

Sedbergh & District

LOOKAROUND

October 2004

Issue 216

Donation 50p

This year, we have decided to compile a *Full Colour* issue of *Lookaround* again so get your thinking caps on and let us have your function and business adverts asap. Because of the anticipated extra-large

issue, the closing dates of 15th for adverts and 19th for articles will be strictly adhered to in November so please make your submission early to avoid disappointment.

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CHILDREN'S BIRTHDAYS OCTOBER 2004



Every month, there are Children's Birthday Vouchers to the value of £10 awarded to a Child whose name appears on the Birthday Page.

The recipient this month is:-
Jennifer STAINTON who is
9 years old on 28th October

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2	Amy THOMPSON	10
4	Amy HARPER	4
5	Thomas HALL	5
7	Abbi WOOF	2
7	Alice HOLTON	3
7	Hugh JOHNSON	11
8	Adam CRAGG	8
9	Robin PRESTON	5
11	Ben FIDDLER	4
13	Dillon OVERSBY	4
13	Thomas JOHNSON	11
20	Hugo HEAGREN	5
20	Harry PACKHAM	8
21	Liam MIDDLETON	5
25	Robbie ALDERSON	4
28	Rhianne WOODFINE	8
28	Jennifer STAINTON	9

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Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (04/10)	015242 76214
	e-mail: pauline@tossbeck.f9.co.uk 1F; 1D; 2ES; CH; L; TV; NS; P; VB; CW	
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COOPER

Chris, Peter, Simon, Greg, Sean and Michael would like to thank all family, friends and neighbours who helped make Sean and Michael's Adoption/Baptism and Chris' Birthday Party such a happy and memorable occasion - especially those who came to the 'Tramps' Tea-party' in fancy dress! Thanks to everyone for their cards, gifts and generous donations - we managed to raise almost £400 to share between "Garsdale Gang" and Barnardos. Special thanks to Canon Alan Fell and the Godparents - especially Andrew Donalds and Donna & Peter Hicks for their singing and playing (before and during the service!), Brenda Kelly for the beautiful celebration cakes and to Des Grant for keeping us all wonderfully entertained with the disco throughout the afternoon. Thanks too, to Kath Wilday for giving us a video record of our wonderful day.

GARNETT

Happy Birthday Nigel on 31st October. Love and Best Wishes from Laura, Ann-Marie, Ben, Joyce and Georgina.

PARKIN

Happy **18th Birthday** Matthew. Good luck, health and happiness. Love from Mam and Dad.

PARKIN

Happy Birthday Matt. All the best. Mine's a pint! Love Simon.

PARKIN

Happy **18th Birthday** Matt on October 1st. Have a nice time whatever you do. Best Wishes and Love from Grandma. X

SEDGWICK

Roger and Suzan would like to thank everyone for the lovely cards and flowers, gifts and messages of goodwill they received on the birth of baby John.

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Marlene would like to thank relatives and friends for all the lovely cards and presents received during her recent stay in hospital.

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SEDBERGH

TOWN TWINNING GROUP

IWC and Us: Paul Brassington had found the IWC personnel thoroughly pleasant, co-operative, charming, and efficient- sentiment echoed by all - but he was also backed by many that the BBC sometimes lost sight of the fact that setting up / changing schedules at short notice, and requesting committees to change dates / times quickly was tricky. All were professional people with professional schedules, and were not just 'TV casts'. Some events had been partly compromised by sudden changes of venue or timing.

Voting venue: Settlebeck School suggested, but after discussion, all agreed that People's Hall was the natural focus

for elections etc in the community, and computers etc could be as easily set up there as anywhere else. Garth Steadman undertook to book as appropriate.

Aims and Objectives of Twinning Process:

Nigel Close thanked Stuart Byatt for his compendious documentation setting out the original aims as envisaged two years ago by the Town Twinning Group. In that, it was clear that the prime objective was to develop mutually advantageous economic links between towns, but NC suggested that that original purpose had now been rather overtaken by events, and that other criteria had come into the equation. Garth Steadman set the context for the item by explaining that immediately post F&M, it was widely felt

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particularly by the Chamber of Trade, that if Sedbergh were not to degenerate into a 'ghost town', major initiatives would be needed: Town Twinning and Booktown were investigated, and he felt strongly that to date, both enterprises looked likely to generate considerable success and give a higher profile to the town, not just for business, but equally importantly for the children and grandchildren, who would inherit the fruits of labour. In this, TV exposure was critical.

Carole Nelson made clear to the great satisfaction of the committee that now that the tourist office and outlets were ours, we could re-brand the town in any way we chose and this would appear on tourist links / web sites world-wide. She

suggested that this would maximise Sedbergh's exposure as never before. Sandra Gold-Wood was supported by a number when raising the critical point of the number of units of viable accommodation in the town / car-parking etc, and asked how we were to cope with anticipated increases in tourist volume with present facilities. Discussion of the sometimes restrictive role of the YDNP in preventing change of use of building to meet increased demand for accommodation was aired. Carole Nelson suggested that the town had to become more flexible in inviting guests into houses/ development of campgrounds etc for a projected expansion, particularly for twin communities who may not be able to

(Continued on page 8)

afford UK prices. There was much discussion about the lack of detailed, specific data from twinning options, and some evidence that income *per caput* in both Athienou and especially Zrece was notably lower than UK. This fact might affect the viability of the exchanges. Nigel Close felt strongly that economic, cultural and educational criteria were very closely interconnected, and that to limit the aim to merely the economic was perhaps too limiting. He suggested that Stuart Byatt's own provided documentation was worded in such a way as to encourage a number of viable routes to twinning - new ways of developing communities was at the heart of the stated aims. Stuart Byatt pointed out that originally, the aim had been to arrest shop closures, but had now developed into something much bigger, but he felt that in that process, whose success he did not deny, focus had been blurred, and we were in danger of pursuing too many objectives. What kind of tourists did we want - certainly not the 'kiss-me-quick' variety? He questioned whether initiatives being carried forward now, once the TV cameras had gone, would actually produce much difference. Unless the enterprise was on a focused economic aim, we ran the risk of under-achieving. He pointed to the failure of the scheme in Preston, and suggested that the term of the original twinning criteria now needed changing in the light of changing ideas of the present committee - who mostly had had nothing to do with the setting up and

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defining terms on the original Twinning Group. Chairman was quite widely supported saying that in his view increase in tourist volume was *the* bottom line, because many other dividends would follow.

David Smith wanted the twinning initiative to have longevity and catch the imagination of the young in the town - the ones who ultimately would have to carry it forward, and to see the merits of the European ideal. He instanced the initial enthusiasm in Ulverston, which had died through a failure to envisage and plan imaginatively for what came next. Examples of how businesses in Sedbergh were already capitalising on the links were brought forward eg Picture Palace

and Cobble Country. Keith Wood challenged whether the original terms of the twinning process actually needed changing at all, and he rather doubted that they did. Stuart Byatt's response was to state that bitter past experience showed that business / economic twinning was pretty well self-financing, but cultural twinning cost money that simply was not available. He asked where that money was to come from- decisions had to be made. Paul Brassington asked how you could actually quantify economic twinning profits. Stuart Byatt returned to the problem of a proposed twin which simply could not afford to either travel in sufficient numbers or bring much economic benefit to Sedbergh.

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Carole Nelson proposed a widely supported check list - she gave examples - of what Sedbergh needed urgently to start planning for NOW, and send that list out to the equivalent of the local Chambers of Trade in twins to inform them of what was on offer in Sedbergh in the next year or so. This led to Judith Aston's much supported suggestion that each committee member draw up a questionnaire of factual questions to be circulated to all four towns as to both what they would bring to us, and what they expected us to bring to them. The Chairman instructed every member to bring such a list to the next meeting. Stuart Byatt interjected that as yet we had had precious little economic information from any of the towns, so how did we know what questions to ask, but he acknowledged that the original ideas had probably been superseded. Stuart Manger suggested that presumably IWC / BBC must have somewhere a profile of the various twinning aspirants, including us, and asked if that might not assist us creating the q'aire.

Funding:

Stuart Byatt said that EEC regulations governing twinning funding were strict,

so major specific additional funding initiatives must be investigated and developed now. David Smith suggested a book written to chronicle the whole twinning process (suggestion that this was already in hand), and development of marketing materials through the BBC. Stuart Manger suggested that BBC should be encouraged to return to twinning towns a year on to check what had actually happened. Nigel Close's suggestion of a local levy on visitors to raise cash was rejected as resented, divisive and uncollectable on the basis of Yorkshire Dales experience.

Voting Procedures:

Garth Steadman reminded the committee of what had been suggested at the last meeting. David Smith and Maggie Cullen outlined in detail how the debating of issues / voting process would work at their respective schools with video postcards, class debates and then voting. Both suggested that the children would take the matter seriously, and likely to produce diverse results, thus obviating a 'block vote' problem. Roger Sedgwick regretted that no children from Eymet had been involved, and he further suggested that the French town had had a

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very raw deal out of the process. There was then a short discussion on the role of the committee in 'steering;' town choice. This was felt to be fraught with danger, but the twinning town Mayors would be present and supporters of each town could join them in persuading voters. It was felt that the committee should see all 4 video postcards the night before voting, debate the issues, so as to be well prepared for voting day. This might bring Eymet back more centre stage. Judith Aston's proposal that all inhabitants of specifically stated 'Sedbergh and district' over 16 were eligible to vote, and should get themselves to the People's Hall on the day universally adopted. Voting would last all day, and a system for registering proxy votes for the incapacitated but committed would be developed. Stuart Byatt wanted the option for a 'no-town' vote, and the vexed question of the part Guglingen played in all this was aired. It was hoped that counting of votes would be by staff drawn from the Parish Council. In the event of a tie, Garth Steadman would have the casting vote.

One town or two

Stuart Byatt put this question, but Stuart Manger was supported in suggesting that

Sedbergh was too small to sustain a two towns scheme, and to an extent that diversity had been the problem with Preston's six towns scheme. Stuart Byatt stressed that whichever twin we went for, that should not preclude businesses from developing whatever links they felt advantageous for their own needs.

Nigel Close reminded committee that to comply with known twinning procedures that require reciprocal visits to and from each Town, upon the result of the vote being known, we should be able to provisionally agree to signing the twinning charter with that Town, subject to a visit to that Town by an authorised group of Sedbergh & District representatives at some early stage in the future.

Parish Council

Garth Steadman felt it paramount that the Parish Council, hitherto very positive in their support, be kept well informed of all matters, since in the end they were the ones who would be signing the charter. Contact with Alan Pratt and Dorothy Blair was to be expedited by Eric Fisher. Roger Sedgwick promised to keep info flowing.

KILLINGTON HALL

Killington BBQ, Games Night and Duck Race

Fine weather for ducks but...

After a year's planning, fundraising and finally construction, the refurbishment of the surrounds of Killington Parish Hall was complete and ready for the grand re-opening at the annual BBQ and Duck Race this month, but the one thing which cannot be planned in this country – the weather – failed us miserably. After a lovely couple of weeks, the rain came down incessantly and while there was no shortage of water in the beck for the Duck Race, we were unable to use the new patio and garden at the side of the Hall for the BBQ. However, a decision was made to proceed with the event and

Richard & Carol Kirkby braved the weather to cook the BBQ under a gazebo outside the Hall kitchen door. The Villagers turned up in their usual numbers together with with several guests to eat, drink and occupy themselves inside the Hall. Despite the weather, it was a highly successful afternoon and evening.

Instead of the traditional outdoor games of Quoits, Pitchpenny and Horseshoes, etc. we had to make do with ad hoc indoor games of Darts, Carpet bowls, Putting, Dominoes, Cards and several table games. The weather made no difference to the Tombola, which was as popular as ever.

However, the highlight of the evening was the ceremonial 'opening' of the new

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patio and garden. The Chairman of the Hall Committee, John Escolme, related how, after last year's Duck Race, it had been suggested that we should tidy up the land between the Hall and Hall Beck permanently - instead of the annual clearing of weeds and brambles. First of all, funds needed to be raised for this project. A successful Race Night held at The Middleton Head in January started the ball rolling, and with the help of Voluntary Action Cumbria grants were obtained from the Lottery Awards for All and the County's Neighbourhood Forum. The grants were requested not only to provide an outdoor facility for the Hall but also to provide a useful Village amenity to be enjoyed by residents and visitors alike. These funds were sufficient to allow us to proceed with the redevelopment and place contracts for the work. John then thanked the Committee for all the hard work that had led up to this evening's event and for donations such as the sets of tables and chairs from Clive and Rachel Barber and the seat originally donated in memory of Betsy Gott from the Church.. He then asked the 'elder statesman' of the Committee, George Rowlinson, to perform a ceremonial opening of the new patio and



garden – unfortunately due to the weather it had to be indoors instead of outdoors on-site! The choice of George to do the honours was particularly appropriate since his late father had re-opened the Hall after the major refurbishment in 1999.

George then entertained us with some amusing reminiscences, with the support of Jim Waller, of their schooldays in the 1940's when the Hall was the Village School and the land now redeveloped was the school garden, necessarily productive during the Second World War – George claimed that he had grown the best onions although Jim wasn't so sure! He also remembered growing some lovely yellow flowers – only to be told that they were dandelions! When the weather was bad in those days, they retired indoors to sit round the stove (central heating of the day!) and knit scarves and socks for the Armed Forces. George claimed that in disputes over the length of the scarves, Jim was stronger than him and could stretch his scarf to the required length! (No mention was made of lessons!) On a more topical note, George said that he was delighted to have watched the transformation of a jungle

(Continued on page 14)

into a beautiful and useful addition to the Parish Hall and complimented Ian Middleton on his excellent workmanship in creating the patio and garden. He conveyed to Ian the thanks of the Committee and their delight at the work done. He then thanked Gary Allan for his efforts in making and installing the necessary, but well in keeping, safety railings along the side of the beck and the slope down from the yard at the back of the Hall, and vouched for Gary's efforts all week until late last night in completing the job. Despite the weather, which prevented us from using it, George said that he took very great pleasure in declaring the patio and gardens open. He urged those present to brave the weather and go and watch the Duck Race from the new viewpoint.

Under a host of brightly coloured umbrellas, everybody went outside to watch the progress of the ducks, released at the side of George's immaculate garden, down to the finish just out of

People's Hall

per session

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sight of the Hall at the end of Glenn & Christine Sheppey's garden, who have recently joined the Hall Committee and took on the responsibility of planting out the new gardens. Some 420 ducks were 'sold' and the winners were:

- 1st. Prize £50 - Paul Rowlinson
Duck 290
- 2nd. Prize £30 - Eileen Pyman
Duck 101
- 3rd. Prize £15 - George Rowlinson
Duck 56
- 4th. Prize £5 - John Capstick
Duck 161

Booby prize of a bottle of bubbly, presented by Betty Higson for the last duck home, went to Gillian Rowlinson. Quite a clean-up for the Rowlinsons!

The Hall have now purchased their own set of ducks which are available for hire! Every body then retired indoors again to watch the judging of the other competitions.

Longest thistle competition:

- 1st. prize £5 - Andrew Park

Vegetable animal competition:

- 1st. prize £5 - Sophie Waller
- 2nd. prize £4 - Christine Garnett
- 3rd. prize £3 - Charlotte Garnett
- 4th. prize £2 - Anna Garnett

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DENTDALE W.I.

Freda Meakin our vice president presided over the meeting this month that began with members standing in silence for the twins Margaret Nicholson and Joan Haygarth who died within three months of each other. They had for so long been treasured and loyal members of Dentdale WI. and often confused us in their similarity, which always brought a twinkle to their eyes.

Looking ahead to our AGM later in the year, it was mentioned that nomination slips for the new committee would be attached to W I News and should be returned at the October meeting.

The Christmas meal (thankfully still a way off) has been booked for lunchtime on 8th December at the Cross Keys Cautley and names are to be taken also at the next meeting.

There was a good response for competitors for the pub quiz to be held at the Bull Hotel on Nov 1st and we look forward to taking part maybe in two teams. Whether winning or not, it is always a good evening and a chance to meet up with members of other local WIs

So on to our Speaker Laura Harker who came to talk to us about the craft of Quilling. Laura had started many years ago with a simple kit, but with all things that on first glance appear simple, she has spent hours perfecting the art and showed framed pictures of her work. She demonstrated the rolling of the coloured paper strips of different widths and by pressing, squashing, adjusting she was able to turn them into recognisable named shapes (really in itself the essence of Quilling.) She was then ready to stick them on to paper to make greeting cards

box lids etc. and she had many at hand to show as examples.

Evidence has been found to show that the craft is long established through the ages. The Quilling Guild rules that all of the pictures should be made of paper. Laura however, felt that in her opinion it was perfectly acceptable to mix the mediums for effect. As always, one learns the basics and then the rest is up to artistic imagination. Pat Allen gave the vote of thanks.

Rita Corpe won the Competition for a handmade card that she had painted herself and Nancy Murdoch won the raffle.

Next month on October 13th Sarah Ioannou will give *An Insiders view of the House of Commons* and all are welcome.

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NEW RETIREMENT APARTMENTS

KILLINGTON W.I.

When I came home yesterday tea-time from our W.I. meeting I said to myself, "Why don't you do the W.I. report now while it's fresh in your mind?" **What a good idea!** I might avoid those 'senior moments' (or 'intellectual interludes' as my husband prefers to call them). I wouldn't have to look up on the calendar to see *when* the meeting was held though I always manage to remember *where* it was held. I wouldn't have to phone Valerie to ask who won the raffle and the competition. (although today since *I* once again made a clean sweep I couldn't forget) I would be able to report accurately all the minutiae of our business transactions which all too often disappear into the recesses of my memory. Moreover Lookaround's long-suffering editor would not be haunting his e-mail at one minute to midnight on the 19th of the month (deadline day) fearing that the presses might have to roll without the Killington W.I. report.

(Noted! Ed.)

However the muse was not upon me (or I didn't feel like it) and it didn't happen!! So I write this the day after which is the next best thing. Sometimes in a meeting I

remember to jot down a few notes. This time our speaker was halfway through her presentation before I gave it any thought so as most of this is from memory I couldn't leave it too long.

Our last formal meeting had been in early July so there were many activities to remark upon: - the visit to Sheffield for the A.G.M., our outing to Conishead Priory, our coffee morning on a rainy day, our President's tea party, our market fayre stall, the visit to the flower festival at Cartmel Priory, as well as all the family news to be brought up to date. Pamela Moran as our official delegate reported on the National A.G.M. telling us that the motions mentioned in a previous report had been carried with the exception of that urging the government to fund the Air Ambulance Service. It appears that those in the service itself fear that government funding would also mean government control. The other main points to emerge from the report were that the seats were uncomfortable and there were not enough ladies loos.

Our speaker this month was Janice Longmire, a farmer's wife from Ulverston who runs a hat hire business called "Mad Hatters Designer Hats". She has a stock

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of over 450 hats, all the latest styles and colours. She brought along several large boxes of them to show us and for us to try on. Some were enormous, others tiny feathery concoctions. She explained to us how, and how not to, choose a hat. It was most informative as well as highly entertaining. We all wished that we had heard her *before* that special wedding. Two points I particularly remember. Firstly that people who wear glasses should always have an upturned brim to their hat and secondly that brims should never be of solid material as they cast too much shade on the face. Our President, Shirley Richardson, who already wears hats with great aplomb, gave the vote of thanks.

The competition for "A Favourite Hat" was not treated seriously by all entrants as evidenced by the battered boaters and a Union Jack hat although there was some genuinely stylish headgear.

My winning contribution was my bee-veil, definitely favoured by me because it keeps me safe from buzzing bees. Perhaps others favoured it because it hides my face!

Our next meeting will be at 2-00pm on Tuesday 12th October in the People's Hall (Committee Room) when the title for our speaker will be "A Taste of Autumn". Come along and find what it's all about.

W.F.U.

FROSTROW W.I.

The September meeting was well attended and started with a report of the A.G.M. at Sheffield by Pam Moran, our link delegate.

Members who visited the Cartmel Priory Flower Festival said that it was stunningly beautiful and Linda Hopkins was congratulated for her part in the displays. We were also proud that she represented the Federation at the Royal Show, producing a wonderful depiction of Cautley Spout in flowers and accessories.

Four member volunteered to form a team for the Pub Quiz evenings.

Our President suggested an evening outing to see a new play at the Old Laundry Theatre in Bowness and ten members wish to go.



After the business meeting, we were enthralled by the wonderful slides and interesting commentary of Ron Baines, a naturalist, who took us along the Mallerstang Yomp. We learned something of the landscape history and were given an insight into the wealth of wildlife in the Mallerstang valley and its dependence on correct habitat.

Sadly some species are in decline for various reasons. Pat Ramsden thanked Mr. Baines for sharing his knowledge of local natural history and his expert photography.

Margaret Copestake's photo of a butterfly won the competition and Florence Pickthall won the raffle.

As it was British Food Fortnight, our hard-working Committee decided to treat us to some home-made foods using all British (some local) products. A lovely surprise! At the next meeting on October 13th Helen Williams' subject will be Astrology.

SETTLEBECK HIGH SCHOOL

Successful Learner Camp 2004

Yes, because I saw a different side of some people I didn't like before.

It would help me get more out of future work because the year gets on better.

I will think about what I want to do and not rush into any job.

I found the camp very funny. We also learnt a lot about other people in our year. It was funny when Graham walked on our bridge and started jumping because he said it was safe and fell in the water.

Ian Mitchell

We have more experience in situations now and we will be able to handle things better.

The part of the camp that I particularly enjoyed was the building of the boats and

then the racing of them. Me and Critch pushed off Sam in the boat and then we jumped in after him and started swimming after him. After that everyone joined in, it was all great fun.

?

It was funny when the teachers had to walk across the bridges because they were scared.

Thomas Ellison

Because you know the year better and can get on with them better.

I really enjoyed making the boats and watching them being sailed as it was funny. We worked well in our teams and my group came first, it didn't sink.

Afterwards we pushed them down the rapids and had a really good time swimming in the river.

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Overall the camp was great fun and we all got to know ourself and our mates better.

*Rebekah Sutcliffe*

To bond better as a group.

*Graham Capstick*

That if you worked as a team it is a lot easier.

*Kevin Metcalfe*

It will help me more to work with other people and work in groups.

*Sam Jackson*

Working as a team. I know I have a lot of choices.

*Neil Bentham*

Knowing that I'm good in a group for teamwork. Knowing that I have got a lot of choices.

*Nick Bevan*

That I had more determination and

willpower than I thought.

It helped me get to know others, so we can help each other through GCSE's.

I have already decided what I'm going to do but for others it may make them want to get a job where employees depend on each other.

*Caroline Lamb*

Because we know each other more so now we all get on better in the future.

*Aimee Scott*

On the first day we did a night hike and we were sure we were lost. Also, when we built our bridge we had to walk over it and it nearly collapsed. I enjoyed making the shelter and our team won, but it fell down the next day because everyone kept

*(Continued on page 20)*

running into our cougar traps!

Also it was funny when Ian M wore clips in his hair!!!

*Freya Leach*

To be more confident to talk to others.  
Be more confident.

The Year 9 Successful Learner camp I found tiring and lots of hard work was put in. All of the year group tried hard with new experiences. Everyone put in lots of commitment as a team. This camp made me feel more confident in my self and I think the rest of the year group will feel the same. Apart from getting soaked it was a good laugh and recommend it to the next Year 9.

*Anthony Amos*

To keep calm and less stressful in difficult times.

We all know that we can work together and I learnt that I can cope under

pressure.

It helps a lot and I feel I have had a head start in life.

It was great cooking in the morning. I learnt that Sam can be dangerous around the stove as he gave Harry food poisoning.

*Andrew Britton*

Yes it kept us busy and happy.

I can now trust people which I never thought I could.

I have found some strengths and weaknesses which might help me in the future.

My best experience in the whole camp was playing the trust games and tactical games. I saw another side of people which I never knew.

*Harry Britton*

Yes, it's a brilliant chance to get to know other people more.



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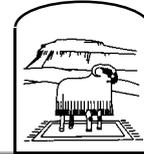
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One of the activities I most enjoyed was walking across the field, joined hands and blindfolded, trying to claim 10 balloons. We did get them all and completed the task.

Overall I think it's definitely worth going!

*Rebecca Clark*

Yes, it helped me to get to know people I wouldn't really usually try to get to know.

I believe it will help because it helped one to get to know others and to work as a team.

I think it showed me that the best route in life is not always the obvious one.

The Year 9 camp was great. I had a really good time, I really enjoyed it when we played the night-time football match, the building of the boats was great fun as well as we all got wet in a huge water fight after.

*Nathan Critchlow*

Yes, because it learnt us to get on with each other and gets us to cook ourselves so it's good for when you leave school.

It will make us have more views about how we can do things better.

The most memorable thing about the Successful Learners Camp was when we got to meet Russell. Russell looked like a quiet man but he wasn't. We got to know Russell and he was all a part of us, he even played a bit of lootbah with us and I've heard that Mr. Smith isn't so bad too. I'll miss Russell but our last few days with him was good enough for me.

*Bradley Dalzell*

Yes, because it can give people an insight of their real self.

The Year 9 camp was enjoyed by everyone, however I did not camp overnight because fear of getting wet. I still enjoyed it because of all the activities we had to do. First we did an activity called Mission Impossible which we did better than some adults. I don't mean to gloat.

The best part of the camp was the

*(Continued on page 22)*

activities involving the river. However not everyone had to get wet.

Unfortunately for me the raft our group made sank!

*Ian Holt*

Yes, it gave people the chance to get to know other people.

It was very wet one night and we were all on a low but when we got into our groups doing activities we soon cheered up.

*Abbie Mason*

The most memorable bit was the night walk. I had to go on the second bus so we set off later than everyone else. When we got to the top of Cautley Spout we got a bit lost but when Mr. Gardner found us we were nearly at the path.

*Will Metcalfe*

It was a good idea because you saw how people have changed.

I know people better and I know myself better. It will help me work better as a team.

It's helped me realise that I can do a lot if I try and work hard, even go on to further education.

The camp helped us to bond and work together more as a year group. Fun was enjoyed by all and there was many different activities, some others liked more than others.

*Emma Mason*

Yes, it was a lot of fun working as a team and doing the activities.

I think that in the future we will work better as a team and trust each other more.

I don't know, it has probably made me more determined.

On the first morning of the camp we were all in groups of four and we had to go around the school and complete challenges. Each challenge earned us points and the team with the most points at the end won. My team had a lot of fun but we thought we'd done really badly and were pleasantly surprised when we came second.

*Rosie Wood*

I will have more/better skills in working well with other people so I will get on better with school friends.

I'll have more skills in working with people so there will be more jobs available.

I enjoyed going on the night walk especially when it got dark. Once we got high up the views were great and it was a brilliant experience, something I'd never done or will probably never do again.

*Alice Sutcliffe*

It helps me to work better with other people as a group.

I will have more skills with working with people.

I enjoyed doing the night walk because we stayed in a small group and stuck together. We helped everyone in our group along but the only thing we got a bit lost.

*Andrew Postlethwaite*

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### VIVE L'EYMET (et le vin)

I had the pleasure of hosting my 'twin estate agent' from Eymet, a Fleur Robbins, who was excellent company and we both enjoyed the experience of learning about each others business methods throughout the week. We have committed to develop a business link between our two offices whether Sedbergh people eventually choose Eymet or another of the Towns for their Twin. We know that so many people are looking for a place in France and Eymet seems such an ideal location in the heart of the Dordogne that I'm sure that many people will be interested in checking out those properties. Fleurs company is linked with other Agency Immobiliers in the area and currently hold a database of over 700 properties throughout the region so please call in and ask if you are interested.

Following the fabulous Wednesday night Chez Garth's when the visiting winemaker and chef from Eymet in France hosted a pate and wine tasting evening, I was 'inspired' to write these few words the next day. 'Twas as a result of an interview that the film people did with me after sampling the excellent

range of wines on offer and watching the film crew falling about helpless with laughter at my inept attempt to describe the evening that I knew it was a case of - well so what, if whatever part I play in the finished film of Sedberghs' twinning helps make an interesting film, then I'm happy for Sedbergh and the originators of the Town Twinning scheme.

I wrote in English and Fleur translated, I then attempted to read in French on the Cultural Event day with Fleur helping out by reading the English version.

### Sedbergh Twinning—The film

#### I hope

I am but one tube of paint within the  
artist reach  
I know not whether I am a dull or bright  
colour on the canvas  
I offered myself to be squeezed, spread,  
and stippled as the artist chooses  
I live and mix well with all the other  
colours on the palette and so  
I hope that the artist has seen and used  
the material to create  
And display a Masterpiece called  
Sedbergh

*Nigel Close, Cobble Country*

### Jumelage de Sedbergh - le film

#### J'espère

Je ne suis rien qu'un tube de peinture à la  
portée des artistes  
Je ne sais pas si je suis une couleur ou  
fade ou lumineuse sur la toile  
Je me suis offert à être serré, étalé, et  
pointillé comme le veut l'artiste  
Je vis et me mélange bien parmi toutes  
les autres couleurs sur la palette  
Et j'espère que l'artiste a vu et s'est servit  
de ce matériel pour créer et  
Montrer un chef d'oeuvre appelé Sedbergh  
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### FOCUS ON FEET

Our feet are the foundation for a healthy, active life - a fact often forgotten in the course of today's hectic rush to get through our ever busier schedules.

The most complex bits of engineering in the body, the structure of the foot contains 26 bones and 33 joints, together with over 100 tendons and 19 muscles controlling movement. The average person walks around 1000 miles for each year of life.

Toe nails grow more slowly than fingernails, and grow faster in summer than in winter. It takes as long as 18 months for the nail to grow out completely from the base, or nail bed - a long time if the bed is ever damaged.

The importance of feet is reflected in the

richness of expressions within our language: how many times do we 'put our best foot forward'; 'stand on our own two feet'; 'set off running'; 'show a clean pair of heels', 'keep on our toes' or 'get back on our feet' after an illness or setback?

Caring for our feet is usually simple common sense: keep them clean, dry and the nails well cut - never cut down past the 'shoulders' of the nail - you will cause it to grow inwards. Wear comfortable shoes, socks made from natural fibres and walk barefoot around the house, on the beach, or wherever and whenever possible (Diabetics, however, should be aware of the need to take extra care, and possibly avoid the barefoot routine - consult your Chiropodist or GP).

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Fashion is the arch-enemy of the feet. How many of us have succumbed to the 'killing boots', spiky stilettos, pointed toes, and that basest of foes, the 'trainers' - fine for athletes, but unless used sensibly, more likely to cause 'athlete's foot' than help us run like Kelly Holmes.

Common foot problems are easily treated if dealt with early enough. A Verruca, or Human Papilloma, is a highly contagious virus, easily picked up in moist, dirty areas such as the local swimming pool (hence the need for foot baths there!). Prevent them by regularly cleansing and examining the feet and drying properly, avoid trying on other people's shoes - especially in bare feet (this also applies in shoe shops - take a pair of socks or stockings with you).

So called Athlete's Foot starts off like a practical joke. It begins with a tickle and can end in torment, with the skin between and around the toes (and sometimes even

on the heels) becoming dry, cracked and weeping - sometimes severe enough to prevent walking. Again, prevention is always easier than cure - daily bathing and careful drying - especially between the toes. For difficult cases always consult your Chiropodist or GP.

Corns and calluses (or hyperkeratotic lesions) are the body's response to friction or pressure - usually caused by ill-fitting shoes. Use cotton wool and sticking plaster until you are able to have them attended by your Chiropodist. (Proprietary Corn plasters contain an acid preparation which may damage the healthy tissue around the corn. (DIABETICS AND PEOPLE WITH POOR CIRCULATION SHOULD NEVER USE CORN PLASTERS.)

In-growing toe-nails may be caused by incorrect trimming of the side of the nail, but can occasionally have other causes. Never try to treat them yourself by

*(Continued on page 26)*

digging with nail scissors - always consult your Chiropodist. Some ingrown nails have reached lengths of up to 150 mm coiled inside the toe - with very painful consequences!

Bunions are a form of Bursitis (like Housemaid's or Carpet-fitter's Knee). Always consult you Chiropodist or GP, who may well refer you to a specialist.

Now that there's a Brrr in the month, Chilblains become a very common problem. These are livid purplish swellings on the toes and the cardinal symptom is itchiness - usually triggered by entering a warm environment. They are caused by exposure to cold damp conditions and are easily prevented by keeping the feet well clad and warm. Feet should NEVER be toasted in front of a fire or rested on a hot water bottle - this will only make matters worse. Perhaps the easiest way to banish chilblains is by regularly exercising the toes to improve the circulation. (women sometimes get

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them on the heels - don't ask me why!)

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Another good home remedy is to add a few sprigs of fresh mint to the water - especially good for those 'trainer days' when feet may get very sweaty - and consequently smelly.

The ultimate luxury for feet is to have a pedicure or massage them regularly, with a little moisturising cream to soften and perfume the skin. Simple techniques can be easily learned - you and a partner could make this a part of your wind-down at the weekend - relaxing the feet can relieve a headache.

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### FAMILY MUSINGS

Autumn... the closing down of the year, but not of activities or things to do.

These seem to gather pace beginning with the Harvest Festivals, some with enjoyable suppers, a chance to get together with friends. Then before you know it Christmas has arrived! Our Christmas will begin on November 5th, Grandads birthday. We are having an 'extra' Christmas Day this year, like you do, then life will get back to normal with all the usual things going on before the real Christmas arrives. Except 'normal' will not really be true for us, as our family will be in different parts of the world. I keep telling myself that this is something to celebrate but I don't seem to be getting myself convinced! Our two daughters have most certainly inherited my mothers love and enthusiasm of travelling, also son to a point, while I am happy with the lovely home we live in and the dream of a holiday in Cornwall..... Sometime!

Talking of 'home', this is the month where everything gets sorted out, so if you drive by and see the flags out do celebrate for us, even with us. It has been a hard journey these 9 months, bit like a labour. Lots of pain, some of which need never have been inflicted, thank goodness for loving family and friends.

An elderly lady I dearly love told me recently that pale mauve really suits me, it matches my grey hair! I have decided not to have my hair coloured any more, but to go with the natural look. I have been brown, even a red-head, but now nature, or is it stress, can take its course!

Parties have been very much in evidence. The midges dined very well at the birthday party. The living room got

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gridlocked at sons 21st party as wet weather prevented an over flow outside. Is it true someone 'escaped' through the hatch? Our Minister gave us a lovely graveside service for the Celebration of Mums life and then we enjoyed a lovely tea at home provided by the Mould-Woof partnership so called as a friend who was staying (Mrs. Mould... no detriment to the food!), made all the sandwiches. The occasion brought us three siblings together for the first time since Mums funeral, which in itself was good. Driving home from overnight care work down the M6 on a glorious Sunday morning I really felt, 'it is grand to be alive' as a certain gentleman in Sedbergh used to say. Life can be very hard at times, and it hurts when people you consider as friends cause pain, or when things happen which really are not important in the great scheme of things but cause heartache. But we get up again, dust ourselves down and get on with living, with its arrivals and departures, partings and celebrations and 'Rum in your Horlicks' at 4 am as one of my elderly patients enjoys! As my Dad often used to say 'It's a rum do'. Take Care.

**A DIFFERENT  
SEDBERGH VIEWPOINT**

Sedbergh people are often accused of apathy. As, indeed, are the British populace as a whole. But it seems to me that the feeling is not so much apathy as powerlessness.

As recently as forty years ago, Sedbergh was a thriving market town with a large number of shops and businesses, many of which employed local people. One by one these small businesses have died off, shops have shut and been converted into holiday homes, agriculture has become uneconomic and off-comers have bought houses for prices well outside the range of Sedbergh locals.

The degeneration seems to have started at the point when local government was

reorganised in 1974. Up till then we had our own Rural District Council, with offices in Highfield Road, where you could pay your rates, apply for Council housing and so forth. The premises also included a Magistrates' Court and regular sessions by the Registrar of Births, Deaths & Marriages. On the approach from Kendal there was a notice that read "Welcome to Sedbergh. Two Free Car Parks". No sooner had Cumbria come into being, with its sidekick, South Lakeland District Council, than one of the car parks began charging and the Highfield Road premises were sold off. The very identity of Sedbergh was draining away.

Kendal, which used to be a place to visit occasionally for a few specialist shops

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became the place where the jobs were and also the place where the Council business was conducted. People who commute to Kendal do all their shopping there, for food, clothes, shoes and just about anything you can think of. Only the elderly and unemployed depend on Sedbergh for all their needs, and since our retailers consequently shrank in numbers, clothes and shoes have to be bought on a trip to Kendal or by mail order.

It's not surprising that a certain amount of despair has crept in. The changes that have taken place were imposed by forces beyond our control. Now we are assured that our future lies in tourism. Which is actually a pretty chilling thought. But, "needs must when the devil drives" and maybe that's our only hope of survival. It means that any jobs created will be on the very lowest wage and the workers will never be able to get their feet on the bottom rung of the distorted housing ladder.

The YDNP is not altogether blameless for the economic decline of Sedbergh. One decent-sized manufacturing business and one decent supermarket might solve the employment and the shopping crisis. But there's no hope of attracting manufacturing business, because the YDNP wants us to be a place mainly for tourists and just a few hectares given over to industry might upset the visitors or the ramblers – the ones who come team-handed on coaches and never buy so much as a newspaper here.

Yes, Sedbergh is a lovely place to live. But more and more of our youngsters can't afford to live here and have no job

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prospects here. The houses are becoming either holiday homes or retirement homes for people with plenty of money made elsewhere. This change is very obvious when you go to the History Society archives and trace back many generations of local families who hardly moves further than Dent. Granted, some of them had to go elsewhere to make a living, but there were always some who carried on in their home locality. I fear that future generations will have to desert Sedbergh altogether.

However, I suppose in a hundred years or so, their descendants will be retiring here on their occupational pensions and colonising the place again!

*Carol Dawbarn*

## SEDBERGH & DISTRICT COMMUNITY OFFICE

If you haven't visited the Community Offices recently it's time you did! You will find that they are brighter, lighter, more colourful and interesting to visit.

Volunteers have been working on repainting & new lighting; new carpets and flooring have made everything look as though someone cares about the place, and we are steadily beginning to raise a little much-needed money (for running costs) by **selling good-quality paperback fiction and other books.**

By the time you are reading this **the Art Exhibition area in the Meeting Room** will have been reopened, with **loads of interesting pictures to buy or to view.**

We are very grateful to the following people for volunteer work and donations:  
Colin Barnett – frame for geological map  
Denni Chambers – time spent painting  
Roy Christie – time spent painting  
Farfield Mill – microwave oven  
Cath Gibson – car-load of bric-a-brac and a mirror  
Geoff Hague – numerous almost new books  
Liz at the TIC – 2 boxes of bric-a-brac  
Jane Lomax – 3 bags bric-a-brac

## FANCY DRESS HALLOWEEN CHILDREN'S PARTY



All Children welcome

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Emma McVoy – time spent stencilling and painting  
Carole Nelson – loan of laminating machine  
Anne Russell – decoration of chair for washroom  
Sedbergh Library – paperback & other books  
Treadwell Flooring - carpets and flooring supplied & fitted  
Other people who would rather remain anonymous – for painting time, curtains, electrical work, sorting old files, & general support work.

**USE IT OR LOSE IT!!** Please be aware that the future of the Community Office depends on YOU, the Sedbergh people. We have just this morning LOST

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the Pensions Advisory Surgery **because of lack of usage.** That means another £120 per year of revenue lost!

Sedbergh Community Office offers the following regular 'surgeries' -  
 South Lakes C.V.S. Grants advice – first Monday morning of every month  
 Parish Clerk – most Wednesday mornings  
 Citizens Advice Bureau – most Wednesday mornings  
 Y.D.N.P. Planning Officer- most Wednesday afternoons

Other things we offer:  
 Use of a computer & printer (we hope soon to be able to offer Internet access)  
 We issue Resident's Parking Permits  
 We will contact the Local Authorities for you about any query you might have  
 All the above services are FREE!!!

BUT ...

**Community Office Finances – the nitty gritty:**

The total running costs for the last financial year to March 2004 were just short of £8,000: we managed to cover this by reason of a special payment of £4,200 from Cumbria County Council to cover the shortfall in revenue. Cumbria

County Council made it clear at the time that they were not prepared to underwrite the shortfall again. **The only regular income is from Sedbergh Parish Council (£2000); Dent Parish Council (£250); History Society rent (£500); C. A.B rent (£720); S.L.C.V.S. rent (£120).** We are currently taking in a little money from photocopying and book-selling, plus a few donations. Do the sums for yourselves or take my word for it – **the difference (i.e. the shortfall) is £4410, or £85 per week is needed to keep the place going!!**

However there might be a **REALLY EASY WAY** to cover this. We issue something over 1000 Parking Permits per year: just think – **if every person who collected a free parking permit were to donate £5, it would add up to an impressive amount of £5,000 and the shortfall problem would be solved!!!**

**Think about it Sedbergh- these offices supply essential services – do you want to see them close???**

I welcome your views.  
 Avril Whittle, Community Office Manager. Tel: 015396 20504; e-mail: office@sedbergh.org.uk

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### PHOTO CALL

This has been a delightful month. Not only has the old photo been fully identified but I have received more photos from Mary Airey ( nee Bracken) Mary Cowperthwaite and June Pickles ( nee Cragg) June lives in Norfolk and her photos of Cowgill, Dent and Settlebeck schools will appear in a later edition of *Lookaround*. And as if that wasn't enough I was thrilled to receive an e mail from Hugh aka Sonny Brookes

who is living in Perth, Australia.

Almost always when being phoned with information the conversation gets round to "who am I"?. Well most of you will know me better by my maiden name of Shirley Packham .....and yes I am one of Tommy and Joys'!! So there is no need to be shy of contacting me.

I have had few suggestions for the larger photos of the 2 girls from c1968. I would hazard a guess and say that the one on the left is Brenda Harding. The other suggestion for the girl on the right was Canon David Rogers daughter. Someone must know surely so please get in touch.

The names for the 1947 photo came from Margaret Todd ( nee Heigh) , Bill Milburn and June Pickles so many thanks to them.

Top Row: Hugh Brookes, Derek Hoggarth, Stanley Hill, Harold Goad.  
2nd Row: Margaret Brunskill, Lily Woof, Eunice Metcalfe, Freda Benson, Dorothy Fell, Margaret Heigh, Kathleen Bradley,



Mr Schonhut.

3rd row: Isabel Allen, Pat Bell, Elsie Richardson, Mary Gardner, Moira Parrington

Front Row: Thomas Harper, Dennis Pratt, George Capstick, John Metcalfe.

For this month I am including one from Mary Airey of Settlebeck c1957. Mary knew all the names apart from one boy. Can anyone help ?

Names are:

Top Row: Harry Sutcliffe, Michael Hodgson, John Harper, Peter Grisedale, Alan Fothergill, Rodney Short, David Ellis, Derek Bateman, Malcolm Sayner  
Middle Row: Ann Todd, Dorothy Baines, Janet Dixon, Hazel Staveley, Dorothy Capstick, Margaret Brooksbank, Joan Bainbridge, Margaret Pratt, Mary Bracken,

Barbara Head, Dorothy Allen

Front Row: Brian Ousby, Charlie Williams, Peter Airey, \*\*\*\* Tomlinson ?,

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Harold Bainbridge, Bill Brown.

The 2nd photo is from Mary Cowperthwaite and is of the Home Guard in the 1940s. I have no names at all.

So I look forward to hearing from you and I can be contacted by post at Shirley Tebay, Walnut Bungalow, Dent, Sedbergh LA10 5QT or by phone (015396) 25001 or by e mail:  
[shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com)



**SEDBERGH & DISTRICT  
BEEKEEPERS' ASSOCIATION**

On Saturday 21<sup>st</sup> August, twenty members and guests visited Jane Timshle's apiary at Rivling in Upper Dentdale. Although we arrived just as the heavens opened yet again, the sun soon re-appeared and we were able to inspect her two colonies and note that both hives had gathered very good main honey crops in spite of the generally poor weather in August. We were very pleased to see from the lack of varroa mites on the sticky sub-floor of each hive that we use to trap and count the natural fall from the bees, that neither colony was seriously troubled by this pest, and that consequently no treatment was required. The next job was to alter the hives so

that the bees left the honey supers and went down into the main brood chamber with the queen. The honey supers could then be removed and the honey crop extracted without losing any bees. This was done by inserting a solid 'clearer' board between the honey supers and the brood chamber. The board has a device like a one-way bee valve called a Porter bee escape, allowing the bees to descend but not to return to the super. Jane had also constructed one of the 'gadgets' we were shown at our Summer Convention by Peter Hewitt, that he had claimed 'cleared' the worker bees down more effectively than the 'Porter'. To test the claim Jane installed a standard clearer board under the supers of one hive and the 'Hewitt' clearer in her other hive. (She was able to tell us the following day that Peter's claim was justified - his board had performed much better than the standard!)

Then on Saturday 11<sup>th</sup> September, seventeen members and guests braved the bucketing rain that had ended a magnificent week of weather to visit Tommy Brooks' new bungalow "Noberres". The purpose was for the new members particularly to watch him demonstrate his skills at extracting and bottling part of his honey crop. He started by removing the wax capping with which the bees seal the honey-filled cells in each frame of honeycomb from the honey supers he had previously taken from his hives. We watched two methods - using a sharp but cold knife, and an electrically heated uncapping knife. Each set of four frames were then placed in his centrifugal honey extractor and the honey spun out

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and collected in the body of the extractor. He then showed how the tap on the base was opened and the honey passed through a fine filter to remove small pieces of wax etc, before being transferred to a 'ripening tank' where any air bubbles slowly float to the surface. Finally we saw how sparkling clean honey jars were filled from the ripening tank to complete the process!

Honey which the bees have stored in the honeycomb but have not yet capped over may not yet be fully ripe, i.e. not yet have reached a honey sugars content of 80% or more. If extracted below 80% the honey may quite quickly be spoilt by spontaneous fermentation. Members were therefore shown how to use a pocket 'refractometer' to measure accurately the honey sugars content of the honey before deciding whether to extract and bottle.

Helped by David and Diane, Tommy provided us with tasty refreshments to complete the afternoon, as the rain continued to pour down and prevent us from looking into his hives on the garage roof.

Our next meeting is our last apiary visit of the 2004 season. This will be at 2.30pm on Saturday 2<sup>nd</sup> October at East Mostard in Garsdale. Kevin and Julie Seward will be demonstrating the winter preparations that are needed to ensure that each bee colony remains healthy, is protected from the weather and predators such as mice and woodpeckers, and has sufficient stores of honey and pollen successfully to survive the coming winter. You will be very welcome to join us; please call 21902 for directions.

*Malcolm Fraser-Urquhart*



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***Sedbergh Lookaround***

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**DENTDALE ANNUAL  
FESTIVAL COMMITTEE**

The fifth Dentdale Annual Festival took place over the August Bank Holiday weekend on Dent Sports Field, and we managed three sunny days out of four. The Festival started on Friday evening with a Disco with DJ Danny. Saturday saw a Table Top Sale and refreshments By Dent Memorial Hall, alongside the regular Rounders Tournament, organised by Angle Mason. Players and visitors were also able to sample the barbecue, and Black Sheep ales were provided by Ron Martin of the Sportsman's Inn.

A Family Games Night was organised for early evening, with energetic teams playing Giant Snakes & Ladders, Connect 4, Giant Dominoes and Table

Football, courtesy of Sedbergh Toy Library. After a short break, the tempo increased as a group of four talented musicians from Manchester, Devil's Dance, played a mixture of Celtic, Irish, rock and pop. Unfortunately, Saturday evening signalled the start of the rain and wind, which continued on and off through most of Sunday. However, the only event to be cancelled was the 'Lads v Dads' Football Match. The craftspeople squelched bravely through the mud and rain to set up their stalls, and were rewarded by a steady trickle of equally hardy visitors. At 5p.m. there was a choice between 'Your Favourite Hymns' in St. Andrew's Church, and a Treasure Hunt around Dent village, followed by a Hog Roast (everyone needed something



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11am to 5pm

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Come and see!

Chris & Gillie Addison

to warm themselves up by this time).

Monday, amazingly, dawned bright and sunny, and after an early 'pitch inspection' we decided to go ahead. Locals and visitors alike enjoyed the stalls, games and races, including the traditional tug-of-war and egg-throwing competition. Two new attractions were Nathan's ferret racing, and the sheep racing held in the adjacent field. I'm sure Kevin Raw didn't know what he was letting himself in for when he agreed to provide field and sheep, a 'betted' by Honest William Hill (ary's) Bookies. By the way, the sheep weren't carrying excess weight, only teddies. A Balloon Race created a colourful spectacle as (most) balloons were blown eastwards over the hills.

Finally, a heartfelt thank-you to all who helped make the weekend a success, from local businesses who advertised in the programme or sponsored races, to Steve Longlands, our 'bright spark', and especially Margaret and Jim Taylor and family, who not only donated the fuel to keep the 'bright spark' in business, but also towed some mud-fast vehicles off the field. Thanks again to everyone who helped, we couldn't have done it without you.

This event takes considerable time and effort to organise, and we need new and enthusiastic committee members if it is to continue. If you feel you would like to get involved, please contact Carolyn on 25463 or Sue on 25505.



## Sedbergh Community Development Centre

### Wanted!



**Volunteers to help at Sedbergh CDC with these jobs (or anything else!):**

**Collect wartime memories**

**for the BBC People's War project**

**Maintain our website**

**Make posters**

**Deliver flyers**

**Any help gratefully accepted, full training given**

**email: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)**

**Tel: 015396 21031**

**TIM COLLINS MP**

Earlier this year I told readers about a coffee morning I held in Sedbergh's Masonic Hall where the top issue by far was how to handle nuisance travellers.

Following that article, I received a steady flow of letters from Lookaround readers each with their own personal tale to tell.

One lady wrote to tell me about a group of travellers who left land near New Bridge strewn with litter. Another told how she asked some travellers to remove a horse box from her land only to be met with a stream of threatening abuse for her trouble.

All the letters I received made it very clear that people have lost confidence in the present system as a result of its

slowness and spinelessness in dealing with this growing, persistent and entirely unacceptable menace. Local communities feel powerless and abandoned by the law as it stands.

Taxpaying, law-abiding people express a mixture of bewilderment and anger that the present system allows, and even enables, blatant breaches of planning control that can take months and even years to remedy.

No-one can have confidence in the present system. On the rare occasions when rules are ultimately enforced, it is often years down the line, after travellers have thoroughly despoiled an area and caused immense distress and worry to people nearby.

Genuine gypsies, of whom there are

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precious few these days, are one thing. People who ignore laws, spit on regulations and trample over rural communities – all while happily accepting, indeed demanding, pay-outs from the very society they claim to despise – are quite another.

By and large, these are not penniless, oppressed people - on the contrary, they often seem to have plenty of money and worldly goods, including modern caravans, expensive all-terrain vehicles and smart, well-maintained commercial vehicles. Some sites bristle with activity and satellite dishes.

Recently, my Conservative colleague John Baron MP introduced a tough Private Member's Bill, with cross-party support, designed to provide swift, firm

and direct action against those who are at the heart of this abuse. Regrettably, the Government blocked it. John then challenged Tony Blair on the matter at Prime Minister's Question Time, and the PM promised to have another look at it.

It would be far, far better if we could get immediate action from current Ministers. None of us want yet further delay, and I am genuinely hopeful that the Government may yet change its mind. But if it does not act, then I can assure you as a member of the Shadow Cabinet that others will.

The communities in and around Sedbergh deserve protection and peace of mind for the taxes they pay. It's about time they got it.

*Tim Collins*

| <u>Starters</u>                     |       | <u>Fish Dishes</u>                |            |
|-------------------------------------|-------|-----------------------------------|------------|
| ▲ Prawn Cocktail & Marie Rose Sauce | £3.60 | ▲ Salmon Steak with Parsley Sauce | £8.90      |
| ▲ Garlic Mushrooms on Toast         | £3.10 | ▲ Grilled Rainbow Trout           | £8.90      |
| ▲ Pate with Garnish, Toast & Butter | £3.10 | ▲ Breadcrumbed Scampi             | £6.30      |
| ▲ Soup of the Day                   | £2.95 | ▲ Breadcrumbed Haddock            | £6.30      |
| ▲ Egg Mayonnaise                    | £3.10 |                                   |            |
| ▲ Grapefruit Cocktail               | £3.10 | <u>Vegetarian Dishes</u>          |            |
|                                     |       | ▲ Tropical Vegetable Curry        | £6.30      |
|                                     |       | ▲ Stilton & Vegetable Crumble     | £6.30      |
|                                     |       | ▲ Vegetable Lasagne               | £6.30      |
|                                     |       | ▲ Mushroom & Nut Fettuccini       | £6.30      |
|                                     |       | ▲ Broccoli & Cream Cheese Bake    | £6.30      |
|                                     |       | ▲ Vegetable & Pasta Bake          | £6.30      |
|                                     |       | ▲ Vegetable Tikka Masala          | £6.30      |
|                                     |       | ▲ Macaroni Cheese                 | £6.30      |
|                                     |       | <u>Rice Dishes</u>                |            |
|                                     |       | ▲ Chilli                          | £6.30      |
|                                     |       | ▲ Chicken Tikka Masala            | £7.20      |
|                                     |       | <u>Salads</u>                     |            |
|                                     |       | ▲ Ploughman's Lunch               | £4.90      |
|                                     |       | ▲ Cold Meat Salad & Roll & Butter | £5.90      |
|                                     |       | ▲ Prawn & Rice Salad              | £6.30      |
|                                     |       | <u>Sandwiches</u>                 |            |
|                                     |       | ▲ Prawn with Marie Rose Sauce     | £4.00      |
|                                     |       | ▲ Ham, Beef, Cheese & Tomato;     |            |
|                                     |       | ▲ Cheese & Pickle or Salad        | from £2.50 |
|                                     |       | ▲ Toasted Sandwiches              | from £2.70 |
|                                     |       | ▲ Portion of Chips                | £1.50      |
|                                     |       | ▲ Mixed Side Salad                | £1.50      |
|                                     |       | ▲ Portion of Mushrooms            | £1.50      |
|                                     |       | ▲ Roll & Butter                   | £0.45      |

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|----------------------------------------------|--|--------------------------------------|--------|
| ▲ Loin of Pork in Cider & Apple Sauce        |  | ▲ Roast Dinner of the Day            | £6.30  |
| ▲ Lamb & Apricot Casserole                   |  | ▲ Mixed Grill                        | £11.90 |
| ▲ Chicken with Basil, Port & Dill Sauce      |  | ▲ Fillet Steak                       | £11.90 |
| ▲ Venison Steak with Red Wine Sauce          |  | ▲ Sirloin Steak approx. 8oz uncooked | £9.55  |
| ▲ Venison Casserole                          |  | ▲ Half Roast Chicken                 | £7.50  |
| ▲ Supreme of Pheasant Chasseur               |  | ▲ Chicken Kiev                       | £6.30  |
| ▲ Pork in Pepper Sauce                       |  | ▲ Lasagne                            | £6.30  |
| ▲ Cod & Prawn Crumble                        |  | ▲ Steak & Kidney Pie                 | £6.30  |
|                                              |  | ▲ Cumberland Sausage                 | £6.30  |
|                                              |  | ▲ Gammon & Pineapple                 | £6.30  |
|                                              |  | ▲ Barnsley Lamb Chops                | £9.50  |
|                                              |  | ▲ Marinated Lamb Steak (6oz)         | £9.50  |
|                                              |  | ▲ Pork Chop in BBQ Sauce             | £6.70  |
|                                              |  | ▲ Cheese & Ham Pasta                 | £6.30  |
|                                              |  | ▲ Tuna Pasta Bake                    | £6.30  |

**SEDBERGH TOWN BAND**  
**The 2004 Great Northern Brass**  
**Arts Festival**

Saturday 4th September a party of twenty two band members, relative and friends were transported to Manchester by John Metcalfe to attend the Gala Concert that concluded the day's festivities at the Bridgewater Hall.

We were privileged to be entertained to an evening of incredible performance by probably the three top bands in the country - Grimethorpe Colliery (UK Coal), Fodens Richardson and Black Dyke Band.

The magnificent and massive Bridgewater Hall was packed for the occasion and the engrossed attention and

ecstatic response to the band's performances reflected the obvious enthusiasm that exists for Brass Band Music.

The party who attended the concert are indebted to Tony Playfoot for making all the many arrangements involved in this most successful and enjoyable of trips.

**Sedbergh Market Fayre**

There is no doubt that this year's Market Fayre was the biggest and best to date, and the organisers warrant the highest praise, thanks and congratulations for all their efforts.

It is often observed that it's a pity the Town Band do not play at this prestigious Sedbergh event. It would indeed be a delightful addition to the occasion but the

## **FARFIELD MILL**

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|                                                |                    |
|------------------------------------------------|--------------------|
| <b>LIFE CLASS</b> starts Tues. October 5th     | 7.00 - 9.00 pm     |
| <b>POTTERY</b> starts Wed. October 6th         | 7.00 - 9.00 pm     |
| <b>PORTRAIT PAINTING</b> Sat/Sun 16/17 October | 10.00 am - 4.00 pm |
| <b>SILK PAINTING</b> Sun. 21 November          | 10.00 am - 3.00 pm |
| <b>RAG RUG MAKING</b> Sat. 27 November         | 10.30 am - 3.30 pm |
| <b>PORTRAIT DRAWING</b> Sat. 4 December        | 10.00 am - 4.00 pm |

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involvement of band members in various administrative functions and the running of stalls mean that a viable band would not be available. Foremost amongst the band personalities of the day was Carl Storer, who with the assistance of his wife Jean and other member of the band, ran a stall that raised a healthy amount of cash that has been divided between the St. John's Hospice and the bands funds. In between running the stall Carl was to be seen and heard, splendidly dressed and stentorian, as the Town Crier. His historically correct outfit was of such excellence that it rightly gained him first prize in the costume competition.

Keith and Sandra Wood were particularly prominent in their costumes,

the latter magnificently resplendent as Elizabeth I. Other band member reported an excellent day on their stalls and a number of worthy charities have benefited from the generosity of the large crowd attracted to the Fayre.

#### Future Events

Numbers new to the Band's repertoire are being rehearsed during the Wednesday practices with a view to them featuring in forthcoming concerts, the first of which will be the Annual Charity Concert in October. Attention will shortly be turned towards preparation for both the Christmas Concert and numerous carol engagements at leading stores in Kendal in the days leading up to Christmas.

G. B.

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

### **YORKSHIRE DALES NATIONAL PARK**

People interested in shaping the policies and strategies of the Yorkshire Dales National Park Authority are being invited to apply for membership as a Secretary of State appointee.

Margaret Beckett, Secretary of State for Environment, Food and Rural Affairs, yesterday (Monday 6 September) announced her intention to appoint one new member to the Yorkshire Dales National Park Authority.

The Authority's members are appointed to ensure a balanced range of local, national and specialist interests. The successful Secretary of State appointee will be expected to provide a national voice on the Authority, and take a particular interest in strategic issues such as responsibility for conservation, recreation, planning, access and resource issues.

Ministers will be looking for candidates who understand the concept and practice of sustainable development and who

### **MASONIC HALL SEDBERGH**

Interest is invited from individuals, clubs and societies with regards to the future use of the Masonic Hall as a public facility. Interest should be registered with the Yorkshire Dales National Planning Authority at Yorbridge House, Bainbridge, North Yorkshire DL3 3EE for the attention of Andrew McCullough, Deputy Head of Planning

### **SANDWATH PET HOTEL**

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come from a broad range of backgrounds representative of the social and cultural mix in the country at large.

Applications from women, members of ethnic minorities, young people and disabled people are particularly welcome, as these groups are still under-represented among the current membership.

The appointment will initially be for three years and will commence on 1 April 2005, with the option of re-appointment for up to 10 years.

Candidates will be expected to show they can:

represent the national interest – including the views of people not living in or near the National Park; understand issues affecting National Park, and work to achieve the Park's purposes; bring experience of wider issues to bear, including work with young people, environmental projects, social inclusion work, or an active interest in outdoor recreation; contribute positively to debate within the Authority; be ready to make

decisions on any aspects of Park management; commit a minimum two to three days per month to Authority work.

The appointments are unsalaried although expenses and travel are paid.

Carl Lis, Chairman of the Yorkshire Dales National Park Authority, said: "Secretary of State appointees play an invaluable role in ensuring the debate of the National Park Authority is balanced and informed with representatives from a wide range of interests, both local and national.

"We would welcome applications from anyone who is committed to achieving the aims and purposes of the National Park Authority."

An application form and further details can be obtained by writing to Carol



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Completed application forms must be returned to the Countryside Agency by no later than Monday, 18 October 2004.

The Secretary of State appoints several members to each National Park Authority to represent the national interest on the National Parks and the Broads. County, district, unitary and parish councils provide the remaining members.

### THE BLOOD, THE QI AND THE SPIRIT

There are two phrases in Chinese medicine, which explain the relationship between the blood and the Qi (pronounced "chee" and meaning energy). "Qi is the commander of blood", means that the Qi moves the blood. "Blood is the mother of Qi" means that the blood nourishes and moistens the tissues so that the Qi can move easily. These indicate the two main requirements of the blood: good circulation and containing the required nutrients.

Good circulation is best ensured by regular moderate exercise - sign up for your local yoga or tai chi class now and try to maintain a reasonable level of outdoor exercise over the winter.

Blood deficiency is a somewhat broader concept than anaemia and refers to inability of the blood to moisten and nourish the tissues. This is not unusual and impinges on many areas of life. It may be a factor in any of the following

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situations:

- blurred vision, "floaters" in the eyes, dry and irritated eyes
- headaches, dizziness
- tight muscles, propensity to physical injuries and slow recovery from injuries
- dryness of skin and hair, fragile nails, hair loss
- digestive symptoms due to the intestines being insufficiently moistened and nourished
- painful conditions such as arthritis and sciatica, particularly in elderly people
- insomnia (particularly difficulty getting off to sleep), poor memory, difficulty concentrating
- heart palpitations

Symptoms are often worse for being tired. A weak thread-like pulse and a pale tongue are useful diagnostic signs.

Many causes of blood deficiency are due to our way of life. Blood is formed from the food we eat and the air we

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**June M. Parker**

Dip Ac, MBAcC

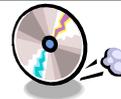
49 Bainbridge Road, Sedbergh

Tel: 015396 20972

breathe. Good eating habits are crucial. It is advisable to eat some good quality protein at breakfast and lunch, when the digestion is strongest and not to eat too much late at night (which weakens the digestion). Foods which particularly nourish the blood are meat, fish, eggs, dried fruit, lentils and beans. If you are prone to blood deficiency, it may be that a vegetarian diet is unsuitable.

Excessive physical activity weakens the blood. In this situation the muscles and tendons are under stress from the activity and also undernourished, which can lead to problems with injuries. Excessive mental activity, including computer work, also uses up the blood. The first sign of trouble may be that the eyes are affected or headaches become more frequent.

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Overuse of stimulants like chocolate and coffee, as well as chemical stimulants can damage the blood. For women, menstruation and childbirth can be major contributors to blood deficiency.

It is said in Chinese medicine that "the heart houses the spirit" and the "blood anchors the spirit". This is reflected in our language in the phrase "cold-blooded" and in words and phrases involving the heart such as "heartfelt" and "sick at heart". Typical emotional symptoms of blood deficiency include:

- anxiety, edginess, unease, nervousness and a propensity to being easily startled
- feeling tired depressed and weepy.
- lack of direction and fearfulness of making decisions
- tight shoulder muscles associated with stress, called "katakori" in Japanese.

In such cases, it is worth considering whether matters could be improved by better circulation (more exercise) or by enriching the blood through a more appropriate diet.

If you would like to discuss these matters in more depth, please contact me. My telephone number is (015396) 20972.

*June Parker*



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## DENTDALE FIRST RESPONDERS

*go "live"*

After over 18 months of fundraising and planning, the Dentdale First Responder group has finally "gone live".

*So what is a First Responder?*

The Cumbria Ambulance Service covers a large area with limited resources, and serves many people who live in remote rural locations that it can take an ambulance some time to reach. This is where the Ambulance Service's Cumbria Community First Responders initiative comes in, helping local communities in Cumbria to organise themselves into First Responder groups.

First Responders are alerted by the ambulance control room at the same time as the ambulance is called. Because they live locally, First Responders can arrive on the scene quickly, to provide support and assistance to the patient and their family until the ambulance arrives. In most cases, this will involve reassuring the patient, taking some brief medical

details and ensuring they have any medication and their belongings ready for when the ambulance arrives.

Occasionally, it may be necessary for First Responders to use cardio-pulmonary resuscitation or an automatic external defibrillator. Needless to say, First Responders are trained in these techniques before they take up their role!

*What sort of incidents are First Responders called to?*

First Responders may be called out when the ambulance service has been told that the patient is feeling giddy, has difficulty in breathing, has choked or collapsed or is in danger of having drowned. They are not called out when the patient has suffered some sort of trauma, such as in an accident with machinery or a car crash, or when the patient is a child, mainly because dealing with these situations requires advanced medical skills.

A few of the Dentdale First Responders are fully-qualified first aiders, who may

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be able to offer immediate assistance if they are around when someone collapses. In the main, however, the First Responders need to be alerted via a 999 call to the emergency services.

*How was the Dentdale scheme set up?*

The Dentdale scheme was set up on the initiative of the Dentdale W.I, which saw it as a fitting way to celebrate its sixtieth anniversary. The W.I. did much of the early organisation and fundraising, but handed over the running of the group to a new committee in March.

*Where has the money come from?*

Elaine Alston, of Cumbria Community First Responders, has provided invaluable help and guidance to the group, but the Ambulance Service does not have the funds to provide the equipment the group needs. In a magnificent community effort, dozens of people and organisations have pitched in to raise the money that was necessary to set the scheme up, through generous donations and fundraising events.

To give just a few examples, the W.I. raised over £700 in various imaginative ways (including collecting small change in Smarties tubes and organising a cookery demonstration), Dent School had a fun run that raised over £500, Baliol



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School donated £600 from its fete proceeds, Dent Folk Festival gave £400, Bill and Rita Corpe raised over £300 by serving delicious meals in their home and Dent Football Club raised over £1,100 with a sponsored walk up Whernside. There were also many generous donations from individuals too numerous to mention, including the proceeds from a dance, and the sale of daffodils and plums!

The largest single contribution to the group's funds was from the Hadfield Trust, which gave a generous grant of nearly £4,000. The British Heart Foundation met half the cost of two automatic external defibrillators. Significant grants were also gratefully received from Dent Combined Charities, Cumbria County Council (through the Sedbergh and Kirby Lonsdale Neighbourhood Forum) and the Cumbria Community Foundation.

All in all, nearly £12,000 has been raised to date.

*Help from local businesses*

Local businesses have also supported the scheme in various ways, several of them by agreeing to release staff to act as First Responders. The employers who

*(Continued on page 48)*

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have provided this vital support include Dent Post Office, Dent Stores, Stone Close Tearoom, Dent School, the village pubs and Dales Communications.

Some equipment suppliers have helped out by kindly offering discounts on equipment. The companies that have contributed in this way include Mountain Warehouse of Kendal (who supplied equipment bags and torches), Laerdal Medical (who supplied the group's practice defibrillator and dummy) and Lyon Equipment (who supplied head torches).

#### *Communications challenges*

The Dentdale scheme covers the whole valley from Catholes to Dent Head, and the biggest challenge has been to set up an effective communication system in an area with poor pager and mobile 'phone reception. The scheme is currently using a "cascade" system. The call for assistance is sent by text message from the ambulance control room to First Responders who live in Dent village. These then relay the message by land line to other members of the scheme further up the valley, towards Cowgill and beyond, who live out of range of the pager or mobile 'phone signal.



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The first priority for the group will be to improve this communications system as and when that proves possible.

#### *Ongoing support needed*

Many people have been involved in getting the scheme off the ground in a wonderful community effort. Now that the group is up and running, it needs more people to train as First Responders, act as committee members and come up with good fundraising ideas to meet the continuing costs of the scheme.

If you are able to contribute in any way, please contact Becky Brown, the chairperson of the group's committee, on 25542 or Mike Lawton, the training co-ordinator for new Dentdale First Responders, on 25122.

### **SEDBERGH MARKET FAYRE**

The Sedbergh Market Fayre Committee would like to thank everyone for joining in to make the 2004 Market such a success. How lucky we were – the weather held fine, many of you helped with the preparation beforehand, and on the day with arrangements and organisation, and the support made it a day to be remembered.

Events such as the Market Fayre do not happen by itself. It takes a great deal of organising and much of the help which goes on behind the scenes is provided by people who seek no recognition for their efforts but are kind enough to put in a great deal of time for the good of the community. Amongst these are the Sedbergh Fireman who we thank for

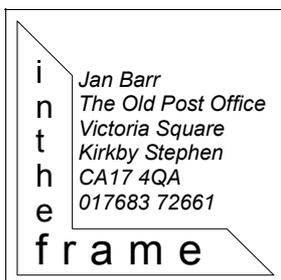
putting up all the decorations, Alan Steadman, without whom none of the stalls would be here: Alan goes to Orton to collect and return the stalls each year. Thank you Keith Wood and John Beale for directing the traffic and the local police for their help. SLDC also deserve a mention for their co-operation with road closure and the use of the coach parking and Sedbergh School for their generosity in allowing us to use the parking facilities and costume department. We offer our thanks to the numerous people who turned up on Friday night and Saturday morning to put up gazebos and stalls and to those who helped to take them down again! There are many other generous people who have help with donations of time and money and acknowledgements were made of these on the Market Fayre programmes.

This was our 4<sup>th</sup> Sedbergh Market Fayre and we hope you agree it was a great day.

My personal thanks to all the Committee members for their past year's work, to friends and helpers without whom the whole thing would not work, to all the stallholders for their support and everyone who attended and we hope had a wonderful day of fun.

The proposed date for next year's Market Fayre is Saturday 27<sup>th</sup> August. WE DO NEED new committee members to help with some of the organisation.

It would definitely be a case of many hands make light work and your current committee, all of whom run businesses during their normal day are finding it somewhat of a strain to keep going. If you can spare a couple of hours a month to meet and help with ideas please ring me on 015396 21898 Lyn McLennan



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**THE CYPRIOT EFFECT**

Following my few words of ‘poetry’ after the French visit and Stuart Manger thanking me for my contribution for his forthcoming book on Sedbergh, the twinning committee members were asked to write a Love poem for the Cypriot Culture Festival.

What’s happening? Come on, anyone who knows me, is this me? I can only ‘blame’ the effects on these friendly visitors and the whole effect of the twinning process. The following then is what I read to my wife ‘Lizzie’ (as she has been known since the French visitors) at the Cypriot Festival:

*What is Love?*

*So many different forms of love but whatever I am is as a result of the love of my parents, wife and family, friends and life.*

*To write of love - I’ll try this*

*Some words*

*Influenced by the French  
And enhanced by the Cypriots  
But from the heart of an Englishman*

**My Sedbergh Rose**

Let me be the one to generate the weather  
that steadily

Nurtures this rose throughout its growth

Let me throw the odd shower that feels  
burdensome

Yet watch it be soaked up as the sunshine  
returns

Let me not frighten away those who  
gather to admire

But allow their praise to add sparkle to  
the bloom

Let me always respect the thorns that will  
scratch

And yet still focus on the beauty of the  
flower as a whole.

Let me be aware of attractions that may  
turn its head

And give me power to shine stronger to  
help it grow true

Let me help throw off those creepers,  
vermin and pests

That seek to drain the life and body from  
its soul

Let me not put a protective fence around  
this beauty but

Help it grow defences to be  
independently strong

Let me always see this rose in the  
loveliest garden

Where its’ beauty enhances those all  
around

Let me always be there to love my  
Sedbergh Rose

*Nigel Close  
Cypriot Culture Festival  
12th September 2004*

**SETTLEBECK HIGH SCHOOL**

*Year 10 Trip to Barrow Dock Museum and the Wild Animal Park at Dalton*

The museum is situated in an old graving dock with displays on 3 levels, the middle floor has exhibition space and featured a display of wood sculpture and furniture by local artist Tim Stead. Quite a lot of the museum is about the industrial development of Barrow and the shipping which developed as the port grew. We found out about the large dry dock used for repairing ships and dismantling German submarines in World War 2. Much of Barrow's growth was influenced by a key entrepreneur James Ramsden and he was later the model for the "Fat Controller" in Thomas the Tank Engine stories. Barrow started off as a very small village and we learnt about the population and urban expansion which reached a peak in 1916 but both have declined since. It is a small museum but has some amazing models of warships and passenger ships. The models were used in Exhibitions and Trade Fairs where they would show potential customers what they could buy. The museum is worth a visit if you are in the area shopping or visiting the Walney bird reserves.

*Nichola Donague, Alison Mudd, Robin Langford, Matt Kirsch*

The Wild Animal Park has a small collection of animals, birds and snakes, but they are very easy to see and get quite close to. The animals which made most impression on us were the male rhino and giraffe which were both huge in their own way! Talks are given every half

hour at a different section of the park giving information, we learnt how the white Rhino got its name (nothing to do with it being white!) and that Burmese Pythons do not make good pets! The main displays feature conservation projects in which the park is involved, on places such as Sumatra. There are animal adoption and sponsorship schemes which the public are encouraged to support so that people can be employed in countries abroad to work in animal protection and conservation of endangered species. The park is a popular destination for tourists and local families and was very busy on the day we visited.

*Adele Singleton, Hannah Fearnhead, Charlotte Metcalfe, Rachel Woof*  
Year 10 Social in Carlisle

We had a great day in Carlisle, the weather was warm and dry and there was a definite summer feel about the square with a South American Musical group performing. These are some of the things we enjoyed: clothes shopping, buying presents for brothers and sisters, choosing new football boots, getting evacuated from KFC when the fire alarm system went off! browsing in Virgin Megastore, eating fish and chips on the seats by the cathedral and just having time with our friends. Bowling was good, winners included Jamie and Claire Calvert. The Dance Stage Euro Mex proved popular, the star performers being Adele, Claire Capstick and Matt!

*Kaylee Hurst, Lloyd Iveson, Paul Farell, Liam Bloor, Daniel Postlethwaite, Jamie Cottam and Matthew Thompson*



**ODE TO MY GRANDAD**

**Miles Taylor**

**October 1923 - May 2004**

My Grandad lived at Butterpots, very  
much at ease,  
For over 80 years with his sheep and cats  
and geese.  
He had blue twinkly eyes and a lovely  
smile,  
And was affectionately known as Miley.  
He was a friendly, knowledgeable, happy  
chap,  
And his friends were many,  
Every night about eight he'd to the  
village go,  
Into Sun Inn on Main Street for chats,  
beer and Dominoes.  
Now braces were his trademark,  
When young I thought them sad,  
Why didn't he wear a belt like me and all  
my gang,  
His birthday was a coming, a snazzy belt  
I'd buy,  
Mum warned me, "No, I don't think so!!"  
Ah well I went shopping with my pocket  
money,  
This snazzy belt I bought,  
I wrapped it up all neat, he'd be so  
pleased I thought.  
The fire glowed, the cats slept on the mat,  
He opened it up and sighed, "Thanks lass  
but I want nought wi' that,  
Put it in yon drawer among them half a  
dozen more!"  
I really felt quite done, I wish I'd listened  
to my Mum,  
Now Grandad liked his toffees, I bought  
bags of penny chews,  
One day whilst with him I offered him a

few, was right thing to do.  
"No ta thou's etting ket," he said, "they  
don't make toffee like they used to."  
Oh well, I thought, more for me to eat in  
bed.  
Now it just happened to be, time for  
Grandad to have his tea,  
Off he went into pantry and out he came  
with this  
Horrible plate of black pudding and steak  
all rare,  
He said, "There's plenty lass, wilt'a have  
a share."  
I smiled and said with glee, "No thank  
you, Grandad. It looks like ket to me."  
Another day I was feeling poorly, I had a  
cold, my chest was sore  
Grandad said, "I've got the cure." from  
medicine cupboard in wall,  
He produced this jar of foul goose grease,  
The smell it made me heave and sneeze.  
"Rub this on thee chest toneet,  
In't morning th'll be all reet."  
Somehow the thought of the latter  
Shocked me into feeling ten times better.  
I pondered for another mo and asked,  
"Grandad, is that why your vest is  
sometimes yellow?"  
He laughed and winked, he was a canny  
fellow.  
Many more tales I could tell, but now  
he's gone to pastures new,  
We'll miss him, me and you.  
I bet they fair welcomed him at the pearly  
gates,  
My Gran and all his mates.  
So let's not be sad, but glad and  
Cherish our memories of my Grandad.  
*Love Jolene*

### SLCVS

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- Information about training courses and events

Sedbergh Drop-In Surgeries will be in on 1<sup>st</sup> Wednesday of every month, in Sedbergh Community Offices. The next Drop-In will be on 6<sup>th</sup> October. From 10.00 am – 12.00 noon.

For further details contact: Jane Johnson, Information Assistant, SLCVS. Tel: 01539 742627 E-mail: info@cvasl.org.uk

### **SEDBERGH TOWN BAND**

#### **Old Sedberghians v Anti-Assassins Rugby Match**

The weather for the third Sunday engagement on 12th September could not have contrasted more with that which

saw the celebration of the opening of the Kendal Veterinary Practice. The Town Band had been invited by Sedbergh School to play before the kick-off of the annual Old Sedberghians versus the Anti-Assassins rugby match on Busk Holme.

The plan, an excellent one in theory, was for the Town Band to play for an hour on the cinder track bordering the pitch where the anticipated large number of spectators would be entertained whilst consuming Garth Steadman's delicious hog roast located also on the cinder track. Half an hour before the kick-off the Sedbergh School C.C.F. Band were scheduled to take over from the Town and give a marching and playing display on the Busk Holme pitch.

On virtually every occasion in the recent past when this match has been played the weather has been excellent with a shirt-sleeved crowd basking in the sun watching first rate players running themselves into a state of heat induced exhaustion. Perversely when greater efforts than usual had been made to arrange a memorable occasion on which the Wooden Spoon charity should have benefited handsomely, the weather played a decisively malign rôle. The band managed to get set up and play just three numbers when heavy rain, driven by a howling gale, forced a hasty evacuation and abandonment of thoughts of further playing.

The rugby match went ahead as scheduled, and an excellent game was enjoyed by a large crowd but in weather more commonly associated with the depths of November rather than early autumn.

*G.B.*

### A SEDBERGH VIEWPOINT

During the recent school "summer" holidays I spent some time away from Sedbergh with friends. However you just can't forget your home town when you are away.

My friends are avid readers, and consequently I was taken into innumerable second hand bookshops, and I have to admit to getting the bug and buying a few books myself. None of the bookshops were in a "Book Town" but it made me think that making Sedbergh a Book Town would be a good thing. So my good wishes are with all who are working to that end.

When away from home I always like to know what to do and see in the neighbourhood, so the Tourist Information Centre is always sought out early in the holiday. A town such as Sedbergh needs all the publicity it can put together to attract people to visit and stay in the locality. So my good wishes too to those who plan to take over the Information Centre here when the National Park people withdraw

I don't normally look into other peoples' dustbins, but I was invited to whilst away. Nowadays most folk have two, three or even four wheelie bins. One for normal rubbish, one or two for recycling glass, plastics, newspapers, cardboard etc and one for garden refuse. It is surprising how full the recycling bins are and how little there is in the normal refuse bin. I wonder when Sedbergh will get wheelie bins. For some people in flats and town houses with little land I think it could be a problem knowing where to put them. Difficult for disabled and elderly folk too I would think.

The other thing that caught my eye were the roadside signs at the entrance to communities naming the towns and villages one is about to enter. Quite a few had another plate beneath reading "twinned with ....". I wonder if the Sedbergh signs will have similar additional plates soon!

Best wishes

*N Hastle*

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Dear Sir,

The voting for Sedbergh's Twin Town is now very close. Some of us feel concerned for the town with which links were originally being forged, Guglingen in South Germany, who, it would seem *at the time of writing*, have had to step back. The contest is now between four other European towns, three of whom will not be chosen. But what about Guglingen? Couldn't we twin with two? If Guglingen is still interested, do we not have something of a moral obligation to maintain a link with them? They have been magnanimous in saying they appreciate our situation, but isn't there a question of honour here?

Yours, etc.

*Martin Dodds, Rosemary Handley,  
Robert Powell*

Dear Editor,

I was interested to read in the September *Lookaround* about one of your pet subjects, speed. One of my own 'pet hates' at the moment is the way many motorists blatantly ignore the 30mph speed limits at the approaches to Sedbergh. Whilst I may not be in complete agreement with the distance out of many towns and villages to which speed limits have been extended, I am aware that they are there for everyone's safety and are to be legally adhered to. I am also somewhat conditioned to keeping my speed down in 30mph areas, being familiar with the frequency of speed cameras in and around Kendal.

On my morning journeys from Sedbergh to Kendal, I try my best to stick to 30mph until beyond the Toll Bar Estate derestriction sign. However, I find that 90% of vehicles which come up behind me on these occasions will invariably overtake me at 40 - 50mph. Those who disappear into the distance, not to be seen again, don't worry me too much as they are likely to harm no-one but themselves. However, many drivers who overtake within the 30mph limits then proceed to hold you up along the rest of your journey to the M6 or to Kendal after leaving the restricted area. Many of these are local, regular commuters. I won't name and shame them - they know who they are ! Unfortunately, I seldom see a hand-held speed camera at the time I travel to work (7am), so the said offenders will obviously continue to offend and incite road rage in others without reprimand.

On another subject, a couple of weeks

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015396 25438

ago I logged on to the Cumbria County Council's 'Highways hotline' to report the water which flows down the road on the upper section of Black Horse hill. It's difficult to detect at the moment due to the incessant rainfall, but a few weeks ago, even in the height of a long dry spell, water was still flowing freely down the road. Whilst it isn't much of a problem at the present time, with the return of Winter frosts this will quickly become a potentially lethal stretch of road.

The day after reporting the problem to the hotline, I received a telephone call from Cumbria CC. The gentleman said that they were aware of the problem, but could do nothing about it as the source of the water was the responsibility of the landowner. He also said that it was not the council's responsibility to contact the landowner. It therefore appears that, unless the landowner (whoever that may be) is already aware of the problem, and is intending to do something about it, we may be faced with an even more hazardous period of commuting during the Winter months.

*Name & Address Supplied*

### YDNP THE VISITOR 2005

We would like to help you promote your event for FREE.

This year the Yorkshire Dales National Park Authority and the 'Joint Promotions Initiative' (which includes local district and county councils plus the Yorkshire Tourist Board) are offering you a range of ways to advertise your event throughout the Yorkshire Dales.

These include:

- Joint Promotion Initiative's website [www.yorkshiredales.org](http://www.yorkshiredales.org)
- The Visitor 2005 - a free newspaper published by the Yorkshire Dales National Park Authority (circulation, 200,000) which is distributed locally, regionally, nationally and internationally. Please note that only events entry forms received before 31st October 2004 will be considered for inclusion in this publication.
- A network of 24hr touch-screen visitor information points located at Tourist Information Centres and National Park Centres throughout the Yorkshire Dales.
- A variety of other event publicity and marketing channels.

We cannot guarantee that your event will be listed in the Visitor 2005 due to space limitations. However, your event will be promoted through one or more of the other options listed above, subject to fulfilling our events advertising criteria.

Event entries are welcome all year round and entries received after the 31st October will be promoted via the website and network of 24hr touch-screen visitor information points.

We are able to help promote your event, whether large or small and will be

delighted to receive your entries no matter whether you will be running just one event or 200!

If you have leaflets and/or posters for your event that you would like to have displayed in the National Park Centres, please contact the Centres directly.

Please ensure that you do not miss this free advertising opportunity, by completing an application by 31 October 2004 to Events Listing, External Affairs Department, Yorkshire Dales National Park Authority, Colvend, Hebden Road, Grassington, North Yorkshire BD23 5LB.

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### HALLOWE'EN

Hallowe'en is Old English for holy evening or more specifically the eve of All Hallows or All Saints Day in the same way that Christmas Eve is the evening before Christmas Day.

Hallowe'en is for Christians a special time to remember and pray for the Saints who have lived this life before us. In its origin Hallowe'en has nothing to do with ghosts and witches, and to many Christians the present day practices are offensive.

In some places over the last few years "trick or treat" has become a real nuisance. It has increasingly become a practice that has distressed the elderly, put at risk unsupervised children and sometimes led to vandalism, though thankfully, not in Sedbergh..

An appeal then to parents of youngsters to accompany them as they go out "trick or treat"ing and for all enjoying the evening in that way to call only on folk who they know will welcome them.

Please do not make a nuisance of yourselves. *Name & Address supplied*

## DENTDALE METHODIST CHAPEL

Greetings! Happy Harvest time. Our Harvest Festival services were led by Miss Tina Longton of Roebumdale in the afternoon and Mr Alan Woodhouse. In the evening due to the planned speaker Mrs Karen Brewer going into labour! We do hope it was not the thought of coming to Dent which hastened the baby and send our warmest congratulations to all the family.

A special Church Council meeting was held recently and the decision taken to abandon the WET ROOM project, this was to create a Wfet Room with walk-in shower, bath with hoist and accessible we in what ism present the kitchen to serve our and the wider community .But it will now not happen, at least not at the chapel.

I would like to personally record my thanks to all those dear people who showed interest and enthusiasm for the project and those who gave of their help. An accessible we will be provided, but this project is' someone else's baby.

The chapel community is very blessed by having support from people who are not actual members indeed in some cases from those who do not attend services there and this is as it has been down the years and probably always will be, something to be grateful for not critical of. For years Mr Joe Uren mowed the grass and we send greetings to him as he celebrates his 90th birthday.

Speaking personal we found great encouragement and spiritual food from the Headway Holiday week, it was a joy to see Gods house full of people who wanted to worship Him in a variety of ways. The speakers were excellent, some giving us different ways of looking at

certain things, some challenging us, we made new friends and had some fun.

Headway are a people with vision, something which can sometimes be lacking as we get stuck in a rut! The first JACOBS LADDER was a wonderful afternoon in the hall with 20 children and a similar number of adults singing action songs, watching video, and acting a play ! Don't be the one to miss out on the next one!  
*J & SE Woof.*

## CUMBRIA IN BLOOM

Although we, as a Committee, did not enter Sedbergh in the County organized 'Cumbria in Bloom' competition, we did hold our Town Garden competition.

The results were:-

*Best Small Garden*

Ms. G. Hunter, Palmers Hill

*Best patio/yard*

Mr. R. Tyler, Weavers Court

*Best Large Garden*

Mrs. B. Stainton, Grassrigg Farm

*Best Estate*

Guldrey Fold

*Best Garden Overall*

Grassrigg Farm, Killington

The Chamber of Trade sponsored the Commercial premises and this was won by The Dalesman by just ½ point from joint 2nd, The Red Lion and Sleepy Elephant.

Our thanks to all those who entered and made it a competition and our grateful thanks to the judges who gave up their time.

I do hope that although we did not, as a town, enter the Cumbria in Bloom competition that the town has still looked good and colourful.

*Dorothy Blair*

### **SEDBERGH PLAYGROUP**

Sedbergh Playgroup is a self-funded charitable organisation, which is run by a voluntary committee. Most of our finance is obtained by fund raising events.

Previously Sedbergh Nursery shared the Spooner Room with Playgroup, which helped with the running costs and sharing equipment. However in July 2004 Nursery moved into a wonderful new classroom connected to the Primary School and consequently, at the present time, the Spooner Room is solely for Playgroup.

Therefore the Playgroup had to apply for grants to fund new equipment and furniture and grants have been provided by the following organisations: -  
South Lakeland District Council  
Sedbergh United Charities  
Neighbourhood Forum  
Craven Trust  
Sedbergh Parish Council  
Frieda Scott Charitable Trust  
Awards for All

I would therefore like to give a big Thank you to all the above organisations for their help and support. Also a Thank You to committee members who have helped with fund raising events and work at the Spooner Room over the last few weeks.

There are still large repairs to the building and boundary fence to be carried out over the next few months and numerous fund raising events will take place to help pay towards these.

Playgroup reopened on 6th September and places are available for any child aged 2 years 6 months

An open day was held on Friday 3 September, where all the new equipment

and furniture was put to great use and a good time was had by all.

On 31st December 2004 Tracy Scott will have her head shaved to raise funds for the playgroup, anybody wishing to sponsor Tracy can find sponsor forms in most of the shops in sedbergh or by contacting playgroup directly.

Any one wishing to help with fund raising events or joining the Playgroup Committee please contact Karen Brewer 015936 21504 or Jean Cope 015936 20678

### **Daphne Jackson D. O.**

*Registered Osteopath*  
**BUPA Provider**

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

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

### **REMINISCING**

My wife and myself have spent the weekend in Sedbergh and very enjoyable it was to!! We had one of the nicest Indian meals we have ever had (and we are both very experienced Indian restaurant visitors) and the hospitality was second to none in the town. Thank you.

I attended Baliol School in the mid 1970s and have fond memories of the town and its people, Coming back stirred up some nostalgic thoughts and a relaxing experience was had. I hope it isn't to long before I visit your beautiful town again.

*Lawrence Butterfield*

### **SEDBERGH BADMINTON CLUB**

It has been a busy start to the season with many new faces attending club night . On Sunday 19th September the Junior Coaches took 11 of our finest to a Cumbria Schools Badminton Association Tournament at Keswick School.

Entered in the Primary Section were: Harry Cooling, Tom Cooling, Simon Hunter, Luke Ingham, Rosie Mason and Richard Thexton.

Entered in the U13 Section were: Emily Armistead, Ben Chetwood, Olivia Law, Adam Robinson and Elizabeth Thexton.

Every one played both singles and doubles and we all enjoyed watching some very competitive matches! Luke Ingham fought his way through to the semi finals where he stayed in control all through, eventually winning 11 - 6. His next match was much closer - evenly matched at the change-over 7 - 6. The match tightened further and Luke put up a brave fight, eventually losing 8 - 11, bringing home the runner-up medal. Luke was also runner-up in the doubles, partnered by Sam Taylforth. (Worth missing a football match for, or what!) Rosie Mason and her partner Emma Grey were winners of the Primary Girls Doubles! Rosie and Adam Robinson were invited to attend the Cumbria Team practices, which is great news, and well deserved.

All the Sedbergh players enjoyed the day, playing well with surprisingly strong performances from the newcomers-well done Harry and Tom Cooling , Emily Armistead and Ben Chetwood. Everyone benefited from the experience of playing

competitively, and at such a fantastic venue-the hall has recently had a new floor and is looking great.

Next event - end of October...watch this space!



### **MK CONVERSIONS**

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Sedbergh LA10 5ES

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### **ABBNEYFIELD**

*(Kirkby Lonsdale) Society Ltd.*

*Travers House*

Once again there is an opportunity for an active retired person to come and join our small community in Kirkby Lonsdale, where the cleaning, cooking and gardening are done for you!

We have a single room available with a lovely view - bring your own furniture and furnish it yourself in the way you like it. All our accommodation is en-suite and two meals are provided each day at a very reasonable inclusive cost. Travers House is within easy reach of the town centre.

For further details please contact Mrs. Hamlett on 015242 71015. She will be glad to hear from you whether you are interested in this particular vacancy or would simply like to know more, with the future in mind. Visits can easily be arranged, with no obligation on either side.

### PLAYGROUND

The finishing post. After three years of fund raising a new playground is about to be installed. Unfortunately there has been a delay between taking the old one out and installing the new one, all tied up with the systems of grants being released. However it will be in place very soon. It was a heartening sight to see the old playground being removed, but that pales with the generosity of the people of Sedbergh.

Our final fund raising push was to go 'cap in hand' to businesses, and what a response. We'd like to thank Woofs; Mr Hussain; J J Martin; Les Maddock; Christopher Whelan; The Chamber of Trade; J Souter; Craven Cattle Marts; Marthwaite Joinery; Ian Dawson; Cross Hall caravan Park; W. Dawson & son; RS Morphet; Linda and Vic Hopkins; The Green Door sweet shop; Cico Chimney linings; Spar; Solo sports; Logic home enhancement centre; Lisa Woof; Dales Dusters; Gary Allan; Mark A Grant; Kay Whittle; MK Conversions and the White Rose Fisheries. We'd also like to thank the generosity of donors, too numerous to mention, who have helped over the last three years and the many anonymous donations that have been received, you know who you are. Community fund raising has been an essential part of this project, we have been humbled by the efforts everyone has put in. Without all of you we'd still be filling in applications in triplicate and meeting criteria!

We are planning a grand opening, once the playground is open, to which everyone is invited.

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### SETTLEBECK HIGH SCHOOL

*Bronze Duke of Edinburgh Expedition*

During the summer, friends and myself took off from Settlebeck to hopefully complete an 18-mile walk as our Duke of Edinburgh expedition.

It wasn't as easy as it sounds when we got our large and heavy backpacks on, especially in the extreme weather conditions we were unfortunate to experience.

However, I can speak on behalf of my group and say we thoroughly enjoyed the 2-day expedition, particularly setting up camp and cooking for ourselves. We were all looking forward to a hot meal and a rest. Some of the footpaths were in poor condition, especially walking down from the viaduct in Dent where work is currently taking place, but overall they were ok.

Despite the weather, this experience was a good chance to socialise and be independent. I highly recommend it and I intent to continue with the Duke of Edinburgh Award and aim towards achieving the Silver.

*Cally Steadman, Year 11*

### **OCTOBER GARDENING**

Many deciduous trees and shrubs will begin to lose their leaves this month and these can, if not kept within bounds, create havoc in the garden. They are particularly damaging on lawns if they collect in a large enough volume to exclude sunlight and create a warm damp atmosphere in which lawn fungal diseases thrive. Leaves can also be a nuisance on borders because they provide ideal lurking spots for slugs and snails. Rockeries are major trouble spots as many "alpines" will go black and/or mouldy if they so much as look at a wet leaf.

In all but the most inaccessible places to best tool for leaf collection is undoubtedly a rubber rake. This has rubber, rather than metal teeth and can be used to rake leaves from in amongst delicate plants without snagging or tearing them.

If you have plenty of room in your garden, then collected leaves can be stored in a pile, preferably in a wire cage which will allow plenty of air movement but keep them confined. Different types of leaves take different lengths of time to break down but given plenty of air and moisture, most things should be crumbled down sufficiently within two years for the resulting "mould" to be useable. Do bear in mind that the trees will have removed most of the food resource from their leaves before they let them drop in Autumn, so leaf mould is little use as a fertiliser. It is though excellent as a clean weed free mulch or as a means of adding moisture retaining humus to a soil.

*Elaine Horne*

### **AN OPEN FORUM**

This is to invite you to the fortnightly discussion meetings which will take place during the autumn and winter months at the home of Alf and Joan Hooper 4 Highfield Villas, Sedbergh. These are meetings in which people ask any questions they like about faith, doubt, disbelief, the church and society. There is complete freedom of expression - and consequently a great variety of views. A Christian view of the questions is presented, but no attempt is made to persuade people to adopt any particular beliefs. It is all very informal. Those who came to previous meetings have found them stimulating and enjoyable.

The meetings last from 7.45pm to 9.00pm. They take place fortnightly on Wednesdays. First meeting 13th October. You could come to just one or two meetings or to the whole series. New members are very welcome!

For further enquiries, don't hesitate to phone Rev. B. Long. Sedbergh 20577.

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### **SEDBERGH SCHOOL**

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

The committee of management will meet on November 12th to consider applications for grants for educational tuition and facilities for boys resident in the parishes of Sedbergh, Garsdale and Dent.

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

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

### **JULY WEATHER**

A mixed month weather-wise, it kept us guessing as to when we might get some hay. Three times it looked as though it was going to keep fine for a spell but it only lasted a few days. With the temperatures rising and the highest pressure for the month we got ours in the last week. Temperatures were not good for July during the first fortnight with 10 days only in the 60sF. The minimum of 56.5F was recorded in this period. The last week was the hottest with temperatures in the 70sF & 80sF, the maximum being the last day with 85.8F. The minimum for the month was 45.0F. The pressure was in the mid 29" of mercury and consequently it was again a breezy month. The maximum wind speed recorded being 19.0mph with the lowest at 7.4mph. Once again the predominant direction for the wind was from the north west. Rainfall was modest with a total of 2.80 inches coming in patches. I still haven't seen a baby thrush or blackbird although I have seen parents feeding. The house sparrows have had yet another successful season, judging by the increased visitors to my chicken run! We have too many magpies around still. Butterflies are still in short supply but the buddleia will soon be fully out so hopefully things will improve.

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### **CANOE CLUB**

We have some fantastic rivers and lakes on our doorstep. With the support of the British Canoe Union we are hoping to start a local canoe club. What form this takes depends upon responses. All abilities would be welcome. If interested phone 20118

### **THANK-YOU**

Well, at the time of writing I still have 'one foot on the ground' - although things have improved since my visit to the hospital on 14th September to remove a few of the nuts and bolts. No simple break this - it's worth making a good job of things.

I was sat pondering - as one does - and couldn't believe I had been stuck indoors for 6 weeks - apart from hospital visits - when even the sight of cattle and sheep in green fields and the slopes of the fells - was enough to make my heart quicken. I know there are many people in worse situations than mine, whose chances of going out in the fresh air are very remote, so I've no right to feel any self pity - but there are times when you long to be able to walk the dog again - even in the rain.

One thing I have found out is never be without the humble plastic carrier bag - they are invaluable for toting things around, especially up and down stairs. I did try and go up market with a green non-plastic bag from a well known store tied to my Zimmer frame - but it didn't work - so the humble plastic variety with an equally well known logo on the front is in use. Again I have many people to thank for their kind enquiries and visits - also neighbours - like Peter, for lawn cutting - Annie and Jean (Cope) for continuing with the dog walking - Dave for so gracefully manhandling me out to the car when necessary - Jean Dixon - who in spite of her many other commitments still manages to visit daily and Ann, 'Dobbie', Palmirino and Carol. Thank you all so much.

*Joan Collins*

Orders taken now for Christmas Cakes.  
Home baking done for special occasions.  
Only finest ingredients used, free home delivery.

**Lizzies Farmhouse Kitchen**

Ring: 015396 21804

Dear Editor

I am new to the area, having moved to Sedbergh from Manchester in June.

Because I have learning disabilities and also walk with a stick I find it very difficult to use buses. Since I arrived I have been using the community transport service two days a week. I would like to say a big thank you to all the car drivers who are very caring and helpful. The staff at the community transport office are also very helpful; when I ring them they always phone back to confirm my bookings.

I attend the Riverside Social Club and Kendal Day Centre, and took part in the torchlight procession with them, which was exciting. I enjoy lots of activities which they organise, so I would like to express my thanks to them too.

Thank-you also to my support worker Jo, who comes to see me one day a week and helps me in filling in forms and in all sorts of practical ways.

They have all been a great help to me, and I would like them to know that they are appreciated.

We would also like to say a big thank-you for the lovely welcome we received from the staff at Gladstone House, especially to Cath and Debbie who provided us with coffee and biscuits when we came to look around.

Yours sincerely  
Joyce & Georgina Devine

**SEDBERGH GALA GROUP**

The Gala Committee would like to remind you that the AGM takes place on Monday 11<sup>th</sup> October, at 7.30pm in the People's Hall Committee room. The Committee is keen to get more members of the Sedbergh community involved in Gala activities particularly to replace those members who after years of service are no longer able to continue. Without the efforts of such people there would be no Gala activities. If you are interested, please come along to the meeting. We are very sorry that Carl Storer, who has served us so well as Treasurer, is retiring from that office, and we are anxious to find someone to replace him. If you think you might be able and willing to act as Treasurer please contact our Chairman Graham Moore (20353).

The Bonfire takes place on Saturday, 6<sup>th</sup> November at the People's Hall field. An advertisement giving details will appear in next month's "Lookaround".

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**MEMORIES OF A FORMER PRISONER OF WAR IN SEDBERGH**

With reference to the article that appeared on pages 38 to 41 of the September issue, Mr HARTMANN has made two slight amendments.

"We did not work at Kirkby Stephen. That road was blocked by snow and we were brought to Rawthey Bridge by lorry and cut snow up to Stennersceugh. But then came the blizzard and the road was blocked again and we had to walk back" (correction on p39)

"I worked for Family Raw at Kiln Haw, Garsdale. Also Marjorie Fishwick of Wynncote and John Raw of Killington Hall, Home, then ..." (p40)

### **PENSION SURGERIES**

Owing to a lack of use, the Pension Advice Surgery in the Community Office will no longer be held. The Service will still continue in the area with Home Visits when requested by contacting Susan Wilson, Local Pensions Service Kendal Tel: 01539 795069 or attending Stricklandgate House, Kendal any Tuesday between 2 & 4 pm.

### **LOOKING FORWARD TO THE SPRING SHOW**

The nights are drawing in and it's time to plan what we're going to do in the long winter evenings. Some may learn a new skill or handicraft, others will let loose their creative abilities by knitting, sewing, embroidery or other crafts which they already enjoy.

And, as the poet said, "If Winter comes, can Spring be far behind?" To be more specific, can the Spring Show of 2005 be looming into view? The date is already fixed as April 2<sup>nd</sup>, and that will be the time to reveal what you've been working on during the Winter.

People are sometimes reluctant to enter, on the grounds that their efforts may not be of a high enough standard. That's no excuse for not entering – the point of the Show is to display a lot of articles made by local people. Even if dozens of highly professional offerings come in, only a handful can win prizes. The success of the event depends on its having a wide and varied collection of items.

The sections and classes will be broadly the same as last year – though if you have a suggestion for a new class which you would like to see included, please let us know before October 12<sup>th</sup>, which is when the draft Schedule will be agreed.

So, as the evenings grow darker and the fireside becomes cosier, get out those knitting needles, sewing machines, paintbrushes or more exotic craft tools and get into creative mode..

*Carol Dawbarn, Tel: 20641*

### **DIALECT DIGEST**

Mr Mounsey's interesting article on bats in the September Lookaround mentioned the dialect word for them as being 'flittermoose'. As I'm no academic, I can't comment on the word's origins, though Dr Kellett in his Yorkshire Dictionary seems to favour the German connection. However, when I gave a list of dialect words to a group of schoolchildren some years ago, every one of them guessed rightly what a 'flittermoose' was.

Like many dialect words, it's so descriptive, picturing a bat as being like 'a lahtle moose that flitters about'. There are modern-day German words which have close contacts with dialect over here. For instance, we don't pick something up off the ground in Yorkshire - we 'sam it up', and the German verb for 'to gather up' is 'sameln'. However, most dialect seems to have its origins in Denmark and Norway. The word 'agate', as in 'get thissen agate!' (get moving) is from the Old Norse word 'gata', meaning a way or street (York has many examples of the use of this word in its street names).

And an old insult, often used on idle children, 'thoo's reet gaumless!' has its roots in the Old Norse word for common sense, 'gaumr'. But whatever their origins, the simple, straightforward dialect words invariably manage to 'hit t'nail on t'head!'

### FEET

Oh I wish I'd looked after me feet!  
*(with apologies to Pam Ayres!)*  
Oh I wish I'd looked after me feet!  
When I take off me socks it's not sweet  
Wearing trainers too long  
Me feet don't half pong  
Oh I wish I'd looked after me feet!

Oh, I wish I'd looked after me feet  
As I plastered me corns late at neet.  
The size of me bunions  
Are as big as some onions!  
Oh, I wish I'd looked after me feet!

Oh I wish I'd looked after me feet!  
No more buying size fives oh so neat  
Cos I'm really a six -\*  
Now I'm walking on sticks  
Oh I wish I'd looked after me feet!

\* = 5½ actually

### DERIAN HOUSE

A stall was again organised on behalf of Derian House Children's Hospice at this year's Sedbergh Market Fayre. On sale were books, bric-a-brac and a wide selection of jams and chutneys. All goods had been donated by friends who responded magnificently to the request for these items. Besides the stall there was also a raffle in which ten donated prizes awaited the winning ticket holders.

We are delighted to report that as a result of the sale and raffle, together with generous donations, we have been able to send a most pleasing cheque to Derian House, on receipt of which they wrote:-

"The number of children using the Hospice is increasing all the time and consequently, as a charity totally reliant on voluntary contributions, we must generate over £1.3 million per year if we

are to provide the level of care needed.

"All this has been made possible with your support and we thank you again for your donation to Derian House." The letter was signed by Sandra Marson of the Appeal Administration.

Without the Fayre, the generous customers and donors this contribution to Derian House would have been impossible and it is with great gratitude our thanks are extended to all. *G B*

### THANK YOU FOR REMEMBERING ME

As one approaches 93  
One wonder what is yet to be?  
The sticks got more along the street  
Sadly, one less friend to meet.  
Spare parts are few so what to do?  
Just save a smile for that last mile.  
Count your blessings, others worse  
Find your stick and get your purse.  
So little time, be bold, be brave  
Thank Martins for your microwave!  
*Betty Pearson, 11.8.2004*

### COFFEE MORNING

The Sedbergh Blind Group Coffee Morning on the 25th August raised £185.  
We thank all who participated.

### PEPPERPOT CLUB

This will take place on Saturday October 9 in the URC Rooms, starting at 10.00am. As well as a raffle, there will be the usual stalls with cakes, home produce, plants, books, games, music, CDs and bric-a-brac for sale. During the morning there will be some music provided by the Pepperpot Music Makers. Please come along and bring your friends - and of course any contributions for the stalls would be very welcome!

### SEDBERGH TOWN BAND

#### French Visitors Welcome

Sunday 29th August saw the first of three successive Sunday engagements for the band. The occasion was the arrival in Sedbergh of the representatives of the first of the potential twinning towns. The Town Band assembled in the People's Hall well in advance of their arrival time to practise a rousing and memorable welcome for our French visitors. The occasion was filmed by the B.B.C. and it is anticipated that it will feature in the series to be screened in the New Year.

As they entered the hall they were greeted by the cheers of an enthusiastic, flag waving crowd and appropriately Cumbrian strains of 'John Peel' played by the band.

Following the speeches of welcome and subsequent familiarisation with hosts the band entertained guests and the welcoming crowd with some of their favourite numbers.

The sequence of visits got off to a splendid start and the French visitors from Eymet, located in the beautiful countryside between the Dordogne and Garonne rivers, clearly appreciated the warmth of the welcome extended to them.

*G.B.*

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### SEDBERGH TOWN BAND

#### Veterinary Centre Opening

Sunday 5th September saw the second of the Band's Sunday engagements, the official opening of the new Veterinary Centre located in the old K-Shoe factory on Natland Road, Kendal. A large number of clients of the practice were invited to participate in an excellent hog-roast and impressive range of puddings all washed down by the offerings of a well-stocked bar.

The Town Band had been invited along to provide background accompaniment to the festivities.

A small marquee had been erected for the band but ironically its justification turned out to be as protection against the heat generated by a sun of continental intensity rather than the more familiar rain.

The thirty five strong band, who had travelled to Kendal by coach provided by the practice, entertained the guests to ninety minutes of music from their extensive repertoire. The wonderful weather, generous hospitality and delightful music ensured that the Veterinary Practice was well launched in its new premises.

*G. B.*



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### **ZEBRAS BABY & TODDLER GROUP**

Thank you very much to everyone that bought a quiz sheet. We raised £110 for our funds.

The winners were:-

First Prize £10 Matthew Brown of Kirkby Stephen.

Second Prize £5 Mrs. M. Moore of Sedbergh.

The answers were as follows:-

1. Bob the Builder
2. Rainbow or Rugrats
3. Teletubbies
4. The Woodentops
5. Fimbles
6. Muffin the Mule
7. Little Red Tractor
8. Chorlton an the Wheelies
9. Big Cook, Little Cook
10. Postman Pat
11. Bill and Ben
12. Fraggie Rock
13. Bagpuss or Boohbah
14. Balamory
15. The Wombles
16. Thomas the Tank Engine
17. Camberwick Green
18. Bits and Bobs
19. Fireman Sam
20. Andy Pandy
21. The Flumps
22. Engie Benjy
23. The Clangers or The Crankies
24. Magic Roundabout
25. Ivor the Engine
26. Jackanory or Jellykins
27. Blue Peter
28. Rosie and Jim
29. Yoko! Jakamoto! Toto!
30. Button Moon

### **AUGUST WEATHER**

Well its official – it has been the wettest August on record. Certainly Sedbergh had its fair share. I recorded 7.73 inches. Not as much as Radio Cumbria reported but I've heard others say that their readings differ. So it would seem that even in a small area there are variations. There were certainly some heavy downpours. Temperatures were better than July with several days in the 70sF with the odd 80F, the maximum being 82.1F and the minimum 45.0F. Pressure was mid to low 29" giving variable winds for the month with a maximum of 22.8mph and also some totally calm days. Again 2/3rds of the month the wind was from a north westerly quarter. Well the butterflies finally appeared in some numbers feeding freely on the buddleia. I don't think I saw as many Red admirals or Painted ladies as last year. Perhaps the poorer summer prevented them migrating here. Peacocks were plentiful so made up a colourful display. We even had a fleeting glimpse of a Green fritillary but no Comma this year. The swifts left us as did some of the adult swallows. I saw one pair of house martins still feeding so they will be late returning.

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### **DENT GRAMMAR SCHOOL EDUCATIONAL BURSARIES 2004/5**

At their meeting on 13 September 2004, Dent Grammar School Educational Foundation governors reviewed the 12 applications for educational bursaries and decided that, in their current financial circumstances, were able to make 6 awards of £400, 1 of £300 and 4 of £100."

At the **Chair Workshop**

- Chair seating & supplies
- Tuition
- Tool sharpening
- Bead jewellery
- Restringing
- Repairs – clasps, earrings, chains

99 Main Street, Sedbergh.  
Tel: 015396 21489

### POLICE REPORT

Winter is now approaching rapidly and it is a time of checking all the lights on your vehicles. The most common lights that I see extinguished are rear lights which are rarely checked by drivers. On a regular basis, when it is dark, I position my vehicle where I can see the rear lights in a shop window then I quickly check the side lights, brake lights and indicators. I know that these few seconds will ensure I do not have someone run into me because I have a light out.

I recently gave a "Road Safety" talk to the young children of Sedbergh Primary School about where and when to cross the road, wearing something bright and reflective at night and the wearing of seat-belts when in cars. The response was excellent and I received many tips and hints from the children themselves. An alternative for the children being safe was for me to deliver a message that one of the children were in hospital after being knocked down and injured. As parents and adults, please don't let this happen!

*Found Property*

A Mortice Lock Key was found on Station Road.

DJW

### SETTLEBECK HIGH SCHOOL Y E T I

Young & Elderly Together Initiative

Dear Mr Smith

We are writing to tell you what a super afternoon we had today with Year 11 YETI volunteers at Megazone in Morecambe.

The group were a pleasure to be with and we were impressed with their excellent behaviour and polite manner.

We have worked with many young people and have been involved with many trips and outing with groups over the years but have to say that the YETI's from Settlebeck High School have come out tip of the list as the best!!

We wanted you to know that your students are great ambassadors for your school and we will hold special memories of this fun day out. Every student expressed their appreciation to us for organising this treat for them.

We would also like to take this opportunity to say 'Thank You' to Sally Ingham, Joan Woof and to everyone in your school who have been so supportive and instrumental in making the YETI project a success.

We look forward to meeting the new volunteers from the present Year 10 who are choosing to 'make a difference' in their community by brightening up a day for many elderly, housebound people in Sedbergh.

Please pass on our good wishes to Year 11 for their forthcoming GCSE exams and wish them all well for the future.

Yours

*The YETI Steering Group  
Jane Robinson, Claire English,  
Polly Weston*

## BUS SERVICES

### Sedbergh to Kendal via Oxenholme

#### Monday – Friday

| Sed   | Arr  |            |      |     |   |
|-------|------|------------|------|-----|---|
| 07.45 | 0845 |            | 564  | GP  | ❖ |
| 09.40 | 1010 |            | 564  | W   |   |
| 09.55 | 1030 |            | 564  | GP  | ❖ |
| 10.05 | 1040 | <b>Wed</b> | 564B | W   | ❖ |
| 12.40 | 1310 |            | 564  | W   |   |
| 12.45 | 1320 |            | 564  | GP  | ❖ |
| 13.00 | 1335 | <b>Wed</b> | 564B | W   | ❖ |
| 14.00 | 1430 | <b>Tue</b> | 804  | D&H | ❖ |
| 14.40 | 1510 |            | 564  | W   | ❖ |
| 15.25 | 1600 |            | 564  | GP  | ❖ |
| 17.11 | 1745 |            | 564  | W   |   |

#### Saturday Only

|       |      |  |      |     |   |
|-------|------|--|------|-----|---|
| 09.55 | 1030 |  | 564  | GP  | ❖ |
| 10.50 | 1125 |  | 564A | D&H | ❖ |
| 12.45 | 1320 |  | 564  | GP  | ❖ |
| 15.25 | 1600 |  | 564  | GP  | ❖ |

### Sedbergh to Brough

#### Monday – Saturday

|       |       |            |     |    |   |
|-------|-------|------------|-----|----|---|
| 09.05 | 0929# | <b>M-F</b> | 564 | GP | ❖ |
| 11.15 | 1200  |            | 564 | GP | ❖ |
| 14.15 | 1445  |            | 564 | GP | ❖ |
| 16.50 | 1740  |            | 564 | GP | ❖ |

### Sedbergh to Kirkby Lonsdale

|       |       |            |      |     |   |
|-------|-------|------------|------|-----|---|
| 09.45 | 10.18 | <b>Thu</b> | 567A | D&H | ❖ |
|-------|-------|------------|------|-----|---|

#### To Hawes

|       |      |                |     |     |   |
|-------|------|----------------|-----|-----|---|
| 08.45 | 0920 | <b>Fri</b>     | 112 | B   |   |
| 09.10 | 0945 | <b>Tue</b>     | 112 | B   |   |
| 10.00 | 1035 | <b>Tue</b>     | 804 | D&H | ❖ |
| 11.20 | 1155 | <b>Fri</b>     | 112 | B   |   |
| 14.00 | 1435 | <b>T&amp;F</b> | 112 | B   |   |
| 15.35 | 1620 | <b>Sch</b>     | 112 | B   |   |
| 15.35 | 1620 | <b>Fri</b>     | 112 | B   |   |

### Sedbergh to Cowgill

|       |         |            |      |   |   |
|-------|---------|------------|------|---|---|
| 09.40 | 10.09\$ | <b>Sat</b> | 564A | S | ❖ |
| 12.05 | 12.32   | <b>Wed</b> | 564B | W | ❖ |
| 14.15 | 14.43   | <b>Sat</b> | 564A | S | ❖ |
| 15.00 | 15.30\$ | <b>Wed</b> | 564B | W | ❖ |

### Blackhall Road, Kendal to Sedbergh via Oxenholme

#### Monday - Friday

| Dep   | Sed  |            |      |     |   |
|-------|------|------------|------|-----|---|
| 08.35 | 0905 |            | 564  | GP  | ❖ |
| 08.35 | 0919 | <b>Sch</b> | 564  | W   |   |
| 09.30 | 1000 | <b>Tue</b> | 804  | D&H | ❖ |
| 10.30 | 1056 |            | 564  | W   |   |
| 10.45 | 1115 |            | 564  | GP  | ❖ |
| 11.30 | 1205 | <b>Wed</b> | 564B | W   | ❖ |
| 13.30 | 1356 |            | 564  | W   |   |
| 13.40 | 1415 | <b>Wed</b> | 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 | <b>M-F</b> | 564 | GP | ❖ |
| 09.15  | 0955 | <b>Sat</b> | 564 | GP | ❖ |
| #09.30 | 0955 | <b>M-F</b> | 564 | GP | ❖ |
| 12.05  | 1245 |            | 564 | GP | ❖ |
| 14.45  | 1525 |            | 564 | GP | ❖ |

### From Kirkby Lonsdale to Sedbergh

|       |       |            |      |   |   |
|-------|-------|------------|------|---|---|
| 12.15 | 12.48 | <b>Thu</b> | 567A | W | ❖ |
|-------|-------|------------|------|---|---|

#### From Hawes to Sedbergh

|       |      |                |     |     |   |
|-------|------|----------------|-----|-----|---|
| 08.00 | 0845 | <b>Sch</b>     | 112 | B   |   |
| 09.20 | 0955 | <b>Fri</b>     | 112 | B   |   |
| 12.00 | 1235 | <b>T&amp;F</b> | 112 | B   |   |
| 13.25 | 1400 | <b>Tue</b>     | 804 | D&H | ❖ |
| 14.45 | 1520 | <b>Fri</b>     | 112 | B   |   |
| 16.35 | 1710 | <b>Sch</b>     | 112 | B   |   |
| 16.35 | 1710 | <b>T&amp;F</b> | 112 | B   |   |

### From Cowgill to Sedbergh

|         |      |            |      |     |   |
|---------|------|------------|------|-----|---|
| 09.37   | 1005 | <b>Wed</b> | 564B | W   | ❖ |
| \$10.20 | 1050 | <b>Sat</b> | 564A | D&H | ❖ |
| 12.32   | 1300 | <b>Wed</b> | 564B | W   | ❖ |
| \$15.45 | 1615 | <b>Sat</b> | 564A | D&H | ❖ |

|     |                         |
|-----|-------------------------|
| M-F | Monday to Friday Only   |
| Tue | Tuesday Only            |
| Wed | Wednesday Only          |
| Thu | Thursday Only           |
| Sat | Saturday Only           |
| Sch | Schooldays Only (M-F)   |
| W&F | Wednesday & Friday Only |
| T&F | Tuesday & Friday Only   |

*All times are from and to The Dalesman Inn*

|                           |                           |
|---------------------------|---------------------------|
| GP = Grand Prix of Brough | W = Woof's of Sedbergh    |
| B = Braithwaite's Coaches | S = Stagecoach in Cumbria |
| D&H = D&H Travel          | \$ = Dent Station         |

❖ = Provided with Support from CCC # = Kirby Stephen

Please note whilst every effort has been made to ensure that the times shown are up to date, they can change at short notice.

For Comprehensive up-to-date information ring :-  
Traveline 0870 608 2 608 (Open : 7am - 8pm Daily)

All times valid from 4th April 2004

| <b>ORGANISATION</b>                    | <b>CONTACT</b>     | <b>Tel:</b>     | <b>015396</b> |
|----------------------------------------|--------------------|-----------------|---------------|
| 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)                  | Mr 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 Baines         | Sed:            | 21287         |
| 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 Hoggarth        | 01539           | 731140        |
| Cumbria Wildlife Trust                 | Mrs Garnett        | Sed:            | 21138         |
| Dentdale Choir                         | Mrs Bush           | Sed:            | 20058         |
| Dentdale Festival Committee            | Mrs Owen           | Dent            | 25505         |
| Dentdale Players *                     |                    |                 |               |
| 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 (Dent)                | Mrs Brown          | Dent:           | 25542         |
| Football Club (Dent)                   | Mrs Mitchell       | Dent:           | 25432         |
| Football Club (Sedbergh)               | Mr Moffat          | Sed:            | 21797         |
| Gala Group                             | Mr Kooper          | Sed:            | 20234         |
| Guides                                 |                    |                 |               |
|                                        | Rainbows           | Miss Stephenson | Sed:          |
|                                        | Brownies           | Mrs Mackereth   | Sed:          |
| Golf Club                              | Mr Lord            | Sed:            | 20993         |
| Good Companions (Dent)                 | Mrs Woof           | Dent:           | 25275         |
| Gladstone House                        | Mrs Mackereth      | Sed:            | 20346         |
| Help Tibet Northern Branch             | Mrs Howarth        | Sed:            | 20090         |
| Hockey                                 | Miss Capstick      | Sed:            | 20259         |
| Howgill Harriers                       | Mrs Moffat         | Sed:            | 20907         |

| <b>ORGANISATION</b>                            | <b>CONTACT</b>  | <b>Tel:</b> | <b>015396</b> |
|------------------------------------------------|-----------------|-------------|---------------|
| 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 Escholme    | Sed:        | 20376         |
| 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)                      | Mrs Donaldson   | 07967       | 972160        |
| Parish Council (Sedbergh)                      | Mr Stanton      | Sed:        | 20901         |
| People's Hall                                  | Mrs Griffiths   | Sed:        | 20677         |
| 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         |
| 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 | Mrs Cooling     | Sed:        | 20622         |
| Squash Club                                    | Mrs Denton      | Sed:        | 20521         |
| St Andrew's Church (Sed) Sunday School         | Miss James      | 07855       | 722454        |
| St. John Ambulance                             | Mr Winn         | Sed:        | 21632         |
| Cadets *                                       | Mrs Uttley      | 01539       | 722568        |
| Adults                                         | Ms Pakeman      | Sed:        | 21279         |
| Slimming Club                                  | Mr Ellis        | Sed:        | 20344         |
| Swimming Club                                  | Mrs 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                   |                 |             |               |

## *NO SMOKING ZONES*

| <b>ACCOMMODATION</b> .....                                           | <b>Phone (015396)</b> |
|----------------------------------------------------------------------|-----------------------|
| 8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.) .....        | 21000                 |
| Moss Barn Holiday Caravan , Garsdale Road, Sedbergh (Self C.) .....  | 21038                 |
| Scow Cottage, Cowgill, Dent, Sedbergh (B&B) .....                    | 25445                 |
| River View, Lea Yeat, Cowgill, Dent, Sedbergh (B&B) .....            | 25592                 |
| The Lodge, Loftus Manor, Sedbergh (B&B) .....                        | 21855                 |
| Garsdale Foot Farm, Garsdale, Sedbergh (B&B) .....                   | 21329                 |
| Swan Inn, Middleton, Nr Kirkby Lonsdale .....                        | 015242 - 76223        |
| Wilkinstile, Dowbiggin, Sedbergh (Self C.) .....                     | 20436                 |
| Bridge House, Brigflatts, Sedbergh (B&B, All Bedrooms) .....         | 21820                 |
| Sun Lea, Joss Lane, Sedbergh (B&B) .....                             | 20828                 |
| The White House, Flintergill, Dent, Sedbergh (B&B) .....             | 25041                 |
| Cross Keys Hotel, Cautley, Sedbergh .....                            | 20284                 |
| High Brigflatts, Sedbergh (Self C.) .....                            | 20570                 |
| Syke Fold, Dent, Sedbergh (B&B) .....                                | 25486                 |
| Lea Yeat Cottage, Wray Rigg, Cowgill, Dent, Sedbergh (Self C.).....  | 25091                 |
| Holmecroft, Station Road, Sedbergh (B&B) .....                       | 20754                 |
| The Bungalow, Cautley, Sedbergh (B&B) .....                          | 21649                 |
| Middleton Head, Middleton (B&B) .....                                | 20258                 |
| Randall Hill Cottage, Station Road, Sedbergh (Self C.).....          | 21346                 |
| 10 Main Street, Sedbergh (B&B, All Bedrooms) .....                   | 21808                 |
| Stone Close, Main Street, Dent, Sedbergh (B&B) .....                 | 25231                 |
| St Marks, Cautley, Sedbergh (B&B, All Bedrooms) .....                | 20287                 |
| Catholes Bunkhouse Barn (Self C) .....                               | 20334                 |
| Bridge End Cottage, Cowgill, Dent, Sedbergh (B&B, All Bedrooms)..... | 25043                 |
| Slack Cottage, Dent, Sedbergh (B&B) .....                            | 25439                 |
| Ullathorn's Farm, Middleton, Kirkby Lonsdale (B&B) .....             | 015242 - 76214        |
| Primrose Cottage, 17 Back Lane, Sedbergh (Self C.).....              | 21339                 |
| Far End Farm, Garsdale Head, Sedbergh (B&B) * .....                  | 21906                 |
| <b>EATING PLACES</b>                                                 |                       |
| White Rose Fish & Chip Cafe, Main Street, Sedbergh .....             | 20468                 |
| Le Rouge Restaurant, Finkle Street, Sedbergh .....                   | 20433                 |
| Fran's Bakery Tea Room, Main Street, Sedbergh .....                  | 21058                 |
| Dent Crafts, Helmside, Dent .....                                    | 25400                 |
| Swan Inn Restaurant, Middleton, Nr Kirkby Lonsdale .....             | 015242 - 76223        |
| Meadowside Tearoom, The Laning, Dent .....                           | 25329                 |
| Cross Keys Hotel, Cautley, Sedbergh .....                            | 20284                 |
| Dalesman Restaurant, Main Street, Sedbergh.....                      | 21183                 |
| Stone Close Tea Rooms, Main Street, Dent .....                       | 25231                 |
| The Head Restaurant, Middleton.....                                  | 20258                 |
| Bull Hotel Restaurant, Main Street, Sedbergh .....                   | 20264                 |



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

## Religious Services in Sedbergh

**CHURCH OF ENGLAND**

St. Andrew's Parish Church  
 Sunday 08.00; 10.30 & 18.30  
 Wednesday 11.15

**Canon A W Fell Tel: 20283**

**ROMAN CATHOLIC**

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

**Rev. Dr. P Campbell Tel: 20918**

**METHODIST CHURCH**

New Street  
 Sunday 10.30 & 18.30

**Rev. T Widdess Tel: 20329**

**UNITED REFORMED CHURCH**

Main Street  
 Sunday 10.30

**Secretary: Mrs M Mason 20048**

**SOCIETY OF FRIENDS**

**QUAKERS**

Brigflatts  
 Sunday 10.30

**Mr. M Roberts Tel: 20005**

**UNITARIAN & FREE  
 CHRISTIAN CHAPEL**

Market Place, Kendal  
 Sunday 11.00  
 Wednesday 19.30

**Rev. G Jones Tel: 01539 - 722079**

*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

**Canon 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 & Frostrow

**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

|                   |                                       |              |
|-------------------|---------------------------------------|--------------|
| Denise Williamson | Homeopathy, Bowen Technique           | 015396 20846 |
| June Parker       | Acupuncture                           | 015396 20972 |
| Ian McPherson     | T'ai Chi, Flower Essences, Homeopathy | 015396 20648 |
| Ruth France       | Remedial & Therapeutic Massage        | 07866 596958 |

*Complementary therapists practising locally*

## DIARY OF EVENTS

*All Diary entries are FREE. Dates are held up to 7th June 2005*

| <b>OCTOBER</b>  |      |                                      |                   |
|-----------------|------|--------------------------------------|-------------------|
| 1               | 1000 | Farmhouse Food & Drink               | DCMH              |
| 1               | 1315 | Zebra's                              | SMCR              |
| 1 - 6           |      | Advaita Retreat                      | St Mark's Cautley |
| 1               |      | Folk Weekend                         | Ingleton          |
| 2               | 1000 | Table Top & Jumble Sale (1)          | BS                |
| 2               | 1000 | Landscape Photography Exhibition     | DCMH              |
| 2               | 1030 | Eclectic Touch Exhibition starts (1) | FM                |
| 2               |      | TT Fourth Cultural Event             | TBA               |
| 2               |      | SMC Harvest Ceilidh                  | PH                |
| 2               |      | Folk Weekend                         | Ingleton          |
| 3               |      | Folk Weekend                         | Ingleton          |
| 5               |      | TT Sedbergh Voting Day               |                   |
| 5               | 1000 | Spinning a Yarn                      | DCMH              |
| 5               | 1900 | Weekly Life Class starts (40)        | FM                |
| 5               | 1930 | GL Recipe & Plant Swap               | GVH               |
| 6               |      | TT Sedbergh Twinning Day             |                   |
| 6               | 1000 | Barnardo's Coffee Morning            | URCR              |
| 6               | 1900 | Weekly Pottery starts (40)           | FM                |
| 6               | 1930 | HS Kendal to Krakow (6)              | SHS               |
| 8               | 1315 | Zebra's                              | SMCR              |
| 9               | 1000 | Pepperpot Club Coffee Morning (9)    | URCR              |
| 9               | 1300 | Machine Embroidery (40)              | FM                |
| 10              | 1500 | Jacob's Ladder                       | DMH               |
| 11              | 1930 | Gala Group AGM                       | PH                |
| 12              | 1400 | WIK A Taste of Cumbria               | PH                |
| 12              | 1930 | Bingo & Potato Pie Supper            | FCH               |
| 12              |      | GL trip to Hayes                     |                   |
| 13              | 1000 | NISCU Coffee Morning                 | URCR              |
| 13              | 1930 | Needles & Pins Club                  | STJAR             |
| 13              | 1930 | WIF Meeting                          | PH                |
| 13              | 1930 | CWT Water Voles                      | SHS               |
| 15              | 1315 | Zebra's                              | SMCR              |
| 15              | 1930 | DCM AGM                              | DCMH              |
| 16              | 1000 | Portrait Painting (40)               | FM                |
| 17              | 1000 | Portrait Painting (40)               | FM                |
| 17              | 1000 | Apple Day                            | DCMH              |
| 17              | 1030 | FM Collectors Fair                   | <b>Cancelled</b>  |
| 18              | 1930 | Beekeepers Honey Show                | PH                |
| 20              | 1000 | Christian Aid Coffee Morning         | URCR              |
| 20              | 1930 | HS 2001 Foot & Mouth outbreak (6)    | SHS               |
| 20              | 1930 | Town Band Charity Concert            | PG                |
| 24              | 1030 | People's Hall Service                | PH                |
| 25              | 1930 | GVH Beetle Drive                     | GVH               |
| 29              | 1315 | Zebra's                              | SMCR              |
| 29              | 1930 | Domino Drive                         | HVH               |
| 30              | 1000 | CWT Table Top Sale (1)               | PH                |
| 30              | 1400 | Children's Halloween Party (30)      | DMH               |
| 30              | 2200 | SJFC Senior Disco                    | PH                |
| <b>NOVEMBER</b> |      |                                      |                   |
| 2               | 1930 | GL Work of a Nursing Manager         | GVH               |
| 3               | 1030 | Eclectic Touch Exhibition ends (1)   | FM                |
| 3               | 1930 | HS 17 - 19C Book Trade in Cumbria    | SHS               |
| 5               | 1315 | Zebra's                              | SMCR              |
| 5               | 1830 | FC Bonfire Night & Skittles          | FCH               |
| 6               | 1300 | Silk Weaving (40)                    | FM                |
| 6               | 1800 | Sedbergh Bonfire Night               | PH                |
| 6               | 2200 | Danny's Disco                        | DMH               |
| 7               | 1500 | Jacob's Ladder                       | DMH               |
| 9               | 1400 | WIK AGM                              | PH                |
| 9               | 1930 | FC Domino Drive                      | FCH               |
| 10              | 1930 | Needles & Pins Club                  | STJAR             |
| 10              | 1930 | WIF Meeting                          | PH                |
| 10              | 1930 | GVH Domino Drive                     | GVH               |
| 12              | 1315 | Zebra's                              | SMCR              |
| 12              | 1400 | Zebra's Nearly New Sale              | SMCR              |
| 13              | 1930 | Domino Drive                         | DMH               |
| 13              | 2000 | Howgill Church Dance                 | PH                |
| 15              | 1930 | Beekeepers Review                    | PH                |
| 16              | 1900 | Neighbourhood Forum                  | Casterton VH      |
| 17              | 1000 | Nat. Kidney Research Coffee Morn     | URCR              |
| 17              | 1930 | HS Parliamentary Enclosure           | SHS               |
| 19              | 1315 | Zebra's                              | SMCR              |
| 19              | 2100 | Mark Hawkins Singer & Disco          | PH                |
| 21              | 1000 | Silk Painting (40)                   | FM                |
| 21              | 1030 | People's Hall Service                | PH                |
| 24              | 1930 | CWT Barn Owls                        | SHS               |
| 26              | 1315 | Zebra's                              | SMCR              |
| 26              | 1930 | WIH Domino Drive                     | HVH               |
| 26              | 1900 | HS Winter Dinner                     | GC                |
| 27              | 1030 | Rag Rug Making (40)                  | FM                |
| 27              | 2200 | SJFC Senior Disco                    | PH                |
| 29              | 1930 | Turkey Domino Drive                  | KVH               |
| <b>DECEMBER</b> |      |                                      |                   |
| 1               | 1930 | HS Sir William Musgrave              | SHS               |
| 3               | 1315 | Zebra's                              | SMCR              |
| 4               | 1000 | Portrait Drawing (40)                | FM                |
| 5               | 1500 | Jacob's Ladder                       | DMH               |
| 7               | 1930 | GL Christmas Theme                   | GVH               |
| 7               | 1930 | Town Band Christmas Concert          | PG                |
| 8               | 1000 | Garsdale/Cautley Ch Coffee Morning   | URCR              |
| 8               | 1930 | Needles & Pins Club                  | STJAR             |
| 8               | 1930 | CWT Wildlife Quiz v Kirkby Lonsdale  | KL                |
| 10              | 1315 | Zebra's                              | SMCR              |

*The S & D Lookaround is edited, published & distributed monthly by Dennis & Jacky Whicker*

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

|    |      |                               |      |
|----|------|-------------------------------|------|
| 10 | 1730 | Pre-Christmas Christmas Fair  | DMH  |
| 11 | 2000 | PH Old Tyme Dance             | PH   |
| 14 | 1400 | WIK Christmas Party           | PH   |
| 14 | 1930 | FCH Domino Drive & Mince Pies | FCH  |
| 15 | 1930 | HS Windermere Ferry           | SHS  |
| 17 | 1315 | Zebra's                       | SMCR |
| 19 | 1030 | People's Hall Service         | PH   |
| 20 | 1930 | Beekkeepers                   | PH   |

**DIARY KEY**

|        |                                       |
|--------|---------------------------------------|
| BF     | = Brigflatts                          |
| BS     | = Baliol School                       |
| BVH    | = Barbon Village Hall                 |
| CDC    | = Community Development Centre        |
| CO     | = Community Office, Main Street       |
| CS     | = Casterton School                    |
| CWT    | = Cumbria Wildlife Trust              |
| DCMH   | = Dales Countryside Museum, Hawes     |
| DCP    | = Dent Car Park                       |
| DMH    | = Dent Memorial Hall                  |
| DMC    | = Dent Methodist Church               |
| EG     | = Embroiderers' Guild                 |
| FCH    | = Firbank Church Hall                 |
| FM     | = Farfield Mill                       |
| GC     | = Golf Club                           |
| GL     | = Garsdale Ladies                     |
| GVH    | = Garsdale Village Hall               |
| HS     | = History Society                     |
| HVH    | = Howgill Village Hall                |
| JLCP   | = Joss Lane Car Park                  |
| KC     | = Killington Church                   |
| KL     | = Kirkby Lonsdale                     |
| KVH    | = Killington Village Hall             |
| LHCP   | = Loftus Hill Car Park                |
| MCH    | = Methodist Church Hall               |
| MCCCKL | = Methodist Church Centre KL          |
| MH     | = Masonic Hall                        |
| PH     | = People's Hall                       |
| SC     | = Swimming Club                       |
| SCC    | = Sedbergh Cricket Club               |
| SHS    | = Settlebeck High School              |
| SIC    | = Sportsman's Inn, Cowgill            |
| SMCR   | = Sedbergh Methodist Church Rooms     |
| StAS   | = St Andrew's Church, Sedbergh        |
| StJAR  | = St John Ambulance Rooms             |
| StMC   | = St Mark's Church, Cautley           |
| SR     | = Spooner Room                        |
| SSPH/L | = Sedbergh School Powell Hall/Library |
| TC     | = Tennis Club                         |
| URCR   | = United Reformed Church Rooms        |
| WHC    | = White Hart Club                     |
| WID    | = Women's Institute, Dentdale         |
| WIF    | = Women's Institute, Frostrow         |
| WIH    | = Women's Institute, Howgill          |
| WIK    | = Women's Institute, Killington       |
| WVH    | = Westhouse Village Hall              |
| YDNP   | = YDNP Centre, Main Street            |



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***Sedbergh Lookaround***

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## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 21079/20218

#### Dr P A Orr

|           |                              |               |
|-----------|------------------------------|---------------|
| Monday    | 0830 - 1100<br>1130 - 1200 # | 1500 - 1900 * |
| Wednesday | 0830 - 1100<br>1130 - 1200 # | 1500 - 1900 * |
| Saturday  | 0830 - 1100<br>1130 - 1200 # |               |

#### Dr W Lumb

|           |                                   |               |
|-----------|-----------------------------------|---------------|
| Monday    | 0830 - 1045 *<br>1230 - 1300 Dent | 1530 - 1830 * |
| Tuesday   | 0830 - 10.30<br>1130 - 1200 #     | 1530 - 1830 * |
| Wednesday | 0830 - 1100 *                     | 1430 - 1730   |
| Thursday  | 0830 - 1100 *                     |               |
| Friday    | 0830 - 1100 *                     | 1500 - 1800 * |

#### Dr C Mingins

|          |             |               |
|----------|-------------|---------------|
| Thursday | 0830 - 1100 | 1500 - 1800 * |
|----------|-------------|---------------|

#### Dr C Hunt

|          |             |                |
|----------|-------------|----------------|
| Thursday | 0830 - 1030 | 1500 - 1800 *  |
| Friday   | 0830 - 1030 | 1500 - 1800 FP |

#### Practice Nurses

|                             |                |             |
|-----------------------------|----------------|-------------|
| Monday                      | 0845 - 1200    | 1300 - 1730 |
| Tuesday                     | 0845 - 1200    | 1300 - 1630 |
| Wednesday                   | 0845 - 1200    | 1300 - 1630 |
| Thursday                    | 0815 - 1200    | 1300 - 1900 |
| Friday                      | 1000 - 1200    | 1300 - 1800 |
| Tuesday, Wednesday & Friday | Anne Crome     |             |
| Monday & Thursday           | Adele Reynolds |             |

#### District Nurse

☎ 21690

#### Health Visitor

☎ 20979

#### A Collinge Optometrist

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

#### DENTAL SURGERY

Finkle Street ☎ 20626

|                                              |             |  |
|----------------------------------------------|-------------|--|
| Mr I. R. Dawson, Ms G Turner & Mr M Brickles |             |  |
| Monday to Thursday                           | 0900 - 1700 |  |
| Friday                                       | 0830 - 1500 |  |

\* = *By Appointment Only*  
# = *Telephone Consultation*  
FP = *Family Planning*

#### LIBRARY Main Street ☎ 20186

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

#### Y. D.N.P. CENTRE Main Street ☎ 20125

Open 7 days a week 10.00 - 16.00  
*Closed 1300 - 1330 for lunch*

#### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600  
e-mail [office@sedbergh.org.uk](mailto:office@sedbergh.org.uk)  
web page [www.sedbergh.org.uk](http://www.sedbergh.org.uk)

#### RURAL CITIZENS ADVICE BUREAU

Community Office  
Wednesday 1000 to 1300  
☎ 21185 or 08451 202 999 (local rate) 24 hours  
e-mail via site [www.cabkendal.ndo.co.uk](http://www.cabkendal.ndo.co.uk)

#### PENSION SERVICE SURGERY

Stricklandgate House every Tuesday 1400 - 1600  
☎ 01539 795000 or 0845 6060265

#### SLCVS @ Community Office

1st Wednesday every month  
10 am to 12 noon  
☎ 01539 742627

#### COMMUNITY DEVELOPMENT CENTRE

Settlebeck Cottage Tel: 21031  
e-mail: [admin@sedberghcdc.org.uk](mailto:admin@sedberghcdc.org.uk)

#### POLICE ☎ Kendal 01539 722611

#### PUBLIC TOILETS

Main Street, Sedbergh & Main Street, Dent

#### 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 *         |               |

|                  |           |
|------------------|-----------|
| MARKET DAY       | WEDNESDAY |
| HALF-DAY CLOSING | THURSDAY  |