

Sedbergh & District

LOOKAROUND

February 2004

Issue 208

Donation 50p

Most issues, we receive new Advertisers to our pages. This month is no exception and we have a few new businesses that are trying to tempt you to use them. When making any purchase or use of their services,

please mention that you saw their advert in The Lookaround. We are grateful to them as it helps to keep the cost of your favourite Newsletter to only 50 pence donation per issue.

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CHILDREN'S BIRTHDAYS FEBRUARY 2004



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

The recipient this month is:-
Rosie MASON who is

9 years old on 9th February.

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



Day	Name	Age
1	Harry BAINES	2
6	Chloe KENDAL	6
9	Nurgul SEN	1
9	Rosie MASON	9
9	Amber TAYLOR	11
11	Thomas BROWN	6
12	Izaak TYSON-HIRST	9
13	Daisy HAMILTON	3
13	Ellie HAMILTON	3
14	Robbie SPROUL	5
18	Leanne POSTLETHWAITE	6
19	Abbie GAME	3
19	Erin PROCTOR	6
22	Jack WHITE	8
22	Angela POSTLETHWAITE	8
24	Clare THOMPSON	11
26	Jennifer WINN	8
27	William WILSON	8
27	Eilidh SPROUL	9
28	Rebecca STANTON	7

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Mrs L Hopkins	Brantrigg, Winfield Road, Sedbergh (09/04)	21455
	<i>IT; ES; NS; NP; P; DR</i>	
Miss S Thurlby.....	15 Back Lane, Sedbergh (12/03).....	20251
	e-mail:- antique.thurlby@amsolve.net	
	<i>ID; IT; CH; L; NP*; P; DR; VB</i>	
Mrs S Gold-Wood	10 Main Street, Sedbergh (11/03)	21808
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 DR = Drying Room; Di = Dinners; VB = Vegetarian Breakfast; CB = Celiac Breakfast; GF = Gluten Free
 CW = Children Welcome; FC = Fire Certificate; TL = Table Licence

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 Articles etc. by 19th of every month

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ALLEN

I would like to thank all who sent flowers, gifts, cards and good wishes on my **80th Birthday**. Thank you all very much. Mellie.



ALLINSON

Happy **18th Birthday** Stacey on 26th February. Love Dad and Chris.

BAINES

Happy 2nd Birthday Harry on 1st February 2004. Have a lovely day. Love you lots. Nanna, Grandad and all the family.

CAPSTICK

A very grateful thank you to the Wardens and my *Lookaround* neighbour for all the house and Christmas mail care during and after being in Ward 7 WGH for hand and wrist operations. Also to the District Nurses, Dr. Syred and the Surgery girls, and all kind enquiries. To you all a Happy New Year. Nora.

MIDDLETON

Many thanks to all relations, friends and neighbours who sent me gifts and cards for Christmas. Also very many thanks to all the family relations, neighbours, friends, the Over 60's club, for flowers, cards and gifts received on my **90th Birthday**. A day to remember. Thank you. Cissie.

HUNTER

The family of the late May Hunter would like to thank all family and friends for their cards, expressions of sympathy and support following the sad loss of May. To the Orr surgery, Cumbria Care and Ward 9 WGH for their kindness and care. To Rev. Tim Widdess and the Methodist Chapel for their support, prayers, uplifting service and donations to MHA and NCH amounting to £378. To Brian Goad for his sensitive and dignified arrangement.

JAMES (né Airey)

Chris and Liz would like to thank everyone for cards, good wishes, and gifts received on the birth of **Elijah Luke**. Thanks to you all.

NICHOLSON

Mrs. Nicholson would like to thank Doctor Orr and the ambulance team and Mr & Mrs. Tim Widdess for all their kindness and thoughts.

SEDGWICK

Dorothy, David and Brian would like to thank family, friends and neighbours for their love, care, support, help, cards, flowers and expressions of sympathy following the sad loss of Bill, a loving husband and father. Special thanks to Canon Alan Fell, Rev. Bill Long, Dr. Ann Orr and Brian Goad for all their help.

PERSONAL & SMALL ADS £1

SEVERN

Joanne. Happy **21st Birthday** on February 10th 2004. Good Health, Good Luck and love from Grandma.

SPEIGHT

Lyndsey Speight would like to thank everyone for their help over the last four years while living in Dent. From helping over the sad loss of her father, to helping with Matthew, her 4 year old son. To the many friends and neighbours for their kindness and support during her stay. Thank you to you all. *(This should have appeared in the last issue. Sorry. Ed)*

THANK YOU

We would like to thank everyone in Dent and the Dale who have made us feel so welcome. We are here to the end and hope to make a useful contribution to the community. A special thank you to Pete and Meg, John, Gary and Steve, the tradesmen who did a speedy and first class job. John & Hilary, Coombe Scar, The Laning, Dent.

TODD

Happy **50th Birthday** Grandad 'cuckoo' on 22nd February. Lots of love Emma, Angela and Leanne. XX XX XX

TODD

Happy Birthday Dad on this special day, 22nd February. Love from Janet & James and Linda & Wayne.

WINN

Sydney and Connie would like to thank all friends and relations for the lovely flowers and cards on our **Golden Wedding Anniversary** and for making it such a memorable occasion. Also gifts of money for Cancer.

WOOF

Love and congratulations Jenette on your HND in European Travel Management. We had such a lovely day at your Graduation. Well Done on being Student Of the Year in your group. Love Mum and Dad. Lots of love also from Granny, Andrew and Susan.

WOOF

What can I say? Probably should not say anything but I am not very good at keeping quiet-so here goes. HAPPY BIRTHDAY JOHN "50" Enjoy your celebrations to mark this notable age .. you have survived. Much love from ALL THE FAMILY, with a very special message from Granny who loves you very much and enjoys talking farming with you and wonders how many men would willingly move in with their mother-in-laws? HAPPY BIRTHDAY DEAR JOHN HAPPY BIRTHDAY TO YOU. Sarah x

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SEDBERGH GALA 2004

40 Years - Ruby Anniversary

Sedbergh Gala 2004 will be held on 22nd May on Lupton Field on Back Lane. This will be the 40th Gala held in Sedbergh. The event began in 1963 and has been held every year except the year when foot and mouth struck.

The theme therefore for this years Gala is **Ruby Red** to celebrate the Ruby Anniversary. So for the fancy dress you can wear Dorothy's ruby slippers, you can be a Red Devil, Spiderman, Little Red Riding Hood or a Red Spider Mite. A group could be a whole garden of Roses, Tulips or Carnations or a troupe of Flamenco Dancers. The options will be endless so start thinking now how to show Sedbergh a real Ruby celebration.

Many new events have been planned for this special celebration. A climbing wall, and waltzer should encourage more teenagers to attend. The Army are providing an assault course and paintball game. There will be a Bouncy Castle, Swing Boats and Mega Slide. Punch and Judy, Cumberland Wrestling, Fell Running, as usual, and Maypole dancing for the Gala Attendants.

More details will be included in next months *Lookaround* regarding further attractions and the names of the Gala Queen and her attendants. But in the meantime start planning those **Ruby Red** costumes for the fancy dress parade.

P. S. If anyone is interested to help with Gala contact Richard Kooper, the Gala Secretary on Sedbergh 20234. ¶

NORTHERN HARMONY

Do you remember a few years ago when a choir of teenage girls called Village Harmony came from the verdant plains and forests of Vermont? They sang in a concert in Howgill Old School and then taught some of their songs in Dent.

Well, having heard about how beautiful these valleys are, now their parents are following in their wake. Northern Harmony is a choir of 16 adult voices singing songs from around the world as well as Shape note music. Some of their songs will be known to the Dent Choir as well as the Cautley Carollers - others are more idiosyncratic.

Shape Note music takes its name from an attempt to make music reading easier for the singer. Instead of using dots they use different shapes so that the intervals between different notes can be recognised more easily.

Many people are familiar with Do, re, mi, fa, sol, la, ti, Do - a way of singing scales devised by an Italian monk from a

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People's Hall Committee

AGM

Monday 2nd February 7:30 pm

People's Hall Committee Room

All are welcome.

Latin chant using the first letters of different words. Shape note music is based on the old English system of fa, sol, la, fa, sol, la, mi, fa. Although easily recognised by this style of writing, the music is more defined by the style of singing which involves a great deal of gusto. Some people even say there are only two ways of singing it: loud, and very loud.

In the Southern States where it is most popular, the singers sit in a large square with one person in the middle beating the time. while everyone sings from a large red book called The Sacred Harp. The singers say it is very cathartic.

Anyone who would like to come will be most welcome to join the choir for the day at the end of February and try out this different style of music reading. And even if it doesn't make sense, you should find it easy to sing along with so many other fine voices carrying the music.

And then you ;can join us in a singing supper when singers from different community choirs in the region will be singing together and showing off their music.

I hope you can join us.

David Burbidge

CUMBRIA WILDLIFE TRUST

Jubilee Wood Update

In January 2003, helped by an initial grant from the Earthwatch Institute, the local committee of the Cumbria Wildlife Trust began to implement their plans to manage a woodland area to commemorate the Queen's Jubilee Year. With the help and encouragement of Jean Postlethwaite, the landowner, we decided to stock-proof a section of Settlebeck Gill, a valuable remnant of formerly much more extensive woodland. Without the dangers of grazing to regeneration of plant species, we hoped that a wide diversity of plants and animals would return to the area. To this end new fencing has been installed along the north, south and eastern sides with signs requesting passers-by to "Please keep the gate closed". New wooden signs provided by the National Park will change the wording slightly to "Please close the gate" in the hope that walkers,

Sedbergh School

Choral Society

Conductor: David Andrew
will perform

HANDEL'S MESSIAH

Saturday 7th February at 7:00 pm
Carlisle Cathedral

Sunday 8th February at 7:00 pm
Powell Hall, Sedbergh School

Tickets £10 ~ Concessions £5

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earnestly trying to keep the gate closed (rather than opening it and closing it behind them) will stop clambering over the fence instead!

Very soon our efforts were rewarded by a fine display of primroses and violets followed by bluebells and a profusion of foxgloves. Bird boxes were installed and wall repairs completed in April. Surveys have been carried out in June and July with 46 distinct species noted along the hedge and hedge bank, 8 grass species and 33 others in the open grassland and 7 major varieties of trees and shrubs. In the wet flushes and along the beck edge 34 separate species were recorded.

A bird survey records 43 species resident with 10 summer visitor species with four finding shelter here during the winter (common gull, redwing, fieldfare and siskin). 21 of these have found the gill provides enough food, safety and security to raise their young. Tits and flycatchers have been observed checking out the bird boxes to this end. Mammals known to have visited this year are roe deer, fox, badger, pipistrelle bat and (hooray!) the red squirrel. Small voles, mice and hedgehog frequent the

undergrowth.

In November, boys from the Sedbergh School Conservation Group did an afternoon's hard labour planting a variety of hedge species to augment what is already there. We hope the greater variety of flowering and berry producing native plants will add to food supplies and provide more shelter from predators for small birds and mammals.

As I write, Paul Wilkinson and his NP volunteers should be getting to work trimming, cutting and coppicing some of the more overgrown and dead wood. Where banks are in danger of collapse the balance will be restored by removing weighty branches (but bearing in mind that fish and water creatures depend

partly on overhanging boughs for sustenance).

A group of Sedbergh primary children have visited the gill as part of their work on "Habitats". Their understanding was impressive not to mention their artistic abilities!

Soon an interpretative board will be in place giving an introduction to this very special patch of bio-diversity.

It is appreciated by us all that gills are also valuable for winter feed and shelter for stock, but if just part of their natural condition can be preserved then, hopefully, this can be part of our wildlife legacy for future Sedberghians. For further information on species and funding please contact Susan Garnett (21138) ¶



Sedbergh Community Development Centre Courses for February & March

Floral Art for Spring - Learn to create superb floral decorations for your home or business. Thursdays 7 - 9pm. 6 weeks from 26th February.

Introduction to Spreadsheets - Discover how to let spreadsheets do the work! Ideal for creating accounts, tracking your bills or producing lists. Wednesday 9:30am - 12 noon, 4 weeks from 10th March.

Its not too late to join our **Beginner's Italian** and **Circle Dance** classes

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PROPERTY MATTERS

Magic words that underpin your property investment

You have heard them many times and they are true around the world. Last month, we explored the opportunities for huge diversification in types of property and how everyone has different views in what makes their home special to them. Those factors and its state of decoration and quality of finish will always play a large part in the valuation of a property.

However, when we discussed that you can't make a silk purse out of a sows ear, (I realise that I said sows ear last time but we can't have that because it's a/ not politically correct in this day and age and - 'fuelling it further' b/ you probably

might be able to make a better one than with a boars ear) it should have been - 'You can't make a silk purse out of a pigs ear'. There, am I now PC again?

What did I mean if we acknowledged that almost everyone changes and upgrades property to suit their own tastes? Well you will have seen properties that appear to have everything, space, design, quality in build and fittings and yet they hang around on the market for a long time when they are offered for sale.

What is it that makes that property stay in the estate agents windows with dated pictures curling and fading in the sun while others positively jump out of the door? How can it be? Has it received a poor survey result? Is it difficult to get a

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mortgage on? Is it just too high a price for what is on offer?

It might be any of these factors and some of them are only foreseeable when the property is tested on the market and sometimes beyond the control of the initial sales agents forecasts. Indeed, I have known some properties marketed well above their valuation for very many reasons and quite often at the wish of the vendor.

Higher expectations of market value might be held by the owner as they have "spent £000,'s" on improving the property and are not willing to sell for less than their initial investment plus upgrade costs.

Serious problems with the condition of the property might soon be a thing of the past as Government seem keen to introduce a compulsory Homes Information Pack that will be paid for by the vendor BEFORE the house is put on the market. (More about that next month) That will resolve the first two points as it will also determine how likely it will be to get a mortgage on it.

The magic words however are:
Location, Location and Location. If you

have these in their entirety, then there should be every reason to believe that some of the other factors can be overlooked. You will not have a pigs ear. You will indeed have a silk purse that should retain its value and may even grow more valuable quid per quo with regard to comparable style properties not enjoying those words.

You can generally improve or redesign the layout internally, amend, decorate and quite often extend properties even in the National Parks and conservation areas if you instruct a knowledgeable and competent architect. It may well cost you much more than what someone 'deems is its true value' but then - what is the value of any property?

Any property can be valued in numerous different ways but there really is only one value that matters. What is it worth to you? If you can afford the mortgage payments, or to buy it outright, and you are happy with your purchase, then you have good value - wherever it is. If you have chosen it well with regard to those magic words, then you may well be pleasantly surprised when you sell.

Nigel Close - Cobble Country Property

BOOK TOWN

Well the end of the year has finally brought the grant money for our business plan. The consultants are Eric Hookway from Kendal and Richard Cooper from Keswick, both are very familiar with matters in this area as they both worked for the County Council for some time.

This means if all the figures stack up we can apply for our grant to rebuild Udales. This in turn means that we should have the first useable units late Autumn next year. I know this seems to be taking a ridiculously long time, but that's the way it is with public money.

So is there anyone local who would like space in Udales? either as a stand-alone shop or as a book dealer in the first floor co-operative book centre. What I really

need is your estimate of what sort of space you would ideally like if you join us in the book centre.

The ground floor will be split into units, some will be self-contained shops probably up to about 800 sq feet, some will be more like market stalls opening onto a covered courtyard.

These spaces if self-contained will require staff. These spaces can also be any type of retailing which fits with the book centre, so there could be a gift shop, or antiques etc. but probably not an ironmonger, if you see what I mean.

Upstairs on the first floor, reached by a lift and stairs, will be the big book centre, space here will be by bookcase, say 1 metre wide by 5-6 shelves high. You will be able to have multiple bookcases on a rental per shelf + sales commission basis. This floor will be staffed by us so all you will need to do is stock up from time to time.

Above we are looking at the possibility of a research resource for the district which would aim to collate and store on computer, all sorts of local knowledge e.g. history, geology, religion, natural history, farming, social etc. the idea being that people would use it as a repository for their researches, but also to find out about their interests. We think this would bring a good many visitors as there is a huge amount of interest in religion and geology in this area e.g. Quakers. Is there anyone out there who would be interested in being part of this offshoot project, or who has experience of this type of facility?

Please don't think that "booking" space at this stage commits you to anything. Obviously the consultants putting

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together the business plan would like to be able to say "out of 6 shops and 6000 sq feet, we have interest in say 3 shops and 200 sq feet", this makes the job of selling the project to the funders so much easier. But you will need to know costs before you can actually say you are coming. This will all be worked out in the next 3 months. So please just let me know that you are interested and what sort of space, in theory, you are interested in.

We're planning a book fair or two next year, again please let me know if you would like to take part.

Finally best wishes to you all for New Year from Sedbergh and all the Book Town committee.

PS. The Book Town Company went live on 1st January 2004.

SEDBERGH & DISTRICT TOY LIBRARY - 1st A. G. M.

Since the inaugural AGM in January 2003 a huge amount of activity has taken place so that now in February 2004 the Toy Library is able to open its doors in the People's Hall.

The Opening will be part of the A. G. M. and those attending will be able to view

the toys and catalogue. The Policies will be available and you will be able to join the Toy Library with view to starting borrowing toys for pre-school children on March 4th. The Library will then be open on alternate Thursday afternoons.

The joining and membership fee will be £2 for families and the hire fee will be £1 for a two week period.

The success of the Toy Library has been due to the enthusiasm of the committee and many sessions of hard work preparing the toys. Sedbergh School pupils are also involved.

There have been generous donations from the Countryside Agency, Cumbria Early Years Development and Child Care Partnership, Sedbergh United Charities, Neighbourhood Forum, B.T., The Co-Op, NHS Public Health Grant.

The next phase of development will be to purchase and prepare toys to be borrowed by school age children.

The committee are looking for new members of the committee so please consider standing for office or for a committee place. You will enjoy being part of this enjoyable venture.

*Bronwen Osborne
Chair - Toy Library Tel. 20979*

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SEDBERGH & DISTRICT HISTORY SOCIETY

Dr John Todd spoke to the History Society on the Lost Cartulary of Lanercost Priory on 19th November. Lanercost Priory was a house of Augustinian Canons in the north east of Cumbria. In the late 13th century they copied their title deeds and charters into a book called the Cartulary. It went missing in 1826 and was only rediscovered twenty years ago by Bruce Jones, the then County Archaeologist for Cumbria. Dr Todd has spent several years transcribing and then translating it.

The Cartulary is the source of valuable information about agriculture, churches and also contains charters of local families in Cumbria notably the de Vaux family who were responsible for the founding of the Priory. It was

believed to have been dedicated in 1169 by Bishop Bernard of Carlisle but other records show that Bishop Bernard did not come to Carlisle until 1214!

Down the margins of many of the pages are wonderful drawings and coats of arms. Some depict labourers identified by their waving arms; some depict lords or the clergy, wearing a more dignified aspect. Other drawings depict the seasons of the year, ploughs and other agricultural implements, and house construction. These drawings have been published in a small volume and sales were brisk!

The Chairman gave the Vote of Thanks

DIALECT DIGEST

A lot of the old traditions seem to have been lost over the years, and with marriage seemingly less popular than it used to be, I wonder if this Leap Year will still be used as an excuse for girls to take the initiative in proposing? That rich source of dialect, the White Rose Garland, first published in 1949, has some encouraging news for those who are planning to marry in 2004. 'Happy they'll be that wed and wive/within Leap year: they're sure to thrive.'

However, it's probably best not to expect the sun to shine on any wedding

day held in February, a month which is best known for its connection to rain and snow.

'February fill-dyke,/ Fill it wi' eyther black or white.'

The WRG also includes this warning to those who work on the

land. 'In Yorkshire, ancient people say/If February's second day/Be very fair and clear./It doth portend a scanty year/For hay and grass, but if it rains/They never then perplex their brains.'

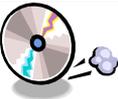
Thankfully, at least the days are slowly getting longer, and in rural districts in the past, the welcome extension of daylight was not only measured in hours and minutes. 'At New Year's tide/Days lengthen a cock-stride.'

As we look forward to the re-awakening of nature in Spring, let's hope the rooster has long legs!

Michael Park



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KILLINGTON W.I.

Tuesday December 16th found the members of Killington W.I. and their guests comfortably ensconced at Sedbergh Golf Club on celebration bent. It was the day for our Christmas lunch and all the better for being fairly near the true festive season. Most of us had finished our preparations and were able to relax unfettered by thoughts of mince pies to bake and last minute gifts to buy (believe that if you like!) It was cheering to see so many good friends, and we were particularly glad that Mary Turton, our 'out of town' member was able to be with us. However we missed Jenny Wearing and Nora Capstick, both still recovering from surgery, Antonia Hunt, who was unwell, and Dawn Stevens, who was exploring the Taj Mahal and other interesting Indian wonders.

When the food duly arrived the chattering died down. What a racket a roomful of women make, almost as bad as a classroom full of children! We set to with a will to do justice to our turkey and all the trimmings. Crackers were cracked, paper hats were donned, and silly jokes were shared.

Why are tall people lazier than short people? Because they are longer in bed!!

Did you hear about the Irish firing squad? They formed a circle!!

Why do Traffic Wardens have yellow bands on their hats? So people don't park on their heads!!

and so forth.

Lunch over, it was time for the presentation of our prize for our monthly competitions through the year. Once again the victor (or victrix) was Pam

Symonds. Congratulations to her on maintaining her achievement! Then the raffle was drawn for our magnificent hamper. This year Jenny Wearing gained the spoils and we hope that it helped cheer her up.

Our entertainment would certainly have cheered up any one who needed it. This year we were pleased to welcome our own local magician, Jackson Martin. With the aid of several volunteers he performed seemingly miraculous tricks with cards, ropes, gaily-coloured scarves, and consumed a member's twenty-pound note in flames! (not his own, you note!) Such was his skill that even his helpers who were right beside him could not see how the tricks were done - and we did watch closely. The act was accompanied by amusing stories and enjoyable patter.

All too soon it was 'home time' and we all collected our party bags, or rather a lovely little plant, and set off, looking forward to a great year in 2004.

W.F.U.



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NOVEMBER WEATHER

November's weather. A fairly wet and windy month generally. Total rainfall was 4.26 inches with only 10 days with no measurable rain. Wind was variable with maximums from 6.7 mph to 25.3 mph and on no day was it perfectly calm. As seems to the pattern these days more than half of the month had winds from the North Westerly quarter. The rest of the time winds came from the SE to SW, 8 days, and Northerly for the remainder.

Temperature were reasonable, during the day, with a maximum of 57.0F. The lowest maximum was 46.6F. The minimum was 32.7F. Only on 12 days did temperatures drop below 40F and no sub zeros were recorded.

Pressure naturally reflected the wind with 11 days with pressures below 29" of mercury. The fell tops got a dusting of snow but it soon disappeared. The hazel catkins made a show as did the winter jasmin. Snails were still seen on the milder nights.



SEDBERGH FESTIVAL 2004 SEDBERGH SUMMER SINGERS

Rehearsals for
The St John Passion (Bach)

will commence on

Monday 16th February at 6:30 pm
in St. Andrew's Parish Church.

All singers are cordially invited.
Copies available on the night.

The performance will be on

Sunday 27th June

On the final day of the Festival

Any enquiries to Deryck Cox 20295

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Duties to include a little cooking
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MARKET FAYRE

The Sedbergh Market Fayre committee are keen to create a special atmosphere on Fayre Day and feel that this could be greatly helped along by having as many people as possible joining them and dressing up in costume. What could be more pleasing and welcoming than a glorious array of colour along Main Street?

Let your imagination run wild, your outfit does not need to be haute couture, and it does not necessarily need to be medieval. Perhaps you could think of a theme and dress the whole family accordingly. We do not expect you to go to great expense, just have a go, join in. Maybe those curtains, bedspreads etc long ago stored out of the way will prove to be ideal for remodelling and wearing to the Fayre.

Whilst we still have the dark wintry nights why not put your thinking caps on, have a sort out and get the costumes underway so you will know just what you are going to wear to the Fayre.

A reminder too that we stage the Fancy Dress competition for children and adults on the day.

Have a go!



SEDBERGH SCHOOL

The Michaelmas term ended, as always, crammed with activity, be it the CCF Band playing in the Town, the School carol service or the visit of Llandoverly College for the final rugby match of the season. Good news also came when the School learned that the target of £34000 needed to purchase a new specially equipped minibus for the Bendrigg Trust had been reached.

Without doubt, the rugby season was extremely successful with an unbeaten side, the last time such an achievement having been attained being under the captaincy of Will Carling. With fourteen of the team representing their county sides (and one player from the 2nd XV) eight went on to play for the North U18 during the Christmas break and seven are through to the final trials for England. The girls too, were successful, winning both the Cumbria U18 and U16 Hockey titles and in shooting Alex Hoyle was selected for the GB Cadet Rifle Team (Athelings) to tour Canada this year.

2004 starts at the same pace. The Choral Society and the Mowbray Orchestra perform Handel's *Messiah* at Carlisle

SEDBERGH SCHOOL

Weekend Staff required for
Cleaning & Kitchen Work
also - Waiting-On Staff

Good Rates of Pay

Please contact Maria
Sedbergh School Bursary
015396 20303

SOUTH LAKELAND VOLUNTARY SOCIETY FOR THE BLIND

ILLUSTRATED TALK ON THE OBOE

By Edward Lawton



People's Hall
2pm Tuesday 17th February
Collection for Leprosy Mission

Everyone Welcome

Cathedral on February 7th and in Powell Hall on the 8th (both concerts commence 7.00 pm – full details 015396 22228 www/sedbergh.cumbria.sch.uk/music). Plans are well underway for a cricket tour to Sri Lanka, an expedition to Patagonia and a mixed hockey and netball tour to Barbados.

Last term's saw lectures from the internationally renowned medical ethicist, Dr Tom Shakespeare and forensic pathologist Dr W Lawler. During the first half of this term Mr Michael Raw will deliver the History Society Lecture '*Heroic Literature*', Dr Jane Calvert will speak to the Science Society on '*The Immune System*', Andy Mortimer addresses the Art Society on '*Andy Goldsworthy's Sheepfold Project*' and Mike Hurst will enlighten the Sixth Form with '*A history of Popular Music*'.

Scholarship examinations for entry at 11+ (SJS), 13+ and 16+ take place at the end of February. Awards are offered for Academic, Art, Drama, Design Technology, Music and Sport, together with Awards for boys and girls who show all-round potential. ¶

**ABRAHAMS OF
KIRKBY LONSDALE**

It is now almost five months since we left Sedbergh to set up home and a new business in Kirkby Lonsdale.

We opened our new menswear shop in Kirkby's Market Square five weeks before Christmas. The response has been fantastic with good turnover from the start, and lots of lovely compliments regarding the shop.

Our shop has been totally refurbished. It was really hard work to get it all done and open before Christmas. We would like to take this opportunity to say thank you once again to a few people from Sedbergh who worked so hard on the re-fit.

Firstly, Steve Longlands who did all the electric and heating work, together with setting up for our open night. Steve had a few very long days with us - so big thanks Steve.

Next, Martin Hall who helped us with his carpentry skill and knowledge. Martin gave us precious weekend time with his family to help us—so thank you Martin. (Martin taught us to take deep breaths when the stress got too much!)

Bob Mason did the majority of the plastering (with Tom and Paul finishing). Bob worked really hard and managed to fit us into his busy work load. Our son Abraham was fascinated by Bob walking on stilts while plastering the ceiling! Thank you Bob.

Thanks also goes to my grandad, Bill Seed and Sid Woof who moved and disposed of a mountain of rubbish during the re-fit - Thank you Grandad and Sid.

Lastly, a big thank you for all the work

done in the background to my Mum, Dorothy Blair. Mum looked after Abraham, cleaned, washed pots, ironed, and made endless cups of tea for the workmen (as Mum's do!). Mum has always helped and supported us and this was no exception. A big thank you Mum. So thanks to all the above mentioned. "Abrahams" gentleman's shop, is now a reality and we are delighted with the finished result.

We love living in Kirkby Lonsdale and the people have really embraced us, but we do miss our friends at Sedbergh. So hello to everyone and please visit - we are closed only on Wednesday. Love to everyone we know.

Mark, Anne + Abraham

SEDBERGH & DISTRICT
HISTORY SOCIETY

Wednesday 4th February
Elementary Schools
Diane Elphick
The Eden Way
Tony Hannam

Wednesday 18th February
**The Border Regiment
& King's Own Borders**
Stuart Eastwood

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

SEDBERGH PLAYGROUP

At a recent Playgroup Committee Meeting there was a strong feeling that at present, Sedbergh Playgroup should continue in its existing form, and therefore would not apply to take up the Nursery Education Grant at this stage. The main reason for this decision is that it would entail the implementation of the DFES Foundation Stage Curriculum, with its associated planning and assessment procedures. Not only would this greatly expand the current practices, but it would be a major commitment for Sedbergh Playgroup as a self funded charitable organisation. Consequently the decision as to whether to take up the Nursery Education Grant was deferred, and will be re-considered at the next Playgroup Committee Meeting on February 9th which will meet at 8pm in the Spooner Room, SHS.

Before this meeting, the Committee would wish to gauge opinions from parents as to the best way forward for

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Sedbergh Playgroup. Please feel free to speak with any member of the Playgroup Committee before the February meeting. You would, of course, be welcome to attend the Meeting, and your views would be greatly valued.

This matter continues to be a concern to all those involved in the Early Years Sector, and we are all working together to provide the very best and appropriate provision for the rising 3's in the Sedbergh area. Therefore, you may also wish to contact the following other key personnel in this Sector:- Mrs. M. Cullen, Headteacher, Sedbergh Primary School. Mrs. J. Leybergh, Nursery Teacher, Sedbergh Primary School. Bronwen Osborne, Health Visitor. Nichola Packham and Lisa Woof, Registered Child Minders/Committee members.

*Karen Brewer - Chairperson
Jean Cope & Olive Hunter
Joint Playgroup Leaders*

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TIM COLLINS M.P.

It's the season for New Year's resolutions – most, let's face it, lucky if they are still carried on past the second week or even remembered come February.

One resolution I hope will last a bit longer than the chill of winter is for all of us in elected office to will the means, as well as the ends. All of us, without exception and regardless of any party differences, want to see all our schools – and therefore every child – given a real chance to thrive. Making that happen needs a lot more than just money, of course, but if there is a problem with the way Whitehall hands out its cash then

things will be more difficult than they need to be. We've seen a classic example of that at Settlebeck High School in Sedbergh.

As many people will know, the school has for the first time ever been forced to issue a written appeal to parents asking for a £15 contribution towards textbooks and other essential items. This is due to a funding shortfall which has seen the school's accounts go from £18,000 in the black to a predicted deficit of £43,000 by April of this year.

That problem occurred because of a hiccup in the very complex formula which determines how money from the national taxpayer is distributed across the

Do you need?

A cv. preparing, a special document preparing or typing, assignments, reports, other copy-typing, writing, posters *etc?*

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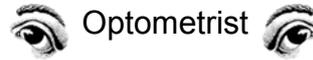
country.

We all understand that schools in inner city areas face many challenges which are all but absent in our neck of the woods – gun crime, multiple languages, a drug culture. But it is sometimes forgotten that rural education has its own difficulties and costs too – much higher expenditure on school transport, problems in recruiting and paying for experienced teachers, less access to help for children with special educational needs. We just can't carry on providing many times the annual amounts per pupil for urban schools as for those in rural areas.

So I'm working for a single, simple, national formula for school funding. It won't mean an end to all problems overnight, nor that every school could – or should – get identical funding. Yet at least there would be less chance of oversights and mix-ups like the one which left Settlebeck parents having to fork out on top of the higher council taxes, petrol taxes, and income taxes which they are already paying.

In the meantime I've written to the Schools Minister David Milliband asking

Anthony Collinge



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him to look into the particular problems at Settlebeck and other South Lakeland schools who find themselves in a similar predicament through no fault of their own. Let's hope that Mr Milliband, known as one of the smartest Ministers in the Government, can help make sure that local head teachers and governors are not put in such difficulties again.

In closing, let me take this opportunity to wish readers a happy and prosperous New Year. ||

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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
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
Chameleons 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	Miss Stephenson	Sed: 20731
	Rainbows	
	Brownies	
Golf Club	Mrs Mackereth	Sed: 20346
Good Companions (Dent)	Mr Lord	Sed: 20993
Gladstone House	Mrs Woof	Dent: 25275
Help Tibet Northern Branch	Mrs Mackereth	Sed: 20346
Hockey	Mrs Howarth	Sed: 20090
Howgill Harriers	Miss Capstick	Sed: 20259
	Mrs Moffat	Sed: 20907

Howgill Schoolroom	Mrs Stainton	Sed: 20665
History Society	Mrs Scobie	Sed: 21106
Kent Lune Trefoil Guild	Mrs Taylor	Sed: 20440
Ladies National Farmers Union	Mrs Woof	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 (Frostrow) *	Mrs Sharrocks	Sed: 20754
Women's Institute (Howgill)	Miss Capstick	
Women's Institute (Killington)	Mrs Storey	Sed: 21593
Young Farmers Club		
Zebra's Baby & Toddler Group		

*Please submit new entries and updates to The Lookaround Office.
These entries are free to all organisations in the district. DJW*

SEDBERGH BOWLING CLUB

The Annual Supper ended our bowling season for 2003. Held at the White Hart, supper was prepared for 50 members and friends by Sue Brookes. Two people were unable to attend due to ill health.

We enjoyed the wonderful selection of savouries and sweets and held a raffle, then played dominoes. Our AGM will be on Thursday 26th February at 7.30 pm in the Committee Room. Many thanks to the White Hart for their hospitality.

Last year we received a legacy from Ned Winn, a long standing member. We applied to a number of Trustees, for grants to have electricity installed, in the building. We were successful with some and the work was due to start in January. When we open in March it is hoped to have lighting, heating and an efficient hot water boiler.

The winners for 2003 were as follows:-

Open Pairs

Winners Brian & Doug Boardley

Runner Up Paul & Violet Dennison

Spring Round Robin

Winner June Westgate

Runner Up Bob Brown

Ned Winn Doubles

Winners Ros Mason/Sheila Bainbridge

Runner Up Tom Rycroft/June Westgate

Norman Hoggarth Memorial Shield

Winner Eric Marney

Runner Up Bob Brown

Iveson Doubles

Winners Gilbert Bainbridge/Pam Wilson

Runners Up Noel Martin/Christine

Williams

Wilf Conchie Memorial Shield

Winner Bob Brown

Runner Up Tom Wilson

Leighton Rose Bowl

Winner Carole Townson

Runner Up Sheila Bainbridge

Ron Sheppey Trophy

Winner Arthur Bramham

Runner Up Tom Wilson

Poyntz Wright Cup

Winner Gilbert Bainbridge

Runner Up Valerie Finch

Presidents Prize

Winner Tom Wilson

Runner Up Carole Townson

Autumn Round Robin

Winner Gilbert Bainbridge

Runner Up Sheila Bainbridge

Sedbergh Pairs

Winners Gilbert & Sheila Bainbridge

Runners Up Arthur Bramham/Linda

Killops

Division 2 Merit Playoffs

Winner Roy Jones/Milnethorpe

Runner Up Andy Debenham/Subscr.

Linda Killops

THE LATE PEGGY SWAINBANK

When Peggy sadly died in October 2002 she left a large number of magazines and some kits relating to her hobby of cross-stitching. As a valued friend and member of the Needles and Pins Club, the Club decided, in agreement with Peggy's daughter, to sell these items with the proceeds going to MacMillan Cancer Relief.

We are pleased to report that so far £130 has been raised in Peggy's memory and this money was given to MacMillan Cancer Relief on 17th December.

This fund-raising effort continues and anyone interested in the magazines (available at £1 per copy) please contact Lyn McLennan at Courtyard Crafts (tel: 015396 21898). 

DENTDALE MEMORIAL HALL

Our Annual General Meeting in November was reasonably well attended and all the officers and co-opted members were returned to their seats which must have been a relief for everyone, the treasurer gave notice of his intention to "retire" at the next AGM giving us a year to find/persuade/cajole another unsuspecting soul into his seat. It will be well warmed and everyone thanked him very sincerely for all the work he does, in addition to having a paid job and being Clerk to the Parish Council and having a wife who appreciates having him to herself from time to time!

Finding folks willing & available to be on some small sub-committees ie GALA (and yes we do think about it all year) FUNDRAISING and PUBLICITY proved hard, so after a lot of discussion, something this committee is very good at, we believe in everyone having their say, it was decided that so long as the "Chair" of each committee is on the Memorial Hall Committee other members can be from the wider community, so folks now is your opportunity to really get involved and be part of something right in the midst of your community, that is those of

Sedbergh Playgroup COFFEE MORNING

U. R. C. Rooms
Wednesday 25th February
10 am to 12 noon
Entrance 50 pence
Cakes ~ Bric-a-Brac ~ Raffle
All Welcome

you in Dentdale. Those in Sedbergh and elsewhere can sigh and say "Oh if only I lived there." Regarding Publicity one member offered her sons help with posters, much appreciated, have you told him? And the Headteacher offered Desk Top Publishing in school and my fingers fair itch to get there'

The extension is to be called the Hazel Haygarth Room, Haygarth Room for short in tribute to all the hard work Mrs Haygarth did on this committee and as it's Chairman, our way of saying thank-you. I am just sad she hasn't lived to see it. Many thanks are due to someone very much alive and kicking, Libby Hartley without whose many hours of hard work and persuasion skills the Gala would not have been such a success, she has hung up her folder of tasks to do/people to ask and we need a successor which brings us back to the sub-committees ... do give them serious thought and contact me if you can help, meantime for the committee the next meeting is February 9th in the Sedgwick Room where it will hopefully be rather warmer than the hall was in November.

S E Woof (25212)

People's Hall

	<i>per session</i>
Committee Room	£6 (inc. heating)
Main Hall (<i>daytime</i>)	£9
Main Hall (<i>evening</i>)	£20
(£35 for functions with bar serving alcohol)	
Regular bookings may attract discount	
Changing Rooms can be booked	
Bookings: Sedbergh Office Services 13 Kings Yard, tel. 20788	

SEDBERGH BOWLING CLUB

A. G. M.

Thursday 26th February

7:30 pm

Committee Room

White Hart

Sports & Social Club

All Welcome

SEDBERGH PRIMARY SCHOOL

Visit by Local 'Chelsea Pensioner'

In November of 2003 Mr Alan Moxam, now living in Royal Chelsea Hospital, visited the children.

Mr. Moxam's Visit

On Tuesday 11th November Mr. Moxam came into Year 5 to tell us about World War II. Mr. Moxam is a Chelsea Pensioner. Every year he lays wreaths at St. Andrew's Church. He lives in the Royal Chelsea Hospital which is in London. The Chelsea Pensioner uniform is very smart, it has a red crimson jacket with shiny brass buttons, black trousers and polished black shoes. He also has four medals which were very shiny and grand.

He was 17 when he joined up, but lied that he was 18. Then he was put in the Infantry with all the other soldiers. He was part of the East Yorkshire regiment. His regiment went training in Scotland on the lochs. There were lots of soldiers on the Normandy beaches. Americans, Brits and French had invaded the beaches of Normandy. Mr. Moxam helped invade Sword beach along with 200 other Brits.

We asked him some questions which we hope didn't make him feel too sad. He

told us that he had two best friends and they both got killed. We had a fun hour and really enjoyed it.

William Gray

Mr. Moxams Visit

In November Mr. Moxam came to our school to tell us about the Second World War. Mr. Moxam is a Chelsea Pensioner. He was wearing a red coat with gold buttons which was more than £400! He lives in the Royal Chelsea Hospital. On his red coat there were 4 medals, two gold and two silver; he looked very smart. Mr. Moxam was supposed to be in the RAF but he signed up for the infantry. Mr. Moxam fought on the beach at Sword. He wore an 8 pound bag on his back. At one point he rolled under a tank and slept the whole night. When he rolled out from under the tank he saw a German plane but he thought it was English and it shot at him.

At the end we all had our picture taken with Mr. Moxam and all sang Happy Birthday to him.

Harry Porter ¶

Dear Editors

Scouts Christmas Post

May I through your pages thank everyone involved in our annual Christmas Postal Service. From our many supporters who use the service to those who do the deliveries and the owners of premises who allow us to take up precious space with our post boxes.

This is the sixteenth year we have offered this service, with the first price increase to 15p, but we still delivered about 2,250 cards and, with donations, raised over £375 for group funds.

Many thanks

Andy Denton.

DISCOVER DENTDALE

Last year, Dentdale was approached with the idea that we might like to present a case to be part of a pilot scheme under the name *Hidden Britain*. It would seem we had all the attractions to put us more firmly on the tourist map. It would help us to show that the Dale with its wealth of interesting history, interesting geological setting, abundance of flora and fauna, cobbled streets and of course plenty of rural charm, was definitely a place worth visiting.

For nearly a year following our successful bid, a Committee from St Andrew's church and the Dentdale Business Forum have been meeting together planning a *Discover Dentdale* exhibition. We have had plenty of invaluable help from local contributors together with encouragement from Jennie Smith of *Hidden Britain*, and Kate Geddes the Interpretation officer with the Yorkshire Dales National Park.

Discover Dentdale is housed in the Bier Room of St. Andrew's church and so is easily accessible for all from the car park and Main Street. The exhibition information is already in place on large display boards around the room.

There is a historical time line illustrated with old photographs and drawings and a large linear map of the Dale pinpoints the many interesting features. Geological and wildlife displays are also included. This information has been extremely well designed and interpreted to form a very professional display. We're not expecting everyone to remember all the facts, so there will be take home leaflets available!

The finishing touches have still to be put

in hand by **Saturday April 3rd** when we hope to officially open and launch the project in style. We feel proud of our efforts and hope that it will encourage more people to explore and discover Dentdale and stay a while in what we know to be a very attractive part of *Hidden Britain*.

Pat Allen

DOMINO DRIVE

L.F.H.

7:30 pm

Friday 27th February

Settlebeck High School



MANY PRIZES

Everyone Welcome

IT'S NOT ME WHO'S COMPLAINING

With regard to the column in the Dec/Jan edition of 'Lookaround' headed "Some people!", I feel that I must make it clear that I am not the person who wrote it. Although a frequent walker along the road [and one who waits at an unmarked bus-stop on Wednesdays!] usually with a bag of shopping, library books etc, in all types of weather, I am most certainly not complaining. In fact, I turn down more of the numerous kind offers of a lift than I accept. I enjoy walking, dress according to the varied Dentdale weather and am used to carrying fairly heavy bags because I don't drive.

*Ann Sibley
Gawthrop*

Saturday 28th February

METHODIST

HOMES FOR THE AGED APPEAL

COFFEE MORNING

With Pancakes

Methodist Church Hall, New Street,

10 am - 12 Noon

*Come and enjoy a cuppa with friends
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KILLINGTON W.I.

Our first meeting of this year took place in the afternoon of January 13th in the committee room of The People's Hall. It is a splendid venue for our meeting of usually about twenty people. Sadly our president Shirley Richardson was not well so the meeting was taken in her stead by our vice-president Wendy Fraser-Urquhart. We hope that Shirley is by now much better - we recommend lemon, glycerine, and honey as the cure for all ills, especially when it's Sedbergh honey!

The business of the meeting passed smoothly with a helpful committee to check that nothing was forgotten. We were all looking forward to our speaker for the meeting as numerous intriguing items were already on display. Jan Hicks was to tell us about Felt Making, a subject about which we knew nothing. Jan is an expert and is a member of a co-operative group of skilled artisans, called The Wool Clip, located at Caldbeck near Orton who all work in wool. She explained to us how felt is made from the tailings of the fleece which are washed and then teased out into their component

fibres. Wool from any breed of sheep can be used for felting but the finer the fleece then the softer the felt. Although she sometimes uses locally produced wool this tends to be rather course and her preference is to use wool from merino sheep which she buys already washed thus saving a messy job. She explained that each fibre of wool is covered with minute barbs which are all pointing down the fibre and 'felting' is brought about by making these barbs mesh together. That is what happens if we wash delicate wool roughly at too high a temperature. She demonstrated the process using merino tailing which she had dyed into a rainbow of beautiful colours. She laid down the fibres on top of a sheet of bubble wrap making a matt of fibres going first one way then another which helps them to mesh together. Then fetching a container of lukewarm water she sprinkled it over the wool. Next she covered it with an old net curtain and rubbed soap all over the top. High Tech stuff!! The bubble wrap, wet soapy wool and net curtain were then rolled into a tight sausage and rolled and rolled - hard, then unwrapped and re-wrapped and re-rolled in a different direction. She told us that one

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observer had remarked that she would not care to sample her pastry! After just a few minutes the whole lot was taken apart and lo and behold a piece of damp but beautifully coloured felt emerged, considerably smaller than the mat of wool from which it had been made. It was fascinating. One of our members, Dawn Stevens, being of an artistic bent, then had a go and produced a very creditable piece of felt. Jan also showed us another method of making felt by poking a ball of wool repeatedly with a barbed needle. Dolls, ornaments and other solid felt items could thus be made.

At the end of this we were quite ready for our refreshments, starting off with a very civilized glass of wine, some bottles of which had been given to our secretary Sue by ladies visiting from one of the wine-growing regions of Germany while investigating the possibility of town twinning. Our competition for a Christmas Card was won by Pam Fenton, while the raffle was won by Pam Symonds who incidentally passed on a reminder to us all to be sure to renew our Joss Lane parking permits now we are in 2004. The traffic wardens are sharper these days!

W.F.U.

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SEDBERGH GALA GROUP CHILDREN'S PARTY

On Saturday 10th January over 100 Sedbergh children enjoyed a party provided by Gala Group.

The brilliant Harvey Rush provided magical tricks and there were games and dancing too. Sedbergh school boys and girls offered excellent help, as did many other willing volunteers. The children had sandwiches and cakes and drinks to keep them going and plenty of fun especially when the balloon net released 200 balloons. The children were extremely well behaved and the event was a great success.

It is due to the generous sponsorship from local businesses and the attendance by local people at Gala and Bonfire Night that Gala group are able to continue to provide these events for the local community. The continued support is greatly valued, as the children at the People's Hall on 10th January would testify.

P.S. If you are interested in helping at Gala Group events then please ring Richard Kooper the Gala Group Secretary on Sedbergh 20234.



**YORKSHIRE DALES
NATIONAL PARK**

New Car Parking Charges

The YDNP Authority has approved the introduction of a new car park charging structure that aims to simplify the current charging structure and optimise the income generated by National Park Authority car parks.

From April 2004, the new charges of £2 for two hours and £3 for all-day rate will be introduced.

Following the success of a year-long pilot study at Grassington and Dent car parks, which involved consultation with local businesses, the minimum stay time has increased from one hour to two hours and the all-day rate has increased by £1.

National Park residents will continue to be able to claim a free parking permit from the Authority's offices or National Park Centres that will entitle them to free parking in all of the Authority's car parks. *(These are available in the Sedbergh*

Office. Ed.)

Jon Avison, head of park management at the Yorkshire Dales National Park Authority, said: "The income generated by visitors to our car parks makes a vital contribution to our work to care for the wildlife and landscape of the National Park.

"As an Authority, we have resisted increasing any charges since before the foot and mouth crisis, but we now feel it is timely to review the charging structure - making it simpler and easier to understand - as well as optimising income for the benefit of environmental work throughout the Yorkshire Dales.

"The new charges take into account what we have learnt from our pilot study which indicated that visitors are happy to pay a little bit more to be provided with car parking facilities from which they are able to visit and enjoy the Yorkshire Dales.

"And by increasing the short stay time from one hour to two hours, we hope to encourage an even greater percentage of visitors to the Yorkshire Dales to stop, explore and provide that all-important custom to local shops and businesses throughout the National Park."

Coaches with seating for over 16 passengers will still be able to park for free, apart from the Authority's car parks at Aysgarth and Horton, where the car parks are not suitable for coaches.

The National Park Authority owns and maintains car parks in Grassington, Buckden, Kettlewell, Clapham, Linton, Stainforth, Dent, Aysgarth, Hawes, Malham, Horton and Castle Bolton. ¶

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DERIAN HOUSE

On Saturday 20th November a Table-Top Sale was held in the People's Hall on behalf of Derian House Children's Hospice. This was the third fund raising event of the year, the two previous events being an Open Garden and a stall as part of the Sedbergh Street Fayre.

The day proved to be an unqualified success and we were delighted to receive the following letter from the Derian House Appeals Administrator, Mrs. Jean Pickworth. "We write to acknowledge your further wonderful donation of £679.70 to Derian House Children's Hospice from the proceeds of your Table-Top Sale, and £67 in respect of a collection box for 'Sandra's Freeze the Knees Campaign'. Sincere thanks to all the folk of Sedbergh for your generosity and support. This is a tremendous amount and we are most grateful.

"The demands now being placed on the Hospice are growing and as we need to raise over £1 million per year and are almost totally reliant on voluntary donations, this donation is very much appreciated. We assure you that it will be used effectively to benefit all the children."

It would have been impossible to contribute towards this wonderful cause without the help and generosity of so many people. Our request for items to go on sale was met by an overwhelming response - the huge quantities of toys, homemade produce, bric-a-brac and books was such that the centre of the People's Hall was dominated by tables groaning under the weight of a mass of appealing, top quality goods. Our sincerest thanks go to all who so munificently gave both goods and donated cash to the cause. Our thanks

also to the seventeen stall holders who took up options on a stall and ensured the People's Hall was crammed with a most attractive display of goods, and to the ever-popular tombola that contributed significantly to the final total raised.

As ever we were staggered by the continuing generosity of the people of Sedbergh - goods were frequently purchased for far more than the asking price, change was refused and substantial donations given. Typical was the following received after the sale - "I am so sorry that I was unable to give you any goods for last Saturday's Table-Top Sale but please accept the enclosed donation." (A Cheque for £20).

Our heartfelt thanks to you all for making the occasion so worthwhile.

G. B.

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COSMOPOLITAN SEDBERGH

When I was a boy in Sedbergh over fifty years ago, my home was a small market town whose population consisted of people who in the main were born here and died here. There were very few others. In the 21st century, it is a very different place: Sedbergh is much changed - and greatly improved.

This was very much in evidence at the town's Christmas Carol Service in the Parish Church the Sunday before Christmas 2003. As well as singing carols from all over the world, the Vicar had the inspired idea of having the Lessons read by people who live here but whose roots are far away - as far away as the United States, Latvia and Jamaica. There were readings too by people from very many parts of the United Kingdom - London,

Ireland, to mention but two - as well as a local man whose roots go back for generations in the locality. One could not help but realise what a diverse *cosmopolitan* community we have become.

And the church was full. We had a real sense of *time* and *space* - here we were, at both *the physical and the spiritual centre of the community* - the parish church, going back almost a thousand years, filled by a congregation whose members had roots thousands of miles apart. It seemed just the **right** place to be at a time when our thoughts were focusing on the God who spans the whole of time and space yet whose love is very much a reality within the community of Sedbergh today. *George D. Handley*

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FROSTROW W. I.

There was a good turnout for the January meeting when Tom Powney, great grandson of the founder of Briggs shoes and manager of the Hotter Shoe shop in Kendal was the speaker.

It was good to hear the history of a family shoemaking business which is expanding all the time when most shoes are now being made overseas. Hotter is proud that all its shoes are made on UK lasts for UK feet, and that all its shoes are made and assembled in Lancashire.

Although choosing the right shoes is a serious business, Tom talked us through research and methods of manufacture in a humorous and interesting way and Christine, a salesperson showed us

different styles and colours of shoes and ran a Hotter game which was won by Annie Ashworth. Tom and Christine were warmly thanked by Marjorie Fishwick. Jean Conchie was the lucky winner of a Hotter Shoe voucher and everyone received a Goody Bag. The competition for 'A Shoe Horn' was won by June Mudd.

After refreshments, a short business meeting was held. Josie Templeman represented us at the Neighbourhood Forum on January 15th. The next meeting is on February 11th when Mr. George Harrison will regale us with Kirkby Lonsdale Tales. Do come along if you are interested in becoming a W. I. Member.

M. F.

FAMILY MUSINGS

It hardly seems any time at all since I had three little children all playing happily together, running arms outstretched to be lifted up and hugged, showing me treasures found in next doors garden or under a stone or 'up the high side' or 'over yonder', where has the time gone? Hubby and I pondered this as we watched elder daughter collect her HND in European Travel Management and the trophy for Student of the Year in her group, hubby kept saying he could hardly believe a child of his had done so very well. They all have and are, each in their own way making headway in the world outside our family yet coming back to get together and share really happy times. Like Christmas, Granny called it the

"best for four years", which means the best since Grandpa was with us, I know what she means, and it was good, son commented he had never known a Christmas with so much chocolate .. we seemed to all be together for longer than sometimes, people popping in, hubby and I went together to the United Carol Service, the carol singers came although sadly I was unable to go out with them, yes, it would have been perfect if only I could make thicker gravy and thinner white sauce .. but what would those darling children tease me about then?!

Son is off to Africa, to Tunisia, with a Christian organisation called "Operation Mobilization" to do some faith sharing among people gathering for a football tournament just up his street, he will be

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there as you read this and be home again mid-month. Elder daughter is off to ski in the Alps and younger daughter is working away at her Caring Course and her social life, as a neighbour of ours says "If you work hard you should play hard" as in get a social life. she has. She will be popping in to see Granny to remind her that all the grand-children have not flown away.

I have had another trip down memory lane with the arrival of the Old Girls Newsletter from my old school, not one entry from anyone in "my year", must have all thought like I did, that we had submitted some "news", not many people I recognise, but still interesting. A reunion is planned in London and one later in the year at School. perhaps I shall go. I have been to very few of them since

I left, thinking of those I never got along with all those years ago and wondering why I need to see them again! I did enjoy the last one I went to however, I think it was seeing their reactions to me, I was not as "frumpy" as they had expected' yes, I shall go.

Hubby has got me a computer and printer to have at Grannys to help me write my "bestseller" but at the moment the two machines are not getting along, so my on-loan word processor is doing well. I have begun a Gardening Diary to complement my Carers Diary and looking up "jobs for the week" I find I must remove the leaves from my Hellebores-whatever are they? Sounds boring, life certainly is not a bore, enjoy yours. Bye for now.

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		<p style="text-align: center;"><u>Sandwiches</u></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> <p>Menu</p>	

NEW LISTINGS

Rural skills shortage tackled by online Register

A unique on-line register of contractors and individuals with trade skills in the Yorkshire Dales and surrounding rural areas has gone live this week. The Rural Trades Register website, at www.ruraltrades.org.uk, provides local employers, businesses and members of the public with access to a fast and effective way to find contractors that meet their requirements.

The project, designed to boost the rural economy and tackle local skills shortages in the building, heritage, and land-based sectors, is managed by a partnership of local and regional organisations including Craven College and the Yorkshire Dales Millennium Trust.

Funding for the initiative has come from the Learning and Skills Council (LSC) North Yorkshire, as part of a contract with Yorkshire Forward to deliver the skills elements of the Sub-- Regional Action Plan (SRAP).

Gareth Williams, development officer with the Millennium Trust, said, "We have been encouraged by the response to the project from local contractors and employers in our target sectors, but there are gaps and so we do need more people with trade skills to register their details.

"Local employers are beginning to recognise the vital importance of training and development, both to the success and future viability of their businesses and to the local economy as a whole."

Martin Wynn, SRAP Project Manager at LSC North Yorkshire said; "We are pleased to have been able to provide

support for this important new development. We are confident that the on-line register will have a positive impact on the rural economy of the Craven District and the Yorkshire Dales."

For further information, please contact Gareth Williams at the Yorkshire Dales Millennium Trust on 015242 51002 or visit the website at www.ruraltrades.org.uk. ¶

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CVA SOUTH LAKELAND

Council for Voluntary Action (CVA) are having a series of 'Drop-In's' in Sedbergh. CVA will be available for anybody requiring advice or developing a voluntary or community group and will be on the first Wednesday of every month.

The first 'Drop-In' will be on Wednesday 4th February between 10.30 am - 12.30 pm at the Community Office.

For further information contact Jane Johnson, Information Assistant, South Lakeland CVA, Stricklandgate House, 92 Stricklandgate, Kendal LA9 4PU Tel: 01539 742627 E-mail: info@cvasl.org.uk
Available: Mon-Fri 10 am – 2pm ¶

**SEDBERGH & DISTRICT
HISTORY SOCIETY**

*Christopher Heywood Lecture
Wuthering Heights and the Brontes*

In spite of it being a very cold, miserable evening on Wednesday January 7th, the Bronte Lecture attracted a very large gathering of members and non members all wishing to know more about the talented family.

Mr Heywood thoughtfully distributed copies of the notes for the talk and explained that it would be given in 4 sections.

He began with his interpretation of the similarity between the fictional families of Earnshaws and Lintons and the real life Dentdale families of Sills, Masons and Suttons. This similarity has been explored previously by Kim Lyon.

Topography was the next topic with the area around Kingsdale and Thornton in Lonsdale being regarded as a more accurate portrayal than the area around Haworth.

The next section dealt with the assimilation of knowledge by the Bronte girls. Local gossip, knowledge of the area around Cowan Bridge, and the landscape of Ingleborough being some of the points mentioned.

This was followed by a brief insight into the character of Heathcliffe with the slave trade being a dominant feature.

Mr Heywood concluded his talk by explaining how his interest in the Brontes had been formed and how having read Kim Lyons account, his interest had been rekindled to the extent that he had recently published an edited copy of Emily Bronte's Wuthering Heights. Copies were on sale and were eagerly

purchased.

The Lecture ended with a series of slides illuminating the talk.

A lively question time then ensued, and while tea was being taken small groups of people were still debating amongst themselves and will probably continue to do so for some time.

the vote of thanks was given by Shirley Tebay



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THE PEOPLE'S HALL SERVICE

The People's Hall Service is held once a month, on Sunday mornings at 10.30 am.

We meet in a relaxed informal environment, with all ages sharing in Christian Worship using contemporary music and multi media resources as appropriate. We have a wide variety of visiting speakers, and children of all ages are catered for. We particularly welcome people who have no regular church connection.

The February service will be held on Sunday 15th at 10.30 am, and the speaker will be Angie Mills. In March we celebrate Mother's Day in the People's Hall, 21st at 10.30 am.

Why not join us at one of these services – you're invited!

*Sponsored by
Sedbergh Methodist Church*

POLICE REPORT

There are more and more comments being received about speed cameras and drivers exceeding the Speed Limits, receiving 3 Penalty Points and a £60 fine. To avoid getting 'caught', a little more concentration is required. A tip I heard of recently (which is so obvious when you think about it) is when in a 30 mph area, only go up to Third Gear. This will assist greatly in keeping within the Limit. Try it.

Winter is starting to leave us and Spring will soon be here but regular checks on your vehicle is still a must. Your tyres are very important to your safety. Ensure they have a good tread and are at the right pressure. Lights - make sure that all of them are working. Check them in shop

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window reflections or get someone to check them for you. One of my pet subjects is the misuse of Fog Lights. You will be stopped and you will be dealt with if they are on and the visibility is good.

All motoring offences can earn you a Fine or a Court appearance and some can earn you Penalty Points. And don't forget, when you get 12 Points, you lose your Licence (6 if you are a new driver).

Very little Crime has occurred in the area but one which brings a tinge of sadness is the theft of the Badger from the Maryfell Patio. Hopefully, he is in Hibernation and will return soon!

Every year, the Cumbria in Bloom Committee and others work tirelessly to make our town even more attractive than it is and they are all to be commended for their work. On a regular basis though, I see litter strewn on the floor of our streets. They mainly consist of two items:- Sweet Wrappers and Cigarette Packets. It is very unsightly, as well as being an offence. If you finish with something 'throw-away', take it home or put it in one of the many bins in and around the area.

DJW

SEDBERGH PRIMARY SCHOOL

'Bright Sparks' Electricity Day

On Wednesday 20th November, Mr. Keith Clarkson made a return visit to Sedbergh Primary School. He worked with Year 5 delivering a 'Bright Sparks' Electricity Day, sponsored by United Utilities.

Some of the children's thank you letters demonstrate just how successful the day was.

Dear Keith,

Thank you for coming in yesterday, I really enjoyed listening to you. I enjoyed watching the video and doing the challenge, the most. I think you have been an excellent teacher and I know a lot more about electricity than I did before. The video was good because it showed you that you should never touch or go near sub-stations and generators. I think it is amazing how quickly you learnt our names. I also hope you enjoyed the day as much as I did. Your teaching was very good and I could understand it perfectly. I hope you enjoy teaching other classes.

Tom Gray

Dear Keith,

I really enjoyed yesterday you taught me how to do a light circuit and about where electricity comes from. I think it was fun to try out the materials. I also enjoyed doing the play and dressing up. I thought that the video was good because it taught me about safety. I think you are a very good teacher and you are very fun to work with. You made electricity very clear to me. Thank you.

Jennifer

Dear Keith,

I'm writing to tell you that I really enjoyed yesterday. You made electricity so clear. You taught me how dangerous it

is and I'll know to be careful near substations and when using electricity at home. You made learning about it great fun and thank you for helping me with my broken arm! You didn't just teach me about electricity, but about other things as well, like solving problems. Thank you for taking up your time to teach the teachers. You made it a day I will never forget.

Lizzie Farrell ¶

Dear Lookaround,

I was horrified to read the article in the Dec/Jan edition "Some People" and even more horrified that it was "Name & Address supplied", if this person is so cross with the rest of us & wants to be certain of getting a lift on the "Dent - Sedbergh" road surely they should identify themselves? Of course this could have meant we would all have avoided them at all costs not wanting to find ourselves victims of their acid tongue, as it is, we who drive that road must peer at every walker to see if we know them and then if we do offer a lift. A figure with shopping bags is easy to distinguish from a walker with a rucksack.

I do wonder how far this person walks? Dent - Helmside? Dent - Gawthrop? Or am I barking up the wrong tree? And yes Ann S., I know it isn't you. When I used to be walking down the Dent road going to the farm I was often offered a lift, and when a friend would be setting out on her daily walk, lifts were offered. Perhaps after this awful accusation we will all be a bit more aware and make the decision we feel appropriate, baring in mind a little bit of kindness goes a long way - On both sides.

Yours Sincerely,

Sarah E Woof

TOWN TWINNING

Happy New Year to one and all. Nice to have the Lookaround back.

Things have moved on apace with the Twinning group. You may be aware that we had a visit from a group of ladies from Guglingen in Germany (about 50 miles from Frankfurt) early in November. We introduced the ladies to a variety of community members over coffee in the Bull. Bill Long showed them around Saint Andrew's church. Joyce Scobie gave an entertaining tour of the Town from an historic point of view.

Later there was a sightseeing tour of the local countryside. The sun had come out and the light on the hills and valleys was truly lovely. Our visitors were very impressed with the beauty of the Howgills and the Dales. Then it was off to Fairfield Mill for refreshments and a tour. As if this wasn't enough the next day the local W.I.'s had put on a Quiz after which the group attended a reception at Oakdene arranged by the Twinning Group. Many thanks to Dave and Hilary, Garth and Jean, not forgetting all those German speakers from the Town who gave up their time to make our guests feel at home, Frank Neumann and Chris Morgan among them. Indeed thanks to everyone who came along.

The next step is that we go to visit Guglingen. The Mayor of Guglingen is anxious to move on with Twinning as are we. So it's EasyJet, here we come.

I must stress that all expenses are paid out of individual members' pockets and none of the funds raised for the Town Twinning group go toward travel or other expenses. All funds raised go toward

putting on events in the future when we are visited by the people of Guglingen. If we build up a kitty we may be able to help with foreign exchanges for youngsters for example.

Finally; is there anyone out there who would like to get involved.... give us a call. Stuart on Sed 20909, Sandra 21808 or have chat with Garth at the butcher's.¶

DALES COUNTRYSIDE MUSEUM

We need your help. DCM in Hawes is putting together an exhibition "I love 1954, I love 2004" as part of the 50th anniversary of the National Park event programme.

Have you photos, costume, memorabilia of the early 50's or of today, that could be loaned to the museum for the period of the exhibition, 12th May - 14th June. Check your attics, cupboard and drawers, we'd love to hear from you...

Please contact Cathy Bennett (50th anniversary coordinator) or Museum staff on 01969 667450. ¶

FRIENDS OF SEDBERGH SCHOOL

The Friends have planned a number of events in the forthcoming weeks. These include a presentation of "From the Ten Mile to Adolf Hitler" at 7.30 pm on Wednesday 4th February (Library); "The History of Sedbergh School" on Friday 5th March at 7.30 pm (Library) and "Sedbergh School Everest Expedition 2005" at 6.30 pm Monday 22nd March (John Arden Centre). A Concert of the celebrated K-Ko is also organised for Friday 7th May.

Further information is available from Sedbergh School on 22228. ¶

A PLEA FROM ONE OF SEDBERGH'S OLDEST RESIDENTS.

I've stood in Sedbergh's Playing Field 200 years or more.
Growing quietly through the years, a handsome sycamore.
I've lasted all these centuries of wind and snow and rain.
Then houses sprouted next to me, but I did not complain.

Suddenly, yes all at once I'm under an attack.
Someone says I block their light and want to cut me back.
My leaves fall in your garden, I make your front room dark.
Don't destroy me keep me whole, please help me National Park.

Lets have a vote, say what you want, all you Sedbergh folk.
I'll stand my comer tall and strong if only I could talk.
If I'm bugging you too much new Sedbergh Resident.
Pack your bags be on your way, I hear its nice up Dent. *TB*

HOWGILL W. I.

Members and their guests met at Sedbergh Golf Club on December 4th. A lovely festive meal was served followed by a game of mystery dominoes where everyone won a prize. There were several lucky raffle winners. The competition for a home made Christmas gift tag was won by Dilys McCaffery with Audrey Hoggarth a second. A most enjoyable evening.

We would like to thank everyone who supported our domino drive. It was very successful raising £89 for W. I. Funds.

Member Helen Rushton has now left Howgill to live in Kirkby Stephen. We would like to wish Helen and husband Gordon well in their new home and hope she can pay us a visit from time to time.

The first meeting of the new year was held at Howgill. There was a good attendance. We were delighted to



welcome a new member, Liz Coupe from Lowgill.

The speaker for the evening was Susan Garnett from Frostrow who came to Sedbergh in 1986 as geography teacher at Sedbergh School. With the help of slides she took us 'On Safari' to Kenya. Her journey started in Nairobi across to Sumu and on to Mount Elgon. Slides and humorous stories revealed the activities, people, and animals she met on the trip. Thanks were expressed by Sheelagh Dennis.

The competition for a poem "Off the Beaten Track" was won by Liz Coupe with Helen

Beare second. The social to name the items on a tray was won by Bridget Postlethwaite. The raffle winner was Sheelagh Dennis.

Next months meeting will be held at Firbank on February 5th when Mr. Bob Dawes is the speaker on "Saddlesore in Ireland." and everyone is welcome. *A.H.*

NEW SERVICE IN TOWN

South Cumbria Assisted Technology Service

A new service to help people with visual or physical impairments has been started in South Cumbria. The pilot scheme, which is funded by the Learning and Skills Council and based at Stricklandgate House in Kendal, offers advice, training and support in the use of assistive technology.

Many people will find that modern technology can help them realise their full potential within an educational environment. The multitude of computer adaptations that are now available mean that no one should be denied access to IT. There are software and hardware

solutions to assist people with any impairment. Not all the technology is computer based, a few other examples are; magnifiers to assist reading and writing, reading machines and page turners.

Enrolling on a course of study can be a daunting task for anyone, particularly if you also have to learn to use special equipment. For this reason the Assisted Technology Service is available to anyone, whether or not they are in education, so that people can get used to the equipment before they enroll on a course. The only criteria are that users of the service are over sixteen years old and live in South Cumbria.

If you want more details of the service, please contact Charles Ely telephone Kendal (01539) 742633 SLSB Resource Centre, Stricklandgate House, Kendal, LA9 4PU.

E-mail slvsb_charles@hotmail.com

Further information and leaflets are available in the Community Office and Library. ¶



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CAN YOU READ LATIN?

Can you read Latin? Would you like to help us out?

Sedbergh Primary School are hoping to start a Latin club, for fun, for our Junior children.

We are looking for volunteers who are able to give up half an hour at lunchtimes once a week, to come and help.

If you would like to know more please give us a ring at Primary School on Sedbergh 20510 or see Mrs. Cullen or any member of staff. Thank You. ¶

DECEMBER WEATHER

Again a wet and breezy month with 4.37 inches of rain and maximum wind speeds varying from 6.3 mph to 27.5 mph. Once again there was no totally calm day. Temperatures did reach a maximum of 52.7F on the 13th and on the 12th it was 51.6F at 11.30 pm! On this particular night I happened to be driving down Howgill lane when a frog hopped across the road! These were the only days above 40F. On 9 days it did not even reach 40F.

The coldest day was the 30th when it did not get above freezing all day with a maximum of 32F and a minimum of 21.4F This was the lowest temperature recorded for December. On the night of the 21/22nd the wind-chill temperature was 1F !!! Only on 3 days did the pressure drop below 29 inches of mercury which was rather surprising considering the winds. Winds blew from the easterly sector on only 3 days. On 16 days they were north westerlies.

Apart from the frog on the mildest 2 days not much else was seen other than mammals and these usually by their tracks etc. badger, fox and small rodents were obviously active and the bird table was in regular use. The sparrowhawk made regular sorties into the conifer at dusk as the smaller birds were roosting. Nettles and dogs mercury were showing signs of growth and bulbs in the garden were well through. ¶

FEBRUARY GARDENING

Some folks like to sit down every morning at breakfast and read the morning paper. I prefer a good seed or plant catalogue. It is so much more hopeful and positive because each new

growing season never fails to fill me with enthusiasm and the optimistic hope that this year there will be a good crop of vegetables no matter how many years previously the crop has failed due to weather, rabbits, mice, sheep, birds, insects or fungal diseases.

My favourite catalogue of the moment is from a small, mail order company called Chiltern Seeds. It contains a vast array of seeds of annuals, perennials, alpines, shrubs, trees, houseplants, wildflowers and vegetables. Although they are listed under botanical names it is the English names which really take my fancy as I browse over my bowl of cornflakes. Who could resist "Woolly Morning Glory", "Indian Turnip", "Devil's Fig", "Cruel Plant" or "Doddering Dillies". There are towering trees, exotic vegetables and even a kind of "Grass For Your Moggy".



I shall have to restrict my choice to 3 or 4 packets and so far it is the Cytisus "Broom" 'Monarch Hybrids Mixed' with their promise of flowers in an unbelievable range of colours, the Aquilegia 'Perfumed Garden', because I can't quite imagine what a perfumed aquilegia will smell like, and Scabiosa 'Chat Noir' (Black Cat) with its fragrant, almost black, pincushion like flowers are leading the way.

If you feel like growing something new from seed then send for a catalogue from Chiltern Seeds, Bortree Stile, Ulverston, Cumbria LA 12 7PB and see what comes.

Elaine Horne

SIGNS OF LIFE IN FIRBANK

At the Parish Meeting earlier this year residents expressed great concern about the speed of some motorists along the road through Firbank. It was decided that 'Firbank' signs – one at Beckfoot, the other just off the main Sedbergh Road - would help to alert visitors that they are entering a residential area and that they should drive carefully. A post with a notice pinned to it identifies the proposed site for each sign. If anyone has any comments to make about the proposed sites, please contact the Parish Meeting secretary, Alexandra Stephenson at Goodies Farmhouse. (tel 015396 21087).

Another matter of concern is the late cutting of the grass verges along the road through Firbank. This is usually done in late September because the hedges have some rare species of flowers – especially The Giant Bellflower. Discussions are taking place with SLDC and it is hoped that earlier cutting can be arranged in future years. The Giant Bellflower is situated well back from the road edge and should not be damaged by cutting earlier. Elaine Horne, (tel 015396 20621) Treasurer to the Firbank Parish Meeting is liaising with the District Council regarding their cutting schedule. ¶

DENTDALE METHODIST CHURCH

Our Christmas carol service was lovely and some of us unable to be there enjoyed Tim, Janet and Barbara's company over tea afterwards, for those not in the know that is our Minister, his wife and her mum. Some of us managed to join the Carol Singers around the village and Gawthrop and half the proceeds goes to National Children's Home which now runs Family Centres and advice centres even in the north of England, their work does not all happen in London. Our Sunday services are 2pm and everyone welcome, details can be found in the outside notice board or in the porch where information is also available on a wide range of topics from Prayer Meetings to Word On The Street in Lancaster. The Pray and Share is meeting on alternate Thursdays February 5th and 19th all welcome, we are thinking about "Our Calling" as believers, and this is an interdenominational gathering where we also pray for the needs of people we hear about and know in our community and beyond. Please read the article in Dec/Jan Lookaround page 56 and do get in touch with your views, I am still collecting information and the members & friends still need to meet with all the information and decide what to do, so, we still need your feedback.

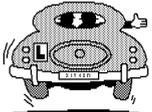
If you would love to come and get lost in a crowd come on Sunday February .1st 6.30 pm to the Circuit Home Mission Service where the Preacher will be Mr Robert Lawson, or is it 7pm, I am unsure as two times are given. Never mind, we can community sing for 1/2 an hour. remind us of those dear "Sunday Nights at 8" which used to be in the Hall in August.
J & S E Woof.

MARK A. GRANT

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APOLOGY

In the December issue of *Lookaround* some of you will have read the articles entitled 'Sedbergh Reflections'. These items were included (the first should have appeared in the November issue, but was omitted), with the intention of being an occasional feature commenting on various aspects of life in Sedbergh. They were to have run alongside the long running series of Reflections supplied by Mrs. Joan Stockdale, on life in Dent and the Sedbergh area. Unfortunately, the fact that the name 'Reflections' was included in the title of the new articles, caused great anger and distress to Joan, who pointed out that the title was, in effect, her own.

It appeared to Mrs. Stockdale that we

had deliberately reallocated the 'Reflections' heading as she was no longer going to be making her own much loved contributions to the *Lookaround*.

This was, most definitely, not the case.. The author of the 'new' article did not know of Joan's intention to 'hang up her *Lookaround* pen', and expected their items would appear, as well as the original 'Reflections' After speaking with Joan, we now understand that she felt we were not only replacing her but also plagiarising her heading. We can only apologise for the distress the titling of the new articles may have caused. The author of the 'Sedbergh Reflections' has been good enough to re-name the submissions in future articles. DJW

DENTDALE W.I.

January and the start of our new programme, a lively talk with illustrations by Jenny Loydall entitled *A Woman in Waste*. Jenny told us about her career path to becoming Waste and Cleansing Manager with Lancaster City Council and gave lots of facts about every aspect from Street cleaning to Fly Tipping, as well as the general rubbish collection. These days a lot of time and effort goes into overseeing recycling projects with a target of 18% recycled by 2005/6. A moveable target as waste production increases by 2% per year. There was a good audience and some visitors for what proved to be a very interesting subject.

The first tentative idea of bringing First Responders to Dentdale was launched

less than a year ago at our 60th birthday celebration and now ten months later we have a group of people trained to form the first unit for Dent. When more Responders are trained from Cowgill, a unit will operate from there too. We have done so well raising the necessary funds. More fund raising is needed now to cover the cost of issuing each household with a 999 card giving all information needed in case of an emergency. To this end, we have planned a *Demonstration of French Cookery* with Laurence Luckman on Friday 13th February at 7.30 in the Memorial Hall. Tickets are available from the Post Office.

Our next meeting will be on February 11th entitled *Borneo 1998 - Descent into the Abyss* an illustrated talk by Pat Gunson. New members and visitors always welcome. ‡

THE ALPHA COURSE

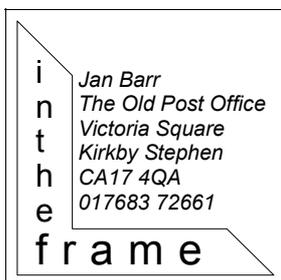
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Looking for answers? The Alpha course is an opportunity for anyone to explore the Christian faith in a relaxed, non-threatening manner over ten thought-provoking weekly sessions.

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Sedbergh Methodist Rooms, New Street. Evenings start with supper at 7.00 pm, and finish around 9.00 pm. Even though the course has started, we would still welcome anyone wishing to come along, as we continue until the end of March.

Further details from Sedbergh Office Services (Janice Rusling), or from Tim Widdess 20329, or Sandy Roy 20785. ¶

SEDBERGH FESTIVAL

June 12th. - 27th.

As well as Lunchtime Recitals and Evening Concerts there will be a series of Lunchtime Talks.

'Canons, Courts and Counterpoint' will be a talk by Ian Garden, an Old Sedberghian, who is a Barrister, a member of the Archbishops' Council and also a member of the Board of the Manchester Camerata Orchestra, which he conducts from time to time. A man of many parts.

'A Century of Sound' is the title of an illustrated talk and demonstration of the development of the Phonograph and Gramophone, using historic instruments and recordings.

'The Face of Christ' will be a fascinating talk with slides by Ruth Davey and Deryck Cox will give an introduction to Bach's St. John Passion, which will be performed on the final Sunday of the Festival.

In addition, distinguished preachers will be invited to give addresses at the various church services during the two weeks of the Festival.

DC

**SOUTH LAKELAND
ALZHEIMER'S SOCIETY**

The SLAS Support Group meets every month on the 3rd Tuesday at 2pm in the Methodist Church Centre, Queen's Square, Kirkby Lonsdale.

The Group is open to all current and former Carers of people with Dementia with the idea of providing an informal get-together. It is an opportunity to meet other people who may be facing similar problems to you and discuss any issues which may be causing concern.

There is usually a small presentation at each meeting. On 17th February, Mike Gorman will talk about Pensions and Dave Thompson will assist in Accessing benefits. On 16th March, Helen Bebbington will talk about Aromatherapy and Terry Belshaw will talk about Crime Prevention on 20th April. Everyone is welcome to attend and tea or coffee and biscuits are provided.

For further information, please contact Branch Manager Lalik Nasmyth in Stricklandgate House, Kendal 01539 742631. ¶

CAROL SINGING IN DENTDALE

A special thanks to those who joined the Carol Singers in Dent and Gawthrop on the evenings before Christmas, and especially to those who gave so generously. A wonderful total of just over £250 was raised and has been shared between The Children's Society and The National Children's Homes. Our thanks also go to Mr & Mrs Williamson and Mr & Mrs Fothergill who so kindly provided refreshments for the singers. Thank you to all again for your support

Neville Allen, Dent.

**DENT GRAMMAR SCHOOL
EDUCATIONAL FOUNDATION
[DGSEF]**

At their first meeting in the year during which the 400th anniversary of the founding of Dent Grammar School occurs, the Governors decided that current funds allowed them to make an increase in the annual grant to Dent Primary School and also to make a contribution to the "textbook fund" at Settlebeck High School. *Ann Sibley,
Clerk to the Governors of DGSEF*

**THE HEATON
MILLENNIUM TAPESTRY**

The Heaton Millennium Tapestry will be on display in Sedbergh Parish Church during the Festival in June.

Originally perceived as a small tapestry in which everyone in the congregation of St. Barnabas Church, Heaton, could take part, it grew into a 53 feet long community project which crossed the boundaries between Churches and Faiths.

This time line, in 357 individual pieces, tells the history of an urban village, just; two miles from the centre of Bradford, in many styles of needlework.

The Tapestry consists of 53 picture panels telling the main story, with 66 borders linking them together. 427 people-aged from 6 to 93 participated in many ways.

Visitors from all over the world have admired the tapestry and it has been on tour country - wide. In November 2001 it was selected for the National Tapestry Competition at Bournemouth Conference Centre and won! A wonderful visual addition to our Festival. ¶

Dear Editor

Through the Lookaround, I would like to thank the anonymous donor, who kindly sent me a photograph taken in the early 1900's of Sedbergh School masters and their bicycles, probably early 'Sedberghian bicycles' built by my grandfather, Alfred Braithwaite.

I would be very pleased if the person would contact me so that I might write and thank him properly and also obtain some further information about the source of the photograph.

I would also like to take this opportunity of reminding your readers that I am still interested in collecting photographs of Braithwaites' coaches and taxis and if anyone has a snapshot that might include one of these vehicles (no matter how insignificant it may appear) I would be very grateful to have a copy. I will of course reimburse any expenses.

Gordon Braithwaite

7 Lansdown Road, Abergavenny,
NP76AN 01873 856067

THE ROSE FOR INDIANNA

This is a project to get a named rose, which will raise money from every sale., to benefit children with brain tumours.

Dal Dawkins wishes to help and is looking for sponsors for his 2004 Slim for the Rose.

If you would like to help contact Dal at 103, Main Street, Sedbergh 20927, or Gloria at 5 Palmers Hill, Sedbergh 20451 or Sandra at 10 Main Street, Sedbergh 21818. ¶

SEDBERGH EMBROIDERY

The canvas work panel measuring 5 square feet depicts the landscape, historic buildings and social background of the area.



It is displayed on the upstairs landing of Sedbergh Library and can be seen during opening hours (Opening Hours on Back Page.) More information is on the Web Site at http://mysite.freeserve.com/sedbergh_embroidery or from a Link on the Lookaround Web Site. ¶

Dear Editors,

May I through the Lookaround let the people on Maryfell know that over the Christmas Holiday, we had a visit from a thief who took from the Patio, a large Badger. It was extremely heavy so we can only surmise this to be the act of an adult. A child would have found it hard to carry. The Badger was donated by a local person who is rather upset and angry to think that this is the reward we get for all the hard work we have put into the Patio.

Anyone who can shed some light on this matter can get in touch of if the their wants to return it, may I suggest they use the front, and not the back, where the fence was also damaged.

Cath Gibson

This has been recorded as a Crime with Sedbergh Police. If anyone has any information about the Badger, please contact any of the local Officers. It may be that the Badger is 'somewhere in Hibernation' and will return very soon!

Ed

THOUGHT FOR THE MONTH

In a little book a friend gave me for Christmas are some gems about Friendship. to me friends are so vital in my life. some I see often others very rarely, some live hundreds of miles away so getting together is not easy, there are one or two I am in danger of losing and perhaps that is how it should be? We move on, into new circles and meet new people or get to know people better. I am certain you have closest friends and other friends, perhaps if needed you could ring them at 4 am and they would not mind. Perhaps not. Francois Mauriac wrote (in my little book) "To love someone is to be the only one to see a miracle invisible to others" think about it, remember it applies to your friends who think about you...

LD

COACH TRIP

A Coach trip to Haffner Orchestra concert in Lancaster has been planned from Sedbergh on Saturday 21st February.

The Haffner Orchestra concert will perform Beethoven's 3rd Symphony, Mendelssohn's Fingal's Cave and Handel's Music for the Royal Fireworks.

The coach will leave Joss Lane at 6 pm. Ring 21339 for details.

||

Dr J R SYRED

An account has been opened at NatWest Sedbergh for contributions towards a leaving present for Dr J Syred.

Contributions will also be accepted at the Health Centre. Cheques should be made payable to "Dr J R Syred Leaving Present".

||



WINDER RECORD?

I would like to congratulate my Mum, Tessa Morris, who walked up Winder 118 times in 2003. All in the name of keeping fit. I would like to know if anyone has done it more often in a year, or is this a local record? If anyone can beat this number of climbs this year, mum has offered to give a sum to the charity of their choice!

Well done Mum!

Nicholas Beare

PEOPLE'S HALL

The AGM of the People's Hall Committee will be held on Monday 2nd February at 7:30 pm in the People's Hall Committee Room. All are welcome.

||

CAROL IN GARSDALE

The final total raised from Carol Singing in Garsdale amounted to £210 for N.C.H. Action for Children.

Grateful thanks to all who gave of their time, money and voices. Once again a special thank-you to "Auntie Agnes."

M.A.

LOOKAROUND

Please remember that the Closing Dates for Adverts is 15th of each month. It is the 19th for articles, Personals (no business adverts), Diary Dates, Advert Renewals. Thank-you.

DJW



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SEDBERGH & DISTRICT HISTORY SOCIETY

*"Prisoner of Napoleon: Dr John Jackson
of Kirkby Stephen"*

For the last meeting of the autumn programme the Society welcomed Sidney Richardson who had travelled all the way from Leeds to give a fascinating account of the life of Dr John Jackson.

Mr Richardson, a keen historian and a native of Kirkby Stephen, based his talk on Dr Jackson's letters home from France which had survived and he had been able to borrow from Marcia Mason of Eden Place, Kirkby Stephen.

John Jackson was born in 1777. His father, a staunch Anglican, being a local doctor and landowner was a prominent citizen of Kirkby Stephen and of considerable wealth. John was sent to Edinburgh University Medical School and his letters began during his finals in 1800 from when the fates seemed to conspire against him. He lost his Diploma, proof that he was qualified, in a trunk in his lodgings in Blackfriars Road, London. He found a position in a practice in Suffolk at a cost of £100 and immediately ran into financial difficulties due to the fact that his chief partner was

not collecting money from patients. His fiancée, Margaret Wharton broke off their engagement and became a Roman Catholic. £200 in debt, in desperation, he was about to go to the West Indies when, in March 1802, England and France signed the peace Treaty of Amiens so he decided on France instead. Here he would be allowed to buy bodies (illegal in England) to dissect to gain knowledge of anatomy in order to qualify as a surgeon.

In May 1803 he arrived in Fontainebleau, where bodies cost 15p, just as Napoleon declared that all the English had to get out 'so as not to cause great mischief'. Stuck again for cash he had to start borrowing. £100 arrived as a letter of credit which was expected to last a year. Napoleon then stopped the post and moved all undesirable foreigners to Verdun, a more secure walled town where he was made an officer and was able to live in digs. He was here for 3 years and some letters (10/36) survived to beat the post blockade, being smuggled out via Hamburg.

There were 40 other doctors as prisoners as well as many members of families from this area. Life became increasingly tough living off 3 sous and 1½lb of bread

J J MARTIN

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a day. He had to sign on at the town hall at 10 am each day and was free to leave until 6 pm. He became well known amongst local families administering to their medical needs. He also helped bring in the grape harvest and received wine for '1 p' a bottle.

His last letter was on 18th July 1806 and he died of putrid fever on 2nd January 1807 aged 29.

His obituary was published in a Paris newspaper and the same tribute appeared in The Star on 16th February 1807.

A large funeral in Verdun was followed by a big memorial service arranged by the Freemasons, demonstrating the very high esteem in which he was held by fellow prisoners and the local population.

He is remembered in Kirkby Stephen in the Jackson stained glass window in the Parish Church which is dedicated to him and his family.

ARH

SEDBERGH & DISTRICT BEEKEEPERS ASSOCIATION

Sedbergh beekeepers held their last meeting of the old year on the 8th December. It was also the last to be held at the Friends' Meeting House at Brigflatts as the club numbers have grown in size so that had become rather a tight squeeze there. We should very much like to thank Melvin Roberts, a founder member of the club, who sadly gave up beekeeping some time ago, for his great courtesy and help in letting us use the room for nearly eight years. From now on, evening meetings will normally be held in the People's Hall committee room.

The meeting was to discuss and finalise

Daphne Jackson D. O.

Registered Osteopath
BUPA Provider

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

**Please ring Kendal Practice
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our programme of meets for 2004. By the end we had put together a very full, varied, and interesting programme, which includes talks on wild bees, and bees in medicine; apiary visits throughout the active beekeeping season from May to October, concentrating on the apiaries that have been set up by the members who joined in 2003; learning new methods of swarm management; taking our bees to the heather; and the usual annual events such as the annual dinner, coffee morning, Sedbergh Spring Show; beekeeping conventions at Bardsea, our own 2nd Annual S&DBKA Convention, and at Braithwaite; and our own 4th Honey Show. There is even a possibility that we may be seen at Sedbergh Gala! The dates are in the "Diary of Events" at the back of "Lookaround", displayed in the Community Office, and on the Sedbergh page of www.cumbriabeekeepers.co.uk.

The next meeting will be held in the committee room of the People's Hall at 7.30pm on Monday 16th February and will be a talk by Neil Robinson of Kendal beekeepers on the subject of wild bees. You will be most welcome to join us.

Malcolm Fraser-Urquhart

A HITCHHIKER'S GUIDE TO THE DALE

I was interested in the article in last month's Lookaround by a reader who had trouble getting lifts through Dentdale.

For most of my life I have been a keen hitch-hiker. Often when out walking I find myself stranded by darkness or bad weather and rely on the kindness of others to get me home. And as a student I regularly hitched from Edinburgh to the south - sometimes overnight. In my late teens I hitched to India and back and, apart from a minor kidnapping incident in Tehran, experience no danger at all.

On most occasions I found that the people who were most generous were generally those who had least to give. The battered old Fords full of children

and dogs and baggage would always find an extra place for me, while large and empty Bentleys and BMWs would nearly always leave me on the kerb.

The only exception was while hitchhiking to Greece in the early 1970's. I had been stuck just outside of Graz in Austria for several hours, and to keep my spirits up started singing the Janis Joplin song, "Oh Lord, won't you buy me a Mercedes Benz." Before I had come to the end, a convertible Mercedes Benz pulled up driven by a Swiss aristocrat who wanted English conversation for her beautiful daughter. Moments like that just can't be bought at petrol stations or airports.

Some hitchhikers have to work a little harder for their lift. Last summer I was



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cycling my tandem to Dent station to collect a visitor when I met a man who wanted a lift to Cowgill. He hopped on the back and help me pedal up the valley.

As a child my parents lived in Poland where the government ran a service whereby those who asked for lifts were given tokens. These they gave to the drivers who picked them up, who, when they had collected a certain number, could take them to a government office and claim rewards. I remember my parents coming home with exotic folk crafts from the Polish Tatra after cashing in their coupons.

The Government also published a manual for hitchhikers - or autostop as it is often known on the continent - praising it for encouraging community

consciousness, the spirit of adventure, patience, goodwill, sharing and the exchange of ideas.

I would also add that it helps to cut down on pollutants pumped into the atmosphere by the vast number of cars on our roads. And it can increase road safety: I was often picked up by drivers on long motorway journeys who wanted someone to talk to so they wouldn't fall asleep.

Today I also have my own car which I try to use as seldom as possible but always pick up hitchhikers if it is safe to do so. The only danger I ever felt I was in was when two teenage girls leapt in front of my car while I was driving to Ambleside. They clambered into the car

(Continued on page 54)

and demanded that I give them money and food. I discovered they were part of a French initiative exercise where a large party of teenagers were released into the countryside and told to live off the land - and took them straight to their camp in the Langdale valley.

The following week the Westmorland Gazette was full of letters from locals complaining about being terrorised by French children banging on their doors demanding food and lodgings - like something out of St. Trinians.

From my experience on both sides of the kerb I have found there are some simple tips to help make hitchhiking safe, reliable and convenient for both hitchhiker and driver.

1. Always choose a safe place to ask for

lifts where cars can pull in without causing danger to others. It is also wise to choose a spot where cars are going slowly anyway - such as the end of villages, exits from service stations or roundabouts.

2. Make it clear that you are asking for a lift and be clearly seen. The tradition in Britain is to extend the arm and raise a thumb. At night I wear reflectors and use a torch and shine it on my thumb so it can be clearly seen (I used to shine it on my face from below, but the effect was more likely to arouse terror than compassion.)

3. A sign saying where you are going can help - though write it clear in big letters (Dent is very handy being such a short name.) I always add "please" and try to make it clear that I don't mind if the

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driver doesn't want to pick me up - it is his or her existential choice. Once, in my callous youth, I did make a rude sign with my fingers at a large, expensive, empty car which sailed past me after I'd been waiting for a few hours. The car came back and picked me up and I had to suffer the embarrassment of facing a strict ticking off for the rest of the journey.

4. Make it clear what you are about. The driver only has a few moments to decide whether you are a hill-walker returning to his or her lodgings, a shopper going home with the messages, or an axe murderer looking for his next victim. Knee breaches, woolly hat and walking boots gives one sort of message. Metal spikes around the neck with KILL tattooed on the forehead gives another.

Subterfuge is sometimes witty though a little underhand. I once met a hitchhiker who had converted a petrol can into a suitcase. He would stand at the side of road looking like his car had run out of fuel and he needed a lift to the nearest garage.

Finally I must add that over twenty years of living in these valleys I have found people to be some of the most generous in the country. I rarely wait more than a few moments for lifts - in all kinds of weather - and often find people go out of their way to take me home to Farfield or beyond - a kindness which I have always tried to pass on to my fellow travellers.

So if the writer of last edition's article happens to be on the road on those rare days when I use my car to travel to Dent - and they've made it clear they would like a lift - I will quite happily help them on their way.

David Burbidge, Farfield, Sedbergh.



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VIEWPOINT

Because there was no January edition of *Lookaround* (a well deserved rest for Editors Dennis and Jacky) my reflections this month go back a couple of months – or even more. The December/January edition had just gone to press when the Rugby World Cup was being played out in Sydney. We all remember that England beat Australia 20-17 and that Jonny Wilkinson was the hero of the match. Will Greenwood set up a ruck in midfield that enabled the ball to be passed to Jonny for that final winning kick. So it could be said that Sedbergh won the cup for England, Will being a former pupil of Sedbergh School, where, of course, he learnt his rugby. Sedbergh School had featured on BBC News the

day before the match because Will was playing for England. There were some beautiful shots of the School set in the Howgills and interviews with staff and the present 1st XV Captain. Well-done Sedbergh.

Then there was the threat of closure of our wonderful Tourist Information Centre, apparently because it does not generate enough income and there are not enough B&Bs to support it. We should do all we can to retain it. The Broadband campaign has drawn much support and I'm sure a similar push could save the TIC. Happily, I understand that the TIC has been given another year's reprieve, but it does seem to be a case of "use it or lose it". We will all have to buy Yorkshire Dales sweatshirts and the like

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What a surprise to see the first snow of the winter on the fells on 26th November. After such a wonderful summer it had to come! But snow on the tops is always a beautiful sight. However I'm still dreaming of a white Christmas; it just couldn't manage to time it right. Then gales to blow in the new year and seemingly rain ever since – at least the reservoirs are filling up now.

Are you glad Christmas is over and just a memory now? Certainly life was hectic those couple of weeks before the day. Congratulations to the Town Band on their wonderful Christmas Concert before an audience which packed the Public Hall to full capacity. We all enjoyed singing the carols, and full marks to those brave youngsters who formed an ad-lib quartet to lead us in one of the carols. The band played excellently and in the interval served us all with mulled wine and mince pies whilst Santa came and distributed the raffle prizes. What a fun evening, they could have charged double and it would still have been good value. And just so that we didn't forget the rugby the back wall displayed an English flag flanked by the figures 20 – 17.

I heard someone complain that they had been invited to too many pre-Christmas parties and were attending one every night of the week before Christmas. Well I wasn't so lucky, but I can understand the moan. Hey, we are meant to enjoy ourselves, but I found that the main topic of conversation at parties were recent illnesses and operations and bunions!

Well now it is official, our County

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Council is classified as a weak-performing authority. Local Government doesn't serve us very well in Sedbergh, but the Council Tax increases by leaps and bounds way beyond inflation every year. We seem to get little for it apart from our wonderful refuse collectors, and even they have to operate a stealth tax collecting our garden refuse which is recyclable but SLDC is too lazy to do so! I hear complaints about school funding and school lunch provisions, welfare of the elderly and the state of the roads, the very things we pay Council Tax for. Now a national backlash about the Council Tax is evolving. My backlash will be to vote only for new names on the voting paper at forthcoming elections. With inflation running at 1.3% even the Governments threat to cap councils who increase tax beyond 5% seems far too generous on my pocket

This month the community says goodbye to Dr Syred who has been a highly respected and trusted GP for many. Although we are sad that he is leaving us we wish him well in his move to new surroundings and lifestyle.

N Hastle

CHOOSING THE SOFT OPTION

This article is motivated by my thoughts on the treatment of frozen shoulder. It is the received wisdom in my profession, that treatment with acupuncture is more difficult if the patient has already had steroid injections into the affected joint. My experience of treating patients supports this. In this case, it would seem to be more advantageous to the person suffering the frozen shoulder to try acupuncture treatment first. This would then be more effective and, even if it did not resolve the problem completely, it would have no detrimental effects, indeed it would most likely have some positive effect on the person's general health. In contrast, repeated steroid injections are known to weaken the joint (see, for example "The Prescribed Drug Guide" by Stephen Gascoigne, Jigme Press, 2003).

This is an example of a general principle which I apply to my own health: in all cases where immediate conventional treatment is not necessarily required, I begin by trying those therapies, likely to be effective, which will be minimally invasive and have the fewest side-effects. For example, if you start to have menopausal hot flushes, this is not a life-threatening condition, so you have time to investigate the possibilities. It makes sense to try acupuncture, herbs or homeopathy before taking a decision about HRT. (See also Marilyn Glenville's book, "The New Natural Alternatives to HRT" Kyle Cathie, 2002). Homeopathy, osteopathy, acupuncture, massage and reflexology are all available locally and there is a well-qualified herbalist working in Penrith.

It is difficult to give general guidelines

about which therapy to choose, as much depends on individual circumstances. The following points are broadly applicable: osteopathy and acupuncture (perhaps in combination with each other or with physiotherapy) are useful for musculo-skeletal conditions. I have found acupuncture to be particularly reliable for headaches and migraines. For skin conditions or hair loss, I usually suggest homeopathy or herbal medicine. For digestive problems, respiratory disorders, depression, stress and anxiety, dizziness, sinus problems, facial paralysis, circulatory problems, high blood pressure, menstrual problems and urinary problems, acupuncture, herbs and homeopathy are all used, singly or in combination.

Complementary medicine can be very effective for acute conditions and it is a pity that it is not used more in this way. I was reminded of this over Christmas when I crushed my finger in the garage door. My homeopath was on the scene

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within minutes, administering arnica and the bleeding and pain stopped almost immediately. Later I also took hypericum and applied topical remedies and within 10 days it was completely OK, which seemed like a miracle of healing.

In my acupuncture practice, sometimes a patient coincidentally has an acute condition, for example, a cough, a cold, blocked sinuses or an ear infection, when coming for treatment for something else. I always offer to treat acute complaint and it is often very pleasing to see a good response.

There is a plan to start a regular homeopathic clinic in Sedbergh for the treatment of acute conditions. I hope that this is successful, and particularly that it is used for children. Homeopathy is very

effective for the treatment of childhood illnesses and for some children it may help to break the cycle of repeated courses of antibiotics for recurring infections. Correct treatment of childhood complaints is a sound basis for good health later in life. For more information about this clinic contact Ian McPherson (015396 20648) or Denise Williamson (015396 20468).

If you are considering complementary therapies and unsure which might be most suitable, I should be very happy to discuss this with you (free of charge) either on the telephone or in person. I can give information about many of the local therapists. My telephone number is (015396) 20972.

June Parker

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SEDBERGH TOWN BAND

Christmas Concert - The fourth Annual Christmas Concert to be given by the Town Band took place in the People's Hall on Tuesday 9th December. A capacity audience were entertained to a programme of events that sought to engender the appropriate festive mood in the approach to the Christmas season.

Innovations this year included the popular arrival of Father Christmas. We are most indebted to him for taking time out of his busy schedule to visit us and distribute a present to each of the children attending. As the curtains drew together for the end of the first half of the programme he erupted through the doors at the entrance to the hall burdened with a bulging sack and merrily ringing his bell

to announce his arrival in our midst.

A pleasing element of the traditional was achieved by the placing of a splendid Christmas tree to the left of the stage, whilst additional was provided on stage by the first public display of the new Town Band banners that adorned each music stand. A noticeable feature of the stage was a large flag of Saint George acting as a back-cloth. With the numbers 20-17 inscribed, the audience was readily made aware of a gesture towards recognising and celebrating the recent World Cup triumph.

The interval was a period of considerable activity. Shortly after the curtains closed members of the band, now sporting festive hats, moved amongst the audience distributing glasses

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of steaming mulled wine and hot mince pies. Squash was served to the children, and tea or coffee was made available for those whose preferences lay in that direction.

Before the second half of the concert began the raffle was drawn and Father Christmas again played a prominent role distributing prizes with gusto and bonhomie.

Musically the evening was a triumph and the Band's Director of Music, Alan Lewis, is to be congratulated on both choosing such a delightful programme and for guiding the players to such an impressive standard of performance.

The two halves of the programme consisted of a mixture of popular

Christmas numbers punctuated by familiar carols in which the audience participated. A highlight was the singing of "Silent Night." Half a dozen brave and talented children stood in front of the audience to sing the first two verses, thus instructing the audience so that all were able to join confidently in the final verse.

The evening ended with the ever popular medley "Christmas Swingalong" which was preceded by an excellent and rousing rendition of "The Twelve Days of Christmas."

The Town Band would like to take this opportunity to express publicly a few thanks. First, to MacConnells, Knights and The Bull Hotel for yet again acting as

(Continued on page 62)

outlets for the sale of tickets - without their help the capacity audience we enjoyed would have been impossible to achieve. Secondly, our thanks to all the shops and businesses who so kindly display the posters advertising our concerts. Thirdly, our gratitude is due to Steve and Alison of the Bull Hotel for providing additional seating and for treating members of the band to an excellent and most welcome buffet after the concert.. Fourthly, great thanks are due to the ladies whose cheerful and dedicated assistance made this and all other concerts possible. The Band gain all the plaudits but it is only thanks to those working discreetly in the background that concerts can take place: the labours of Jean, Pauline, Sandra, Elspeth, Shirley, Viv, Fay, Kate, Sheila and many others are much appreciated.

Our final thanks go to the patrons of the Bank, local businesses, individuals, the Chamber of Trade, Sedbergh School and most particularly the magnificent audience from Sedbergh and District who have so loyally supported the Band since its inception. Good authority informs us that nationally renowned bands are envious of the support that the Sedbergh Town Band can boast of at its concerts. *Sedbergh School C.C.F. Band* - The Town Band extends its congratulations to the School Band on two admirable recent performances. Their programme, played on the back of a wagon, as part of the Family Festive Evening on Wednesday 10th December, demonstrated clearly their most impressive musicianship. Together with the magnificent lighting and decoration of Main Street they helped to make this a thoroughly

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enjoyable evening in the Sedbergh calendar.

Their playing of carols in various locations on Market day, Wednesday 10th December, again reminded us of their skill and served as a pleasant reminder of the approach of Christmas.

The Town Band is proud of the fact that not only do we have the Director of Music in common with the School Band but also that two of our members, Brian Waters and Tony Playfoot, regularly play alongside the boys and girls of the School Band.

Carols in Brough - On the evening of Thursday 11th December fourteen members of the Band, following an invitation from the landlord of The

Golden Fleece, Garry Robinson, drove over to Brough. Carols were played both outside and inside the pub to an appreciative audience. Afterwards the players enjoyed a fine buffet supper provided by Garry.

Carols at Farfield Mill - As a feature of the Christmas Open Sunday at Farfield Mill, on 13th December a section of the Band comprising two cornets, two horns and a tuba played a selection of carols. Under the conductorship of Alan Lewis this small group provided a splendid background sound for the many visitors to the centre enjoying the exhibits and fortifying themselves with mulled wine and mince pies.

Carols at the Bull Hotel - The Band's final engagement of the year, on Tuesday

23rd December, was the playing of a selection of carols and Christmas music at The Bull. The original intention was to play on the bandstand in the hotel's garden but heavy rain prior to the event had saturated the grass, and although the evening itself was dry and unseasonably mild, it was reluctantly decided that the venue had to change to inside.

The logistical challenge of setting up a twenty three member band in the confines of the Langdale Bar meant that the advertised starting time of 6.30 pm had to be delayed. The Band's subsequent performance was warmly appreciated by a large crowd in the main bar who for the most part could hear but not see the enthusiastic endeavours of the players. G. B.



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07.45	0845		564	GP	❖
09.40	1010		564	W	
09.55	1030		564	GP	❖
10.05	1040	Wed	564B	W	❖
12.40	1310		564	W	
12.45	1320		564	GP	❖
13.00	1335	Wed	564B	W	❖
14.00	1430	Tue	804	W	❖
14.40	1510		564	W	❖
15.25	1600		564	GP	❖
17.11	1745		564	W	

Saturday Only

09.55	1030		564	GP	❖
10.45	1120		564A	S	❖
12.45	1320		564	GP	❖
15.25	1600		564	GP	❖

Sedbergh to Brough

Monday – Saturday

09.05	0929#	M-F	564	GP	❖
11.15	1200		564	GP	❖
14.15	1445		564	GP	❖
16.50	1740		564	GP	❖

Sedbergh to Kirkby Lonsdale

09.45		Thu	567A	W	❖
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To Hawes

08.45	0920	Fri	112	B	
09.10	0945	Tue	111	B	
10.00	1035	Tue	804	W	❖
11.20	1155	Fri	112	B	
14.00	1435	T&F	112	B	
15.35	1620	Sch	112	B	
15.35	1620	Fri	112	B	

Sedbergh to Dent

10.15	1030	Sat	564A	S	❖
12.05	1220	Wed	564B	W	❖
14.15	1430	Wed	564B	W	❖
14.55	1510	Sat	564A	S	❖

Blackhall Road, Kendal to Sedbergh via Oxenholme

Monday - Friday

Dep	Sed				
08.35	0905		564	GP	❖
08.35	0919	Sch	564	W	
09.30	1000	Tue	804	W	❖
10.30	1056		564	W	
10.45	1115		564	GP	❖
11.30	1205	Wed	564B	W	❖
13.30	1356		564	W	
13.40	1415	Wed	564B	W	❖
13.45	1415		564	GP	❖
16.20	1650		564	GP	❖
16.30	1656		564	W	
17.45	1815		564	W	❖

Saturday Only

09.40	1015		564A	S	❖
10.45	1115		564	GP	❖
13.45	1415		564	GP	❖
14.20	1455		564A	S	❖
16.20	1650		564	GP	❖

From Brough to Sedbergh

Monday – Saturday

07.05	0745	M-F	564	GP	❖
09.15	0955	Sat	564	GP	❖
#09.30	0955	M-F	564	GP	❖
12.05	1245		564	GP	❖
14.45	1525		564	GP	❖

From Kirkby Lonsdale to Sedbergh

12.15		Thu	567A	W	❖
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From Hawes to Sedbergh

08.00	0845	Sch	112	B	
09.20	0955	Fri	112	B	
12.00	1235	T&F	112	B	
13.25	1400	Tue	804	W	❖
14.45	1520	Fri	112	B	
16.35	1710	Sch	112	B	
16.35	1710	T&F	112	B	

From Dent to Sedbergh

09.50	1005	Wed	564B	W	❖
10.30	1045	Sat	564A	S	❖
12.45	1300	Wed	564B	W	❖
15.10	1525	Sat	564A	S	❖

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Tue	Tuesday Only
Wed	Wednesday Only
Thu	Thursday Only
Sat	Saturday Only
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W&F	Wednesday & Friday Only
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Market Place, Kendal
Sunday 11.00
Wednesday 19.30

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

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

CHURCH OF ENGLAND

Firbank; Howgill & Killington

Rev. A Pitt Tel: 20670

Cautley & Garsdale

Rev. A W Fell Tel: 20283

Dent & Cowgill

Rev. P. Boyles Tel: 25226

METHODIST CHURCH

Dent; Dent Foot;

Cautley; Fell End;

Garsdale Street; Garsdale Low Smithy;

Hawes Junction & Frostron

Rev. T. Widdess Tel: 20329

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



OPTIONS for health and well-being

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

Complementary Therapists practising locally

DIARY OF EVENTS

All Diary entries are FREE. Dates are held up to 21st December 2004

FEBRUARY			Every Day			
1	1030	Group Exhibition (12)	FM	2	1930 FCH AGM	FCH
2	1930	PH Committee AGM	PH	3	1000 North West Cancer Coffee Morning	URCR
4	1330	Butterflies	StAS	3	1330 Butterflies	StAS
4	1930	HS Member Evening	SHS	3	1930 HS Housing Change	SHS
4	1930	Part of 10 Mile to Hitler (18)	SSL	5	1545 Chameleons Drama Club	StAS
6	1545	Chameleons Drama Club	StAS	5	1930 History of Sedbergh School	SSL
6	1930	Killington Sports Domino Drive	KVH	6	1030 Group Exhibition (12)	FM
6		Slide Show & Supper	BVH	6	1930 Jumble Sale	MH
7	1000	Part of the Landscape Exhibition Starts	DCMH	6	50/50 Auction	BVH
		Every Day		7	1030 Group Exhibition (12)	FM
7	1030	Group Exhibition (12)	FM	8	1930 Beekeepers	L
8	1030	Group Exhibition (12)	FM	9	1400 WIK "Surprise"	PH
8	1900	SS Choral Society (8)	SSPH	9	1930 FCH Domino Drive	FCH
9	2000	Playgroup AGM	SHS	10	1330 Butterflies	StAS
10	1400	WIK SS on Everest	PH	10	1930 7 Brides for 7 Brothers	CS
11	1330	Butterflies	StAS	10	1930 Needles & Pins Club	StJAR
11	1930	Needles & Pins Club	StJAR	11	1930 7 Brides for 7 Brothers	CS
13	1545	Chameleons Drama Club	StAS	12	1545 Chameleons Drama Club	StAS
13	1830	Kids Klub	MCH	12	1930 MH Booths Cheese & Wine Evening	MH
13	1930	HVH Domino Drive	HVH	12	1930 HVH Domino Drive & Tattie Pot	HVH
13		SS Half Term Starts		12	1930 7 Brides for 7 Brothers	CS
14	1030	Group Exhibition (12)	FM	13	1030 Group Exhibition (12)	FM
15	1030	Service	PH	13	1300 Dentdale Run	Dent
15	1030	Group Exhibition (12)	FM	13	1930 7 Brides for 7 Brothers	CS
16	1830	Sed. Summer Singers Rehearsals (16)	StAS	13	1930 Daisy Pulls It Off	SSPH
16	1930	Beekeepers	PH	14	1030 Group Exhibition (12)	FM
17	1400	SLVSB Musical Instruments (17)	PH	14	1900 Daisy Pulls It Off	SSPH
17	1400	SLAS Pensions & Benefits	MCKKL	15	1930 Beekeepers AGM	PH
17	1930	FCH Domino Drive	FCH	16	1400 SLVSB	CO
18	1930	HS Border Regiment & Kings Own (18)	SHS	16	1400 SLAS Aromatherapy	MCKKL
21	1000	SPS Coffee Morning	URCR	16	1900 Neighbourhood Forum	GVH
21	1030	Group Exhibition (12)	FM	17	1000 URC Coffee Morning	URCR
22	1030	Group Exhibition (12)	FM	17	1330 Butterflies	StAS
22		SS Half Term Ends		17	1930 HS History of Warton Parish	SHS
25	1000	Sed. Playgroup Coffee Morning (25)	URCR	19	1545 Chameleons Drama Club	StAS
25	1330	Butterflies	StAS	19	1830 Kids Klub	MCH
25	1930	CWT Gardening for Wildlife	SHS	20	1030 Group Exhibition (12)	FM
26	1930	Bowling Club AGM (26)	WHC	21	1030 Service	PH
27	1545	Chameleons Drama Club	StAS	21	1030 Group Exhibition (12)	FM
27	1930	LFH Domino Drive (27)	SHS	22	1930 SS Everest Expedition 2004	SSL
28	1000	Coffee Morning (28)	MCH	23	1500 SS Wilson Run	Back Lane
28	1030	Group Exhibition (12)	FM	24	1000 Barnardo's Coffee Morning	URCR
29	1030	Northern Harmony Workshop (29)	DMH	24	1330 Butterflies	StAS
29	1030	Group Exhibition (12)	FM	24	1930 CWT AGM and Photo Quiz	SHS
29	1630	Northern Harmony Concert (29)	DMH	26	SS Term Ends	
29	1900	Northern Harmony Supper (29)	DMH	26	1545 Chameleons Drama Club	StAS
		MARCH		27	1030 Group Exhibition (12)	FM
1	1000	Part of the Landscape Exhibition	DCMH	27	1200 Spring Show	PH

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

27	1930	HS AGM + Jacob's Join	SHS	7	1000	Asthma Research Coffee Morning	URCR
28	1030	Group Exhibition (12)	FM	13	1400	WIK L'Sprit de Provence	PH
31	1330	Butterflies	StAS	14	1000	WIK Coffee Morning	URCR
APRIL				14	1930	Needles & Pins Club	StJAR
1	1000	Part of the Landscape Exhibition Every Day	DCMH	18	1000	Part of the Landscape Exhibition Ends	DCMH
2	1545	Chameleons Drama Club	StAS	19	1930	Beekkeepers	PH
2		Slide Show & Supper	BVH	20		SS Term Begins	
3	1030	Group Exhibition (12)	FM	20	1400	SLVSB	CO
4	1030	Group Exhibition Ends (12)	FM	20	1400	SLAS Crime Prevention	MCCCKL
DIARY KEY				21	1330	Butterflies	StAS
BF		= Brigflatts		23	1545	Chameleons Drama Club	StAS
BK		= Beckside, Killington	6	24	1930	Fun Night	MH
BS		= Baliol School		28	1330	Butterflies	StAS
BVH		= Barbon Village Hall		28	1930	CWT Peat Moss	SHS
CDC		= Community Development Centre		30	1545	Chameleons Drama Club	StAS
CO		= Community Office, Main Street		MAY			
CS		= Casterton School		7		SS Ko-Ko Concert	SS
CWT		= Cumbria Wildlife Trust		8	1000	Beekkeepers Furness Convention	Bardsea
DCMH		= Dales Countryside Museum, Hawes		11	1400	WIK Resolutions	PH
DCP		= Dent Car Park		12	1000	I love 1954/I love 2004 Exhibition Every day	DCMH
DMH		= Dent Memorial Hall		12	1930	Needles & Pins Club	StJAR
DMC		= Dent Methodist Church		14	1930	Firbank Parish Meeting	FCH
EG		= Embroiderers' Guild		18	1400	SLVSB	CO
FCH		= Firbank Church Hall		19	1000	Beekkeepers Coffee Morning	URCR
FM		= Farfield Mill		22	1230	Sedbergh Gala	Sedbergh
GVH		= Garsdale Village Hall		26	1000	Firbank Church Coffee Morning	URCR
HS		= History Society		26		SS Half Term Starts	
HVH		= Howgill Village Hall		JUNE			
JLCP		= Joss Lane Car Park		2	1000	British Legion Coffee Morning	URCR
KC		= Killington Church		3	1800	Killington Sports	BK
KL		= Kirkby Lonsdale		6		SS Half Term Ends	
KVH		= Killington Village Hall		8	1400	WIK SLVSB	PH
L		= Lingarth		9	1000	Garsdale Church Coffee Morning	URCR
LHCP		= Loftus Hill Car Park		9	1930	Needles & Pins Club	StJAR
MCH		= Methodist Church Hall		12		Sedbergh Festival Starts	
MCCCKL		= Methodist Church Centre KL		13		Brass Band Concerts	KL
MH		= Masonic Hall		14	1000	I love 1954/I love 2004 Exhibition ends	DCMH
PH		= People's Hall		15	1400	SLVSB	CO
SCC		= Sedbergh Cricket Club		16	1000	Sedbergh Playgroup Coffee Morning	URCR
SHS		= Settlebeck High School		21	1930	Beekkeepers	PH
SI		= Sportsman's Inn, Cowgill		23	1000	Cumbria in Bloom Coffee Morning	URCR
SMCR		= Sedbergh Methodist Church Rooms		26	1000	Beekkeepers Summer Convention	PH
StAS		= St Andrew's Church, Sedbergh		27		Sedbergh Festival Ends	
StJAR		= St John Ambulance Rooms		30	1000	WIK Coffee Morning	URCR
SC		= Swimming Club		JULY			
SMC		= Sedbergh Methodist Church		2		SS Term Ends	
SR		= Spooner Room		4		BBQ & Duck Race	KVH
SSPH/L		= Sedbergh School Powell Hall/Library		7	1000	URC Coffee Morning	URCR
URCR		= United Reformed Church Rooms		13		WIK Outing	
WHC		= White Hart Club		14	1000	Alzheimer's Coffee Morning	URCR
WID		= Women's Institute, Dentdale		14	1930	Needles & Pins Club	StJAR
WIF		= Women's Institute, Frostrow		20	1400	SLVSB	CO
WIH		= Women's Institute, Howgill		21	1000	WIH Coffee Morning	URCR
WIK		= Women's Institute, Killington		28	1000	Methodist Coffee Morning	URCR
WVH		= Westhouse Village Hall		AUGUST			
YDNP		= YDNP Centre, Main Street		4	1000	Howgill Church Coffee Morning	URCR
				11	1000	North West Cancer Coffee Morning	URCR

PUBLIC INFORMATION

SEDBERGH HEALTH CENTRE

Loftus Hill © 21079

Dr P.A. & W.G. Orr © 20218

Dr Ann Orr

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

Dr Graham Orr

Friday	0830 - 1100	1600 - 1900 *
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Dent Surgery (Methodist Chapel)

Monday	1230 - 1300	Dr Ann Orr
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Formerly Dr J. Syred's Surgery © 20239

Monday to Thursday	0900 - 1000
Friday	0900 - 1000 *
Monday, Wednesday & Friday	1400 - 1500
Monday	1630 - 1730
Saturday (Urgent Cases)	0900

District Nurse

© 21690

Health Visitor

© 20979

A Collinge Optometrist

Every Friday	0900 - 1300	1400 - 1730 *
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DENTAL SURGERY

Finkle Street © 20626

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

Monday to Thursday	0900 - 1700
Friday	0830 - 1500

VETERINARY SURGERY

22 Long Lane © 20335

Mr N. Preston & Mr J. Bramley

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

* By Appointment Only

LIBRARY

Main Street © 20186

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

Y. D.N.P. CENTRE

Main Street © 20125

Open Friday, Saturday & Sunday
10.00 - 15.00

COMMUNITY OFFICE

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

Monday to Friday 1000 to 1600
© 20504

e-mail office@sedbergh.org.uk
web pages www.sedbergh.org.uk

RURAL CITIZENS ADVICE BUREAU

Community Office

Every Wednesday 1000 to 1300

Every Friday 0930 to 1230 *

© 21185 or

08451 202 999 (local rate) 24 hours

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

PENSION SERVICE SURGERY

Community Office

© 01539 795000

0845 6060265

Alt. Mondays 1000 - 1200

COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage

Tel: 21031

e-mail: admin@sedberghcdc.org.uk

POLICE

Long Lane, Sedbergh

© Kendal 01539 722611

PUBLIC TOILETS

Main Street, Sedbergh

Main Street, Dent

MARKET DAY WEDNESDAY
HALF-DAY CLOSING THURSDAY