

Sedbergh & District

LOOKAROUND

March 2005

Issue 220

Donation 50p

A Happy Birthday to *Lookaround* as we are 19 years old this month, and still going strong. A big thank-you to the readership, contributors and advertisers for the support given over the years. We could not produce each issue without all

of you. It only remains for us to wish you all a very Happy Easter and don't forget to put the clocks forward over the holiday weekend.

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CHILDREN'S BIRTHDAYS MARCH 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:-

Luke Ingham who is

11 years old on 3rd March

Simon Boyles who is

11 years old on 13th March

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Day	Name	Age
1	Alisha BREWER	4
1	Sam OVERSBY	7
2	Joseph DICKIE	6
3	Thomas THEXTON	7
3	Luke INGHAM	11
5	Ethan CLARK	2
6	Cameron HORNER	3
7	Melissa HARTLEY	4
7	David GOAD	8
8	Tess PRALL	4
9	Aaron CAPSTICK	5
10	Scott MIDDLETON	8
10	Sam FIDDLER	7
11	Laura WOODFINE	10
12	Kate BROOKSBANK	4
12	John WOOF	7
12	Liam BALL	7
13	Sam LABBATE	1
13	Simon BOYLES	11
14	Kate THOMPSON	3
16	Kathryn LAWSON	6
16	Connie HODGSON	9
19	Wesley BREWER	7
25	Kayleigh BROWN	7
27	Jessica LABBATE	4
29	Callum FERREIRA	7

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	brantrigg@btinternet.com	
Mrs C Cooper	Far End Farm, Garsdale Head, Sedbergh (05/10)	21906
	<i>1F; 1D; 1T; 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 (05/12)	20251
	e-mail:- antique.thurlby@amsolve.net	
	<i>ID; 1T; CH; L; NP*; P; DR; VB</i>	
Mrs S Gold-Wood	Number Ten Main Street, Sedbergh (06/02)	21808
	e-mail: sangold.kwood@virgin.net	
	<i>ID; 1T; 1S; CH; TVL; NSB; P; CB; VB</i>	
Mrs P Bainbridge	Ullathorn's Farm, Middleton, Kirkby Lonsdale (05/10)	015242 76214
	e-mail: pauline@tossbeck.f9.co.uk	
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 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

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CAMPBELL

Happy **90th Birthday** Uncle Jack on 3rd March. Love and Best Wishes from Betty, Tommy, Joan Leonard and families.

HAINES

Ethel would like to thank family, friends and neighbours for prayers, cards, messages and gifts, phone calls and visits during her stay in hospital and also since returning home. Thank you all.

KLISZAT

Madeline would like to thank everyone, who gave donations so generously to Bills's charities the Heart Foundation and Asthma. I have received two lovely letters of thanks. Both charities are very grateful and will put the money to good use.

MIDDLETON

Happy Mothers Day. Sorry I wont be with on the 6th, however this message comes with lots of love and thanks all the way from Los Angeles from your very own 'Strawberry Cream'! X

STEADMAN

Treasured memories of my dear wife and Mother of Garth and Alan. She went away in May. It would have been her birthday on Valentines Day. I would also like to thank my family for taking care of me since my return from Barrow Hospital, and for all the cards that I received. Thank you all. Tom.

PACKHAM

Joy's family would like to take this opportunity to thank all the many people who sent cards and messages of condolence following our sudden loss. Thanks to all those who attended the crematorium at Lancaster, and later at the Bull Hotel, we were very touched by the amount of people who came to pay their last respects. You were a great comfort to the family. Thanks also to the Canon Alan Fell for taking the Service and reading the Address. We would also like to thank all the ambulance crews who over the last few years were very supportive, likewise the Staff at Westmorland General Hospital and Blackpool Hospital. Final thanks must go to Brian Goad and his staff for their warm and caring professionalism as usual.

RAMSBOTTOM/BRIGGS

Congratulations Rachel and Paul on the birth of our first grandchild, a beautiful little girl - Lily Iona - born 2nd February (7lb 14oz) at Helme Chase. Lots of love Dad, Mum and all the family.

TOWNSON

I would like to thank the local ambulance crews, friends and neighbours and Carole's work mates, for all their help during my stay at R.L.I. I am making a steady recovery from my accident. Thank you again. Malcolm.

PERSONAL & SMALL ADS £1

SCARR

All the family of the late Nick would like to thank everyone who have shown their support, sympathy and gave donations on this very sad occasion. Nick will always be in our hearts and never forgotten. He will be deeply missed. With special thank to the Doctors and nurses at:- W.G. H., R.L.I., Royal Preston Hospital and Hope Hospital Manchester. Also special thanks to Mr Brian Goad, Canon A. Fell and Rev E.P.E. Long.

WALLER

Billy would like to thank everyone who sent cards and visited him while he was in hospital.

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WOMEN'S WORLD DAY OF PRAYER



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 Friday 4th March at 3.20pm
 At Sedbergh Methodist Church
 Speaker: Mrs Susan Raw
 Organist: Mrs Barbara Gorst
All will be very welcome

LOCAL REPRESENTATION

As the chairman of Sedbergh Parish Council I must write in response to last months comments by N Hastle in which serious criticisms were made in relation to the efforts of the Council. Eleven members meet monthly to give freely of their time for the benefit of this community and the enrichment of the lives of their fellow citizens in the Parish. In addition many hours are spent over the month meeting the needs of parishioners on a daily basis.

We are accused of falling short on effort. We are accused of raising council tax money endlessly, yet not spending enough, which do we want? I think most will be agreed that Council Tax is enough and prudent spending must be the order of the day. The suggestion that money is wasted on beaurocracy is laughable as far as the Parish Council is concerned, our staff consisting of one part time clerk. Unlike the other tiers of government,

party politics play no part in our deliberations.

The Council had for years financed a playground on the field which came to the end of it's life. We could simply have replaced it, but interested people decided that a more substantial facility was

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possible, formed a committee and got stuck in. They were able to access grants which would not have been available to the Council. The group excelled, raised the money and now have an excellent play area of which they feel a sense of ownership and some responsibility with a real feeling of achievement. The Council are now committed to a considerable expense annually for maintenance, safety inspections and not least insurance. Along similar lines a group are being encouraged to drive forward their ideas for a skateboard area with support from us.

The Town Twinning group was formed in the Chamber of Trade and in its early days the Council kept an overview. The whole process was changed with the

arrival on the scene of the BBC who managed affairs with the involvement of the 'stars' as N Hastle describes them. The Council now have representatives in the initiative.

We support in one way or another many organisations in the area which pursue their own interests but together make up the balanced society of which we can all be proud. It is not to be expected that the Council does everything, but that all in our community do what they can.

Every four years the Council is disbanded and elections are held to fill the vacant seats. New faces are always welcome as candidates including N Hastle. The same applies to the monthly meetings in the Peoples Hall, 7.30, last Wednesday. See you there. *AP*



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TSUNAMI PART 2

Continued from last month

Suddenly I woke with a start. It was a strange feeling, and I climbed up the stairs to see Don appearing from the other cabin. We had only been asleep for an hour or so.

“What woke you?” I asked.

“I don’t know” was the reply, “I have this strange feeling”

“Me too.”

We went up on deck, and I wondered if I was still dreaming. For there rolling towards us was a brown wall of curling water that had debris and boats of all descriptions hurtling down towards us.

Don grabbed at the wheel and started both motors yelling over the roar to let more chain out. I fastened the hook to the anchor chain, ran back to the main winch, wrapped the rope around it and began winching in with all my mite to undo the bridle. But the first wave brought a longtail hurtling at us and it lodged between the two hulls, up-anchoring us and sweeping us with it towards the shore. I looked back and saw the breakers from behind, two yachts, fast boats and dive boats rolling and tumbling in the onslaught and us dragging towards it all a few metres away.

It was hopeless.

Don yelled again over the din for me to grab a knife and cut the bridle loose and drop all the chain we had. And as I did so I looked back towards the shore and couldn’t believe what I was seeing. I screamed at Don, “Oh my God! Look!”

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For there behind us, hurtling back towards our stern was a wall of water bigger than what had hit from the front bringing all the debris with it. Having smashed onto the shore, the water had built up higher and higher and with nowhere to go came screaming and curling back at us.

But our angel is ever present. The back wave lifted our stern right out of the water and over the longtail and its engine between our hulls, we surfed horizontally down into the depths slewing around. It was terrifying, but we were free.

Or for a while anyway.

Our anchor, a heap of fishing nets, and the longtail and its engine entwined and wrapped around the anchor chain of .

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another catamaran nearby as we were swept past. It was anchored fast and with a sickening feeling we began to veer towards it in a head on collision. I ran for the chain locker and freed the anchor chain and Don kept the engines revved full speed to keep us from colliding... and just when we thought we were doomed, our friend Brian on his boat Gundy Two who was motoring out to deep water away from the fiasco, saw what had happened. He dropped anchor further out and came back in his dinghy to help, smashing his petrol tank, loosing his oars, but bent on saving us. With Don still keeping the engines roaring and Katrine pulling away from the danger, I lowered our dinghy into the water and the surging brown mass of sea to help Brian untangle the mess. And in my haste I forgot to tie on, I left the knife, and I didn't put the plug in! in other words, I wasn't much use except to right all the

(Continued on page 10)

mistakes and when the mess was undone, to tow Brian back to Katrine. He and Don heaved the chain and anchor on board and we managed to motor out avoiding all the carnage and in to deep waters.

It has been a numbing few days since then as rumours of more tsunamis abound. We have stayed well clear of the shore line, (but not of all the speed boats and dive boats that have the same idea in mind.)

We have mopped up the sea water, and dried out the mattresses, picked up the dead fish and cleaned the fish scales off the coach roof. We have rubbed the cuts and bruises and patted Katrine on the back, but the horror remains. So many lives lost. And the greatest horror is to hear that the warning came through and

the Thai tourist office declined to warn anyone incase it caused chaos amongst the tourists.

Everyone slowly picks up the pieces and the stories come in. Our beautiful anchorage at Telaga no longer exists. Seven boats have sunk in the Marina, many damaged and some totally unsalvageable. People have lost loved ones, drowned holidaying on beaches, fishing at sea , in villages and working in their shops. It's been a tragedy too immense to imagine. With the rest of the world we are stunned.

Thank you for all your prayers and wishes. We survived, by the grace of God.

Next month, another letter .

Don & Jeanne

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LET'S HEAR IT FOR THE EU

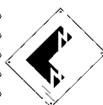
They're so funny, the UK Independence Party people (see *Lookaround*, February). Does the EU really plan to harmonise sausages and condoms? If it does it certainly deserves our support.

And just because a Frenchman said he'd like to be in charge of a superstate does that make it EU policy? Surely, one delight of the EU is that it's just like Sedbergh in macrocosm; there are rather more firmly-held opinions than there are people to hold them.

Currently, in a spirit inspired by global cooperation, the Chamber of Trade, Community Office and Booktown Committee (who'll be facilitating the new Tourist Information Centre) are working towards bringing websites together and getting enquiries dealt with in a more coordinated manner.

Two specific initiatives are underway right now. One is to try to get to a position where someone looking for accommodation can see it all listed in pretty much one place and has every possible barrier to making a booking swept aside, be their preference online, by phone or by email, a kind of 'Resort Sedbergh'.

The other is an upgrade to the events calendar that's currently located on the [sedbergh-yes](http://www.sedbergh-yes.net) website to allow people or groups to keep their own events up-to-date without needing to ask and, of course, without being able to tinker around with anyone else's events. The calendar has been there for some years, so we know that people look at it. It shows only forthcoming events, automatically obsoleting dates in the past, a feature that other towns could learn



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Another current enhancement to the calendar is to allow someone who is interested in Sedbergh to enter on the calendar page their email address and either the dates they'll be here or a subject area, and then whenever an event is introduced, be it a booktown event, a town twinning event, a gala, show, festival, sale, exhibition, whatever, the person who's registered an interest is automatically sent an email telling them what will be on. So far as I know nowhere else in the world has a website with these wonderful features. Good eh?

You can see the evolving events calendar on www.sedbergh-yes.net/events.html and there's a comments form there for feedback. For enquiries about plans for coordinated accommodation listings, please talk to Nigel Close, sedberghtwin@yahoo.co.uk or Carole Nelson, cnagency@talk21.com.

*Dave Collier
dc@sedbergh-yes.net*

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MEMORIES

We approached “The Town that wants a Twin” by way of the road from Hawes... past Farfield House and the lane to Farfield Mill – on the right. A few more bends then a small lane on the left leading to the old Isolation Hospital. By now the Dales mist had cleared and, in a way, there was almost an air of entering Brigadoon yet this was the beginning of Sedbergh. The years rolled back and it was the mid 1940s!

On the right was a large property, in those days it was The Moss. Days, when as a young boy, my family and I visited Daisey Sewart – whose property it was. There was a wall running alongside. This was where Old Bill - the dog- used to walk along the flat top. Yes, it was known by us as Bill’s Wall. Inside there was a huge kitchen with a stone floor and I well remember huddling up at one end of the lounge/living room where the warmth came from the small coal fire. After tea, in winter, I desperately hoped I would not need the toilet because there would be the need to obtain a candle to light the way. There was no electricity and the shadows held many fears for a young boy not yet

in his teens.

Back to the route and another turn in the road revealed a farm on the left. Dixon’s farm and again thoughts of visiting Maurice, my friend, and his family for various parties. As yet there was no power provided here so we played games by the light of Tilley lamps. On, yet again and on the right there was the old “pinfold”. Here stood prefabs and the Council Rent Collector was Stan Haygarth. Now it is a site for static/living vans. Fortunately the small circular fold remains. Going over the bridge, where we used to play and even swim in the river, it is possible to see Thornsbank but this was the 1940’s and Thornsbank was not to be until around 1952. We lived at number two and had to wait over a year until the plaster dried out enabling us to move in. A little further up was the beck (again a source of childhood games and fun) then on the right was just a field. Settlebeck School was not in being. The

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building was there but I recall it housed the Youth Club.

A further twist in the road and there by now the Kirkby Stephen Road had merged from the right. What other memories and changes were yet to come...

Castlehaw and the fire station were not dreamt of and not even in the planning stage and Maryfell was a prefab estate. We lived at number 49, before the move to Thornsbank, – backing onto the approach to Settlebeck. Our milkman came around in a horse and cart. At the top of the estate was a field and the start of Tommy Winn's farm. Again nostalgia! Mum used to send me up to the farm to see the milking and to buy a pint of milk for 4d. If I took a jug usually around two pints were dispensed. The pint measure leaked and was compensated for in a very generous manner. The milk was "straight from the cow", cooled into a churn and

tasted wonderful. Leaving the farm I recall that, opposite the houses in Long Lane was the hill where an observation post was sited during the war. Again childhood memories of sledging- in winter- right from the top (in the days prior to global warming). It was necessary to do a broadside at the bottom or there was a four foot drop over the capping stones onto the road. In this area was a carrier who had transport for cattle but, in the rare days of moving house, these vehicles could be used too. Was it Tommy Coward?

A little further on was the cinema. Four changes of film in a week with seats priced at 3d., 7d., 10d., and 1/9d. and almost next to this was Harvey Askew's. Hardly Tesco but providing many foods. Then on the other side, just before Back Lane and Main Street merged, stood the Police Station manned by a sergeant and

(Continued on page 14)

several constables. At this point it is now necessary to observe the one way street and walk along the Main Street. How did the occasional lorry and car negotiate this narrow point? The first little house on the left was the sweet shop of Mrs Gibson and a couple of doors away was the sweet shop of Stan Thompson. Of course sweets were rationed yet there was another outlet (Fanny Winder's) at the junction of Finkle Street and Back Lane as well as Capsticks. Along this section stood the gas works on the right managed by George Flint and we used to attend the Wesleyan Guild at the Chapel further up the unmade lane. Edmundsons (later to be Walter Willsons) is now flats. Panches/ Johnny Burrows and Mr Johnson had an input into the shop on the corner of New Street (I think that is the correct name) and a little further up, before the toilets, Mrs Clarke had a private lending library books 2p a week. Rycrofts..still there and little changed but to buy meat from Leighton's well hardly possible now because it provides climbing/fellware. Even the toilets appear a little different. Weren't the gents on the left! The old pens for the auction mart were there too. Further up Joss Lane was the British School overseen by "Daddy" Downhill! Along the next section (after Joss Lane on the right) there was the Co-op managed by Jack Joiner and I recall Teddy Dinsdale's shoe shop. Teddy use to drive the SJAB ambulance and we used to meet at the old workhouse at the top of Loftus Hill. Lewis and Powell's were chemists. Jackson's provided a wonderful selection of books and stationery for Sedbergh School. There was also Capstick's Sweetshop, a shop with baby wear (Parker?) and somewhere around I recall Matteson the butcher, a shoe repairer – a lame gentleman...probably other shops that memory fails to remember. J. J. Martin and Archie Hall seem more or less to be unchanged and further along was Sedgwick's and the

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The corner of Finkle Street was the White Hart Hotel. Not a social club but the place to stay and continuing down the street there would have been a memorabilia shop/junk of Bella Mouncey (perhaps now that of Steadman the Butcher). The bookshop would have been Benny Blacow – clothing for men.

Further up Loftus Hill lived Auntie Nellie (No. 28). She had two sons who attended Sedbergh School. My cousin, John Blades, played rugby for Cumberland & Westmorland.

St Andrew's Church was where I sang as a chorister from eight until fifteen. Bert Trotter was choirmaster and Canon Walker the vicar ... to be succeeded by J. A.V.Wallace. I recall too Deaconess Alexander - seated in a wheelchair as we went into church. A lovely old lady. The war memorial records Uncle Billy (Pilot Officer William Bainbridge) who was killed in action in a Halifax bomber early January 1945 along with seven other crew members.

Memories could long continue .. Dad (Eric) worked for Sid & George Braithwaite at the garage on Bainbridge

Road and they had the shop and petrol pumps too. The Masonic Hall was used for dances on Saturday evenings and there was a laundry down Guldrey (West Riding Laundries). Was it Iveson's owned by Spencer's and there was an ice cream shop opposite Evans House.

Opposite the Dalesman (name change here too) the Kirkby Lonsdale and Kendal buses started their journies and we had conductors! These buses were operated .. not by Woofs but by "Ribble". I think the Kendal bus route was number 477.

Well, the nostalgia trip is nearly through. Perhaps the mist will close again as in Brigadoon and, another lifetime on, someone else will stumble upon this lovely market town. Having been in exile many years now I must conclude that I am so grateful for those early years and the fond memories. Very recent years have seen the visits of my three sons and their eight children. All enjoy playing in the beck and at the bottom of Winder and Crook. It has been wonderful seeing the progress of the twinning. Good luck and every best wish to those who may very vaguely remember me and Sedbergh generally

Philip Hutchings

SEDBERGH & DISTRICT

HISTORY SOCIETY

Wednesday 2nd March
Reformed Church in Mediaval
Galloway & Dumfries

Dr Keith Stringer

In Dent Memorial Hall

Wednesday 16th March
The Manor Customs
of Westmorland

David Smail

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

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CHRISTMAS IN ZRECE PART 2

Continued from last month

On our first evening in Zrece we had wandered around the town, and after joining a huge party in the town hall, with polka dancing and a band playing their traditional music, (the following day we found out that we had accidentally stumbled into the works do of one of one of the factories) we went to a little wooden bar looking not unlike a bus shelter where we toasted Slovenia and the good people of Zrece.

Although the bar was almost full, the only woman was serving the drinks. And being the only young person in the room, she was also the only one who spoke English.

There is a myth that everyone on the continent speaks English. In this part of Slovenia, German is the second language, it's only recently that English has been taught in schools. So George Handley's Slovenian phrase book was very handy with greetings like: "Dober vecher" – good evening; "Hvaala lepa" – thank you very much, and "Bi kaj popilli?" - can I get you a drink?

What I liked about the singing in Zrece is that no one is embarrassed to burst into song whenever they feel moved – which is most of the time. But unlike the concert where the standard of music was extraordinarily high, in the bar the singing was somewhat less tuneful. - and yet no one condemned them for it. It was as if they accept that if someone has the courage to open their mouths in song, then they deserve respect.

When one of them started singing a Croatian song, Plovi Barko, I was able to join them with a bass harmony as our group in Sedbergh sings this. There then followed a fierce debate between those who thought that this was a good song which should be sung often, and those who thought that as it comes from Croatia, with whom Slovenia has a territorial dispute over the ownership of some of the coast, it was A rather rude word in Slovenian.

There then followed the drunken singing of the national anthem, and afterwards much discussion about the former Yugoslavia and how close they should be with the rest of Europe – one Europhile even introduced me to another rude word, which like English has four letters and begins with f, which he used to describe

how he felt about Slovenia. He was very much an exception – everyone we met were extraordinarily proud of their country and their town. There is even an amusing pop song called “Made in Slovenia” which combines national pride with a description of national sexual customs.

Although we were often able to find people to translate for us, we tried as much as possible to speak Slovene so as not to appear arrogant or to be part of the awful cultural imperialism which is replacing national customs with English and American ones (like what the grey squirrels do to our indiginous red ones.)

But sometimes our phrase book was less than helpful. The Berlitz book translates “I have enjoyed it, thankyou,” as “temelu nam je, hvaala.” So, having hitched a lift down from Rogla to Zrece we thanked our driver with this phrase. Later on, with much laughter from the Slovenians, we discovered that it meant “We have enjoyed the meal.” The driver must have thought we had been eating his back seat.

It did however come in handy when we walked back to Skomarje to see it in the daylight and were invited in to have “Christmas tea” – hot, sweet and flavoured with oranges, cloves and rum – with a couple who live there. We exhausted the entire section called, Making Friends: “How long have you lived here?” “What is you name?” “What work do you do?” Though we were not altogether clear what the responses were. The only phrase we didn’t use was: “Why are you laughing? Is my Slovenian that bad?”

Just before we left we were invited to a

meeting with the mayor – I think our special status was as the first tourists from Sedbergh, though I suspect they find an excuse to treat everyone who goes to Zrece as being special. The mayor gave us a talk about the town and we made several toasts to our respective towns. Unused to drinking Blueberry brandy at 10am, I soon became even more expansive than usual and our toasts included “the Brotherhood of Man,” “the international language of music,” and “world peace.” And then a little bag of presents from the Mayor, including wire clippers and knife sharpeners from the local factories..... and a bottle of Borovnicevec.

Next time I go to Zrece I shall take a bag of presents from Sedbergh as we were always being embarrassed by similar displays of generosity.

We met so many good people in Zrece – perhaps most of all Zdenka from the tourist office who was always helping us with things like arranging transport to the airport, finding singing events to go to, and introducing us to people. It is so good to go somewhere where you feel so welcome.

But then any country which has a totally unnationalistic national anthem advocating peace between all nations has to be special. This is how it translates: "God's blessings on all nations who long and work for the bright day when o'er Earth's habitation, no war, no strife shall hold its sway; Who long to see, that all man free, No more shall foes but neighbours be."

David Burbidge

MORNING WALK

It dawned a beautiful day – sunny, bright, and dry. I set out before breakfast with my dog to explore the riverbank we'd not been along before.

The river path was soft and oozy in places after the recent rains, but negotiable nevertheless. As I climbed over the last stile where the path along the river ended and continued through a field, I met a man in bright yellow wellies with his dog. "Where does this path lead?" I asked. "Back into Sedbergh," he replied. "Is it MUDDY?" I enquired. "Oh, not very. But it's a bit steep."

As an obvious off-comer with a foreign accent, clearly a countryside ignoramus and a city wimp in city boots, I'd like him to have his little chuckle – humour is a good thing. So please laugh – you have my permission!

A third of the way up my climb on the path back to Sedbergh, I found myself in deep trouble. Mud-law came into action. I learned that however squishy the mud, if you manoeuvre your foot into it deeply enough, you will reach a reasonably solid bottom on which to take purchase if you are lucky. For sheer survival, you must do this whether it ruins your shoes or not. I

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I learned that mud has huge suction capacities. My city boots threatened to detach themselves from my legs at nearly every step with loud plops, hisses, and sucking noises.

My situation was not helped by the behaviour of my trusty fold-up walking stick. At every insertion into the mud it reliably found the bottom. But at each removal the mud-suction on its heavy rubber tip caused all its sections to unsection themselves until only the elastic innards held it all dangling together in my hand until, with a loud rattle and snap, it would magically reassemble itself ready for the next probe.

I learned that despite the suction capacity of mud that you might think would hold you DOWN, it only increases the natural laws of gravity, especially the one that controls the partiality of most things to go downhill. This law seems only to apply to humans – not to dogs. For while I proceeded slowly yet noisily

ever upwards, with a sort of rhythmic plop, suck, hiss, rattle and clack gait like an insane crooked man, my white dog, looking more chocolate-dipped by the second had a wonderful time exploring every puddle and calling me on with encouraging barks.

By the time I was halfway up, adrenalin had increased my body temperature so that my coat and fluffy hat, which kept on dropping over my eyes, felt uncomfortably hot. I grimly struggled on, one step at a time, probing, squishing, plop, suck, hiss, rattle, clack and splash. Desperation entered my soul. Would this NEVER end? At last I heard a friendly voice – but the hat momentarily obscured my view of a healthy looking young woman exercising her dogs along the brow of the hill that I was so painfully negotiating. I peered up at her, mouth slack, chest heaving. She called out “Lovely morning isn’t it?” and disappeared around the corner.

I learned lessons about life. I learned that some people think if you’re upright, you’re okay!

I learned that no matter how muddy, steep and slippery life becomes, try remaining upright – the view of your

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surroundings when you have time to get your hat out of your eyes, is better from there. I learned that if you actively imagine the most horrible things like the fact that the mud you’re in is probably a mixture of a few hundred years of sheep droppings too, gruesome images are excellent motivational forces. I learned that if you stick to your goal of ascending rather than descending, no matter how much of a fool you make of yourself, no matter how desperate you actually feel, most people glancing at you won’t notice the details. I learned that one small step at a time does eventually lead to success but only becomes one giant leap AFTER you’re out of the mire!

Liz Hilton

Sedbergh & District
History Society

AGM

Saturday 19th March 7:30 pm
Settlebeck High School
Followed by Jacob's Join

TIM COLLINS MP

Few issues give rise to greater worry and anger than the handling of travellers, whose activities can create deep offence and anxiety.

Under the Human Rights Act 2000, whose absurdity and blatant unfairness becomes more evident every day, the 'rights' of travellers are now put before those of the communities where they chose to set up camp.

Planning restrictions, benefit rules, school admissions policies - all now have to be swept aside in the name of "fair treatment" for those who often put precious little into society but seem to expect to be able to take a great deal from it.

Travellers are even provided with a taxpayer funded legal helpline, where they can get free advice on how to avoid eviction from unauthorised campsites.

Fines and enforcement notices seem to be instant for generally law-abiding motorists who go a little too fast or park in the wrong place, but action against those who defy blatantly planning laws or provide a base for theft and burglary seems often to be slow or non-existent.

So I wasn't surprised at the public reaction to the idea floated by one official at SLDC for a temporary traveller camp on fields near Casterton. The idea apparently was that by providing a temporary site, the Council might limit the amount of time travellers spent in the area and allow the police to concentrate their limited manpower on one area.

Others of course were worried that once some had a toehold in the area it would be very difficult indeed to shift them.

Following a stormy public meeting at



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Sedbergh School

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Closing date for applications is **11th March**
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the end of January, in which dozens of local residents voiced their fears that any temporary encampment would just attract more travellers to the area, the council announced it was dropping its plans and going back to the drawing board.

This issue has stirred up such passions amongst the communities affected, in large part because local people have an inherent sense of fair play. They know there shouldn't be one rule for some and another for others.

It simply can't be right for there to be one set of planning laws for people wanting to build or extend their home, or provide space for young families born in this area, and quite another for travellers moving in from far and wide.

It is high time that we only had national and European rules which back the interests of the law abiding forgotten majority who pay their taxes and play by the rules, only to see the law breakers showered with more 'rights'.

We could start by putting the Human Rights Act into the dustbin - and move on to stick by the principle that no-one, however trendy their minority status, is above the rules in Britain.

Tim Collins

NEIGHBOURHOOD FORUM

From the meeting held in the People's Hall on 18th January.

Highways Issues - Nick Raymond, Area Highways Engineer

It was reported that there are bad potholes on the A684 Sedbergh to Kendal road. Nick will investigate.

The road surface at the bottom of Winfield Road/Junction of Joss Lane was reported to be breaking up. Nick replied that there are no works programmes planned for re-surfacing there.

It was asked whether there is a system of regular inspection for roads and whether there is any obligation on the contractors who do the work. Nick replied that it is dependent on the classification of the road. He added that CCC can penalise contractors for lateness. Nick went on to explain that from 1 April, all highway work will be delivered by Amey Infrastructure Services who have taken over from Cumbria Contract Services.

The work undertaken by CAPITA has not changed and they continue to manage the highway network on behalf of Cumbria County Council.

It was raised that there is no dropped kerb at the entrance to the auction mart and by

the lych gates at St Andrews. Nick to look into.

It was reported that workmen at Long Lane using digging equipment were not wearing earmuffs or face masks. It was felt this was a Health & Safety issue. Nick will look into this.

It was reported that road signs in the area had been cut down by hedgecutters. Nick said that hedge cutting is the responsibility of the landowner but CCC would replace the signs and then seek recompense from the landowner for the most important signs. Nick added that the public should ring the Highways Hotline to report damage and any other problems (0845 609 6609).

Alan Day reported that lots of the road signs in the area were dirty and asked if there was a cleaning programme. Nick replied that there is.

Local Action Fun Forum- Deyna Hirst

Deyna explained that their aim will be to provide a service for people experiencing problems of rural isolation/mild depression who would benefit from outings; adult education classes etc and to make new friends. Deyna hopes to create a sense of belonging and openness through activities for the members.

Deyna added that she is looking at being in partnership/association with organisations such as health visitors, South Eden Project, MIND, Adult Education, Cumbria Care, counsellors, holistic therapists and any other interested parties that could build up a network/directory of support. Doune Ward from Sedbergh library said the group could liaise with the library and could also use rooms there.

The next meeting will be on 15th March at a venue to be confirmed.]

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KARTING 1

125cc gearbox kart ICC National kart federation Championship 2004

Round 4

The Shennington track saw the NKF championship point's table start to change.

In the first heat Sam started at the front of the grid, which he won. That had to be the best possible start for Sam. At this point I'll admit I can't remember the grids as I've lost the results, but with Sam's 1st place plus two 4th places Sam was going to be on grid 2 along side Frank Wrathall for the "A" Final.

Sam's younger brother Tom was also racing in this championship. He went very well all weekend on a track that he dislikes, the reason for this is because the

track is fast and tricky to drive. You need to be confident and also the kart needs to be balanced to make it a little easier to drive faster. Tom qualified on grid 11th in the "A" Final this was a good day's racing for Tom, to be so far up the grid on a track he says he dislikes. Better still he finishing 8th this is a brilliant result. His confidence seems to be coming on nicely and he says the track is not that bad after all as he's now mastered its tricky parts.

Now back to the front of the grid, Sam made a good start and took the lead. On lap two Jonny Lang got past Sam but he was no quicker at the front so that meant nobody was making a brake away, as Sam was lining up to retake the lead his gear stick and the steering column started to move making changing gear difficult,



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the reason came to light after the race had finish. It was a small collar on the steering column that had come loose, cursing the up right that holds the steering wheel at the same height to move this up right also moved every time the gear stick moved, "this I can tell you is a bad design," so as you can imagine every time Sam pushed the gear stick forward to change down the column went forward too this meant Sam was having to double check every gear change because he sometimes missed the gear, loosing time and coming under more and more pressure from behind, Frank got passed quite easily then local driver Andy Laurence and the now very desperate Jon Turner was in close attendance, in Hyned



site Sam should have made sure he was well out of the way and let Jon pasted, because being shoved off and restarting at the back spoiled the weekend, Jonny Lang got the same treatment off Frank, but on the last lap, Frank won but then was excluded from the final for the over ambitious driving technique or for short "shoved" so the local lad took the first place and our friend Jon Turner second this puts Jon 1 point behind Sam in the championship on dropped scores. This is starting to look like a repeat as Sam lead the junior gearbox Championship were frank's technique was used twice on Sam by Jon to win the championship, that was some years ago now.

Graham Moore

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CHAMBER OF TRADE

From the minutes on 17th January.
Late Night Opening

- First time the Switching on of the Christmas Trees lights and LNO had happened and it had gone very well.
- Sandra Longlands had done an excellent job of organising Santa's Grotto.
- Sound Proof Boards for the Grotto that Alan Steadman has made need decorating and the idea of asking Settlebeck to do this as a project but other suggestions are welcome.
- Due to the long queuing time this year next year there are plans to have separate ½ hr slots and give out coloured tickets for each slot, these would be sold in advance.

- It was asked that additional lighting be put up behind the Bull.
- Spot the Object Competition with a Zrece theme attracted approx 50 entries as oppose to less than 20 last year.
- Thanks to School Band who stepped in and played 2 sessions at the last minute.
- Santa Competition – 4 entries this year and it has been decided that next year it will be opened up to both *Festive Santa's and Snowmen*
- Funding of the event broke even.
- A big thanks to E Hailwood and M Powell for all their efforts.

Medieval Market Fayre

- This is to be held on Saturday 27th August 2005.



Sedbergh Community Development Centre

* Courses for March & April *

European Computer Driving Licence: A 25 week course leading to a very popular computer qualification. The ECDL covers common aspects of using a computer and is suitable for people with some knowledge. Thursday 21st April, 7-10pm. £125 full fee including Log Book and tests, benefit rate available.

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* you know) struggle with words or numbers then give us a ring. We are
* starting a new class with a new tutor so this is your chance to get involved!
*

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Tel: 015396 21031

- A Main Sponsor is still required please contact Joy Cox if you would be interested 015396 21820
- The possibilities of inviting representatives from Zrece to the Fayre are been investigated with the opportunity of a Zrece Stand.
- It is hoped Taffy Thomas a *Story Teller* will be one of the main attractions at this year Fayre, but his fees are quite high, J Cox is looking into funding.

Twinning

- Signing of the Charter is been organised at the moment with visits to and from Zrece to be arranged.
- Yr 9 at Settlebeck have booked a trip to Zrece the first week of Easter the cost of this is £5000. Fund Raising events are been planned to raise the monies, which include a Promise Auction.
- The Web Site is in the process of been updated.
- George Handley will be holding a 6-week course at the CDC "Get to Know Sylvania". The Ambassador of Sylvania will be one the guest speakers as will an interpreter, other events/visitors are also planned.

MASONIC HALL SEDBERGH

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

Again funding will be required. Donations are been sought via the Lookaround, Westmorland Gazette and local shops. An anonymous donator has made one such contribution of £120.

• A number of local Traders and B&B establishments expressed their concerns over the wording in the *Zrece Fact-Finding Delegation Summary Brief* sent out with the last Minutes; No. 5 of the Recommendations "Sedbergh's eating/accommodation significantly sub-standard". G Steadman stressed that they had been written in haste, as the Chamber of Trade Meeting was to be held the day after the delegates arrived home. These have been amended since. G Steadman offered his humblest apologies and accepted that the wording could have been much better!

Paul Hoggarth

Building Contractor

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RECEIVING THE BEST TREATMENT

How to get the best out of the available combination, of NHS treatment and complementary therapies, is an interesting problem. I recently came across a quotation from a leading gynaecologist (in "Treatment of Infertility with Chinese Medicine" by Jane Lyttleton), which sheds some light on this question.

Professor Robert Jansen was quoted as saying, that the slighter the variation from normal health, the more trouble the medical system has in correcting it. Any medical or surgical procedure has a risk of side effects and these are more likely to tip the balance unfavourably when the complaint is relatively minor. It follows that, for non-serious conditions, the treatment methods with the mildest side effects should be tried first.

Complementary therapies can play a role here. At the other end of the scale, in life

threatening situations, medical intervention is often crucial.

The medical system is good at detecting physical pathology. Even if results of tests are negative, it can be very reassuring for a patient to know that there is nothing seriously wrong. On the other hand, the nature of some medical tests can be physically invasive and, as procedures in themselves, not conducive to an improvement in health.

Methods of diagnosis of traditional Chinese medicine (including acupuncture), on the other hand, are non-invasive (looking, listening, asking and touching). The emphasis is on detecting imbalances in physical and psychological processes. Value is placed on correcting changes before they lead to actual physical diseases. This is preventative medicine. Of course, in the case of an individual patient there is no way of knowing whether or not disease would have manifested if the acupuncture

treatment had not happened.

Modern medicine prides itself on being “evidence based”. This sounds reasonable (though I have known it lead to a lot of mindless box ticking). Often the evidence comes from gathering and processing data using various statistical procedures. Large trials can be helpful in knowing which medical interventions are likely to be most beneficial, on average, and are useful in running any system with a large number of patients such as the NHS. In any individual case, the best treatment may or may not be the one, which is best on average.

With my mathematical hat on (I used to teach Statistics before I escaped into Pure Mathematics), I am not a great fan of the usual “significance testing” model, which is often used in medical trials. To illustrate this by a simple example, suppose that the hypothesis “old drug is at least as good as new drug” is to be tested against the alternative “new drug is better”. The data would consist of the

results of treating a number of patients with either the old drug or the new one. This data would be taken as evidence in favour of “new drug is better” in all cases where it would be unlikely (with probability less than, say 5% - this is the so-called “p-value”) that a data set of this type could occur if the hypothesis, “old drug at least as good”, were true.

If you think this is convoluted, you are right, and it is not at all the same thing as saying that there is a high probability in favour of “new drug is better”.

Another disadvantage is, that statistical trials are often conducted by those, who have a vested interest in the outcome. Pharmaceutical companies test drugs and acupuncturists test acupuncture. Statistical trials are expensive to run, so it is the drug companies who are best able to afford them. There are fears that small to medium sized manufacturers of alternative remedies will not be able to afford to comply with proposed legislation.

If you would like to discuss these matters further, please get in touch. My telephone number is (015396) 20972.

June Parker

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KARTING 2

Northern Karting Federation

Round 5

This is the penultimate round of this championship. And there is plenty to play for, as dropped points makes the championship a lot closer. Round 5 is at Shennington the same as round four. One big change however, that is Sam is racing on the 'Energy' a New chassis from Italy. The 'Energy' chassis is a well-known chassis in Europe and is winning in the world championship in 125 ICC. This was the main talking point in the paddock along with the question "What state is Sam in?"

Saturday practice was very demanding as there was both wet and dry practice. However, Sam was the quickest in the wet and on the pace in the dry. This was encouraging as Sam was still being treated for his bad ribs. Tom was on Sam's 2003 engine and was finding the pace that had eluded him all year. For

once Tom was "Happy".

Heat one

Saw Sam start on grid 10 and Tom along side on Grid 11. Both made good starts. Tom clawed his way through to 8th this could have been better if his luck had been with him. Sam drove hard and reached the front early on and pulled away for a good heat win.

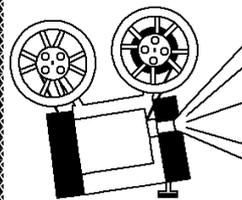
Heat two

Saw both Sam and Tom on the Front row. Along with Barry Armstrong. "Poor Barry" and "watch Barry get moored!" were comments made on the dummy grid. Tom made the best start and led the first lap. Sam was in a close second. Mean while Barry decided to make a safer start and eventually finished mid grid. Sam however passed Tom and pulled away for another heat win. Tom finished fourth. This again was another good showing. James finished second in this heat.

Heat Three

Theses were the hardest grid positions for Sam and Tom as there were both at the back of the Grid. Now becoming a habit they both made good starts and set about carving their way through the field. They both worked well together before a

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manoeuvre that Sam made changed the race for the worst. Sam came out of the bottom Hairpin with a bent axle and bend front stub. Tom finished 10th and Sam finished a lonely 14th. After this heat Sam started to complain of a bad shoulder. He was advised to see the paramedics what they said was that Sam would have to go to Hospital as his breathing was erratic. This would have spelt disaster but luckily Sam's breathing improved and meant that he was given a 60 % chance to race. 60% was good enough for Sam, as he has become accustomed to the treatment that allows him to race.

Sam's main rival Jon Turner had a very good day as he won one of his heats and finished near the front in his other two heats. This meant that Jon was on pole.

With Frank on two and Nick Smith on three Sam on four. Tom was on grid 9. James was on grid 5.

The final was tense and I was worried that this time Sam would pull off with the pain and finish his championship chances. Again I was to be proved wrong as Sam made an excellent start and slotted in behind Jon. It was clear that Sam was driving with pain but he stuck to his guns and finished second which was helped by the fierce battle between Jonny Lang and Frank for third this gave Sam the breathing space. Tom unfortunately retired on lap 8 but he was on the back of the lead group and this was an excellent weekend in the whole.

This report sent in by Dad'll fix him.

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PHOTO CALL

Last month I had only one call about the 2 old photos . This was from Brian Finch who thought the photo found in Farfield Mill may have had connections with the Snowdrop Band . This was a Christian non-denominational organisation set up tp provide moral guidance to young women, and apparently there was a branch in Sedbergh. Apart from the "leaders" standing at the back, the photo did feature young women, so it is a possibility.

This month we are back to Settlebeck again, 1961-2. Most of the people have been identified but there are some gaps which I am hoping to fill.

Feedback as usual to Shirley Tebay, Walnut Bungalow, Dent, LA10 5QT, phone 015396 25001 or e mail: shirley.tebay@btinternet.com

ST

Dear Editor,

Having endured the utmost rubbish on Radio 2 while waiting in the surgery for forty minutes the other day, I then later at home read Dr. Lumb's article in the *Lookaround*.

I fully understand that it is best if patient's in the waiting area cannot overhear what the patient is saying to the receptionist, but there are other programmes on the radio such as Radio 3 (which might be too highbrow for some) or Classic FM, or how about a tape of soothing sounds such as waves breaking on a beach! None of these would be as likely to raise blood pressure as Radio 2 certainly would for many, putting a greater work load on our already very busy doctors here.

Failing these suggestions, how about a simple screen behind the patients checking in?

Impatient Patient



MYSTERY PHOTO

On a regular basis, Shirley Tebay sets us a task of identifying folk in old photographs.

This month, a regular reader of *Lookaround* has submitted a photo with an even bigger challenge and has donated a prize of £5 for the most correct information about the photo.

The quest is two-fold and both answers must be correct. Who is the lad and where is he standing? As there is no ‘entry fee’, you can submit as many answers as you wish but you must include in BLOCK CAPITALS your name and address.

Answers to Lookaround Office by 19th March. Good Luck. *DJW*

SETTLEBECK HIGH SCHOOL

Year 10 Social in Carlisle

We had a great day in Carlisle, the weather was warm and dry and there was a definite summer feel about the square with a South American Musical group

performing. These are some of the things we enjoyed: clothes shopping, buying presents for brothers and sisters, choosing new football boots, getting evacuated from KFC when the fire alarm system went off! browsing in Virgin Megastore, eating fish and chips on the seats by the cathedral and just having time with our friends. Bowling was good, winners included Jamie and Claire Calvert. The Dance Stage Euro Mex proved popular, the star performers being Adele, Claire Capstick and Matt!

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

Parking at Settlebeck

Please note that the new parking restriction markings outside the school’s front gates are being effective and the unrestricted view afforded drivers exiting the site now makes this manoeuvre much safer. Our bus park is available for visitors except for the periods 8.20 am – 8.50 am and 3.10 am – 3.40 pm.]



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Cask Beers for March include:- Black Sheep; Timothy Taylor Landlord; Theakston's Best Bitter and Hawkshead as well as others.

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BUFFETS & FUNCTIONS CATERED FOR

SEDBERGH AND DISTRICT HISTORY SOCIETY

The society's second February meeting was held in Dent Memorial Hall, where members heard a presentation about the restoration project at Gayle Mill. Brian Alderson, whose family had owned the mill for several generations introduced the other speakers.

Dr Malcolm Hamer showed two interesting films, the first one of which conveyed a detailed pictorial account of the mill's history. Part of the significance of the mill, which was built in 1786, lies in its survival as one of the few early mechanised cotton mills in the northern Yorkshire Dales, and in the Williamson turbine, installed in 1878 to replace the

waterwheel, after the building had been transformed into a sawmill.

The film showed how water was channelled for half a mile from the waterfall into the mill, partially through an aqueduct and underground pipes. One of the features of the sturdily constructed mill is its roof, which was made of pine shipped from America. The items of Victorian woodworking machinery remaining in the mill are another reason why Gayle Mill has been recognised as a Scheduled Ancient Monument Graded 11* Listed Building.

The second film was an extract from a programme in the BBC Restoration series, which resulted in Gayle Mill receiving most votes in its regional

competition. Understandably, the BBC took a rather different approach. A fictionalised portrait of the founder of the mill, Oswald Routh, was created for the audience by Griff Rees Jones, and the two young "explorers", who visited all the restoration projects in the series, waxed eloquently, but convincingly, about the mill's scenic beauty and historical importance.

Graham Bell, the director of the North East Civic Trust, which was commissioned to find a viable future for the mill, reinforced the importance of its heritage by describing the unusual survival of various phases of use on the site. The result of this is that you almost feel "frightened to walk on or touch anything". He described the aims of the Gayle Mill Trust, now the tenant and operator of the project. Money has been raised to renovate the building, not to turn it into a museum, but to restore it to its place in the local community through the production of electricity, and the teaching of traditional joinery skills.

Lastly, Brenda Watering, a representative of the friends of Gayle Mill, outlined the part played by the Friends in the project, through fundraising and involvement in all the activities associated with the ongoing regeneration of the mill and its surroundings. A clip of the live Restoration Final at Hampton Court Palace where Gayle Mill received the third largest number of votes recreated the excitement of the occasion.

The numerous questions and warm applause, which followed, were indicative of the lively interest aroused by the evening's presentations.]



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Sedbergh Lookaround

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Dear Editor,

Having watched BBC TV programme about Sedbergh with the Slovenes, and having spent the last 12 years singing in Slovenia and growing to love the place and people, would like to send a copy of my CD of songs inspired by Slovenia and people to the local choirmaster or school. (The songs are in English with a little bit of Slovene occasionally). I do hope you finally choose Zrece as your twin town because I know you will have a wonderful experience, being twinned with Slovenia. Kind regards,

*Shirlie Roden
singer/songwriter and sound therapist*

Farfield Mill

Arts & Heritage Centre, Sedbergh

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Dear Editor,

We have holidayed in Sedbergh on a few occasions. We think it's lovely town and everyone is so friendly and helpful. We are big fans of the Red Lion Pub (excellent food and friendly service) and are very impressed with the butchers as well. We fill up for car fuel at Morphet's garage, who again is really helpful. In fact, we are real fans of Sedbergh - it can't be faulted. The only fault we have is that we don't stay long enough! We are watching the twinning programme on the television avidly every week, and really enjoying it, especially seeing the sweetshop again. Keep as you are Sedbergh - you are a great town!

Angela Ward

DENT FOLK FESTIVAL – 2005.

The Dent Folk Festival Committee are pleased to announce that the above Folk Festival will be held this year.

The dates are Friday 24th, Saturday 25th and Sunday 26th June 2005.

For further details and updates visit www.dentfolkfestival.co.uk.

LOCAL GOVERNMENT
(MISCELLANEOUS PROVISIONS)
ACT 1982 PUBLIC

ENTERTAINMENTS LICENCE
TAKE NOTICE THAT Dent Folk Festival Committee of Smithy Fold, Dent, Sedbergh, Cumbria intends to apply for the grant of a Public Entertainments Licence under the provisions of the Local Government

(Miscellaneous Provisions) Act 1992, in respect of the following premises:- land adjacent to Dent Sports Field as in 2003.

The proposed days and hours of operation contained within the above application shall be as follows:- From 6 p.m. on Friday 24th June 2004 until 6 p.m. on Sunday 26th June 2005.

Any representations on the above application must be made in writing to the Director of the Environment and Housing, South Lakeland District Council, South Lakeland House, Lowther Street, Kendal, Cumbria. LA9 4UD within twenty-one days of publication of this notice.

Signed:- Mr A.J. Cheetham on behalf of Dent Folk Festival.

Dated this 1st March 2005.

AC

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DENTDALE W. I.

We were pleased that our President, Margaret Fothergill was sufficiently recovered to take our February meeting. The main business to be dealt with was consideration of the bursary award. Members voted for an annual bursary, alternating yearly between money being made available for courses within the County Federation and a Denman College bursary

As always in the winter months, we had invited a speaker who lived locally and were most fortunate that Helen Winn could spare time from her busy schedule to talk to us about her work as a Prison Officer at H.M. Young Offenders Institution at Lancaster Farms. The presence of five visitors indicated

the high level of interest in what she had to say. This interest was justified. Helen is an excellent speaker and gave us a most informative and considered view of the aims and achievements of Lancaster Farms and the problems it faced, especially the need to balance the original Young Offenders Institution caring for 18/21 with the more recent unit for Juvenile Offenders 15/18. Helen dealt with numerous concerned questions confidently and expertly.

There was a tasty array of Savoury Tartlets for our speaker to sample when she judged the competition - won by Catherine Sugden with her red pepper and parmesan tarts.

Alan Lewis will be offering us a "hands on" brass band experience at our March meeting.]

SPONSORED CHARITY 8½

Devil's Bridge to Sedbergh

Bank Holiday Monday

29th May

Starting at approximately 10 am

All monies raised will be shared between the late Jackie Wilson and Joanne Burrow Breasts Cancer Fund, Sedbergh's Children's Playgroup and Zebras.

Approximately 40 Sedbergh, Tebay, and Dent lads will attempt this feat. Please give your support on the day and by guessing the time it will take to complete the course.

The closest guess wins

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Everybody

**YOUR TOURIST INFORMATION
CENTRE & BOOK CENTRE
NEEDS YOU!!!**

Volunteers are needed to help staff Sedbergh's new and independent Tourist Information Centre and Book Centre.

The Book Town company have managed to access grants from all directions to keep the TIC going. But - part of all the grant applications is the contribution of the people of Sedbergh. Your time is costed into each application so that funders can see that the town is behind the project. If volunteer time is not costed in often grants can be refused. So we need one volunteer per day for 4 hours, so a possible grand total of about 30 volunteers if each person does one day

a week, or 15 if people do 2 days. There is a full-time paid member of staff on duty each day so the only time you will be on your own is when that person has a break.

Training in TIC systems will be given but volunteers will probably not need to worry about computers etc. just know how to talk to people and use a till. Volunteers are needed seven days per week.

If you would like to know more or definitely would like to volunteer please send a letter to the TIC c/o the Community Office or ring 015396 20034. All ages from about 16 to 96 and gentlemen as well as ladies are extremely welcome. Thank you.]

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Plus Barbecue and the Adult Buckin' Bronco and Pillow Fight competitions for a Case of Ale.

Welcome



SEDBERGH ON THE TELLY

“Any publicity is better than none!” – a common saying, but is it true?

Having watched the BBC2 series on Town Twinning, I can't help feeling that Sedbergh was sold short. The programmes were edited in such a way as to show us as bumbling, rude and ignorant people, with no talent, education or common courtesy.

I was present at a number of the events, and it seems to me that all the best bits were edited out, in favour of some imaginary conflict about who liked whom. Again and again we were shown examples of how Sedbergh folk haven't even the elementary good manners to learn to pronounce foreign names, let alone try to utter a few words in the guests' languages.

This attitude was implied quite early on in the series, when the Slovenian musician was trying to form a choir. Most of the people who came along were experienced choral singers, yet we were led to believe that they were hopeless amateurs. I remember well the actual event, where not only did the choirs perform well, but an individual came forward at the last minute and sang a duet with the Slovenian – it was stunningly well done. But was it televised? Oh, no. It might have suggested that we have some talent in our midst.

It makes you wonder what sort of an impression the programme made on people elsewhere in Britain. It showed that we live in a beautiful area (the photography was excellent) but we, the locals, are a dimwitted lot.

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And talking of locals, it also seemed odd that the “stars” of the programmes were recent arrivals, with accents far removed from the normal Sedbergh speech. Which made the constant refrain about how Sedbergh is going down the plughole even stranger, as if that is the case, why did these people settle here in the first place?

There’s no doubt that the film company had set themselves an agenda which involved showing Sedbergh as a backward pocket of bucolic incompetence. This makes you wonder about all the other programmes we see on the TV – how real is reality TV?

Manipulation seems to be the name of the game.

Of course, there were occasional good

bits – the Austrian vet with Nick, the French smallholder with the Sedgwick’s, Garth’s wine and pate tasting but they were far outweighed by the constant harping on panic and incompetence supposedly endemic here.

Some of our local businesses may get a small amount of advantage from this exercise, but on the whole it will have done no good to the town itself. I can’t see it attracting tourists; a lot of viewers probably switched off through boredom, and others will have thought how odd it is that there are still places so out of touch with the twenty-first century, and so xenophobic.

I hope I’m wrong, and some good does come out of it. But I won’t be holding my breath.,

Carol Dawbarn

<p style="text-align: center;"><u>Starters</u></p> <p>Prawn Cocktail & Marie Rose Sauce £3.60 Garlic Mushrooms on Toast £3.10 Pate with Garnish, Toast & Butter £3.10 Soup of the Day £2.95 Egg Mayonnaise £3.10 Grapefruit Cocktail £3.10</p> <p style="text-align: center;"><u>Extra Special Main Courses all £10.95</u></p> <p>Loin of Pork in Cider & Apple Sauce Lamb & Apricot Casserole Chicken with Basil, Port & Dill Sauce Venison Steak with Red Wine Sauce Venison Casserole Supreme of Pheasant Chasseur Pork in Pepper Sauce Cod & Prawn Crumble</p> <p style="text-align: center;"><u>Main Courses</u></p> <p>Roast Dinner of the Day £6.30 Mixed Grill £11.90 Fillet Steak £11.90 Sirloin Steak approx. 8oz uncooked £9.55 Half Roast Chicken £7.50 Chicken Kiev £6.30 Lasagne £6.30 Steak & Kidney Pie £6.30 Cumberland Sausage £6.30 Gammon & Pineapple £6.30 Barnsley Lamb Chops £9.50 Marinated Lamb Steak (6oz) £9.50 Pork Chop in BBQ Sauce £6.70 Cheese & Ham Pasta £6.30 Tuna Pasta Bake £6.30</p>	<h1>THE HEAD AT MIDDLETON</h1>  <p>Tel: 015396 20258 www.middleton-head.co.uk enquiries@middleton-head.co.uk</p> <h2>Menu</h2>	<p style="text-align: center;"><u>Fish Dishes</u></p> <p>Salmon Steak with Parsley Sauce £8.90 Grilled Rainbow Trout £8.90 Breaded Scampi £6.30 Breaded Haddock £6.30</p> <p style="text-align: center;"><u>Vegetarian Dishes</u></p> <p>Tropical Vegetable Curry £6.30 Stilton & Vegetable Crumble £6.30 Vegetable Lasagne £6.30 Mushroom & Nut Fettuccini £6.30 Broccoli & Cream Cheese Bake £6.30 Vegetable & Pasta Bake £6.30 Vegetable Tikka Masala £6.30 Macaroni Cheese £6.30</p> <p style="text-align: center;"><u>Rice Dishes</u></p> <p>Chilli £6.30 Chicken Tikka Masala £7.20</p> <p style="text-align: center;"><u>Salads</u></p> <p>Ploughman’s Lunch £4.90 Cold Meat Salad & Roll & Butter £5.90 Prawn & Rice Salad £6.30</p> <p style="text-align: center;"><u>Sandwiches</u></p> <p>Prawn with Marie Rose Sauce £4.00 Ham, Beef, Cheese & Tomato; Cheese & Pickle or Salad from £2.50 Toasted Sandwiches from £2.70 Portion of Chips £1.50 Mixed Side Salad £1.50 Portion of Mushrooms £1.50 Roll & Butter £0.45</p>
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CRUISING NEWS

As the buds begin to appear on the trees and Spring is approaching, your thoughts may now be turning to sea, sun and sand along with an eagerness to book your forthcoming summer holiday.

There are presently some great offers available from many cruise lines offering excellent discounts. These include savings on brochure prices of up to 50%, free flight and cabin upgrades, on board credit and much more.

Cruising offers an enormous and often bewildering choice of ships, itineraries and destinations. As an independent cruise specialist I am able to offer a personal service. I will listen to and understand your holiday requirements and then help you choose from a much broader range of cruise packages than offered by high street agents. This ensures that you choose the right holiday to suit you and your budget.

I have listed below a few questions I am often asked. If you are considering

cruising or would like to know more please give me a call.

What exactly is a cruise?

A cruise offers you a chance to relax and unwind in comfortable surroundings, with attentive service, good food and a ship with constantly changing scenery. Everything is close at hand and there are always people to help you. A cruise provides great value for money, variety (in ship size, destinations, facilities, cuisine, entertainment, activities and shore excursions), a chance to explore new places, meet new people, make friends and above all, provides all of the ingredients for a wonderful holiday.

Who will be my fellow travel companions?

On a typical cruise you will meet singles, couples, families with children of all ages, honeymooners, second or third time honeymooners, groups of friends and so on.

How long does a cruise last?

Cruises can range from as little as three

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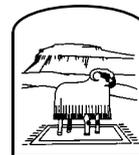
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Is there much to do onboard?

There is often not enough time in the day to do everything you want to do, as long as you choose the right ship, for the right reasons. So whether you want to lie back and be pampered, or be busy all day, you can do either on a cruise holiday, and you will only have to pack and unpack once.

Where can I go on a cruise?

There are over 30,000 different cruises to choose from each year and almost 2,000 cruise destinations in the world. So, if you think of almost anywhere in the world where there is water, there's probably a cruise ship or river vessel to take you there.

Is cruising good value for money?

Compare what it would cost on land to have all your meals and entertainment provided, as well as transportation, fitness and sports facilities, social activities, educational talks,

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entertainment, parties and other functions and you will soon realise the incredible value of a cruise.

How does a cruise compare to an all inclusive land holiday?

When compared realistically, a cruise is by far better value. Generally aboard any cruise ship service levels are higher, staff are friendlier and better trained, there is more variety of food and drinks, and of course, a cruise can take you to several destinations during one holiday.

Is cruising suitable for people with disabilities?

In the past 15 years cruise ships have become significantly more accessible for people with disabilities. The biggest advantage is that all details can be taken care of before you go ensuring there are no unpleasant surprises once you get on board. Please call for a copy of "Cruising Holidays for People with Disabilities" which provides detailed information.

If you have any further questions please don't hesitate to give me a call and see how much you could save.

I can be contacted on 015396 22117 or via email lisaparnell@cruisingholiday.co.uk

Lisa Parnell

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KARTING 3

Northern Karting Federation
Round 6

This is the last and final round, Sam leads the championship on points but when the dropped scores are taken away then the points are in Jon Turners favour, but only by 6 points, this is not a lot, but tactics can be used by Jon as he just has to follow Sam, where as Sam has to go all out to win as many points and hope Jon cannot match it.

These two lads are like two peas in a pod they match each other's times all day. Neither were the fastest, so that could work into quite a race weekend.

Sunday Raceday

The first heat saw Sam get one point off Jon, but that was not a surprise as I said

Jon just has to follow.

Then heat two really came alive as Sam managed to get away from Jon and finished 5 places in front, that in my reckoning meant that Sam was joint leader on exactly the same points. At this point in the day, Jon is throwing a tantrum, including some words out of context, as he knew his advantage had gone.

Heat three saw Jon now having to race to win Sam, rather than just following Sam's every move, it was a good race between them but not the result we wanted as this time Jon took back a point, now it would all come down to the final, the points for the final change from just one point difference per place in the heats to five points difference for the winner

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then two points difference for the rest right down to the last place driver in the final. There's still a chance that Sam could win the championship if he finishes in front of Jon, this would make Sam the overall winner, but if Jon gets in front then its all over and Jon is champion. Once the race was going we were really watching two races at once, because the first and second place drivers were quickly away from the front and having a good old battle to be the first to the flag where as third and fourth place drivers were racing for the championship title that was of course Jon and Sam. All was going well as Sam lead Jon until two laps to go when the front two drivers had a crash almost blocking the track Sam swerves round them just as one pulls away so Sam was now looking good for second place, but then Jon, had gone the other way and cut across the grass, coming out right in front of Sam. If this happens then the driver taking the short cut most not gain an advantage, now in hind sight Sam could have followed Jon to the flag then put some money down to complain to the Clark of the course and Jon would have been docked a place but Sam was not having any of that. He out

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drove Jon at the far end of the track and emerged back in the lead of Jon and that is how it finished. Jon was now in tears and throwing things about, using the same old words out of context as before but louder. You would think that meant Sam had won the championship, but no. My point tally was wrong, the five places that Sam gained in heat two was wrong because two of the drivers that I had counted were guest drivers this means that they don't count. This should mean Jon was the overall winner, but no, because the two front runners in the race that had crashed together were in the office talking to the Clark of the course. If the race winner was to loose the place because he coursed the crash then Sam would move up a place to take the win and the five points, this then swings back to Sam's championship. Half an hour later the decision was final the driver was not excluded, So Jon Turner was champion by one point and Sam was gutted as the dropped points rule robbed him of a championship. But having said that, Jon drove a good consistent race all year and I should not take that away from him, as Jon is possible, Sam's best mate in karting anyway. *S4 Class next month*



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FROSTROW W. I.

There was a good attendance at the February meeting and Ann Petyt welcomed a prospective new member. We were pleased to hear that Nora Walker is back home and improving after a long stay in hospital. Some of our members will be attending several Federation events ranging from "The River Eden, from its Source to the Sea" to Calling all Singers and Singing for Fun Day.

NFWI are encouraging us to accept the challenge to walk 90 miles this year and to record some of the walks by creating a scrapbook. Some of us will be taking up the challenge!

Killington W. I. Has suggested that the local W. I.'s should have a money raising event for the North West Air Ambulance and members agreed to help with this.

The summer outing was discussed and the likely venue is Muncaster Castle. Also it is hoped to arrange an evening outing - maybe to the theatre.

The NFWI Community Challenge Questionnaire was completed and showed that many of us are involved in community issues.

Jean Jones reported on attending "The Story Must be Told" -a fun day telling the history of the W. I., with our past Federation President, Mrs. Olive Clarke, appearing on stage in outfits she had worn at memorable events in the 70's!

After the business meeting Malcolm Fraser-Urquhart entered in his beekeeping outfit with an old-fashioned skep! Although none of us is likely to take up bee-keeping as a hobby, we all found his talk absolutely fascinating and learned so much about these hard-working insects. Beekeeping is the oldest craft and goes back to at least 3000 BC. We were taken through the life cycle of the bee, learning the part different bees play in the hive, controlling the temperature, the humidity and quality of air by bringing in moisture if necessary and circulating the air with their wings.

A highly-organised colony of insects with cleanliness high on their list of priorities. During the winter months it is the beekeeper's job to check that all is well in the hives, in May and June to look for signs of swarming and later to take honey from the hives to extract and bottle. Not much time to take holidays!

Peggy Ingham thanked Malcolm for his most informative talk, then we all enjoyed a taste of Lynngarth honey! The competition for 'A Preserve Pot' was won by Linda Hopkins and Christine Sheppey won the raffle.

On March 9th Jean Earl will show us ways of decorating eggs. Everyone welcome.

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RESORT SEDBERGH

Post TV analysis and future economic benefits

Well, there it was, Sedbergh exposed to the nation and a wider European audience in the future through a series of 12 half hour programmes on BBC2 in 2005.

What will be the result? Will it have any economic benefit to the Town? Will Sedbergh be able to preserve its essential charm if we are to receive more visitors? The initial reaction from the TV people I have spoken to is that they are well pleased with the 1.5 million viewers on average for each programme.

I know that from speaking with some fellow traders in Main Street we are already benefiting from a higher foot traffic in Town and these people are bringing in much valued business to the traders that will help through these quieter times before the traditional tourist season begins around Easter.

Cobble Country have also noticed an increase in internet traffic as well as actual direct enquires for property sales and rentals in the area. Holiday enquires and bookings are also running ahead of normal expectations and these are very promising signs for the self catering, bed and breakfast and hotel operators in the area.

To that end, David Collier has already submitted elsewhere in this issue, an article about a new booking system planned for the area of Sedbergh. The project is planned to offer all forms of accommodation in the area through a 'one-stop-shop' booking facility.

Codenamed - Resort Sedbergh - this project has been researched through

People's Hall

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looking at existing services available and then combining a wish list of how a system should work in this modern era of digital and electronic communications and establishing how it should be possible for anyone to book any accommodation at any time.

Somewhere in the middle of that, (our hope is that the ultimate wish list is possible) we will shortly be getting a service that will provide most of those points for the offering of accommodation in Sedbergh. Allied to that has been the fundamental principle of allowing third party introducers - such as the TIC'S or other holiday agencies - to receive commissions for their business introductions.

To see an example of this, or enquire about how you are able to maximise your accommodation to those visitors, the Resort Sedbergh booking system will shortly be available to view. Please drop a line to Sedbergh-accommodation.

@yahoo.co.uk or call in at Cobble Country Property at 59 Main Street Sedbergh and ask for Nigel Close. You can also telephone me on 015396 21000.

Nigel Close



A SEDBERGH VIEWPOINT

The TV series about Sedbergh has run its course and we are TV stars no longer. The question might be asked - "How was it for you?"

One person's view is not another person's view, so I've been keeping my ears to the ground; (what a silly expression - but you know what I mean) to try and assess a Sedbergh viewpoint.

From about the end of the second week I was beginning to hear all manner of comments; not all of them printable!

Here is a selection.

I'm beginning to find it boring.

It's been hijacked by the odd one or two.

Most of them on telly are off-comers and not proper Sedbergh folk.

I was edited out.

I'm fed up with seeing and hearing X in every programme.

They aren't showing Sedbergh as it really is.

I'm not eating out in Sedbergh again after seeing those kitchens.

I feel like switching the tele off every time X comes on, but I don't want to miss anything.

They didn't show the (Wednesday) market.

There was nothing about Sedbergh life - the WI's, the History Society, the Churches - it was all pubs, bands and B&Bs.

They didn't show the Market Fayre.

The "A Bit of a Do" evening at Thorn's Hall was what Sedbergh is all about - ordinary folk meeting together enjoying a good evening and raising £1700 for charity.

I wouldn't have watched all 12 programmes if they had been about another town.

There was no mention of our Book Town proposals.

It all sounds a bit negative, but that is the collective Sedbergh view assailing my ears.

I suppose the idea was not to publicise Sedbergh as it actually is but to use us searching for a twin town as

entertainment for the nation. It was edited well and I believe fulfilled the producer's objective. Whilst Sedbergh and Dent are linked in many ways they merged into one in the programmes.

Even Sedbergh Gala was held at Dent and the brewery and railway station appeared as part of The Town That Wants a Twin, whilst Sedbergh seemed to

consist of little more than Main Street and Back Lane plus the People's Hall and parts of our schools. But that is no doubt how the producer thought best for entertainment. I'm sure Sedbergh is not brassed-off, ailing, sleepy, in decline and in need of the kiss of life as we were told at the beginning of every episode. Furthermore whilst X upset many I'm sure that really wasn't X's fault, and X might well be embarrassed about having been featured. As some were edited out I guess X was edited in. The producer probably saw X as a bit of a bubbly character and an enthusiast for town twinning who could be a link person to the series. So, X, I'm sure no one meant anything personal!

The last programme with the voting and announcement of the result was surely well presented. Clearly most of us feel Zrece people are up our street and that we have much in common. Let's hope we can be good neighbours able to help and learn from each other.

The entertaining TV series has finished and the twinning is coming to fruition. Hopefully the people of Sedbergh and Dent will work to make it a success.

N. Hastle

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SETTLEBECK HIGH SCHOOL

Post-16 Informal Evening

The evening gathering of ex-students and Year 11 school students was very successful with a wide range of career paths being represented. Jessica Mason, Sian Gilder, Chris Milburn and Jaime Dodd described their studies and activities at colleges. Scott Littlewood showed the work he is doing in his second year at college learning to be a chef, well backed up by his work at the Punchbowl, Crossthwaite.

With the growth in numbers taking up Apprenticeship schemes, we have increased the range of experience in this meeting, and Shaun Gardner provided really helpful information on how he made his choice to opt for work-based training rather than full-time college or sixth form. Clearly, this has been the right career route for him.

Sedbergh School, Queen Katherine, Kirkbie Kendal, Lancaster Grammar, Queen Elizabeth School, Wensleydale School and Kirkby Stephen 6th forms were all represented by very satisfied students. They are finding their new courses challenging and interesting and are enjoying the great social life in their new schools.

Our evening event was greatly praised by Connexions Advisor, Nicky Willan and I am grateful for her attendance.

Many thanks to Mr Trull for helping organise the evening and to you all for coming back and providing such valuable information and encouragement to our students. We really appreciate you giving up your time for us.

Judith Walsh

MARCH GARDENING

The current fashion for leaving all the dead stems on herbaceous perennials so that they can look beautiful, architectural and interesting through the winter (especially when rimmed with a white frost or a light covering of snow) is all very well but it doesn't seem to work in this damp windy corner of the country. My gardens resemble more a series of newly begun, very large compost heaps, as those stately stems and seed heads are flattened to the ground and turn a dark dismal shade of brown. Still I have noticed this year that there are one or two very big plants which manage to look quite tall, and therefore quite striking, even when they are lying down. Two or three years ago I discovered *Angelica archangelica* a beautiful member of the umbellifer (Parsley) family. This plant has tall (6ft) stems bearing large, glossy mid green leaves and 10-12 inch yellow/green globe shaped flower heads. The stems are so thick that they seem to stand up to most weathers and even when they do keel over, the stiff stalked seed heads still look stunning (particularly under that layer of frost). *Angelica pachycarpa* with shorter stems and pale greenish white flowers and *A. gigas* with 4-5 ft crimson/purple stems and globe shaped crimson flowers are both similarly attractive.

Last, but not least, another plant of the Umbellifer family which made itself a great favourite of mine when I looked after the woodland Garden at Harlow Carr is the Giant Hogweed, *Heracleum mantegazzianum*. Stems can reach 12 to 15 feet tall and the creamy white flower heads born on top can be a good 2 ft across. They are a magnet for insects and

I used to love watching the local blue tits coming to feed on the insect life, trawling back and forth through the flowers looking as though they were swimming through a dish of whipped cream. Sadly, Giant hogweed went out of favour in the 1980's due to its spread along waterways in the countryside, and to its skin irritant properties - the hollow stems are just the right shape and size to make pea shooters and some children ended up with nasty skin rashes as a result of making and using these. It is now illegal to plant Giant hogweed in the countryside and it seems to have disappeared from nursery lists and catalogues too. Perhaps it will make a comeback in 20 years time and be the plant of the year at Chelsea flower show. I hope so.

Elaine Horne

Luvli

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SETTLEBECK HIGH SCHOOL

Year 11 Interview Day 1st February

Another very successful Year 11 Interview Day took place at the Bull Hotel on Tuesday 1st February. Local business owners and representatives from local sixth forms, Colleges and CBEC interviewed students and debriefed them on their performances. The students agreed that this was an excellent opportunity to practise interview skills in a formal situation outside school and to learn how feedback is given after an interview.

Interviewers included Martin Beer (QES), Heather Ayling (Sedbergh School), Ann Catterson (Body Shop), Michael Mudd (Mudd Engineering) and Mandy Mason (CBEC). We are very

grateful to all the interviewers (23 of them) who gave up their time to help with this valuable annual event.

The day ran smoothly thanks to the help of Year 10 "guides" and "caterers", Emma Mason, Andrew Postlethwaite, Rebekah Sutcliffe, Abi Mason, Callum Livesey, Brad Dalzell, Anthony Amos, Rosie Wood, Alice Sutcliffe and Harry Britton. As always, many thanks go to TV personality(!), Steve Mansfield, for the usual excellent hospitality and catering at The Bull.

Some comments from the Interviewers

"The students are smart, very polite and Progress Files are superb."

"A pleasure to take part in the day."

"The students have good communication skills and are working on developing their answers. They have to learn to expand upon points made, this is the next stage in interview preparation."

"Students showed maturity and took the experience seriously."

Contributions from Vic Hopkins, Helen Hoggarth, Nicky Willan and Mike Clark.

Comments from the students

"It was a good day because, despite feeling nervous at first, I soon felt relaxed and learnt a lot from it."

"A very good learning experience on which we can all build."

"We got to practising real interview skills, which is a real help to us."

"I prepared quite well and I had a good idea about what I wanted to do in my career so this helped."

"I learnt that I need to try to prepare questions to ask."

"I think I'll have more confidence to speak in my next interview."

Contributions from Paul Farrell, Jake Dinsdale, Charlotte Metcalfe, Alison Mudd, Jamie Cottam, Robin Langford.

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HISTORY SOCIETY

Roger Lupton

Unfortunately, Mrs June Hall was unable to come to the History Society to talk about Lady Anne Clifford. However we were very fortunate that Richard Cann our Membership Secretary was willing to step in at the last minute to talk about his researches into the life of Roger Lupton

Everyone in Sedbergh knows that Roger Lupton founded Sedbergh School but know very little else about him apart from the fact that he was born the son of a tenant farmer at Hole House in Cautley (not Howgill as some think). Although he was born in 1456, little is known of his early life and how he managed to get an education sufficient for him to become a Conduct (a chaplain who said Masses) at Kings College Cambridge in 1479. In 1484 he graduated in Canon Law and five years later became Dr Roger Lupton.

He was made Rector at Harleton Church and though he collected the tithes he rarely went there, employing a vicar to run the parish. More preferments followed including becoming the vice-principal of a Hostel at Cambridge in 1489. Promotions came quick and fast

and he was made a Canon and Prebend at St. George's Chapel Windsor in 1500. In 1504 he became Provost of Eton. At that time Eton was a Collegiate College as well as a school. He built his own chapel and also the Lupton Tower as part of his distinguished career.

Recognising the place of his birth he founded a Chantry school in 1525 which eventually became Sedbergh School: to fund the running of the school he acquired lands around Sedbergh and district including Lockbank, the Hill and the Guild House (Ghyllas). He also endowed scholarships to and fellowships at St John's College Cambridge.

He died in 1540, a wealthy and powerful man. Not bad for the son of a tenant farmer in Cautley!

To learn more, much more, about Roger Lupton, Richard has written three articles covering his life and achievements. They can be found in the journals of the Society – *Sedbergh Historian*. A small book (written in collaboration with Elspeth Griffiths) containing these will be on sale later in the Spring.]

**SEDBERGH & DISTRICT
ART SOCIETY**

At the A. G. M. on 20th January 2005 members re-elected the committee en-bloc, and thanks were expressed for the hard work done over the past year. Df. Lendrum reported that there had been a good attendance at meetings, and that about 600 people had visited the Summer Exhibition. The treasurer reported that finances were healthy, and were up on last year.

2005 will be a trial year for some adjustments to the Summer Exhibition format, as follows:

1. There will be 3 supervising stints daily instead of two.
2. Members can submit up to the usual 6 pictures, and also 2 "reserves" (which may have been exhibited before), which will be used to replace pictures, enabling purchasers to take pictures away with them without depleting the Exhibition.
3. Members will be asked to send in their entry forms a fortnight beforehand if possible, so that information cards may be made to put beside each picture.
4. There will be no numbers in the catalogue. Instead, there will be a brief biography with each artist's name, with a

list of their pictures.

5. There will be no lower price limits-- but the committee reserves the right to suggest adjusting any price it feels is too low for the quality of the picture.

There is some doubt about the availability of the Masonic Hall, which will not be resolved just yet, but the committee has the matter in hand.

Other activities to look forward to:-

1. It is suggested that enthusiasts for the summer outdoor sketching activities should organise these between themselves.

2. Sue Harpley will be doing a further 3 afternoon sessions on water-colour, starting Wednesday 6th April.

3. Portrait Seminar on 8th June, 9.45am - 4.00pm.

4. Pen-and-wash day with Mike Gutteridge for beginners and improvers on 15th June.

There are still places available for 2,3, and 4. For more details, contact Margaret Copestake on Sed. 21842.

The A.G.M. ended with a viewing of members' recent work, which as usual showed a wide variety of subject and use of media.]

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LADIES NFU

The February meeting did kick start us into thinking about our gardens, when Phil from Hill Top Nurseries showed us how to prune our shrubs and perennials and not to be afraid of being ruthless in cutting them back He also spoke and demonstrated different ways of propagation. Dividing large plants using a sharp spade or saw, stem cuttings by cutting out the tip of the plant and taking off the lower leaves and making individual plants from one large plant. He answered our various questions followed by tea and biscuits. Our next meeting of slides on birds and wildlife will be held on Tuesday 15th March.]

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RASCALS

Ofsted Registered Childminders

Lorraine Kirby and myself, Mags Hall, are working toward offering child-minding facilities at 42 Maryfell. Lorraine and I have lived in Sedbergh for more than twenty years and both have youngsters of our own. Ashleigh 6 and Jay almost 2 plus Lorraine is expecting a new arrival in June.

We are both extremely well qualified. Lorraine has her NNEB, Nursery Nurse qualification plus I have been an assistant at the playgroup for three years. We have completed our ICP (introduction to child minding practice) As well as courses in first aid, child protection and health and safety plus the CRB discloser (criminal records check) which everyone working with children must have.

We are dedicated Mums who always put children in our care first. We also believe that Sedbergh is a wonderful place for children to grow up in and intend to help the youngsters in our care to appreciate the country side by going on regular outings.

We feel that it is most important to be loving and nurturing toward children in order to bring out the best in children. We will strive to keep this ideal within our child minding service

We are very excited about this venture and hope to be opening for business in May. We are just waiting for the official registration documents from Ofsted. We are certain that we will be offering another good service to the working Mums of Sedbergh. To find out more ring Mags on 015396 22042 or Lorraine on 015396 21214.]



Dear Editor,

My father James Metcalfe was born in the Kings Hotel in 1878 to Thomas and Agnes Metcalfe. I have been trying to find out about the above picture sent to my father as a postcard between March 1903 and September 1904, with the following message:- Addressed to Mr. J. Metcalfe, Waterside Stud, Frogmore, St. Albans, Herts. "Dear Jim, this is the card I promised you. I went to Brighton on Sunday. You might drop me a card sometime. I looked in the Yorkshire Post for the show. Did you get anything? Best Love to Edie. Yours (signature cannot be read properly)."

I wonder if my father knew anyone on the photograph.

Yours sincerely
Katherine Robinson
Stroud, Gloucestershire

If any reader can identify the date of the photograph, name any persons on the

photograph or has any information about the authors family, please contact Lookaround office.

CORRESPONDENT

You may have noticed that Sedbergh makes a regular appearance in the Westmorland Gazette. I have been sending copy in for a year now and it is my intention to keep it up. However I could not do this without help from local people and I thank everyone who has contributed to the column.

If there is anything you would like to put into the Community News section of the Gazette please contact me on 015396 218089 or email sangold.kwood@virgin.net. Or use the good old fashion method of posting a note through the door of 'Number Ten'.

However I can not guarantee that items will appear as the Gazette edit items as and when they choose. S G-W

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SETTLEBECK HIGH SCHOOL

Year 10 Trip to Barrow Dock Museum and the Wildlife Park at Dalton

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

shopping or visiting the Walney bird reserves.

Nichola Donague, Alison Mudd, Robin Langford, Matt Kirsch

The Wild Animal Park has a small collection of animals, birds and snakes, but they are very easy to see and get quite close to. The animals which made most impression on us were the male rhino and giraffe which were both huge in their own way! Talks are given every half hour at a different section of the park giving information. We learnt how the white Rhino got its name (nothing to do with it being white!) and that Burmese pythons do not make good pets! The main displays feature conservation projects in which the park is involved, in places such as Sumatra. There are animal adoption and sponsorship schemes which the public are encouraged to support so that people can be employed in countries abroad to work in animal protection and conservation of endangered species. The park is a popular destination for tourists and local families and was very busy on the day we visited.

*Adele Singleton, Hannah Fearnhead,
Charlotte Metcalfe, Rachel Woof*

SEDBERGH EMBROIDERY

The Stitchers are having a coffee morning and exhibition of work in the URC rooms on Wednesday, 6th April from 10am – 12 noon.

The second panel of the Sedbergh Embroidery consists of sixteen separate sections which have been chosen by the group. Three are completed and will be on display: Artengill viaduct, Cautley Spout and Brigflatts Meeting House, interior.

A start has been made on the other pieces: the former Methodist chapel of 1847, Sedbergh bowling club, Baliol School, Thorns Hall, Dent Station, Iron Bridge (known locally as Jackdaw Bridge), Fox's Pulpit, Stone Hall, Pendragon Castle, Height of Winder cottage, the Cross Keys, the flower bed at Queen's Gardens and the Pepperpot in 1948 with the cow in the upstairs window.

A grant from Neighbourhood Forum enabled us to supplement our stock of wool and buy canvas. Proceeds of the coffee morning will go towards framing the panel.]

SEDBERGH SCHOOL GIRLS FUND

The Committee of Management will meet shortly to consider applications for grants for educational tuition and/or educational facilities from girls resident in the parishes of Sedbergh, Garsdale & Dent. The Scheme of Management for the Girls' Fund quotes the following principles of application:

1. The income of the Fund shall be applied by the Committee for the benefit of beneficiaries, in one or more of the following ways:

- a) The award of Scholarships, Bursaries or Maintenance Allowance tenable at any School, University or other place of learning approved by the Committee;
- b) The provision of financial assistance, outfits, clothing, tools, instruments or books to enable beneficiaries on leaving school, a University or any other educational establishment, to prepare for, or to assist their entry into, a profession, trade or calling;
- c) The award of Scholarships or Maintenance Allowances to enable beneficiaries to travel abroad to pursue their education;
- d) The provision, or assistance towards the provision, of facilities, of any kind not normally provided by the Local Education Authority, for recreation and social and physical training, including the provision of coaching in athletics, sports and games, for beneficiaries who are receiving primary, secondary or further education;
- e) The provision of financial assistance to enable beneficiaries to study music or other arts; and
- f) In otherwise promoting the education of beneficiaries.

In this Scheme, the expression of "beneficiaries" means girls who were born, or who have for not less than three years been resident in the Parishes of Sedbergh, Garsdale and Dent, and who in the opinion of the Committee, are in need of financial assistance.

Anyone wishing to make an application for a grant from the Fund should contact the Honorary Secretary, Mr N A H McKerrow, The Bursary, Sedbergh School before Tuesday 22nd March 2005.

DENTDALE METHODIST CHAPEL

Pray & Share continues fortnightly and during Lent we are all getting together to study using a "York Course" called "Better Together" on a Thursday evening in the schoolroom starting with a cup of tea at 8pm.

This month sees us join the St Johns congregation for the Mothering Sunday service, our Anniversary on the 13th and our Easter service led by our Minister, Tim. "Jacobs Ladder" on the 13th is now at 3.30pm and it would be so lovely to welcome more families to these activity afternoons, a lot of work goes into the planning and running of them.

The idea of running a Games afternoon sometime has been put to members with Beetle and Ludo, Dominoes, snakes & Ladders and such like with light refreshments on sale...an idea copied from Sedbergh!

We use the Sunday Link Notice sheets and anyone with any items to be included please let us have them by the Thursday to give time for printing etc. We wish you the blessings of JOY and HOPE this Easter.

One of our members celebrates a very special birthday this month and we give her all love and good wishes on this notable occasion.

J&SEWoof

KARTING 4

Some big changes ahead for the 2005 Kart racing season .

Now for 2005, Tom and Sam will both be racing in the Northern Kart Federation (NKF) Championship, Tom in the 'ICC' class as before, Sam in the lighter weight 'Super' ICC class. But for Sam the big prize Championship this year is

the 'Stars of Tomorrow' Championship run by the British Drivers Racing Club. The 125' Super' ICC class. Is the lightest weight ever in the gearbox category, the total weight is 172kg that's the kart and driver in total, this will suit the younger drivers as they are like stick insects. For Sam he will have to start working out and looking to loose a pound or two as he weighs in at 174kg. This year's championship offers a prize of a Renault Clio drive or equivalent in the support race at the British Touring Car Championship for 2006. So this year there is also some of the very top drivers from 100cc kart racing joining the 'super' ICC for that big prize, and like last year I would think they will be the chasing pack but I've been proved wrong once so we will have to wait and see. I do know one thing though, the money that the 100cc drivers are used to spending will spoil the overall racing, as it costs money to put in a complaint to the RAC the governing body about other drivers and their ability to move you out of the way tactilely.

We have raced with such like before, if the prize is big such as this one is £60.000 pound reportedly then the complaints will be flying everywhere, so poor old me may have to get Sam to step back and let money bags have the prize. All though the winner does not automatically win the drive, the six top drivers have a test day and then the fastest driver still may not get the drive as a panel of experts will give the drive to the one with the best overall package which you can guess will be money bags, but don't forget I've been wrong before so Sam needs to try his best, and most of all enjoy himself, that goes for James as well.

GM

TOWN TWINNING FUNDING GROUP

In case you haven't heard more than 30 students from year nine at Settlebeck School are off to Zrece in April. The cost of the trip is high because of the time of year i.e. Easter Holidays. It is proposed that a Trust Fund be set up to give students from Settlebeck School the opportunity to go to Zrece each year. Effectively this will allow every young person attending Settlebeck to have this privileged.

To help with this cost there will be an 'Auction of Promises' on the evening of March 18th at the Bull Hotel. If you are not familiar with this idea here is how it works.

If you have a particular skills such as cooking, tiling, painting you can offer your services. These services will be put into the auction catalogue. Alternatively you can give an item just as in an ordinary auction. If you have a business may be you could persuade one of your suppliers to donate something for the auction. However you will not gain from the sale, the Trust Fund will.

The auction catalogue can be purchased in the week prior to the sale at the cost of £1 from Steadman's, the Post Office, the Green Door and other places around town.. All offers must be in by March 7th in order to produce an up to date catalogue. So if you have an idea please fill in one of the pledge forms which are available at Steadman's, the Post Office and of course from Settlebeck School.

The TTFG are putting together a quiz sheet for the youngsters with an Easter Egg for a prize. Other ideas in the pipe line are a float for Gala day, cream teas

and a Garden Party.. Plus in October there will be another 'Celebration Night' following the success of the last one.

Enquires on this these matters contact; Dave Smith Settlebeck School, Garth Steadman, Sandra Gold-Wood or any of the Twinning group members.

Sandra Gold-Wood

DODGING THE DOGGY DO'S!

Across the pavement on every street,
Dog pooh spread by peoples feet
Piled up high or squished about
It makes me want to scream and shout!!

The dogs are not the problem
They are not to blame
But dodging dog pooh is not much fun
It's a risky, smelly game.

But what about the owners?
Do they just not care? -or perhaps are
unaware

That children do not see it
When running everywhere.

How about a plastic bag?
They are not so hard to get
Pick up the mess, while it is fresh
It's your beloved pet.

I know there are few bins
Perhaps we need some more
But carrying home one bag pooh
Is it really such a chore?

Cleaning shoes becomes a pain
I'm quite fed up with it
So now I'm asking kindly
All dog owners **please** do your bit
Show some pride in your surroundings
And clean up your dogs deposit. *Anon*

SNAIL RACING NIGHT

A good night was held on Saturday 22nd January at the Bull Hotel.

The place was packed and £174.00 was raised for Sedbergh Playgroup.

Sedbergh Playgroup would like to thank to all who organised this event especially Caspa, Roger, Chris, and Spinner

Thank you also to Steven and Alison at the Bull Hotel for the use of their premises

Eight sponsored race winners were

Chris & Mark

Brian Todd

Abigail Staveley

Gavin

Mike Wilson

Sarah Lewis

Netty

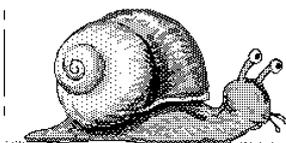
Sarah

Caspa and

Steve are looking to organise a Casino Night soon with all funds going to Sedbergh Playgroup

Sedbergh Playgroup Committee would like to thank everybody who supported this event and the organisers of this event.

Karen Brewer



EASTER SINGING: TAIZE AND THE HARMONIC TEMPLE

In the late 1930's a French monk known as Brother Roger travelled through Nazi Germany and realised that all the countries at war with each other were Christian. On his return to France he resolved to create a "religion sans frontier" and founded the Tazie community in Burgundy with an international multi-sectarian membership.

In order to provide a common language of musical meditations, the musician Jacques Berthier composed a number of short repetitive songs - mostly to short texts in Latin, which have become very popular throughout the world. So much so that while leading the Singing Walk last December through the Lake District I was delighted to hear singers from the Dent choir singing Donna Nobis Pacem in glorious three part harmony as our group hiked over the hill to Elterwater.

Today many of these songs are sung in many different languages and the Taize community attracts tens of thousands of visitors from around the world. Nikomo Clarke, a sufi from Southern England, has followed in the same tradition by composing a number of similar songs and chants using texts from most of the world's spiritual traditions. He calls them the Harmonic Temple.

The songs are easy to learn, but the harmonies which are created when they are sung repeatedly are a delight to experience, and can be very uplifting

You are welcome to join us over Easter in learning some of these songs in an informal setting in Sedbergh, and then to sing them in the generous acoustic and calming ambience of the Dent Meditation Centre.

David Burbidge



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SEDBERGH BOOK CLUB

Our third meeting took place above the Library on Monday 14th February; the book discussed being "Asta's Book" by Barbara Vine.

At present, discussions are very informal, there being no Chairman or any other officers, with any member free to voice their views or just to listen, if that is their wish, so there is no compulsion to take part.

Procedure is that suggestions are made as to which books are to be considered in the next few months. How is the choice made? At present this is totally up to members: it was suggested that we aim for a mixture of say, biographies, novels, autobiographies, histories, current works, classics and with some poetry from time to time rather than attempt a separate poetry group. It was noted that a successful poetry group existed for seven years in Sedbergh.

There is no subscription to pay, the room being available to the group free of charge, but there is a small sum to cover a cup of tea/coffee.

On this occasion, there was clear agreement that the characters in "Asta's Book" were not very likeable this being either the policy of the author relative to the plot which was partly a murder mystery, or perhaps because of the author!

The next two books are "The Curious Incident of the Dog in the Night-time" by Mark Haddon and "Critical Injuries" by Joan Barfoot. Meetings are at 3 pm on the second Monday each month.

The group so far has fluctuated between six to twelve and we would be pleased to welcome others. So do come along and see what it's like!

John Mander

Lisa Parnell, DipM, MCIM
Cruise Specialist



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SETTLEBECK HIGH SCHOOL

*Students on the Bronze Duke of
Edinburgh Expedition*

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

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

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

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

Cally Steadman, Year 11

CUMBRIA WILDLIFE TRUST

Upside Down

If you see a small bird on your bird table, a little bigger than a great tit, with a slate blue back, a rufous breast and a prominent black stripe through its eye, hanging upside down and pecking away with vigorous jabs at the nuts, you are looking at a nut hatch.

Before the War this would have been unlikely, until in 1937 Logie Bruce Lockhart claimed to have seen one regularly in the Akay woods during the Easter holidays. Then on 9th March 1946 a bird was heard calling in Sedgwick House garden. In the winter of 1961 two birds were seen regularly in Akay Wood, and a second pair in the School Chapel grounds.

Since then there has been a steady though modest increase in numbers up the Lune valley, Dentdale, Dowbiggin and Cautley. This is part of a widespread expansion northwards which the "Breeding Atlas" describes as being most dramatic in Cumbria since it was first recorded in Westmorland in 1955. If you are lucky enough to have one now in your garden you will agree that they are a delight to watch.

Ingram Cleasby

JANUARY WEATHER

Well short of a heat wave we had more or less the lot this month! With only 3 days when the maximum temperature dropped into the 30sF and 9 days when it reached the 50sF it was generally a mild month. The maximum temperature was 53.1F and the minimum was 26.1F. The pressure reflected the wind speed with a low of 28.79 inches of mercury on the weekend of the gales. My anemometer switched off that weekend and it is supposed to take gusts up to 125mph. Now although there was plenty of damage I don't think it quite reached these speeds but I can't say as I slept through it waking to find the damage and floods next morning. That night I registered almost 2 ½ inches of rain. This was half the month's rainfall in one night! By the middle of the month we had measured 5 inches of rain, the month's total. The last half of the month had no measurable rainfall being a couple of days short of an official drought (14 days). On the 24th the wind-chill dropped to 10F. The mildness was reflected in the early flowering of specie crocus, a good show of snowdrops, winter Jasmine continuing to flower and daffodils well into bud. Hawthorn had started to sprout as had rosa rugosa, grass was growing, birds were singing as if already nesting, especially blackbirds and song thrushes and woodpeckers were drumming each morning. Most evenings the tawny owls were in full voice. On the mild days bees were out for some fresh air and to clear out.



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JOIN IN THE LAF!

There's so much going on in Sedbergh now- it's fantastic! But what happens if you don't have the confidence to go to events you may be interested in? Or you don't hear about it because you are isolated and unsure? Or you could just do with that bit of extra support to get out of the house, for whatever reason?

This is where the Local Action Forum comes in. It aims to create community links and help address problems caused by rural isolation, mild depression or lack of self-confidence. And supported by the Yorkshire Dales Millennium Trust it is also designed to help people get out into the National Park and explore their surroundings.

It's about encouraging fun and togetherness through a range of activities, events, outings and courses and provide an arena for chatting, discussing and laughing!

It is hoped we will be able set up the forum as a charity, which will then be able to attract funding and support and reduce costs to the individual. An annual membership fee of £5 will hopefully cover the cost of producing a newsletter, mailing and administration. We will also aim to have a weekly drop-in morning where people can come for a chat, information and a cup of tea!

Suggested activities so far include:

- Monthly games afternoons
- Monthly walk
- Community allotment
- Video afternoons at member's houses
- Discussion groups
- Book club
- Befriending scheme.

The programme will also include events

happening with other clubs and societies - indeed, I am aware that some of these ideas are already up and running in Sedbergh. It would, therefore, be great if someone involved in these clubs could get in touch so that we can see how it all fits together. I'd also like to hear from anyone interested in helping to run the forum initially, those interested in joining or who have ideas for activities!

Look for leaflets around the district and a programme in next months
Lookaround! *Deyna Hirst 21556*

DISABLED PROVISION AT SEDBERGH TOURIST INFORMATION CENTRE

Sedbergh Book Town Limited is to take on the lease of the YDNP building ground floor only and from these premises will operate the new TIC and the Dales and Lakes Book Centre.

Concern has been expressed about provision for disabled persons wishing to use the TIC and presumably to visit the new bookshop.

YDNP have told us that as landlord they will be installing a touch pad door opening system shortly and making sure that the threshold is sufficiently smooth to allow wheeled access.

In addition to this Sedbergh Book Town will be installing a Hearing Link.

All other facilities on the upper floor of the building are the concern of the Community Office and YDNP, the landlords.

Would anyone who wishes to comment on the provisions please make themselves known to the manager of the Community Office so that facilities on both floors can be discussed with the landlords.]

HOWGILL W. I.

The February meeting was held at Firbank Church Hall. It was well attended. Dilys McCaffery took the Chair in the absence of our President who could not be with us due to family commitments.

The consultative meeting held in January had been an interesting one. The five resolutions had been discussed. The prime area of concern being farmgate milk prices.

Three members had an enjoyable day when they attended "The Story must be Told". Held at Kendal Town Hall this was the story of the W. I., from its early beginnings to present day, the 85th Anniversary of our Federation 1920-2005. There was song and dance, presentations, the Pen Portrait and Caption Competition, a celebration cake, and a treat for everyone, a large cherry bun, (as in Calendar Girls!).

Speaker for the evening was Taffy Thomas M.B.E. Nineteen years ago, at the age of thirty five, he was a fire-eater. He suffered a massive stroke, leading to his own re-invention as a story teller, self imposed speech therapy. He went on to entertain audiences from carnivals, village halls, and country house hotels to the Albert Hall. He has appeared in the National Storytelling Festival in U.S.A., and the Bergen Arts Festival in Norway. He received the M.B.E. for services to story telling and charity. And of course there is the Pork Pie hat and the Famous Tail Coat, and that's another story!

Sheelagh Dennis thanked Taffy for entertaining us. The monthly competition for a short story was won by Liz Coupe with Helen Beare second.

Raffle winner was Judith Capstick. A Jacobs Join supper was served followed by a Quiz compiled by Judith Capstick. This was won by Hilary Wilson bringing the evening to a close.

Next month we will meet at Howgill Village Hall on March 3rd. The speaker will be Rev. Bill Seville on "Music and Humour". Everyone welcome. Do join us. *A. H.*

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THE PEOPLE'S HALL SERVICE

These popular services are held on Sunday mornings in the People's Hall, Sedbergh, once a month, starting 10.30am.

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

The next couple of dates for these events are Sundays 20th March and 17th April. For more information please contact Dick Gorst or Sandy Roy.

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

PLAYING FIELD PLAYGROUND

It is good to see the new playground being used and enjoyed. Now that the weather is improving and the mud drying out, work can continue on the site.

The benches and picnic tables have been fixed in place and the contractors will soon return to carry out some landscaping.

Planning consent requires the planting of a hedge and some trees. Many thanks to Cumbria County Council Neighbourhood Forum who have donated £426 towards this work.

The Playground Committee shall be holding their AGM on Monday 7th March in the Bull Hotel at 8 pm. All are welcome to attend and some new faces would be most welcome.

In the future the committee will continue fundraising for the maintenance and insurance for the playground and also to provide a much needed footpath around the perimeter of the field.]

Daphne Jackson D. O.
Registered Osteopath
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KILLINGTON W.I.

For our February meeting we were back in the People's Hall on the afternoon of the second Tuesday in the month. As the month had started on a Tuesday it was the

earliest date in the month that it could possibly be- namely the 8th. Next month our meeting will be on the 8th of March but we will be back in the Methodist schoolroom. We buzzed through the business of the day and mentioned that several members had enjoyed the meeting of Cumbria-Westmorland Federation held in Kendal Town Hall to celebrate 85 years of W.I. in Westmorland.

Our speaker this month was Mrs. Lyn McLennan, whose subject was, "The History of Black work". Many of us were totally ignorant of this type of embroidery but we were soon enlightened. We learnt that Katherine of Aragon in 1501 was an expert in Black work and that it was mentioned in Chaucer's writings in the 1400's. Early illustrations feature in Holbein's paintings of Tudor nobility including his portrait of Jane Seymour. Originally it consisted of stitches worked in black thread on white cloth so carefully that the reverse of the work was as perfect as the face. The patterns are all geometric but build up into intricate and beautiful pictures. Some produce material which looks like expensive lace and were used on collars and cuffs of extravagant costumes. The technique now has variations which include scarlet work, white work, and embellishment with beads and sequins. We saw some of Lyn's own work and marvelled at her skill and artistry. A vote of thanks was proposed by Wendy and heartily endorsed by those present.

The competition for "a pretty handkerchief" was won by Majorie Bramley, and the raffle by Rene Smith.

WFU.

FAMILY MUSINGS

It was really amazing what came out of the airing cupboard when we had to clear it before the new tenants arrived at the farmhouse, towels brand new and never been used given I presume as wedding gifts 24 yrs ago, pillowcases "His and Hers" no less, small guest hand towels with hubby and my initials sewn on them, tea towels, roller towels which are a bit of a white elephant as the roller has long gone, of course if I am really honest it was amazing what came out of the whole house!

Memories returned when Grandpas "Gum boot" stockings emerged from behind the cylinder, memories of the said stockings filled by father Christmas for at least two generations of children... We have made a trip or two to the "tip", to the charity bins in various car parks and offered boxes of things to local organisations all of whom had no storage space so declined our offerings... A bit cold for a drive sale at this time of year so the sorting out goes on with some stuff waiting for me to look through it and some ready to go but nowhere to get to!

The "ring of the old shop till" can be heard again and oh! How I wanted to be able to tell Granny it had not got lost after all, it really is the genuine article and still has a used till roll inside it and instructions as to where a new supply can be purchased. Our young friend had to vacate the farm-house along with all her stuff and has moved to Lancaster to a new flat and a new job, as we went over the cattle-grids en-route to her new home and our conversation turned to how you can sometimes 'get a thrill' from the motion of the car across them she told us she was so glad we are not her parents as if we were she would be so embarrassed! Why? Is that why our girls are on the other side of the world ? Talking of our girls, they met up with three friends from here and all climbed Sydney Harbour Bridge on Feb. 13th, a Dale outing with a bit of "Ummph"! Then one of their friends met up with her three aunties and uncles who stopped of in Sydney on their world cruise, it really is a small world... We had a rather hectic couple o' weeks getting the farmhouse ready for its new family but all was done and dusted by the time they arrived, well almost but the major tasks were done. I came back from town with a long roll of Cushion Floor bumping about on Ermitrudes roof rack, she will be the grand age of 16yrs old in September and recently had an over-night stay at a Vauxhall garage where I am sure she had lots to tell her younger sleek relations. Will they be going strong in 16 yrs time! Sometimes when in conversation with people in our community I feel sad when it becomes clear they have no idea which house was "Mary Batty's house" or where Batty's shop used to be, or who "Auntie Dora or Maggie Mason" were, or "Thank you. Thank-you Jane" this being an elderly friend of my Grandmas, yes we are going back a bit, whose reply to my taking her something from Grandma was, at full volume, "Tell her I thank her and I thank her" which Grandma could hear down the street! Two lovely old characters long gone... This character signs off for another month wishing you fun and laughter.]

SEDBERGH & DISTRICT HISTORY SOCIETY

At the meeting held on Wednesday 2nd February the talks were given by two members of the society. Anthea Boulton spoke on "Recording Oral History". She gave an account of the work of the local oral history society and what it had achieved so far and then played two examples of the recordings they had made of people, one living and one now dead. The two recalled a life-style that is now a thing of the past and would come as a rude shock to us if we had to return to those times. Recordings such as these will prove an invaluable source of information for future historians.

Joyce Scobie gave a talk on "Dent Boundaries". The first written descriptions of the boundaries come from the middle of the sixteenth century and the last from the eighteen fifties when enclosures were taking place. The various sources agreed on the boundaries except at the western end where two alternatives existed. Joyce and Jim had walked the whole length over a period of time and found some of the boundary markers still as they were described nearly five hundred years ago. Sadly some of the marker stones situated near roads have been damaged and in some cases lost over the last few years. On the tops of the fells the boundary goes over some bleak countryside and the fact that people bothered to beat the bounds made one realize that parish boundaries were of more importance in the past than they are now. Joyce illustrated her lecture with photographs taken along the boundary.

Richard Cann gave the vote of thanks and the biggest audience so far for the current series of lectures were most appreciative of the work the pair had done.]

SEDBERGH COMMUNITY DEVELOPMENT CENTRE

Saturday Night Fever! Over the past few weeks Sedbergh residents have had the opportunity to try out their dancing talents at the Masonic Hall. We organised two Ballroom and Latin taster sessions which attracted over 30 people. Many of them signed up for a six-week follow on course on Saturday evenings. Tutors John and Barbara Douglass have been showing these keen people the basics of the Modern Waltz, Rumba, Quickstep, Cha Cha Cha, Social Foxtrot, Samba and Jive. If you are interested in joining future courses (particularly if you are a man without a dancing partner) then please ring us on Sedbergh 21031.

The town that's found a twin. At the time of writing our Slovenian Experience is in full swing, with about 20 people attending so far. This is a short free course to teach you more about the home country of our twin town. Several local speakers are talking about aspects as diverse as impressions of Slovenia, wildlife, music, Christmas and holidays. Highlights of the course are visiting speakers Andreja Ponikvar from University of Nottingham who will introduce some of the Slovenian language, and Smiljana Knez from the Slovenian Embassy who will talk about Slovenia and Europe. In the final sessions students will be able to use the Internet to do further research into the country.

Generally our courses have been very well supported this year, so thank you all for your support. If you have any suggestions about new courses you would like us to offer in the future please let us know, we always need good ideas! CW

DIALECT DIGEST

From about 1840 right through until the 1950s, you could buy an assortment of dialect almanacs which foretold the year to come, as well as being packed with stories, advice and jokes, all in dialect. The most famous was probably John Hartley's Clock Almanac, but from another of the early editions comes this bit of timely advice for March. Coud neets – Nah Ah shuddant like it ta be menshand ta onny owd batchillors, but when yo get wed, and winter cums, allus mack t'wife go ta bed furst. Then when yo go, tell hur ta shift ovver, an get intat plaice where shooze been ligg'in, coz it al be nice an warm. Nah that is warth knawin.

And even though Easter arrives this month, there's no guarantee that winter's on the run as yet. The same author says: Nah, here such things, will just lay by, and goa ta nature's laws. Then, furst ov all, this month is March, an rare an caud it blaws. Sleet, hail an rain i' turn will fall, depend it will be so. An lambs, poor things, they'll bleat abaht, not knawin' wheer ti go.

So it's probably best to stay wrapped up nice and warm for a little while longer!

Michael Park

KIDS OF SEDBERGH

The Kids of Sedbergh are hoping to have their own Skatepark for skateboarders. To do this they need to raise quite a lot of money, so the first fundraiser we had was a Disco at the People's Hall on Friday 11th February. This was a great success. Loads of Lads

and Lasses came, had a great time and went home happy. We would like to thank everyone for their help on the night, also many thanks to the D.J.'s. They were great, so thanks Seamus, Dean, Chris and Elaine. The music they played was just brill. Everyone helped raise £130. If anyone would like to support this project please contact Sandra Longlands, The Bakehouse, 5 Kings Yard, telephone 20885.

Many thanks for The Kids of Sedbergh.]

DENTDALE MEMORIAL HALL

The March meeting date is to be changed if possible so please be aware of this, also the sub-committees need to meet soon to plan fund-raising events and the advertising of them. We are always pleased to hear peoples suggestions and to receive offers of help and still need a Caretaker/Cleaner although the present system works very well, it was never meant to be permanent!]

THE TRUSTEES OF THE BRITISH SCHOOL TRUST

The Trustees will meet on Wednesday 16th March 2005 to consider Grant Applications from suitably qualified persons who have attended Primary School in Sedbergh, Garsdale or Dent, and who seek Financial Assistance to further their careers.

Applications should be in writing and addressed to: Mrs Jean Cope, The Honorary Secretary of the Trust, 6, Guldrey Fold, Sedbergh LA10 5DY and should be made without delay.]

A BIT OF A DO

A big Thank You to businesses and individuals who supported our "Bit of a Do" at Thorns Hall in February in any way. Thanks to your generosity we raised the magnificent sum of £1,690 for the Tsunami Appeal.

Thank you all very much.]

CARERS SUPPORT GROUP

The Sedbergh Carers Support Group will meet at the Health Centre on Tue. 1st March when Abigail Staveley will talk about the "Volunteer Centre". Beginning at 2pm, all carers and past carers are welcome.]

FARFIELD LUNCHEON CLUB

This continues to meet on the first Tuesday of the month and new folks are always welcome as are suggestions of places to meet and eat. Members who drive are asked to help with offers of lifts for those who struggle to reach some of the venues.]

TSUNAMI FUND

At a recent Recital in St Andrew's Parish Church in Sedbergh given by Caroline Smith, £1,120 was raised for the Tsunami Disaster Fund.]

LYON LOGISTICS

DENTDALE RUN 2005

This is the 21st Annual run which takes place at 1 pm on March 12th, in and around Dent and Dentdale.

Please be aware of runners on the road from Sedbergh to Cowgill and the extra

traffic that this run will cause, both in and around the village.

Entries are still being taken, aged 17 or over. Distance is 14m 379 yds. Thank You.]

I'M FINE THANK YOU

There is nothing the matter with me,
I'm as healthy as can be.

I have arthritis in both my knees
And when I talk, I talk with a wheeze.
My pulse is weak and my blood is thin,
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,
Or I wouldn't be able to be on the street.
Sleep is denied me night after night,
But every morning I find I'm all right.
My memory is failing, my head's in a spin,
But I'm awfully well for the shape I'm in.

The moral is this as my tale unfolds -
That for you and me who are growing old,
It's better to say "I'm fine" with a grin
Than to let folks know the shape we are in.

How do I know that my youth is all spent ?
Well, my "get up and go" has got up and went.
But I really don't mind when I think with a grin
Of all the grand places my "get up" has bin.

Supplied by Pam Symonds

**LOCAL FOOTBALL CLUBS
PROPOSED MERGER**

On Friday 18th March at 8pm in Sedbergh Golf Club, Sedbergh and Dent Football Clubs are holding an Open Meeting, with the intention of forming a joint Junior Football Club.

We would like all officials, parents and other interested parties to come along on the evening and air their opinions or just to listen to the many views that will be put forward.

The sole aim of forming a joint set up is the long term planning to bring youngsters through the age groups together and hopefully breaking the Kendal County, Wetheriggs monopoly in the Senior Westmorland League. We hope to encourage more females into the sport and ultimately to gain F.A. Charter standard.

There will be a committee voted on the night and plans will then start with a 5 year plan being drawn up. Please give us your support.]

Dear Editor

Just to say that we have been watching with growing fascination your selection of a Twin Town. We got so involved that we were literally shouting at the television 'Vote for Slovenia'. They were so obviously the right partner for you. The Cypriots seemed to party too much, the French appeared bone idle and the Austrians looked stuffy and arrogant. But the Slovenians - they were lovely people, obviously down to earth and they

mixed so well with the really welcoming Sedbergh people. Congratulations. A huge victory for common sense. We will be visiting in May (coming up for the Cumbrian Food Festival again). All the best to you all for the future.

Peter and Kirsten Heroys



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SIGHT PROBLEM?

Do you have a sight problem or know anyone that has? Then come along to the Sight Advice Bus at The Car Park, Dent on Thursday 24th March from 1.30 p.m. - 3.30 p.m.

A range of equipment will be on display to help people with sight problems. These include easy to see clocks and watches, talking watches, big buttoned telephones and many other things to help you in your home. You can also find out about other activities for visually impaired people in this area. Have you ever thought about volunteering to help people with sight problems? If so, come along and find out more.

For more information contact Scott or Catherine at S.L.S.B. Stricklandgate House, Kendal Tel: 01539 742633.]

NO SMOKING ZONES

ACCOMMODATION	Phone (015396)
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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
EATING PLACES	
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.)*

ORGANISATION	CONTACT	Tel:	015396
After School Club	Mrs Packham	Sed:	21484
Age Concern Monday Club	Mrs Winder	Sed:	20512
Age Concern South Lakeland PH (M, & F)	Mrs Alderson	Sed:	20814
Angling Association	Mr Dandy	Sed:	
Art Society	Miss Nelson	Sed:	20034
Baby & Toddler Group (Howgill)	Mrs Stainton	Sed:	20665
Badminton (Dent)	Mrs Rushton	Dent:	25306
Badminton (Sedbergh)	Mr Mason	Sed:	20565
Beekeepers Association (S & D)	Mr Fraser-Urquhart	Sed:	21902
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
	Rainbows		
	Brownies		
Golf Club	Mrs Mackereth	Sed:	20346
Good Companions (Dent)	Mr Lord	Sed:	20993
Gladstone House	Mrs Woof	Dent:	25275
Help Tibet Northern Branch	Mrs Mackereth	Sed:	20346
Howgill's Harmony	Mrs Howarth	Sed:	20090
	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	Wed	564B	W	❖
1240	1310		564	W	
1300	1335		564	S	❖
1300	1335	Wed	564B	W	❖
1400	1430	Tue	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	M-F	564	S	❖
1120	1155		564	S	❖
1440	1504		564	S	❖
1655	1730		564	S	❖

Sedbergh to Kirkby Lonsdale

0945	10.18	Thu	567A	D&H	❖
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To Hawes

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

Sedbergh to Cowgill

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

Blackhall Road, Kendal to Sedbergh via Oxenholme

Monday - Friday

Dep	Sed				
0830	0900		564	S	❖
0835	0919	Sch	564	W	
0930	1000	Tue	804	D&H	❖
1030	1056		564	W	
1050	1120		564	S	❖
1130	1205	Wed	564B	W	❖
1330	1356		564	W	
1340	1415	Wed	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	M-F	564	S	❖
0940	1005		564	S	❖
1225	1300		564	S	❖
1515	1550		564	S	❖

From Kirkby Lonsdale to Sedbergh

1215	12.48	Thu	567A	W	❖
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From Hawes to Sedbergh

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

From Cowgill to Sedbergh

0937	1005	Wed	564B	W	❖
\$1020	1050	Sat	564A	D&H	❖
1232	1300	Wed	564B	W	❖
\$1545	1615	Sat	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

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

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

MARCH		
1	1400	Carers Group with Abigail Staveley HC
1	1930	FCH AGM FCH
1	1930	GL Sewing Machines to Africa GVH
2	1000	NW Cancer Research Coffee Morning URCR
2	1930	HS Reformed Church History (16) SHS
2	1930	As You Like It SSPH
3	1430	SBH Local Slides of Cumbria SMCR
3	1930	As You Like It SSPH
3	1930	WIH Music & Humour HVH
4	1430	Women's World Day of Prayer (6) SMCR
4	1930	As You Like It SSPH
4	1930	Killington Church Domino Drive KVH
5	1000	Table Top Sale (5) PH
5	1000	Jumble Sale <i>Moved to 12th</i>
5	2200	Senior Disco (26) PH
8	1400	WIK The Fishers Entertain SMCR
8	1930	FCH Domino Drive FCH
9	1000	Christian Aid Coffee Morning (9) URCR
9	1930	WIF Decorated Eggs PH
11	1315	Zebras SMCR
11	1930	Tattie Pie & Domino Drive HVH
12	1000	Jumble Sale (12) SMCR
13	1500	Jacob's Ladder DMH
14	1500	Book Group Dog in the Night L
15	1500	SS Wilson Run SS
15	1900	Neighbourhood Forum TBA
15	2000	Tennis Club AGM Bull Hotel
16	1000	URC Coffee Morning URCR
16	1930	HS Manor Customs of Westmorland (16) SHS
17	1430	SBH Easter Flowers SMCR
18	1315	Zebras SMCR
18	2000	Auction of Promises BullHotel
18		SS Term Ends
19	1000	URC Jumble Sale URCR
19	1030	Paintings Exhibition Begins (19) FM
19	1930	HS AGM (19) SHS
20	1030	PH Service PH
21	1930	Beekeepers' AGM PH
22	1830	Chirpy the Clown (1) PH
23	1000	Zebras Coffee Morning URCR
24	1330	Sight Bus DCP
24	1930	CWT AGM & A Himalayan Trek SHS
25		Good Friday
26		Easter Harmony Singing (27) MC
26	2200	Senior Disco (26) PH
27		Clocks go forward
27		Easter Harmony Singing (27) MC
28		Easter Monday
28	1000	StAD Easter Monday Sale (28) DMH
30	1000	Barnardo's Coffee Morning URCR
APRIL		
1	1030	Paintings Exhibition (19) FM
2	1200	Sedbergh Spring Show PH
5	1400	Carers Group Janet Widdess HC
5		GL Visit to Burton Tulip Festival GVH
6	1000	Sedbergh Stitchers Coffee Morning URCR
7	1430	SBH Quilt & Quilting SMCR
7	1930	WIH Old Kendal FCH
10	1500	Jacob's Ladder DMH
11	1500	Book Group Small Critical Injuries L
12	1400	WIK Surprise SMCR
13	1000	Asthma Research Coffee Morning URCR
13	1930	WIF Mountain Rescue Dogs PH
17	1030	PH Service PH
17		SS Term Begins
18	1930	Beekeepers' Swarm Control PH
20	1000	WIF Coffee Morning URCR
21	1430	SBH Trip to be arranged
23	1930	St George's Day BBQ & Family Disco KVH
27	1000	Garsdale Church Coffee Morning URCR
27	1030	Paintings Exhibition Ends (19) FM
27	1930	CWT Limestone Pavements SHS
30	1330	DPS May Day Sale DMH
30	1430	Beekeepers' First Inspections Holly Bank
MAY		
1	1500	Jacob's Ladder DMH
3	1930	GL Annual Auction GVH
4	1000	StAS Mission Coffee Morning URCR
5	1930	WIH Gardening HVH
8	1830	Christian Aid Coffee Evening PH
9	1500	Book Group Small Isalnd L
10	1430	WIK Resolutions SMCR
11	1000	Carers Coffee Morning URCR
11	1930	WIF WI Advisor - Resolutions Meeting PH
12	1430	Network Spring Meeting SMCR
14	1000	Beekeepers' Furness Convention Bardsea
14	1100	Dent Heritage Centre Opening Dent
15		Christian Aid Week Sedbergh
16		Christian Aid Week Sedbergh
17		Christian Aid Week Sedbergh
18	1000	Christian Aid Coffee Morning URCR
19		Christian Aid Week Sedbergh
20		Christian Aid Week Sedbergh
21		Christian Aid Week Sedbergh
16		WI Group Meeting
21	1230	Sedbergh Gala Sedbergh
25	1000	Firbank Church Coffee Morning URCR

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

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

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

District Nurse	Health Visitor
☎ 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	

TOURIST INFORMATION CENTRE

Main Street ☎ 20125

OPENING SOON

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

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