED Fund.

*Growing with Grace have been advertising with Lookaround since April of this year.*

*Eds*

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### OCTOBER REFLECTIONS

On the ninth of this month it will be National Poetry Day. Exciting for somewhere like Sedbergh emerging as a booktown, and wonderful for a book reviewer as well.

My publisher list of newly published poetic works is extensive. As I write now, well ahead of myself for once, things are looking good. Especially as last week I received a lovely new collection of work from the Bangor poet, Charles Lawrie, titled *Pipkins Gallipot*, published by the Living Art & Science Trust. Charles Lawrie has many books of poetry to his name, but to me, the essence of this latest creation, is its very lovely theme. Children.

In true Lookaround style, upon

receiving the book, it opened up at Page 31, 'CUMBRIA'!

Someone more awake than I / Shaped the over-arching sky

Someone laid the hills to roll / Green, in cadent waterfall

Someone made the grass to grow / And fleecy sheep to wander through  
And someone filled with vast surprise /  
This land of hills, of hazeless skies  
As if two eyes, of green and blue / Gazed with unending love, at you.

Beautiful. And, I am sure, those of you who know me well, and my love of Cumbria, will assess just what that verse means to me.

Of great interest too, is the Dedication to the tragic little Damilola Olufem Taylor, who was killed in Peckham aged

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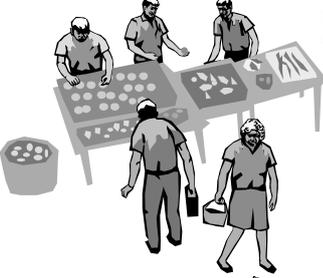
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ten, in November 2000. Lawrie also quotes Ian Cobain, London 'Times'. "For such a small boy, Damilola's death has seemed to signify towering concerns ...". That little lad reached us all.

In contrast, it is fun reading another new collection of poems. *Now We Are Sixty (And A Bit)* by Christopher Matthew, a John Murray Hardback.

A.A. Milne and Christopher Robin, inspired. Wonderfully illustrated (decorated!) by David Eccles. Little man sits up alone in his bed; Pulls at his ear-lob, scratches his head - "Well, well, what do you know . . . ?" Roddy Scott-Johnstone is reading Hello!

More from the publishing house of John Murray will be works of John Betjeman

Having read a lot of Betjeman's works I have become totally hooked, and can recommend also, books about the late Poet Laureate, by Bevis Hillier.

I get through about twenty books a month, of various types and subjects, fiction and non-fiction. In hardback, trade-paperback and the smaller, ordinary, paperback.

Not a lot of poetry, so I find it to be enormously restful and fulfilling reading. For everyone, if they can find time to have an aim, to set a little time aside for reading poetry, such will be beneficial. Thus, I hope that readers will enjoy making a point of selecting some poetry to read in October, as I will.

*(Continued on page 48)*

Also Sir and self both, enjoyed the verses of : 'Is this you - or me?' Page 42. September Lookaround. It just goes to show that such dreadful things happen to us all! I must say, considering all my difficult years, I've landed the best job in the world!

I also read with great interest: 'Book Town News.' But initially, it was a jolt to know that Suzie Thurlby's Stable Antiques has closed. How marvelous though that Suzie is continuing with her Bed & Breakfast business. That the shop premises will soon be : Sleepy Elephant Book and Artefacts, and be the first new stand alone shop for Sedbergh, is marvellous. I see other shops also, are contributing to Book Town. Suzie's Antique Shop was one of the first shops we visited when we first stayed in Lookaround-land, all those years ago. We since became good pals, her's and our Dachshund population brought us together as much as the antiques! It was Suzie who introduced us to the Mr. Preston and Mr. Bramley, of Little-Morrie-Stockdale's Veterinary Surgery, also situated in Back Lane. With or without the Dackies, Suzie's shop was always a favourite. We bought some lovely treasures there, most especially a

tiny swallow brooch, gold and seed pearls, which daughter Emma treated me to, when she stayed with us in Dent. And treasures didn't stop there as Suzie became a member of the support group! With so many friends in the area, how could I but simply adore everything about Sedbergh & District. Suzie Thurlby is the epitome of happiness, trust and support. Fun to be with, full of knowledge, and oh so helpful.

As I turn the pages of my Lookaround, each month there are many words which spell my memories. They are like a secret code of love, which hurls at me the power of joy. I feel connections as strongly as ever. With photographs and books I am refreshed.

Thought is triggered somewhere else, to someone else, not forgotten but put to one side of the mind. And of course, I never will forget the little bit of my heart which is hidden under a stone on the old coal road between Dent and Garsdale.

So, this month I extend my hand of friendship to Suzie Thurlby, and all those other great people who house the bric-a-brac of treasured memories. The little bits and bobs we have bought over the years which serve as yet another connection of those like myself, who cannot return to their paradise. Your service is every bit as important as any other. You feed the needy who require rest, to whom you give that rest, keeping memories alive with loving kindness and pretty gifts. And, to all who are working to the success of Book Town - Good Luck. To Suzie Thurlby, who was Lookaround Distributor too, lots of love and immense gratitude. Happy October poetry reading to all!

*Joan Stockdale*



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### DENTDALE W.I.

The start of the autumn session on a glorious evening in Dentdale and much in mind was the hugely successful Wine and Cheese evening of the previous week in aid of funds for First Responders. Our President, Margaret Fothergill informed us that a cheque for £1112 had been presented by the Football Club and a generous donation of £2000 from a resident in the Dale and that since the project had been launched at our 60<sup>th</sup> birthday celebrations in March in excess of £5000 had been raised. This amazing amount means that with any grants available we would be able to finance two groups of Responders one in Dent and one in Cowgill. Training starts in earnest in October! The next part of the project will be to address supplying 999 cards to every dwelling in the Dale and for this a small working party will be set up to collate information on addresses etc. Here it was felt that if anyone reading this has GPS equipment and would be

willing to help supply accurate grid references we should be pleased to hear from them. Offers to Margaret on Tel. 25257.

Our annual Cake stall at the Gala was well stocked and soon sold out to raise the sum of £156 towards the Memorial Hall.

Another working party was set up under the leadership of Doris Foster to address various Public affairs issues on which the WI is involved. Our first concern is the 5-Year moratorium on GM foods set up in 1999. It was agreed that letters should be sent to the Prime Minister on this important issue.

Mary Silva from Howgill who was our delegate at the National AGM gave a very interesting account of her day in The Albert Hall and brief details from the Speakers present. She said there were 3,500 delegates from all over the Country making the views of the members on current issues known to the Government! Time then for some relaxation as Liz O'Neill our speaker for the evening told us about her experiences with the Morecambe Aqua Show during the 50's and 60's. It was a little cameo of social history from the period when the Seaside show was the event not to be missed by holiday goers. It might have seemed glamorous to be an *Aqua Lovely* dancing and performing to music in the big open air pool but sometimes the early season rehearsals in May meant ice on the water and the Show went on regardless! Catherine Sugden won the competition for a favourite necklace and Betty Hartley won the raffle prize. Next month our speaker will be talking about Flower essences and Reika Healing.

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## KARTING

### *Super 4 British kart championship 2003 Round 6*

The last round was at Shennington, Sam is getting to like this track more and more as he gets to grips with the technically parts of the track and uses his kart brakes to the full, braking harder into the hairpins is very important if you need to get past other drivers on this track.

#### *Saturday practice*

The day was very different to the normal practice as the last round for the 125cc gearbox championship had to be held with the super 1 championship that is the top 100cc fixed gear karts and by the look of it, the very rich dad's and there lads "oh I'm sorry some girls as well", there was only two ten minute

practices so we had to be on the ball, because there was no time to waste but the day was very long Just waiting between the two sessions.

#### *Sunday Raceday*

Three lap practice at 9.45 am in the morning was a chance to check the kart out, ready for the days racing, this went as planed and every thing was ok.

#### *Heat one*

There was 24 drivers on the grid, Sam started on grid 15, I know if you have been reading the reports so far, that you might be thinking I'm exaggerating when I say Sam is racing at his best at the moment, well Sam finished 6th' Scott Neal he started on grid 10 and finished 5th then the other four drivers in front of Scott, started on grids 1 to 4 and held

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there places, the fastest lap went to Nick Smith on a 45.68 seconds per lap and he started on grid 5 and finished just behind Sam in 7th place.

#### *Heat Two*

It was now 12.15 pm and was looking like it was to be a longer day than Saturday, the waiting time seemed to drag. Sam starts this heat on grid 20, "well he should have done", but I made the biggest blunder possible, it was that bad I can't think of word to tell you about it, I'm to embarrass, so please don't ask, the blunder was not noticed till Sam started to drive on to the track, right in front of everybody, the problem had started after the first heat because Sam had bumped into somebody on his way to 6th place, I should have checked my repair to his kart especially with all the time I had, but I fail to check, Sam started the race one lap down but finished 22nd as there was two non finishers, fastest lap went to Frank Wrathall with a lap of 45.81 seconds, he is the driver that Tom my other son spanners for.

#### *Heat Three*

Sam starts near the front this time on grid 3, he finishing 2nd behind Carl Millington who had started on grid 2, fastest lap this time went to Sam with a time of 45.74 seconds per lap.

#### *"A" Final*

Sam had to started well back on grid 15 because of the blunder that I made, and this turned out to be a big challenge as he got blocked at the start dropping back to 19th place he worked very hard to get back up the field, he crashed into Lee Stamp as he tried to get into 10th that meant he dropped back to 11th again, he worked his way up to 8th place before he

crashed into Owen Jenkins and dropped back to 10th at the flag. If you want to watch this final you can because Sam had a camera on his kart and we have the full race on tape at home you'll see that it was not Sam that was at fault. Sam set the fastest lap of 45.58 seconds the fastest lap of the day as well.

We are still waiting for conformation of the points in the championship, as this report is sent in to the Lookaround, but I can tell you Sam has finished 3rd in the championship.

1st Carl Millington

2nd Nick Smith

3rd Sam Moore

4th Frank Wrathall

Well done Sam, with some tremendous driving to finish third in the super 4, and let's not give up yet as we still stand a chance of winning the ICC Championship. Also, Tom, well done to you for helping frank get to fourth place, Report sent in by a very proud Dad. 🇩🇪



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### SEDBERGH MARKET FAYRE

Bang, rattle, clang, echoed around Main Street early in the morning of Bank Holiday Saturday at the end of August. The race was on to get the mass of metal strips and bars in place and made up as stalls before the traders arrived to set up their wares.

As the green and white covers went over the stalls the first cars arrived, bursting with goods in boxes and bags of all shapes and sizes. Traders, obviously adept at setting up and displaying their products got to work and the atmosphere was charged with energy and anticipation of what the day would bring.

For the organizers, good weather and lots of people was their unspoken prayer.

Following months of preparation the day had arrived and the wish that a good day was going to be had by all was uppermost in their minds. Business was brisk on the stalls even before the church bells rang to mark the official 10 am start. From the feedback received the charities that had used the Market Fay re to promote their causes were pleased with the results of their efforts. The Pearly King and Queen played the barrel organ and smiled happily all day. At one point people were dancing in the street to their music, to the great delight of onlookers.

Congratulations to Liz and Dave Hilton of "Our Gallery" who won the Best Dressed Window competition, and the gentleman from the Pothies stall who

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won the Fancy Dress competition. Thank you to everyone who entered, joining in the fun of the fayre.

Visitors correctly guessed the name of the dog; he was called 'Floppy', and now lives in Cheltenham. Coincidentally, the winners surname was the same surname as the winner of last years balloon ride. Four o'clock soon came round and time to pack up, that seemed to be the easy part. Main Street now devoid of stalls and traders, was so clean and tidy, who would have believed the crowds that had thronged throughout the day? Thank you people of Sedbergh and visitors alike for caring and keeping our town clean.

We are an enthusiastic group but without our sponsors and the donations of raffle prizes the Fay re would not have been possible.

Thank you to:

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Galliotts  
Ivan Brown  
Les Maddock Insurance  
MacConnell Newsagent  
Reflections  
Sedbergh Outdoor Leisure  
Stable Antiques  
Spar  
Three Peaks

Also thank you to The Sedbergh and Kirkby Lonsdale Neighbourhood District Forum whose grant of £500 paid the cost of the road closure with some to spare towards costs incurred hiring entertainers.

Alan Steadman who cheerfully gave his time to collect and return the stalls from Orton, all the helpers on the day and the firemen who put the flags up and took them down again, thank you each and every one of you.

September s meeting of the Chamber of Trade was unanimously agreed that the Fayre had been a success for the town and the date of next year s Fayre will be Saturday August 28th 2004.

For the committee, planning starts now, maybe you could begin to think about the costume you will wear on the day, a stall you may like to run, or entertainment you could perform. Ideas will be warmly welcomed and received by Joyce Cox on 21820. SS

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### **SEDBERGH TOWN BAND**

*Market Fayre* - A stall organised by Carl and Jean Storer, manned by them with assistance from other members of the band, succeeded in raising the magnificent sum of £170. A cheque for this sum has been sent to St. John's Hospice, Lancaster, in grateful and fond memory of two former member of the band, Bill Graveson and Amy Ferguson.

*Christmas Concert* - The Annual Christmas Concert will take place on Tuesday 9th December in the People's Hall at 7.30 pm. This year considerable emphasis will be placed on ensuring that it is a family occasion that will have everything of a seasonal nature to appeal to all ages.

*Future Plans* - Since its formation the Sedbergh Town Band has been privileged to enjoy the excellent facilities of the Sedbergh School Band Centre for its regular Monday Beginners' Classes and Tuesday full band rehearsals.

However, from the early days the ambition has been to have our own premises and much planning and discussion has been directed towards this end.

Although achievement of such independence remains a distant dream progress has been made. The Sedbergh Social Club has generously agreed in principle for a large upper room in its former White Hart Hotel premises to be made available for conversion. Architects

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and solicitors, amongst others, have been consulted and provisional plans have been drawn up. Needless to say such a project requires a considerable financial input and organisations (such as the National Lottery Fund) are in the process of being contacted. Progress with this venture will be reported to our most valued supporters through the pages of the *Lookaround*.

*Radio Fresh* - This is a radio station serving the Skipton and Richmond area. A member of the band was recently interviewed by the producer of the station about the Town Band after he had read an article in the September issue of *Lookaround*. We extend our sincere thanks to Dennis and Jacky Whicker for so tirelessly producing this splendid

publication that enables us to communicate with our local supporters and also, apparently, a much wider potential audience.

*The Sedbergh Calendar 2004* - Our congratulations go to Sandra Gold-Wood for her initiative and expertise in producing this excellent calendar that will undoubtedly and deservedly solve many a Christmas present dilemma. We are particularly delighted with the inclusion of two photographs of the Town Band - one of the nineteenth century and one of the present day.

*Beginners Class* - Although classes have just started it is not too late to join. Complete novices and those who wish to resume playing will be most warmly welcomed.

G. B.

## *Sedbergh Office Services*

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## SETTLEBECK HIGH SCHOOL

### *Year 8 trips*

In the last week of term we went on two school trips one to Manchester and the other to Bradford.

When we got to Manchester our first stop was at a place called Starchaser which helped to develop the study of rockets and how Britain was involved in the race to travel to space as tourists. After a quick lunch we then travelled to the Museum of Science and Industry where we enjoyed an hour trying out different science experiments. Then it was time for a long journey home.

The next day was the trip to Bradford. When we arrived we went to a Hindu temple where we learnt about their religion and were lucky enough to look upon a religious service taking place, a service of song and peaceful praying. Next after lunch we went to a store which sold many different types of things we would never dream of seeing from hats to diamond shoes. After we went to a Sikh temple where we developed a better understanding of their religion, and after a cold drink we travelled home.

*Emma Mason*

During the alternative curriculum week this year we visited Manchester to see Britain's race for space. The company called Starchaser Industries were located on the outskirts of Manchester in a huge warehouse. Inside the warehouse they had many different prototypes and other machines. They showed us a power point presentation which was interesting and let us in a simulator. After that we went to the Museum of Science and Industry which was really good as it was very

interactive and the aerospace hall was good as well. The best bit was the Science and Industry Museum, but singing on the bus was also fun.

*Nathan Critchlow* 

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## HISTORY SOCIETY

*Mr and Mrs Morrell*

The Sedbergh and District History Society had a pleasant surprise recently when they were informed that they were the recipients of a bequest from the estate of Mr and Mrs Morrell of Sedbergh. It was felt that the money should be used to benefit future historical research and should also be available for the local community therefore it has been decided to use the money to purchase the First Edition Ordnance Survey maps for Sedbergh, Garsdale and Dent. These maps will be kept in the History Room in the Community Office and will be on hand for anyone interested to look at them. They will give an interesting picture of the local landscape in the mid-1880's. We should like to thank the niece of Mr and Mrs Morrell, Mrs Allott, for the generosity of her family.

*Joyce Scobie*

### THE PULSE PROJECT

*Sedbergh Health & Fitness Centre*  
Hello All Bodies

Yes we have been quiet for some time but it does not mean to say we are not working. The Pulse Project has sponsored the Sedbergh Calendar which we feel is a great success. Many Thanks to all who have supported the Calendar by putting in an Add. Thanks also to those who worked on it with me and to those who have put themselves up to a bit of teasing by appearing in it. No, it is not a W I style calendar, but who knows what we will do next year.. Anyone who has an interest in photography and perhaps has some pictures of Sedbergh and it's people... we would love to hear from you. We would especially like to hear from those of you who have been Brides or Brides maids in the last few years. It would be just great if you would be willing to dress up again for a Calendar picture... Copies of this year's calendar can be purchased around Town or from me at 'Number Ten' Main Street. Copies are already winging their way around the World so lets hope it brings our lovely Town a few more visitors next year.

*Sandra Gold-Wood*



### **MK CONVERSIONS**

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Sedbergh LA10 5ES  
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Fax: 015396 22039

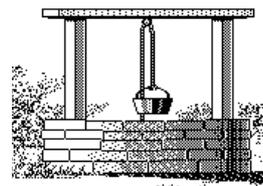
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### SETTLEBECK WELL

In a recent edition of Lookaround, I reported that we had uncovered a Victorian well in pristine condition whilst digging the foundations for our new Learning Resources Centre (LRC) at Settlebeck High School. You'll be pleased to hear that the LRC has now been completed and that the well is still there!

We have since learned that this is one of a series of wells connected to the Settlebeck stream and at least one other exists in local back gardens.

Unfortunately so far we have had very little response to our request for expressions of interest to help us preserve this little piece of local history. The really good news is that DCCL, a consultancy business run by David Collier and Hilary Dixon, (our Chair of Governors) has agreed to underwrite repairs



to the well to make it safe and preserve it as a feature. Hilary and David are keen to receive promises of financial support – anything from £1 upwards would be welcome – although as yet we do not know the full cost of the renovation and just how the finished well will look.

This is by no means a private venture. We operate a true community school at Settlebeck, preserving and enhancing the site on behalf of all in Sedbergh. Anyone who wishes to play an active role in supporting the well project should please contact the school on 015396 20383 or Hilary and David on 015396 20280.

*John Fisher*

### **DENT GRAMMAR SCHOOL**

#### *Bursary awards 2003*

At their meeting on 8th September, the governors of Dent Grammar School Educational Foundation carefully considered the 16 applications made by local young people for grants towards essential educational expenses. As the funds available for this purpose are strictly limited, it was not possible to grant the claims in full and the final decision was to make 10 awards of £200 to students in the 16 - 25 age group, plus one award of £80 and one of £40 in the 11 - 15 age group."

*Ann Sibley*

*Clerk to the Governors of DGSEF*

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### **SEDBERGH FESTIVAL 2004**

As part of the Festival there is to be a Student Composition Prize open to young people under 19 and who live in this area.

The conditions are to write a piece for Violin, Clarinet, Cello and Piano, lasting 3-5 minutes. The winning piece will be performed at a concert on June 22nd. by the Mary Anderson Ensemble.  
£50 First Prize - £25 Second Prize.

If you would like to enter please see your music teacher or write direct to Mary Anderson, 1 Ballbrook Avenue, Manchester, M20 BAB

Mary Anderson was born and brought up in Sedbergh and has retained a deep affection for the community here. Her father Kenneth had a distinguished career in the world of Edinburgh music. He was leader of the Reid Orchestra under Donald Tovey, who was Professor of Music at Edinburgh University. Kenneth had his own string quartet and also played at Glyndebourne.

Mary started learning the violin when she was seven, taught by her father, who was then a music master at Sedbergh School. She obtained her LRAM while she was training to be a doctor. Later she left medical work and for five years played as a full-time professional in the Hallé Orchestra. She has returned to medicine, but plays regularly in a quartet with a particular interest in 20th. century music. The Quartet visited Sedbergh last November to play Messiaen's 'Quartet for the End of Time!'

---

### **POLICE REPORT**

First and foremost, I would like to thank some of the children of Sedbergh for their alertness, observations and honesty which has been displayed recently. Two items of property have recently been found and handed to me. One was of a credit card which was returned to its owner, the other was a bag containing items which were subject of an enquiry and needed further investigations. It is nice to hear and see youngsters doing good for the community.

There are only two crimes to report this month.

The first occurred sometime this year up to 22nd August when 1,000 (yes, one thousand) one year old, six inch high pine trees were taken from Cautley.

The second is a theft from Firbank Church which has suffered the loss of a darkwood occasional table between 7th & 11th September.

If anyone has any information about either of these, please let us know.

As usual, keep vigilant and report anything you are not happy about.

*DJW*

### **DENTDALE ANNUAL FESTIVAL COMMITTEE**

The weather was again kind to us over the August Bank Holiday, helping to make an enjoyable weekend for everyone. Visitors were able to watch or take part in rounders or cricket matches, find some of the hidden secrets of Dent during the Treasure Hunt, and then reward themselves at the Hog Roast back on Dent Playing Field, as well as visiting the various events in the Marquee, such as the live band, disco, kidz Play Zone and Craft Fair.

The weekend entertainment culminated on the Monday in the Gala, with a Fancy Dress Parade of local children, led by local musician Carolyn Francis, and judged by Councillor Joe Nicholson, and many other attractions on the Playing Field, including a Tug o' War, the Army paintball team, races for all ages, bouncy castles, and ending with the traditional egg-throwing competition. St. John Ambulance members had their most unusual casualty when first aid had to be administered to the inflatable sheep used in the Blind Dog Running game!

The Festival Committee would like to thank everyone who helped to make the weekend a success, especially all the local businesses who contributed towards the programme, Margaret and Jim Taylor who 'fuelled' the generator, Steve Longlands for keeping us 'alight' and Andy Lee of F.T.S. Ltd., for supplying the fire safety equipment.

Here's to next year!

---

### **DIALECT DIGEST**

You may have come across what was a rather strange way of counting sheep. It's

a cumbersome system, so I doubt it survives, but once there were many variations to be found throughout the county.

For instance, the numbers from one to five varied for each of the dales. In Upper Nidderdale, it was yain, tain, eddero, peddero, pitts. In Swaledale, yahn, tayhn, tether, methor, mimph. Wensleydale went for yan, tean, tither, mither, pip, and Craven and the North West moorlands used arn, tarn, tethera, fethera, pubs.

I'm told that this way of counting can be traced back to Old Saxon and Old Norse, but there are also versions to be found in Erse, Gaelic and Welsh.

If all this seems a bit archaic to you, you may be surprised to learn that there is one version which you may well have used yourselves when you were young - that is, those of you who ever recited a rhyme which started something like - eeny, meeny, miny, mo.

On the Yorkshire Wolds, children would chant, Eeny, meeny, miny mo, Ah axe thoo wheer mun this man go? Sum gans east an' sum gans west, an' sum gang ower high crake nest. O-U-T spells 'out'.

I wonder if such chants are still heard in school playgrounds today?

*Michael Park*

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### **PEOPLE'S HALL**

The People's Hall continues to provide a valuable service to the community, but ... they are losing items of cutlery and crockery. It is believed that they are being mixed up with equipment owned by hirers of the Hall. Could people who have hired the Hall this year please check their cupboards and drawers and please return any found. Thank-you.

### THOUGHT FOR THE MONTH

October, what comes into your mind. Conkers? Harvest Festival? Half term holidays? Bonfire Toffee? Halloween? Trees changing? Darker nights? Toasted Teacakes by the fire? Certain programmes on the TV? We all have special things we remember connected to certain people or times of the year,

perhaps something we do now will be looked back on with affection in years to come. Perhaps even by someone who our lives have crossed with very slightly. We don't realize the impression we leave. In that case, we need to be careful, don't we? So we leave the best impression possible. *L.D.*

### NO SMOKING ZONES

| ACCOMMODATION                                                   | Phone (015396) |
|-----------------------------------------------------------------|----------------|
| Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms) | 25043          |
| Slack Cottage, Dent, Sedbergh (B&B)                             | 25439          |
| 8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.)         | 21000          |
| Moss Barn Holiday Caravan, Garsdale Road, Sedbergh (Self C.)    | 21038          |
| Oakdene Country House, Garsdale Rd, Sedbergh (All Bedrooms)     | 20280          |
| Scow Cottage, Cowgill, Dent, Sedbergh (B&B)                     | 25445          |
| River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B)             | 25592          |
| The Lodge, Loftus Manor, Sedbergh (B&B)                         | 21855          |
| Garsdale Foot Farm, Garsdale, Sedbergh (B&B)                    | 21329          |
| Swan Inn, Middleton, Nr Kirkby Lonsdale                         | 015242 - 76223 |
| Wilkinstile, Dowbiggin, Sedbergh (Self C.)                      | 20436          |
| Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms)          | 21820          |
| Sun Lea, Joss Lane, Sedbergh (B&B)                              | 20828          |
| The White House, Flintergill, Dent, Sedbergh (B&B)              | 25041          |
| Cross Keys Hotel, Cautley, Sedbergh                             | 20284          |
| High Brigflatts, Sedbergh (Self C.)                             | 20570          |
| Syke Fold, Dent, Sedbergh (B&B)                                 | 25486          |
| Lea Yeat Cottage, Wray Rigg, Cowgill, Dent, Sedbergh (Self C.)  | 25091          |
| Holmecroft, Station Road, Sedbergh (B&B)                        | 20754          |
| The Bungalow, Cautley, Sedbergh (B&B)                           | 21649          |
| Middleton Head, Middleton (B&B)                                 | 20258          |
| Randall Hill Cottage, Station Road, Sedbergh (Self C.)          | 21346          |
| 10 Main Street, Sedbergh (B&B, All Bedrooms)                    | 21808          |
| Stone Close, Main Street, Dent, Sedbergh (B&B)                  | 25231          |
| St Marks, Cautley, Sedbergh (B&B, All Bedrooms)                 | 20287          |
| <b>EATING PLACES</b>                                            |                |
| The Head Restaurant, Middleton                                  | 20258          |
| Bull Hotel Restaurant, Main Street, Sedbergh                    | 20264          |
| White Rose Fish & Chip Cafe, Main Street, Sedbergh              | 20468          |
| Le Rouge Restaurant, Finkle Street, Sedbergh                    | 20433          |
| Fran's Bakery Tea Room, Main Street, Sedbergh                   | 21058          |
| Dent Crafts, Helmside, Dent                                     | 25400          |
| Swan Inn Restaurant, Middleton, Nr Kirkby Lonsdale              | 015242 - 76223 |
| Meadowside Tearoom, The Laning, Dent                            | 25329          |
| Cross Keys Hotel, Cautley, Sedbergh                             | 20284          |
| Dalesman Restaurant, Main Street, Sedbergh                      | 20             |
| Stone Close Tea Rooms, Main Street, Dent                        | 25231          |

*Entries in 'No Smoking Zones' are free for any premises in the Sedbergh, Dent & Garsdale areas (not including retail shops.)*

## Religious Services in Sedbergh

**CHURCH OF ENGLAND**

St. Andrew's Parish Church  
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**ROMAN CATHOLIC**

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

**METHODIST CHURCH**

New Street  
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 Cautley; Fell End;  
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## DIARY OF EVENTS

*All Diary entries are FREE. Dates are held up to 4th July 2004*

|                                             |                  |  |                                           |          |
|---------------------------------------------|------------------|--|-------------------------------------------|----------|
| <b>OCTOBER</b>                              |                  |  | 15 1930 Howgill Church Dance              | HVH      |
| 1 1000 Barnardo's Coffee Morning            | URCR             |  | 17 1900 Neighbourhood Forum               | BVH      |
| 1 1030 Autumn Exhibition Begins (7)         | FM               |  | 19 1930 HS The Lanercost Cartulary        | SHS      |
| 1 1330 Butterflies                          | StAS             |  | 21 1545 Chameleons Drama Club             | StAS     |
| 1 1930 HS The Yellow Earl (15)              | SHS              |  | 21 1930 Domino Drive                      | KVH      |
| 2 1900 WIH AGM                              | FCH              |  | 22 0930 Derian House Table Top Sale       | PH       |
| 4 1000 Pepperpot Coffee Morning             | <b>Cancelled</b> |  | 28 1545 Chameleons Drama Club             | StAS     |
| 4 1400 MH Jumble Sale                       | MH               |  | 28 1930 WIH Domino Drive                  | HVH      |
| 4 SS Low Bentham Open Day (27)              | SS               |  | 28 1930 HS Winter Get-Together            | GC       |
| 5 1330 Car Treasure Hunt                    | KVH              |  | 30 St Andrew's Day                        |          |
| 8 1000 DMC Coffee Morning                   | URCR             |  | <b>DECEMBER</b>                           |          |
| 8 1330 Butterflies                          | StAS             |  | 3 1800 Late Night Opening                 | Sedbergh |
| 8 1915 WID Flower Essences & Reika          | DMH              |  | 3 1930 HS Prisoner of Napoleon            | SHS      |
| 8 1930 WIF Give it serious thought          | PH               |  | 5 1545 Chameleons Drama Club              | StAS     |
| 8 1945 Open Forum                           | 4HV              |  | 6 0930 KC Table Top Sale                  | PH       |
| 10 1545 Chameleons Drama Club (10)          | StAS             |  | 6 1930 MH Christmas Dinner                | MH       |
| 11 1000 Pepperpot Coffee Morning            | URCR             |  | 9 1400 WIK Christmas Party                | PH       |
| 13 1930 Gala Group AGM (13)                 | PH               |  | 9 1930 FCH Domino Drive & Mince Pies      | FCH      |
| 14 1400 WIK Taste 'n' Try                   | PH               |  | 9 1930 Town Band Family Christmas Concert | PH       |
| 14 1930 FCH Bingo & Potato Pie Supper       | FCH              |  | 10 1930 WIF Christmas Party               | TBA      |
| 15 1000 Christian Aid Coffee Morning        | URCR             |  | 12 SS End of Term                         |          |
| 15 1330 Butterflies                         | StAS             |  | 12 1545 Chameleons Drama Club             | StAS     |
| 15 1930 HS Heraldry in Westmorland (15)     | SHS              |  | 12 1930 Christmas Domino Drive            | KVH      |
| 15 1930 Rag Rugging                         | HVH              |  | 13 2000 PH Olde Time Dance                | PH       |
| 17 SS Start of Half Term                    |                  |  | WIH Christmas Party                       | TBA      |
| 17 1545 Chameleons Drama Club               | StAS             |  | 25 Christmas Day                          |          |
| 22 1000 CWT Coffee Morning & Book Sale (22) | URCR             |  | 26 Boxing Day                             |          |
| 22 1330 Butterflies                         | StAS             |  | <b>JANUARY 2004</b>                       |          |
| 24 1545 Chameleons Drama Club               | StAS             |  | 7 1930 HS The Brontës & The Dales         | SHS      |
| 24 1930 LNFU French Cookery Demo. (24)      | PH               |  | 13 1930 FCH Domino Drive                  | FCH      |
| 24 1930 Slides of Old Sedbergh (24)         | StMC             |  | 21 1930 HS Broken Links                   | SHS      |
| 25 Charter Fair                             | KS               |  | <b>FEBRUARY</b>                           |          |
| 26 Clocks go Back                           |                  |  | 4 1930 HS Member Evening                  | SHS      |
| 26 Charter Fair                             | KS               |  | 17 1930 FCH Domino Drive                  | FCH      |
| 28 SS End of Half Term                      |                  |  | 18 1930 HS Border Regiment & Kings Own    | SHS      |
| 29 1000 KC Coffee Morning                   | URCR             |  | <b>MARCH</b>                              |          |
| 31 2200 Back to School Disco (31)           | DMH              |  | 2 1930 FCH AGM                            | FCH      |
| <b>NOVEMBER</b>                             |                  |  | 3 1930 HS Housing Change                  | SHS      |
| 5 1000 Masonic Hall Coffee Morning          | URCR             |  | 9 1930 FCH Domino Drive                   | FCH      |
| 5 1030 Autumn Exhibition Ends (7)           | FM               |  | 12 1930 MH Booths Cheese & Wine Evening   | MH       |
| 5 1830FC Bonfire Night & Skittles           | FCH              |  | 17 1930 HS History of Warton Parish       | SHS      |
| 5 1930 HS York Archaeological               | SHS              |  | 27 1930 HS AGM + Jacob's Join             | SHS      |
| 6 1930 WIH Old Hutton Owl Project           | HVH              |  | <b>JUNE</b>                               |          |
| 7 1545 Chameleons Drama Club                | StAS             |  | 12 Sedbergh Festival Starts               |          |
| 11 1400 WIK AGM & Social Time               | PH               |  | 27 Sedbergh Festival Ends                 |          |
| 11 1930 FC Domino Drive                     | FCH              |  | <b>JULY</b>                               |          |
| 12 1915 WID AGM & Understanding Europe      | DMH              |  | 4 BBQ & Duck Race                         | KVH      |
| 12 1930 WIF AGM & Social Evening            | PH               |  | <b>AUGUST</b>                             |          |
| 14 1545 Chameleons Drama Club               | StAS             |  | 28 Day Market Fayre                       | Sedbergh |

*The S & D Lookaround is edited and published monthly by Dennis & Jacky Whicker.*

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

| <b>DIARY KEY</b> |                                 |    |
|------------------|---------------------------------|----|
| BF               | = Brigflatts                    |    |
| BS               | = Baliol School                 |    |
| BVH              | = Barbon Village Hall           | 10 |
| CDC              | = Community Development Centre  |    |
| CO               | = Community Office, Main Street |    |
| CWT              | = Cumbria Wildlife Trust        |    |
| DCP              | = Dent Car Park                 |    |
| DMH              | = Dent Memorial Hall            |    |
| DMC              | = Dent Methodist Church         |    |
| EG               | = Embroiderers' Guild           |    |
| FCH              | = Firbank Church Hall           |    |
| FM               | = Farfield Mill                 |    |
| GC               | = Golf Club                     | 11 |
| GVH              | = Garsdale Village Hall         |    |
| HS               | = History Society               |    |
| 4HV              | = 4 Highfield Villas            | 10 |
| HVH              | = Howgill Village Hall          |    |
| JLCP             | = Joss Lane Car Park            |    |
| KC               | = Killington Church             |    |
| KL               | = Kirkby Lonsdale               |    |
| KVH              | = Killington Village Hall       |    |
| KS               | = Kirkby Stephen                |    |
| LHCP             | = Loftus Hill Car Park          |    |
| MH               | = Masonic Hall                  |    |
| PH               | = People's Hall                 |    |
| SCC              | = Sedbergh Cricket Club         |    |
| SHS              | = Settlebeck High School        |    |
| SMC              | = Sedbergh Methodist Church     |    |
| StAS             | = St Andrew's Church, Sedbergh  |    |
| StJAR            | = St John Ambulance Rooms       |    |
| StMC             | = St Mark's Church, Cautley     | 10 |
| SC               | = Swimming Club                 |    |
| SMC              | = Sedbergh Methodist Church     |    |
| SR               | = Spooner Room                  |    |
| SSPH             | = Sedbergh School Powell Hall   |    |
| URCR             | = United Reformed Church Rooms  |    |
| WHC              | = White Hart Club               |    |
| WID              | = Women's Institute, Dentdale   |    |
| WIF              | = Women's Institute, Frostrow   |    |
| WIH              | = Women's Institute, Howgill    |    |
| WIK              | = Women's Institute, Killington |    |
| WVH              | = Westhouse Village Hall        |    |
| YDNP             | = YDNP Centre, Main Street      |    |



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## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill © 21079

#### Dr J. Syred © 20239

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

#### Dent Surgery

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

#### Dr P.A. & W.G. Orr © 20218

##### Dr Ann Orr

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

##### Dr Graham Orr

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

#### Dent Surgery

(Methodist Chapel)

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

#### District Nurse

© 21690

#### Health Visitor

© 20979

#### A Collinge Optometrist

|              |             |               |
|--------------|-------------|---------------|
| Every Friday | 0900 - 1300 | 1400 - 1730 * |
|--------------|-------------|---------------|

#### DENTAL SURGERY

Finkle Street © 20626

Mr I. R. Dawson, Ms G Turner & Mr M Brickles

|                    |             |
|--------------------|-------------|
| Monday to Thursday | 0900 - 1700 |
| Friday             | 0830 - 1500 |

#### VETERINARY SURGERY

22 Long Lane © 20335

Mr N. Preston & Mr J. Bramley

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

\* By Appointment Only

### 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 Lunch 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

### PENSION SERVICE SURGERY

Community Office

© 01539 795000

0845 6060265

Alt. Mondays 1000 - 1200

### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage

Tel: 21031

e-mail: admin@sedberghcdc.org.uk

### POLICE

Long Lane, Sedbergh

© Kendal 01539 722611

### PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY WEDNESDAY  
HALF-DAY CLOSING THURSDAY