

Sedbergh & District

# LOOKAROUND

February 2005

Issue 219

Donation 50p

Lookaround still continues to provide an essential service to Sedbergh with articles from every corner of the area. One of the successes of the Newsletter is that it is totally independent from any organisation and does not favour any, but will publish reports submitted. The articles that do appear do not reflect the Editors views. We feel that we are a platform for every person and group, and will print every article, unless defamatory.

*Dennis & Jacky Whicker*

A SPECIAL EVENING IN AID OF THE TSUNAMI DISASTER FUND

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6.30 pm

**Saturday 5th February**

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# CHILDREN'S BIRTHDAYS FEBRUARY 2005



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

The recipients this month are:-

Chloe Kendal who is  
7 years old on 6th February  
Erin Proctor who is  
7 years old on 19th February

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



Day	Name	Age
1	Harry BAINES	3
6	Lucy GIBSON	4
6	Chloe KENDAL	7
7	Bethany COUSINS	2
9	Nurgul SEN	2
9	Rosie MASON	10
11	Thomas BROWN	7
12	Izaak TYSON-HIRST	10
13	Daisy HAMILTON	4
13	Ellie HAMILTON	4
14	Robbie SPROUL	6
18	Leanne POSTLETHWAITE	7
19	Abbie GAME	4
19	Erin PROCTOR	7
22	Jack WHITE	9
22	Angela POSTLETHWAITE	9
26	Jennifer WINN	9
27	William WILSON	9
27	Eilidh SPROUL	10
28	Rebecca STANTON	8

## BED & BREAKFAST

Proprietor	Address	Phone (015396)
Mrs S Gold-Wood .....	10 Main Street, Sedbergh (05/02) .....	21808
	e-mail: sangold.kwood@virgin.net	
	<i>ID; IT; IS; CH; TVL; NSB; P; CB; VB; GF</i>	
Mrs L Hopkins .....	Brantrigg, Winfield Road, Sedbergh (05/09) .....	21455
	<i>IT; ES; NS; NP; P; DR</i>	
	brantrigg@btinternet.com	
Mrs C Cooper .....	Far End Farm, Garsdale Head, Sedbergh (05/10) .....	21906
	<i>IF; ID; IT; ES; CH; L; P; DR; VB; GF; CB; CW; PetsW; NS</i>	
	e-mail: farendfarm@onetel.com	
Mrs A Bramall.....	Summerhill, 7 Highfield Road, Sedbergh (05/10) .....	20360
	<i>2D; (1ES, 1 Private Bathroom) CH; L; NS; DR; VB; CB; GF</i>	
	e-mail: ali@interact.co.uk	
Miss S Thurlby .....	15 Back Lane, Sedbergh (04/12) .....	20251
	e-mail:- antique.thurlby@amserve.net	
	<i>ID; IT; CH; L; NP*; P; DR; VB</i>	

## CAMPING, CARAVANNING & SELF-CATERING

Mrs Sproul .....	Borrett Barn, Sedbergh (05/02) .....	21175
	<i>ID; IT; CH; TV; NS; P; CW</i>	

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

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*accompanied with the correct money*  
*at the time of submission.*  
 Articles etc. by 19th of every month

## PERSONAL & SMALL ADS £1

### CAMERON

Belated Christmas Greetings and all good wishes for the New Year to all family, friends and neighbours. Annie.

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### CHAPPLE

Wyn died peacefully on 25th December 2004. Heartfelt thanks to all at Cumbria Care, Sedbergh Health Centre and Day Centre, Westmorland General Hospital, the Parkinsons's Disease Society and Social Services for their skill, care and hard work from Andi and Helen.

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### GARDNER

Congratulations Graham on your **21st Birthday** on February 13th. Have a lovely day. All our Love and Best Wishes Dad, Mum, Laura and Shaun.

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### HEIM

Thank you to friends and neighbours. I would like to say an affectionate goodbye to all those friends and neighbours who have made living here a joy for the past seven years. Millthrop, Sedbergh, the rivers and fells have been my home and a continual source of support, conviviality and imaginative inspiration. I have enjoyed caring for Number 8 and being part of the 'streetlife'. I am very saddened by this untimely, enforced ending to my tenancy. I haven't moved far away, and hope to keep in touch, but will miss the everyday fabric of life here very much indeed. With warm regards. Wallace Heim

### HUNTER

Congratulations Lyn on your **18th Birthday** on 24th February. Love and Best Wishes from Mom, Dad, Caroline, Peter and David.

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### HUNTER

Happy **18th Birthday** Lyn. Have a lovely time. Love Nana.

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### JAMES

Jane and Jenny would like to thank everybody who has supported us through a very traumatic time. To everyone who sent cards and best wishes, to all of you who kindly sent gifts, we thank all of you from the bottom of our hearts. Special thanks to all at Dent Post Office for their kindness and understanding, also to Stone Close and Dent Nursery. Thank you to everyone concerned, with our sincere thanks.

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### LONGTON-WOOF

Warmest Love and Congratulations Tina and Andrew on your engagement on Christmas Eve. Wishing you Love and Happiness and Gods richest blessings. Mum and Dad, Jenette and Susan.

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### MIDDLETON

Treasured memories of our darling MUM and Granny who fell asleep January 28th 2004. We do not need a special day to bring her into mind. For days without a thought of her are hard to find. Sarah, John, Jenette, Andrew and Susan.

## PERSONAL & SMALL ADS £1

### MIDDLETON

Happy **21st Birthday** on February 11th to Lisa Jane. Best wishes love H.

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### LONG

May I say how grateful I am for the expressions of kindness I have received in the last few weeks. I appreciate deeply each one of them, and I send you my heartfelt thanks. Bill.

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### STANTON

Mary and Jack wish to thanks family and friends for all the beautiful cards, flowers and good wishes received for their **Golden Wedding**. We had an unforgettable day. Donations in lieu of presents amounted to £350 and has been sent to North West Cancer Research Fund. Thank you everyone.

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### TODD

Margaret would like to thank family, friends and neighbours for their cards, flowers and messages of sympathy, following the sad loss of George. Thank you for all donations to Ward 2 at WGH amounting to over £400. Also thank you to everybody who gave me lifts to and from hospital.

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### FOR SALE

Large wooden Rocking Chair. £70. Tel. 20912.

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### FOR SALE

Belle Electric Cement Mixer. 240v in good usable condition. £75. No offers. Tel: Dave @ Meadowside 015396 25329

### FOR SALE

Electric Scooter with four wheels. Red. Nearly new. Lights and cape, hardly used. £700 ono. Rae Holmes 21206 or 21817.

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### FOR SALE

Pair of Ladies Navy K shoes. Wide fitting. Size 7. Bought as an emergency, barely worn. Cost £46, accept £20. Tel. Sedbergh 21176.

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### REQUIRED

Due to the retirement of our existing cleaner, we are looking for a reliable person to clean our 3 bedroom holiday cottage at Garsdale. Our rates of pay are good. For more information telephone Wendy on 01702-478846.

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### SEDBERGH PARISH COUNCIL

From the minutes of the meeting held on 27th October.

The Chairman welcomed Guest Speaker Mr. Lancaster to talk to us about the latest developments in the provision of car parking by SLDC.

If SLDC continues to run Joss Lane Car park then in 2005 there will be no concessions for residents as at present. This will mean that users of this car park will either have to 'pay and display' or get an expensive SLDC annual permit. Also when the present agreement with Sedbergh School for the use of Loftus Hill car park comes to an end in 2006, SLDC will only renew this if they can charge for use. It appears that SLDC would be keen for the Parish Council to take over the running of the car park and the toilets.

It was agreed that serious consideration should be given to the running of the car park and toilets by the Parish Council if a suitable offer is made by SLDC. The Chairman asked Mr. Lancaster to get more details from SLDC and prepare a proposal for the Council to consider.

### HIGHWAYS

Although some repairs have been made to Blackhorse Hill water is still leaking onto the road. This is especially worrying with the approach of winter.

There are still potholes at Moss Corner, Buck Bank Lane, Settlebeck Corner and Hilands, Howgill Lane.

### PLAYING FIELDS

The work on the new play equipment is nearly finished and the official opening is scheduled for 7<sup>th</sup> November. The playground group has arranged insurance for the first year but this has cost in the

SEDBERGH & DISTRICT

## HISTORY SOCIETY

**Wednesday 2nd February**

**Members Evening**

Recording Oral History

*Anthea Boulton*

Dent Boundaries

*Joyce Scobie*

**Wednesday 16th February**

Gayle Mill Restoration Project

*Brian Alderson*

*& Graham Bell*

**In Dent Memorial Hall**

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

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

Chairman: Joyce Scobie 21106  
Secretary: Diane Elphick 20605  
Treasurer : Marlene Mason 20509  
Member Sec: Richard Cann 20771

region of £1,000 and they have asked us assistance next year towards the costs of maintaining this facility. We had already agreed to continue with the playground inspections and would support the ongoing costs of running the play area. The amount will be discussed when the precept is set. The playground will continue to fundraise and continue to look after the site for the first few years but it would probably be cheaper as far as the insurance is taken out under the Parish Policy, but for this the area would have to be handed back to the Council.

The Gala group expressed their concern that the bonfire site is no longer available.

The hole created by United Utilities is

# DENTDALE ELECTRICS

R & J C Holmes

After many years of being in the trade, we are now going into retirement. A big thank you to everyone that has supported us over the years.



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still there although it has been reported to them and they have promised to attend to it.

The hedge on the south side needs layering. Cllr. Sedgwick said he will look at it to see what action is required.

## TOWN TWINNING

Cllr. V Hopkins is to accompany the forthcoming visit to Zrece as Parish council representative

## OTHER BUSINESS

It was agreed to support the move against centralisation in Manchester of the fire service control for the North west region

Planning applications were considered as follows:

Proposed housing development at Aqua Engineering site, Guldrey Lane, (Resubmission)

*We reluctantly support the change of use to residential use but would like to see provision for new industrial site in the next development plan. We support residents concerning access to the site and increased traffic and feel that 5 dwellings is too many*

FPP demolition greenhouse and erection replacement at Stone Hall

*No objections*

Relaxation condition re use of Clubhouse for functions and change to extension to clubhouse at Sedbergh Golf Club

*No objections*

Erection porch and extension at Windercombe, Joss Lane

*No Objection*

FPP erection of new disk on existing tower off Joss Lane, Sedbergh

*No Objection*

FPP erection sheep shed at Castlehaw Farm, Sedbergh

*No Objections*

FPP erection dwelling at rear of 14 Thornsbank, Sedbergh (resubmission)

*This is an inappropriate site as there is no vehicular access.*

Planning decisions were received as follows:

FPP erection agricultural storage buildings at The Paddock, Millthrop,

*Granted*

FPP erection conservatory/sun room at 13 Fairholme, Sedbergh

*Granted*

FPP new window opening in west facing elevation at 41 Woodside Avenue

*Granted*

FPP Location 2 antennae on existing tower and use of existing building for associated equipment at CCI Joss Lane, Sedbergh.

*Granted*

SHS PTFA

**Sedbergh School GGF Band  
In Concert**

*Conductor:*  
Alan Lewis B Phil, LTCL, NABBC  
**Tuesday 8th February @ 7.30 pm**  
Settlebeck High School  
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**SEDBERGH & DISTRICT  
BEEKEEPERS' ASSOCIATION**

December and January are the two months when the bees are at their quietest and just a little sugar fondant is given to them as a Christmas present over the feeder hole at the top of the hive. The bees were flying freely in the sunshine from all hives on Christmas Day and Boxing Day, but have sensibly stayed firmly indoors ever since! We seem to have been luckier than most with the January storms - no member has reported any hive being blown over or washed away!

I have an apology to make to the editors and readers. I pressed the wrong button in November and sent last year's report by

accident - *Anno Domini* catching up, I fear! You *should* have been able to read:-

"On the 15<sup>th</sup> November eighteen members attended our last club meeting of 2004 to set up our programme of meetings, apiary visits, and other events for 2005. This caused a great deal of merriment at times, particularly when one of our lady members noticed that we had a meeting scheduled for 14<sup>th</sup> February (*now fixed for the 21<sup>st</sup>*); she suggested that we should discuss love and courtship in the hive - has the queen a heart?! We finally agreed to discuss, and if possible watch a video of the queen mating flight that every virgin queen has to make soon after she emerges from her special cell, and before she can start to lay the hundreds of thousands of fertile eggs she will produce at the head of her colony during her lifetime of two to three years. She soars up fifty feet or more into the air to be met by the local drones (male bees) that have got wind of their opportunity, and like Second World War fighter aircraft, have already got airborne and are waiting! You will have to attend the meeting to learn what happens next!

We shall be at the Sedbergh Spring Show, and again at Gala, and our 3<sup>rd</sup>

**SPARE TIME?**

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SEDBERGH & DISTRICT ROYAL BRITISH LEGION  
*presents*  
 A Slide Show of Sedbergh School  
**Everest & Patagonia**  
**Expeditions 2003/4**  
*by Jim Fisher*  
 in The People's Hall  
**7.30 pm on Wednesday 9th February**  
 Tickets £2.50 from The Green Door  
 Includes Refreshments. Raffle  
*Non Members Especially Welcome*

Annual Summer Convention in the People's Hall will have four speakers presenting talks on different aspects that make up the value of the honeybee to us all. The dates, times, and venues of all meetings will appear in next year's Lookaround Diary. You will be made very welcome at any of them. Our first meet of the year will be our 9<sup>th</sup> Annual Dinner. This will be from 7.30pm on Friday 21<sup>st</sup> January 2005 at The Head at Middleton.



After the business was complete we had a grand honey tasting session of honey bottled this year from each of our apiaries. It never fails to surprise us just how wide a range of honey colours, aroma, and taste, is produced by our bees from the nectar they collect from the blossoms of our local flowers and trees. Our Vice Chairman, Vic Hopkins, also brought a jar of very dark honey he had been given by a Slovenian beekeeper on his recent trip to our new "twin". Its aroma and taste were as different from our local honeys as was its colour! But very pleasant nonetheless!  
 On behalf of the committee and

members may we wish you a very happy Christmas and safe and prosperous New Year 2005."

Our next meeting will in fact be at 7.30pm in the People's Hall committee room on Monday 21<sup>st</sup> February when we shall be discussing the beekeeping year ahead *and* looking at queen mating. You will be made most welcome if you would like to come along. Please call 21902.  
*Malcolm Fraser-Urquhart*

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## YORKSHIRE DALES HOUSING BAN

*some thoughts*

What is to become of the value of your house now that Yorkshire Dales National Park members seem set to introduce a policy to prevent 'off-comers' buying new houses?

The recent meeting of YDNP members certainly caused national interest in the subject and Radio 2's Jeremy Vine held a phone in as members met on Wednesday 19<sup>th</sup> January.

Have you any fear as to what your house is worth if this is implemented? Who will this affect? Will local youngsters then be able to afford to buy a home? Call in and have a chat with us at Cobble Country.

I think that all will agree that in this particular area with its relatively low income, house prices are now hugely out of sync with an average wage let alone someone's wages starting out in the

employment world. Some would argue that it always was difficult to get on the housing ladder and it takes a gigantic step of faith to commit to a large mortgage that seems like it will never be paid off but I do think that it is particularly difficult now.

I am always pleased when we can oversee a sale to a local young couple that are then able to stay in the area. It does take a big commitment but in the end they have made that leap of faith and joined the ladder.

This policy, and any other grand ideas about controlling the market will only work if monies from an outside source artificially support it. Why? Builders will only be able to build to a cost that is profitable for them and they will build outside the area if they have a choice of working for a profit or for nothing. It is obvious that we do need some supported house building but it is wrong to ask individual builders or existing property

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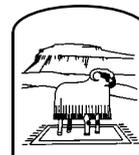
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owners to foot that bill after our own local government have decided to sell off all their own housing stock.

So how will that subsidy be raised?

If there is such a huge number of people wanting to come to this beautiful area of ours, and there are because our database grows daily, then a radical purchase tax of say 10% on the open market price of ANY house bought by someone not committed to ***'benefiting the community in a productive manner for at least 10 years'*** would be one way of generating a subsidy fund. Could YDNP ask for this on new build permissions? Would they also be very strict about implementing the policy conditions for employment?

This is a redistribution of wealth from those able and willing to 'pay the price' to come and live in this beautiful area. We certainly wouldn't want to stop new blood coming into the area as we value those new skills and experiences brought to our community, but many will have profited from higher earnings and house price sales outside of the Dales and so will be buying our quality of life which is what they seek.

I have always maintained that we as country dwellers pay enough taxes to support amenities in urban areas of our country that benefit those urbanites to a greater degree than ourselves. We do this with hideous car parking charges when we visit those urban areas and council and general tax rates throughout the year.

Let's also reintroduce tollgates to the Yorkshire Dales. We do not need tourists driving through without spending in the area. Locals have pass cards and visitors would recover the cost of their £10 visitor

pass when they purchase goods in the area. It happens in Australia where they have far more parks and more land area so it can work. Sometimes, we must be a little more commercial with 'our' asset.

Perhaps an 'Unoccupied Tax' will assist in revenue generation for local house building. Thereby, homes that are used commercially for holiday rentals will generally bring in proportionately higher revenue and business per week occupancy than a regular dweller and would not be liable for the Tax if they had say 50% annual occupancy. Those 'second homes' used for the occasional weekend by someone owning the property will generate revenue for the area by a significant 'Unoccupied Tax' to be used to support local needs housing.

Any more radical thoughts? Send to YDNP with a copy to Cobble Country Property in Sedbergh. Please – no firebombs from second homeowners through our office door!!!

---

*Dear Editor*

Last year our W.I. heard a talk from a gentleman from Kirkby Stephen which included a section about the origins of the "Tommy Road."

According to him, quoting from a book he had read, the name was given following the year long filling in of the loose subsoil above the tunnel of the Settle/Carlisle Railway beside the "Tommy Road". It was a huge task and the men who did the work stayed in the area and were supported by food brought to them during their working hours on a "Tommy wagon", mainly sausages.

*Mrs J. Templeman*

### **TOWN TWINNING MEMBERSHIP SCHEME**

You've seen the Zrece Presentation, heard the travellers tales, now it's your chance to cash in! After the razzmatazz of TV cameras, visits, and voting week, we settle into the fascinating long haul development of a relationship between the two towns - and while we need your help, we can also do something for you!

The Town Twinning Group is proposing a **ZRECE SUBSCRIPTION** scheme open to individuals and families in exchange for which will be made available to you Zrece discounts, useful names and addresses, and travel advice. The proposed rates are £10 per annum for individuals and £25 for families.

Furthermore, the Town Twinning Group along with the Settlebeck Parents Association is proposing to hold a **PROMISE AUCTION** to raise funds for the Settlebeck School Y9 Zrece trip at Easter 2005. An Auction of Promises means that companies and individuals offer services that people bid for and all the proceeds go into a fund. Highest bidder gets the promise. These things can range from very considerable services / prizes, to small, local handyman stuff, and such things can be offered by children or adults eg lawn mowing / weeding for a day, ironing, shopping, helping with computers, etc, to offers that only a biggish concern in the town could make. So do watch out for details to be



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### **FEBRUARY**



- Celebrate St Valentine's Day with us. Have a romantic Dinner on 12th and 13th February in our Restaurant or our Bars. Choose from our special menu for only £14.95 per person
- All children under 10 years eat free with every paying adult
- They've seen the programme. Invite your friends and family to Sedbergh.
- Accommodation: - Two Nights for the price of One



published later. If you think you may have a package of prizes / offers / services you could offer, do be thinking about them. Contact names / phone numbers etc will be published on the Zrece Board outside Powell's the Greengrocers on Main Street.

This is all part of the strategic plan to set up a Trust Fund that can be drawn on to subsidise generations of Settlebeck students on educational and cultural trips to Zrece so that good working friendships and relationships can be built up between the two communities over the generations and that we should have funds in UK to help with travel expenses when Zrece children visit our community. Settlebeck Headmaster, David Smith, has the

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intention that each year, every year nine Settlebeck student should be given the opportunity of travelling to Slovenia. Unfortunately this year the only time that our year nine children could go is in May which is to early to draw on any available funding so we have to make a huge effort to raise funds ourselves. We believe that to maintain the continuity of the twinning enthusiasm it is very important that this first exchange takes place so please help! Do talk to the Richardson family, to Liz and Nigel Close, or to any of the Zrece delegation – Garth Steadman, Alison Brown, Vic Hopkins, Susan Garnett or Stuart Manger - about the delights of Zrece, and then support these worthwhile long-term ventures.

The Video of the Twinning Party is now available from Garth Steadman at a cost of £10.00. All sales receipts will go to the Settlebeck Children's Trust Fund.

The Town Twinning Group also would like to organise a trip to Zrece for Adults possibly early Summer for about one week. If anyone is interested please contact some of our members so we can start to plan the trip and make the necessary bookings.

### ABBEYFIELD

Abbeyfield, Kirkby Lonsdale is just one of a group of houses throughout the country offering sheltered housing, residential care or nursing care. The Group was started to provide a home for older people living alone who wanted companionship and some help with domestic tasks. Richard Carr-Gomm met people after the war who wanted to be able to stay in their own homes with their own treasured belongings and who were perhaps lonely but wanted to keep their independence so he started the Abbeyfield Society – there are now almost 600 interdependent societies in the U.K.

Kirkby Lonsdale offers sheltered housing – this means that residents have their own en suite room with their own furniture and belongings but are provided with two good meals a day. Also included in the rent are maintenance, heating, cleaning and laundry (bedding). The rents are very reasonable as Abbeyfield is a charity so does not make a profit. Rents start at about £500.00 per month depending on room size and facilities. There are 2 housekeepers for each house and cleaning staff but no nursing care is offered. If people require assistance with personal care at a later stage they purchase it from a carer as they would in their own home. This means that residents can stay in their home in Abbeyfield for as long as they wish – health allowing.

The houses in Kirkby – Travers and Gables – form a small community which is run by a Manager who lives on site and is also a housekeeper so she is fully involved with each resident and staff

member. She is the key to the smooth running of the two houses. The Abbeyfield Society is organised by a committee of volunteers who live in and around the area. They are responsible for the overall management – finances, staffing, legal aspects, health and safety, accepting new residents and general maintenance of the houses and gardens. They visit regularly – the committee do everything they can to promote a friendly, helpful atmosphere where people can make their own decisions about what they do and where they go but receive assistance when they need it.

We are fortunate at Kirkby to have a lovely site with views of the Fells and a beautiful garden which is fully available to residents.

*Some quotes from residents:*

“I was worried about giving up my home after I was ill but knew that I couldn’t go on managing by myself with the family so busy, but I am glad that I came here when I did – I still look after

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myself but don't have to bother with cooking and carrying heavy shopping. I love the garden and potter around when I feel like it."

"I kept thinking about coming here as I have a friend who lives in a similar place but I really put the decision off for too long – I wish I had moved years ago and enjoyed the freedom and companionship without the worry of my house after my wife died."

"My room is not very big but has a lovely view and I am always off out somewhere in the town or visiting friends – it is so nice not to have to worry about things going wrong in the house – I just phone the housekeeper and she sorts it out – wonderful!"

"I was a bit concerned that I would be expected to join in 'activities' – I needn't have worried – we have coffee together sometimes and there is the occasional get together to celebrate something or other but it is all very informal and we can please ourselves whether we go or not. The committee are very friendly but don't interfere so we invite them in for a drink at Christmas!"

From a daughter of a resident: "I am convinced that my mother had some of the happiest years of her life when she lived at Abbeyfield, Kirkby Lonsdale". If you would like to know more about Abbeyfield in Kirkby Lonsdale please contact the Manager, Pam Carpenter on 015242 71306.

### A SEDBERGH VIEWPOINT

The ink had hardly dried on the last Viewpoint when I realised, too late of course, that I had not congratulated the movers and shakers who had worked so hard to achieve the construction and opening of the new children's playground at The People's Hall. However, I need not have worried and I thank Maggie Morrissey for all the details she provided for the last *Lookaround*.

One of my grouses about life in Sedbergh (and as you know they are few) is that our local councils, always anxious to levy council tax on us, don't put much back into our community. The playground is a case in point. Many District and Parish Councils provide and maintain such playgrounds but our two

local councils could only summon up miserly contributions. If it hadn't been for the Landfill Tax Credit we might still be raising money and waiting for our marvellous new playground. I wonder how the new facility is to be maintained in safe working order for years to come. By our local councils?

I remember a *Lookaround* article during the past year (I think entitled "An Alternative Sedbergh Viewpoint") when the demise of our local Rural District Council back in 1974 was noted with sadness and the writer felt that local services had deteriorated consequently. I agree. Local government needs to be local and face-to-face. John Prescott learnt that, if nothing else, when the north-east with his regional government

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referendum recently. I saw a letter in our local paper a few weeks back suggesting that when the next elections come we should not vote for any sitting members seeking re-election if we want to get new impetus into our local councils. I agree to that, but the problem is too few people wish to stand for these bureaucratic bodies (and that includes me too!).

Since the last *Lookaround* the County Council has been graded as being weak for the second consecutive year, the lowest rating there is. SLDC after suspending two chief officers on full pay for nine months now decides one should be “invited” to retire and the other can come back to work. How did the council manage to survive without them for so long? It does raise the question whether their positions and their salaries are necessary at all. The dispute was over miscalculated council salaries in the first instance! As for our Parish Council, which of any of the three councils should be face-to-face, I sometimes wonder what it actually does. I’ve looked on the Main Street notice board in recent months to see the agenda for the next meeting only to find the exhibited agenda two months old! Then when the meetings are reported in *Lookaround* the “news” is at least two months old. I notice too that the Town Twinning, initiative, like the playground, has been driven by a group of individual enthusiasts rather than the Parish Council. What a good job they have done too, and now they are TV “stars”!

It is a bit of a shock to see yourself on national television and have people from away phone and tell you they have seen

**JOHN  
SOUTER**

21 Fairholme, Sedbergh  
☎ 20904



**ALL RUBBISH  
REMOVED**

you on the box. The title is a bit of a mouthful, but the editing is skilful and it is quite a good story. Overall Sedbergh is shown in a fairly good light though perhaps in some instances we are made out to be a bit naïve. One of my phone callers thinks the publicity will draw druggies up to our reported clean neighbourhood. I hope that there are not too many downsides to the publicity for The Town That Wants a Twin. We want our precious community to benefit from the exercise.

The editors will cull me if I ramble too much more, so although I could write more I will leave it until next time.

Best wishes

*N Hastle*

### EXERCISE - HOW MUCH IS ENOUGH?

To understand this issue, Chinese medicine uses the concepts of the fundamental substances Qi, Blood and Jing (see below). This article addresses the question for those who are basically well and does not take into account any special health considerations.

Qi is the energy of the body, obtained by eating and breathing on a daily basis and used for all functions and movement. The issues here are whether you have enough Qi and whether it is circulating smoothly and in the right way (for example, the Qi of the stomach must descend to move food through the system, but the clear Qi of the intellect must rise to the head).

BLOOD is a familiar concept, which in Chinese medicine has the functions of nourishing and moistening the tissues, organs and joints. The issues here are the quality of the blood (does it contain the nutrients the body needs?) and the



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smooth and sufficient flow of the blood to where it is needed.

JING is the precious essence, which determines your constitutional health.

You receive a certain amount from your parents at conception, which is slowly used up during your life. This partly explains why parents are often tired. (In one of his books, Carlos Castaneda describes how an associate sorceress steals back the portions of Jing she had donated to her daughters. Most parents would probably not consider this to be ethical, though they might be tempted because it would definitely quieten the children down.) In Taoist philosophy, the purpose of life is said to be, to transform Jing into Spirit.

If the Qi is not sufficient for daily activities, the body is obliged to draw on its store of Jing, which over time can become depleted. This is often described as “running on empty” or “burning the candle at both ends”. It is not easy to

replenish the Jing, however at the end of each day, if you are not totally exhausted, any remaining Qi can contribute to maintaining the Jing. The issue here is to assess your constitutional strength and not to exhaust your Jing by overdoing things.

Exercise promotes the movement of Qi and invigorates the flow of Blood. Excessive exercise consumes the Blood and depletes the Jing. Balancing these two aspects is one of the main keys to good health.

As we all know, insufficient exercise leads to overweight and sluggishness. Poor flow of heart and lung Qi can lead to breathlessness. Lack movement can lead to poor digestion and, on an emotional level, depression and irritability. In extreme cases, such stagnation can lead to serious diseases. Any small amount of exercise is better than none, and it does not take very much to make a difference. For example, one study showed that exercising, for only 20 to 30 minutes three times a week, can trigger an increase in insulin receptors on muscle cells. Starting with a small amount, you will need to experiment to find a level of exercise that invigorates

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you, but does not exhaust you.

At the other extreme I have noticed, that in some very fit people, pulse and tongue diagnosis can reveal a deficiency of Qi and Blood. I am therefore concerned that people should not overdo their chosen sport to the point at which it becomes damaging. Signs that this might be starting to happen might be: frequent small injuries (typically Achilles tendon, hamstrings, knees, elbows), low back pain, frequent urination, difficulty sleeping, and minor but persistent digestive problems.

Some people manage to maintain a good level of vigorous exercise into their seventies, seemingly without any of these problems. I should be very interested to see whether tongue and pulse diagnosis in such a case reflects the obvious strong constitution. If you fall into this category, and don't mind my curiosity, please get in touch! My telephone number is (015396) 20972.

*June Parker*



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## **SEDBERGH TOWN BAND**

### **Christmas Concert**

The 2004 Christmas Concert was held on Tuesday 7th December in the People's Hall. As in previous years all available tickets had been sold several days before the event, testifying yet again to the generous and warm support that is exhibited by the town for its band.

The intention behind the concert was to provide an appropriate launch to the Christmas festivities. With this in mind a musical programme was constructed that consisted of traditional popular numbers associated with Christmas and familiar carols that encouraged enthusiastic audience participation.

In addition Stuart Shields, a fine tuba player, exhibited his musical virtuosity by singing solo numbers accompanied by the band and his won guitar playing. Particularly memorable in his programme was 'A Christmas Lullabye' composed by Freda Trott and arranged by Alan Lewis. This first public performance of Freda's

composition was a great success with audience and band alike looking forward eagerly to a performance of another of her works at the next concert.

During the interval the raffle was drawn and some thirty prizes were distributed to the winners by Father Christmas who had arrived earlier keeping his promise to bring presents for the children attending the concert. Consistent with the Christmas theme mince pies and mulled wine were distributed to the audience by members of the band.

The band would like to take this opportunity of expressing their thanks to all who made the evening both possible and a success: the publicity provided by *Lookaround*: the business premises who displayed our posters: McConnells, Knights and the Bull for selling the tickets: the ladies who prepared the hall, sold the raffle tickets, manned the doors and produced the refreshments: and most importantly the supportive audience. A heartfelt thanks to all. *G. B.*

Philip Horner

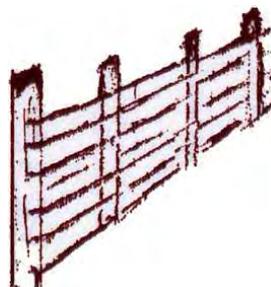
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## DENTDALE WI

Plenty of WI business to discuss as the first meeting of the new programme got underway. Best wishes for 2005 were received via a card from our President Margaret Fothergill who was unable to be with us. Several Members had been to the Consultative meeting to hear and vote for the Federation's choice of resolutions to go forward for selection at National level. Plenty of votes had been received for resolutions concerning Farmgate milk prices and free treatment for tuberculosis victims. It will be interesting to see if they make the eventual resolutions to be discussed at the National AGM in June to which it is the turn of Dentdale WI to send a delegate. Members were asked to volunteer if they felt they would like to go.

Freda Meakin put a couple of choices before us for the summer outing including a trip to Coniston, followed by supper catered by Coniston WI. This received overwhelming support, and why not, the idea of a pleasant summer drive seems irresistible during the cold, wet, windy days of January!

At this point visitors joined us for an excellent talk with slides by Tony Hannam entitled "Glimpse of History along the Eden Way". The slides showed a very peaceful River Eden and so many interesting features to mention but a few: The Bronze Age site of Long Meg near Penrith - Kirkoswald and its' associations with the De Morville family. Hugh de Morville was one of the four responsible for the death of Thomas a Becket. - Appleby Castle and all the associations with Lady Anne Clifford. And to bring us nearer to the 21<sup>st</sup> Century the home

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village of the parent's of Michael Faraday. Judith Newsham gave the vote of thanks and spoke for us all when she said that the slides and talk had wetted our appetite to look again with new interest at some of the places featured.

Catherine Sugden's competition entry of a description of a walk written in just a hundred words caught the judges eye for first place and Stella Bannister won the raffle prize.

The new programme for 2005 promises to be just as interesting and new members and visitors are always welcome. Next Month Helen Winn will be talking to us about her experiences in working in the prison service.

## FEBRUARY GARDENING

Some of the most attractive plants in a winter garden are those which have coloured stems and bark. When the odd gleam of winter sun escapes from behind the usual cloud, the patch of red stemmed dogwood (*Cornus alba* 'Sibirica') over in the corner of my garden, almost glows. It looks pretty good even on an overcast day, but is not quite as bright as *C. sanguinea* 'Winter Beauty' which shines orange/yellow and looks particularly good when the stems are wet. (No shortage of that this year). *C. stolonifera* 'Tiaviramea' has yellow/green stems and contrasts well with the blackish purple stems of *C. alba* 'Kesselringii'.

In a large border, with a dark backdrop of evergreens or a dark fence, the White washed brambles, (*Rubus cockburnianus* and *R. biflorus*) make an interesting picture. The young stems are covered in a bright chalky white bloom and in established plants, will make a good thicket of thorny stems. These, and the

*Cornus* are usually pruned hard (down to 6 ins.) and fed with a good dollop of muck, or a handful of pelleted chicken manure in early spring to encourage a new crop of shoots to grow for the following winter.

Ornamental bark on deciduous trees shows to its best advantage now. I love the clean white birch bark of *Betula utilis* *jaquemontii* and the pinky cream bark of *B. ermanii*. These trees are very hardy, trouble free and will thrive in stony soils and exposed positions. Another favourite, *Prunus serrula* which has amazingly smooth, glossy bark, the colour of polished mahogany, grows well on the deep neutral loams further down the Lune Valley, but, along with most other cherries, seems to dislike the acid stony soil of my garden. I shall have to wait instead for my lovely white flowered *Stewartia pseudocamellia* to grow into a decently sized tree and begin to display its beautiful cinnamon coloured peeling bark.

Elaine Home

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### **KILLINGTON W.I.**

This December, Killington WI decided on a change of venue for their Christmas lunch and chose Whoop Hall near Kirkby Lonsdale. We had the use of their larger function room and soon it was filled with the sound of merry chat as thirty-five members and friends sat down to an excellent lunch. Unfortunately two members, Josie Waller and Mary Bateman plus Mary's guest Edna Raw, were unable to attend. We were sorry they were absent from such an enjoyable afternoon.

After lunch the assembled company put on their thinking caps and soon the only sounds to be heard were the wheels ticking over as the various competitions were tackled. The colour quiz resulted in a three-way tie for first place between Wendy Fraser-Urquhart, Marjorie Henson and Brenda Nolan. The picture quiz gave them a bit of trouble but Dawn Stevens and Joan Moores emerged as the winning team. We then played a couple of games of bingo which Norma Cheeseman and Ruth Towler won.

This year, one of our guests, Glenys Wearing won the hamper. However, she was sitting next to Wendy, who you will remember has won the hamper previously. Perhaps next year there will be a fight to sit next to Wendy! Lastly the member who had accumulated the most points in our monthly competitions was our President, Shiriey Richardson.

The afternoon ended with a cup of tea and biscuits during which Susan handed out the W.I. News together with the programme for 2005 and reminded the members that next year's meetings will be

held in the Methodist Schoolroom. Sarah Woof, thanked the Committee for all the work they had done to make the afternoon a success. *V.C.*



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### **SEDBERGH & DISTRICT ART SOCIETY**

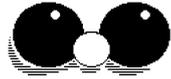
At the December meeting, Jeremy Ford gave a masterly demonstration of water colour painting. Using one of his own paintings of a snow scene to copy from, he showed how to build up the picture from washes to detail, giving many useful tips on the way. For example, before adding figures to a scene, draw them on tracing paper and move them around on the painting to find the best position for them. Those of us who still think of ourselves as beginners found the simple, clear explanations very helpful

At the meeting on January 14th, members were treated to a Video demonstration of pastel painting by the late Christopher Assheton-Stone. A quiet, unassuming lesson by a master pastelist, during which the picture gradually built up as if by magic, showing the glowing quality of pastels to great effect.

*V.Finch*

SEDBERGH BOWLING CLUB

**A. G. M.**



**Thursday 24th February**

7.30pm

Committee Rooms

White Hart Club

### EYE 2 EYE

We have all probably seen reality and makeover TV shows which often include Life Coaches but just what is Life Coaching?

#### SO WHAT IS LIFE COACHING?

Life Coaching is motivational, inspiring, positive, exciting and action driven. A Life Coach will help you look at where you are in your life now, where you would like to be and will work with you to bridge the gap. By raising awareness and encouraging you to take both action and responsibility for your own life, a Coach can help you rise to your own challenge and go further than you ever thought possible. Life Coaching is not counselling or therapy. Coaching looks forwards not backwards and for this reason not all issues are suitable for Coaching.

#### WHY WOULD I NEED A LIFE COACH?

There are as many reasons as there are individuals; we all have our own challenges to overcome. Some reason for working with a Coach could be as follows.



"I have a problem that's been around for ages but I keep putting off dealing with it."

"I seem to spend all of my life just catching up"

"My life seems to be all work and no play"

"I'm in a rut at work but feel too drained to get out of it"

"I've always had a (particular ambition) but all of my friends and relatives think it's a bad idea and don't support me"

"Things would be great IF ONLY I had a new job..... I could lose weight..... I could get more exercise..... I could stop smoking etc. etc."

#### SO, IS THIS MAGIC?

Does the Coach wave a magic wand and suddenly everything in the garden is rosy? Sadly no. Coaching involves a lot of hard work and commitment by the client, but, IF you are truly ready for a change and 'cannot see the wood for the trees' then the benefits of Coaching can be tremendous. If you do what you have always done then you will get what you have always got. Take the bull by the horns and contact a Life Coach for an

informal chat about how you could possibly move your life forward.

Lawrence Nelson is a qualified professional Life Coach who works with clients via telephone, e-mail and through workshops. In addition to general Coaching Lawrence specialises in defining and refining the goals, objectives and ethical direction of new businesses, working with clients to realise their potential and dealing with the causes and effects of road rage.

**SEDBERGH BADMINTON CLUB**

Sedbergh was well represented at the South Lakes Schools U13 and U15 Badminton Competition at Kendal Leisure Centre on 28th November. In the U13 singles the winners were OLIVIA LAW and BEN CHETWOOD; the runners-up were ELIZABETH THEXTON and ADAM ROBINSON. In the U13 girls doubles the winners were OLIVIA LAW and ELIZABETH THEXTON, runners-up ROSIE MASON and EMILY ARMITSTEAD. In the U13 boys doubles, the winners were ADAM ROBINSON and BEN CHETWOOD, runners-up TOM COOLING and WILLIAM WHITE. In the U15 singles, winners were EMMA TEAL and JOE ROBINSON, runners-up LAUREN DOWELL and MURRAY HAY. The U15 girls doubles winners were EMMA TEAL and BETH MASON, runners-up LAUREN DOWELL and RACHEL THOMAS; in the U15 boys doubles the winners were JOE ROBINSON and SAM MITCHELL, runners-up MURRAY HAY and ANDREW POSTLETHWAITE.

The end of term club competitions at Sedbergh School Sports Hall were well attended; the juniors played in two age

\*\*\*\*\*  
**LFH**  
**DOMINO DRIVE**  
  
 Friday 25th February  
 7.30 pm  
 Settlebeck High School  
 \*\*\*\*\*

groups and after some close matches RICHARD THEXTON and NICK HOLMES were victorious, with SIMON HUNTER and BEN CHETWOOD the respective runners-up. The Christmas Pot luck Competition for seniors was won by KEITH BURROW and MARGARET CHAMBERS, with ANDREW BURROW and ALISON MCCLEOD runners-up.

The junior coaches are very proud that ADAM ROBINSON and EMILY ARMITSTEAD have been selected to represent Cumbria (u12) in competitions at Ashington during January. CONGRATULATIONS to them, and good luck! Watch this space!

JOE ROBINSON travelled to Bradford during December to play in a Badminton Association of England Competition.

SENIORS: Both teams have been knocked out of the Albert Pearson Competition. The 1st team were beaten by Heversham by 45 points; the 2nd team were beaten by Burneside by 54 points. However in the league the first team are top of division 4 and the second team are top of division 5.

*Kate Thexton*

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**OCTOBER WEATHER**

On the whole another rather damp and breezy month though generally mild, for the time of year. Although the temperatures were dropping we did not see a frost, in fact only on 3 days did the minimum temperature drop into the 30sF with the lowest recorded being 36.7F. At the other end the maximum temperatures were all in the 50sF with a high of 59.2F. On the 27<sup>th</sup> the maximum was reached at 1130 pm. Pressure was usually in the 29 inches of mercury with several days towards the end of the month dropping into the 28 inches with the expected increase in the wind speed. Winds were more variable in direction than in recent months but still over half were from a north westerly quarter. The maximum recorded was 26.2mph. Even with these winds it was so mild that the wind chill factor only dropped into the 20sF on 3 occasions. Total rainfall was 6.30 inches with 6 days during the 2<sup>nd</sup> week and 6 days at the end of the month without measurable rainfall. The mild damp weather was reflected in the natural world with a frog seen on the 22<sup>nd</sup> and Winter Jasmine flowering along with Prunus subhirtilla. A small group of Fieldfares were seen at the start of the month with more towards the end of the month along with Redwings feasting on the plentiful haws. Many spring bulbs have also put in an appearance. Is winter approaching or is it spring?

**TSUNAMI EARTHQUAKE  
COFFEE MORNING**

Like so many people over the Christmas period, I watched in horror at the television pictures of the Tsunami Earthquake and each evening felt I

should do something to raise funds for the victims. I could not begin to understand how those people must feel, not only losing all their possessions and homes but many of them losing their whole families, and so, on New Years Day I decided to hold a Coffee Morning. I apologised to Mrs. Howarth for ringing her to book the room and decided to hold it within a week. After telephoning a number of friends and my family the word spread and offers of help, cakes and bric-a-brac starting rolling in.

I had set myself a target that all monies raised would go to the appeal and if I reached a few hundred pounds I would be very pleased.

However, as we all know, the day before brought our county storms and all thoughts of making lots of money for the disaster fund almost disappeared. However on the Saturday morning, although the weather was still very bad, I decided to go ahead because so many people had offered their help in so many ways. At 10 am when the Coffee Morning started, there were very few people around, however it picked up and a steady stream of people came and EVERYONE was so generous.

At the end of the morning when the money was counted, we had received a staggering total of £1,024.10.

Since then I have also received further donations amounting to £30.

This amount was beyond my wildest dreams and may I thank everyone for their tremendous support and kindness and my sincerely thanks to everyone who came, bought, baked , made coffees and in so many ways helped to make this wonderful sum to go the Appeal fund.

THANK YOU

DB

Dear Editor,

With reference to the untruths on P28 of the last issue of *Lookaround* on behalf of the Brussels Empire (one-time European Economic Community), fellow citizens need to understand that the above long since ceased to be a union of independent nation states. As noted by Brian Wright on P30 of the same issue, one of the originators of the E.E.C. - Jean Monet - told those who were awake of the future "superstate disguised .... having an economic purpose." The so called Constitution would take away the foreign policies from existing states including the U.K. and subsume their powers into an E.C. Foreign Ministry with virtually every aspect of life "harmonised" from sausages to bananas and condoms, with nations like our own England omitted from Empire maps and replaced by a number such mis-statements as those by Mary Wane need to be replaced by the truths. The truth is that the E.C. is one of the least democratic states in the Western world, allowing its MEP's just 90-120 seconds to object to any of the stream of useless Directives put out from the unelected Commission, further to crush nation states. The almost obsessive secrecy of its operations shares alas, many of the methods of the former Soviet Union.

As for the addition of another 10 misguided new members, their keenness was surely the result of having watched the likes of Spain, Portugal, Italy and Greece being enriched beyond their wildest dreams through the Socialist transfer of billions of pounds of money from the U.K. and others. I predict that they will only too soon learn their

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mistake.

On page 30 the suggestion is made that Sedbergh should try to obtain some of our own money back from Brussels (we surrender at least £30 million per day, every day of the year). The twinning is a fine idea and always has been but many of us would oppose vehemently any attempt to further the propaganda and power of the superstate in our own lovely area. We are English and British and want to rule our own country once more. Hence we would hope and expect such an idea to be dropped at once.

*Edwin Bateman*

*John Mander*

*U.K. Independence Party*

### HOWGILL W. I.

Festive celebrations took place at the Sedbergh Golf Club on December 2nd. An excellent meal followed by a game of mystery dominoes was thoroughly enjoyed by members and their guests. The competition for a Christmas decoration made from twigs was won by Audrey Hoggarth with Mary Silva second. The raffle was drawn resulting in three lucky prize winners.

Our January meeting was held at Howgill Village Hall. President Mary Silva opened the meeting with a minutes silence for the victims of the Asian Tsunami Disaster. Mary went on to wish members a Happy New Year and congratulated Mary Stainton and husband Jack on their recent Golden Wedding Anniversary. Get well wishes go to Anita Carey following her foot operation.

Two members took part in readings at the carol service held in the parish church at Appleby and on December 17th twelve members took part in the carol service at Firbank Church.

Congratulations to Hilary Wilson who has been nominated by the Executive Committee as Countrywoman and W. I. Member of the Year. Hilary is interested in all aspects of country life is involved with the rough fell sheep project and due to her knowledge of apples is known as 'The Apple Lady'.

Speaker for the evening was Mr. Tom Powney, Managing Director of the Hotter Shoe Store in Kendal. We were given the history of the family run business which has gone through many changes over the decades. In 1997 eight million pounds was spent on a new 'Hotter' factory in Lancashire. With state of the art

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**Dales Dusters**

technology 47,000 pairs of shoes are made each week. We were shown the process of shoe making from start to finish. They are made to the highest specification and are the U.K.'s fastest growing comfort shoe brand. We all received a goody bag and Mary Stainton won the voucher for a free pair of shoes.

Helen Beare thanked Tom for an enthusiastic and informative talk.

On the theme of shoes the competition was for a drawing of a pair of shoes with a caption. This was won by Liz Coupe with Helen Beare second. Raffle winner was Bridget Postlethwaite.

For the social half hour we put on our dancing shoes and took part in dancing with music supervised by Helen Beare bringing the evening to a close.

On February 35d we will meet at Firbank Church Hall when the speaker is Mr. Taffy Thomas M.B.E., on 'The Art of Storytelling'. Everyone welcome.

A.H.

### FROSTROW W. I.

Our President, Ann Petyt, welcomed everyone to the first meeting of the New Year. We remembered Nora Walker in hospital, also Brenda Rycroft awaiting tests.

Jean Mitchell reported on the Consultative Council Meeting which she attended recently. Five resolutions were discussed, the main one concerning the discrepancy between the price paid for milk to farmers and the retail price.

Members were asked for suggestions for next year's programme, also ideas for an outing.

After highlighting various items in the W. I. News, our President introduced Sandra Cotterell whose talk "Braids and Beads" enlightened us about her fascinating hobby. Sandra gave us a brief history of the craft and the equipment needed. This can be just a simple loom with bobbins which are weighted in order to produce the desired tightness of the braid. Different nationalities produce their own design using various threads, the best being silk. The Japanese technique ensures a smooth movement with equal tension and would seem to be quite therapeutic.



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Braids and cords are, of course, used in interior design and for uniforms and regalia as well as in jewellery making.

We were invited to "have a go" which our President did. Marjorie Fishwick proposed a vote of thanks to the speaker.

Eileen Staveley's necklace won the competition for "A Piece of Beaded Jewellery" and Rosemary Mason won the raffle.

On February 9th Malcolm Fraser-Urquhart will speak to us on "Beekeeping". It is the beginning of the W. I. Year, so please come along as a visitor if you are interested. M. F.

---

### LIMERICK FOR LYN HUNTER

There was a young girl called Lyn,  
Now she's eighteen it's legal to sin,  
So it's time to start drinking,  
Lots of Vodka she's sinking,  
Can we keep her away from the Gin?

There was a young girl name of Lyn,  
A contest this diva did win,  
Karaoke she called it,  
The judges adored it,  
Though I heard 'twas a bit of a din.

There was a girl glued to her phone,  
Without it she'd never leave home,  
Texting all day,  
Has she that much to say,  
She never can leave it alone.

Now there's just one more thing left to say,

On this wonderful, marvellous day,  
We're all thinking of you,  
So enjoy what you do,  
And have the bestest birthday.

**CHANGES AT  
SEDBERGH HEALTH CENTRE**

The surgery is closed between 1830 and 0800 on weekdays, from 1100 on Saturdays and all day on Sunday. The 'Out of Hours Service' BAYCALL is provided by Morecambe Bay Primary Care Trust. Until now patients' calls have been automatically redirected to BAYCALL, but we are now required to provide an answer machine advising callers to telephone BAYCALL on 01539 718999. We apologise for this inconvenience but BAYCALL have insisted on the answer machine as this enables them to trace calls from patients, which they cannot do with the redirection service.

Once you have telephoned 015397 18999 your call will be logged by a telephonist and you will then speak to a nurse who will give medical advice or if necessary arrange for you to see a Doctor. Patients from the Sedbergh area will then be seen at the Westmorland General Hospital or in certain circumstances the doctor may make a home visit.

Please note that we are not required nor paid to run a surgery on Saturday mornings, but do so as a service to our patients.

**REPEAT PRESCRIPTIONS**

We have now provided a 'drop box' at the Health Centre where you can leave your requests for repeat prescriptions, avoiding the need to queue at reception. Please check your repeat slips for the review date and book an appointment if it indicates that you have a review due.

If you telephone the surgery with your request for repeat prescriptions please use



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**'LET OUR LIGHT SHINE'**  
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The Service this year will be held on  
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*All will be very welcome*

015396 20239 as this will become the direct line for prescription requests and there will be answer phone when staff are not available. If leaving a message for repeat medication please speak clearly leaving your name and your practice number along with which items you require. Your practice number can be found on the repeat prescribing slip. It is hoped that this change will make it easier to request medication and the reduction

of calls coming on our main phone number (015396 20218) should reduce the number of times it is engaged.

Many of you will have noticed we now play music in the waiting room. This is designed to improve confidentiality mainly in reception but also in the consulting rooms. We appreciate that some patients may not like the type of music played but the choice is limited.

*William Lumb*

### SEDBERGH SUMMER DRAMA

As part of the Art/Drama/Literature Festival 2005 in Sedbergh, I hope to produce a new play "The Pied Piper of Hamelin". This new version has been written by Stuart Manger with Sedbergh and its citizens in mind!

There are a number of adult parts, none particularly onerous, but most of the cast are children of all ages. They will double as the rats/children of Hamelin.

(Speaking/squeaking optional!) It would be particularly good if whole families could be involved.

We hope to stage the play around the August Bank Holiday with costumed cast participating in the mediaeval fair. It is also hoped that eventually we may be able to transfer the production to Zreče, inviting their children to take part as well.

Most of the rehearsing will take place from June onwards and those with speaking parts would have to be in Sedbergh throughout most of that time.

I would be grateful if anyone who is interested in joining us could get in touch. There will be plenty of opportunities to help on and off stage.

*Susan Garnett*

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### NOVEMBER WEATHER

It was a varied month weather-wise with a bit of everything. With 1.89 inches it was one of the driest months, of recent times, but there was still enough to keep the mud going. We had our covering of snow in the middle of the month as in past years though last year the first flurries were in October. We had maximum temperatures varying from a high of 57.3F down to a low of 34.2F. Minimum temperatures also varied from 49.5F down to a low of 22.3F. On that night the wind-chill dropped to 12F. During those couple of days, 19 & 20<sup>th</sup>, frost hung around where the sun did not reach. For the rest of the month it was sufficiently mild not to need a second layer of clothes when working outside. The majority of the winds registered were from the NW sector with a maximum of 21.9mph. Pressure was in the 29 inches of mercury for the whole month. It was mild enough most of the month for slugs and midges still to be about. Many of the spring bulbs were pushing through. The winter jasmine continues to flower. Birds have been few in number due, I suspect, to the late afternoon sorties of a sparrowhawk as it shoots down the garden at zero feet.

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**TIM COLLINS MP**

Broadcasting can have striking, memorable and sometimes downright odd effects. It brings us closer together, shows us places and people we would never get to know otherwise, and changes our view of the world at large and our neighbours at home.

The BBC 2 series about Sedbergh’s search for a twin town has demonstrated what we politicians have known for a long time – there’s nothing quite so frustrating as the impression others sometimes get of you when you appear on TV.

The BBC in fairness do not seem (so far at least – I’m writing this before the series finishes) to have “stitched up” Sedbergh in the way some feared. On the contrary, the landscape and buildings have looked gorgeous, and a better boost to the tourist trade is difficult to imagine.

Of course the TV people always feel they have to change some things, perhaps just for the sake of it. So the visiting delegation which in fact came last they showed first. Some of Sedbergh’s characters come across wholly differently from normal on the programme (even if others seem exactly the same as they always do).

And the Beeb love the idea of presenting Sedbergh as somehow cut off from the rest of the country – when, as I keep trying to tell some of these smart metropolitan people in London, in fact it’s the rest of the country which is cut off from the capital.

Whatever the series has got right or wrong, mind you, people across the country have got to know at least something about the town and have been



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given some good reasons to come and see it – and Sedbergh’s residents have acquired something to argue about and show the grandchildren for years to come.

We’ve also seen in recent days, however, the real power and potential of quality broadcasting to change lives. The awe-inspiring and ultimately horrifying pictures of the Asian Tsunami disaster. The astonishing generosity of the British public’s response. And closer to home the role of BBC Radio Cumbria in pulling people together and giving them information after the county was hit by ferocious storms. For those left flooded in Carlisle, or without power across much of the south of the county, it was only the radio which gave them even the merest hint of information of when relief might come their way.

I’m taking up with United Utilities the bad lapses so many experienced in their call centre operation, which while understandably very busy seems to have been simply unable to cope. Thank heavens the company’s engineers, working in some cases until 2 or 3 am, seem to have done a better job than some of their colleagues who were there to

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answer telephones. And I bet that for many, when the power at last came back, the first priority after getting the heat and light back was to see what was on TV.

While broadcasters often get things wrong – biased reports, vile language, shocking scenes – at least in the last few weeks we have seen what can happen when they get things right. How we'd miss them if they weren't there.

*Tim Collins MP*

## **SLSB SEDBERGH BRANCH**

The South Lakes Society for the Blind January meeting took place on Tuesday January 17th 2005 at the home of the local organiser. A superb buffet lunch was thoroughly enjoyed and a very happy

afternoon was spent in congenial company exchanging news.

Unfortunately several members were unable to attend for various reasons: no-one misses this yearly event without good causes.

A snowstorm in the morning did not bode well for our get-together, but it had changed to rain by lunch-time and the weather did nothing to dampen spirits.

The party was much appreciated by everyone and many thanks are due to the host and caterer.

The next meeting will be held at The People's Hall on Tuesday February 15th at 2.15 pm. New member are very welcome. The contact number is Sedbergh 20100.

*E. H.*

### **FAMILY MUSINGS.**

Waking on New Years Day, having seen this New Year in by candlelight as our electricity was only low power (quite romantic) and catching a glimpse of my wayward hair in the bathroom mirror I shuddered at one thought...this year I'LL BECOME A MUM IN LAW!  
Heaven help my daughter in law!!

Christmas for us could not help but be really different, no Granny and for different reasons no girls nor my brother who has always come for Christmas, but our two elderly friends who have come for lunch in the past came up trumps and came, we were smaller in number but not in enthusiasm, the best news however which really lifted the mood was the

announcement by our son of he and his girl-friends engagement on Christmas Eve! We are DELIGHTED! I guess that might not be their reaction to being included in musings but as you have shared all the downs in our lives it is only right you share the ups! We had a few days of blissful ignorance thinking their wedding would be next year when the girls return from their travels before finding that the wedding will be on August the 13th this year. Son had to explain which year to his mum as I get so confused at the end of December with what folk mean by "next yr". We are to be doubly blessed, gaining a family member and seeing our two girls for around a month as they fly back for their

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little brothers wedding!

Stroking Tigers, riding on Elephants, swimming in the China sea, traveling long journeys in crowded buses took the girls from Thailand through Cambodia and Vietnam back to Thailand and a flight to Singapore then to Perth ten days before the Tsunami struck the far East. We are grateful for the concerns re their whereabouts when the disaster happened. They are now living in a shared apartment overlooking Sydney Harbour and both have a job, they are fulfilling their dreams and having a wonderful time, we talk often on the phone and communicate by e-mail.

Perhaps during the recent floods or even at other times you have come across our darling Ermitrude sat in the roadside or

even right in the middle of a big flood.. . thanks to those of you who stop and ask if you can do anything, we are not meditating tho' I could well be praying .. we are just waiting for her engine to dry out so we can set off again!

Every year at this time magazines are full of articles about Weddings and I haven't taken much notice, now I am reading about 'the Grooms mother' I must not let him down! When his sisters get married they are going to take me to buy my outfit to make sure I don't get something "unsuitable" (don't tempt me!) but won't be here in time to help this time, so am taking a small group of close friends with me.. .watch this space! Have fun and mind the puddles!



### Sedbergh Community Development Centre

#### \* Courses for February \*

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**French Conversation:** An 8 week course to help you get by in France. Wednesday 26th January, 7:30-9 pm, £24.00 full fee, £14.50 over 60,

**Felt Making:** A 2 day course learning the basic techniques of the ancient craft of felt making. Saturday 26th February & 12th March, 10 am-3:30

**Spring Floral Art: A 5 week** course on creating floral decorations. Thursday 24th February, 7-9 pm, £20.00 full fee, £12.00 over 60, £5.00 benefit

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## **BERRIES, BIRDS AND COLD WINTERS**

I'm sure that over the years we have all heard comments to the effect that "We can expect a hard winter because there is such an abundance of berries on the bushes". Such a conversation was taking place at the teaching staff dinner table during an autumn in the late 1960s when I had just been appointed to teach Biology in a well-known Edinburgh school. I expressed the opinion that the heavy fruit production was more to do with weather past than with weather yet to come, and I was mightily relieved to discover that my view was shared by a very important school governor who was a guest further down the table that day, the more so because he ran a very well

respected nursery garden business.

A number of things must happen before any tree or shrub has a good fruiting season. Plenty of flower buds must be laid down, and this often depends on there having been plenty of sunshine at the critical period of the preceding year. Next, those buds must survive the perils of winter, and these may include birds. (We once had a garden shrub which hardly ever flowered, but we didn't mind too much because in late winter and early spring it was full of colourful Bullfinches instead – eating the flower buds! Alas, we see very few Bullfinches here now). After that, at flowering time the weather must be warm and sunny enough to bring out the insects which pollinate that particular tree species. Often those insects must feel

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like flying some distance, because Hollies, for example, are either male or female, so the Bumblebees have to carry pollen from the nearest male tree before the female can set fruit. It is not surprising, therefore, that we often have a tremendous show of Blackthorn (Sloe) flower very early in the year and then almost no fruit for the sloe gin, and a year which is good for Holly berries may not be good for Rose hips.

Of course the second part of the idea that plenty of berries means a cold winter relates to the fact that a number of birds, particularly of the Thrush family, do depend heavily on Hawthorn, Rowan and other berries for their winter food, and this includes not only our own Blackbirds, but also those Scandinavian

tourists, the Redwings and Fieldfares; and this year also a number of those very beautiful and colourful Waxwings. (We saw a pair in a tree just the other side of the M6 shortly before Christmas this year. Have you been lucky too?).

The birds themselves need a succession of fruits as well, if possible. The Blackbirds nearly always polish off our Rowan berries almost before they are ripe, then they go for the Cotoneaster, then the Holly, and only if they are really starving will they use the Pyracanthus by early spring.

Unfortunately, I have never kept a record to compare abundant berry years with really cold winters. Have you? Is there a grain of truth in the idea that they go together, or is it all bunkum? *JM*

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▲ Cod & Prawn Crumble	

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▲ 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 & DISTRICT  
HISTORY SOCIETY**

At the beginning of December Clark Colman came to lecture on William Musgrave and political life in the north-west in the 16<sup>th</sup> century. He is a doctoral student at Keele University and this was the first chapter of his thesis. He talked about the state of the Border country just prior to the Pilgrimage of Grace in 1536 and showed how the various families in the area challenged each other for power.

The Border regions in Scotland and England were divided into Marches each with its own Warden who was responsible for defending his area and administering law and order. The East March centred round Berwick was under the charge of the Percies (Earls of

Northumberland); Liddesdale, a very wild area which was difficult to control, was in the Middle March and the West March was governed by the Nevilles (Earls of Westmorland) centred around Carlisle. There were similar Marches in Scotland. In the 14<sup>th</sup> and 15<sup>th</sup> centuries there was nearly as much raiding between the English factions as there was over the Border in Scotland.

However, there were two other families in the West – the Cliffords (Earls of Cumberland) and the Dacres who were each anxious to obtain the ear of the king and gain power. Henry VII gave the Wardenship of the West March to Dacre partly because he could supply large numbers of men and horses. Eventually, Dacre was put in charge of all three



eye 2 eye

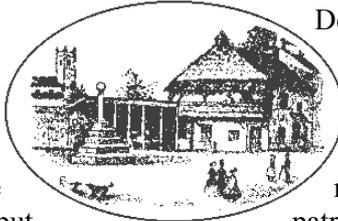
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Marches which proved a very difficult task as there was a great deal of animosity between him and the Percies. There was also no love lost between the Cliffords and Dacre, the former charging him with condoning the reivers from over the border.

Sir William Musgrave was Constable of the Barony of Brough and became Under Sheriff of Cumberland. He was caught up in the middle of the various family feuds but initially was a Dacre supporter. Later he accused Dacre of colluding with the Scottish reiver Armstrong. When Dacre was put on trial Musgrave cooperated with Thomas Cromwell to imprison him. However Dacre was freed on paying



£10000 to Henry VIII but removed from the Wardenship. The King was now in an awkward position. Dacre was unreliable, Clifford was ineffectual and Neville refused the Wardenship. The only option

was to make Sir Thomas Wharton

Deputy Warden (his family was not high enough on the social scale for him to be made Warden!).

We got the feeling that regarding power and patronage not much has

changed in the intervening centuries.

Graham Dalton gave the Vote of Thanks for a very interesting lecture. We hope that Clark will be successful in obtaining his Doctorate – he has a brilliant future before him.

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### CHRISTMAS IN ZRECE PART 1

Some of my less active friends are impressed by the nocturnal habits of Howgills Harmony and the Cautley Carollers. Some of the singers who came with their lanterns to the end of Dowbiggin lane just before Christmas, and then over the fields in the dark for a short concert in the courtyard of Hallbank, even described it as “extreme carolling” and “not dissimilar to the 1812 retreat from Moscow.”

But the good people of Zrece in Slovenia are made of sterner stuff. We got the bus up to Rogla on Christmas eve - about 10 miles up the mountain from Zrece - where we joined a party of singers with their lanterns for a four hour walk in the dark through the snow and

forest to a neighbouring mountain.

It was stunningly beautiful – the moon shining through on the trees, the distant lights of Zrece thousands of feet below twinkling like earthly stars, and our lanterns bobbing through the woods. Unlike the Cautley Carollers, our fellow singers on this trip didn’t stop to sing but would burst into Slovenian carols whenever the spirit moved. We only stopped for another kind of spirit – the Borovnicevec blueberry brandy which was so popular at the People’s Hall party earlier in the year.

As midnight approached, we arrived at Skomarje, a tiny village high in the mountains and were shepherded into their community hall where there were more refreshments until midnight mass in the



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church.

There were as many people outside as in, and inside only room for half the people to sit. The church is incredibly ornate, little lights twinkling off golden statues, the domed ceiling painted with saints and cherubs, statues and shrines and candles everywhere. The choir sang from a gallery behind and above us – the first carol being Silent Night in Slovenian, and then others including one that Samo Ivacic had sent us called Glej, Zvezdice Bozje.

Everyone joined in with the ones they knew – not dissimilar to a carol service with the Cautley Carollers or the Dent Choir. The people who were outside would squeeze inside for a few minutes as others left. Mass was received by a quorum from the group – just a few who were already at the front or brave enough to stuggle through the crowd to get to the priest.

The service over, we wished each other Vesel Borcic – merry Christmas – which I had been wishing people since I arrived. Only now instead of a rather embarrassed silence in reply, we were wished it in return. And then it was over the road for the Slovenian equivalent of tea and mince

pies: blueberry brandy and potica.

“Christmas eve is the special time for Christmas here,” said Alenka who was the only one in our party who spoke English and with typical Slovenian hospitality attached herself to us as our guide. “We decorate our tree, and after midnight mass, Christmas begins.” She had dinner with her family at 2am when she got home.

The following day was similar – only this time we walked up from Zrece with our lanterns to a tiny church on top of a hill overlooking the town. Here were even fewer seats and even more people crushed into the church. Afterwards we talked with the priest who - after some translations from Vojko - gave us the music for some of the songs so that we can learn them back in Sedbergh.

There followed a party outside with a huge bonfire blazing away while the Vino Kuhano – hot mulled wine – was poured out of urns, and more singing round the fire.

The priest is young – barely thirty – and there is some speculation that this accounts for the large number of young women in the choir. With Christianity

*(Continued on page 42)*

banned under communism, it is only recently that new priests have been made, with the consequence that they are all either very young or very old.

The youthfulness of the population is different to Sedbergh, caused mainly by the presence of several factories providing work and allowing young people to stay in the community where they were born.

“But still they go to Brussels thinking things will be better,” says Zdenka who came with the others to Sedbergh and was very helpful in showing us around Zrece. “And I tell them: Why go there? There is no work for you, life isn’t better there.”

Singing is even more popular in Zrece than it is here. The day after Christmas day – Slovenian independence day - we went to a concert in the town with local groups and choirs. Samo was there with his six voice group DUST – mostly members of his family. His mother is a singing teacher and led one of the other choirs. Each village surrounding the town had a choir which sang, and there were several children’s choirs of all ages. (Again, not dissimilar to the wealth of singing talent in Sedbergh and Dentdale so misrepresented by the BBC.)

At one point a group of children came in singing, dressed as kings and shepherds, portraying a custom of taking their songs and presents to houses in their villages to welcome the birth of Christ.

After the concert there was another party, at which we were the honoured guests. There was much excitement as people we had met at the night-time services came and greeted us, and there

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were several people there who had come to Sedbergh including the Mayor, Samo and the women from the Post Office.

And then, as we stood around chatting, everyone burst into a song in praise of wine, followed by another about life in Zrece.

“Look at us, we aren’t interested in working, only in singing and partying together,” joked one of the Slovenians. “That’s why we voted for you,” I replied – though of course we both knew how hard they do work. There is no national holiday in Slovenia if Christmas falls on the weekend – although the factories were closed until the new year.

*Continued next month!*

*David Burbridge*

### **CARLISLE-SETTLE RAILWAY**

The Settle-Carlisle railway line was given a Special Award in the National Railway Heritage 25th anniversary Awards at a prestigious ceremony at the Merchant Taylor's Hall in the City of London, on 7th December.

The award was for the ongoing restoration and refurbishment of stations on the route, and was accepted by Philip Johnston, chairman, Friends of the Settle-Carlisle Line, and Edward Album, chairman, Settle & Carlisle Railway Trust.

The National Railway Heritage Awards began in 1979, and aim to encourage the highest standards in the restoration and care of historic railway buildings in the UK.

The commemorative plaque was presented by HRH The Duke of Gloucester to the Friends for display at a station.

The Friends, and the Trust, have worked with many partners on many schemes, since local train services were restored to eight rural stations in 1986, after they had closed in 1970. Dereliction and decay had set in during the intervening sixteen years, and it was astonishing that some of the buildings survived at all. In the early days, officers from British Rail approached the Friends to see if some volunteers could carry out rudimentary works such as tidying up the flower beds, painting, and help with basic repairs. These works were mainly aimed at providing a dry waiting room for passengers to shelter in.

This very soon escalated into a more ambitious programme, with fund raising to provide a completely new platform on the northbound side at Ribblehead

station; brand new waiting shelters at Dent, Kirkby Stephen, and Langwathby; and latterly, through the Trust, the complete refurbishment of large buildings at Horton, Ribblehead, and Kirkby Stephen. These three stations now have offices or exhibition rooms, giving new uses for the buildings, which helps to generate income for maintenance.

The principle of finding new uses to preserve and maintain fine old railway buildings is being promoted nationally in the Community Railways plan.

A separate award, in the Network Rail Partnership category, was won by Bells of Lazonby Ltd, the bakers, who own the main station buildings at Lazonby, for the sympathetic conversion of the former station into a thriving suite of offices.

Friends spokesman Pete Shaw said, "The Friends and the Trust accepted this award on behalf of all the partners who have joined together to restore and improve station facilities along the Settle-Carlisle line, for the benefit of passengers and the local economy. We continue to develop new projects, which will bring future benefits, and are already working in conjunction with the new Northern Rail franchisee Serco Ned Railways."

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### TSUNAMI PART 1

Our guardian angel has worked overtime just lately! And once again we can surely call Katrina the miracle boat. Thank you, all for your care and concern, for all the good wishes and text messages – we really appreciated each one of them.

We were sent Christmas wishes recently by a friend who, in her message remarked on what a frightening life we lead. I was so taken aback – I would call it exciting, challenging, exhilarating and many other things, but never thought of it as scary. Until the 26<sup>th</sup>. And herein lies a tale.

Telaga Harbour Marina in Langkawi, Malaysia, was full of yachts.

Because of its proximity to the airport and its relatively cheap berths, many yachties had left their boats to return home for the Christmas season and those that hadn't, were raring to celebrate.

Don and I wanted a quiet Christmas. It is never an easy time for us, and although our friends urged us to stay, we felt the need to be on our own. So we decided to head for the Butang islands (which are the southernmost Thai islands off Malaysia's Langkawi) for the night of the 24<sup>th</sup>. The strong North Easterlies that had been blowing over the last couple of

weeks would give us a beam reach and a good sail up to Thailand from there. We then planned to make an early start, head out to sea for Christmas day and night and arrive in Chalong Bay in Thailand soon after sunrise on the 26<sup>th</sup> December.

We had been having trouble with our anchor winch (windlass) for a while. It is a Lewmar – supposedly one of the best, and certainly one of the most expensive, but despite its care, had corroded and was shorting out. Don had tried repeatedly to repair it, and once again took it apart as it appeared that the motor had burnt out.

He took it to the armature winders in Langkawi, but his hopes faded when he saw the floor littered two feet deep in broken starter motors and alternators. But that left us in a dilemma. We felt uncomfortable leaving without an anchor winch as trying to heave heavy chain and anchor up by hand would be physically impossible for the two of us. But we were determined to leave, so we devised a way to lift the anchor with a hook and a rope attached to the mast winch – albeit a slow and tiring procedure. Anyway, we figured, we would anchor off a sandspit we knew in the Butangs for just the one night and which was fairly shallow, then once back in Chalong, we knew we could

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either fix the winch or if push came to shove, we could buy a new one. And so we set off.

We met up with friends on their boat, Windcall who had anchored in the Butangs off the fresh water spring and in the morning, Francoise and his son Olivier came across on their dinghy to help us lift the anchor. It was really heavy going, and confirmed the fact that once we arrived in Chalong something would have to be done immediately before we could move anywhere else.

Our sail was brilliant.

We saw dolphin and sailfish, we watched the flying fish, skimming along the surface of the water for yards before they splashed into the water. It was peaceful, and having a sandwich for lunch on Christmas day, made us feel good about our non-conformity!

Strong North Easterlies kicked in and we flew across the water heading north to Thailand – taking in a reef when it showed 25 knots during the night and cat

napping as we took turns to helm the boat.

We tried to slow Katrine down in the early hours, furling in the genoa and spilling wind from the mains'l, but she was eager, and we had to kill time till first light in order to get into Ao Chalong with all the unlit boats and buoys that litter the bay.

We found a hole close to shore in which to anchor, in 3 metres of water at high tide. It was full moon so we calculated that we would have just enough water under the keel not to sit on the muddy bottom at radical lows, dropped the anchor and fastened the bridle.

We were exhausted.

Don went down to the cabin while I tidied up in the saloon and before long he was asleep. So as not to disturb him, I settled myself in the other front cabin and it didn't take long before I went into a deep sleep as well.

*Continued next month*

*Don & Jeanne*



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### **KILLINGTON WI**

Our January meeting was a time for new beginnings. Our Tuesday afternoon gatherings are from now on being held in the Methodist school room in New Street. We have very much enjoyed our time in the People's Hall and have seen many improvements during our time there. Now however, with a welcome increase in membership, the committee room is too small, the main hall is too big but in true Goldilocks style, the Methodist schoolroom is just right! So when you feel inclined to join us you will know where to come.

A number of us have been improving our Monday mornings by meeting for chatter and knitting. Well, it beats

bending over the steaming dolly tub! On being told by his mother Majorie that she was taking part in a "Knit-athon", Jim Bramley wanted to know why the W.I. had taken to knitting 'thongs'! Each time we meet (in somebody's house) we put some money in the pot which goes to the 'Children's Society', and knit squares for blankets which are to be sent to Ethiopia. It's enjoyable and productive.

Tom Powney of Hotter Shoes is becoming quite well known in Sedbergh. I understand that he has already given talks to two ladies groups in the town and this month he was our speaker too. Now I think that to be enthusiastic over shoes is quite a rarity, but that is what he was and he made his talk both entertaining and

informative. We learnt that the Hotter Company manufactures exclusively in Britain, a rare thing nowadays when most shoe manufacturing is contracted out to places in the Far East. The only way in which Hotter can compete is by making shoes that are especially comfortable for the British foot shape. He brought along samples to illustrate the various stages, materials, and processes in manufacture as well as a 'goody bag' for each of us. Pamela Symonds, a fan of this make of shoe, proposed the vote of thanks. Valerie Cann was the lucky member to be presented with a voucher for a pair of shoes, while the rest of us each were given a £5 voucher and the promise of a warm welcome and a cup of coffee at the shop in Elephant Yard in Kendal. Perhaps we should all meet there for our next 'knit-athon'!

Our January competition is always the old favourite, for a Christmas card. It's a tough one this as we all have so many to choose from. What shall it be? A robin? A religious card? One which plays, 'Rudolph, the Red-Nosed Reindeer'? A snow scene? Well, this time, continuing her winning ways, Shirley Richardson



won with a beautiful cross-stitched card of a Christmas Rose. As this had been embroidered and sent to her by Valerie perhaps two lots of winning points should have been awarded!

We were delighted to welcome another new member Brenda Nolan to our meeting, and I was particularly glad to have her show me where everything is kept in the schoolroom kitchen that she knows well. At the end of last year we were sad to say goodbye to Antonia Hunt who has moved to Devon where her roots are. Although she was only here for a couple of years we shall

miss her. She is a lady of wide experience and was always cheery and appreciative.

The speaker for our next meeting, at 2.00pm on Tuesday 8<sup>th</sup> February, will be another local luminary, Mrs. Lyn McLennan, whose subject is "The History of Blackwork", so this will be another learning experience. To confuse things, **for this one meeting only**, we are back at the People's Hall so make sure that you come to the right place or we will have to send out a search party! See you there.

*WFU.*

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### **SEDBERGH ON THE WEB**

We are asking for your help to make Sedbergh's website among the finest in the world. The first stage is planning how we'll do this and at the end of this article I'll tell you how you can help. First, however, some background:

There are currently two local websites that promote Sedbergh, there's the Chamber of Trade site, [www.sedbergh-yes.net](http://www.sedbergh-yes.net), that's aimed at potential visitors, and the Community Office site, [www.sedbergh.org.uk](http://www.sedbergh.org.uk), that includes info for local use together with a jumble of all sorts of stuff. We are now working to get these together into a single presence. *(I slightly disagree with this paragraph. Lookaround Web Site also promotes*

*Sedbergh and is read regularly by ex-pats all round the world! Ed.)*

Both these sites have been around for a while now so we've a fair amount of experience in what we get praised for and what needs improving. Sedbergh-yes takes feedback from people who choose to make their comments on screen and it keeps records of how people have found the site and what they are looking for. On average there are around 60-70 different visitors to sedbergh-yes per day (one every 20 minutes if you like) from a varied range of countries. That's visitors by the way, not 'hits' - hits is different.

The television programme is likely to increase the volume of people looking, so will booktown, and so, if we play it right,

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will town twinning. All this provides the opportunity to:

- promote Sedbergh's businesses
- raise the profile of events such as the Gala and the Charter Market
- encourage stop-and-spend in the shops, pubs, cafés and guest accommodation
- promote Sedbergh as a traditional market town in the Yorkshire Dales, a place to come and visit (and stay a while)
- make Sedbergh look like a place to be taken seriously
- promote investment

An opportunity, that is, if we do it right. So what is right? Take a look at some other towns' websites:

[www.newcastle-emlyn.com](http://www.newcastle-emlyn.com) Interesting.

Makes you want to linger, no?

[www.glastonbury.co.uk](http://www.glastonbury.co.uk) No frills, nice and clear from the start.

[www.geschwenda.de](http://www.geschwenda.de) Many of the better town websites are German. This is just one of many, a town about the size of Sedbergh.

Compared to a lot of places, we're not doing too badly, though that's not good enough, we want to be the tops. Ways in which we achieve this will be to do with:

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- keeping an eye of the competition
- collecting feedback via the website
- continually keeping things up-to-date

The existing Sedbergh websites have grown haphazardly. Now is the time to plan. What should the Sedbergh website focus on? How should it look? Who needs a presence on the site that currently doesn't have one? What information will people be wanting to read about?

At the moment we're not making a new website, we're *planning* the website. This means you don't need to know anything about designing websites, just about how we want Sedbergh to look to the world – what we want to tell the world.

To contribute to this challenging thinking-process, you can contact Nigel Close on [sedberghtwin@yahoo.co.uk](mailto:sedberghtwin@yahoo.co.uk) or David Collier on [dc@sedbergh-yes.net](mailto:dc@sedbergh-yes.net) or better still, log on to [www.sedberghnext.org.uk](http://www.sedberghnext.org.uk) and make your comments in confidence there. Thanks.

*Dave Collier*

### PHOTO CALL

The photo from Terry Gibson of the national School which was featured in the last edition of Lookaround has brought in no quibbles so I take it that the names are all correct. Thanks again to Terry for the photo.

This month something different. I have 2 photos which have been acquired by the History Society.. The first one is taken outside Settlebeck School and shows a large group of people, possibly a choral group with religious connections.( this was kindly loaned by Peter Iveson) Freda Trott has been able to provide some names. The Shield in the foreground has writing on it but it is very difficult to read. The first word looks like Henry and another word looks like Yorkshire.. so any ideas who they were and what they

### “Taking the Strain”

Sarah sincerely thanks all her customers of the past months and wishes it to be known that for the present time, she is in full-time employment with the SLCA and not therefore running her own business until July at the soonest.  
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were doing ?

The second photo is a total mystery. It was found in Fairfield Mill in 1996. The only person I can identify is Deaconess Alexander ( top left) who was attached to the Church of England, I believe. As always queries and/or answers to me, Shirley Tebay at Walnut Bungalow, Dent, LA105QT: Tel: 015396 25001 or by email to [shirley.tebay@btinternet.com](mailto:shirley.tebay@btinternet.com) . By the way, copies of any of the photos submitted are always available by contacting me.





This photograph was found in Farfield Mill in 1996.

### DIALECT DIGEST

February 2nd is Candlemas, a Christian festival involving the symbolising of light, which has some ancient rhymes connected with it.

‘If Can’lemas be lound and fair, yan hauf o’ t’ winter’s ti cum an’ mair. If Can’lemas be murk an’ foul, yan half o’ winter’s gone at Yule.’ (‘Lound’ means ‘calm.’) This warning about the wider effect the weather on that day will have is echoed in another poem. ‘For when Can’lemas shows both fair an breet, there’s winter still to make you greet. But when it comes with cold and rain, winter’s done and won’t come again.’ It’ll be interesting to see how accurate this ancient forecasting is in 2005.

To add to the dark nights and dull days of winter, this is a time of year when various illnesses seem to flourish. Still, if you are feeling reight badly, you can always consult your doctor, like old Obadiah who went to his local practice after the Christmas break. “Ee, Doctor,” he said. “Ah’s fair creased wi’ bellywark!” The doctor examined him. “Ah’s afeared thoo’s got poison in thi sistren,” he said. “What mun Ah do about it?” asked Obadiah. “Thoo mun hev thi teeth oot,” said the doctor. “What all on ‘em?” said Obadiah. “Ivvery yan,” said the doctor. Soa Obadiah took ‘em oot an’ laid ‘em on t’table.

*Michael Park*

### **HAIR TODAY - GONE TOMORROW**

There are very few people that would go to extremes for pleasure. But there is a band of people that would venture into the unknown in the name of charity. Recently, Tracy Scott wanted to raise some money for Sedbergh Playgroup and had a brainwave - well, a brainstorm! "What can you do in the middle of winter?" Shave your head? Not for the light-headed! It is not true that Tracy had to be held down by friends as Sue Raw tackled the locks but Tracy wishes to thank everyone that sponsored her for this noble feat.



### **TSUNAMI**

Gee Doangjian is an artist in Thailand. Gee and his friends had a small grass hut on stilts just three yards from the sands and had made frames for batik and were offering to teach visitors how to do it. Imagine white coral sands, a bay fringed by palms and all sorts of blossom trees, wonderful original batiks hung like washing from the trees. There I was, not

a picture in a swimming costume, but absolutely absorbed in putting wax lines onto my silk, then painting the beautiful translucent colours to make a composition of the sun on a background of sky which becomes sea with three fish. I loved doing this but what made it so special was the interest of all the Thais in what I was doing, they were obviously proud of their country's tradition and pleased that a foreigner was having a go. After the painting is finished the inks must be fixed and then the whole thing boiled to get rid of the wax. I have my batik here in Sedbergh, it just needs heming to tidy up the raw edges. But is Gee still alive? what about his friends one of whom limped with one leg shorter than the other? What about the sea gypsies, an old tribe of indigenous people who used to live entirely on the sea but who had been settled on Kai Lipi by the government? What about the fishermen in their longtail boats, like huge rowing boats with tiny outboard motors? It's very peculiar to think that all of this was part of my world just a few days ago and now their world is really messed up and I am just an onlooker!

*Carole Nelson*

***Paul Hoggarth***

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### **SETTLEBECK HIGH SCHOOL**

On Thursday 9<sup>th</sup> December we went to Derwentwater Youth Hostel to study astronomy and, in particular, the life and death of stars.

On the night we went into a planetarium. This was a dome-shaped tent with a projector on the inside with all the star constellations on it. Dennis Ashton (the astronomer) then pointed out most of the major constellations. Later that night we went outside with the telescope and camera. First we looked at some galaxies then we moved on to taking pictures of constellations. At 10 o'clock we came back outside to see if we could see Saturn and it's moon, Titan, through the telescope. From the hostel Saturn looked like a star but through the telescope it looked spectacular, you could even see individual rings.

The next morning we found out more about the life and death of planets and stars, with a well thought out slide show narrated by Dennis. After that we had a problem to solve.

*David Goad, George Sewell,  
James Woof Yr 8*

#### *Settlebeck PTFa Lottery*

Congratulations to Kate and Pete Packham, who won our first draw of £100 just before Christmas. Our lottery costs £15 per year and there is a draw every term. If you'd like to take part please contact the school office.

#### *Christmas*

Thank you to Sedbergh traders and businesses for supporting Settlebeck's Christmas Fair and Senior Citizens Entertainments in December. Both were well attended and a great success. The many raffle prizes donated were much

appreciated at both events and once again the school had many letters of thanks and appreciation for our students' hard work and good will.

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#### **TSUNAMI APPEAL**

Everyone has been affected by the devastating effects of the Indian Ocean Disaster and there have been many donations made by thousands of people into various funds.

On New Years Eve, David Whicker (DJWixx) was in the Bull Hotel with his Disco for the Festivities, but the thought of the Disaster was not far from his thoughts. An impromptu collection for the appeal realised over £120. David would like to thank everyone for their generosity.

### **SOLAR POWER.**

Wind power, as a means of generating electricity and thus reducing the production of greenhouse gases, seems in turn to generate violently opposing opinions. Misleading or even entirely false statements have been made to support deeply entrenched positions with respect to wind turbines (and I might include here a professor who has now become a “personality”). Wind turbines are big structures and cost big money, so ordinary people can only participate in co-operative ventures like the Harlock Hill wind farm which is largely owned by the inhabitants of South Cumbria.

However, we can all help by reducing our use of electricity and therefore the need for generators, and one way of doing this is by installing solar water heating.

Until recently, installing solar panels has been complicated and very expensive, involving a separate water system filled with anti-freeze, an energy-losing heat-exchanger, sensors, valves and a water pump driven by mains electricity. However, there is now a system available using food grade silicone rubber in the solar panel so that in winter the water in the panel simply freezes and thaws. No anti-freeze is needed, so the water you use is the actual solar-heated water. The pump is run by a small photovoltaic cell, so no sun – no pumping, and the brighter the light, the faster the pump works. The water is simply taken from the cold supply to the bottom of the hot water cylinder and returned to the top after passing through the solar panel. We had this system fitted in early September

**Daphne Jackson D. O.**

*Registered Osteopath*  
**BUPA Provider**

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2004, at the end of the most useful part of the year for solar heating, and found that on a fine day no back-up from our gas boiler was needed, so we are looking forward to next summer.

The Solartwin works best on the simple low pressure hot water system with a header tank near the top of the house, which most of us probably still have, and is probably not worth considering if you have mains pressure hot water. Our system cost £2699 fully installed, less a government grant of £500, and we expect that it may take some considerable time to pay for itself. It also required YDNP planning permission, so it is not for everyone, but I feel sure that there are people who would like to play their part in reducing CO2 emissions by following this up. It can also be obtained much more cheaply if you are reasonably competent at DIY. We have no axe to grind, but details can be obtained from Solartwin, 0845 1300 137 (for brochure), or see [www.solartwin.com](http://www.solartwin.com), or write Solartwin Ltd, FREEPOST, NWW7 888A, Chester CH1 2ZU.

*John Mounsey.*

### DENTDALE ANNUAL FESTIVAL COMMITTEE

Following the article in December's issue of *Lookaround*, the Special General Meeting of the above committee was held, as advertised, on Wednesday 8th December, at 7.30 pm in the Sedgwick Room, Dent.

Unfortunately, no prospective new members to the committee attended the meeting, and the committee has been wound up.

The members present had to decide how to allocate the funds remaining, according to the rules of the constitution, and after a short discussion agreed to donate the entire fund to Dent Playing Field Management Committee, with a proviso that part of the fund be used to erect a bench in memory of Joanna Burrow, one of the founders of the Festival. The Festival has always been held on the field, and it was felt that this donation would benefit most members of the local community.

The resigning committee would like to thank everyone who has helped, over the last five years, with their time, effort and sponsorship.

*S. L. Owen*

### KNIGHTS OF SEDBERGH

Imo and Trish, of Knights of Sedbergh, would like to thank all our customers for their support over the past 16½ years, and particularly throughout the Foot and Mouth year.

We have watched babies become teenagers, teenagers become Mums and Dads, and Mums and Dads become Grandparents, and many of you have become friends as well as customers.



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You bought your gifts, and then came back to say they were appreciated, and we loved this feedback.

We were sorry to end the book service but had to cut back our hours, and, still, you continued to support us in the smaller shop.

Our years in Knights have been enjoyable but it is now time to move on. Retirement beckons. Time to paint a few pictures, play a bit of golf, or just sit in the garden with a book and a glass of wine.

We will be living in Bainbridge Road, so will remain in Sedbergh, and hope to see you all when we are around the town doing our shopping or out for a stroll.

Thank you all.

**SEDBERGH AND DISTRICT  
HISTORY SOCIETY**

*'Shap Abbey' by Harry Hawkins*

For their first meeting of the New Year members welcomed Harry Hawkins, a keen local historian and Chairman of Appleby History Society. Drawing on a range of documentary evidence, accumulated over 6 years, he presented a history of the Abbey accompanied by a photographic tour of the ruins and surrounding landscape. This evidence had been hard to come by as the Abbey's mediaeval monastic cartulary (record of all deeds and land dealings) was lost around 1640.

The Abbey was founded in about 1180AD by Gospatrick and was initially at Preston Patrick. Members of the community may have originated from Cockersands Abbey. They were canons called 'white canons' due to their white robes and belonged to the Premonstratensian order. They combined a life of prayer and discipline with work as priests in the local community. The site they moved to at Shop was wild, desolate and much more cramped.

They led an austere, frugal existence and were covered in vermin. Their daily routine, which included hard manual work, allowed only one meal a day, in winter at 2pm. There was only one fire to gather round and their vow of silence only allowed them to speak in the Chapter House. The community was small and never rich. Each canon had 12 acres of land to keep them in food. There was a fish pond and also deer park but this only fed guests.

The Abbey was one of the last to be dissolved in Jan. 1540. Cromwell was

sent to do an inventory. The land was sold to the Wharton family and in 1749 it passed into the Lowther Estate where it remains today.

Not much is left of the ruins except the tower which is 15C.

Photographs of the present field boundaries show how little they have changed since the 1638 map.

Mr Hawkins was warmly thanked by Tony Hannam for his interesting talk.

Members look forward to a guided tour later in the year.

*Tony Hannam*

---

**DECEMBER WEATHER**

A little more seasonal than last month but again there were 8 days when the maximum temperature reached 50F with a high of 51.6F. On the 14<sup>th</sup> the maximum of 50.5F was reached at 11.30pm! There were also 8 days, or rather nights, when the minimum dropped into the 20sF. This included Christmas day and Boxing day when frost hung around in the shade. The lowest recorded temperature was on the 26<sup>th</sup> at 23.7F. On only one day did the pressure fall below 29 inches of mercury. It was generally a breezy month with a maximum recorded wind speed of 32.7mph. After a dry start, with little rain in the first 12 days, we finished the month with 4.18 inches turning everywhere into a quagmire yet again. Some birds, no doubt surprised by the mild spells, seem to be singing to set up territories. Rooks are hanging about in tree tops as if thinking about nesting. Magpies are back in number which doesn't bode well for smaller breeding birds. Tawny owls are calling round and about.

### **DERIAN HOUSE**

Just before Christmas it was possible to send a cheque for £263 to Derian House, the Children's Hospice located in Astley Village, Chorley.

The majority of this money was raised through the efforts of Sandra Longlands who organised a pre-Christmas table-top sale in The People's Hall and ran a stall dedicated to raising funds for Derian House. Her unstinting efforts are much appreciated by those who run this magnificent institution. They are totally dependant upon the dedication of the likes of Sandra in the raising of the one million pounds a year they need to run the hospice.

The thanks of Derian House also go to those who so generously put money in

the collecting tins, hand over stores of copper and make unsolicited donations.

Since Sandra first started 'freezing her knees' for Derian House in February 2001 in excess of £3,500 has been sent to Derian following a variety of fund raising activities that have been so generously supported by the people of Sedbergh.

### **DENTDALE METHODIST CHAPEL**

A happy new year to you all! As this is being written we are about to celebrate Christian Unity together with a coffee and service morning and an united service, as you read this these will no doubt be looked back on as happy events and we thank all who helped in any way.

We do not need a special week to work and worship together as all the services in all the churches are always open to everyone and we work together for the monthly "Jacobs Ladder" event in the Memorial Hall the next being on February 6th 3 - 5 pm, we have a lot of fun at these events along with craft and games and worship. Do come along, come as a family or an individual, we are always interested in your comments about the event so how's about coming? In March its on the 13th.

Pray and Share continues fortnightly on a Thursday meeting at 1.45 pm in the Methodist Schoolroom Feb. 3rd & 17th.

We look forward to a joint Lent Group again this year and are exploring the possibility of a monthly Bible Study here in the dale.

Details of all our services can be found in the notice board on the chapel wall or in the porch and all are welcome, at present we just have one service each Sunday at 2pm.

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### SLCVS

The South Lakeland Council for Voluntary Services are holding a series of Drop-In Surgeries to provide funding advice, information about training, or advice on running a voluntary or community group.

Drop-In Surgeries can help with –

- Funding Advice
- FunderFinder Searches
- Advice and information on various topics e.g. managing meetings, grant applications, effective funding
- Access to our reference library which has a comprehensive stock of books and information sheets, with up to date information on legislation, trustees, management committees, health and safety, general voluntary sector issues and much much more !!!!! (Information can be brought to the Drop-In Surgery or forwarded to you later)
- Information about training courses and events

The following Drop-In Surgeries are available:  
Sedbergh 1<sup>st</sup> Wednesday of every month

at Sedbergh Community Offices. The next Drop-In Surgery is on Wednesday 2<sup>nd</sup> February

All Drop-In Surgeries are 10.00am – 11.30am

For further details contact: Jane Johnson, Information Assistant, SLCVS.  
Tel: 01539 742627

E-mail: [info@cvasl.org.uk](mailto:info@cvasl.org.uk)

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### CAROL SINGING

The singing that was held in Garsdale raised £255.71 for the National Children's Homes. Grateful thanks to all who sang and gave so generously. Again, a big thank you to 'Auntie' Agnes.

MA

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## SOUTH LAKELAND CARERS

The Sedbergh & District Carers Support Group will once again be meeting in the Treatment Room, at the Health Centre on the first Tuesday in every month, excluding December. We meet from 2 - 4pm and information is available about the help and support available from "Carers Association" and other health related charities. The programme for the next few months includes;  
Feb. 1st: Sam Keay. Young Carers Support Worker will explain about her work with young carers.  
March 1st: Abigail Stavely will talk about her work as Manager of the "Volunteer Centre" at Stricklandgate House.  
April 5th: Janet Widdess. Topic? To be

arranged!

If you require transport please telephone the office on 015397 32927 and ask for Sarah and this will be arranged.

We now have a Support Group in Kirkby Lonsdale in conjunction with the Alzheimer's Society and meet on the 3rd Tuesday in every month in the Methodist Hall. Further details from the office.

All Carers and past Carers are welcome to these groups.

---

*Dear Editor*

Through the pages of *Lookaround*, I would like to thank the many people who came to my aid on Boxing Day, after my fall on the ice near Rash Mill which resulted in a broken hip.

To John Capstick of Green Cottage who was first on the scene and took Claire to phone 999, to the ambulance crew, Jayne and her partner Jimmy (I think) the morphine was kicking in by then!!

The walking parties who stopped to offer help with mobile phones etc.

After being taken to Lancaster hospital, I was operated on next day to screw the bones together and I spent the next eighty days on Ward 36.

I would like to thank all the staff for their care and to all the people who sent carols and good wishes.

A big thank you goes to my very good mates Mitch and Colin who gave up New Year's Eve to come and visit, bringing several bottles of 'medicine' and just to add insult to injury a hip flask. A big thank you to all. And to Claire for battling through all weathers to visit and keeping the home fires burning! Love to you all.

*Ken Pope*

*Dear Editor,*

My Christmas present came early in the fact that I can now venture forth into the streets of Sedbergh under my own steam - albeit with the help of a walking stick, and although not as agile as I once was, it's great to be mobile again.

There are lots of people who have been so helpful whilst I was dependant. So, special thanks to Chrissie at the Post Office - to Sedbergh postmen who passed any post through the window, to Sedgwick's Dairy for putting my daily pinta in a convenient spot, to Carol at the Green Door - she knows what for!!!, to my two dog walkers, Annie and Jean, who are still walking Lucy, to Ann and 'Dobbie' who have kept my spirits up when low, and lastly to my great friend of many years Jean Dixon, who has ferried me back and forth to hospital so many times in the pink limmo' and waited patiently during my visits.

I don't think I shall venture near the infamous stile I originally got tangled up with, but I shall be more careful where I put my feet in future.

Happy New Year to all. *Joan Collins*

#### **LADIES N.F.U.**

The final subject for 2004 was Christmas Decorations. Doris Howorth demonstrated various floral displays. A lucky lady won the raffle and took one home, for her table.

Our President, Barbara Escolme brought home-made mince pies, which we enjoyed with tea or coffee.

On February 17th Philip from Hill Top Nurseries will tell us how to kick-start the garden into spring.

Why not come along at 7.30pm at the People's Hall committee room.

#### **SEDBERGH TOWN BAND**

##### **Carols at the Stores**

In the run-up to Christmas an elite section of the band entertained customers at the major stores in Kendal and Kirkby Lonsdale by playing an extensive selection of carols. The excellence of the performances was much appreciated.

#### **People's Hall**

*per session*

Committee Room £6 (inc. heating)

Main Hall (*daytime*) £9

Main Hall (*evening*) £20

(£35 for functions with bar serving alcohol)

Regular bookings may attract discount

Changing Rooms can be booked

Bookings: Sedbergh Office Services

13 Kings Yard, tel. 20788

#### **CITIES OF THE WORLD QUIZ**

- |               |                   |
|---------------|-------------------|
| 1 Washington  | 2 Edinburgh       |
| 3 Rome        | 4 Madrid          |
| 5 Canberra    | 6 Moscow          |
| 7 Bucharest   | 8 Warsaw          |
| 9 Prague      | 10 New York       |
| 11 Barcelona  | 12 Singapore      |
| 13 Shanghai   | 14 Copenhagen     |
| 15 Bangkok    | 16 Amsterdam      |
| 17 Perth      | 18 Athens         |
| 19 Seville    | 20 Santiago       |
| 21 Strasbourg | 22 Lyon           |
| 23 Lyon       | 24 Calcutta       |
| 25 Newcastle  | 26 Casablanca     |
| 27 Rotterdam  | 28 St. Petersburg |
| 29 Salisbury  | 30 Coventry       |
| 31 Chicago    | 32 Vancouver      |

The winner was Malcolm Raw of Thornsbank. There were seven correct solutions. £180 was raised for Killington Church. Many thanks to everyone who bought a copy. *Jennifer Thornely*

### **SEDBERGH TOWN BAND**

#### **Beginners Class Dinner**

The beginners class, accompanied by their friends and relatives, were able to express their gratitude to their Monday evening instructors (Noel Bertram, Tony Croft and Alan Lewis) at a pre-Christmas Supper in the Dalesman.

An excellent turkey meal was thoroughly enjoyed by all present. Prizes for the most significant progress made by youngsters were won by brothers Tom and Harry Cooling.



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### **CAROL SINGING IN DENTDALE**

A special thanks to those who joined the Carol Singers in Dent and Cowgill in the week before Christmas and to those who gave so generously too. A wonderful total of £227 was raised that has been shared between The Children's Society and The National Children's Homes. Our thanks also go to Mr & Mrs Playfoot, Mrs & Mrs Pilgrim and Mr & Mrs Fothergill who so kindly provided refreshments for the singers. Thank you to all again for your support.

*Neville Allen*

### **LADIES NFU**

The December meeting had us all in festive spirits. Doris Howorth demonstrated flower arrangements for Christmas, donating one for our raffle. This was followed by coffee and mince pies; we then sang carols accompanied by Mrs Gorst on her keyboard

At the January meeting, Mrs S Garnett gave us a very interesting and amusing talk & slides of her experiences with the Earth Watch Project on the Australian Echidna on Kangaroo Island.

It is the start of our new programme year, subscriptions £5.00 new members welcome to join us on the third Tuesday of the month in the Peoples Hall committee rooms.

Our next meeting is February 15th on Kick Start the Garden in Spring by Philip from Hill Top Nurseries.



### **CAN YOU HELP?**

Has anyone please got a photograph of Pte. J. E. Harvey who was drowned in the Sedbergh School Swimming pool on 5th September 1942 aged 18.

At the time he was serving in the 11th Border (Homeguard) Battalion and on duty.

I would return any photo the same day as loaned.

*Jack Hill*

### PEOPLE'S HALL

The Annual General Meeting of the People's Hall will be held on Monday 7<sup>th</sup> February at 7:30 p.m. in the Committee Room of the Hall. Anyone who is interested is encouraged to attend.

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### TENNIS CLUB A.G.M.

Sedbergh Tennis Club AGM will be held in the Bull Hotel at 8.00 pm on Tuesday 15th March. We look forward to reporting our activities over the last 12 months and hearing your views on how we can do things better this year. The normal agenda will be circulated at the meeting. We particularly look forward to seeing all of you who are interested in helping the club to flourish and grow in 2005 and beyond.

Please note that the Club will be organising coaching for Juniors (contact Mr Cayley at the Primary School or Mrs Nicholas at Settlebeck) during the Summer Term.

We look forward to welcoming members old and new on to the Guldrey courts this spring, and to seeing all our Tennis Club members at the AGM.

### TOWN TWINNING

To help with our ongoing twinning programme, we have various productions for sale. Garth Steadman has copies of his videos, Zrece Delegation Visit November 2004 and The Twinning Evening December 10th 2004. These are available at his shop price £10 each. I have made a CD Rom of 256 photographs and 14 video-clips with sound and this is for sale price £5.00 at the Post Office.

All items can be ordered direct from me on 21138 or [msg@fish.co.uk](mailto:msg@fish.co.uk)

*Susan Garnett*

### At the **Chair Workshop**

- Chair seating & supplies
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### DENTDALE MEMORIAL HALL

The committee meetings for this year as decided at the AGM are as follows: Wed. 16th March, Tue. 21st June, Tue. 6th Sept and the AGM on Wed. Nov. 23rd, all in the Sedgwick Room at 7.30pm.

We are pleased to hear from anyone not on the committee who would be interested in helping with fund raising and/or with any input regarding the GALA., please contact Chairman Mr Graham Dalton or myself, the Secretary.

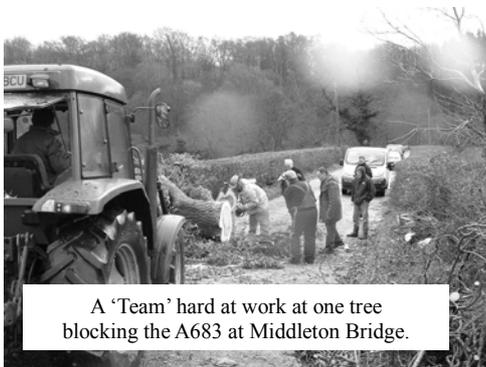
*Sarah E Woof.*

### POLICE REPORT

For the first time in a long time, I have to sadly report on a number of crimes that have occurred in the area.

There have been a number of Burglaries in the Sedbergh and Dent areas which have been very distressing for everyone concerned. The main access has been through insecure doors. I am aware of the phrase 'I remember the time when you could always leave your door open ...'. I can remember those times too but the persons responsible are opportunists and if they try your door and it is locked, they go away. If open, they will give you a visit. To look on the plus side - there was no real damage caused and more importantly, there was no confrontation and no injuries. But it has made everyone aware about security. If anyone would like further information about basic security, please contact me or any other Officer in Sedbergh. Prevention is better than detection! No persons have been caught for these offences as yet but we are still making enquiries.

On a slightly better note, over the last two months we have been hit with severe weathers, although it has not been as bad as other parts of the County or world. During the bad bouts of ice and snow in



A 'Team' hard at work at one tree blocking the A683 at Middleton Bridge.

December, there was only two reported accidents in the area. During the high winds and flooding on 8th January, there were NO accidents reported, despite many trees down on roads and a few areas of flooding. Congratulations to everyone that was on the road. It proves to me that you were "driving to the conditions" and slowing down. Well Done. A big thank you also to the many people that assisted the Police on 8th January with the trees and flooding. I shall not name them for fear of missing any out but it is in times like then that people pull together and help each other.

Highways have attended to the problems on Scotch Jeans, Blackhorse Hill but there was still problems with the water. I managed to get a team together and empty out all the drains that were overflowing so there should be a vast improvement there now.



Receiving the Award from Chief Superintendent Horlacher.

Can I thank all the people that have given me congratulations for the Good Policing Award that I received on 20th December. I hope to continue in the work that I have done over the many years and help to make this a better place to live and work.

*DJW*

### **CREDIT WHERE CREDIT IS DUE!**

Take a woman with an idea,  
Give her a week,  
The venue is booked,  
Advertising distributed,  
Friends making cakes,  
The weather is awful,  
But Sedbergh folk turn out,  
They bring, they buy,  
The Result:- Over £1000 raised for Asia's  
Disaster,  
Give yourself a pat on the back Dorothy  
Blair (and friends). *Anon*

---

### **LOCAL SCHOLARSHIP**

Caroline Smith, ex-Casterton School, has won a Choral Scholarship to Clare College, Cambridge. Clare College is arguably the top academic college in Cambridge, and certainly one of the trinity of starry musical colleges in the university along with King's and the revitalised St John's College. Caroline has been much involved in local vocal and instrumental music-making, and will no doubt be seen again before Sedbergh audiences over the next months.

---

### **SCOUT CHRISTMAS POST**

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

This is the seventeenth year we have offered this service, and we delivered about 2,250 cards and, with donations, raised over £335 for group funds. Thank you. *AD*



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## *NO SMOKING ZONES*

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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
Summerhill, 7 Highfield Road, Sedbergh (B&B).....	20360
8 Bainbridge Court, Bainbridge Road, Sedbergh (Self C.) .....	21000
Barrett Barn, Sedbergh (Self C.) .....	21175
<b>EATING PLACES</b>	
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
White Rose Fish & Chip Cafe, Main Street, Sedbergh .....	20468

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

<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
Book Group	Mr Wheten	Sed:	21488
Bowling Club (Queen's Gardens)	Mr Killops	Sed:	20279
Bowling Club (Indoor)	Mr Greenbank	Sed:	21720
Bridge Club	Mr Estensen	Sed:	21060
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
Dent Memorial Hall	Mrs McClurg	Dent	25446
Dentdale Players	Mr Duxbury	Dent	25535
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	Miss Stephenson	Sed:	20731
	Mrs Mackereth	Sed:	20346
	Mr Lord	Sed:	20993
Golf Club	Mrs Woof	Dent:	25275
Good Companions (Dent)	Mrs Mackereth	Sed:	20346
Gladstone House	Mrs Howarth	Sed:	20090
Help Tibet Northern Branch	Mrs Howarth	Sed:	20090
Hockey	Miss Capstick	Sed:	20259
Howgill's Harmony *	Mr Burbidge	Sed:	21166



## BUS SERVICES

### Sedbergh to Kendal via Oxenholme

#### Monday – Friday

Sed	Arr				
0745	0825		564	S	❖
0940	1010		564	W	
1005	1040		564	S	❖
1005	1040	<b>Wed</b>	564B	W	❖
1240	1310		564	W	
1300	1335		564	S	❖
1300	1335	<b>Wed</b>	564B	W	❖
1400	1430	<b>Tue</b>	804	D&H	❖
1440	1510		564	W	❖
1550	1620		564	S	❖
1711	1745		564	W	

#### Saturday Only

1005	1040		564	S	❖
1050	1125		564A	D&H	❖
1300	1335		564	S	❖
1550	1620		564	S	❖

### Sedbergh to Kirkby Stephen

#### Monday – Saturday

0900	0935	<b>M-F</b>	564	S	❖
1120	1155		564	S	❖
1440	1504		564	S	❖
1655	1730		564	S	❖

### Sedbergh to Kirkby Lonsdale

0945	10.18	<b>Thu</b>	567A	D&H	❖
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#### To Hawes

0845	0920	<b>Fri</b>	112	B	
0910	0945	<b>Tue</b>	112	B	
1000	1035	<b>Tue</b>	804	D&H	❖
1120	1155	<b>Fri</b>	112	B	
1400	1435	<b>T&amp;F</b>	112	B	
1535	1620	<b>Sch</b>	112	B	
1535	1620	<b>Fri</b>	112	B	

### Sedbergh to Cowgill

0940	1009\$	<b>Sat</b>	564A	S	❖
1205	1232	<b>Wed</b>	564B	W	❖
1415	1443	<b>Sat</b>	564A	S	❖
1500	1530\$	<b>Wed</b>	564B	W	❖

### Blackhall Road, Kendal to Sedbergh via Oxenholme

#### Monday - Friday

Dep	Sed				
0830	0900		564	S	❖
0835	0919	<b>Sch</b>	564	W	
0930	1000	<b>Tue</b>	804	D&H	❖
1030	1056		564	W	
1050	1120		564	S	❖
1130	1205	<b>Wed</b>	564B	W	❖
1330	1356		564	W	
1340	1415	<b>Wed</b>	564B	W	❖
1410	1440		564	S	❖
1625	1655		564	S	❖
1630	1656		564	W	
1745	1815		564	W	❖

#### Saturday Only

1050	1120		564	S	❖
1410	1440		564	S	❖
1625	1655		564	S	❖

### From Kirkby Stephen to Sedbergh

#### Monday – Saturday

0710	0745	<b>M-F</b>	564	S	❖
0940	1005		564	S	❖
1225	1300		564	S	❖
1515	1550		564	S	❖

### From Kirkby Lonsdale to Sedbergh

1215	12.48	<b>Thu</b>	567A	W	❖
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#### From Hawes to Sedbergh

0800	0845	<b>Sch</b>	112	B	
0920	0955	<b>Fri</b>	112	B	
1200	1235	<b>T&amp;F</b>	112	B	
1325	1400	<b>Tue</b>	804	D&H	❖
1445	1520	<b>Fri</b>	112	B	
1635	1710	<b>Sch</b>	112	B	
1635	1710	<b>T&amp;F</b>	112	B	

#### From Cowgill to Sedbergh

0937	1005	<b>Wed</b>	564B	W	❖
\$1020	1050	<b>Sat</b>	564A	D&H	❖
1232	1300	<b>Wed</b>	564B	W	❖
\$1545	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*

B = Braithwaite's Coaches

D&H = D&H Travel

❖ = Provided with Support from CCC

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

W = Woof's of Sedbergh

S = Stagecoach in Cumbria

\$ = Dent Station

## 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

Jenny Heath	Alexander Technique	015396 25002
Denise Williamson	Homeopathy, Bowen Technique	015396 20846
June Parker	Acupuncture	015396 20972
Ian McPherson	T'ai Chi, Flower Essences, Homeopathy	015396 20648

*Complementary therapists practising locally*

## DIARY OF EVENTS

*All Diary entries are FREE. Dates are held up to 13th December 2005*

<b>FEBRUARY</b>					
1 1400	Carers Group Sam Keay	HC	3 1930	WIH Music & Humour	HVH
1 1930	GL Slide of Mongolia	GVH	4 1430	Women's World Day of Prayer	SMCR
2 1930	HS Members Evening	SHS	4 1930	As You Like It	SSPH
3 1430	SBH Cumbria Air Ambulance	SMCR	5 1000	Table Top Sale (A)	PH
3 1930	WIH Mr Taffy Thomas MBE	FCH	5 1000	Jumble Sale	SMCR
4 1315	Zebras	SMCR	5 1030	Paintings Exhibition (FM)	FM
4 1930	Killington Sports Domino Drive	KVH	5 2200	Senior Disco (A)	PH
5 1030	Paintings Exhibition (FM)	FM	6 1030	Paintings Exhibition (FM)	FM
5 1830	A Bit Of A Do (A)	TH	8 1400	WIK The Fishers Entertain	SMCR
6 1030	Paintings Exhibition (FM)	FM	8 1930	FCH Domino Drive	FCH
6 1500	Jacob's Ladder	DMH	9 1000	Christian Aid Coffee Morning	URCR
7 1930	PH AGM	PH	9 1930	WIF Decorated Eggs	PH
8 1400	WIK The History of Blackwork	SMCR	11 1315	Zebras	SMCR
8 1930	SS CCF Band Concert (A)	SHS	12 1030	Paintings Exhibition (FM)	FM
9 1930	WIF Beekeeping	PH	13 1030	Paintings Exhibition (FM)	FM
9 tba	Games Afternoon	SMCR	13 1500	Jacob's Ladder	DMH
9 1930	SS Everest & Patagonia (A)	PH	14 1500	Book Group Meeting	L
11 1315	Zebras	SMCR	15 1500	SS Wilson Run	SS
11	SS Half Term Starts		15 1900	Neighbourhood Forum	TBA
12 1030	Paintings Exhibition (FM)	FM	15 2000	Tennis Club AGM	Bull Hotel
13 1030	Paintings Exhibition (FM)	FM	16 1000	URC Coffee Morning	URCR
14 1500	Book Group Meeting	L	16 1930	HS Manor Customs of Westmorland	SHS
15 1930	FCH Domino Drive	FCH	17 1430	SBH Easter Flowers	SMCR
16 1930	HS Gayle Mill Restoration	DMH	18 1315	Zebras	SMCR
17 1430	SBH Friends form Settle	SMCR	18	SS Term Ends	
18 1315	Zebras	SMCR	19 1000	URC Jumble Sale	URCR
19 1030	Paintings Exhibition (FM)	FM	19 1030	Paintings Exhibition (FM)	FM
20 1030	Paintings Exhibition (FM)	FM	19 1930	HS AGM	SHS
20	SS Half Term Ends		20 1030	Paintings Exhibition (FM)	FM
21 1930	Beekeepers' Queen Mating	PH	21 1930	Beekeepers' AGM	PH
23 1000	Playgroup Coffee Morning	URCR	23 1000	Zebras Coffee Morning	URCR
23 1930	CWT A Lifetime of Birds	SHS	24 1930	CWT AGM & A Himalayan Trek	SHS
24 1930	Sedbergh Bowling Club AGM (A)	WHC	26 1030	Paintings Exhibition (FM)	FM
25 1315	Zebras	SMCR	27 1030	Paintings Exhibition (FM)	FM
25 1930	LFH Domino Drive (A)	SHS	30 1000	Barnardo's Coffee Morning	URCR
26 1030	Paintings Exhibition (FM)	FM	<b>APRIL</b>		
27 1030	Paintings Exhibition (FM)	FM	2 1200	Sedbergh Spring Show	PH
27 1400	Robin Hood the Panto	<b>Cancelled</b>	5 1400	Carers Group Janet Widdess	HC
28 1900	Robin Hood the Panto	<b>Cancelled</b>	5	GL Visit to Burton Tulip Festival	GVH
<b>MARCH</b>			6 1000	Sedbergh Stitches Coffee Morning	URCR
1 1400	Carers Group Abigail Staveley	HC	7 1430	SBH Quilt & Quilting	SMCR
1 1930	FCH AGM	FCH	7 1930	WIH Old Kendal	FCH
1 1930	GL Sewing Machines to Africa	GVH	10 1500	Jacob's Ladder	DMH
2 1000	NW Cancer Research Coffee Morning	URCR	12 1400	WIK Surprise	SMCR
2 1930	HS Reformed Church History	SHS	13 1000	Asthma Research Coffee Morning	URCR
2 1930	As You Like It	SSPH	13 1930	WIF Mountain Rescue Dogs	PH
3 1430	SBH Local Slides of Cumbria	SMCR	17	SS Term Begins	
3 1930	As You Like It	SSPH	18 1930	Beekeepers' Swarm Control	PH
			20 1000	WIF Coffee Morning	URCR

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

*It is printed by Stramongate Press.*

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

21	1430	SBH Trip to be arranged		17	1000	StAS Mission Coffee Morning	URCR
27	1000	Garsdale Church Coffee Morning	URCR	24	1000	Beekkeepers' Coffee Morning	URCR
27	1930	CWT Limestone Pavements	SHS	31	1000	Garsdale Church Coffee Morning	URCR
30	1430	Beekkeepers' First Inspections	Holly Bank	<b>SEPTEMBER</b>			
<b>MAY</b>				1	1930	WIH The Meaning of Surnames	HVH
1	1500	Jacob's Ladder	DMH	3	1000	Beekkeepers' Cockermouth Convention	
3	1930	GL Annual Auction	GVH	7	1000	GVH Coffee Morning	URCR
4	1000	StAS Mission Coffee Morning	URCR	10	1430	Beekkeepers' Re-Queening	Old Vicarage
5	1930	WIH Gardening	HVH	<b>DIARY KEY</b>			
8	1830	Christian Aid Coffee Evening	PH	BF	= Brigflatts		
10	1430	WIK Resolutions	SMCR	BS	= Baliol School		
11	1000	Carers Coffee Morning	URCR	BVH	= Barbon Village Hall		
11	1930	WIF WI Advisor - Resolutions Meeting	PH	CDC	= Community Development Centre		
12	1430	Network Spring Meeting	SMCR	CO	= Community Office, Main Street		
14	1000	Beekkeepers' Furness Convention	Bardsea	CS	= Casterton School		
14	1100	Dent Heritage Centre Opening	Dent	CWT	= Cumbria Wildlife Trust		
15		Christian Aid Week	Sedbergh	DCMH	= Dales Countryside Museum, Hawes		
16		Christian Aid Week	Sedbergh	DCP	= Dent Car Park		
17		Christian Aid Week	Sedbergh	DMH	= Dent Memorial Hall		
18	1000	Christian Aid Coffee Morning	URCR	DMC	= Dent Methodist Church		
19		Christian Aid Week	Sedbergh	EG	= Embroiderers' Guild		
20		Christian Aid Week	Sedbergh	FCH	= Firbank Church Hall		
21		Christian Aid Week	Sedbergh	FM	= Farfield Mill		
16		WI Group Meeting		GL	= Garsdale Ladies		
21	1230	Sedbergh Gala	Sedbergh	GVH	= Garsdale Village Hall		
25	1000	Firbank Church Coffee Morning	URCR	G&CC	= Garsdale & Cautley Churches		
28	1430	Beekkeepers' Varroa Management	Lingarth	HC	= Health Centre		
28		SS Half Term Begins		HS	= History Society		
<b>JUNE</b>				HVH	= Howgill Village Hall		
1	1000	WIK Coffee Morning	URCR	JLCP	= Joss Lane Car Park		
2	1930	WIH Members Evening	FCH	KC	= Killington Church		
5	1500	Jacob's Ladder	DMH	KL	= Kirkby Lonsdale		
5		SS Half Term Ends		KVH	= Killington Village Hall		
7	1930	GL AGM	GVH	L	= Library		
8	1000	Dent Foot Chapel Coffee Morning	URCR	LHCP	= Loftus Hill Car Park		
8		WIF Outing	tba	MCH	= Methodist Church Hall		
11	1430	Beekkeepers' Honey Cropping	Three Wood	MCCCL	= Methodist Church Centre KL		
14	1430	WIK Paper Craft	SMCR	MH	= Masonic Hall		
15	1000	Sedbergh Playgroup Coffee Morning	URCR	PH	= People's Hall		
22	1000	NCH Coffee Morning	URCR	SBH	= Sedbergh Bright Hour		
25	1000	Beekkeepers' Summer Convention	PH	SC	= Swimming Club		
29	1000	RBL Coffee Morning	URCR	SCC	= Sedbergh Cricket Club		
<b>JULY</b>				SHS	= Settlebeck High School		
1		SS Term Ends		SIC	= Sportsman's Inn, Cowgill		
3	1500	Jacob's Ladder	DMH	SMCR	= Sedbergh Methodist Church Room		
6	1000	URC Coffee Morning	URCR	StAS	= St Andrew's Church, Sedbergh		
7	1930	WIH Cookery Demonstration	HVH	StJAR	= St John Ambulance Rooms		
13	1000	Alzheimer's Coffee Morning	URCR	SR	= Spooner Room		
13	1930	WIF Shiatsu	PH	SSPH/L	= Sedbergh School Powell Hall/Library		
16	1430	Beekkeepers' Watch this space	The Bothy	TIC	= Tourist Information Centre		
20	1000	WIH Coffee Morning	URCR	URCR	= United Reformed Church Rooms		
27	1000	Network Coffee Morning	URCR	WHC	= White Hart Club		
<b>AUGUST</b>				WID	= Women's Institute, Dentdale		
3	1000	Howgill Church Coffee Morning	URCR	WIF	= Women's Institute, Frostrow		
4	1930	WIH Antiques Roadshow (Open)	HVH	WIH	= Women's Institute, Howgill		
10	1000	NW Cancer Research Coffee Morning	URCR	WIK	= Women's Institute, Killington		
10	1930	WIF visit to WID		VVH	= Westhouse Village Hall		
13	1430	Beekkeepers' Honey Cropping	Langber End				

## PUBLIC INFORMATION

### SEDBERGH HEALTH CENTRE

Loftus Hill ☎ 015396 20218

Repeat Prescription ☎ 015396 20239

#### Dr P A Orr

Monday	0830 - 1100 1130 - 1200 #	1500 - 1900 *
Wednesday	0830 - 1100 1130 - 1200 #	1500 - 1900 *
Saturday	0830 - 1100	

#### Dr W Lumb

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

#### Dr C Hunt

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

#### Practice Nurses

Monday	0845 - 1200	1300 - 1900
Tuesday	0845 - 1200	1300 - 1630
Wednesday	0845 - 1200	1300 - 1630
Thursday	0830 - 1200	1300 - 1730
Friday	1000 - 1200	1300 - 1800

Tuesday & Thursday Adele Reynolds  
Monday, Wednesday, Thursday (PM) & Friday Anne Crome

<b>District Nurse</b>	<b>Health Visitor</b>
☎ 015396 21690	☎ 015396 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 CLOSED

#### COMMUNITY OFFICE ☎ 20504

Monday to Friday 1000 to 1600  
e-mail office@sedbergh.org.uk  
web page 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

#### 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

#### 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