

Sedbergh & District LOOKAROUND

November 2003

Issue 206

Donation 50p

This month, we are deeply saddened by the loss of a dear friend with the passing of Jackie Stringer. Jackie was the 'Lookaround Office' for many years at The Epicure Restaurant.

Last month, we received a report on disk but with no print-out. We were unable to read the

disk so were unable to produce the report. Can the author please contact our Office.

Please remember that there is no January issue, so submit Adverts for December and January by 15th and articles by 19th

November. Thank-you.

Dennis & Jacky

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SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 19th November

Lanercost Cartulary

Lost & Found. The Cartulary and what it tells us

Dr John Todd

Friday 28th November

Winter Get-Together

7:00 pm at Sedbergh Golf Club
Buffet Meal £10.50 per head

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

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

Chairman: Joyce Scobie 21106

Secretary: Diane Elphick 20605

Treasurer & Member Sec: Richard Cann 20771

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

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

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

CHILDREN'S BIRTHDAYS

November 2003

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

The recipient this month is:-
Samuel Woodhouse who is

10 years old on 8th November.

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.

<i>Day</i>	<i>Name</i>	<i>Age</i>
4	Jade COWIN	7
8	Samuel WOODHOUSE	10
9	Llana FEARN	9
11	Ben Sedgwick	6
12	Heather BOYLES	10
14	Jake HODGSON	11
17	Katie WOOF	4
18	Robbie KENDAL	2
18	Beth MASON	7
19	Sam FEARNHEAD	6
22	Ben FERGUSON	4
22	Glen MIDDLETON	11
24	Melissa SPROUL	2
24	Jake COWPERTHWAITTE	6
25	Tom COOLING	9
27	Adam SCARR	9
30	Natalie MILBURN	9



BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood	10 Main Street, Sedbergh (11/03)	21808
	<i>1D; 1T; 1S; CH; TVL; NSB; P; CB; VB; GF</i>	
	e-mail: sangold.kwood@virgin.net	
Mrs S Sharrocks	Holmecroft; Station Road, Sedbergh (12/03)	20754
	e-mail:- susan@holmecroftbandb.co.uk	
	<i>2D; 1T; CH; TVL; NS; NP*; P; DR</i>	
Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/04)	21455
	<i>1T; ES; NS; NP; P; DR</i>	
Miss S Thurlby	15 Back Lane, Sedbergh (12/03)	20251
	e-mail:- antique.thurlby@amservice.net	
	<i>1D; 1T; CH; L; NP*; P; DR; VB</i>	

CAMPING, CARAVANNING & SELF-CATERING

Holiday Cottages in Sedbergh & Dent sleeping 4 - 6 (08/04)	07970 514452
	e-mail: holiday@dalesdusters.co.uk
Wardses Studio, Frostrow Lane, Sedbergh LA10 5JU (11/03)	21138
	<i>1D; CH; TV; NS; P; NP*</i>
	e-mail:- msg@fish.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
Single Column x 2"	=	£10.00
Single Column x 3"	=	£12.50
Single Column x 4"	=	£15.00
Double Column x 2"	=	£15.00
Double Column x 3"	=	£20.00
Double Column x 4"	=	£25.00
B & B and Camp-sites	=	£2.00
Personal & Small Ads	=	£1.00
Postal per month	=	£0.90
Postal Overseas	=	£1.70

All enquiries to
 13 Kings Yard, Sedbergh LA10 5BJ
 Adverts by 15th of every month.
No adverts
by e-mail or FAX please
Can all adverts please be
accompanied with the correct money
at the time of submission.
 Articles etc. by 19th of every month

PERSONAL & SMALL ADS £1

AITTIS

Congratulations to Sarah, nee Stoker, & Nigel Aittis on your Wedding on 5th September. Love & Good wishes for your future happiness. Nan & Grandad Stoker.

BATEMAN

Many thanks to relatives, neighbours & friends for the gifts, flowers & many lovely cards received on the occasion of my **80th Birthday**. All very much appreciated. Mary.

HAYGARTH

A big thank-you to everyone who kept us informed of the where-abouts of our missing dog, Glen34, now thankfully caught & back home. Brian, Marjorie & David.

HUNTER

I would like to thank all my family & friends for the lovely gifts, cards & flowers received on my **50th Birthday**. I hope you all enjoyed the night as much as I did. Also, thank-you Ruth & Steve for a lovely Buffet & thank-you to Danny for the Disco. Love Ann XX

JOHN & KALYNKA

want to thank everyone in Sedbergh who helped to make their Wedding Day such a special occasion. They offer particular thanks to all who kindly rallied round with time, puddings, accommodation, plates, transport, cutlery, over space and other practical help. Thank-you.

HEWITT

The family of John, who was killed in a motorcycle accident on the 1st October near Hawes, would like to thank everyone for their cards, letters, flowers, expressions of sympathy and offers of help in the future. It was very comforting and it made us feel very proud, to see so many people at the crematorium and in the Bull Hotel afterwards. Thank you all for coming (or for letting us know that you couldn't attend). Thank you also for the donations in John's memory to The Air Ambulance Service that have reached £822.16 to date. (Including €80.00 from the Bull Hotel Quiz night). Thank you to Melvin, the Funeral Directors and Eddie for a beautiful, seamless ceremony and thank you to the Bull Hotel and Powell's Florist for excellent service. John was dearly loved by all his family and will stay in our hearts forever. Jane, Graham & Family

MOXON

Happy **80th Birthday** Dad. Love & Best wishes. Kath & Tony

MOXON

Love from Paula, Neil & Sarah on your **80th Birthday**.

MOXON

Happy **80th Birthday** Dad Alan on November 4th. Thank-you for everything. Love always. Claire and Ken. XX. Love you lots Gramps from Becky. XX

PERSONAL & SMALL ADS £1

MOXON

Happy **80th Birthday** Grandpa (Gramps) with lots of love from Laura & Andy. XX. Happy **80th Birthday** Great Gramps. Lots of kisses from Poppy Jay. XX

PARKIN

Happy **21st Birthday** Simon on 28th November 2003. Best wishes for the future. Love Mum & Dad & Matt. X

PARKIN

Simon, Happy **21st Birthday** on 28th November 2003. Health & happiness. Love from Grandma.

SPROUL

Gordon & Nicola Sproul are delighted to announce the safe arrival of Fraser Gordon on 23rd September. A brother for Eilidh, Robbie & Melissa. We would like to thank everyone for the cards, presents & kind wishes. Also sincere thanks to Dr Syred & all at Sedbergh Health Centre.



STRINGER

Matthew and Family would like to thank all friends and neighbours for all the support, cards, flowers and messages of condolence at the sad loss of Mum, Jackie. Special thanks to Rev Bill Long, Canon Alan Fell and Brian Goad for all their help at a difficult time.

TAYLOR

Robert & Judith would like to thank all their relatives & friends for the many lovely cards & flowers received on the occasion of their **Golden Wedding Anniversary** on 1st October 2003.

TODD

George & Margaret would like to thank family, friends and neighbours for cards, flowers and presents which we received on the occasion of our **Golden Wedding Anniversary**.

FOR SALE

Robust trailer for sale: 6' x4', Overall length 9'3". Strong frame and suspension; wood with tailgate, ladder rack and lights. Spare wheel with new tyre. Excellent condition. £250 o.n.o. Tel: 015396 20670

FOR SALE

Storage Heaters. 3 x 2.5kw; 1 x 3.4kw. £130. Phone 015396 20621.

FOR SALE

2 Seater Sofa & 1 Chair in Green. Nearly New. vgc. Phone 015396 20493.

FOR SALE

Child's car seat (for 9 months to 4 years). Never used. £25. Phone 015396 21760 evenings.

FOR SALE

Happy Street Play Set suitable for ages 1½ - 5 as seen in ELC. Over 70 pieces, as new. £30. Phone 015396 25004.

PERSONAL & SMALL ADS £1

FOR SALE

1 Umax Astra slim USB Scanner with software £25. 1 Creative 48x CDRom £15. 1 LG 52x CDRom £15. 2 Floppy Disk Drives £5 each. 1 Motherboard & Intel Celron 866mhz Processor £50 ono. 1 128MB Ram £25. 1 AGP Graphics Card £20. 5 Computers excluding monitor, keyboard & mouse. Includes Intel Celron 866mhz Processor, Modem, Floppy Disk Drive, 128MB Ram, CDRom, 18GB Hard Drive + Windows 2000 + Office XP £200 ono. 2 Supra Xpress Modems £15 each. Contact Garry on 21086 or 07745962243.

FOR SALE

Play Station 1 + 2 controllers, memory cards & 4 games. £40. N64 + 7 games & 4 controllers. £50. Or £80 the lot or nearest offer. Tel: 07855 809 915.

FOR RENT

New large 1 bedroom flat in Sedbergh. Ground floor, garden, parking, pet OK, fully carpetted. Will partially furnish. Local occupancy requirements. £350 pcm. Tel: 015396 25453.

S & D LOOKAROUND

If you have liked our newsletter,
If it's helped to make your day,
Please think of the local businesses,
For adverts for which they pay.

If you shop or eat or stay there,
Please tell them that you saw,
Their advert in The Lookaround,
So they'll advertise once more.

**THE HEAD
AT MIDDLETON**

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**Christmas Fayre available
throughout December**

STARTERS

Soup of the Day with Roll & Butter
Prawn Cocktail with Marie Rose Sauce
Wedge of Honeydew Melon sprinkled with Ginger
Farmhouse Pate served with Toast and Garnish
or Grapefruit Cocktail

MAIN COURSE

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

*All served with Roast and Boiled Potatoes
and Seasonal Vegetables*

SWEETS

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

Mince Pie and Satsumas
followed by Coffee and Mints

£12.95 including Christmas Cracker



Christmas Day Lunch	£29.95
Boxing Day Lunch	£16.95
New Years Day Lunch	£16.95
New Years Eve Dinner	£16.95

SHOE RECYCLING

It is a unique recycling scheme for worn out, outgrown or just unwanted shoes. Set up by The European Recycling Company Limited, the scheme has now been operating successfully for over nine years and is expanding across the UK.

Background

Each and every year in the United Kingdom over 260 million pairs of new shoes are brought, later they will be discarded. Some will be incinerated. Most end up on rubbish dumps.

The materials used in making shoes are not normally biodegradable and our rubbish dumps are rapidly running out of space. When incinerated they can release harmful dioxins.

The Move to Recycling

Shoes can be deposited in the specially designed collection units at participating outlets.

Shoes that can be reconditioned and reused are sold to companies and individuals in developing countries, who

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SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 5th November

York Archaeological Trust - 30 years a'digging

Lost & Found. The Cartulary and what it tells us

Dr Peter Addyman CBE

7:30pm Settlebeck High School

EVERYONE IS MOST WELCOME TO ATTEND

repair and refurbish the shoes and then sell them on at affordable prices to those who otherwise would go without.

The scheme is self-funding, professionally organised and achieves very worthwhile objectives.

It provides a means of earning a living in countries where opportunities are sparse and the alternative is reliance on charity handouts; it is also creating employment opportunities in the UK; and importantly by recycling your shoes you are helping us support the Variety Club in their work to improve the lives of sick, disabled and disadvantaged children.

The prime aim however, is to eliminate shoes ending up in rubbish dumps or being incinerated when there is still useful life in them. The benefit to the community is that precious landfill space is preserved and the environment protected.

You will find a Shoe recycling Bin and many others on Joss Lane Car Park. Ed.

St Andrew's Church
CHRISTMAS FAIR

People's Hall

Saturday 8th November

11 am to 2 pm

Admission 50 pence

CAKES ~ BOOKS ~ GIFTS ~ PRESERVES

ZEBRA'S SALE

of nearly new children's

Clothes ~ Toys ~ Nursery Items

Saturday 8th November

2:00 to 4:00 pm

Sedbergh Methodist Churchrooms

Entrance 50 pence

Includes refreshments

LUNE GROUP OF PARISHES

Invitation to Activities from the Lune Group Parishes

At the end of November there are two activities going on organised by the Lune Group of Parishes, that is Firbank, Howgill and Killington, that people in the nearby district who do not take the Ewecross Deanery Magazine might like to join in. They are as follows:

1. **Children's Advent Workshop.** Last year the Advent workshop we held was well attended so we're going to hold another on Saturday the 29th November, at Firbank Church Hall from 1.30 to 3pm for children up to top Primary age from all three parishes. (Older young people are welcome to come to assist – give your names in as below). The theme is '**On the way to Bethlehem**'. In order to have the necessary resources for the afternoon:

- Names and contact details of children wanting to take part must be given to the Revd. Anne Pitt by Friday 21 November. (There is an upper limit of 30 due to space needed for activities.)

2. **Posada:** By popular request again each of the parishes will be having the Posada journey taking place through Advent, the

period before Christmas when in the Churches we prepare and remember the preparations made for the coming of Jesus at Christmas. If you remember from the past two years a small crib scene with the figures of Mary, Joseph and the donkey with accompanying prayers are passed from household to household each day, staying one night in each home, so traveling round the three respective parishes towards Christmas. They will start their journey from the Children's workshop at Firbank Church Hall on the 29th November, the eve of Advent, and end their journey arriving at their own Parish Church for the Christmas Service (and calling in at the Carol Services en route). ***If you wish*** to have the Posada in your home please give your name, address and telephone number to the following list organiser for your parish by Sunday 23rd November. (***Only those who give their names to the organisers will be included on the list – we don't carry them over from one year to another!***) Please remember to avoid disappointments that you will be responsible for passing the figures on to the next person on the list – some

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families missed out last year because one family did not pass the Posada on the following day. If there is a problem with transport let the organiser know, as we don't want anyone to be unable to join in. Also do say if some days are not possible so that the order can be compiled easily. There are 25 overnight places for Howgill and 26 for Firbank and Killington. Please get your names on the organisers list as soon as possible.

Parish list organisers:

- Howgill – Mrs Mary Stainton, Beck House, Howgill, tel: 015396 20426
- Firbank – Mrs Jean Dixon, Winder View, Howgill Lane, Sedbergh, tel: 015396 20435
- Killington – Mrs Jennifer Thornely, High Stangerthwaite, Killington, tel: 015396 20444

Do contact me if you have any queries.

*The Revd. Anne Pitt,
Tel: 015396 20670.*

YORKSHIRE DALES NATIONAL PARK

'Drystone Radio', a new internet radio station for the Yorkshire Dales was launched at 'The Byres', Bentham Auction Mart, Bentham from 7:30pm on Saturday 4th October during an evening of music and entertainment.

Compere for the launch evening was Chris Powers of the Colne Rhythm and Blues Festival; Drystone Radio will be run by a group of dedicated volunteers; its aim to provide a voice for the community, and keep listeners up to date with important news and views from the Yorkshire region. The station is run as a not-for-profit organisation that broadcasts via the internet at www.drystoneradio.co.uk - and all you need to listen is a computer, sound card and speakers.

For further details of how to get involved with Drystone Radio, visit www.drystoneradio.co.uk.

The project has been 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.

The Fund, launched in October last year, 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 (015252) 51002.

SETTLEBECK HIGH SCHOOL

Year 11 Post 16 Informal Evening

The annual Post 16/Year 11 Students Evening provided an opportunity for catching up on news of friends as well as giving valuable information and advice to school students about such issues as timetables, content of courses, meetings with tutors and applications to universities. Students exchange information in an informal convention style meeting with ex. students sitting at "stalls" with books, files and in the case of the Hair and Beauty and Joinery students with demonstration models! This year we had a full range of Post 16 experience, many thanks to you all for giving up your time to come in; 6th form students: Ashley Iveson, Lauren Gilder, Jen Hosker, Jennie Wood, Katie White, Laura Gardner, Amy Symonds, Amy Henderson, Andy Johnson and college students Leanne Bradley, Garry Donaghue, Rob Steadman, Charlotte Facer and Edie Dinsdale and Modern Apprenticeship students Ben Moffat, Rick Johnson and Dan Mason. Also a big well-done to the Year 11 students who came in and thanks to Mr. Trull and Mrs. Ingham for general support. *JW*

FAIR TRADE STALL

Selling Everything from
Clothes to Food

**Every Wednesday
12 noon to 1:40 pm**

Settlebeck High School
Learning Resource Centre

FARFIELD MILL

As many will know, we have at Farfield a Gilbert Gilkes and Gordon turbine which was installed in the mill in 1897. We have decided not to refurbish it in order to make our own electricity because it would be very inefficient by today's standards, producing only 20 horsepower.

However it is turned into a wishing well and the generosity of visitors provides money that is given to Sedbergh charities or good causes. It is emptied once every three months and this time it has produced £63.

After much consideration, because it was felt it should go to some organisation that benefits a large number of Sedbergh people, it has been decided that this time it will go to the Gala Committee.

So a cheque for £63 will be forwarded to the Gala Committee.

If you have a suggestion as to where the next cheque should go, please let us know. It must be an organisation that directly benefits a large number of people living in the Western Dales area - Dent, Garsdale, Ravenstonedale, upper Lunesdale etc. (i.e. all the areas drained by the Clough, Rawthey, Dee and the upper Lune). we would be pleased to hear from you – phone 015396 21958.

SPARE TIME?

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COMMUNITY TRANSPORT SOUTH LAKELAND

Dear Editors,

The Zebra Crossing opposite the entrance to Settlebeck School has now been in place for several months now, so after many years we finally got our crossing and our children had a dedicated place to cross what is a very busy road.

As a resident who lives very close to this crossing, I have watched in absolute disbelief at the sheer ignorance, common sense and complete lack of understanding for the law and the highway code.

I witnessed the following incident:- A bus followed by a white van slowed to a stop heading out of Sedbergh on the notorious A683 at the Crossing to let a lady and her small child cross the road towards the school, they were on the crossing when a vehicle towing a trailer travelling down toward them simply

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pulled out onto the opposite side of the road to **OVERTAKE THE STOPPED CARS.** Thankfully the bus driver saw the vehicle in his mirror and blasted his horn enough for the pedestrians to stop before they reached the middle of the crossing. The vehicle braked hard and **stopped on the crossing.**

This individual's error was so nearly a fatal incident on the one thing that was put there for kids and adults alike to cross the road safely, I would imagine there are a few people driving around our village and the surrounding areas that have never had to deal with things like Zebra Crossings and come to think of mini roundabout with GIVE WAY signs. God help us if we get a set of permanent traffic lights.

Name & Address Supplied

I thank the resident for pointing out this regular problem on Long Lane and hope that drivers do observe and give way to pedestrians before we do have a serious injury WITH ONE OF OUR/YOUR CHILDREN because the odds are stacked against them in this location. I too have observed similar situations as well as people parking on the 'Zig-Zag's which can earn 3 Penalty Points and a £60 Fine.

DJW



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Winn**

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DENTDALE W.I.

Plenty to talk about during the Business part of the evening as we edge towards the end of another busy and very successful year for Dentdale W.I.

Members voted enthusiastically for the Christmas meal to be held at the Sedbergh Golf Club this year on Wednesday evening December 10th.

Belle Burrow, our Memorial Hall representative, informed us that the new extension was on schedule and we all hope it looks as good inside as the smart appearance outside suggests.

Volunteers were asked to form a team for the Quiz night to be held at the Bull in Sedbergh on Monday 3rd November at 7pm. Following our success last year, members seemed quite keen. Sandwich

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supper and quiz entertainment all for just £4 per person.

Pat Allen, Wendy Cooke and Catherine Sugden joined others from the Federation for a day of 'Singing for Fun'. We sang songs from a selection *Cornucopia* in two or sometimes three parts and finished both morning and afternoon sessions with a few unusual carols. The day was up to the usual high standard of Federation events and very enjoyable.

Our Speaker for the evening was Ian McPherson talking on the subject of Flower Essences and Reika Healing. We were given an over view of these alternative and complementary remedies including the history of the *Bach Flower* remedies. Since Dr Bach introduced his original 39 flower essences many more are available from around the world.

Freda Meakin won the Competition for her tip for relaxation and Dorte-lis Powell the raffle prize.

Next month is the Annual General meeting and Dorte-lis will be giving us some information on 'Understanding Europe' from her course at Denman College. The competition is for four pieces of tray bake. Hoping for some good entries as we will be eating these with our tea!

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HOWGILL W. I.

The Annual General Meeting was held at Firbank Church Hall on October 2nd. President Mary Silva gave a warm welcome to W. I. Adviser Noreen Leese who supervised us through the meeting and on a less serious note read a selection of poetry and shared with us her experiences on her sailing holiday.

As there were no new nominations the committee remains the same. A unanimous vote re-elected Mary Silva as president for the coming year. Bridget Postlethwaite thanked Mary on our behalf for her hard work and dedication over the last year. Mary, in return, thanked the committee and members. Treasurer Barbara Axford reported on a healthy financial statement.

Looking back over the past year, it has been a good one with a varied programme of events and speakers. Highlights have included a trip to the Theatre by the Lake at Keswick. This was enjoyed by twelve members and their guests. The Appleby Cup was won by Barbara Axford with 26 points, the most competition points throughout the year.

Octobers competition for an arrangement of autumn leaves was won by Elsie Middleton with Audrey Hoggarth second. The Social half hour to identify the cartoon characters was won by Bridget Postlethwaite. Bridget gave a vote of thanks to Noreen for guiding and advising us.

Next months meeting will be held at Howgill on November 6th when Stephen Hinchcliffe from The Old Hutton Owl Project will be our speaker. Remember if you want fun and friendship, why not

join us as a guest or prospective member. You will be most welcome. We meet on the first Thursday night of each month, alternately at Howgill and Firbank at 7.30 pm. *A.H.*

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015396 - 20605

Dear Editor

Anyone visiting or walking through the cemetery may have noticed a new wooden bench situated down by the bottom gate. It has the inscription "Friends of Beamsmoor 1982-2003".

As Beamsmoor was sadly closing its doors, it was found that there were monies left in the Friends of Beamsmoor account which had been raised by various social events.

After a meeting, the funds left were divided - by agreement, to St. John Ambulance, Sedbergh Health Centre, and the bench now in the cemetery grounds.

This particular site was chosen not only for the view of the fells, but because it overlooks where many of our friends who once resided at Beamsmoor are resting - a corner of Sedbergh which will remain, "Forever Beamsmoor". *J. C.*

This report was submitted last month but owing to a 'melt-down' by myself, it was omitted and two reports for Derian House appeared! *DJW*

J J MARTIN
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 (B Goad)
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Sue Nelson
 The Old Pottery, Howgill Lane
015396 21586

Unique Apparel
 Individual Attire

Winter Opening Hours

Tues	10am	-	6.30pm
Wed	10am	-	5.00pm
Thur	10am	-	6.30pm
Fri	10am	-	5.00pm
Sat	10am	-	4.00pm

boho

CUMBRIA WILDLIFE TRUST

Harvest Thanksgiving reminds us annually (is that enough?) that we are but "stewards of the earth", that we "store up goods for ourselves alone" and are guilty of possessiveness and waste and misuse of what we have received".

We are fortunate to live surrounded by hill and dale farmers who care for their stock, their fields, their walls, hedges and trees, by natural abundance and by beautiful gardens that have spread into our town-centre to enrich us all. Perhaps we wonder whether as a community we aren't actually doing rather well. Comparatively, surely we are.

It is worth pausing a moment, however, to ask ourselves whether we are missing, by the very convenience of our success, the real fascination of the living world that is blithely independent of us and has its own mysterious and unexpected interreactions. We sprinkle handfuls of proprietary chemicals on our soil and wonder at the brilliance of the results. We do not stop to consider whether our plants have their own agenda.

In 1969 Audrey Hatfield published a slim but salutary booklet called "How to enjoy your weeds". After pointing out the

moral superiority of composting over bonfires, she turns to a quality that the silent nature of plants prevents us even suspecting : their symbiosis (interreactions of neighbours)

Here are a few random snatches....(Pace, Mrs Hatfield)

"I have experienced unmistakable instances of this symbiosis....For instance, the Alliums, members of the onion tribe, are so rich in their sulphur secretions and "breath" that they can greatly influence other plants. Garlic, Chives and Shallots appear to be good neighbours to most garden plants except Peas and Beans, who hate them and are noticeably retarded when oniony plants are near by.....Peas and Beans prefer Carrots and Turnips as neighbours and Broad Beans are happy, too, near early Potatoes, and, curiously, they will tolerate Leeks.....Roses are vastly improved in stamina and their scent is doubled by the proximity of anything oniony; they so relish Garlic that in some countries where they are commercially cultivated for perfumes. Garlic is grown with them.... Roses have another friend in Parsley; they aid each other in several ways.... This friendly herb also assists Tomatoes

and Asparagus, which are excellent bedfellows, and the three companions fight each other's soil pests..... The Tomato is one of the few cultivated plants with particular root excretions that can vanquish the persistent weed. Couch Grass...While Chamomile assists most things. Cabbages thrive in its vicinity.... This herb was once known as the plants' physician, since when it was placed near a sickly one it soon recovered....Those lovely flowering plants. Foxgloves, are really a necessary inclusion in any garden as they encourage neighbouring plants while stimulating their growth and endurance...When Creeping Buttercups, or Crowfoots as they are often called, get into get into a



Strawberry, Pea or Bean bed, they will dwarf these plants and cause them to panic into producing premature, small fruits....this greedy, selfish family is a large one and its various members such a Delphinium, Peony, Anemone, Clematis and many another desirable garden subject, share the same incompatibility with other plants.... Another garden favourite of dubious character and breath is the Gladiolus. It has been noticed that a bed containing a collection of these showy plants inhibited Peas and Beans as far away as 50 feet...." Who says that talking to plants is a sign of insanity?...if only we could hear what they reply!
JC

FOOD & SOUL

"As a person eats, so he thinks. As a person thinks, so he acts.
 As a person acts, so he is."

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This programme is supported by:
 South Lakeland Food Forum, GranoVita,
 & Anglesey Natural Foods.

COURSES FREE OF CHARGE



CUMBRIA IN BLOOM

The hamlet of Millthrop won first prize at the presentations in Carlisle on 1st September 2003. Millthrop also got a Highly Commended for "Friends of the

Lake District" category.

Thank you all for taking part in winning the trophy for Millthrop. Special thank you to Marion, (on holiday from Australia). *Margaret & Carol*

ORGANISATION	CONTACT	Tel: 015396
After School Club	Mrs Packham	Sed: 21484
Age Concern Monday Club	Mrs Winder	Sed: 20512
Age Concern South Lakeland PH (M, & F)	Mrs Alderson	Sed: 20814
Angling Association	Mr Dandy	Sed:
Art Society	Miss Nelson	Sed: 20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed: 20665
Baby & Toddler Group	Mrs Packham	Sed: 21484
Badminton (Dent)	Mrs Rushton	Dent: 25306
Badminton (Sedbergh)	Mr Mason	Sed: 20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed: 21902
Bowling Club (Queen's Gardens)	Mr Killops	Sed: 20279
Bowling Club (Indoor)	Mrs Greenbank	Sed: 21720
Bridge Club	Mr Mr Stanton	Sed: 20901
Buildings Preservation Trust (S & D)	Mrs Lamb	Sed: 20553
Butterflies Tots & Carers *	Mrs Gerrard	Sed: 21217
Caving & Potholing Club (Dent)	Mr Stephenson	Sed: 21285
Chamber of Trade	Mrs Rusling	Sed: 20788
Chamelions Drama Club *	Mrs Bush	Sed: 20058
Christian Aid	Mrs Hannam	Sed: 20897
Conservative Association (Sedbergh)	Mr Beck	Sed: 20336
Cricket Club (Dent)	Mr Smith	Dent: 25209
Cricket Club (Sedbergh)	Mr Wright	Sed: 21038
Cumbria Wildlife Trust	Mrs Garnett	Sed: 21138
Dentdale Choir	Mrs Bush	Sed: 20058
Dentdale Festival Committee	Mrs Owen	Dent 25505
Dentdale Players	Mrs James	Dent: 25037
Dent School (Friends of)	Mrs Mason	Dent: 25461
Dog Training (Sedbergh)	Mrs Robertshaw	Sed: 20316
Farfield Mill Arts & Heritage Centre	Mr Clark	Sed: 21958
Fire Service (Tuesday Evenings)	Mr Packham	Sed: 20302
First Responders	Mrs Brown	Dent: 25542
Football Club (Dent)	Mrs Mitchell	Dent: 25432
Football Club (Sedbergh)	Mr Moffat	Sed: 21797
Gala Group	Mr Kooper	Sed: 20234
Guides Rainbows	Miss Stephenson	Sed: 20731
Brownies	Mrs Mackereth	Sed: 20346
Golf Club	Mr Lord	Sed: 20993
Good Companions (Dent)	Mrs Woof	Dent: 25275
Gladstone House	Mrs Mackereth	Sed: 20346
Help Tibet Northern Branch	Mrs Howarth	Sed: 20090
Hockey	Miss Capstick	Sed: 20259
Howgill Harriers	Mrs Moffat	Sed: 20907

SHIRE HORSE DAY

Thanks to all who came along and supported Shire Horse Day. We raised £660 and it went to Settlebeck School.

Thanks to all our suppliers who donated towards the fundraising:- JMP, Martin

Powell, Steadman's, Michael Slack, Johnny Souter and Nuttals.

A big thank you to all the Dalesman staff who helped without whom the day would not have happened.

Mike & Jude

Howgill Schoolroom	Mrs Stainton	Sed: 20665
History Society	Mrs Scobie	Sed: 21106
Kent Lune Trefoil Guild	Mrs Taylor	Sed: 20440
Ladies National Farmers Union	Mrs Woof	01539 720608
LETS around Sedbergh	Miss Wheaten	Sed: 20959
Liberal Democrats	Mrs Cleasby	Dent: 25476
Masonic Hall	Mr Conchie	Sed: 20660
Playgroup (Sedbergh)	Mrs Stainton	Sed: 20665
Over 60's (Dent)	Mrs Murdoch	Dent: 25335
Parish Council (Dent)	Mr Dalton	Dent: 25436
Parish Council (Garsdale)	Mr Holden	Sed: 21577
Parish Council (Sedbergh)	Mr Stanton	Sed: 20901
People's Hall	Mrs Beare	Sed: 21339
Peoples Hall Day Centre (Mon & Fri)	Day Centre	Sed: 21126
Pepperpot Club (Sedbergh)	Mrs Smith	Sed 21196
Pistol and Rifle Club	Mr Middlemiss	Sed: 20662
Playing Fields (Sedbergh)	Mr Hinson	Sed: 20118
Rag Ruggers	Mrs Hennedy	Sed: 20899
Residents Association (S & D)	Mrs Capstick	Sed: 20816
Royal British Legion (Men)	Mr Gray	Sed: 21884
Royal British Legion (Women)	Mrs Bateman	Sed: 20474
Scouts	Mrs Sewell	Sed: 20793
Cubs	Mr Mawdsley	Sed: 20723
Scouts	Mrs Wood	Sed: 21385
Settlebeck High School P.T.F.A.	Mrs Bartle-Ross	Sed: 23334
South Lakeland Carers Association	Dr Noble	Sed: 20100
South Lakeland Voluntary Society for the Blind	Mr Close	Sed: 21000
Squash Club	Mrs Denton	Sed: 20521
St Andrew's Church (Sed) Sunday School *	Mrs Kellaway	07799 262055
St. John Ambulance	Mr Winn	Sed: 21096
Cadets	Mrs Uttley	01539 722568
Adults	Mr Lord	Sed: 20993
Slimming Club	Mr Ellis	Sed: 20344
Swimming Club	Mr Waters	Sed: 20457
Tennis Club	The Committee	Sed: 20773
Town Band	Mrs Mason	Sed: 20048
White Hart Sports and Social Club	Mr Hinson	Sed: 20118
United Reformed Church Rooms	Mrs Fothergill	Dent: 25257
Westmorland Gazette Correspondent	Mrs Petyt	Sed: 21574
Women's Institute (Dentdale)	Mrs Scambler	Sed: 20603
Women's Institute (Frostron) *	Mrs Sharrocks	Sed: 20754
Women's Institute (Howgill)	Miss Capstick	
Women's Institute (Killington)	Mrs Swallow	Sed: 21034
Young Farmers Club		
Zebras		

YORKSHIRE DALES NATIONAL PARK

The Yorkshire Dales National Park will be 50 years old in 2004! To celebrate, the National Park Authority will be co-ordinating a year-long programme of events and marketing initiatives for the area and is asking local residents and businesses to get involved in the serious business of celebrating.

The Yorkshire Dales National Park was designated in 1954 as part of a movement to preserve and enhance the most beautiful areas of the United Kingdom and provide opportunities for the people of post-war England to enjoy the benefits of fresh air and the great outdoors.

Continuing in this spirit, the theme of the 50th Anniversary celebrations will be 'reaching out'.

The National Park Authority will be actively targeting new audiences to encourage them to visit and enjoy the National Park through a series of key events to be held within and outside the National Park boundary. These new audiences will include young people, and those living in the urban communities on the Park's edge, there will also be work to support visitors experiencing disabilities, or families with a limited income.

A nation-wide media campaign will also be undertaken to raise awareness of the Yorkshire Dales and the environmental importance of National Parks.

To help residents and businesses join in with the celebrations, the National Park Authority has developed a fun new logo for everyone living and working in the National Park to use to market the services they offer to new audiences outside the National Park boundary.

The Authority is also asking residents and businesses to come forward with suggestions, ideas or just to let staff know what they might be interested in getting involved in the biggest celebration of the decade.

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SETTLEBECK HIGH SCHOOL

Fundraising

It's been a busy half term with fundraising for Settlebeck. Firstly we had the Cautley 10 road race which raised much needed funds for our school.

On September 26th staff and students held a coffee morning to raise money for MacMillan nurses, the event was a great success a raffle was held and coffee and cakes were sold at break time, it was a struggle having to eat so many cakes, but we managed to raise £172.75 for a very worthwhile cause!

Friday 3rd October was Jeans for Genes day, this is a national fundraising day which aims to raise awareness and vital funding for research into genetic abnormalities in children. Students and staff paid £1 to wear jeans to school for the day. The total amount raised was £89.97.

FAIR TRADE

Interested in seeing people get a fair deal for their products...?

Want to ensure that more money goes back to the original growers and producers in 3rd world countries...?

Then buy fair trade!!!

On Wednesday lunchtimes 12:00 - 1:40pm Settlebeck School gives you the opportunity to do just that...

Why not visit our fair-trade stall in the learning resources centre and support more people in 3rd world countries

We sell coffee, tea, honey, jewellery, dried fruit, gifts and much more.

We even have a mail order service from which you can order clothes, jewellery, bags, toys and many other items...

Over the past few weeks a group of young people having been looking into the issue of fair trade. Since term started we have done some research on the issue, a display board, PowerPoint, set up an account with Traidcraft and placed our first order. Last month saw the launch of our Fair Trade stall in school run by a number of pupils during 4th lesson and lunchtime on a Wednesday. A great opportunity for the young people to develop new skills both in the social and business sense whilst supporting and learning about our neighbours in 3rd

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world countries.

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'Everyone wants to right the world. Nobody wants to help their neighbour.'

Henry Miller

'Love your neighbour as yourself'

Jesus Christ



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Dear Editors,

I write to congratulate and thank two local Sedbergh police officers who, with great speed and alacrity intercepted, arrested and successfully gained convictions against two thieves who were in the process of committing a burglary and removing several thousand pounds worth of property from our home near Sedbergh.

After calling the emergency number Officers, Dennis Whicker and Gary Miles were at our property within minutes, and after quickly executing their duty and making the arrests took time out to offer reassurance and comfort to my partner who was to say the least shaken by the whole affair.

Hopefully should this pair of criminals find themselves travelling through Sedbergh in the future they will remember the swift and comprehensive treatment met out to them by our local law enforcement officers (Police force), and will keep moving on.

Name & Address Supplied

**GRAND PRE-CHRISTMAS
TABLE TOP SALE**

A table top sale will be held in the People's Hall on Saturday 22nd November. Following last year's successful day when there were seventeen stalls offering a huge range of goods, Sandra Longlands, on behalf of the Derian House Children's Hospice, has undertaken the organisation of a repetition of the event.

At the time of writing a few stalls are still available. Anyone wishing to book a stall should contact Sandra. It is clear from the stalls that have already been booked that many of those inevitable Christmas present problems can readily be solved at the People's Hall.

Taking centre stage will be the stall dedicated to raising funds for Derian House. Besides bric-a-brac and books there will be a good selection of excellent condition toys. Particularly attractive will be the local produce section of the stall - the bumper harvest occasional by this year's wonderful summer will be reflected in a great choice of jams and chutneys.

The People's Hall will be open for business at 10 am and close at 2 pm. There will be bargains galore available, though if last year is anything to go by bargain hunters will need to get there early. G. B.

DENT YOUTH CLUB

Members of the Club would like to thank the anonymous donor for the letter of appreciation and the kind words and donation left in the envelope after the Youth Club Bingo Night on Friday 19th September. Thank-you. Dent Youth Club.

SETTLEBECK HIGH SCHOOL

Cautley 10 Road Race

The sun shone for us on Sunday 28th September, the day of our annual Cautley 10 Road Race. Once again the event was well attended, with a popular car boot sale starting the proceedings. We would like to take this opportunity to thank all the people who gave up their time to help with marshalling, refreshments and the organisation of the event. The full results list will be published on our website within the next few weeks. Once again the sponsorship we received was very generous and we would like to thank the following sponsors for their support: Lyon Equipment; Peter Woof Builder & Electrician; Mark Grant; JMP Foodservice; CICO Chimney Linings (Cumbria) Ltd; Jackson & Graham; The Cross Keys, Cautley; M. Winn & Sons Ltd; Oakdene Country House and Barclays Bank Sedbergh

BARNARDO'S

The Sedbergh Barnardo's Helpers Group wish to thank all the people who supported their recent Coffee Morning. Over £223.00 was raised towards the cost of Banardo's projects in Cumbria.

DENTDALE MEMORIAL HALL

Our fund raising table sale will be in the past when you read this, thank-you to all who helped in any and every way, the extension is nearing completion, still a lot to be done. We are thrilled that a team from Barclays are coming along to wield paint brushes etc and thank them in advance. Do keep those eyes peeled for fund raising events for the DMH and support as much as you are able to. Committee members are reminded of the need to attend the AGM on Monday 24th November 7.30 pm. SEW

UNITED CAROL SERVICE

The United Carol Service will be held this year in St. Andrew's Parish Church on Sunday December 21st.

We hope to form a special choir for this occasion to which all singers will be very welcome.

The rehearsals will be held in the Parish Church on:

Friday December 5th	6.16-7.15
Friday December 12th	6.15-7.15
Friday December 19th	6.15-7.15

DC

are many similarities with Sedbergh. The visiting group will be treated to a meal where they will meet with interested parties from various groups such as the Book Town committee, Town Band, Football Club, Women's Institute and anyone else who may wish to become involved. We hope to make a good impression. There would be many benefits for both towns should this prove a suitable match.

We look forward to giving you next months report.

DENTDALE METHODIST CHURCH

Thank you to you all who supported our Coffee Morning at the URC Rooms in October. It was good to be with you, to catch up with what is going on in Sedbergh, We raised over £90. Thank-you.

The fortnightly Pray 'N' Share continue at "Rhumes" on Thursdays at 1.45pm for approximately one hour, all are welcome. On Tuesday November 4th, Mrs Libby Raw will tell us about her recent trip to Brazil; this will be held in the chapel and followed by a supper and a bring & buy. Do come and hear about what she experienced across the world.

J & SE WOOF

TOWN TWINNING

Hello everyone I bet you had thought we had given up. No, we are still going and at last seem to be making progress. Over the year we have made contact with a number of towns in various parts of Europe.

We are pleased to say that we will be welcoming a delegation from Guglingen in early November. Guglingen is a small market town just north of Stuttgart. There

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GALA GROUP

Owing to an administrative error, there is not the usual advert for the Sedbergh Bonfire this year which will be at the People's Hall on Saturday 1st November as usual.

There will be the usual Guy and Lantern Competitions for the children with prizes awarded for the best shown. The usual stalls will also be there.

The Bonfire will be lit at 7 pm followed at 7.30 by the Guy & Lantern Judging. The Firework display will commence at 8pm.

MACMILLAN CANCER RELIEF

The committee would like to thank everyone who supported us on September 30th, and the Sedbergh Town Band for a splendid concert.

We raised the magnificent sum of £1,076.

<p>Giant Pre-Christmas TABLE TOP SALE</p> <p>People's Hall Saturday 22nd November 10 am to 2 pm <i>IN AID OF DERIAN HOUSE</i></p>	<p>DENT PRE-SCHOOL ASSOCIATION</p> <p>DOMINO DRIVE</p> <p>Dent Memorial Hall Saturday 22nd November 7:30 pm Home Made Biscuits & Tea/Coffee Adults £2 U16 £1 Raffle & Super Prizes</p>
---	---

A683 ROAD

The AA recently dubbed the A683 as one of the top six most dangerous roads in the country. Between 1997 and 2001 there were a shocking 51 fatal or serious accidents on this stretch of road. In the view of many local residents who have contacted me, all too frequently accidents - and the fear of accidents - stem from the inappropriate use of the quiet country roads around Sedbergh and Kirkby Lonsdale by motorcyclists.

Many local drivers tell me that they know only too well the heart stopping moment when a speeding motorcycle overtakes them on a blind bend on the A683.

Of course, not all motorcyclists who use those roads around Sedbergh and Kirkby Lonsdale ride dangerously, and not all of them hail from outside the area by any means.

But the horrific accident figures and the near misses reported by local residents show that there are still too many visiting riders who treat the A683 as South Lakeland's answer to Brands Hatch.

After a great deal of work by Sedbergh and Kirkby Lonsdale's local District

Councillors and the police, some decisive action has at last been taken.

In May, the DVLA with police support mounted a major operation at Devil's Bridge to clamp any and every motorcycle failing to display a current road tax disc.

On top of this, several local authorities and police forces in our area have launched a major campaign called "Handle it or Lose it". Under this scheme, bikers whose use of their motorcycles is either dangerous or inconsiderate will have their machines confiscated by the police and carted away. With some of these machines costing £10,000 or more, this must be a major deterrent.

These positive steps are enormously welcome but it is clear from the letters I receive from local residents that more still needs to be done.

Increasing the number of experienced traffic patrols on our local roads has got to be a major part of any solution. Since 1997, traffic patrols nationally have been cut by nearly 10 per cent. At the same time, speed cameras have been used to replace, not supplement, things which cut accident numbers very successfully in

the past - today we see less invested in driver and biker education than before, virtually nil spending on newer, safer roads, and many fewer traffic patrols.

As Chief Superintendent Mike McAndrew, former head of traffic policing for the Met, has said "speed on its own is not the real killer - it's dangerous driving." Without enough traffic patrols, he says, "people who drive dangerously, recklessly and carelessly don't get caught".

That's why I'm pressing Ministers to boost the numbers of traffic patrols on local roads like the A683. It's why, wearing another hat, I've committed my party to get the authorities to focus on the really dangerous drivers and bikers, not the easy catches. An inanimate speed camera on a metal pole isn't going to stop a reckless motorcyclist-overtaking round a blind bend - risking his life and that of other drivers around him - but an experienced traffic patrol just might.

Tim Collins MP

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SEDBERGH FESTIVAL 2004

Two additions to the list of those
performing in next year's Festival :

A return visit of Junior Pupils from the Chetham's School of Music, Manchester. These remarkable and gifted children will be giving a Lunchtime Concert on Wednesday June 23d. All those present at a Recital at the Festival 2000 given by Alla Kravchuk will be pleased to know that she will be singing on the coming Festival on Friday June 25th. Many will know her as the wife of Tom Alban, a BBC Producer, and since singing here last she has become a distinguished leading soprano with the Nieder-Sachsische Staatstheater, Hanover.

Alla was born in Ukraine and studied at the Kiev Conservatoire with Natalia Zakharchenko. She has a very wide repertoire and next year she will be appearing at the Edinburgh International Festival in the Hanover production of Pelleas et Melisande in which she took the role of Melisande to great acclaim earlier this year. Her recital will also include music for two pianos, with Simon Phillips and Stephen Ridge.

It will be a Gala evening in a rich two weeks of music making. June 12th. - June 27th. Put it in the diary !

DC

THOUGHT FOR THE MONTH

Going around the village "selling" Poppies is a humbling experience, for many people their giving in this way is their way of saying "Thank-you" to those who gave their lives for freedom, for the life we know now. Just sometimes the door is shut in our face, but I feel only pity for those who react like this, yes, ok, perhaps there should not be the need for all this collecting, perhaps the money should come from the Government, but it doesn't. .. so please if you open your door and find one of the Poppy "sellers" waiting be kind, be generous. Play your part and be thankful you are here to do so. Take a moment or two to remember and give thanks. LD

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DO YOU KNOW?

Every Monday morning at 9.15 am a small, friendly group of people meets together. The same thing happens again on Tuesdays and Thursdays at the same time, 9.15 am. We meet to pray for the locality, and for our country and our world. We feel that many more folk might want to join us if only they knew about it - hence this article.

At present we meet at the Methodist Church. Come December we shall be at the Parish Church, come April at the URC. The only days we miss are Bank Holidays. Our meeting does not last long, nor more than fifteen minutes. The format includes a mixture of set prayers and free prayer, a psalm, a reading and silence. We believe that what we do is very worthwhile, and we invite you to join us, any Monday, Tuesday or Thursday at 9.15 am, whenever you like, at the Methodist Church until November, at St. Andrew's from December to March, and at the URC from April to July. Do come! If you want us to pray for someone, and you cannot come yourself, just let me (Robert Lee) know on Sedbergh 21907, (on behalf of Churches Together).

**S. L. VOLUNTARY SOCIETY FOR
THE BLIND - Sedbergh Group
The Talking Lookaround**

Just in case you haven't heard, there are a group of us who meet once a month on a Thursday afternoon, to put selections from 'Lookaround' on to tapes to be sent to visually impaired people in and around Sedbergh. Young people from Settlebeck and Sedbergh schools take part, so that we have a good range of voices, from the young to the not-so-young! We have had a couple of training sessions this year, one to try to improve our awareness of what it's like to be visually impaired - a daunting experience - and the other to try to improve the quality of our reading aloud.

But there's more to it, of course. There's the recording equipment - and somebody to use it who knows what they are doing! There's the checking and cleaning of tapes before recording, and the checking and putting into envelopes of tapes after recording, which is done



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very well by the Sedbergh School young people. There's the mammoth job of editing the articles, and printing up copies for the readers - after deciding who's going to read what! The taping sessions themselves can be hilarious, with all sorts of things going wrong, from undesirable noises off, to microphones not working. And everything has to be timed to fit on the tape. We also are always on the look out for recordings of music of all kinds by local groups - hoping always of course to avoid copyright!

At our recent meeting, Jennifer Levitt, who has spent eighteen hard months getting this organisation up and running, and needs a well earned break, has been replaced by me, Valerie Finch - and I'm not feeling too confident! If there are any of you who would like to be involved in this in any way - with the equipment, reading, editing, making the tea etc!. - please contact me on 21592.

FOOD AND SOUL

Food & Soul is a workshop, to introduce vegetarian cooking, to people from all walks of life.

You may be thinking of becoming a vegetarian, you may wish to introduce vegetarian cooking to enhance your present diet, or just looking to add new ways of cooking.

The workshop looks at ways to encourage consumption of vegetables, fruit and sprouting lentils, beans, Quinoa, and attitude towards cooking.

Discussions on how to plan vegetarian menu, develop new eating habits, sustain and show that the love with which you prepare food, will make up for any deficit in culinary skills-that the motivation of the cook to offer sustenance is as nourishing as the food prepared.

The easy to follow recipes in the ' Food & Soul' cookbook, guide both the amateur cooks and experienced chefs in maintaining a positive attitude when preparing meals, so that the experience is

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enjoyable, it is a creative activity, involving the whole family, and eating together around the dinner table. Food & Soul workshops are free of charge, and are being held on 15th November, at People's Hall, Sedbergh. To book your place -call 01539 735004 or e-mail kendal@bkwsu.org.uk

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SEDBERGH CRICKET CLUB

As the season has finished it only remains to tidy up before putting the club to bed for the winter until the Winter nets next February. The final acts for the season are the Presentation Evening, again held jointly with Dent CC, and the AGM. The Presentation Evening will again be held at Sedbergh Golf Club on Saturday 8th November. Please see Steve or Simon for details. The AGM will be held at the White Hart on Monday the 17th November at 7.30pm. Please make every effort to attend and support your club. New members and parents of junior members are especially welcome.

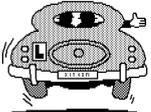
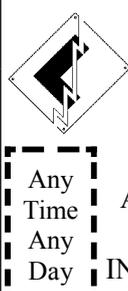
SEPTEMBER WEATHER

Well all good things come to an end, as they say. After a dry start we finally got some rain. True we probably needed it but we were becoming used to being out and about without the need for coats etc. The first measurable rain fell on the 6th and again on the next few days. We had a dry spell until the 18th when almost 3/4 inch fell in 24 hours. On 20th we were "back to normal" with 10 solid hours of rain. Rain was recorded on most days for the rest of the month ending up with 4.73 inches. The wettest month for some time. Even so the lakes, especially the ones used as reservoirs like Thirlmere, are very low. Similarly our local rivers. Temperatures were down on previous months, as is to be expected as we approach the autumnal equinox. A maximum of 77.9F was recorded on the 13th and the minimum was 34.7F on the 24th. The latter was the first ground frost of the autumn. Pressure remained reasonably high in the mid to high 29s. As a result we did not get the expected equinoxial gales around the 21st. A maximum wind speed of 16.8mph was recorded. The lowest being 8.3mph. On no day was there no wind registered. All our local African visitors, of the avian variety, have left us though the occasional sighting suggested a bird passing through on its way south. Butterflies and other insects were still around in numbers. The former to please us, some of the others to annoy us and our livestock. Bats were still flying during the month. The rain brought numerous snails and slugs out of aestivation. With the disappearance of these pests it seems our resident thrushes

have moved on. It seems that in spite of the dry summer most birds have managed to raise young though there have been fewer hardiness around here.

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Why Not Clear Out for Christmas?

On Saturday 8th November, Zebras (Sedbergh Baby and Toddler Group) are holding a sale of nearly new children's clothes, toys and nursery items. You may be able to have a clear out of your good quality clothes, toys and small nursery items that you could donate or sell (25% commission), leaving you with money and space for the next lot!

The sale is at Sedbergh Methodist Church rooms, New Street, Sedbergh from 2 pm until 4 pm and a 50 pence entrance fee includes refreshments of tea or coffee and biscuits.

Everyone is warmly welcome so if you are a mum-to-be, parent, grandparent, aunt, uncle etc., come along and see if you can pick up a bargain.

For more information or if you have any items that you would like to donate or sell please contact either Jane on 21593 or Joanne on 20604. Collection can be arranged.

 **CHRISTMAS FAIR** 
Friday 28th November
5:30 - 8 pm
Settlebeck High School

 **Christmas Items Raffle** 
Homemade Crafts **The "Green" Stall**

"50p" Stall
Tombola  **Plants**

Home-Made Produce

Admission

Adults 20p ~ Children 10p

CHILDREN IN CHURCH

Who wants them?

Why are there so few children in church today? How much do children today know about the teaching and life of Jesus? Does anyone care anyway?

These were among the questions that were discussed by members of the Parochial Church Council (PCC) of the combined parishes of Sedbergh, Cautley and Garsdale earlier this year. As a result a small group was asked to review the provision made within the three churches to find out why there were fewer children and young people attending church. Over the next few months the members of this group looked at a number of aspects of church life and

their relevance to young people today. In particular they were anxious to know what were the barriers that were discouraging the young from attending church.

The group have now completed the first stage of their work and it has become clear that there are three major problems. Firstly, Sunday is now a family day. Once upon a time there were no shops open, no sporting fixtures, no sales - the day was set aside for church. Nowadays this has changed. A family will come to church because they wish to do so. Church has to be more attractive and more user-friendly. Secondly, church buildings can be intimidating and appear a bit old-fashioned. The welcome people receive when they come into church needs to be warm and friendly in order to counter this austerity. Finally, people actually need to know what is going on. It is no good having a family-centred event if you don't tell anyone about it!

As a result of all this the children's group of the PCC would like you to know about the following:

St Andrew's, Sedbergh
Sunday school

MATHS TUITION

**Key Stage 2, Key Stage 3,
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**Contact: Marjory Glover
015396 25438**

Sundays during term time
 10.30 am to 11.30 am
Butterflies for tots and carers
 Wednesdays during term time
 1.30 pm to 3.30 pm
Chameleons drama group for 7 - 11 year olds
 Fridays during term time
 3.45 pm to 5 pm
Family services family worship with music group every 4th Sunday
 10.30 am to 11.10 am
 followed by coffee and biscuits
 Next ones 23 November and 28 December
Nativity Play (the BIG one!)
 6.30 pm Christmas Eve
St John the Baptist, Garsdale

The Garsdale Gang for youngsters
 Thursdays during term time immediately after school.

St Mark's, Cautley

As well as Sunday services there is a regular meeting for a short (15 min) act of worship in the Celtic tradition at the church every Thursday morning at 9 am. Anyone who wishes to attend will be warmly welcomed.

You can be assured of a warm welcome at any of these activities as well as our normal Sunday services.

If you would like to know more then you can contact any of the following:
 Vic Hopkins (tel. 21455), Judith Bush (tel. 20058), Dorothy Gerrard (tel. 21217), Margaret Denton (tel. 20521) or Rosemary Lord (tel. 20993)



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Special Rates apply November to March

Christmas Party Nights!

Book your Office/Work Party at The Bull and stagger home, better still - book a room for only £25 per person.

Menu

Tomato & Basil Soup ~ Fan of Honeydew Melon with Raspberry Coulis

Main Course

Roast Turkey Breast with all seasonal accompaniments

Scotch Salmon served on a bed of Caramelised Onion, Leek & Mushroom Crumble

Sweets

Christmas Pudding with Brandy Sauce

Chocolate Fantasy - Chocolate Sponge, Mousse & Fudge

Raspberry & Hazelnut Roulade ~ Coffee & Warm Mince Pies

DJ, Music and Dancing

Dates Available: Friday 5th & 19th and Saturday 13th & 20th December

Telephone 015396 20264 to book your table!

NOVEMBER GARDENING

The good thing about the month of November is the fact that everything in the garden slows down and, weather permitting, gives me a chance to catch up, or even get on top of it. I am very grateful to live in a country which has different seasons. The endless growing of weeds in a tropical country would, I am sure, leave me far behind. This month I shall be endeavouring to tidy up herbaceous plants by cutting down all the old flowering stems. The current fashion of leaving stems and old flowers to look decorative during the Winter does not seem to work in my garden. We get so much wet windy weather that things usually end up in a soggy disheveled heap, rather depressing on a grey damp

day in January.

Along with tidying, it is also a good time to lift and split up established herbaceous plants. These usually spread outwards from a central clump and, in time the central roots and shoots grow congested and weak. Portions of healthy new growth from the outside edges of the plants can be levered off, (or sliced off with a sharp spade in the case of hostas), replanted, and the remaining old parts discarded. Early spring flowering primulas such as *Primula* "Wanda" and the Drumstick *Primula*, *P. denticulata* actually need to be split and replanted every 3 to 4 years in order to keep them healthily and actively growing.

Elaine Horne

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DIALECT DIGEST

It were a reight gradely do at Boldron last month, when members of six Northern dialect societies got together for what we in Yorkshire call 'a reight good crack'. We had folk songs fra Northumberland an' t'East Riding, jokes fra Lancashire, (maist on 'em aimed at us Yorksher fooak), poems an' prose fra Durham an' Teeside, an' humorous tales fra t'Lake District. It's good to know that so many people are still enthusiastic about our local dialects.

We've just returned from a holiday in Gargrave, and we visited the oldest sweet shop in England, which is in Pateley Bridge. Well worth a visit if you want to step back in time. Ah've nivver sin soa

monny jars an' bottles. Theer were gobstoppers, an' liquorice root, an' sticks o' Spanish, an' Pomfret cakes, an' Harrogate toffee, an' marzipan teacakes, (which dean't really hev onny marzipan in 'em) an' aniseed balls, an' ... oh, stacks mooar stuff.

By heck! It were lahk goin' back ti mi childhood. Bud happen shops lahk that, when Ah were a lad, are t'reason why Ah've lost soa monny o' mi teeth ower t'years.

It'll nut be lang noo afooar we're all chumpin' fer Plot Neet agin, which is t'Yorksher way of saying collecting firewood for November 5th. Bud dean't go gettin' up ti ower mich divilment on Mischief Neet, wilt thoo?! *Michael Park*

<p style="text-align: center;">THE HEAD AT MIDDLETON</p>  <p style="text-align: center;">Menu</p>		<p style="text-align: center;">Starters</p> <p>Prawn Cocktail & Marie Rose Sauce £3.20 Garlic Mushrooms on Toast £2.95 Pate with Garnish, Toast & Butter £2.95 Soup of the Day £2.10 Egg Mayonnaise £2.10 Grapefruit Cocktail £2.10</p> <p style="text-align: center;">Extra Special Main Courses all £9.95</p> <p>Loin of Pork in Cider & Apple Sauce 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</p> <p style="text-align: center;">Main Courses</p> <p>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</p>	<p style="text-align: center;">Fish Dishes</p> <p>Salmon Steak with Parsley Sauce £7.90 Grilled Rainbow Trout £7.90 Breaded Scampi £5.80 Breaded Haddock £5.80</p> <p style="text-align: center;">Vegetarian Dishes</p> <p>Tropical Vegetable Curry £5.90 Stilton & Vegetable Crumble £5.90 Vegetable Lasagne £5.90 Mushroom & Nut Fettuccini £5.90 Broccoli & Cream Cheese Bake £5.90 Vegetable & Pasta Bake £5.90 Vegetable Tikka Masala £5.90 Macaroni Cheese £5.90</p> <p style="text-align: center;">Rice Dishes</p> <p>Chilli £5.60 Chicken Tikka Masala £6.90</p> <p style="text-align: center;">Salads</p> <p>Ploughman's Lunch £4.60 Cold Meat Salad & Roll & Butter £4.90 Prawn & Rice Salad £5.80</p> <p style="text-align: center;">Sandwiches</p> <p>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</p>
<p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p>			

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

Visit of Dr Peter Addyman

The History Society was very fortunate to have as its first President, Dr Peter Addyman CBE. He was educated at Sedbergh School and whilst there was a very active member of the school archaeology group. He took an active part in the digs at 'old Sedbergh' near Underbank and the earthwork and well at Hallgarth. Later he became Director of the York Archaeological Trust and was responsible for the initial archaeological investigations into Viking York and the setting up of the wonderful Viking Exhibition which has been visited by



hundreds of thousands since its formation. He was elected President of the Council for British Archaeology from which he recently retired and is currently President of the Yorkshire Archaeological Society.

On November 5th, Dr Addyman is making a return visit to Sedbergh to speak to the History Society on the story of thirty years of excavations in Roman, Anglo-Saxon and Mediaeval York entitle 'York Archaeological Trust - 30 years a-digging'.

We hope that this will be of interest not only to members but to everyone in Sedbergh - everyone is welcome at Settlebeck High School at 7.30 pm on November 5th.'

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FROSTROW W. I.

The October meeting was well attended. Members who had been to see "The Calendar Girls" had found it very enjoyable. Ann Petyt and Linda Hopkins hope for some support when they take part in the "Reading Aloud to an Audience" competition.

Four of our members were brave enough to volunteer as a team in the W. I. Quiz Night at The Bull Hotel! Although we've been enjoying occasional warm, sunny days in October, suddenly winter seems to be looming up when we are asked to make choices for our Christmas meal in December! However, that is an occasion to look forward to...



Our President introduced Ann Farnell whose subject was "Give it Serious Thought". In this light-hearted talk, she regaled us with humorous situations she remembered after enrolling as a mature student on a catering course. From there she joined higher level courses and now demonstrates cookery and crafts to various groups. Ann can always see the funny side and Jenny Dawson thanked her for conveying this to us so well.

The competition for a humorous photo was won by Marjorie Fishwick who also won the raffle. We hold our AGM on November 12th, followed by Jacob's Join and Social Evening.

M. F.

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A Big Thank-you to the Sedbergh Townsfolk for their support this last year

**SEDBERGH COMMUNITY
WRITER'S PROJECT**

The Sedbergh Book Town Committee is pleased to announce the start of the Community Writer's Project.

Anyone from Sedbergh and District will be able to submit a written piece which may be prose, poetry or drama of no more than 3000 words in length, original illustrations and/or photographs may be included.

These pieces will be used in one or both of the following ways:

All pieces will be included in a specially bound scrapbook of the project to be kept afterwards in the Library.

Suitable pieces will be chosen by the Editorial Committee and will be published by Hayloft Publishing of Kirkby Stephen. This book will then be available for locals and visitors to Sedbergh to buy in the normal way. The Editorial Committee will be headed by Mrs. Elspeth Griffiths, archivist and librarian.

Rules:

- Entries must refer in some way to the WORD Sedbergh. This means a character could be called Sedbergh, you could write factually about Sedbergh, or any other mention, just as long as the word is included in your piece.
- One entry per author only.
- Those of 15 years old and upwards eligible.

Entries must be received by June 1st 2004, but we would be pleased to receive entries as soon as possible.

Any piece mentioning living persons, or those with living relatives must be accompanied by a letter giving written permission for the piece to be published.

Entries may be made on computer disc but should be accompanied by hard copies of all material included on the disc.

Entries will not be returned as originals will be included in the Community Scrapbook of the Project, therefore please make your own copies.

ENTRY FORM
SEDBERGH COMMUNITY WRITER'S PROJECT

NAME

ADDRESS

POSTCODE Tel No

MY ENTRY IS TITLED

My entry is (please delete) computer floppy disc + hard copy / CD + hard copy
 Typed sheets Number..... / photographs and/or illustrations are attached
 Written permission for publication is attached /

Please make sure that this entry form is **SECURELY ATTACHED** to your entry.
 Please remember that no material submitted will be returned, make sure you have your own copies! Photocopies of the entry form will be accepted.

Entries are to be handed into Sedbergh Office Services, envelopes must be marked:
“Community Writer's Project and addresses to Mrs. Elspeth Griffiths, Editor”

**SEDBERGH & DISTRICT
CHAMBER OF TRADE**

Snazzy Snowman Competition

To add further festive spirit to the streets of Sedbergh this Christmas, the Chamber of Trade is organising a competition to encourage the proliferation of cheerful snowmen around Sedbergh! The competition will be held in conjunction with the Family Festive Evening on Wednesday 3rd December. We would like to see an abundance of snowmen, in various guises and situations, displayed in the windows, gardens or elsewhere in/on houses and businesses in Sedbergh. There will be two prizes, one for the funniest snowman and the other for the snowman in the most original situation.

If you would like to take part in the competition, please fill in the

Competition Entry Form and hand it in to Sedbergh Office Services, with your entry fee of £1.00, by Monday 1st December at the latest. Entries will be judged on 3rd December and prizes given at the Family Festive Evening prize-award ceremony, that evening. All snowmen entered into the competition should be reasonably visible by passers-by and should be made from wood, cloth, plastic or similar materials. We regret that shop-bought inflatable snowmen cannot take part in the competition! However, if you would like to join in the spirit of this initiative without entering the competition, please display a snowman of any kind on your property without submitting the entry form.

For further information, please contact Ernie Hailwood on Sedbergh 21539

Sedbergh and District Chamber of Trade.

Family Festive Evening, 3rd December 2003

Snazzy Snowman Competition

I would like to enter my snowman in this competition.

Name

Address

Tel No:

Location of snowman on property
.....
.....



KILLINGTON W.I.

I think this is a record! It is the first time ever that I have written my report on the actual day of our meeting. The editor is going to wonder what has happened. Don't worry! I'm sure it won't become a habit! (*I'm sure too!!! Ed.*)

Our gathering took place in the committee room of the People's Hall on Tuesday afternoon, the second in the month. The business session was fairly lengthy but none the less enthralling. Our revered President told us all we needed to know and do and what future treats were in store for us. We were then happy to welcome Mrs Mary Silva, President of Howgill W.I. who gave us an interesting report of the happenings at the National A.G.M. held earlier in the year at the

Albert Hall in London. She emphasised the importance of the resolutions passed at the meeting as being a significant pressure on government thinking. She also said how splendid had been the singing of "Jerusalem" by 3500 voices. Thank you Mary for representing our views and taking the time to report back to us. We enjoyed your company at our meeting. Another report followed from Mrs Valerie Cann who together with Mrs Pamela Moran had recently attended the Cumbria & Westmorland Federation Council Meeting at Kirkby Stephen. After the business of that meeting they had been entertained by Mr Norman Willis, former leader of the T.U.C. and also a talented needle(wo)man. Valerie said that he had them all in stitches!!

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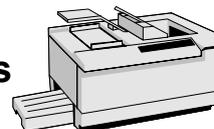
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Then it was on to the meat of the meeting. It was time for our developing tradition, Killington's 'taste and try'. The items on menu to be sampled this year were Assorted Cheese & Ham Parcels, Ham & Pineapple Cocktail, Finnish Salmon Casserole, Impossible Pie, Mars Bar Mousse, Selected Cheeses with Scones all washed down with an elegant cup of 'Lady Grey' tea. This last item was more by accident than design (our hostess for the day having grabbed the wrong tea-bags) and although some enjoyed the delicate flavour others bemoaned the lack of a good old cuppa! Still, they do say experience broadens the mind so that was at least two things broadened today.

Our competition for a "pretty sandwich plate" gave rise to fierce controversy.

Does a 'sandwich plate' have to be oblong or will a round one do? Notwithstanding, the winner was our President, Shirley Richardson who has never won our competition before. Everything comes to he (or she) who waits. The raffle was won for the second month in succession by Anne Macer who insisted on its being drawn again (especially as she had brought the bouquet for the prize!). Antonia Hunt was the next lucky winner and she promptly informed us that she had never won a raffle before. What a record-breaking day.

Next month, on Tuesday 11th November, will be our A.G.M. with its cut-throat competition for places on the committee and the top jobs. All members be sure to come and join in the fun, and remember that we finish up with 'social time'- our very own home made entertainment. Incidentally we had a most enjoyable outing recently to see "Calendar Girls" but are not thinking of following their example for our cabaret. *W.F.U.*

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November 14th
Comedy Night

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Christmas Party Nights

See Main Advert on Page 29

December 31st

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WALLING IN BRITAIN

Building walls without mortar in the British Isles stretches back at least three and a half millennia. The village of Skara Brae in the Orkneys, Celtic cells and the Iron Age brooches of Northern and Western Scotland. Walls of small fields in Cornwall date back two or even three millennia.

The earliest field walls were built of stones cleared from the fields so that these could be cultivated and stock enclosed. Walling of small fields reached a height in the Elizabethan period when cottagers and householders were for the first time legally permitted to enclose small crofts or private holdings. The pattern of small Pennine field walls around many villages is from this period.

The enclosure movement continued piecemeal during the 16th and 17th centuries and as the population grew the open field system broke down. The Parliamentary Enclosure Acts of the 18th and 19th centuries which were intended to promote more efficient farming methods, sparked off a wall building frenzy in Great Britain. So, most of the walls you see in Britain have been built from 1500-1900 but the construction methods have remained essentially unchanged for centuries.

Usually walls are about 4ft 6 ins in height but a stock proof wall needs to be 5ft 6ins. The width base can be anything from 32 –36 ins. The sheep in this area are tremendous 'jumpers' and since it takes a lot of time and effort to build a



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Friday November 14th & 12th December from 5 pm

stock proof wall it is often a good idea to top fence the wall off with wire to ensure that the sheep are kept off.

Through stones should run across the wall at intervals of three feet or so to hold the wall firmly together. Sometimes in some areas of northern England especially, it is possible to see walls where there are two continuous rows of troughs. There are a number of good examples of this style in Hawes.

But the style of walls must always reflect the nature of the local stone, as few field walls are built with stone imported into the area. Level bedded sedimentary rocks will make regular coursed walls, whilst most igneous or metamorphic rock will make for random or boulder walls and dykes (the Scottish name for walls).

A well built wall can stand intact without requiring repair for 200 years or more –several times the lifespan of a cemented wall or fence. On the other hand a poorly built dry wall – a “cowboy wall” sometimes does not last a single winter. The stones may not have been laid length ways in and the little pebbles and rock chips placed in the walls centre – the “heartings” – may not be packed tightly enough robbing the structure of critical strength.

Walls, unlike hedges still enjoy no legal protection in the UK. The Dry Stone Walling Association of Great Britain lobbies Parliament, the Welsh Assembly and the Scottish Parliament on grants and protection for walls with limited success so far. However, many of the National Parks and the National Trust have been very co- operative in the drive to preserve the walling landscape.

The Dry Stone Walling Association of

Great Britain was founded in 1968 and is a democratic organisation run by and for its members and is a registered charity.

There are currently 20 branches stretching from the Isle of Skye to the Cotswolds with 1200 members of whom 250 are professional wallers, 30 are quarries, National Parks and other corporate members. Branches run training weekends all over the country at reasonable costs and a free information leaflet is available upon request. The DSWA publishes a series of free leaflets including Wildlife and Walls, Geology, local styles, technical specifications etc. Publications include inexpensive booklets on dry stone walling and are listed in a mail order leaflet obtainable from Dry Stone Walling Association of GB, Westmorland County Showground, Lane Farm, Crooklands, Milnthorpe, LA7 7NH. E-mail: information@dswa.org.uk or visit the Website: www.dswa.org.uk

Brenda Koo

Deputy Chairman DSWA of GB

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MENTAL AND EMOTIONAL HEALTH

Prevention is a big part of Traditional Chinese Medicine: "When disease has already broken out and only then treated with medicaments, would that not be just as late as waiting for thirst before digging a well?" To find out the thinking on mental health, I read the chapter on prevention in a book, translated from the Chinese, on the treatment of schizophrenia by acupuncture. The result was somewhat disappointing; the "practical measures" suggested were to avoid anger, reduce thinking, speak conservatively (i.e. briefly), to reduce worry and sever selfish thoughts. Well, if we could all do that, I'm sure the world would be a much better place, but as we know, these are not things which we can just do to order.

I began thinking about the truly practical measures we can use to maintain emotional and mental well-being. Can we define what it is we are looking for in this context? The best answer to this, that I have found so far, is given by the contemporary sage Ramesh Balsekar in the phrase, "to be comfortable with oneself and comfortable with others."

Some degree of physical ease undoubtedly helps. For example, it is difficult to be patient if you are exhausted, hungry or have a toothache. In particular the balance between work, relaxation, rest and sleep is important. The body should be taxed, to keep it fit, but not exhausted. The idea of "active rest" is very useful: it has been shown that if one group of muscles is fatigued, it

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recovers more quickly if it is rested while another muscle group is exercised. In a similar way, mental fatigue can be relieved by physical exercise and physical rest can be combined with mental exercise. If you can vary the type of activity you do during the day, this may happen naturally.

Meditation is well known to assist "mental hygiene". Instruction is available at the Dent Meditation Centre (telephone 015396 25114), and to quote their brochure, it can "release deep-rooted stresses in a natural way" and "lead to more focus, energy and inner security."

Allan Wallace is one of the top Western meditation teachers and he is leading a series of annual retreats at the Core Centre in Cark in Cartmel. Most of us, most of the time, are involved with what the Buddhists call the "eight ordinary concerns": gain and loss, pleasure and pain, praise and criticism, fame and

infamy. In contrast to this, the 2003 retreat was concerned with “the pursuit of truth, virtue and happiness.” Allan guides one towards “excellent mental health” and he certainly seems to be a very good example of what he teaches. (For details of the 2004 retreat, contact the Core Centre, telephone 015395 59328.)

It can sometimes happen that you feel stuck emotionally, or as if you just need a breathing space. In such circumstances you might find flower essences useful. There are many books on the subject. The one I can recommend is “Bach Flower Therapy” by Mechthild Scheffer (Thorsons 1990). Even the process, of deciding which remedies to use, can be therapeutic. For example, gentian is listed for someone who is depressed and knows

why, whereas mustard addresses the state of depression with no known cause. Some remedies are available at the pharmacy in Sedbergh and Kan Foods in Kendal also stocks them. If you need help to decide on the best remedies for you, contact Ian McPherson (telephone 015396 20648).

Holistic therapies treat mental, emotional and physical problems simultaneously. For example, depression and back-ache, or road-rage and headaches, may have a common root. Therapies such as acupuncture and homeopathy could help in this sort of situation. If you need help to find a suitable therapist, please give me a ring. My telephone number is 015396 20972.

June Parker

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SEDBERGH TOWN BAND

Charity Concert - The Sedbergh Town Band were delighted to contribute to the local fund raising on behalf of the Macmillan Nurses with its annual charity concert on Tuesday 30th September. Mary Harkness and her industrious and willing band of helpers preceded the day with an attractive and profitable raffle that together with the proceeds from the concert enabled the magnificent sum of more than £1000 to be raised for this most worthy and valuable of institutions.

The concert was performed in the recently extended Settlebeck High School hall, this being a first for the band in this particular venue. The capacious stage enabled the thirty strong band to play in comfort and the hall was able to

accommodate what proved to be the band's largest audience of all its concerts to date.

The programme consisted of a wide variety of music designed to appeal to all tastes. Stirring marches opened both halves of the programme, the first being Sedbergh's own march, 'Castlegarth', composed by the band's director of music, Alan Lewis. Numbers from shows, the cinema and television series, along with such items as the ever popular 'Instant Concert' comprised the bulk of what followed. A further dimension to the bands ever expanding repertoire was provided by the playing of Duke Ellington's 'Mood Indigo', a relaxed blues number that contrasted dramatically with many of the other items and

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Live Music

Irish Entertainer 'Sean Murray' rocking The Dalesman on Friday Nights on

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indicated both the band's willingness and ability to extend its musical range. The performance of this number certainly gained the approval of one member of the audience, an American, who was overheard to comment "The Duke would have approved of that."

Individual performances were not lacking: Tony Croft's euphonium playing to open Barry Manilow's 'One Voice' was of an outstanding quality, whilst Matthew Wilson's inspired attack on the drums and cymbals in 'Drummer's Delight' exhibited the remarkable contribution of the percussion section in a band.

Mention should also be made of other individuals, particularly the exquisite

soprano cornet playing of Jim Mason. Jim, a resident of Gloucestershire but working at Heysham, was making the first of what we hope will be many guest appearances. Peter Packham is to be congratulated on his playing of the flugel horn: Peter selflessly agreed to move from cornet to flugel to cover a vital gap in the band. The concert was a first public performance for John Makin on baritone horn: he is the latest to have graduated from the beginners' class.

Alan Lewis announced that following the great success of the first Annual Sedbergh Brass Band Festival, next year will see the Town Band competing in two other competitions besides our own -

(Continued on page 44)

those being at Kirkby Lonsdale and the internationally renowned event held at Hardraw Scar. Demanding competition pieces have to be played at such events and with this in mind the overture 'London River' was included in the programme. In playing this piece the band achieved an encouragingly high standard, helped greatly by Noel Bertram's superb trombone playing, and with practice and the elimination of the occasional portentous note hopes are high of impressing next year's adjudicators.

The enthusiastic response to the final publicised item required the band to respond with an encore number - this proved to be 'One Moment in Time.' This is fast becoming the band's unofficial signature tune, and the excellent, passionate rendition provided, together with the audience's reception, suggests it should continue to feature regularly.

The band would like to thank the audience for the warmth of their support on this and many previous occasions and look forward to seeing as many as possible at the next concert.

Christmas 2003 - A major concert for all the family will be taking place in The People's Hall on Tuesday 9th December at 7.30 pm. A Christmas tree, decorations, mystery raffle, appearance of Santa Claus, communal participation plus seasonal band music are just some of the proposed features of the concert.

On Sunday 14th December elements of the band will be performing at Farfield Mill as part of their pre-Christmas festivities.

Beginners Class - This year's class has got off to a most encouraging start.

Twelve aspiring players of all ages have been meeting in the bandroom on Mondays at six - and following recent enquiries the number is likely to increase.

Under the expert tuition of Tony Crofts the group is mastering the notes of the basic scale which is leading on to the playing of simple, recognisable tunes. It is by no means too late to join the group. For details please ring Gerry Blackwell on Sedbergh 20056.

National Association of Band

Conductors - Members of this association visited Sedbergh School Band Centre on Sunday 9th September. We are delighted to report that following his nomination Tony Crofts was elected and joins Alan Lewis as a member of this prestigious body.

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Many people believe that bees have been kept solely for their honey. That has in fact never been the case. Before the introduction of cane and beet sugar from the New World, honey was indeed almost the only source of sweetness, and as such was highly valued from the earliest recorded times. But before the invention of coal gas and electric lighting, and the discovery of petroleum oils, apart from beeswax candles, the only source of artificial lighting was from animal fats such as tallow. Beeswax burns reliably, without smoke, and with a lovely aroma of honey, so was very highly prized - the church demanded as part of its tithes its parishioners' beeswax candles, the poor peasant beekeepers had to manage with tallow!

So the craft of preparing and moulding the beeswax recovered from our hives into a wide range of decorative candles and other products has a long and illustrious history that some, but sadly not all, beekeepers still practise. Sedbergh beekeepers are lucky that Bill and Marion Smith, our members from Garsdale do so with great expertise. Our last afternoon meeting of the year was on Saturday 11th October in Bill and Marion's kitchen in The Long House!

Bill and Marion first amazed us by showing just how many natural impurities get imbedded into recovered wax, such as pollen, bits of bee, etc., and how by gently melting the wax over hot water, these impurities can be removed and the wax finely filtered to give a beautiful canary yellow to primrose



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coloured pure wax ready for moulding. They then demonstrated with purified samples of recovered wax that members had brought along, what they had described so brilliantly at our Summer Conference in June this year; how to choose the particular mould for the given purpose; how to choose and fit the wicks in place in the moulds; how to get the purified wax exactly to the right temperature to pour it (oh so carefully) into the moulds; and how, when the wax

had set, the way to remove the finished candle without permanently damaging the moulds. Fascinating! Throughout the demonstrations Bill and Marion emphasised the need for great care to avoid the obvious dangers of handling hot and highly inflammable wax. While the several candles cooled, we enjoyed tasty refreshments.

Our next meeting is at 7.30pm on Monday 10th November in the Friends Meeting House at Brigflatts when we shall be reviewing all that members have done and achieved in the Sedbergh beekeeping year of 2003. You will be most welcome to join us.

Malcolm Fraser-Urquhart

SETTLEBECK HIGH SCHOOL

Year 7 Residential Derwentwater

This term students in Year 7 went for a week's residential to the Derwentwater Youth Hostel with a number of staff from Settlebeck.

During the week they did a wide range of outdoor activities including rock climbing, raft building, swimming and hill walking as well as Music and Drama. As always on these Year 7 introductory residential trips (which take place during the third week of term) the students enjoyed the experience immensely and gained many new skills and knowledge about outdoor activities.

However, the week is designed to be much more than a series of adventure activities. At Settlebeck we seek to mould the culture of each of our tutor groups by ensuring that all students begin to see themselves as part of a caring, supportive, tolerant and co-operative group.

We take the opportunity to introduce our core aims and values, providing students with clear boundaries for acceptable behaviour and attitudes and making clear our high expectations in relation to every aspect of their personal development and

social relationships.

These messages are further reinforced in the follow-up work, which takes place in school, and in the ongoing personal and social education programme which continues for the rest of the students time at Settlebeck.

Here are a selection of student responses to their week away.

I enjoyed Derwentwater a lot and the food was great! My best parts were climbing and going to Keswick spa – that was fun! I just wish it hadn't ended.

Annwen Wilkinson

At 9pm we went on a night hike. I was walking up and I tripped over Mr Graham, who was behind me, he said, "It was because you weren't looking where you were going!" Then he walked into a gate!

Zoë Craven

We went to Derwentwater and it was the best school trip ever. On the first day we went raft building – we won the race thanks to Claire H and Charlotte because they bossed us around. On the second day we went on a 7-mile hike the views were mint. I went straight to sleep that night.

Scott Hunter

Last week my class went to Derwentwater. I really enjoyed it as it

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was sort of like a holiday with my friends. My favourite activity was definitely raft building, we did really well in making it (we were split into two groups beforehand). We pushed our rafts into the water as we were having a race and the other team got ahead. Suddenly Thomas, in the other group, fell over and lost his shoe. They got out and started again. By this time we were well in the lead, we got back and changed over with the lads. They didn't set off well so the other team over took us! *Robyn Lewes*

On the Thursday, we went on a walk that lasted all day, up to a place called Watendlath. It was a nice walk and the 'surprise speciality view' was really nice – to look down on to all the valleys and all the fields and rivers it was beautiful! *Sophie Schools*

I really enjoyed my trip to Derwentwater. When I went on the 6-mile walk we had our dinner and I sat down and I got ants in my pants. It was the first time it has happened and I hope it never happens again because it hurts like crazy. *Thomas Calvert*

I really enjoyed Derwentwater it was great fun. I really enjoyed doing raft building and trying the rafts out. I also enjoyed doing rock climbing. Most nights I played pool with my friends it was great fun. I really liked our bedroom because it was pink! (And it a big mirror!). *Kim Hurst*

The best thing was when we went walking for 8 miles – on the way we had to find capsules and if you found an old capsule you got an extra point. My group got 174 points. *Craig Scott*

I loved Derwentwater, I thought it was brilliant it was one of the best school trips

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ever. When I heard that we were going rock climbing I was terrified but when I got to the top of the first climb I couldn't wait until the next one. And I loved going swimming, the wave machine was ace! *Claire Hunter*

I really enjoyed Derwentwater. We went rock climbing, walking, swimming and raft building. In the rock climbing I was the only one shouting out positive thoughts. On the night hike while coming back Toby walked into a ditch and said "Who put that there?" *Adam Parkinson*

The best day was the last day because we got to go to Keswick Spa (a swimming pool) 'It was great'. I loved going down the slide and the best thing of all was the wave machine. I liked the climbing as well. *Simone Raw*

The night hike with the torches was the best night thing. But I also liked rock-climbing and raft building and the hostel was great. *Jack Ellison*

CHAMBER OF TRADE

Market Fayre

Another very successful day; two letters of congratulation have been received.

Participants were helpful and cleared up as they went so there was less to do when clearing away after the Fayre. There is a balance of £1368 to be carried forward to next year. Every one at the meeting wished to dissociate themselves from the objections SLDC had received from 'some traders' expressing concerns about the signage to the car parks.

Of the traders spoken to, every one said they had a better day than usual. No-one present objected to the plans for next year (nor were any objections received from absent members), so it is assumed that everyone is happy for the event to take

place again next year. There being no alternative date suggested. Bank Holiday Saturday next year (28 August) was agreed for next year's Fayre. It was suggested that a nominal £1 entry should be charged, though given the many different ways into the street it was though this might be impractical, but this was left to the committee to decide.

Members were not very impressed with the advert in the Gazette. The Chamber's thanks were expressed for all the effort put in by the committee and volunteers, especially to the bed and breakfast ladies who actually lose trade by not taking bookings the night before the event.

Book Town Committee: Half the money for the business plan has been obtained, and the remainder is promised. The

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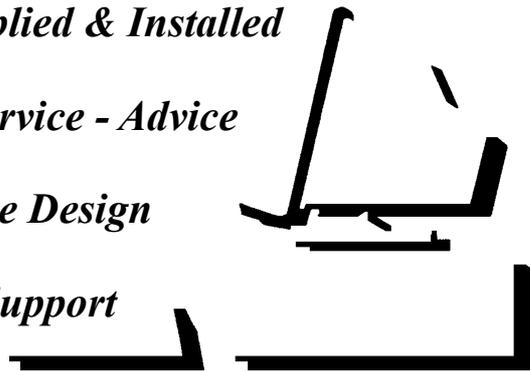
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Rural Regeneration company is in favour of the scheme and is able to attract European and NW funding to pass on to the Chamber. A 21 year lease is being negotiated with Udales, and architectural plans are being drawn up. 2-5 units will open onto Main Street, with 3-4 stand alone units at the back and a cafe. The second floor will be a book centre for up to 30 sellers, with offices on the third floor.

Members are reminded that written evidence is still required for submission with applications for funding.

The aim is that the front should be ready for occupation by the autumn, with a proper launch to take place in 2005. A lot of enquiries have been received from

booksellers.

Twinning: Sedbergh has now been included on the website of people looking for twinning partners, so some new enquiries are coming in.

Town Leaflet Another print run has been done. Members were reminded that Peter Hartley offered to revise the leaflet if we supply him with some photographs. If anyone has suitable photographs please submit them to the secretary at Sedbergh Office Services

Criteria for Awarding Grants

Concern has been expressed re the way money is given to any project, and what the Chamber gets in return. At present there seems to be no accountability (as

(Continued on page 50)

much the fault of the Chamber for not requesting any as that of recipients). Recent sponsorship of the Brass Band Contest has given no return to the Chamber, not even an acknowledgement in the Lookaround article, nor on any programme. (Apparently there were no programmes printed). Usually with this sort of money the Chamber would expect to receive recognition, and local traders would anticipate a 'trickle down' benefit in their services being employed to run the event.

It was agreed that in future any applications must be in writing for discussion at the next meeting, and criteria laid down for the awarding of any money. The finances of the Chamber being as they are at present it is unlikely we will be able to contribute to even our regular causes such as the gala. It was thought these organisations would understand, so long as they were advised as soon as possible.

AOB

i) A new Kendal Town Centre Manager has been appointed, with a new job description which now includes Sedbergh.

ii) Thanks were expressed to the team



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iii) Car parking:

a) Spaces in the free car park are being taken up by walkers all day. Is there anywhere else they could park, or should there be a short stay notice?

b) The toilets in the free car park remain closed - people continue to urinate beside them in full view of passers by.

c) A member present had been asked to bring up the problem of lack of car parking spaces on Joss Lane on Wednesdays. Members were reminded that ALL parking on Joss Lane on Wednesdays is illegal.

iv) Members were warned to beware of a 'business directory' which phones claiming to be simply checking details, records the conversation and manipulates the recording slightly to make it appear that you have agreed to pay for an ad then gets aggressive when their £200 invoice is not paid!

v) Complaints have been received about the recent A2A 'directory' which is usually delivered door to door, and which has been left at various shops to be picked up. A letter to be written to express advertisers' disappointment with this.

vi) A Sedbergh diary is being produced for next year which will include any events printed against the appropriate dates for any person or organisation which so chooses.

vii) The push for Broadband is still lacking sufficient phone numbers registering interest. To register involves no commitment to actually take up the service; anyone who has not done so can register their support for Broadband on www.sedberghbroadbandcampaign.org.uk.

FAMILY MUSINGS

I am amazed at how little can be done by so many in such a long time, sometimes, do you follow my drift ? Perhaps you are super-organised. I am too, but only in my dreams, meantime papers need sorting into their relevant folders and files at the time. . ! Will survive! Darker nights are here, nights to curl up in front of the fire with the cats, except the cats don't live here they are at the farm so I just have the choice of Granny and hubby . . and the tele, no contest at all. Glorious weather for pottering in the garden except the late blooms put me off clearing the bedding plants etc, well now one cannot dead-head what is not dead can one ?

Granny & I really enjoyed our trip to Stockport and the brand new-only- just-completed-conservatory. They had purchased some solar lights for the garden but they didn't "glow" very much at all. Me thinks they're a dead loss .. but perhaps you know differently . . do ten.

Then after getting our breath back we girls & hubby spent a weekend at Durham, yes really, at last, darling girl is in her 3rd year & we actually get there to stay. We called at Shildon en-route and visited a life-long friend of Granny's, they hadn't seen each other for over 20 years, so about time really wouldn't you say? Yes, we were made very welcome and then continued north to have lunch at The Prince Bishops at Brandon where "Leek Pudding" had been on the menu but all that was left was Cod & Chips, never mind we ate well over the w/e inc. a meal at the delightfully sounding 'The Church Mouse' where my Lemon Chicken really was "Succulent as the

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menu said, soup was £2.95 but as we found out soup could be anything from £1.50 to (not in the NE) £3.90. A good job for Granny and I would be Food Tasters . . perhaps not, not compatible with my eating plan. We spent a morning in & around the Cathedral, hubby and elder daughter climbed 300+ steps to the top of the tower & she couldn't even look down at the view! We went to worship at St Nicks in the market place & went out for Sunday Lunch before heading home via Bowes & Barras.

We are home for a week or two then off again to Morecambe then home until the warmer weather comes. Elder daughter has jumped across to Dublin for the weekend then its London for Amy's 21st; it was great to see her house in Durham, now can picture her in her room etc and know where she works as well as the college which we have been to in the past. I must sort out those papers . . see you soon.

KARTING

125cc gearbox kart ICC Championship 4th round

This was held at a very twisty track in the north of Wales, Sam has been here twice before and holds the joint lap record with Owen Jenkins, which was set last year. But that was in the national class of gearbox karting, which has slicker tyres and more power, so the lap record was not beaten this weekend.

Saturday practice

Saw Sam desperate to put a mega quick lap in early in the day so that he could seat back and watch the other try to match it, but this was not possible, he tried his hardest but he was not the quickest, Carl Millington and Nick Smith who finished number one and two in the Super 4 were just a little quicker than Sam and they are the drivers that Sam has to beat in this championship.

Sunday Race Day

Heat One

Sam was on grid 10 but his engine failed to start on the dummy grid, two lap had past before we got him out onto the track, even with two laps behind everybody else on the track he started to unlap himself,

this was going well at first until he of course crashed into Barry Armstrong and bent his steering column and could not finish the race, "Foolish" was one of the words I muttered to myself, because it didn't matter if he was last and two laps down he would have got some points, but that move on Barry put paid to that, at least Sam lifted Barry's kart back onto the track and restarted him so that Barry got his points.

Heat Two

Grid 3 for Sam, were as Carl and Nick were 11th and 13th this meant Sam had a good chance of winning this heat and with the lead he had he could ease off a little, to conserve his energy, with nearly one lap to go Carl was six kart lengths behind and Nick was a further four kart lengths back, as Sam moves on to the last lap I'm stood watching the racing and talking to Carl mate, about how well Carl was doing and that I thought Sam was pacing himself, when, as you will know, if you have tried boiling milk, nothing seems to happen till you look away for a second, then it boils over. Well that happen to me with Sam one minute he has it under control, suddenly, Sam is

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driving halfhearted, and Carl is right behind him, the next thing Nick was trying to pass Carl, but didn't make it through, I'm thinking out loud " there most be a problem with something on Sam's kart", coming into the last corner all three were bunched up when the unexpected happened, Sam drove off down the pit lane and Carl followed leaving Nick to win, now don't laugh, it is one of the daftest thing that can happen, but does not happen to often, Sam felt bad and very embarrassed but Carl just laugh about it. At the last round of the super 4 championship, I made my biggest blunder and nearly lost Sam a place in the championship, this time it was Sam that made the blunder, and made the championship a more open championship so the lesson to be learned from this is, concentrate, on your own race and not on what other drivers are doing on track, because that was the reason both drivers drove off they were concentrating on each other rather than the lap board or looking out for the chequered flag.

Heat Three

With a Grid position of 9th, Sam made his way up to 5th place but could not get

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passed his mate Jon turner as there was yellow flags out at the places were it is possible to pass so 5th would have to do.

Final

This has not happened to Sam since Sam was a novice, Sam in last place on the grid in a final, and to make thing worse for him, the laps had been cut down to ten laps, having said that Sam quickly made his way through to 5th place, but then he got stuck for nearly two laps behind Mark Brookman, when Sam did get past he then made good speed and set the quickest lap of the day quickly catching up to Jon Turner but Jon made it impossible to go any further up the field Sam finished 4th.

Finishing order:

- 1st Nick Smith
- 2nd Carl Millington
- 3rd Jon Turner
- 4th Sam Moore
- 5th Jonny Lang

Sam is in third place in the points table now, but even with his blunder in this round Sam still leads this championship, (just), that is after they drop his worst three heats and the worst final points, but there is still two rounds left.

Sam's very under standing Dad

NOVEMBER REFLECTIONS

Here we are once more, refusing to admit to ourselves, and everyone else, that we are dreading Christmas. Or are we? No, we are not because after 'doing' a Christmas every years since I met Sir, we are opting out! That first Christmas with Sir, I was living at home, Sir's parents were on a cruise, and he decided to throw a Christmas Eve turkey dinner. Well, he was the host and I was the shaking chef. It was dinner jackets for the gentlemen, long dresses for the ladies, and I had only been going out with Sir since that November 20th! There were ten of us. That was when the ring fell out of our cracker! Everyone cheered - except Sir and myself, who were a bit shaken. Actually I wasn't! And, I've still

got the ring.

But, back to this coming Christmas. We have found it to be just too much, still doing the full theatre, putting on a splash. This long house is like a sports centre. It keeps us fit when the weather clamps down. But, its isn't quite so hilarious dragging a Christmas tree from one end to the other, or buckets of coal ... lifting vast turkeys from the groaning Aga. Its not that folk don't want to help. Its more that our girls have been away so long, all this 'wild-west' living has been forgotten. So this year, though we are going to miss the family dreadfully, our's will be the Christmas I have always wanted. Filled with the Baby Jesus and the music of his birth. No more, 'Oh, Mum. Please, no!' And, 'you can play your music as much



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as you want when we've gone!' Into the CD player's wide open mouth goes some obscure to me, noisy, tuneless music! It will be wonderful to make full use of television carol concerts and such like. We'll have a lie in on Christmas morning!

On the subject of Christmas music, I think the greatest treat will be making music myself. Locked away in my office - which is now a very full library - I should have the time to play my harmonium. We have no grand-children and as redundant granny and grand-pops, we will return to being our stately selves! No longer will I shudder at the sight of a sprig of holly or a family sized Christmas Pudding, but I am assured that since Sir and I can no longer travel to Manchester

and South Wales (which is further away from here, than Manchester) or use stairs, that there will be two pre-Christmas weekend parties here, which will be lovely. All the fun with less aches and pains! Without the false urgency pushed into one or two days of hype. In fact, all this is very sad. But, I think that when a time comes to us, when the flesh is no longer willing, one has to forget the missed opportunities and appreciate the privilege which age allows. The fact that some say we are only as old as we feel, is let down somewhat by the human, skeletal and muscle pattern and the wear and tear of same. Oh, yes! Let no chance pass us by. In most things there is solace.

(Continued on page 56)

Making the most of situations.

As ever I read every word of October's Lookaround. Oh, I do love it. It is like meeting up with you all once more. Always there are those who shine and once more I offer the most heartfelt congratulations to a lady who has the spirit to win the world. Her contribution, headlined 'DENT MEMORIAL HALL' began : WE DID . . OR YOU DID . . WE ALL DID! Sarah Woofs sheer delight, and appreciation of all who have helped her in raising that latest enormous sum of money, is just wonderful. The Gala, the Buy-a-Brick, and such a lot more, have purchased not only the much wanted bricks and mortar of a building, but the added love of what Dent is. What it has always meant to such a lot of people over the spanning of many years of happiness, of its being local, of coming to visit, to make friends and to keep friends, is always, always, illustrated by Sarah. The clever part of this being that she has a way of signing her name on behalf of all the helpers. Indeed she has had to face the odd negative points of view, but I'm sure that is often come from the fearing of projects. Charity work is a work of art. Making that plunge to lend help and support isn't as easy as it sounds. Sarah's

Daphne Jackson D. O.

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contribution I shall keep. Special parts of its last paragraph are brilliant and of enormous help when read through again and again. God given wisdom with the light of ensuring hope.

Its on that note that I say farewell for yet another month. My hand of friendship I extend, firstly, to all my friends to whom I owe phone calls or letters! I feel awful not keeping in touch, but these have been a funny few months and I have fallen way behind!

Secondly, I offer gratitude to all those who accept leadership, how ever large or small the project. Let us thank local Samaritans, their hands for ever open to help. Take care everyone. And thank you for the joy you bring. *Joan Stockdale*

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Holy Days 19.30

Rev. Dr. P. Campbell Tel: 20918

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Rev. T. Widdess Tel: 20329

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DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 28th August 2004

NOVEMBER							
1	1900	Sedbergh Bonfire Night	PH	5	1545	Chameleons Drama Club	StAS
5	1000	Masonic Hall Coffee Morning	URCR	6	0930	KC Table Top Sale (51)	PH
5	1030	Autumn Exhibition Ends	FM	6	1930	MH Christmas Dinner & Dance	MH
5	1330	Butterflies	StAS	9	1400	WIK Christmas Party	PH
5	1830	FC Bonfire Night & Skittles	FCH	9	1930	FCH Domino Drive & Mince Pies	FCH
5	1930	HS York Archaeological (7)	SHS	9	1930	Town Band Family Christmas Concert	PH
6	1000	SMC Jumble Sale & Coffee Morning	SMC	10	1330	Butterflies	StAS
6	1930	WIH Old Hutton Owl Project	HVH	10	1930	WIF Christmas Party	TBA
7	1545	Chameleons Drama Club	StAS	10	1930	CWT Wildlife Quiz	SHS
8	1030	Group Exhibition Begin (1)	FM	12		SS End of Term	
8	1100	StAS Christmas Fair (8)	PH	12	1545	Chameleons Drama Club	StAS
8	1400	Zebra's Sale (8)	SMCR	12	1930	Christmas Domino Drive	KVH
8		Cricket Club Presentation	SGC	13	1000	Kids Klub	PH
10	1930	Beekeepers	BF	13	2000	PH Olde Time Dance	PH
11	1400	WIK AGM & Social Time	PH			WIH Christmas Party	TBA
11	1930	FC Domino Drive	FCH	14	1030	Service	PH
12	1330	Butterflies	StAS	17	1330	Butterflies	StAS
12	1915	WID AGM & Understanding Europe	DMH	19	1930	HVH Christmas Domino Drive	HVH
12	1930	WIF AGM & Social Evening	PH	21		United Carol Service	StAS
14	1545	Chameleons Drama Club	StAS	24	1830	StAS Nativity Play	StAS
14	1930	HVH Domino Drive	HVH	25		Christmas Day	
15	1000	Kids Klub	PH	26		Boxing Day	
15	1330	Food & Soul (15)	PH	28	1030	Family Service	StAS
15	1930	Howgill Church Dance	PH	JANUARY 2004			
16	1030	Service	PH	7	1930	HS The Brontës & The Dales	SHS
17	1900	Neighbourhood Forum	BVH	10	1400	Gala Children's Party	PH
17	1930	Cricket Club AGM	WHC	13	1930	FCH Domino Drive	FCH
19	1330	Butterflies	StAS	21	1930	HS Broken Links	SHS
19	1930	HS The Lanercost Cartulary (1)	SHS	28	1930	CWT The Echidna Enigma	SHS
21	1545	Chameleons Drama Club	StAS	FEBRUARY			
21	1930	Domino Drive	KVH	4	1930	HS Member Evening	SHS
22	1000	Derian House Table Top Sale (22)	PH	17	1930	FCH Domino Drive	FCH
22	1930	DPSA Domino Drive (22)	DMH	18	1930	HS Border Regiment & Kings Own	SHS
23	1030	Family Service	StAS	25	1930	CWT Gardening for Wildlife	SHS
24	1930	DMH AGM	DMH	MARCH			
26	1330	Butterflies	StAS	2	1930	FCH AGM	FCH
26	1930	CWT The Return of the Otter	SHS	3	1930	HS Housing Change	SHS
28	1545	Chameleons Drama Club	StAS	9	1930	FCH Domino Drive	FCH
28	1730	SHS Christmas Fair (28)	SHS	12	1930	MH Booths Cheese & Wine Evening	MH
28	1930	WIH Domino Drive	HVH	12	1930	HVH Domino Drive & Tattie Pot	HVH
28	1930	HS Winter Get-Together (1)	GC	17	1930	HS History of Warton Parish	SHS
30		St Andrew's Day		24	1930	CWT AGM and Photo Quiz	SHS
				27	1930	HS AGM + Jacob's Join	SHS
DECEMBER				APRIL			
1	1930	CWT Wildlife Quiz	KS	28	1930	CWT Peat Moss	SHS
3	1030	Group Exhibition Ends (1)	FM	MAY			
3	1330	Butterflies	StAS	22	1230	Sedbergh Gala	Sedbergh
3	1800	Late Night Opening	Sedbergh	JUNE			
3	1930	HS Prisoner of Napoleon	SHS	12		Sedbergh Festival Starts	

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

It is printed by Stramongate Press.

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.

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of events, meetings and games fixtures so

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BF	= Brigflatts	
BS	= Baliol School	
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	
HVH	= Howgill Village Hall	
JLCP	= Joss Lane Car Park	
KC	= Killington Church	
KL	= Kirkby Lonsdale	
KVH	= Killington Village Hall	
KSGS	= Kirkby Stephen Grammar School	11
LHCP	= Loftus Hill Car Park	
MH	= Masonic Hall	
PH	= People's Hall	
SCC	= Sedbergh Cricket Club	
SHS	= Settlebeck High School	
SMCR	= Sedbergh Methodist Church Rooms	
StAS	= St Andrew's Church, Sedbergh	
StJAR	= St John Ambulance Rooms	
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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Sedbergh Lookaround

Stramongate Press Aynam Mills
Little Aynam Kendal Cumbria LA9 7AH

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Dr Ann Orr

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

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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Dent Surgery

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

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Friday	0900 - 1000 *	
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Monday	1800 - 1900	
Saturday (Urgent Cases)	0900	
Friday Female Clinic	1015 *	

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